

BOARD OF REGENTS
BRIEFING PAPER

1. AGENDA ITEM TITLE: Mental Health Fee Proposal, UNLV

MEETING DATE: June 8-9, 2017

2. BACKGROUND & POLICY CONTEXT OF ISSUE:

There is great concern nation-wide related to the mental health of college students as counseling and health centers have faced unprecedented demands for mental health services. Similarly, UNLV Student Counseling and Psychological Services (“CAPS”) is struggling to meet the need for mental health services on campus. Last year, CAPS had a 29% increase in service utilization, with increases seen for crisis consultations (18%), intake evaluations (14%), and psychiatric evaluations (36%). Furthermore, there was a 64% increase in utilization of mental health services over the last four years. For context, UNLV’s increase in enrollment over these same four years was 8%. UNLV proposes the establishment of a mental health fee to meet the need for mental health services and support of its diverse student population. Both Consolidated Students of the University of Nevada (CSUN) Student Government and Graduate and Professional Student Association (GPSA) have voted in support of this fee to improve mental health services on campus.

The mission of CAPS is to provide psychological, psychiatric, and prevention services that enhance students’ personal development and academic success. Services include individual and group psychotherapy and assessment, outreach and prevention programming, and advising faculty and staff on individual student mental health concerns and risks. In addition, CAPS offers professional training and experience for graduate and post-graduate trainees. CAPS is funded by the Student Health Fee (along with the Student Health Center, Rebel Wellness Zone, and to a lesser degree the Disability Resource Center and the Jean Nidetch Women’s Center), but this fee is not sufficient to meet the overwhelming need for additional mental health services.

3. SPECIFIC ACTIONS BEING RECOMMENDED OR REQUESTED:

UNLV President Len Jessup requests approval for the UNLV Student Counseling and Psychological Services (CAPS) to establish a mandatory mental health fee of \$25.00 per fall and spring semesters, and \$12.50 per the entire summer term, for all undergraduate and graduate students enrolled in six or more credits, beginning Fall, 2017.

4. IMPETUS (WHY NOW?):

- There was an 18% increase in student treated by CAPS in crisis this year. Of those students seen in crisis, 47% reported serious thoughts of self-harm/suicide, which required immediate intervention to ensure their safety. In fact, 22% of all students treated by CAPS for any reason reported thoughts of suicide.
- CAPS has experienced a huge increase in the demand for mental health services, 64% over the last four years. This year alone, there has been a 29% increase in service utilization. Although, a new psychology position was hired, more staff is desperately needed.
- The launch of the new UNLV School of Medicine this summer will increase further the demand for counseling services as medical students tend to use counseling services at higher rates than other students.
- Unmet mental health needs have been shown to negatively impact academic progress and

retention for all students, but especially diverse students.

- The demand for counseling services will continue to rise as enrollment increases. It is anticipated that there will be more students living on campus and these students are more likely to access services on campus.
- Given the focus on addressing the mental health and safety needs on college campuses, CAPS staff is playing a greater role addressing these concerns through faculty and staff training, consultations, and serving on relevant multidisciplinary committees.
- Universities across the country are overwhelmed with the mental health crisis on college campuses and top administrators have prioritized resources for counseling centers to meet student demand. A well-staffed mental health center is gaining traction as an important factor in the college selection process for both parents and students.

