

112TH CONGRESS
1ST SESSION

H. R. 1833

To amend the Public Health Service Act to improve mental and behavioral health services on college campuses.

IN THE HOUSE OF REPRESENTATIVES

MAY 11, 2011

Ms. SCHAKOWSKY (for herself, Mr. RYAN of Ohio, Mr. WU, and Mr. STARK) introduced the following bill; which was referred to the Committee on Energy and Commerce, and in addition to the Committee on Education and the Workforce, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned

A BILL

To amend the Public Health Service Act to improve mental and behavioral health services on college campuses.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Mental Health on
5 Campus Improvement Act”.

6 **SEC. 2. FINDINGS.**

7 Congress makes the following findings:

1 (1) The 2010 Association of University and
2 College Counseling Center Directors Survey found
3 that the average ratio of counselors to students on
4 campus is nearly 1 to 1,940 and is often far higher
5 on large campuses. The International Association of
6 Counseling Services accreditation standards rec-
7 ommends 1 counselor per 1,000 to 1,500 students.

8 (2) College Counselors report that 10.8 percent
9 of enrolled students sought counseling in the past
10 year, totaling an estimated 2,000,000 students.

11 (3) Over 90 percent of counseling directors be-
12 lieve there is an increase in the number of students
13 coming to campus with severe psychological prob-
14 lems; today, 44 percent of the students who visit
15 campus counseling centers are dealing with severe
16 mental illness, up from 16 percent in 2000, and 24
17 percent are on psychiatric medication, up from 17
18 percent in 2000.

19 (4) The majority of campus counseling directors
20 report that the demand for services and the severity
21 of student needs are growing without an increase in
22 resources.

23 (5) Many students who need help never receive
24 it. Only 15 percent of college students who commit
25 suicide received campus counseling. Of students who

1 seriously consider suicide each year, only 52% of
2 them seek any professional help at all.

3 (6) A 2010 American College Health Associa-
4 tion survey of more than 95,000 college and univer-
5 sity students revealed that, within the last 12
6 months, 48 percent of students report having felt
7 overwhelming anxiety, 31 percent felt so depressed it
8 was difficult to function, and 46 percent felt hope-
9 less. Both the ACHA survey as well as the National
10 Research Consortium of Counseling Centers in
11 Higher Education found that 6 percent of students
12 have seriously considered suicide in the past 12
13 months.

14 (7) Research conducted between 1997 and
15 2009, and presented at the 118th annual convention
16 of the American Psychological Association found
17 that more students are grappling with depression
18 and anxiety disorders than did a decade ago. The
19 study found that of students who sought college
20 counseling, 41 percent had moderate to severe de-
21 pression in 2009, that number was 34 percent in
22 1997.

23 (8) A survey conducted by the University of
24 Idaho Student Counseling Center in 2000 found
25 that 77 percent of students who responded reported

1 that they were more likely to stay in school because
2 of counseling and that their school performance
3 would have declined without counseling.

4 (9) Students with psychological issues often
5 struggle academically and are at risk for dropping
6 out of school. Counseling has been shown to address
7 these issues while having a positive impact on stu-
8 dents remaining in school. A 6-year longitudinal
9 study found college students receiving counseling to
10 have an 11.4 percent higher retention rate than the
11 general university population (Turner & Berry,
12 2000).

13 **SEC. 3. IMPROVING MENTAL AND BEHAVIORAL HEALTH ON**
14 **COLLEGE CAMPUSES.**

15 Title V of the Public Health Service Act is amended
16 by inserting after section 520E-2 (42 U.S.C. 290bb-36b)
17 the following:

18 **“SEC. 520E-3. GRANTS TO IMPROVE MENTAL AND BEHAV-**
19 **IORAL HEALTH ON COLLEGE CAMPUSES.**

20 “(a) PURPOSE.—It is the purpose of this section,
21 with respect to college and university settings, to—

22 “(1) increase access to mental and behavioral
23 health services;

1 “(2) foster and improve the prevention of men-
2 tal and behavioral health disorders, and the pro-
3 motion of mental health;

4 “(3) improve the identification and treatment
5 for students at risk;

6 “(4) improve collaboration and the development
7 of appropriate levels of mental and behavioral health
8 care;

9 “(5) reduce the stigma for students with mental
10 health disorders and enhance their access to mental
11 health services; and

12 “(6) improve the efficacy of outreach efforts.

