




UNIVERSITY
of HAWAII°
SYSTEM

Office for Student Affairs

Date: September 4, 2015

To: Blanche Fountain
Director, System Administrative Affairs

From: Jan M. Javinar 
Interim Associate Vice President for Student Affairs

Re: Transfer of Funds – Psychiatric/Counseling Services

I would like to request a transfer of funds in the amount of \$42,500 from the General Fund account serving the UH System Student Affairs to the UH Mānoa Counseling & Student Development Center (CSDC).

Per historical agreement of all campuses of the UH system back in FY2008, these funds will be used by UH Mānoa in support of psychiatric and counseling needs for all ten campuses of the UH system as requested. In addition, a memorandum of understanding setting aside no more than \$40,000/annually has been executed with the CSDC Director for consultation, referral and /or direct service for non-Mānoa campuses in response to presenting psychological and mental health issues by students enrolled at those campuses, including suicide and other acute mental health needs.

UH Mānoa has agreed to provide an accounting of funds spent for UH System related services at the end of the fiscal year 2016.

c: Lori Ideta

**2015-2016 ANNUAL REPORT
UH MENTAL HEALTH AND WELLNESS INITIATIVE
July 2016**

This report provides historical and present-day context, illustrates the scope and depth of mental health challenges and endeavors, and highlights recommendations for on-going and improved program effectiveness. Continued and enhanced mental health and wellness support for University of Hawai'i students is essential for their academic and personal success and also protects the health and safety of all members of our campus and nearby communities. Please direct any questions or comments to Allyson M. Tanouye, Ph.D., UHM Director of Counseling and UH Director of Mental Health and Wellness. Email address: atanouye@hawaii.edu. Office phone number: (808) 956-7927.

NATIONAL MENTAL HEALTH LANDSCAPE

American College Health Association National College Health Assessment Survey Data Spring 2015 (93,034 respondents from 108 US public and private postsecondary institutions)

Within the last 12 months surveyed students:

85.6%	felt overwhelmed by all they had to do
81.7%	felt exhausted (not from physical activity)
63.9%	felt very sad
58.8%	felt very lonely
56.9%	felt overwhelming anxiety
47.7%	felt things were hopeless
38.1%	felt overwhelming anger
34.5%	felt so depressed that it was difficult to function
8.9%	seriously considered suicide
1.4%	attempted suicide

2015 Survey of the Association for University and College Counseling Center Directors (AUCCCD), Executive Summary Highlights

- Anxiety continues to be the most predominant and increasing concern among college students (47.3%), followed by depression (40.1%), relationship concerns (32.5%), suicidal ideation (20.2%), self-injury (12.8%), and alcohol abuse (10.6%)
- On average, 26.1% of students seeking services at the counseling center are taking psychotropic medication.
- 73.1% of Directors indicated that the severity of student mental health concerns and related behavior on their campus has risen over the past year.

Mental health staff data, campus staff experience, student of concern reports, and student self-reports support this statement.

College and Suicide - Just the Facts

1. Suicide is the 2nd leading cause of death among college students.
2. Nearly 1,100 suicides are projected to occur on college campuses this year.
3. 18-24 year-olds think about suicide more often than any other age group.
4. One in twelve U.S. college students has made a suicide plan.
5. The National College Health Risk Behavior Study found that 11.4% of students seriously consider attempting suicide.
6. The suicide rate for 15–24 year-olds increased by over 200% in the last 50 years.
7. About 12 young people aged 15-24 will commit suicide today.
8. One person under the age of 25 commits suicide within every 2 hours and 2 1/2 minutes.
9. For every suicide completion there are 50 to 200 attempts.

UNIVERSITY OF HAWAII MENTAL HEALTH VIEW

Student mental health and wellness are challenging issues on all University of Hawai'i campuses. Across the system there have been significant increases in the number of students requesting or referred for mental health services during the past 10 years and the number of direct contact hours have increased significantly. The more serious cases include suicidal ideation, lethal attempts, and completed suicides; threat of harm to others; severe mood disorders and debilitating anxiety with panic or anxiety attacks; psychotic episodes and drug-induced psychosis; and victims of sexual assault, domestic violence, and other trauma.