5. BULLET POINTS TO SUPPORT REQUEST/RECOMMENDATION:

- Approval of the mental health fee will allow CAPS to hire at least ten additional staff members. CAPS' accrediting organization (The International Association of Counseling Services) recommends that the mental health professional- to- student ratio be no higher than 1 to 1,500. The current ratio at UNLV is 1 to 3,375, more than double the recommended ratio to serve its student population of over 29,000 students
- CAPS is the primary mental health center for approximately 29,000 UNLV students. Given the increase in student pathology, as well as students with preexisting mental health conditions, students will have to wait longer for psychiatric services since there is only one psychiatrist available.
- CAPS is in its final stage of securing APA Accreditation of its Doctoral Psychology Internship program that would benefit the university in terms of national recognition, ability to recruit diverse doctoral students, and offer opportunities for UNLV doctoral psychology students to complete their internship training at UNLV. A successful accreditation requires CAPS to have adequate staffing of licensed psychologists to supervise doctoral interns.
- All students will benefit from the increased staffing at the counseling center. Students who use counseling services receive assistance in resolving their problems, experience an enhanced ability to pursue their academic goals, and are less likely to drop-out of school.
- The campus community would benefit indirectly from fewer disruptions by troubled students and a safer campus environment.
- Research shows a strong negative relationship between student mental health problems and their academic performance. Supporting students' academic success is consistent with UNLV's Tier I initiative and is one on CAPS' primary mission.

6. POTENTIAL ARGUMENTS AGAINST THE REQUEST/RECOMMENDATION:

Increased financial burden for undergraduate and graduate students.

7. ALTERNATIVE(S) TO WHAT IS BEING REQUESTED/RECOMMENDED:

Not approving the proposed mental health fee will result in:

- Longer wait times for students to be seen for intake evaluations (ranges from 1-5 weeks).
- Longer wait times for students to be assigned a counselor (ranges from 1-6 weeks).
- Limited group therapy offerings to accommodate students' varied schedules, thereby reducing the availability of group therapy which can be a powerful treatment modality.

- Session interruption for triage/crisis consultation among providers due to lack of staff for triage coverage (vacation, sick days, FMLA, professional development).
- During periods of high demand and limited staff, session limits were temporarily reduced in order to increase access for students seeking therapy (from 12 sessions to 6 sessions).
- Increase student referrals to off-campus, counseling services that will create additional financial burden for students since there is a lack of affordable mental health care in the community.
- Decrease outreach programming aimed at improving awareness and prevention of mental health concerns (e.g., substance misuse, depression, anxiety, and eating disorders). Regarding prevention, one of CAPS' outreach goals is to bolster students' resilience by providing education and skills-building as well as connecting students with campus resources.
- Limited staff availability to serve on collaborative, multidisciplinary committees that involve student wellness and campus safety.
- Limited staff to implement innovative programs, such as resilience training and establishing liaison counselors to academic departments for faculty and staff support and consultation.

8. COMPLIANCE WITH BOARD POLICY:

- Consistent With Current Board Policy: Title #_____ Chapter #_____ Section #_____
- Amends Current Board Policy: Title #_____ Chapter #_____ Section #_____
- Amends Current Procedures & Guidelines Manual: Chapter # 7 Section # 12
- Other: _____
- Fiscal Impact: Yes X No _____
 Explain: The fee increase will generate approximately \$1,461,875 based on current enrollment.

Section 12. Student Fees

H. HEALTH SERVICE/INSURANCE FEES

UNR

	Graduate	Undergraduate	International
<u>Health Service Fee: Per semester</u> (MANDATORY for students with six or more credits, VOLUNTARY for students with fewer than six credits & summer school students)	\$93.00	\$93.00	\$93.00

Student Health and Accident Insurance:

VOLUNTARY (All domestic undergraduate students enrolled in nine credits or more.)

Annual		\$2,624.00	
Fall		\$1,099.73	
Spring		\$984.53	
Spring/Summer		\$1,524.27	
Summer		\$538.67	

Student Health and Accident Insurance:

MANDATORY¹ (All International Students and Graduate & Professional Students taking six credits or more per semester.)