13 “(b) GRANTS.—The Secretary, acting through the
14 Administrator and in consultation with the Secretary of
15 Education, shall award competitive grants to eligible enti-
16 ties to improve mental and behavioral health services and
17 outreach on college and university campuses.

18 “(c) ELIGIBILITY.—To be eligible to receive a grant
19 under subsection (b), an entity shall—

20 “(1) be an institution of higher education (as
21 defined in section 101 of the Higher Education Act
22 of 1965 (20 U.S.C. 1001)); and

23 “(2) submit to the Secretary an application at
24 such time, in such manner, and containing such in-

1 formation as the Secretary may require, including
2 the information required under subsection (d).

3 “(d) APPLICATION.—An application for a grant
4 under this section shall include—

5 “(1) a description of the population to be tar-
6 geted by the program carried out under the grant,
7 the particular mental and behavioral health needs of
8 the students involved;

9 “(2) a description of the Federal, State, local,
10 private, and institutional resources available for
11 meeting the needs of such students at the time the
12 application is submitted;

13 “(3) an outline of the objectives of the program
14 carried out under the grant;

15 “(4) a description of activities, services, and
16 training to be provided under the program, including
17 planned outreach strategies to reach students not
18 currently seeking services;

19 “(5) a plan to seek input from community men-
20 tal health providers, when available, community
21 groups, and other public and private entities in car-
22 rying out the program;

23 “(6) a plan, when applicable, to meet the spe-
24 cific mental and behavioral health needs of veterans
25 attending institutions of higher education;

1 “(7) a description of the methods to be used to
2 evaluate the outcomes and effectiveness of the pro-
3 gram; and

4 “(8) an assurance that grant funds will be used
5 to supplement, and not supplant, any other Federal,
6 State, or local funds available to carry out activities
7 of the type carried out under the grant.

8 “(e) SPECIAL CONSIDERATIONS.—In awarding
9 grants under this section, the Secretary shall give special
10 consideration to applications that describe programs to be
11 carried out under the grant that—

12 “(1) demonstrate the greatest need for new or
13 additional mental and behavioral health services, in
14 part by providing information on current ratios of
15 students to mental and behavioral health profes-
16 sionals;

17 “(2) propose effective approaches for initiating
18 or expanding campus services and supports using
19 evidence-based practices;

20 “(3) target traditionally underserved popu-
21 lations and populations most at risk;

22 “(4) where possible, demonstrate an awareness
23 of, and a willingness to, coordinate with a commu-
24 nity mental health center or other mental health re-

1 source in the community, to support screening and
2 referral of students requiring intensive services;

3 “(5) identify how the college or university will
4 address psychiatric emergencies, including how in-
5 formation will be communicated with families or
6 other appropriate parties; and

7 “(6) demonstrate the greatest potential for rep-
8 lication and dissemination.

9 “(f) USE OF FUNDS.—Amounts received under a
10 grant under this section may be used to—

11 “(1) provide mental and behavioral health serv-
12 ices to students, including prevention, promotion of
13 mental health, voluntary screening, early interven-
14 tion, voluntary assessment, treatment, management,
15 and education services relating to the mental and be-
16 havioral health of students;

17 “(2) provide outreach services to notify stu-
18 dents about the existence of mental and behavioral
19 health services;

20 “(3) educate students, families, faculty, staff,
21 and communities to increase awareness of mental
22 health issues;

23 “(4) support student groups on campus that
24 engage in activities to educate students, including
25 activities to reduce stigma surrounding mental and

1 behavioral disorders, and promote mental health
2 wellness;

3 “(5) employ appropriately trained staff;

4 “(6) provide training to students, faculty, and
5 staff to respond effectively to students with mental
6 and behavioral health issues;

7 “(7) expand mental health training through in-
8 ternship, post-doctorate, and residency programs;

9 “(8) develop and support evidence-based and
10 emerging best practices, including a focus on cul-
11 turally and linguistically appropriate best practices;
12 and

13 “(9) evaluate and disseminate best practices to
14 other colleges and universities.

