



UNIVERSITY
OF
CALIFORNIA

Michael V. Drake, MD
President

Office of the President
1111 Franklin St.
Oakland, CA 94607

universityofcalifornia.edu

February 1, 2024

The Honorable Nancy Skinner
Chair, Joint Legislative Budget Committee
1020 N Street, Room 553
Sacramento, California 95814

Dear Senator Skinner:

Pursuant to Item 6440-001-0001, Section 2, Provision 6(a), of the 2023 Budget Act (AB 102, Chapter 38, Statutes of 2023), enclosed is the University of California's annual report to the Legislature on Basic Needs, Mental Health, and Rapid Rehousing Fiscal Year 2022-23.

If you have any questions, Interim Associate Vice President and Director Cain Diaz would be pleased to speak with you. Cain can be reached by telephone at (510) 987-9350, or by email at Cain.Diaz@ucop.edu.

Sincerely,

Michael V. Drake, MD
President

Enclosure

cc: Senate Budget and Fiscal Review
The Honorable John Laird, Chair
Senate Budget and Fiscal Review Subcommittee #1
(Attn: Mr. Christopher Francis)
(Attn: Mr. Kirk Feely)
The Honorable Kevin McCarty, Chair
Assembly Budget Subcommittee #2
(Attn: Mr. Mark Martin)
(Attn: Ms. Sarah Haynes)
Mr. Hans Hemann, Joint Legislative Budget Committee
Mr. Chris Ferguson, Department of Finance
Ms. Rebecca Lee, Department of Finance
Ms. Jennifer Louie, Department of Finance
Ms. Gabriela Chavez, Department of Finance
Mr. Gabriel Petek, Legislative Analyst Office
Ms. Jennifer Pacella, Legislative Analyst Office

CAMPUSES

Berkeley
Davis
Irvine
UCLA
Merced
Riverside
San Diego
San Francisco
Santa Barbara
Santa Cruz

MEDICAL CENTERS

Davis
Irvine
UCLA
San Diego
San Francisco

NATIONAL LABORATORIES

Lawrence Berkeley
Lawrence Livermore
Los Alamos

DIVISION OF AGRICULTURE AND
NATURAL RESOURCES

Provost and Executive Vice President Katherine S. Newman
Vice President and Vice Provost Yvette Gullatt
Interim Associate Vice Provost Cynthia Davalos
Executive Vice President and Chief Financial Officer Nathan Brostrom
Interim Senior Vice President Michael Reese
Vice President Pamela Brown
Associate Vice President and Director Kathleen Fullerton
Interim Associate Vice President and Director Cain Diaz

UNIVERSITY OF CALIFORNIA

Basic Needs, Mental Health, and Rapid Rehousing Fiscal Year 2022–23

Introduction

This legislative report provides information on allocations for student basic needs, mental health, and rapid rehousing pursuant to Item 6440-001-0001, Section 2, Provisions 6-8, of the Budget Act of 2022 (AB 179, Chapter 249, Statutes of 2022). In 2022, the University of California received an ongoing amount of \$15 million in funds for basic needs, \$3.5 million for rapid rehousing, and \$20.3 million for mental health. Appendix I includes the legislative language to which this report responds.

The University of California, Then and Now

Over the past decade, the University of California has made strides to provide services to students where they are most needed, for housing, food insecurity, crisis response, and holistic mental health and substance use services.

In 2005, UC reviewed literature and surveyed its mental health practices in comparison with those of other institutions. The study brought to light significant emerging issues, such as population growth, increased psychiatric admissions, and an increase in students seeking individual and group mental health services. In response to these findings, UC invested resources in increasing the number of mental health clinicians on staff, but more was needed to keep pace with the growing mental health needs of students. This review led to a reimagining by stakeholders of UC's overall practices, from its tiered primary outpatient care, secondary healthcare centers, and tertiary regional specialty system, into a holistic model that could provide services to support the overall well-being of undergraduate and graduate students, including financial, environmental, food, housing, and other basic needs, whether they live on or off campus.

In 2019, the University of California was given permanent funds by the California State Legislature to support student basic needs efforts, prompted by a growing call to action in support of students with food and housing insecurity. This support enabled UC to establish basic needs centers at all ten campuses, develop robust food and housing support programs, and establish relationships with numerous community partners. Additionally, the University has consistently led efforts to expand CalFresh eligibility and increase enrollment to that program. Systemwide, UC continues to fortify these efforts and to better understand the inequitable impact and the root causes of food and housing insecurity.

In 2021, the University of California was again provided permanent funds by the California State Legislature, bolstering efforts to address students' mental health. To continue to support the comprehensive delivery of services and supports, UC invested in a holistic, equity-in-mental-

health model. The Equity in Mental Health (EMH) funding plan has expanded efforts by campuses to provide services and resources across the continuum of behavioral health care. This means ensuring that campuses are meeting students' needs through prevention, early intervention, and treatment and recovery services.

This report gives an overview of State-funded efforts for fiscal year 2022–23, including student services and support, students' use of services, and the impacts of basic needs, rapid rehousing, and mental health services.

Basic Needs

The University works with students, faculty, staff, community partners, and subject-matter experts to continually improve the interdependent systems that comprise a student's landscape of basic needs. Housing costs affect what a student can pay for food, transportation, healthcare, personal hygiene, and dependent care. The University defines basic needs as an ecosystem that supports financial stability by ensuring equitable access to nutritious and sufficient food; safe, secure, and adequate housing (to sleep, study, cook, and shower); healthcare to promote sustained mental and physical well-being; affordable transportation; resources for personal care; and childcare and emergency needs for students with dependents. In sum, basic needs are the minimum resources necessary to holistically support students in their daily lives.¹

In 2019, the State Legislature provided UC campuses with \$15 million in ongoing funding to ameliorate food and housing insecurity. For the 2022–23 fiscal year, funding distribution remained the same across UC's ten campuses, providing each campus with baseline funding and funding distributed on an equity index. Innovation funding was distributed to promote inventive practices and service delivery. Figure 1 provides an overview of funding by campus.