The majority of cases are complex and some students need many hours of direct contact. In addition, each case requires considerable follow-up and support for impacted individuals including friends, family, students, residents, university personnel, and the like. Attending to affected individuals in serious cases has improved overall effectiveness of the services yet puts a strain on limited resources available to distressed students. In addition to timely emergency response to and case management of students with severe psychopathology, resources are also dedicated to serve developmentally "healthy" students in order to help them to maintain their "thriving" status. Without support, these students often enter a higher risk category.

Since Virginia Tech on April 16, 2007, there has been increased anxiety on campus in regards to aberrant student behavior. Students, faculty, and staff express concern and seek consultation when a student communicates thought of self-harm or

fantasies about harming others. This new focus has helped to facilitate collaboration between academic departments and student affairs units, as well as increase the need for and reliance on counseling services. It also stretches the limited resources available on the 10 UH campuses. Most recently, the return of veterans and their dependents to our campuses have created another surge of concern and need for mental health support.

Unfortunately, there are only a few community mental health agencies in the state and many of them have exceedingly stringent criteria for eligibility. Therefore, students often do not qualify for services from these agencies and many do not have the resources to pay for psychiatrists and psychologists in the private sector. Colleagues on the neighbor island campuses have a particularly challenging time securing mental health resources for their students in need. The psychologists and psychiatrists at CSDC have been available to assist with direct services, emergency intervention, clinical supervision, program development, and infrastructure building. However, the need and demand for mental health support far exceed what is currently available.

According to the International Association of Counseling Services, the recommended FTE mental health professional to student ratio is 1 per 1,000-1,500. With the exception of UH Hilo, the remaining nine campuses are seriously understaffed.

Campus	Fall 2015 Enrollment	Current FTE MH Professional and Lead	Recommended FTE 1 per 1,000-1,500	
Hawaii CC	3,087	1.0	Search in Progress	2.0 – 3.0
Honolulu CC	4,328	1.0	Kimberley Gallant	3.0 – 4.0
Kapiolani CC	7,816	1.0	Lori Ferreira	5.0 – 8.0
Kauai CC	1,401	.5*	Marilyn Hashisaka	1.0 – 1.5
Leeward CC	7,535	1.0	Amy Humphrey	5.0 – 7.5
Windward CC	2,610	1.0	Karla Silva	1.75 – 2.5
UH Hilo	3,829	3.0	Andrew Polloi	2.5 – 4.0
UH Manoa	18,865	8.0	Allyson Tanouye	12.5 – 19.0
UH Maui College	3,593	1.0	Aris Banaag	2.5 – 3.5
UH West Oahu	2,692	1.0	Steven Taketa	1.75 – 2.5
TOTAL		17.5		37.0 – 55.5

* Kauai CC .5 FTE Mental Health Counselor also serves as their .5 FTE Disability Counselor

The community standard for psychiatrist is 1 per 10,000 residents. UHM employs 1.5 FTE for 18,865 students. The recommended level of psychiatric staff for system-wide enrollment of 55,756 is 5.5.

HISTORICAL CONTEXT OF THE SYSTEM-WIDE MENTAL HEALTH AND WELLNESS INITIATIVE

In 2007, Associate Vice-President for Student Affairs Karen Lee, UHM Vice-Chancellor for Students Francisco Hernandez, KCC Vice-Chancellor for Students Mona Lee, UHM Assistant Vice-Chancellor Lori Ideta, and the Counseling and Student Development Center Director Allyson Tanouye visited Senator Norman Sakamoto, Chair of the Higher Education Committee. After learning of the emerging mental health crisis and clear needs for system-wide support, Senator Sakamoto was able to secure legislative funding for system mental health, \$100,000 for 2007-08 with an additional \$100,000 a year from 2008 forward.

