

# Student Health & Wellbeing Services (SH&WS)

## Equity Data on Service Utilization by Racial/Ethnic Identity

[Update Report Draft - Spring 2018]

Student Health and Wellbeing Services (SH&WS) is part of addressing a range of achievement/service gaps and is examining ways to continually improve service students of color at HSU, including through staff training in cultural awareness, competence, and humility, increasing staff diversity, partnering with cultural centers, and addressing equity in service utilization. SH&WS conducted a two-full-day training workshop for medical and counseling staff Jan 2018. Our training retreat was led by Dr. Khuram Hussain, a national leader of intergroup race dialogues in municipal and college settings, and was made possible by funding from a SAMHSA grant written in 2016 by PI Brian Mistler. Our retreat was focused on helping everyone on staff to more deeply recognize and address implicit bias and improve inclusive practices to better support students of color who would like health/counseling services. Training included work on transforming false empathy, witnessing that we live race in different ways, understanding white privilege, making room for storytelling, projection, finding authentic strength, and more.

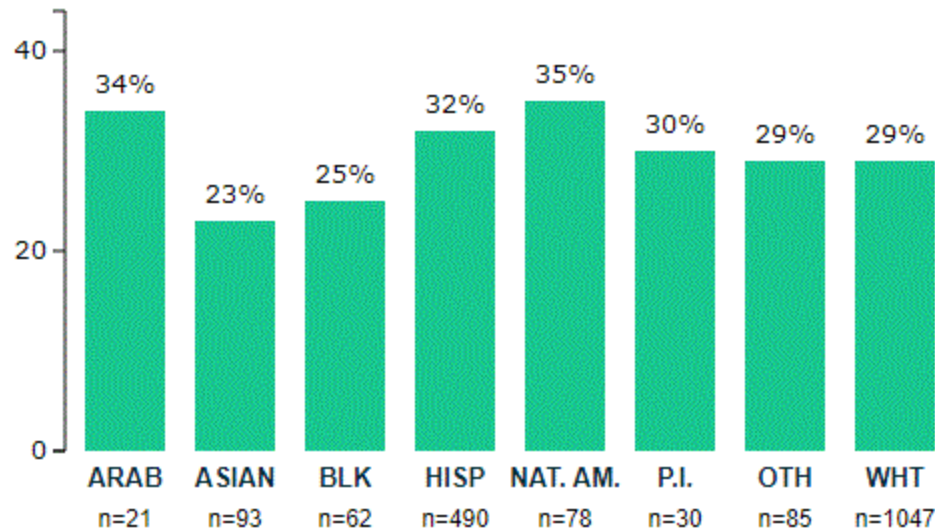
As part of our ongoing efforts to continue to grow as a team with members at varying levels of awareness, SH&WS have been working with Dr. Hussain all of Fall 2017 to intentionally gather experiences from students and SH&WS staff in advance. Many staff across campus were also involved in or otherwise supportive of our trainings delivered to both SH&WS and open campus-wide on topics like addressing black collegiate mental wellness, better serving first-generation students, understanding adverse childhood experiences and trauma-informed processes, and addressing basic needs. Staff from across campus also participated in a "Health Retreat Prep Video Conference Meeting" with Dr. Khuram Hussain Monday January 8th giving Dr. Hussain an opportunity to get a better understanding of the university context in which our services operate to help students. And, many also took part in our "Community Dialogue Fishbowl" Thursday January 11th in the Green & Gold Room - Founders Hall 166 facilitated by Dr. Hussain. This was an opportunity for those interested and able to speak to the challenges and opportunities for inclusion that confront our most marginalized students. People told stories from both personal and interpersonal perspectives about work and life of students of color in particular as well as marginalization in general on our campus, to help the SH&WS team understand even more deeply how intersectional identities interact with the fears experiences of accessing services on our campus. The feedback from this event is being reviewed by SH&WS's Addressing Bias in Care (ABC) Committee, with preliminary results pointing to 1) plans to increase internal support for staff participation across camps and 2) identifying another opportunity in May 2018 for another multi-day training facilitated by Dr. Hussain.

