

ASSOCIATED STUDENTS OF THE UNIVERSITY OF HAWAI‘I AT MĀNOA
2465 Campus Road, Campus Center 211A
Honolulu HI 96822

SENATE RESOLUTION 21-16

IN SUPPORT OF INCREASED MENTAL HEALTH SERVICES AT THE UNIVERSITY OF HAWAI‘I AT MĀNOA

BE IT ENACTED BY THE UNDERGRADUATE SENATE:

- WHEREAS,* the Associated Students of the University of Hawai‘i at Mānoa (ASUH) Senate is the elected body representing approximately 14,000 full-time classified undergraduate students; and,
- WHEREAS,* poor mental health is a growing national concern for college students; and,
- WHEREAS,* 75 percent of mental health conditions develop by age 24, signifying that college is a ripe environment for certain disorders to manifest; and,¹
- WHEREAS,* the number of college students seeking help for serious mental health problems at campus counseling centers has steadily increased over the past two decades; and,²
- WHEREAS,* the 2010 National Survey of Counseling Center Directors (NSCCD) reported that 44 percent of counseling center clients had severe psychological disorders, a significant increase from 16 percent in 2000; and,
- WHEREAS,* in 2010, over 45 percent of students reported feeling hopeless and over thirty percent of students reported feeling so depressed that it was difficult to function; and,
- WHEREAS,* although depression and anxiety are the most common mental health disorders treated at college counseling centers, there has been a sharp increase in the number of students reporting struggles with alcohol abuse, eating disorders, and self-injury; and,
- WHEREAS,* from 2010 to 2015, the national average demand for counseling center services grew more than five times faster than the average rate of institutional enrollment; and,³
- WHEREAS,* to address the growing need for services, over 76 percent of college counseling directors reported that they reduced the number of visits for non-crisis patients to cope with the increasing overall number of clients; and,⁴
- WHEREAS,* the national trend of increased requests for counseling services parallels the growing need for services at the University of Hawai‘i at Mānoa (UHM); and,
- WHEREAS,* the UHM Counseling and Student Development Center (CSDC) employs only seven and a half tenured track psychologist positions, which is far below the national guideline of one licensed psychologist for every 1,000 to 1,500 students; and,

¹ <https://www.nami.org/Learn-More/Mental-Health-Conditions>

² <http://www.apa.org/monitor/2011/09/crisis-campus.aspx>

³ http://www.huffingtonpost.com/entry/college-students-mental-health-treatment_us_5696a1dde4b0ce496422e8f1

⁴ <http://www.apa.org/monitor/2011/09/crisis-campus.aspx>

WHEREAS, due to this understaffing, the non-urgent waitlist for individual psychotherapy services at the CSDC begins by September of each year, and at peak times, a wait for an initial intake appointment can range from five days to two and a half weeks; and,

WHEREAS, this is potentially dangerous for waitlisted individuals, as students seeking services are more likely to exhibit “threat to self” indicators such as serious suicidal thoughts and self-injurious behaviors; and,⁵

WHEREAS, the American Psychological Association 2011 Government Relations Update explains, “without the proper psychological services, students with emotional and behavioral problems have the potential to affect many other people on campus, including roommates, classmates, faculty and staff”; and,⁶

WHEREAS, in January 2016, Representative Isaac Choy Hawai‘i State Legislature introduced HB 1703⁷ and Senator Brian Taniguchi of the Hawai‘i State Legislature introduced its companion bill, SB 2767,⁸ to address the increasing influx of CSDC clients; and,

WHEREAS, HB 1703 and SB 2767 appropriate funds for the CSDC to hire three full-time psychologists and one full-time case manager; and,

WHEREAS, with the new positions, the CSDC, which helps more than 1,300 students for over 8,000 hours of therapy yearly, can give UHM students increased accessibility to immediate mental health services; now therefore,⁹

BE IT RESOLVED, the ASUH believes that hiring more positions at the CSDC offers a tangible step toward prioritizing the mental and emotional well-being of UHM students; and,

BE IT RESOLVED, the ASUH is confident that the advancement of mental health services will generate a positive impact on academic success and retention for individuals seeking counseling, as demonstrated in national surveys; and,¹⁰

BE IT FURTHER RESOLVED, the ASUH supports HB 1703 and SB 2767 and appreciates the Hawai‘i State Legislature’s effort to meet the holistic needs of college students and protect the integrity of the UHM community; and,

BE IT FURTHER RESOLVED the ASUH respectfully request the three new psychologists and one case manager also extend help to other campuses when necessary; and,

BE IT FURTHER RESOLVED, the ASUH humbly requests the Hawai‘i State Legislature to incorporate the appropriations listed in HB 1703 and SB 2767 in the 2016 Session Budget to help ensure the permanency of the additional CSDC positions; and,

NOW, THEREFORE, BE IT FINALLY RESOLVED, that copies of this resolution shall be sent to:
Hawai‘i State Governor David Ige; Chairperson of the Senate Committee on Higher Education and the Arts Senator Brian Taniguchi; Chairperson of the House Committee on Higher Education Representative Isaac Choy; Chairperson of the Senate Committee on Ways and Means Senator Jill Tokuda; Chairperson of the House Committee on Finance Representative Sylvia Luke; UH President David Lassner; the UH Board of Regents

⁵ http://www.huffingtonpost.com/entry/college-students-mental-health-treatment_us_5696a1d4e4b0ce496422e8f1

⁶ <http://www.apa.org/monitor/2011/09/crisis-campus.aspx>

⁷ http://capitol.hawaii.gov/measure_indiv.aspx?billtype=HB&billnumber=1703&year=2016

⁸ http://capitol.hawaii.gov/measure_indiv.aspx?billtype=SB&billnumber=2767&year=2016

⁹ http://www.kaleo.org/news/uh-m-noa-requests-funding-for-more-psychologists-caseworkers/article_38febcaac-da5c-11e5-9ec5-e7d94e423c75.html

¹⁰ <http://www.apa.org/monitor/2011/09/crisis-campus.aspx>

Chairperson Randy Moore and Members; UH Mānoa Interim Chancellor Robert Bley-Vroman; UH Mānoa Interim Vice Chancellor for Students Lori Ideta; UH Mānoa Interim Associate Vice Chancellor and Dean of Students Mike Kaptik; Director of the UH Mānoa Counseling and Student Development Center Allyson Tanouye; the Honolulu Star Advertiser; and the Ka Leo o Hawai‘i.

ROLL CALL VOTE FOR SENATE RESOLUTION 21-16 WITH AMENDMENTS

Aye(s): Vice President Kamoshida, Treasurer Takara, Secretary Tagaban, Senators-at-Large Callihan, Dela Cruz, Mitsui, Nishihara, Senators Aki, Bui, Caramat, Chen, Enriquez, Garma, Hinshaw, Ikeda, Kim, Lao, Lawi-an, Lopez, Omokawa, Rafael, Ryan, Simeroth, Tacey, Turner, Willis, Yamada [26]

Naye(s): [0]

Abstentions: [0]

Introducers: Todd Simeroth, Senator of the Colleges of Arts and Sciences; Roxie-Anne Kamoshida, Vice-President; Lauren Tagaban, Secretary; Grant Takara, Treasurer; Jessica Chen, Senator of the Colleges of Arts and Sciences