



April 15, 2022

Campus Safety and Equity Advisory Council

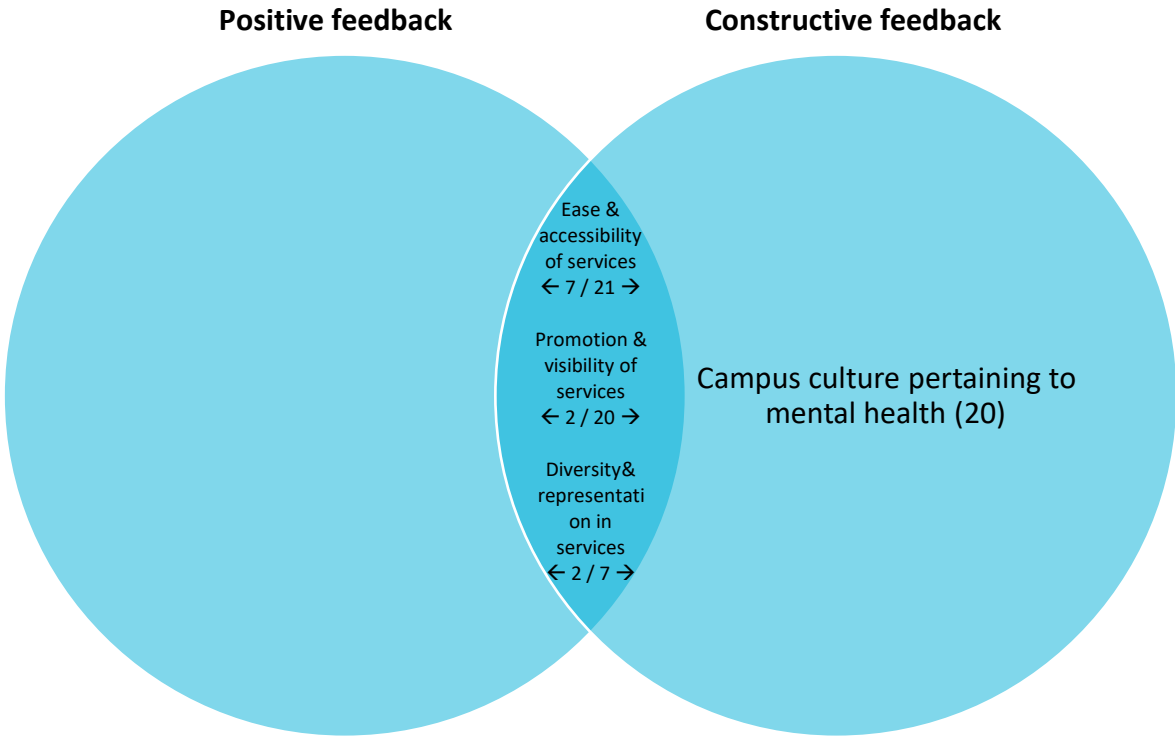
The Campus Safety and Equity Advisory Council met on March 18, 2022, to discuss student mental health and campus resources. Council members were asked to review their institution’s mental health plans (if applicable) and come prepared to discuss their institution’s mental health service offerings, their perception of the communication and promotion of those services, campus mental health services processes and procedures, and various other questions.

Responses from CSEAC members are coded below:

Positive feedback	
Category	Examples
Ease/accessibility of services (7)	<i>Short wait times/good appointment availability (3)</i>
	<i>My institution offers discounted access to community mental health providers (2)</i>
	<i>Mental health professionals at my institution can diagnose and medicate if needed (1)</i>
	<i>My institution offers group therapy options if you exceed your allotted number of single appointments (1)</i>
Visibility/promotion of services (2)	<i>Services are explained at orientation (1)</i>
	<i>Services are well promoted/marketed in general (1)</i>
Diversity/representation in services (2)	<i>My institution offers customized support for BIPOC students (1)</i>
	<i>My institution offers customized support for LGBTQIA+ students (1)</i>

Constructive feedback	
Category	Examples
Difficulty/inaccessibility of services (21)	<i>Long wait times/lack of appointment availability (7)</i>
	<i>Unaffordable (3)</i>
	<i>Care is too short term/students are capped at a specific number of sessions (3)</i>
	<i>Business hours for mental health services are not conducive to my school/work schedule (2)</i>
	<i>Seeing a grad student therapist in training can be uncomfortable/not confidence-inspiring (2)</i>
	<i>International/out-of-state students who return home for summer face ineligibility (2)</i>
	<i>Complicated paperwork is a barrier (1)</i>

	<i>More research is needed on the extent/effectiveness of mental health services offered for LGBTQIA+ students on our campuses (1)</i>
Campus culture pertaining to mental health (20)	<i>Faculty should be held more responsible for promoting mental health resources and showing compassion and care for students (9)</i>
	<i>Stigmatization of mental health prevents students from seeking help (7)</i>
	<i>Students should be educated about why mental health is important – not just educated about the resources available (2)</i>
	<i>Student leaders should play a role in promoting/normalizing mental health services (1)</i>
	<i>Student centers (such as multicultural centers) should play a role in promoting/normalizing mental health services (1)</i>
Lack of visibility/lack of promotion of services (7)	<i>There is a lack of ongoing marketing/promotion of mental health resources on my campus (4)</i>
	<i>Mental health resources are not physically visible on campus/are tucked away, making it hard to know about them (3)</i>
Lack of diversity/lack of representation in services (6)	<i>There is a lack of diverse representation in mental health staff demographics (3)</i>
	<i>There is a lack of specialization in my areas of need (2)</i>
	<i>Mental health staff do not receive sufficient EDI training (1)</i>



Background

Since its creation in 2021, the Campus Safety and Equity Advisory Council has served as a student-led advisory group on important topics related to campus safety and equity within Utah’s public higher education system. The Utah Board of Higher Education relies on the feedback and insight from CSEAC to help inform policies, plans, and system strategies to ensure that every student’s experience is safe, equitable, and successful. Council members are awarded a \$1,000 stipend for the semester of their service. CSEAC members for Spring 2022 are:

Name	Institution
Clara Alder	Utah State University
Jose Briseno	Utah State University - Eastern
Tralei Casaus	Southern Utah University
Tiffany Chan	University of Utah
Daniel Clothier	Utah Valley University
Jade Douglas	Snow College
Alayne Jenkins	Utah State University - Eastern
Julyssa Lopez	Westminster College
Tanner Marcum	Utah State University, Student Board Member
Preston Moon	Snow College
Laiza Moreno	Dixie State University
Colette Mortensen	Weber State University
Demmi Nava-Zapien	Utah Valley University
Aarushi Rohaj	University of Utah
Ben Scheffner	Utah State University
Valirie Serawop	Uintah Basin Technical College, Student Board Member
Lindsay Simons	Salt Lake Community College
Benjamin Tenangeno	Utah State University
Christopher Westwood	Southern Utah University
Paola Su Ye	Southern Utah University

Commissioner’s Recommendation

This is an information item only; no action is required.