Need for increased student mental health services reverberates throughout CSU

Dr. La Tanya Skiffer spends four hours a week in faculty advising sessions with her students at CSU Dominguez Hills. Intermingled with discussions about course work for her criminology courses, Skiffer learns about their lives. When she spots a need, she points them to resources available on campus.

And increasingly, that includes counseling services.

Anxiety, depression, and work/life balance issues appear most frequently. And on a campus like Dominguez Hills, where students tend to be older than the national average, a majority is female, and 91 percent are students of color, the pressures are compounded.

“Our students experience tremendous anxiety and social pressure right now,” Skiffer said. “You can see it in their faces, you can see it in their self care. You can’t miss it if you’re paying attention.”

But despite the overwhelming need, student access to counseling services on all 23 CSU campuses is hampered because there are too few mental health counselors. That is why it is critical that Gov. Jerry Brown sign Senate Bill 968, authored by Dr. Richard Pan and sponsored by CFA. The bill, which was passed by the Assembly 63-0 today and is awaiting a concurrence vote by the Senate, would increase the number of counselors on CSU campuses. The
The professional recommended ratio is one counselor per 1,500 students. Currently, the ratio on CSU campuses is far higher, in some cases as much as one counselor per 3,000 students.

The legislation is important for the CSU’s students, and it is essential that faculty help students understand that the counseling is a support service that they shouldn’t be embarrassed or ashamed to use, Skiffer said.

“It’s incumbent on all of us as educators to help students see the importance of caring for themselves and making sure our students have the right resources available to them,” she said. “Our students can’t learn if they can’t even concentrate and focus because no one is there to help them resolve their issues.”

New on the podcast: How CFA is engaging in courageous conversations about racism, discrimination

Have you taken a few minutes to listen to CFA’s podcast?

This week host Audrena Redmond and CFA Activist Theresa Montaño discuss how CFA and its members “engage in courageous conversations about racism and discrimination, in order to transform our union,” which is the fifth Guiding Principle of the union’s Anti-Racism and Social Justice Transformation.

Montaño, a Chicana/o Studies professor at CSU Northridge and Vice President of the California Teachers Association, talks about why it’s critical to talk about racism, how it impacts our students, and what it means to have brave conversations about racism amongst colleagues.

“All of us experience racism each and very day. But what differs is how we relate to racism. What is our relationship with racism and what is the outcome of the racism?” Montaño said. “That differs. And the only way that one can get to the bottom of it and transform racism is to engage in dialogue with one another.”

Click here to listen to the podcast today! Also available here on iTunes.
CFA Chapters kick off election season with Political Action Week

CFA chapters throughout the state are kicking off the 2018 academic term with a week of activities to encourage faculty participation in helping elect pro-union, pro-public higher education candidates.

From phone banking to hall walking, CFA members hope to focus excitement about this year’s high stakes election on getting CFA-endorsed candidates elected. [Click here](#) to connect with your chapter and to learn more.

At Cal State Long Beach, for example, faculty will be tabling from 11:30 am to 1:30 pm between F02 and F03, and recruiting colleagues to precinct walk in support of a ballot measure that would protect hotel workers from harassment and abuse. In Fresno, CFA leaders will be passing out information about CFA’s endorsed candidates and activism opportunities from 11 am to 1 pm in the Free Speech Area.

“It might seem early, but if we are going to ensure our elected leaders and the laws they pass have the best interests of working families at heart and are committed to anti-racism and social justice values, we need to start working for the right candidates and issues now,” said Lillian Taiz, chair of CFA’s Political Action & Legislation Committee.

Do you or a colleague want to get involved in making a difference this election season? [Click here to get involved.](#)

**Faculty Rights Tip of the Week: Advice on audio/video recordings without faculty consent**

**Q:** Can students legally record audio or video in my classroom without my consent?

**A:** You have the right to be free from unauthorized recordings in the classroom. Instructors may be required to allow for recordings if they are connected to disability accommodations. Such recordings are for the accommodated student’s personal use only and may not be distributed or used for non-course related purposes. If you have questions or concerns, contact the disability resources center on your campus.

Many faculty have strict policies about phones being off and stored away in order to facilitate focus and learning. Given the political environment in which we find ourselves, or in order to maintain a classroom in which everyone feels free to express themselves in a collaborative learning environment, you may wish to disallow recordings outside of the context of disability accommodations. It is your right to do so.

We encourage faculty to provide a very clear statement in your course syllabus about your
classroom recording policy with clear limitations on use and distribution.

Here’s an example:

Students may not record (audio or video) in this class except in accordance with ADA accommodations. Any recordings made in connection with a disability accommodation are for the student’s personal academic use only and may not be distributed in any manner to any other individual.

You may feel otherwise and take a different position. In fairness, your students should understand and know your position, as they may be recorded during class discussions if someone records a class session.

Here’s a link to an informative piece on this topic by the San Jose Mercury News.

- If you have questions about a Faculty Rights Tip or would like to suggest a tip, please write us at cfa@calfac.org with the subject line “Faculty Rights Tip.”
- Click here to find faculty rights advocates on your campus.

