



## **Increased Accessibility for External Mental Health Resources**

Resolution 20-21-08

**Whereas:** the University of San Francisco's core Jesuit values call upon *cura personalis*, or 'care for the entire person,' including both the physical and mental wellbeing of students; and

**Whereas:** the University of San Francisco is committed to cultivating and fostering an environment that works to promote equitable access to student mental health services, both on and off campus; and

**Whereas:** the University of San Francisco's Counseling and Psychological Services aims to provide students with mental health services that allow them to improve and maintain their mental well-being and to meet their educational, personal, emotional and spiritual goals<sup>1</sup>; and

**Whereas:** Counseling and Psychological Services primarily utilizes a short-term model of therapy in order to effectively assist students in addressing issues common in a college setting; and

**Whereas:** students whose mental health needs cannot be met with short-term psychotherapy require a particular type of service not offered at CAPS<sup>2</sup>; and

**Whereas:** all undergraduate course syllabi currently implement a section regarding the services provided by USF's Counseling and Psychological Department; and

**Whereas:** the current section is solely limited to on-campus resources; and

**Whereas:** the rise of COVID-19 has led to an increased need for mental health resources and services amongst college students<sup>3</sup>; therefore, be it

**Resolved by the Associated Students of the University of San Francisco Senate in its role as the sole representative body of all undergraduate students of the University of San Francisco, that the following be enacted:**

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<sup>1</sup> <https://myusf.usfca.edu/caps/mission-statement>

<sup>2</sup> <https://myusf.usfca.edu/caps/services>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764/>



**Resolved:** that the current Counseling and Psychological Services section provided on all undergraduate syllabi be updated to state the following:

“COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OTHER RESOURCES

Counseling and Psychological Services (CAPS) is a great source of support for issues of sadness, anxiety, loneliness, college adjustment, relationship struggles, and others not requiring medical intervention. CAPS offers online workshop series open to all students; consultations and referrals; and extensive [website](#) resources. In addition, CAPS All Hours “warmline” can be contacted by calling (855) 531-0761 or students can use the peer-led Crisis Textline by texting HOME to 741741. CAPS also offers remote individual and group teletherapy to students residing within California. (State regulations prevent provision of therapy across state lines.) The student may choose to talk either by video or telephone and can engage in Single Session Therapy (SST), brief ongoing therapy, or group therapy. There are no fees for services. Please call 415.422.6352 to make an appointment. Visit [www.usfca.edu/caps](http://www.usfca.edu/caps) for more details. Students seeking off campus mental health services can also receive information and support from Case Management (part of the Office of the Dean of Students); visit <https://myusf.usfca.edu/caps/referrals> for further information.”

**Resolved:** that it is the recommendation of the ASUSF Senate that these updated changes be implemented by all undergraduate professors within their respective syllabi as best to adhere to the university’s commitment to improving the physical and mental well-being of its students; furthermore, be it

**Resolved:** that it is the recommendation of the ASUSF Senate that the Dean of Students Office, CAPS, and ASUSF Senate hold the responsibility of maintaining and updating the site as needed; furthermore, be it

**Resolved:** that this change shall be adopted prior to the Spring Semester of the 2020-2021 academic school year.

**Submitted by:**

Rebecca Muñoz, Senior Class Representative

**Supported by:**

Barbara Thomas, Ph.D., Senior Director, CAPS

Peggy Takahashi, Ph.D., Associate Dean Undergraduate Studies, School of Management



Keally McBride, Ph.D., Professor Politics, Vice-President of the University of San Francisco  
Faculty Association

Shannon Gary, Associate Vice Provost, Dean of Students

**Passed the Senate on:** December 2, 2020

**Signed by:**

A handwritten signature in blue ink, appearing to read 'John Iosefo'. The signature is written in a cursive style and is positioned over the printed name and title.

John Iosefo  
President, ASUSF Senate