

MENTAL HEALTH COUNSELORS IN THE CSU



Years of disinvestment by the CSU created a crisis for our students

The International Association of Counseling Services (IACS), the accreditation body for college counseling centers, recommends a ratio of 1,000-1,500 students for each full-time equivalent counselor on campus. Unfortunately, most CSU campuses employ much less than one FTE counselor per 1,500 students, the maximum recommended.

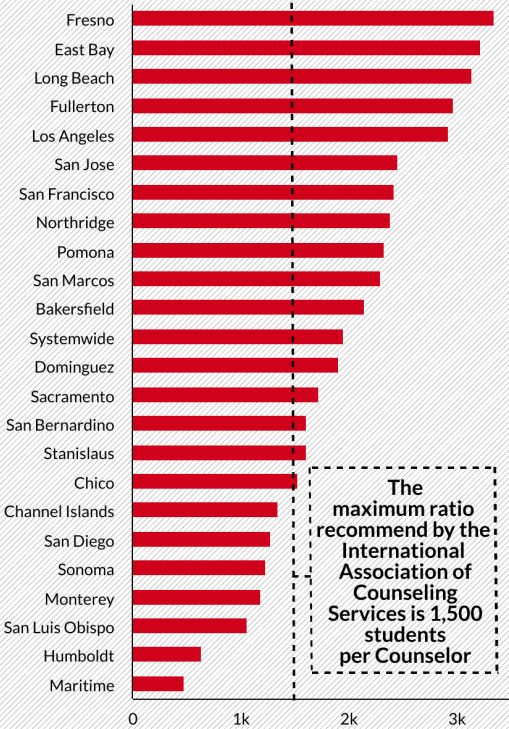
The CSU serves an incredibly diverse student body composed of many students of color and first-generation college students. In fact, CSU campuses grant more than half of all undergraduate degrees earned by California's Latino, African-American, and Native-American students. It is a bitter irony that the university system which educates the most black and brown students greatly underfunds student mental health support.

Across the CSU, there are 1900 students per full-time equivalent Counselor



Each person represents 100 students

Student to FTE Counselor Ratios, by Campus, Fall 2019



The time to hire additional mental health counselors is now. CFA demands that the CSU meet the International Accreditation of Counseling Services (IACS) standard of 1,500 students to one counselor. Prior to this national pandemic, the American Psychological Association described a "growing crisis" with the state of mental health on college campuses, as the number of students seeking help for serious mental health problems skyrocketed over the last decade. Our campuses were already dangerously understaffed and the need for mental health services due to the stress and anxiety of the current crisis has only increased. It is urgent that the CSU respond to this demand.

Sources:
 Students: CSU Enrollment Dashboards
 Faculty: CSU PIMS Data
 American Psychological Association: <https://www.apa.org/advocacy/higher-education/mental-health/>
 and <https://www.apa.org/monitor/2013/06/college-students>