¹ UC Basic Needs Initiative (<https://basicneeds.ucop.edu/about>)

Figure 1: Distribution of basic needs funds by campus, 2022–23

Campus	Permanent Base	Innovation Awards 2022–23	Total Campus Allocation
Berkeley	\$1,396,000	\$220,000	\$1,616,000
Davis	\$1,477,000	\$292,000	\$1,769,000
Irvine	\$1,445,000	\$279,000	\$1,724,000
Los Angeles	\$1,350,000	\$245,000	\$1,595,000
Merced	\$791,000	\$209,000	\$1,000,000
Riverside	\$1,240,000	\$371,000	\$1,611,000
San Diego	\$1,403,000	\$245,000	\$1,648,000
San Francisco	\$549,000	\$14,000	\$563,000
Santa Barbara	\$1,262,000	\$242,000	\$1,504,000
Santa Cruz	\$1,087,000	\$183,000	\$1,270,000
UCDC	\$50,000	\$0	\$50,000
UC Research and Assessment	\$0	\$200,000	\$200,000
UCOP	\$450,000	\$0	\$450,000
Total	\$12,500,000	\$2,500,000	\$15,000,000

All ten campuses received a uniform, baseline budget of \$500,000 to address basic needs (for a total of \$5 million). In addition, \$7 million was distributed across campuses in proportion to the estimated number of students who are food and/or housing insecure at each campus. This funding formula was informed by food and housing security questions on systemwide student surveys. The UC Office of the President (UCOP) then adjusted budget allocations to reflect enrollment counts. To encourage research and creative community-response programs in the field, \$2.5 million was distributed across the ten campuses as innovation awards. An additional \$200,000 was retained by UCOP for efforts supporting innovative systemwide research and basic needs assessments. These efforts provide insights beyond individual campus efforts and support informed systemwide guidance. These awards supported approaches to pinpointing equity gaps and supporting solutions to student food and housing insecurity.

The remaining funds were allocated to the UC Washington D.C. Center (UCDC) for students and systemwide coordination; UCDC received \$50,000 and UCOP retained \$450,000 to provide campus basic needs support and coordination.

Campuses drafted spending plans in collaboration with their basic needs committees, which were comprised of students, staff, faculty, and community partners. Feedback was also gathered from

other concerned parties, including student government. A breakdown of programmatic budgets by campus is included in Appendix II.

Campus Basic Needs Efforts

Between July 1, 2022 and June 30, 2023, UC served 78,070 unique students across all its food and housing operations, with over 453,485 student contacts systemwide, due largely to State funding. This is approximately 6,000 more unique students systemwide than the previous year. Figure 2 provides an overview of the number of unique students served and the number of student contacts in 2022–23. The rise in students’ use of services is likely due to rises in the cost of living, community-response outreach, service delivery approaches, and increased awareness of ongoing services and supports. It is common for students in need to access services multiple times per year, thus the specified numbers of student contacts.

Figure 2: Students served and contacts made for all food and housing efforts

Campus	Unique Students Served*	Total Student Contacts**
Berkeley	6,103	27,343
Davis	11,216	76,039
Irvine	5,044	32,937
Los Angeles	10,676	132,266
Merced	2,952	9,233
Riverside	8,452	26,418
San Diego	10,326	48,662
San Francisco	2,189	19,231
Santa Barbara	13,888	50,301
Santa Cruz	7,224	31,055
Total	78,070	453,485

*The number of unique students served is calculated through a variety of data collection methods, such as the number of individual student identification card “swipes” registered at basic-needs centers. The swipes represent the total number of individual students served. Due to differing data collection methods and data infrastructure available across campuses, minor duplication may occur.

** Student contacts represent the total number of student identification card “swipes”, or the total number of times students were served by State-funded basic needs programs.

UC campuses have maintained services amidst historic increases in inflation and the cost of living. Systemwide, UC employs 54.2 full-time-equivalent career staff members and 389 student staff members across basic needs and rapid rehousing programs. A balance of career and student staff have enabled campuses to provide students with skilled professionals, as well as peer support when connecting them to essential services and resources. Employing students in basic needs centers also provides important professional development opportunities.

Campus Outreach and Collaboration Efforts

Campus centers have responded to persistent food and housing insecurity among students with support programs, innovative services, multilevel outreach efforts, collaborative community partnerships and dedicated staff. Figure 3 shows common outreach programs across UC, and Appendix III describes campus partnerships with local and State resources, which allowed for greater leverage and coordination of campus programs.