In Other News…

RISE AND SHINE: Faculty in Northern California are encouraged to meet up in San Francisco on Sept. 8 to participate in the Rise for Climate, Jobs & Justice. CFA activists and other labor groups will be meeting at 10 am on Steuart Street behind the youth contingent right off Market Street by the Embarcadero. Labor groups will be led by the ILWU Drill Team and the Crucible Fire Truck from Firefighters Local 798.

“This is a chance to get out in the streets for something we all care about. It’s also an opportunity to have fun, organize, and connect with other labor unions and social and environmental justice organizations,” said CFA President Jennifer Eagan.

Click here to RSVP to the event and get updates via texts. There also are several charter buses coming from the Northern California area. Click here for more info.

LABOR DAY SOLIDARITY: Looking to celebrate Labor Day with fellow union members and pro-Labor enthusiasts? Check out this listing of Labor Day events, compiled by the California Labor Federation. From pancake breakfasts to picnics, there are more than a dozen events throughout the state. Click here for more info.

CONGRATS: CFA Northridge Chapter President Nate Thomas was honored this month by the National Congress of Black Women Los Angeles Chapter (NCBW-LAC). The organization bestowed its “Good Brother’s Award” to Thomas, an Emmy-winning professor who heads the Film Production Option at CSUN. Thomas was honored for being the first African-American film production program head at a CSU, as well as for his career achievements and being a
respected faculty member. Congratulations Nate!

MORE CONGRATS: CFA Activist Nichelle Henderson will be honored as the Assembly District 66 Democrat of the Year at the 2018 Franklin and Eleanor Roosevelt Dinner on October 21. Henderson, faculty advisor to Cal State Teach at Cal State LA, was elected to the Los Angeles County Democratic Party in 2016 and serves on the Credentials Committee and the California Democratic Party Voters Services Committee.

Links of the Week

Unsolved Hate: Filmmaker follows David Josiah Lawson murder case  
KHSU (Humboldt State)  
In the wee hours of the morning on April 15, 2017, Humboldt State University student David Josiah Lawson was murdered at an off-campus party. Hours later Courtney Wagner, a Sacramento State University student, received a call from her friend, another HSU student, who told her about the murder. After searching her local news outlets, to no avail, Courtney decided to cover the story herself for a senior project.

CSULB doubles down on students doing ‘more in four’  
Daily 49er (Long Beach)  
Cal State Long Beach is climbing the ladder to elite school status as timely graduation rates continue to rise. But some students argue they actually suffer from the fast-paced movement in-and-out of college.

Want police held accountable in California? Back a bill to increase transparency  
Sacramento Bee  
In the flurry of bills being considered by the California Legislature in the final week of the session, one to enhance police accountability is especially important.

Timing of student loan watchdog’s resignation ‘couldn’t be worse,’ CNBC  
The resignation of the government’s chief student loan watchdog could not have come at a worse time, and demonstrates the Trump administration’s unwillingness to protect borrowers, advocates say.

Feeling suicidal, students turned to their college. They were told to go home.  
NY Times  
When Harrison Fowler heard about the counseling center at Stanford, where he enrolled as a freshman last fall, he decided to finally do something about the angst he had been struggling with for a long time.

The results were not what he had expected. Asked if he had ever considered suicide, he said yes. The center advised him to check himself into the hospital. From there, he was sent to a private outpatient treatment center, where he was prescribed an antidepressant that he said triggered horrible suicidal fantasies. It wasn’t long before he was back in the hospital, being urged to go home to Texas.

Jerry Brown signs bill eliminating money bail in California  
Sacramento Bee  
Gov. Jerry Brown on Tuesday signed sweeping legislation to eliminate cash bail in California. The change, which will take effect in October 2019, goes further than any other state in the country to remove money from pretrial detention.

Read more here: https://www.sacbee.com/news/politics-government/capitol-alert/article217461380.html#storylink=cpy

Public may not trust higher ed, but employers do  
Inside Higher Ed  
Though public support for higher education seems to be waning, this skepticism doesn’t appear to extend to potential employers, who say they still have faith in colleges and universities, according to a new
survey conducted on behalf of the Association of American Colleges & Universities.

**Do college librarians have academic freedom?**

*Chronicle of Higher Ed*

Elaine Franco didn’t think the title of her presentation at the American Library Association’s midwinter meeting six years ago was all that controversial: "Copy cataloging gets some respect from administrators."

But an administrative colleague of Franco’s at the University of California at Davis raised concerns about the title, an allusion to Rodney Dangerfield’s "I don’t get no respect" catchphrase. When she saw the 2012 slide deck, which Franco had emailed her, she wondered if the title inappropriately implied that copy catalogers had been disrespected by administrators previously, Franco recalled.

**Justice in America**

*The Appeal (podcast)*

An investigative podcast, hosted by Josie Duffy Rice and Clint Smith III, examines how this country’s criminal justice structures routinely fail its Black, Brown and impoverished residents. Also features interviews with Ta-Nehisi Coates, Rashad Robinson, John Legend, Gina Clayton, John Pfaff, and more.

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