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- Senate Bill No.:** SB-2014-15-003
- Date:** November 17, 2014
- Authored by:** Kristin Kaz, Senator, College of Humanities
Alina Sarkissian, Chair of Clubs and Organizations
- Referred to:** University Affairs Committee
- Committee Rec.:** **Approved on 11/24/14 (3-0-0)**
- Senate Action:** **Approved on 12/1/2014 (16-0-0)**
- Title:** **Establishing Increased Awareness of CSUN Mental Health Resources**
1. WHEREAS: The Associated Students, Inc. (A.S.) is the official voice of over 40,000 students of California State University, Northridge (CSUN); and
 2. WHEREAS: A.S. is the primary advocate for students at CSUN and provides excellent, meaningful programs and services designed to create and enhance a spirited, learning focused campus environment; and
 3. WHEREAS: As outlined in the A.S. Strategic Plan each year, A.S. has a strong, continued commitment to encouraging and facilitating the physical, emotional, interpersonal, career, and spiritual well-being of students; and
 4. WHEREAS: In accomplishing its mission and strategic plan, A.S. wishes to assist in efforts to inform students of those resources available to them through the university, including resources related to awareness and advocacy of mental health; and
 5. WHEREAS: An interest in mental health is not only relevant to those who suffer from long-term conditions, but to any individual engaging in active mental pursuits, such as academic coursework at the university level; and
 6. WHEREAS: 30% of college students have experienced depression or depression-related symptoms at some point in their education¹; and
 7. WHEREAS: Second to alcohol-related incidents, suicide is a leading cause of death among college students²; and

¹ <http://www.nimh.nih.gov/health/publications/depression-and-college-students/index.shtml>

² <http://www.sprc.org/collegesanduniversities/campus-data/prevalence>

8. WHEREAS: California State University, Northridge provides a wide variety of resources to students with the intention of preventative and post-traumatic care; and therefore let it be
1. RESOLVED: The CSUN Counseling Center’s Kognito training for students and instructors will be recommended through the inclusion of a CSUN Portal training session; and let it be further
2. RESOLVED: Those services available to students, such as The Blues Project, University Counseling Services, CSUN HelpLine and others, will be advertised throughout the semester using MIND Screens and other technological applications; and let it be further
3. RESOLVED: We hope to establish more unified approach to encouraging campus-wide participation in events related to mental health awareness through partnerships between Associated Students and related clubs and organizations; and let it be further
4. RESOLVED: By the culmination of CSUN’s Spring 2015 semester, the A.S. President will establish an inclusive Mental Health Advisory Board, comprised of representatives from the following groups: A.S. Senate, Faculty Senate, University Counseling Services, The Student Health Center, Student Affairs, The University Student Union, Police Services, Student Life, CSUN’s Veteran and LGBTQ communities, and CSUN Athletics; and let it be further
5. RESOLVED: In an effort to establish clear action steps, this Advisory Board will consider the following strategies:
- Co-Sponsorship with University Counseling Services;
 - Providing Mental Health Awareness (QPR) Training for University Resident Advisors;
 - Establishing an Active Minds CSU Northridge Chapter;
 - Collaborating with the University Student Union Wellness Center;
 - Developing and implementing a social media campaign in order to raise awareness of related campus-wide events;
 - Including a statement of mental health awareness and counseling services on all course syllabi; and let it be finally
6. RESOLVED: That copies of this resolution be distributed widely, including but not limited to the following:

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- CSU Board of Trustees
 - U.S./CA Department of Education
 - Dianne Harrison, President, CSUN
 - Harold Hellenbrand, Provost & Vice President of Academic Affairs
 - William Watkins, Vice President of Student Affairs & Dean of Students
 - Mark Stevens, Director of University Counseling Services
 - Cheryl Spector, Coordinary of University 100
 - Linda Reid Chassiakos, Director of Student Health Center
 - Debra Hammond, Executive Director of University Student Union
 - Shane Frelich, President, Faculty Senate
 - The Sundial
 - CSUN Today

Tiffany Zaich
President, 2014-2015

Talar Alexanian
Vice President, 2014-2015