Figure 3: Campus basic needs/rapid rehousing outreach efforts

Campus	Social Media	Workshops/ Events/ Tabling	Orientations	Outreach Items	Faculty/ Staff Education	Emails/ Newsletters	Peer-to-Peer Outreach
Berkeley	x	x	x	x	x	x	x
Davis	x	x	x	x	x	x	x
Irvine	x	x	x	x	x	x	
Los Angeles	x	x	x	x		x	x
Merced	x	x	x	x	x	x	x
Riverside	x	x	x	x	x	x	x
San Diego	x	x		x	x	x	x
San Francisco	x	x	x	x	x	x	x
Santa Barbara	x	x	x	x	x	x	x
Santa Cruz	x	x	x	x	x	x	x
Total	10	10	9	10	9	10	9

Campuses’ outreach efforts—including those that reduce stigma—and their programs’ consistent presence on campus are factors in increasing students’ utilization of services. For example, all ten campuses provide outreach via social media, workshops, and tabling events; through outreach items, such as basic cooking utensils branded with campus basic needs center information; and through email and newsletters. In addition, outreach efforts like orientations and peer-to-peer programs have encouraged student engagement. Examples include:

- A food truck that provides free, nutritious food and distributes information about campus basic needs programs in a dignified and modern approach
- Secure space for students to store food for the day
- Free food vending machines
- Pop-up food pantries
- Orientation presentations
- Large-scale outreach events
- Same-day food recovery opportunities
- Social media postings

Campuses have also expanded and increased collaborations with State and community partners to leverage and coordinate campus programs. These efforts including strengthening CalFresh outreach and application assistance, partnering with local food banks to provide students access to nutritious food, and working with local housing programs to give them access to community housing services, supports, and advising.

Food Security Support

Increases in the price of food and other goods and services create an additional strain on students who already struggle financially. This makes student food security programs and supports even more important. In 2022, 43 percent of respondents to the UC Undergraduate Student Experience survey reported being food insecure, with one-quarter meeting thresholds for very low food security and 18 percent meeting thresholds for low food security.

In 2023, 35 percent of respondents to the UC Graduate Student Experience Survey reported being food insecure, with results pending for the percentage of those meeting threshold for low and very low food security.² Ongoing State funding has enabled campuses to provide safe and stable resources for students to help meet one of their most basic needs—nutritious food.

UC food assistance programs and supports include:

- CalFresh outreach and application assistance
- Food pantries
- Food distributions (such as holiday food boxes and fresh produce distributions)
- Educational workshops and skills development
- Grocery cards
- Meal vouchers
- CalFresh-like assistance for ineligible populations
- Campus-sponsored transportation to grocery stores
- Food awards

Seven campuses offer Electronic Benefits Transfer (EBT) services on campus, allowing students to use CalFresh to pay for food from grocery vendors. Two additional campuses plan to accept EBT. Figure 4 includes a summary of UC’s common food offerings, by campus.

² [Student basic needs | University of California](https://www.universityofcalifornia.edu/about-us/information-center/student-basic-needs) and internal analysis for UC graduate students according to 2023 UCGSES (<https://www.universityofcalifornia.edu/about-us/information-center/student-basic-needs>).

Figure 4: Common UC food services

Campus	Food Pantry and/or food distribution site	Meal Vouchers and/or Grocery Cards	Emergency Food Award	CalFresh outreach and application assistance	Food assistance for CalFresh-ineligible students	Skills development	Accepts EBT or plans to accept EBT*	RMP participation or plans to participate **
Berkeley	x	x	x	x	x	x	x	x
Davis	x	x		x	x	x	x	
Irvine	x	x	x	x	x	x	x	x
Los Angeles	x	x		x	x	x	x	
Merced	x	x	x	x		x	x	
Riverside	x	x	x	x		x	x	x
San Diego	x	x	x	x	x	x	x	
San Francisco	x	x	x	x	x			
Santa Barbara	x	x	x	x	x	x	x	x
Santa Cruz	x	x	x	x	x	x	x	
Total	10	10	8	10	8	9	9	4

*Due to the pandemic, some campuses closed on-campus restaurants and food vendors, causing a lapse in EBT eligibility. Some campuses are working toward reinstatement.

**Campus participation in the restaurant meals program (RMP) is contingent on county participation.

Housing Support

High costs of living and inflation have made housing security programs particularly vital over the last year. State funding has enabled UC campuses to provide those supports, with primary basic needs and rapid rehousing programs centered around emergency housing, long- and short-term housing arrangements, direct aid, rental deposit assistance, case management, and skills development. All ten campuses also offer short- or long-term housing arrangements as a form of housing support, as well as crisis grants in the form of direct aid. Figure 5 includes a summary of UC’s common basic needs housing and rapid rehousing services by campus.

Figure 5: Basic needs housing and rapid rehousing common programs

Campus	Short- or long-term housing arrangements	Emergency housing*	Rental deposit assistance	Cash/ crisis grants (direct aid)	Case Management	Skills development
Berkeley	x	x	x	x	x	
Davis	x	x	x	x	x	x
Irvine	x	x		x	x	x
Los Angeles	x			x	x	x
Merced	x	x	x	x	x	x
Riverside	x	x	x	x	x	x
San Diego	x	x		x		
San Francisco	x	x		x		
Santa Barbara	x	x	x	x	x	x
Santa Cruz	x	x	x	x	x	x
Total	10	9	6	10	8	7

*on and/or off campus

Rapid Rehousing

For fiscal year 2022–23, the University distributed \$3.5 million in State rapid rehousing funds across all ten UC campuses, using the funding formula developed in 2019. Figure 6 provides an overview of rapid rehousing funding by campus. To maintain a uniform baseline level of support, each campus received \$150,000 (\$1.5 million total). An additional \$2 million was distributed based on the proportion of students who are food and/or housing insecure at each campus, in accordance with results from systemwide surveys and adjusted for enrollment counts.