SH&WS takes an empirical approach to equity, believing it's not just enough to "be do gooders", we must also "do good". These summary graphs present the results of our examination of service provided in both initial visits and return visits broken down to compare under-represented and non-under represented groups. We also examined mental health-related items as part of our 2017 Healthy Minds study. Data show URG use SH&WS at a slightly lower rate than NURG initially, and that these differences are not attributable to stigma, knowledge of services, or need. Once students use our services URG and NURG return at roughly the same rates for follow-up visits.

This document and other data is available at [wellbeing.humboldt.edu/data](http://wellbeing.humboldt.edu/data)

## Humboldt State University (2017)

Met criteria for 'flourishing' on Diener's Flourishing Scale



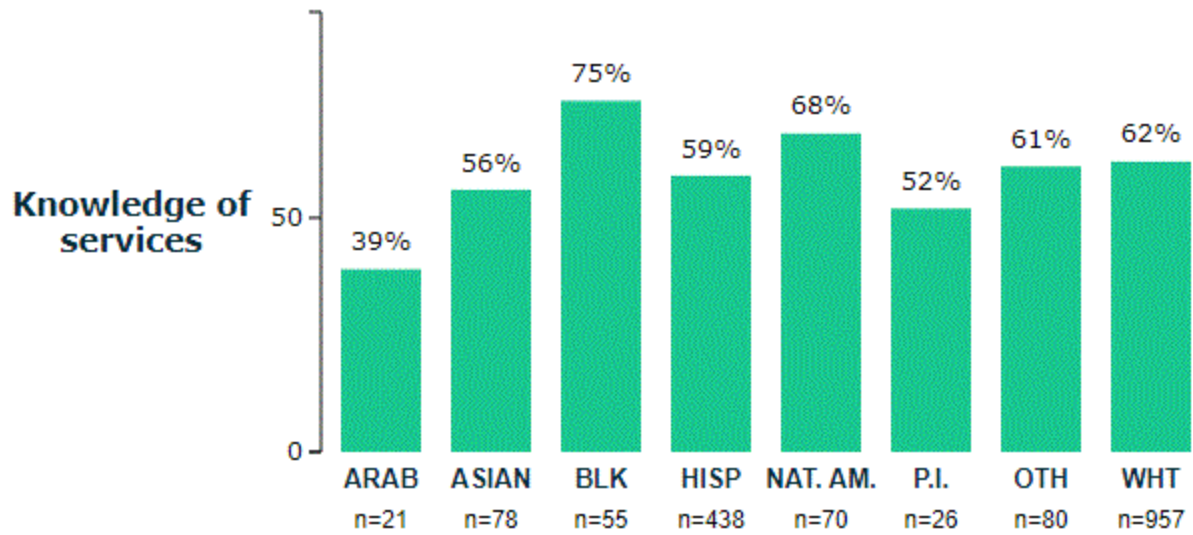
ARAB = Arab/Arab-American  
ASIAN = Asian/Asian-American  
BLK = African-American/Black  
HISP = Hispanic/Latino  
NAT. AM. = Native American  
OTH = Other  
P.I. = Pacific Islander  
WHT = White or Caucasian

### Race/ethnicity

Survey respondents from Humboldt State University who met criteria for 'flourishing' on Diener's Flourishing Scale grouped by race/ethnicity.

\*The number of students in specific categories can add up to more than the total number of students for items where students are able to select multiple categories.

