



Wellness at UC Berkeley 2014-2015

Advocacy Briefing: Tracking Progress and Next Steps

March 2015

CAMPUS-BASED ADVOCACY

1. Chancellor's Advisory Committee Student on Mental Health (CACSMH)

- a. **Mission:** This committee identifies student mental health trends across campus, in order to advise the chancellor on opportunities for addressing mental health support at the individual, group, and policy level.
- b. **This year's objectives:**
 - i. Reframe the committee's charge/composition/commitment so as to adopt a more long-term, strategic means of operating
 - ii. Propose student co-chairs in future years
 - iii. Mental Health Strategic Plan & Collaborative Model (see below)

2. Health Fee Advisory Board (HFAB)

- a. **Mission:** This advisory board reviews past and current allocation of the UC Berkeley Health Fee monies and assesses its effectiveness in meeting the health and wellness services needs of students. After collecting data, meeting with students, and interviewing University Health Services staff, the board makes a formal recommendation regarding the following year's fee level.
- b. **This year's objectives:**
 - i. Construct a three-year strategic plan in collaboration with CFO Rosemarie Rae
 - ii. Research new, sustainable funding models

3. Student Health Advisory Committee (SHAC)

- a. **Mission:** This committee organizes a conversation between graduates, undergraduates, and University Health Services staff regarding student health and counseling needs. Members consult on programs/services, budget issues, informational needs of students, accessibility and ease of use and emerging student issues.
- b. **This year's objectives:**
 - i. Solicit feedback from various communities on campus for University Health Services (UHS)
 - ii. Discussing current undertakings by UHS to improve services, including but not limited to betterment of mental health, prevention of sexual violence, and improvement of primary care.

4. Student Health Insurance Advisory Committee

- a. **Mission:** Evaluate and recommend changes to the Student Health Insurance Plan (SHIP)
- b. **This year's objectives:** Review carrier bids for major medical plan and recommend which vendor to select. Recommend cost-saving strategies to lessen impact of premium increases

5. Wellness Committee

- a. **Mission:** Through collaboration with UHS, Rec Sports, graduate students and undergraduates, this group developed the Wellness Referendum, ultimately offered as a



- proposition in Spring 2015 ASUC Elections. This student fee would renew existing Rec Sports Student Fees and add more wellness services.
- b. **This year's objectives:** Write a referendum that proposes a student fee that would improve wellness services for Berkeley campus. More information on this referendum may be found at <http://www.votewellness.com>

6. Life Safety Fee Committee

- a. **Mission:** The Life Safety Committee, which is composed of students and staff members, proposes and supervises projects funded by the Life Safety Fee that meet campus and UC guidelines.
- b. **This year's objectives:** Recommend whether or not to continue the Life Safety Fee and what projects to fund. The proposal approved by the Regents includes funding for the renovation of three buildings: Anna Head Building E, Anna Head Building F and Martin Luther King Jr. Student Union – Basement.

7. Strategic Planning Initiative in Student Affairs

- a. **Mission:** To foster a sense of belonging, to engage students in a highly personalized experience which provides directive support across their educational career, and to create systems that will help students navigate the many resources that exist across campus and highlight those that may be most relevant to each student based on not only their academic goals but co-curricular interests.
- b. **This year's objectives:** Create an implementation plan, define resourcing requirements, define measurement process and assemble strategic plan.

INTERCAMPUS / STATEWIDE ADVOCACY

1. University of California Office of the President (UCOP):

- a. **Oversight Committee:**
 - i. Tracks trends in student mental health concerns on all UC campuses
 - ii. Assesses appropriate levels of services and resources.
- b. **Student Affairs and Risk Management**
 - i. Collects system-wide data on student utilization of mental health services
 - ii. Audits risk management compliance and professional credentialing of mental health staff
 - iii. Advocates to UC Regents for resources to support adequate staffing levels and timely student access to care.

STUDENT INITIATIVES

1. Wellness Fee Referendum
 - a. See: <http://www.votewellness.com/>
2. Evaluation // Dissemination of Graduate Student Wellbeing Report (2014)
3. Student Mental Health Coalition
4. Half of Us
5. Mental Health and Wellness Advocacy Briefing and Action Plan
6. Beyond Academia



POSTDOC INITIATIVES

1. Thriving in Science

FACULTY/STAFF INITIATIVES

1. Undergraduate Education Council
 - a. Wellness Minor
 - b. CalSO

SHARED INITIATIVES

1. CACSMH Subcommittee and the Mental Health Strategic Plan and Collaborative Model

GAPS/AREAS FOR IMPROVEMENT

1. More collaboration between GA and ASUC in prioritizing Wellness jointly and the services that fall within that category
2. Institutionalized oversight of these projects so as not to lose momentum in the transition between officers/projects/etc.

RECOMMENDATIONS

These recommendations reflect the more long-term thinking (i.e. 3 year strategic plans) that has taken hold across campus, particularly around the issues of mental health and wellness. Implementing and institutionalizing a position/team that is accountable for this academic engagement around wellness is critical to a long-term plan. While there is always a need to increase Mental Health Services staffing, these recommendations born out of 2014-2015 advocacy establish a more proactive model. The goal is to disburse accountability and authority for the campus among different campus entities, rather than simply housing these conversations within University Health Services.

1. Incentivize and compensate joint efforts in student advocacy, in order to establish continuity
2. Create a position within the ASUC that mirrors the GA Director of Graduate Student Wellness Project
3. Create a position/team housed under Graduate Division and/or Faculty Senate that is responsible for implementing the CACSMH Mental Health Strategic Plan and Collaborative Model
4. Align these positions across bodies of governance (GA, ASUC, Faculty/Academic)