As the state entered into the budget crisis of 2008, the legislative funds made available via the Office of the Associate Vice-President for Student Affairs to CSDC on behalf of the system campuses, decreased significantly:

Fiscal Year	Funding	Amount per UH Student
FY2008	\$100,000	\$1.98
FY2009	\$173,303	\$3.24
FY2010	\$119,400	\$2.06
FY2011	\$120,000	\$2.00
FY2012	\$99,250	\$1.64
FY2013	\$75,000	\$1.24
FY2014	\$82,500	\$1.40
FY2015	\$42,500	\$0.74
FY2016	\$42,500	\$0.76

Despite the decreased system-wide funding available, UH campuses recognized the need for mental health support for their students and began to prioritize positions and funding for mental health services. As a result, Honolulu CC, Maui College, and KCC recruited full-time licensed mental health counselors, UHWO hired a .50 FTE licensed psychologist (and increased it to a 1.0 FTE licensed psychologist), LCC through a MOA with CSDC employs 1.0 FTE doctoral-level therapist, Kauai CC hired a .50 mental health counselor (who is also employed .50 FTE as the campus Disability Counselor) and WCC employs a 1.0 FTE mental health counselor. The remaining campus, Hawaii CC, is in the process of filling their new mental health counselor position.

GENERAL SUMMARY OF UNIVERSITY OF HAWAII MENTAL HEALTH SERVICES PROVIDED 2015-16 ACADEMIC YEAR

UH campuses staffed with a full- or part-time mental health counselors (Honolulu CC, Kapiolani CC, Kauai CC, Leeward CC, Windward CC, Maui College, and UH Hilo)

- Personal Counseling
- Clinical Case Management
- Crisis Response
- Mental Health/Wellness Consultation
- Outreach and Psychoeducational Programming
- Training on Mental Health and Wellness Awareness
- Community Referral

UH Manoa

- Individual counseling and psychotherapy
- Intake assessment and triage
- Group counseling (Multicultural Women's group, Graduate Student group, Relationship group, Sexual Assault Recovery group, etc.)
- Crisis intervention (walk-in and phone calls)
- Psychological assessment (personality, learning disability, attention deficit hyperactivity disorder, etc.) and career assessment
- Psychiatric evaluation, treatment, and medication management
- Psychological and psychiatric consultations with faculty, staff, administrators, students, parents and community members and timely intervention in urgent and emerging cases
- Counselors-in-Residence Program jointly administered with Student Housing. Services provided include evening and weekend crisis response, mental health assessment and intervention, mediation, training of student and professional staff, and psycho-educational programming by five-member team supervised by a licensed psychologist.
- Participation in student information fairs, orientation activities, psycho-educational outreach programs and classroom presentations
- Training of administrators, faculty and staff on a variety of topics including identifying and dealing with distressed students, suicide prevention, and critical incident stress debriefing

UH West Oahu

- Counseling and Psychotherapy
- Crisis Response
- Clinical Case Management
- Consultation and Outreach Programming

- Education and Training
- Psychological Assessment

SUMMARY OF SERVICES PROVIDED BY DR. TANOUYE IN SUPPORT OF SYSTEM CAMPUSES IN 2015-2016

- 24/7 on-call availability to mental health counselors and administrators of UH system campuses in regards to mental health crises affecting students and employees.
- Ongoing and emergency mental health consultations with administrators and faculty/staff of UH system campuses on an assortment of cases of high complexity, urgency, intensity, dangerousness, and loss of life.
- Serves the UH System as subject matter expert and behavioral specialist on college mental health facing students and the broader campus community.
- In-person visits to UH sister campus when assistance is requested. This includes flying to neighbor island campuses experiencing urgent situations.
- Weekly in-person clinical supervision of LCC Mental Health Counselor, Dr. Amy Humphrey.
- Provision of clinical supervision and mentorship of any UH System Mental Health Counselor. On-going contact with Honolulu CC, Kauai CC, Leeward CC, and UH Maui College mental health professionals through phone and in-person meetings.
- Consultant on university mental health protocols, service guidelines, behavioral intervention strategies, and ethical/legal considerations.
- Assessment of dangerousness and planning of behavioral interventions.
- Coordination of referrals between campuses, community professionals/agencies, and national resources.
- Served on search committees for the filling of mental health counselor positions on UH campuses.