## Humboldt State University (2017)



- ARAB** = Arab/Arab-American
- ASIAN** = Asian/Asian-American
- BLK** = African-American/Black
- HISP** = Hispanic/Latino
- NAT. AM.** = Native American
- OTH** = Other
- P.I.** = Pacific Islander
- WHT** = White or Caucasian

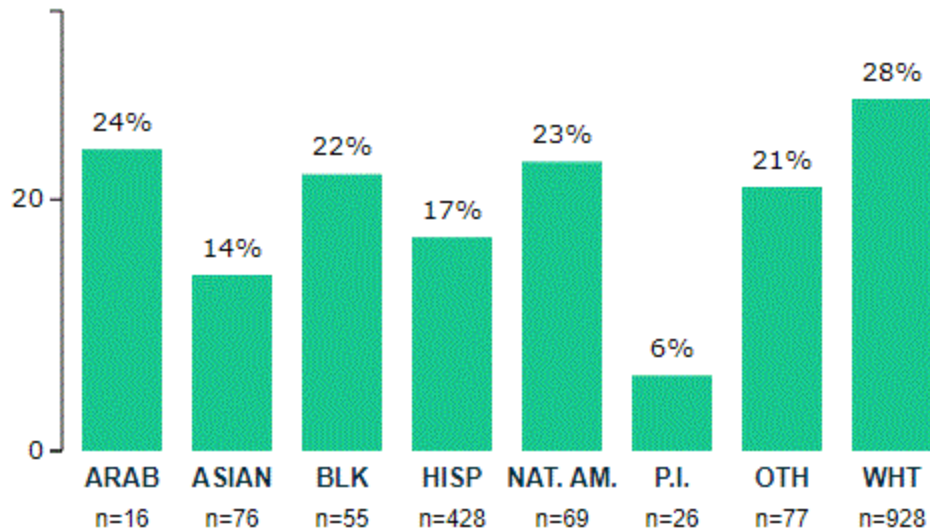
### Race/ethnicity

Survey respondents from Humboldt State University who reported knowledge of services grouped by race/ethnicity.

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# Humboldt State University (2017)

Psychiatric medication (past year)



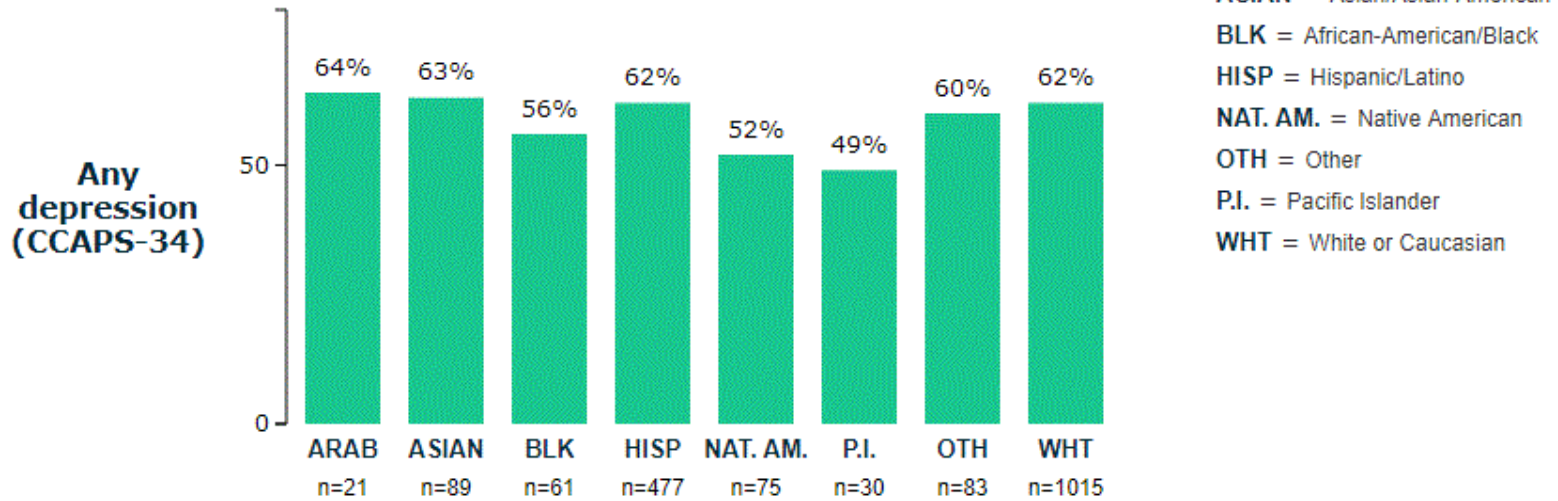
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## Race/ethnicity

Survey respondents from Humboldt State University who reported psychiatric medication (past year) grouped by race/ethnicity.