Figure 6: Distribution of rapid rehousing funds by campus, 2022–23

Campus	Permanent Base	Allocation Based on Food- and Housing-Insecure Student Estimates	Total Allocation
Berkeley	\$150,000	\$322,000	\$472,000
Davis	\$150,000	\$204,000	\$354,000
Irvine	\$150,000	\$247,000	\$397,000
Los Angeles	\$150,000	\$257,000	\$407,000
Merced	\$150,000	\$53,000	\$203,000
Riverside	\$150,000	\$157,000	\$307,000
San Diego	\$150,000	\$256,000	\$406,000
San Francisco	\$150,000	\$18,000	\$168,000
Santa Barbara	\$150,000	\$265,000	\$415,000
Santa Cruz	\$150,000	\$221,000	\$371,000
Total	\$1,500,000	\$2,000,000	\$3,500,000

Campus spending plans incorporated elements of the College-Focused Rapid Rehousing (CFRR) model in collaboration with their basic needs committees, which comprised students, staff, faculty, and community partners. The plan focused on rental assistance, housing identification, case management, and campus-based support. Additionally, campuses solicited feedback from various concerned parties, including student governments and other groups.

Rapid Rehousing Supports

When vulnerable students experience housing displacement and homelessness, UC can offer quick interventions to shorten the time they spend unhoused and can provide resources for them to find longer-term solutions. Students who are already struggling to meet their basic needs are particularly vulnerable to homelessness, because a single unexpected expense—such as a sudden car repair, an unusually high utility bill, medical costs, or childcare bills—can prevent that student from paying rent. A sudden loss in family financial support, the loss of roommates, or a divorce or separation are other common financial blows students must sometimes absorb. UC rapid rehousing programs provide students with housing supports that they can combine with housing supports from basic needs programs. A total of 4,706 students were served systemwide through campus rapid rehousing programs in fiscal year 2022–23.

Summary of Basic Needs and Rapid Rehousing Benefits

The most important effects of basic needs services on students are seen and felt in their improved mental health. These students must navigate not only their academic requirements, but their physical and mental health in a period in history wherein millions of households nationwide are struggling financially. Campus basic needs staff members consistently express that their services provide much needed stress and anxiety relief, as well as a place of belonging for students struggling to afford nutritious food, safe housing, and hygiene essentials.

Basic needs services enable many food-insecure students to eat when they otherwise might not and to increase the quality of their food; this is confirmed by campus staff. Similarly, rapid rehousing and basic needs programs provide homeless individuals safe lodging and prevent the imminent loss of housing for students who are no longer able to pay their rent due to unexpected events. A 2023 study of UC campus food pantry users validated this, finding that food-insecure students who accessed campus food pantries increased their fruit and vegetable consumption.³ Additionally, 25 percent of students who made use of campus basic needs services received CalFresh,⁴ as opposed to approximately 12 percent of all UC undergraduate students and 4 percent of all UC graduate students participating in the CalFresh program in 2019–20.⁵

State-funded basic needs (direct aid) grants enabled students to pay for critical food and housing expenses during emergencies. Moreover, these grants primarily benefitted those from historically underserved populations: 64 percent of undergraduate recipients of State-funded emergency basic needs grants received a Pell Grant, 72 percent were first-generation students, 82 percent identified as Black, Indigenous or People of Color (BIPOC), and 18 percent identified as LGBTQ+. Among graduate student recipients of State-funded emergency basic needs grants, 67 percent identified as BIPOC, 17 percent identified as LGBTQ+, and 12 percent had dependents.

These essential food and housing grants supported students in their physical and mental health, as well as in their academic goals. UC estimates that this past year, at least 1,700 students gained permanent housing and at least 1,700 were verified as remaining enrolled after receiving housing services. Additionally, at least 400 students graduated. This type of data is important in determining the long-term impacts of basic needs and rapid rehousing on student success and well-being.

Student Mental Health

In response to the effects of COVID-19 and emerging mental health disparities among vulnerable populations, in 2021 the UC received an ongoing \$15 million in funds to support

³ [Campus Food Pantry Use May Improve Daily Frequency of Fruit and Vegetable Intake Among California University Students Experiencing Food Insecurity](https://pubmed.ncbi.nlm.nih.gov/37742827/#:~:text=Conclusions%3A%20Findings%20suggest%20that%20CFPs,in%20need%20of%20nutritional%20assistance.) (https://pubmed.ncbi.nlm.nih.gov/37742827/#:~:text=Conclusions%3A%20Findings%20suggest%20that%20CFPs,in%20need%20of%20nutritional%20assistance.)

⁴ [UC Systemwide Basic Needs 2022–2023 Survey Results](https://basicneeds.ucop.edu/resources/22-23-bn-survey_printable.pdf) (https://basicneeds.ucop.edu/resources/22-23-bn-survey_printable.pdf)

⁵ [California Community College and University of California student participation in CalFresh food benefits](https://capolicylab.org) (capolicylab.org)

student mental health. The funding was used to develop the Equity in Mental Health Funding plan to establish a holistic mental health funding strategy.⁶

Campuses were provided with funding across the behavioral health continuum of care to serve a wide range of mental health needs for those from historically underserved student populations. Figure 7 provides an overview of funding across the continuum of care. All campuses received (1) a base amount of \$500,000 toward prevention services, (2) a proportion of funding based on a weighted equity index, and (3) a proportion of funding based on the total campus population. This funding methodology ensured that campuses received equitable funding to support students at the most risk of mental health challenges and concerns.