15 “(g) DURATION OF GRANTS.—A grant under this
16 section shall be awarded for a period not to exceed 3 years.

17 “(h) EVALUATION AND REPORTING.—

18 “(1) EVALUATION.—Not later than 18 months
19 after the date on which a grant is received under
20 this section, the eligible entity involved shall submit
21 to the Secretary the results of an evaluation to be
22 conducted by the entity concerning the effectiveness
23 of the activities carried out under the grant and
24 plans for the sustainability of such efforts.

1 “(2) REPORT.—Not later than 2 years after the
2 date of enactment of this section, the Secretary shall
3 submit to the appropriate committees of Congress a
4 report concerning the results of—

5 “(A) the evaluations conducted under
6 paragraph (1); and

7 “(B) an evaluation conducted by the Sec-
8 retary to analyze the effectiveness and efficacy
9 of the activities conducted with grants under
10 this section.

11 “(i) TECHNICAL ASSISTANCE.—The Secretary may
12 provide technical assistance to grantees in carrying out
13 this section.

14 “(j) AUTHORIZATION OF APPROPRIATIONS.—There
15 are authorized to be appropriated such sums as may be
16 necessary to carry out this section.

17 **“SEC. 520E-4. MENTAL AND BEHAVIORAL HEALTH OUT-
18 REACH AND EDUCATION ON COLLEGE CAM-
19 PUSES.**

20 “(a) PURPOSE.—It is the purpose of this section to
21 increase access to, and reduce the stigma associated with,
22 mental health services so as to ensure that college students
23 have the support necessary to successfully complete their
24 studies.

1 “(b) NATIONAL PUBLIC EDUCATION CAMPAIGN.—
2 The Secretary, acting through the Administrator and in
3 collaboration with the Director of the Centers for Disease
4 Control and Prevention, shall convene an interagency,
5 public-private sector working group to plan, establish, and
6 begin coordinating and evaluating a targeted public edu-
7 cation campaign that is designed to focus on mental and
8 behavioral health on college campuses. Such campaign
9 shall be designed to—

10 “(1) improve the general understanding of men-
11 tal health and mental health disorders;

12 “(2) encourage help-seeking behaviors relating
13 to the promotion of mental health, prevention of
14 mental health disorders, and treatment of such dis-
15 orders;

16 “(3) make the connection between mental and
17 behavioral health and academic success; and

18 “(4) assist the general public in identifying the
19 early warning signs and reducing the stigma of men-
20 tal illness.

21 “(c) COMPOSITION.—The working group under sub-
22 section (b) shall include—

23 “(1) mental health consumers, including stu-
24 dents and family members;

25 “(2) representatives of colleges and universities;

1 “(3) representatives of national mental and be-
2 havioral health and college associations;

3 “(4) representatives of college health promotion
4 and prevention organizations;

5 “(5) representatives of mental health providers,
6 including community mental health centers; and

7 “(6) representatives of private- and public-sec-
8 tor groups with experience in the development of ef-
9 fective public health education campaigns.

10 “(d) PLAN.—The working group under subsection (b)
11 shall develop a plan that shall—

12 “(1) target promotional and educational efforts
13 to the college age population and individuals who are
14 employed in college and university settings, including
15 the use of roundtables;

16 “(2) develop and propose the implementation of
17 research-based public health messages and activities;

18 “(3) provide support for local efforts to reduce
19 stigma by using the National Mental Health Infor-
20 mation Center as a primary point of contact for in-
21 formation, publications, and service program refer-
22 rals; and

23 “(4) develop and propose the implementation of
24 a social marketing campaign that is targeted at the

1 college population and individuals who are employed
2 in college and university settings.

3 “(e) AUTHORIZATION OF APPROPRIATIONS.—There
4 are authorized to be appropriated such sums as may be
5 necessary to carry out this section.”.

