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Grants bolster Sac State’s mental health programs

Sacramento State continues to offer a wide variety of mental health services to students, and now the University has a pair of grants to help support that work.

The campus in July received a $300,000, three-year grant from the federal Center for Mental Health Services. Two months ago, it was awarded a $371,000 grant from California Mental Health Services Authority.

The money will help fund Sacramento State’s suicide prevention and mental wellness campaign, Be Well, which teaches professionals, faculty, staff and students to identify and intervene with students at risk for suicide and other mental health issues.

Lori Varlotta, Sacramento State’s vice president for Student Affairs, notes that the University has transformed its counseling center over the last two years, integrating it with the Student Health Center at The WELL, and maintaining a strong partnership with Sacramento County’s Mental Health Agency. As a result, student use of the services has increased significantly.

“Today, I would describe our improved center as a prototype for wellness-oriented collegiate counseling centers across the country,” says Varlotta.

Objectives of the Be Well campaign include a mental health survey program, and suicide prevention web resources for students and their support networks.

“Sacramento State is a national leader in mental health services for students,” says University President Alexander Gonzalez. “Dr. Lori Varlotta has worked diligently with the campus community to continually improve the care we provide, and I appreciate the support and recognition we are receiving from our federal partners.”

For more information on the University’s mental health programs, call Student Affairs at (916) 278-4933. For media assistance, call Sacramento State’s Public Affairs office at (916) 278-6156.

– Craig Koscho
ckoscho@csus.edu

Sacramento State is making a difference in California’s Capital Region and beyond. We offer a life-changing opportunity for our 28,000 students, preparing them to be leaders in their professions and communities. Our
professors are known for their dedication to great teaching. And our location in the capital of the nation’s most populous state allows students to pursue unique internships and research.

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