

TEXAS  STATE
UNIVERSITY

The rising STAR of Texas

Memorandum

June 15, 2021

To: Dr. Vincent E. Morton, Associate Vice President for Student Affairs/Dean of Students

From: Kathryn A. Weiser, Assistant Dean of Students *KaW*
Student Government Co-Advisor

Subject: Student Government Senate Resolution Legislation 2020-2021.14

Legislation S.R.2020-2021.14 “In Memory of M.R. Calling for the Expansion of Mental Health Resources” passed by the Student Government Senate on October 5th, 2020, is attached. I support this legislation and hope that budget dollars are available or may be found to implement recommendations.

Cc: Dr. Angelica Coronado, Attorney for Students & Director
Student Government Co-Advisor

DEAN OF STUDENTS OFFICE

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This letter is an electronic communication from Texas State University.



Memorandum

May 29, 2021

To: Dr. Vincent E. Morton, Associate Vice President for Student Affairs/Dean of Students
Kathryn A. Weiser, Assistant Dean of Students

From: Andrew Gryce, Student Body President

Subject: Student Government Passed Legislation: Senate Resolution 2020-2021.14

Please find attached the below legislation S.R.2020-2021.14 passed by the Student Senate on October 5th, 2020.

Legislation Passed: S.R.2020-2021.14 Senate Resolution in Memory of M.R. Calling for the Expansion of Mental Health Resources

Number of Vote: 24 voted in favor, 0 voted in opposition, 0 voted to abstain

I approve this legislation passed by the Student Government Senate calling on the university to adopt outreach for mental health assessments, the adoption of Biofeedback rooms, and more effort towards outreaching for funding for mental health from different sources across the country.

AUTHOR

Senate Leader Lorenz, Quintin

SPONSORS

Parliamentarian DeSalvo Cody

Senator Enriquez, Aliya

Senator Galvan, Jordyn

Senator Adu-Nyako, Kojo

Senator Stephanos, Jenna

Senator Shi, Tiger

Senator McMahon, Montana

Senator Young, Jordan

Senator Haynes, KeAirra

Date of First Reading: September 28th, 2020

S.R.2020.2021.14

A Resolution

A resolution to be known as "A Resolution in Memory of M.R. Calling for the Expansion of Mental Health Resources" calling on the university to adopt outreach for mental health assessments, the adoption of Biofeedback rooms, and more effort towards outreaching for funding for mental health from different sources across the country. **WHEREAS:** Currently the University does not offer a wide selection of mental health care options, services are simply on a counseling basis that many students find hard to feel comfortable attending, and the University lacks outreach in terms of reaching out to students before a student even realizes they are in a crisis; and

WHEREAS: This lack of outreach has proven to push students to overuse substances that alter their mental health and further their stress, anxiety, or depression. Students often finding themselves at such high levels of anxiety and depression that they find themselves helpless in their hardest times of need resulting in drastic decisions such as withdrawing from the university, lack of self-esteem, self-harm, and at the most extreme levels suicide; and

WHEREAS: According to a Review in the National Library of Medicine Titled "**Striving to help college students with mental health issues**" by

Linda J Cook, she discusses that many students often feel pressured to not come forward to their universities due to fear of the stigma of obtaining mental health resources, other problems include not realizing that they have a mental health issue before it is too late; and

WHEREAS: Students often lack the information regarding mental health issues, Ms. Cook goes on to discuss that students who go so long without mental health aid begin to contemplate suicide, and begin to partake in risky activities such as alcohol abuse, and drug abuse to soothe their needs which in turn is very self-destructive; and

1. WHEREAS: Funding towards programs that should be enacted at the university can be obtained by grants often given out by universities¹; and

WHEREAS: The University must begin to broaden their scope on mental health treatments, and outreach so that they come in contact first on a student wide basis via email on assessments to check for mental health needs that would be recorded for the university's use to further plan treatments to aid in bettering mental health; therefore,

BE IT RESOLVED: That student government supports the applying for grants to better fund mental health resources, and push the university to enact the following resources as a start; and

BE IT FURTHER RESOLVED: That the Counseling Center should begin the re-introduction of Biofeedback rooms at Texas State to widen the services the health center offers; and

BE IT FURTHER RESOLVED: That once introduced, if students come forward to SLAC with issues of testing anxiety, SLAC refers them to

¹<https://www.sprc.org/colleges-universities/consequences#:~:text=Research%20suggests%20that%20depression%20is,anxiety%20can%20increase%20th is%20association.&text=Depression%20has%20also%20been%20linked%20to%20dropping%20out%20of%20school.&text=Many%20college%20students%20report%20that%20mental%20health%20difficulties%20interfere%20with%20their%20studies>

the student health center for potential counseling via Biofeedback rooms; and

BE IT FURTHER RESOLVED: Texas State begins to apply for grants so that other departments do not receive a cutback on their budgets to fund said programs; and

BE IT FURTHER RESOLVED: Texas State should outreach to NAMI (national association of mental illness) to establish a chapter on campus to (1) create another organization that may support the students here at Texas State, and (2) allow more opportunities on how to better structure and fund our student health centers counseling department; and

BE IT FURTHER RESOLVED: This legislation begins to be reviewed by our Health and Safety Committee so that we may work hand in hand with the university; and

BE IT FURTHER RESOLVED: This legislation be passed on to Dr. Martinez, one of the leaders of the student health center, so that we may notify the counseling department of the student's drastic needs; and

BE IT FURTHER RESOLVED: This legislation be forwarded to the Student Body President for further Oaction.