Figure 7: Distribution of student mental health funds by campus, 2022–23

Campus	Mental Health* 2019	Base Amount Universal Prevention 2021	Early Intervention & Collaborative Well-being Programs** 2021	Treatment & Holistic Recovery*** 2021	State Mental Health Total
Berkeley	\$779,000	\$450,000	\$478,000	\$757,000	\$2,464,000
Davis	\$709,000	\$450,000	\$636,000	\$677,000	\$2,472,000
Irvine	\$703,000	\$450,000	\$606,000	\$647,000	\$2,406,000
Los Angeles	\$840,000	\$450,000	\$532,000	\$778,000	\$2,600,000
Merced	\$167,000	\$450,000	\$454,000	\$155,000	\$1,226,000
Riverside	\$434,000	\$450,000	\$807,000	\$448,000	\$2,139,000
San Diego	\$712,000	\$450,000	\$532,000	\$679,000	\$2,373,000
San Francisco	\$89,000	\$450,000	\$30,000	\$56,000	\$625,000
Santa Barbara	\$485,000	\$450,000	\$527,000	\$461,000	\$1,923,000
Santa Cruz	\$382,000	\$450,000	\$398,000	\$342,000	\$1,572,000
UCDC and other extended education programs		\$50,000			\$50,000
Systemwide Coordination		\$450,000			\$450,000
Total	\$5,300,000	\$5,000,000	\$5,000,000	\$5,000,000	\$20,300,000

*Previously allocated in 2019 based on each campus's share of total 2018–19 enrollments and 2019–20 enrollment

**Based on a weighted equity index developed by Institutional Research and Academic Planning

***Based on proportion of student population per campus

All ten campuses received a uniform baseline budget of \$450,000 to address universal prevention efforts, \$50,000 was set aside for UCDC, and \$450,000 was set aside for systemwide coordination (for a total of \$5 million). In addition, \$5 million was distributed across campuses to support early intervention and collaborative well-being programs based on a weighted equity index, taking into consideration the proportion of food/housing-insecure students to

⁶ [University of California: Equity in Mental Health Funding Plan 2021–2025](https://www.ucop.edu/student-equity-affairs/programs-and-initiatives/equity-funding-plan.pdf) (https://www.ucop.edu/student-equity-affairs/programs-and-initiatives/equity-funding-plan.pdf)

underrepresented students. And \$5 million was distributed to campuses to support the treatment of critical mental health challenges and to develop ongoing recovery services based on enrollment counts.

UC campuses submitted spending plans to strengthen and expand students’ behavioral health and wellness services. Plans were developed in collaboration with designated chief well-being officers, health promotion directors, Counseling and Psychological Services directors, vice chancellors, and community partners. Feedback was also gathered from other concerned parties, including members of student government.

Student Mental Health Efforts

The State funding to which this report responds has been used to expand existing services and resources, while also developing innovative new programs and services required to meet students’ unique mental health needs. Between July 1, 2022 and June 30, 2023, over 531,162 students were served across all UC mental health efforts, due to the additional support of State funding. Figure 8 provides an overview of funding that campuses receive across all student mental health programs and services. (Readers should note that campuses are not able to delineate the use of services and supports by State-funded versus campus-funded efforts, as such data is reported in total students served, with estimated numbers of students directly served by State funding.) Figure 9 demonstrates the total number of students served across all campus and state funded student mental health programs.

Figure 8: Student mental health funding

Campus	Grants	Private donors	Student Services Fees	State Funding	State funding outside of UC	Insurance billing/operational
Berkeley	x	x	x	x		x
Davis	x	x	x	x	x	
Irvine	x	x	x	x	x	x
Los Angeles			x	x		
Merced	x	x	x	x	x	
Riverside	x		x	x		x
San Diego	x	x	x	x	x	
San Francisco			x	x		x
Santa Barbara		x	x	x		
Santa Cruz		x	x	x		
Total	6	7	10	10	4	4

Figure 9: Students served across all campus- and State-funded student mental health programs

Campus	Prevention	Early Intervention	Treatment & Recovery Services
Berkeley	8,500	5,000	10,990
Davis	68,166	32,817	10,164
Irvine	37,000	25,000	7,880
Los Angeles	48,000	10,000	19,450
Merced	2,313	420	2,383
Riverside	16,464	16,464	4,132
San Diego	40,948	347	5,297
San Francisco	N/A	2,019	N/A
Santa Barbara	26,257	5,675	20,269
Santa Cruz	65,220	19,000	20,987
Total	312,868	116,742	101,552

Student Mental Health Prevention Data

Campuses received equal amounts of funding to develop universal prevention programming. The goal of these funds is to support healthy campus environments and to promote primary prevention strategies that support healthy behaviors. Many practitioners in health promotions and counseling and psychological services used peer navigation, social-emotional learning, resilience workshops, screenings, and underserved student outreach to connect with students. Across all prevention efforts 312,868 students were served; of that total, an estimated 102,424 students were served directly with State funding. In addition, campuses reported that 56,550 students from underserved communities were provided preventative mental health service.

One example of a new mental health prevention effort is UCLA’s website called Be Well Bruin.⁷ This website is a one-stop shop for students to understand the wealth of resources around health and well-being on the UCLA campus. While each of the programs receiving State funding has listed outreach as part of their spending plan, this website was finalized as part of an outreach plan to ensure an easy way for students to find resources they need. The website was rolled out in 2023 and has been presented at every new student orientation.

The UCSF campus developed a graduate-division Wellness Day, where Master’s, doctoral, and postdoctoral students build and celebrate a community of care for mental health and wellness. This program dedicated time to building and celebrating a community of care to heighten awareness of mental health and wellness by promoting resources available to underserved communities. This event was an opportunity for members of the UCSF campus community to

⁷ [UCLA Be Well Bruin \(https://bewellbruin.ucla.edu\)](https://bewellbruin.ucla.edu)

build allyship and to foster a stronger sense of belonging; the half-day event featured a keynote speaker in Psychology.