Annual	\$2,892.80		\$1,369.60
Fall	\$1,212.80		\$573.87
Spring	\$1,085.87		\$514.13
Spring/Summer	\$1,680.00		\$795.73
Summer	\$594.13		\$281.60

SCHOOL OF MEDICINE

Annual fee for life and disability insurance	\$77.44		
Student Health Insurance (MANDATORY ¹)			
Fall	\$1,458.13		
Spring/Summer	\$1,434.67		
Summer	\$483.20		

Additions appear in **boldface italics**; deletions are [~~stricken~~ and bracketed]

UNLV

	Graduate	Undergraduate	International
Health Service Fee – Fall & Spring (MANDATORY)	\$72.00	\$72.00	\$72.00
Summer School	\$37.00	\$37.00	\$37.00
<i>Mental Health Fee - Fall & Spring (MANDATORY)</i>	<i>\$25.00</i>	<i>\$25.00</i>	<i>\$25.00</i>
<i>Summer School</i>	<i>\$12.50</i>	<i>\$12.50</i>	<i>\$12.50</i>

Student Health and Accident Insurance No longer offered

Student Health and Accident Insurance,
(MANDATORY¹ for International Students;
Law Students taking a minimum of twelve
credits per semester; Graduate &
Professional Students taking a minimum of
nine credits per semester; six credits if a
graduate assistant) OPTIONAL for Graduate
Students not on Assistantships.

Annual	\$2,207.98	\$2,207.98
Fall	\$901.00	\$901.00
Spring/Summer	\$1,306.98	\$1,306.98
Fall-Nursing	\$858.60	
Spring/Summer-Nursing	\$1,349.38	

DENTAL SCHOOL

Health Insurance (MANDATORY ¹)	
Annual	\$2,254.00
Spring/Summer	\$1,457.00

NSC

Student Health and Accident Insurance, for
International Students ONLY,
MANDATORY¹:

Annual	\$2,207.98
Fall	\$901.00
Spring	\$750.48
Spring/Summer	\$1,306.98
Summer	\$556.50

NOTES:

- NSC International students are enrolled in UNLV's policy at no impact to costs. It is estimated that up to two international students will enroll in the 2016/2017 academic year.

¹ Mandatory Coverage definition: when coverage is indicated as mandatory, the student must purchase the coverage or provide proof of equivalent coverage.

Additions appear in ***boldface italics***; deletions are [~~stricken~~ and bracketed]

- CSN (domestic), GBC, TMCC, WNC students have available health services on a voluntary basis through a third party entity. These institutions facilitate the availability of student health services; however, students who contract for these services pay the third party entity directly.
- CSN International Students purchase mandatory health coverage through a third party entity designated by CSN. Proof of equivalent coverage will be accepted on a limited basis. No fees are paid to CSN.
- Amounts represent total charges and include insurance premium, ACA taxes and fees, broker commission and fees, and institution fees.
- Some NSHE Allied Health and Nursing programs require students provide evidence of coverage. The coverages indicated above may be used to satisfy this programmatic requirement.

I. LATE FEES

- a. Late Registration Fee: A late registration fee of up to \$50 per course may be assessed to students who don't meet the course registration deadline. Late registration fee exceptions may be granted by the institution when registration was delayed due to circumstances beyond the student's control.
- b. Late Payment Fee: A late payment fee of up to \$25 may be assessed for payments received after the payment deadline. An additional fee of up to \$25 may be assessed daily after the payment deadline up to \$250 for past due balances greater than \$100.

(B/R 4/92, 5/93, 3/94, 2/95, 6/95, 4/96, 4/97, 9/97, 5/98, 4/99, 6/99, 4/00, 3/02, 3/03, 8/03, 1/04, 3/04, 2/05; Added 6/05; A. 8/05, 1/06, 4/06, 7/06, 2/07, 7/07, 12/07, 6/08, 2/09, 4/09, 6/09, 12/09, 4/10, 6/10, 12/10, 4/11, 6/11, 12/11, 6/12, 9/12, 11/12, 6/13, 9/13, 12/13, 3/14, 6/14, 12/14, 6/15, 12/15, 6/16, 12/16, 3/17)