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# Humboldt State University (2017)

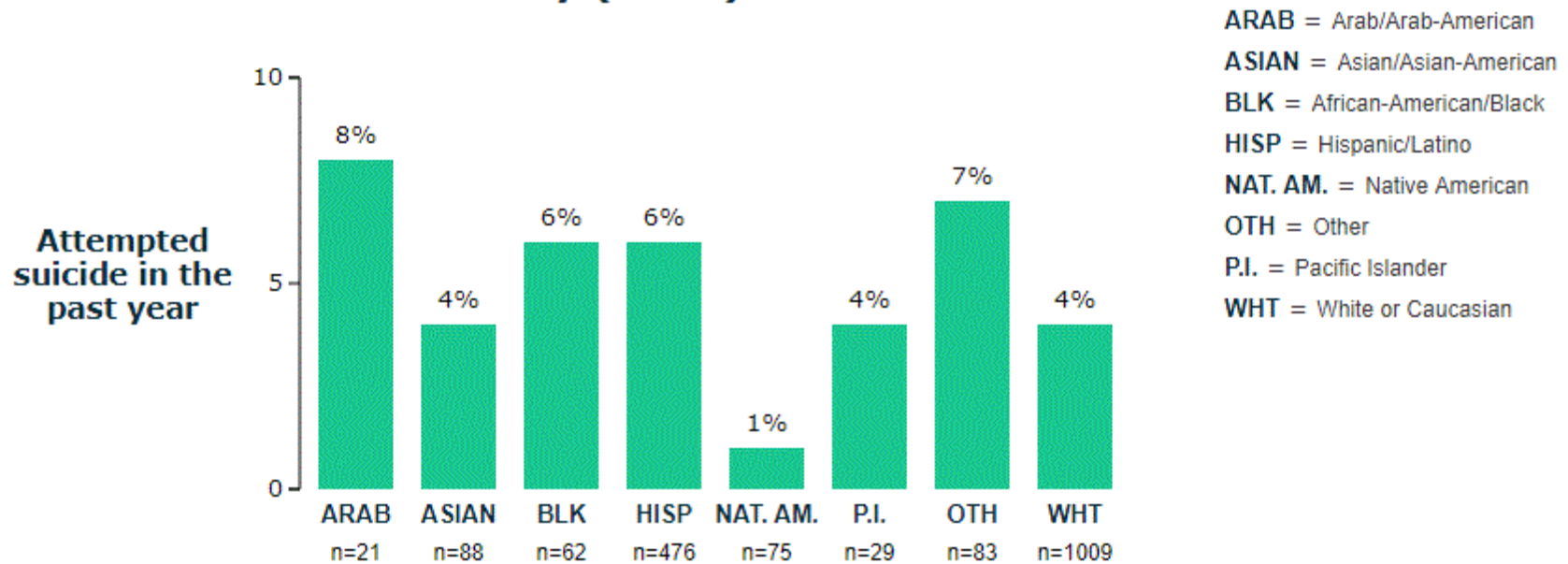


## Race/ethnicity

Survey respondents from Humboldt State University who reported any depression (CCAPS-34) grouped by race/ethnicity.