Data on Early Intervention and Collaborative Well-being

Campuses received funding, based on an equitable distribution, to develop early intervention and collaborative well-being programs. The goal of these funds is to support integrated approaches to care and support in both clinical and nonclinical settings. A total of 116,742 students were served across all early intervention programs. Of that total, an estimated 33,373 students were served directly with State funding. In addition, campuses reported that 38,144 students from historically underserved groups were provided early intervention mental health services.

Campuses served a wide variety of students using both State non-State funding. Specifically, when campuses were asked to describe the types of early intervention programs provided on campus that aimed at addressing equity gaps and reducing barriers, many reported programs that were creative in nature. Through early intervention funds, campuses promoted mental health programming and services across various social media platforms through multiple divisions of health, well-being, and safety departments and student groups.

In addition, programs hired subject-matter experts in diversity, equity, and inclusion who contributed in many areas, including the work to support new mobile crisis efforts and teams. Restorative justice activities were needed, including education and awareness, as well as support for the implementation of a range of collective impact efforts related to mental health. For example, UC Berkeley partnered with the Student Environmental Resource Center, which specializes in facilitated outdoor experiences in a themed group setting to provide individuals with common concerns a sense of belonging and community. Programs include guided discussions around well-being and belonging and the impacts of system inequities.

In 2021, the UC Community Safety Plan was developed. Its purpose was to reimagine systems of policing and law enforcement in a manner that rebuilds trust and ensures a holistic, inclusive, and tiered response model for safety services.⁸ Campuses have leveraged early intervention funding to develop mobile crisis-response teams as an alternative to responses by law enforcement to mental health crises on campus. Each campus uses sworn police officers, dispatchers, crisis-response team members, nonsworn public safety officers or ambassadors, mental health and social service providers, CARE advocates, and other related positions. The UC system is the first of its kind to embark on establishing mobile crisis teams to respond on campus, mirroring local county and community strategies to respond adequately to mental health crises as they arise.

The Health34 program at UC Davis is mobile crisis care delivered as part of a collaboration between the UC Davis Student Health Care Services and the Fire Department. The Health34 program was developed in response to input and feedback from the student body; it emphasizes the need for the campus police department to not routinely attend mental health crisis events.

⁸ UC Community Safety Plan (<https://regents.universityofcalifornia.edu/regmeet/nov22/b3attach1.pdf>)

Another example exists at UC Irvine, which hired an expert in alcohol and other drug services in its Center for Student Wellness and Health Promotion. This campus also hired a coordinator for the Office of Campus Social Work. The individual was assigned 988 new referrals to campus social workers. Sixty-two individuals received direct assistance from this person in the form of resource referrals and many others were assisted with lower level/less complex cases.

Clinical Treatment and Recovery Support Data

Campuses received funding to provide clinical and recovery supports. The goal of these efforts is to support clinical and nonclinical support necessary to treat and diagnose student mental health issues. For example, UC Riverside was able to develop a university-sponsored collegiate recovery program (CRP) as a sustainable resource for the campus recovery community. In 2022–23, 101,552 students were served across all clinical treatment and recovery resources. Of that total, an estimated 23,175 students were served directly by State funding. Examples of services are listed below, but are not limited to the following:

- Brief individual and group therapy
- Crisis assessment
- Case management
- Supervision of unlicensed interns
- Postdoctoral fellow service delivery
- Residential treatment
- Intensive outpatient
- Peer-based recovery
- Coaching

Figure 10 shows the number of students served through both State- and campus-funded clinical treatment and recovery support, related to peer-based recovery, coaching, case management counseling, therapy, residential treatment, and intensive outpatient services offered to students in 2022–23. “N/A” indicates that services were not offered or that services offered were provided off campus without a method to track services.

Figure 10: All clinical treatment and recovery support data, 2022–23

Campus	Peer-based	Coaching	Case management	Individual	Group	Residential treatment	Intensive outpatient	Substance-use recovery
Berkeley	450	2,000	350	7,500	400	0	50	240
Davis	1,040	264	3,225	5,454	180	1	0	N/A
Irvine	2	1,399	2,116	4,099	23	0	0	241
Los Angeles	200	10,000	1,100	7,000	1,000	N/A	50	100
Merced	N/A	954	400	1,029	N/A	N/A	N/A	N/A
Riverside	276	30	810	2,445	24	N/A	N/A	276
San Diego	N/A	40,948	N/A	5,124	103	N/A	N/A	70
San Francisco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Santa Barbara	135	2,062	5,040	12,659	223	0	0	150
Santa Cruz	N/A	175	5,410	8,031	1,464	N/A	N/A	5,907
Total	2,103	48,832	43,962	53,341	3,417	1	100	6,743

The data suggest that students use individual treatment services at a higher rate than other categories. As reported by campuses, 53,341 students were served by individual counseling, while 48,832 students were served by coaching services. The higher use of clinical treatment is consistent with nationwide trends, as individual outpatient services are the most used.⁹ The data also suggests that campuses categorize clinical services in a different manner, which may reflect a higher number of service utilization. Therefore, some campuses have a particular emphasis on specific types of treatment to account for the number of students receiving coaching at San Diego and nearly 6,000 receiving substance use recovery at Santa Cruz.

Residential treatment data remain low due to campuses’ limited capacity to provide intensive outpatient services on site. Many students ultimately received residential treatment and intensive services, but these are conducted off campus/out of network. This treatment usually takes place within a community organization, commercial health plan, or Medi-Cal services.