ADDITIONAL SERVICES PROVIDED TO THE UH SYSTEM BY UHM CSDC PSYCHOLOGISTS AND PSYCHIATRISTS

- Individual psychotherapy for Oahu-based UH students at sister campuses. Cases are referred by mental health counselors and meet set criteria (e.g., severely depressed, anxiety disorder, suicidal ideation)
- Limited emergency psychiatric evaluation and services for Oahu-based UH students at sister campuses, particularly those at high risk. Phone or Skype consultation in support of neighbor island UH students as requested.
- Consultation with licensed psychologists and psychiatrists on urgent mental health matters in the absence of Director Tanouye.
- Assessment of dangerousness and support for students and campus community members and planning of behavioral interventions.

RECOMMENDATIONS

Recommendations for the UH system mental health and wellness initiative include:

- Continue to share resources across system campuses to provide for direct intervention services, mental health consultation, and training opportunities in the area of student mental health.
- Assist system-wide and campus administration to view college student mental health as a pressing campus issue.
- Serve as advocates for increased numbers of mental health professionals to meet recommended ratios (one mental health professional per 1,000 – 1,500 students).
- Assist campuses to create student crisis response protocols or teams upon request.
- Identify barriers to mental health services and supports for students and consider creative ways to overcome these challenges.
- Create data collection protocol for 10 campuses in regards to student mental health. Utilize data to assist in program planning, resource distribution, and lobbying for additional funds and positions.
- Build a “community” of support by educating and preparing campus staff and students to assist student with mental health difficulties.
- Continue to examine availability and build relationships with community resources including medical centers, state and community mental health agencies, crisis lines, and counselors, psychologists and psychiatrists in private practice.
- Continue to develop response protocols and relationships to meet unique needs of each campus within the UH system.
- Develop and deliver programs and/or distribute resources to students, faculty, and parents providing information about resources for students who are experiencing stress or other mental health issues.
- Engage in “up-reach” and “down-reach” activities to support the high school to community college transition and transition from community college to four-year institutions for students with mental health needs.

Budget - systemwide student employment

	FY2014	FY2015	*FY2016	FY2017
IT developer *2016 estimated reflects salary + fringe	\$ 68,524.00	\$ 68,524.00	\$69,780.00	\$ 67,764.00
CL administrators meeting Meals and incidentals (parking, lunch) - \$218 Airfare (4 nbr isle) - \$1200	\$ 1,418.00	\$1,418.00	\$ 1,418.00	1,418.00
Developer software training (springone, Oracle, Hotsos) occurs 1x every 3 years – standard used by UH IT; MānoaCC paid for 2012 Airfare, registration, M&I		\$3,000.00		
Computer Replace every 3 years		\$3,000.00		
System training Airfare & transportation Based on attrition, 1x every 2 years sece system training on student, employer, and placement modules, CL functions, and campus consult needed.	\$ 330.00		\$ 330.00	\$ 330.00
Web Server Replace every 3-5 years; this cost item is pending whether sece system will be transferred to an IT server		\$2,500.00		
Software (based on UH license)	\$292.00			
Career Assessment system license (optional) Approximate cost of annual license based on campus student headcounts. Embedded system being used by Mānoa only (current site annual license \$1200 paid by Mānoa)		\$ 3,000.00	\$ 3,000.00	
Total request	\$ 70,564.00	\$ 96,698.00	\$88,528.00	\$69,512
System funded	\$ 53,000	\$ 62,000	\$ 62,000	

System funding history

FY2008	106,000
FY2009	95,400
FY2010	53,000
FY2011	53,000
FY2012	50,000
FY2013	50,000
FY2014	53,000
FY2015	62,000
FY2016	62,000