6 **SEC. 4. INTERAGENCY WORKING GROUP ON COLLEGE MEN-**
7 **TAL HEALTH.**

8 (a) PURPOSE.—It is the purpose of this section, pur-
9 suant to Executive Order 13263 (and the recommenda-
10 tions issued under section 6(b) of such Order), to provide
11 for the establishment of a College Campus Task Force
12 under the Federal Executive Steering Committee on Men-
13 tal Health, to discuss mental and behavioral health con-
14 cerns on college and university campuses.

15 (b) ESTABLISHMENT.—The Secretary of Health and
16 Human Services (referred to in this section as the “Sec-
17 retary”) shall establish a College Campus Task Force (re-
18 ferred to in this section as the “Task Force”), under the
19 Federal Executive Steering Committee on Mental Health,
20 to discuss mental and behavioral health concerns on col-
21 lege and university campuses.

22 (c) MEMBERSHIP.—The Task Force shall be com-
23 posed of a representative from each Federal agency (as
24 appointed by the head of the agency) that has jurisdiction

1 over, or is affected by, mental health and education poli-
2 cies and projects, including—

3 (1) the Department of Education;

4 (2) the Department of Health and Human
5 Services;

6 (3) the Department of Veterans Affairs; and

7 (4) such other Federal agencies as the Adminis-
8 trator of the Substance Abuse and Mental Health
9 Services Administration and the Secretary jointly de-
10 termine to be appropriate.

11 (d) DUTIES.—The Task Force shall—

12 (1) serve as a centralized mechanism to coordi-
13 nate a national effort—

14 (A) to discuss and evaluate evidence and
15 knowledge on mental and behavioral health
16 services available to, and the prevalence of men-
17 tal health illness among, the college age popu-
18 lation of the United States;

19 (B) to determine the range of effective,
20 feasible, and comprehensive actions to improve
21 mental and behavioral health on college and
22 university campuses;

23 (C) to examine and better address the
24 needs of the college age population dealing with
25 mental illness;

1 (D) to survey Federal agencies to deter-
2 mine which policies are effective in encouraging,
3 and how best to facilitate outreach without du-
4 plicating, efforts relating to mental and behav-
5 ioral health promotion;

6 (E) to establish specific goals within and
7 across Federal agencies for mental health pro-
8 motion, including determinations of account-
9 ability for reaching those goals;

10 (F) to develop a strategy for allocating re-
11 sponsibilities and ensuring participation in men-
12 tal and behavioral health promotions, particu-
13 larly in the case of competing agency priorities;

14 (G) to coordinate plans to communicate re-
15 search results relating to mental and behavioral
16 health amongst the college age population to
17 enable reporting and outreach activities to
18 produce more useful and timely information;

19 (H) to provide a description of evidence-
20 based best practices, model programs, effective
21 guidelines, and other strategies for promoting
22 mental and behavioral health on college and
23 university campuses;

24 (I) to make recommendations to improve
25 Federal efforts relating to mental and behav-

1 ioral health promotion on college campuses and
2 to ensure Federal efforts are consistent with
3 available standards and evidence and other pro-
4 grams in existence as of the date of enactment
5 of this Act; and

6 (J) to monitor Federal progress in meeting
7 specific mental and behavioral health promotion
8 goals as they relate to college and university
9 settings;

10 (2) consult with national organizations with ex-
11 pertise in mental and behavioral health, especially
12 those organizations working with the college age
13 population; and

14 (3) consult with and seek input from mental
15 health professionals working on college and univer-
16 sity campuses as appropriate.

17 (e) MEETINGS.—

18 (1) IN GENERAL.—The Task Force shall meet
19 at least 3 times each year.

20 (2) ANNUAL CONFERENCE.—The Secretary
21 shall sponsor an annual conference on mental and
22 behavioral health in college and university settings
23 to enhance coordination, build partnerships, and
24 share best practices in mental and behavioral health
25 promotion, data collection, analysis, and services.

1 (f) AUTHORIZATION OF APPROPRIATIONS.—There
2 are authorized to be appropriated such sums as may be
3 necessary to carry out this section.

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