Figure 11 shows the number of students served through state-funded clinical treatment and recovery support data related to peer-based recovery, coaching, case management counseling, therapy, residential treatment, and intensive outpatient services offered to students in 2022-23. “N/A” indicated that services were not offered, or services were provided off campus without a method to track services.

⁹ SAMHSA National Mental Health Survey (N-MHSS): 2020
(https://www.samhsa.gov/data/sites/default/files/reports/rpt35336/2020_NMHSS_final.pdf)

Figure 11: State-funded clinical treatment and recovery support data, 2022–23

Campus	Peer-based	Coaching	Case management	Individual	Group	Residential treatment	Intensive outpatient	Substance-use recovery
Berkeley	0	0	350	50	150	0	50	0
Davis	N/A	3	250	70	0	1	0	N/A
Irvine	2	0	62	206	0	0	0	2
Los Angeles	200	10,000	1,100	7,000	1,000	N/A	50	100
Merced	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Riverside	N/A	N/A	N/A	269	N/A	N/A	N/A	N/A
San Diego	0	N/A	N/A	18	5	0	0	0
San Francisco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Santa Barbara	0	206	983	50	49	0	0	45
Santa Cruz	N/A	9	434	466	N/A	N/A	N/A	N/A
Total	202	10,218	3,179	8,129	1,199	1	100	147

Summary of Student Mental Health Data

The University identified many areas where the delivery of campus mental health services is advisable, many of which undergoes continuous assessment and quality improvement. For example, each campus has developed its own unique program assessment efforts, which can help ensure campuses are meeting the unique needs of their campus populations; however, there is also a need to better coordinate data collection so that it can be shared more broadly among campus units and various partners, including among students themselves. Some of the areas of interest are quantitative outcomes measures, equity measures, qualitative explorations of outcomes, and longitudinal data related to follow-up care. A need for more streamlined data collection was also noted, to avoid repetition, inefficiencies, and survey fatigue.

This data contributes to these goals and to UC’s overarching goals of providing campuses with guidance and recommendations on (1) holistic student mental health and well-being efforts, (2) data and assessment, (3) issues and concerns, and (4) reporting progress made on improving mental health and well-being for campuses and the University. These systemwide goals are implemented not only by understanding what services are being delivered, but also by knowing what data is being collected and who is responsible for collecting it and by collaborating within and across services to coordinate the data collection. Integrating student- and program-level data can maximize the utility of the data that is collected, allowing exploration of the potential impact of program variability on student outcomes.

Conclusion

State funding has been critical to the University's support of students' basic needs, including food, rapid rehousing, and mental health care. The University has begun to witness the critical difference to students' well-being and to their academic focus when more of their needs are fulfilled.

That the costs of all goods and services have risen in the last few years—books, clothing, transportation, health care, housing, and food—is not in question. These basic, physiological needs are essential elements of a student's ability to thrive and succeed, and anxiety about having the wherewithal to meet them can profoundly affect their overall physical and mental wellbeing and the quality of their lives as students. (For example, food insecurity is associated with eating disorders, obesity, stress, poor sleep, anxiety, and depression.)

Therefore, it is imperative to continue to evaluate the combined effects of basic needs insecurities on health and wellbeing in college and university students. The University of California will continue to track and report on these efforts and their impacts on student success and well-being.

Appendix I

Budget Act of 2022, (Assembly Bill 179, Chapter 249, Statutes of 2022)

Item 6440-001-0001 of Section 2.00 of the Budget Act of 2022:

6. (a) Of the funds appropriated in this item, \$15,000,000 shall be available to support meal donation programs, food pantries serving students, CalFresh enrollment, and other means of directly providing nutrition assistance to students. All monetary assistance provided to students pursuant to this subdivision shall be distributed to the student by the campus financial aid office. The funds described in this subdivision may also be used for any of the following:

- (1) To assist homeless and housing-insecure students in securing stable housing.
- (2) To supply students with personal hygiene products.
- (3) To establish basic-needs centers as a centralized location on campus where students experiencing basic-needs insecurity can be identified, supported, and linked to on- and off-campus resources to support timely program completion. Campus basic-needs centers may use funds for operations of the center.
- (4) To designate or hire dedicated basic-needs coordinators for the basic-needs centers who will serve as a single point of contact for students.

(b) The University of California shall report to the Department of Finance and relevant policy and fiscal committees of the Legislature by February 1 of each year regarding the use of funds specified in subdivision (a) and Provision 7. The report shall include, but not necessarily be limited to, all of the following information for the preceding fiscal year and estimates of all of the following for the current fiscal year:

- (1) The amount of funds distributed to campuses, and identification of which campuses received funds.
- (2) For each campus, a programmatic budget summarizing how the funds were spent. The budget shall include any other funding used to supplement the General Fund.
- (3) A description of the types of programs in which each campus invested.
- (4) A list of campuses that accept or plan to accept electronic benefit transfer.
- (5) A list of campuses that participate or plan to participate in the CalFresh Restaurant Meals Program.
- (6) A list of campuses that offer or plan to offer emergency housing or assistance with long-term housing arrangements.
- (7) A description of how campuses leveraged or coordinated with other state or local resources to address housing and food insecurity, and student mental health.
- (8) An analysis describing how funds reduced food insecurity and homelessness among students, increased student mental health, and, if feasible, how funds impacted student outcomes such as persistence or completion.
- (9) Other findings and best practices implemented by campuses.

7. Of the funds appropriated in this item, \$20,300,000 shall be available to increase student mental health resources.

8. (a) Of the funds appropriated in this item, \$3,500,000 shall be available to support rapid rehousing efforts assisting homeless and housing insecure students. All monetary assistance to students shall be distributed to the student by the campus financial aid office.