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## Humboldt State University (2017)

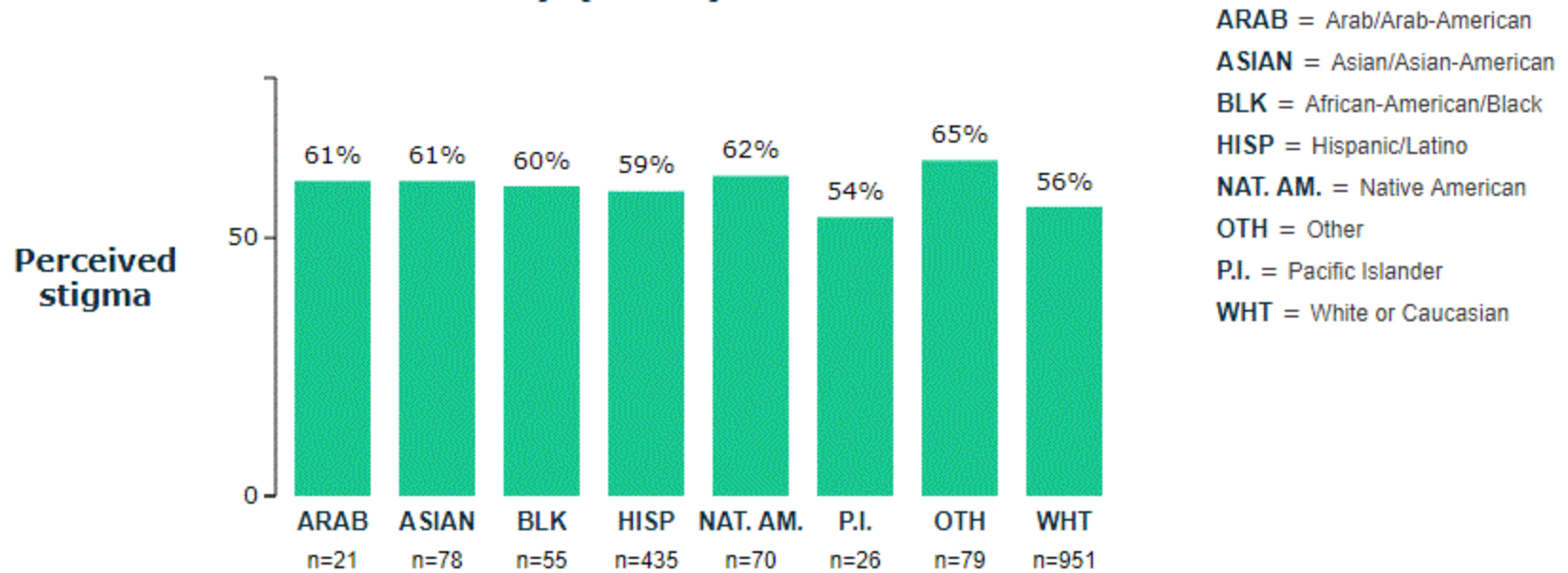


### Race/ethnicity

Survey respondents from Humboldt State University who reported attempted suicide in the past year grouped by race/ethnicity.

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# Humboldt State University (2017)

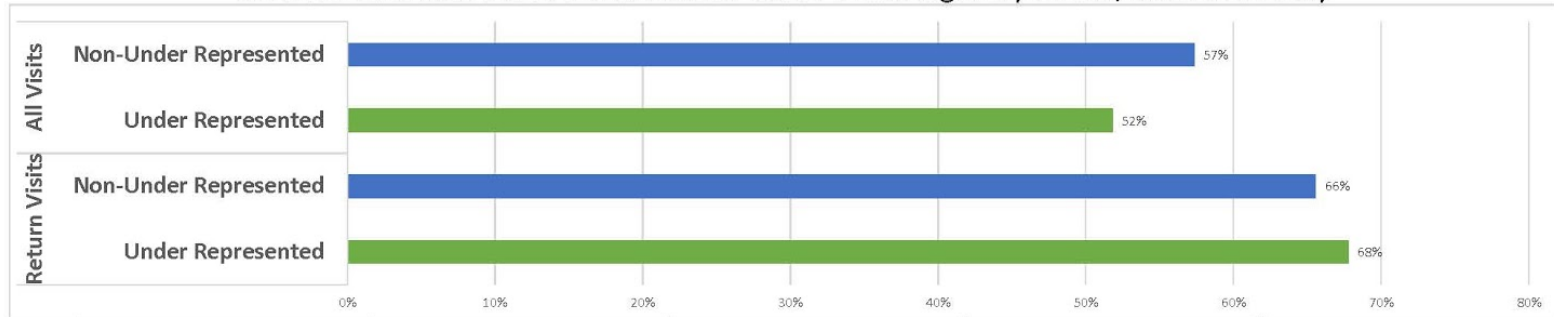


## Race/ethnicity

Survey respondents from Humboldt State University who reported perceived stigma grouped by race/ethnicity.