Student Assistant salary		\$5,528.49
	Kara & Michaelle	\$5,528.49
Student Assistant Worker's Comp		\$34.51
	Kara & Michaelle	\$34.51
Stipend		\$11,515.12
	Michael Yap Stipend 2/16-2/29/16	\$1,583.33
	Michael Yap Stipend 3/1-3/15/16	\$1,583.33
	Michael Yap Stipend 3/16-3/31/16	\$1,583.33
	Michael Yap Stipend 4/1-4/15/16	\$1,583.33
	Michael Yap Stipend 4/16-4/30/16	\$1,583.33
	Michael Yap Stipend 5/1-5/15/16	\$1,583.33
	Michael Yap Stipend 5/16-5/31/16	\$1,007.57
	Michael Yap Stipend 6/1-6/15/16	\$1,007.57
	Personnel Total	\$17,078.12

UHM Sister Campuses	Amount
Kauai CC	\$164.01
Kapiolani CC	\$793.72
Leeward CC	\$1,153.40
Windward CC	\$1,182.29
Honolulu CC	\$1,592.56
UH West Oahu	\$1,260.00
UH Maui College	\$2,314.19
UH Hilo	\$1,607.43

Car mileage		\$32.95
	Daniel McAlinden (WCC)	\$16.27
	Michael Helfer (LCC)	\$16.68
Instate Employee transportation		\$1,062.92
	Allyson Tanouye	\$153.11
	Andrew Polloi	\$42.20
	Michael Helfer	\$150.40
	Aris Banaag	\$162.40
	Michael Helfer	\$232.40
	Andrew Polloi	\$178.40
	Marilyn Hashisaka	\$144.01
Instate Employee per diem		\$100.00
	Michael Helfer	\$20.00
	Marilyn Hashisaka	\$20.00
	Allyson Tanouye	\$20.00
	Andrew Polloi	\$20.00
	Michael Helfer	\$20.00
Other Travel		\$185.00
	KF June 2015 Parking	\$30.00
	KF July 2015 Parking	\$10.00
	KF August 2015 Parking	\$20.00
	KF September 2015 Parking	\$15.00
	KF October 2015 Parking	\$20.00
	KF November 2015 Parking	\$15.00
	KF December 2015 Parking	\$20.00
	KF January 2016 Parking	\$20.00
	KF February 2016 Parking	\$15.00
	KF March 2016 Parking	\$20.00
Other Travel out of state		\$670.00
	HCC Conference Fee	\$670.00
	Travel Total	\$2,050.87

Educational Supplies		\$2,426.99
	WCC Mental Health Services CD-ROM	\$350.00
	UHWO WRAT4	\$381.53
	WCC Depression DVD	\$184.95
	UHWO RBANS	\$370.46
	WCC books	\$279.92
	LCC Books	\$300.83
	WCC Journal of College Counseling	\$181.00
	LCC Books	\$62.07
	HCC narrative therapy	\$89.99
	HCC Compassion Fatigue	\$226.24
Office Supplies		\$3,396.71
	WCC Dry erase board	\$27.43
	WCC Display stand	\$35.98
	WCC Display stand	\$35.98
	UHWO Shredder	\$429.98
	WCC Office Supplies	\$170.15
	UHWO scanner	\$410.59
	UHH Keyboard/monitor	\$352.06
	UHH Mouse	\$41.65
	LCC Tissue	\$31.62
	LCC Tissue	\$31.62
	MCC desk/chair	\$708.27
	HCC DVD relaxation	\$34.99
	HCC Laminator/label maker/DVD relaxation	\$203.88
	MCC Monitors	\$337.80
	HCC Dry erase board	\$34.90
	MCC Monitor	\$145.81
	MCC Pyramid	\$364.00
Other Supplies		\$2,588.77
	Titanium Server	\$1,183.86
	LCC promotional items	\$611.19
	KCC iPads	\$793.72
Electronic Supplies		\$973.12
	UHH Computer	\$973.12
Software License		\$1,000.00
	SQL & Windows Server	\$1,000.00
Parking Pass		\$240.00
	Departmental Parking Pass	\$240.00
Registration Fee		\$295.00
	In Ternion Risk Training	\$295.00

Supplies Total

\$10,920.59