(b) Campuses shall establish ongoing partnerships with community organizations that have a tradition of helping populations experiencing homelessness to provide wraparound services and rental subsidies for students. Funds appropriated in the item may be used for, but authorized uses are not limited to, the following activities:

(1) Connecting students with community case managers who have knowledge and expertise in accessing safety net.

(2) Establishing ongoing emergency housing procedures, including on-campus and off-campus resources.

(3) Providing emergency grants that are necessary to secure housing or to prevent the imminent loss of housing.

(c) Funding shall be allocated to campuses based on demonstrated need.

(d) The terms “homeless” and “housing insecure” shall be defined as students who lack a fixed, regular, and adequate nighttime residence. This includes students who are:

(1) Sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason.

(2) Living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations.

(3) Living in emergency or transitional shelters.

(4) Abandoned in hospitals.

(5) Living in a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings.

(6) Living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings.

(e) The University of California shall submit a report to the Director of Finance and, in conformity with Section 9795 of the Government Code, to the Legislature by February 1 of each year regarding the use of these funds, for the preceding fiscal year and estimates for the current fiscal year, for information including the number of coordinators hired, number of students served by campus, distribution of funds by campus, a description of the types of programs funded, and other relevant outcomes, such as the number of students that were able to secure permanent housing, and whether students receiving support remained enrolled at the institution or graduated. This report may be submitted jointly with other basic needs reporting due to the Legislature.

Appendix II

Summary of Campus Basic Needs Programmatic Budgets

Campus	Basic Needs Operations	Direct Student Awards & Emergency Relief/Crisis Resolution	CalFresh	Career & Student Staff	Evaluation & Reporting	Innovation Awards	Totals
Berkeley	\$224,000	\$547,000	\$41,000	\$582,000	\$1,000	\$220,000	\$1,616,000
Davis	\$817,000	\$238,000	\$26,000	\$366,000	\$30,000	\$292,000	\$1,769,000
Irvine	\$170,000	\$698,000	\$7,000	\$550,000	\$20,000	\$279,000	\$1,724,000
Los Angeles	\$352,000	\$568,000	\$65,000	\$342,000	\$23,000	\$245,000	\$1,595,000
Merced	\$146,000	\$286,000	\$0	\$356,000	\$2,000	\$209,000	\$1,000,000
Riverside	\$171,000	\$234,000	\$10,000	\$755,000	\$70,000	\$371,000	\$1,611,000
San Diego	\$291,000	\$632,000	\$43,000	\$405,000	\$33,000	\$245,000	\$1,648,000
San Francisco	\$125,000	\$115,000	\$4,000	\$301,000	\$5,000	\$14,000	\$563,000
Santa Barbara	\$90,000	\$646,000	\$16,000	\$471,000	\$39,000	\$242,000	\$1,504,000
Santa Cruz	\$112,000	\$142,000	\$0	\$737,000	\$96,000	\$183,000	\$1,270,000
UCDC	\$50,000	\$0	\$0	\$0	\$0	\$0	\$50,000
UC Systemwide	\$450,000	\$0	\$0	\$0	\$0	\$200,000	\$650,000
Totals	\$2,998,000	\$4,106,000	\$212,000	\$4,865,000	\$319,000	\$2,500,000	\$15,000,000

Budget summary is based on campus spending plans developed by campuses in 2019.

Appendix III

Basic Needs and Rapid Rehousing Collaborations with State and Local Resources

Campus	Assigned a county liaison in accordance with Assembly Bill 132	CHC CalFresh Outreach Contract	County and Local Partnerships	Partner Organizations and Initiatives
Berkeley	x	x	x	Alameda County Social Services, Alameda County Community Food Bank, Berkeley Food Network, Doordash, 211, Berkeley Rent Board, East Bay Community Law Center, Bay Area Legal Aid
Davis	x	x	x	Lutheran Social Services, Yolo County Department of Social Services, City of Davis, Yolo Food Bank, Students4Students
Irvine	x		x	Second Harvest Food Bank, Orange County Food Bank, Community Action Partnership of OC, Orange County Social Services Agency, Grocery Rescue Program, Congressional Hunger Center(Emerson Fellowship), Brackens Kitchen, Project Food Box/CalOptima, Orange County Asian and Pacific Islander Community Alliance, Stand Up For Kids, Families Forward, South County Outreach,
Los Angeles	x	x		Westside Food Bank, Target, Smart and Final, Whole Foods, Costco, Ralphs, Westwood Food Market, Gorilla Marketing, Los Angeles County DSS, VITA, local credit unions and UCLA campus programs
Merced	x	x	x	Merced County Human Action Agency
Riverside	x	x	x	Riverside County Department of Public Social Services, Junior League of Riverside, Riverside United Health System, Sigma Beta Xi, TruEvolution, Riverside Community Continuum of Care Agency, Riverside Mayor’s Initiative, local housing agencies
San Diego	x	x	x	San Diego Youth Services, 211
San Francisco	x		x	San Francisco/Marin County Food Bank, San Francisco Human Services Agency
Santa Barbara	x	x	x	Santa Barbara County Department of Social Services, community housing insecurity/homeless organizations, Homeless Management Information System (HMIS), Turner Foundation
Santa Cruz	x	x	x	Second Harvest Food Bank, Santa Cruz Human Services Agency, Housing For Health Partnership Policy Board, Santa Cruz County Youth Homelessness Demonstration Project, Tenant Sanctuary, local housing nonprofits, McManis Law

Contact Information:
 University of California
 Office of the President
 1111 Franklin Street
 Oakland, CA 94206
<http://www.ucop.edu>