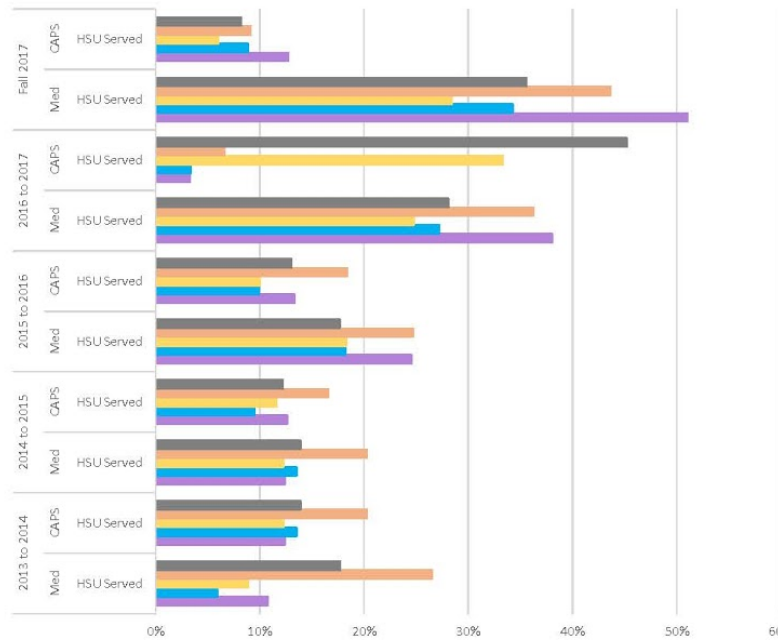
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## SH&WS Students Served and Return Visit Percentages by Racial/Ethnic Identity



		2013 to 2014						2014 to 2015						2015-2016						2016 to 2017						Fall 2017					
		Medical			CAPS			Medical			CAPS			Medical			CAPS			Medical			CAPS			Medical			CAPS		
		Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU	Uniq.	Rtrn.	HSU
URG	Black	43	70%	15%	34	79%	12%	76	64%	25%	38	58%	13%	102	71%	35%	39	59%	13%	157	65%	59%	39	67%	15%	144	54%	51%	36	69%	13%
	Native	11	55%	11%	7	100%	7%	23	74%	26%	15	80%	17%	37	59%	43%	11	55%	13%	48	56%	55%	16	69%	18%	33	42%	34%	5	20%	5%
	Latinx	236	72%	12%	200	86%	10%	463	64%	21%	260	77%	12%	724	64%	28%	255	65%	10%	1021	66%	38%	287	68%	11%	800	50%	28%	162	64%	6%
	Pac. Island.	9	44%	45%	5	80%	25%	8	63%	40%	6	83%	30%	18	67%	90%	7	71%	35%	27	70%	90%	7	43%	23%	22	45%	96%	7	71%	30%
	Multiraci.	73	63%	16%	91	87%	20%	123	68%	24%	101	82%	20%	200	65%	38%	96	61%	18%	298	66%	55%	114	71%	21%	253	56%	44%	53	57%	9%
NURG	Asian	25	60%	10%	31	87%	12%	50	50%	18%	26	65%	9%	86	62%	30%	29	66%	10%	114	67%	41%	37	76%	13%	85	51%	34%	21	62%	8%
	White	412	69%	10%	583	86%	14%	723	67%	18%	525	73%	13%	1130	61%	29%	509	63%	13%	1604	65%	44%	520	68%	14%	1270	48%	36%	282	57%	8%

Total Percentage of Students Seen By Identity



Percentage Who Return by Identity