UNLVCSUN

STUDENT GOVERNMENT

EXECUTIVE BOARD OF THE CONSOLIDATED STUDENTS OF THE UNIVERSITY OF NEVADA LAS VEGAS

46TH Executive Session 2015-2016

A RESOLUTION ESTABLISHING A HEALTH FEE INCREASE TO SUPPORT EXPANDED MEDICAL AND MENTAL HEALTH SERVICES FOR STUDENTS

Bill Number: ER 46-07

Authors of Legislation:

Senator Samantha Bivins, *College of Liberal Arts*

Senator Fabian Donate, *Division of Health Sciences*

Senator Christopher Roys, *Division of Health Sciences*

WHEREAS, the Consolidated Students of the University of Nevada (CSUN) represents all 23,000+ undergraduate students enrolled at the University of Nevada Las Vegas; AND

WHEREAS, In Nevada, about 98,000 adults per year in 2009-2013 had a serious mental illness within the prior year*; AND

WHEREAS, In Nevada, about 114,000 adults with any mental illness per year in 2009-2013 received mental health treatment or counseling within the prior year*; AND

WHEREAS, In Nevada, about 85,000 adults in 2009-2013 had serious thoughts of suicide within the prior year*; AND

WHEREAS, In Nevada, about 130,000 adults aged 21 or older per year in 2009-2013 reported heavy alcohol use within the prior month*; AND

WHEREAS, In Nevada, about 71,000 individuals per year in 2009-2013 were dependent on or abused illicit drugs within the prior year*; **AND**

WHEREAS, The current access to mental and behavioral health services at UNLV through CAPS (Clinical and Psychological Services) is inadequate and insufficient to meet the needs and demands of the student population; **AND**

THEREFORE, BE IT RESOLVED, That The CSUN Student Government Executive Board strongly urges the Administration of UNLV and the Board of Regents to propose a health fee increase to support expanded medical and mental health services to students through the UNLV Student Recreation and Wellness Center (SRWC).

ADOPTED by the Executive Board on this 3rd Day of October 2016.

Attest:





Carlos Fernandez, Student Body President



Ryan Romero, Student Body Vice President



Schyler Brown, Senate President

*Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009 to 2013.



April 13, 2017

Graduate & Professional Student Association
University of Nevada, Las Vegas
4505 S. Maryland Parkway
Las Vegas NV 89154

Dear Dr. Davidson,

Thank you for requesting feedback from the Graduate & Professional Student Association (GPSA) regarding the proposed Mental Health Fee that, if approved, will be effective the Fall semester of 2017. I requested that each council representative solicit feedback from his or her constituents regarding the Mental Health Fee proposal to be included in the report that you requested. Of 44 departments and programs represented on the GPSA Council, 9 seats are vacant and therefore we were unable to solicit feedback from these departments/programs. On April 3rd, 2017, the GPSA Council voted on the Mental Health fee proposal. During this meeting, the GPSA Council meeting had 25 of the 44 voting members present, including the 4 Executive Board members, at the time of the vote.

The GPSA Council voted to support the increase to the Mental Health Fee. Of the 25 voting members present, 19 voted in favor of the increased fee, 5 voted against, and 1 abstained. Overall, students noted that the reasons for instituting this fee were clear and in line with the University's Top Tier efforts. Ensuring our students have access to mental health care supports students' success, which in turn, leads to the University's success. Five students opposed the fee and stated that his or her department would consider a lower fee or an opt-in option. These departments also stated that they did not see a purpose in instituting a fee that they would not themselves utilize. The departments in favor of the fee stated believed that this is an urgent issue that needs to be addressed. Moreover, even if we do not utilize the services ourselves, our students do, and thus it is an issue that affects us all. Furthermore, students believe that the benefit of instituting this fee outweighs our individual costs. One department representative requested that the University should match student fee contributions to further support our mental health services.

Thank you for your time and consideration. Please feel free to contact me for any clarification or if I can be of any further assistance in this process.

Kind regards,

A handwritten signature in blue ink that reads "Meghan Pierce".

Meghan Pierce
GPSA President