

Education Safety & Risk Insider

This Issue: Mental Health & Risk



FEATURE ARTICLE

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Student Mental Health

It's not surprising that more than 50 percent of college students meet the criteria for one mental health problem, according to a study of more than 10,000 students from community colleges and over 95,000 students from four-year institutions across the United States.

What is driving this increase in statistics? In addition to overwhelming coursework, many community college students have jobs and caregiving duties. Add financial concerns to the bucket and young adults are spread too thin and overburdened at a young age. Many do not know where to turn to get the mental health assistance they need.

Some campuses provide short-term counseling, and part-time jobs do not provide healthcare coverage.

Emotional stress was cited by 55% of community college students.

A 2025 report submitted by the California Community Colleges Chancellor's Office, which reflects data from 2021-22 and 2022-23 school years for approximately 110 colleges, indicates \$60 million was allocated to the California community colleges for student mental health resources.

Funds are used for crisis responses or referrals, one-on-one mental health counseling sessions, access to customized services for students with a mental health disability, telehealth services, and screening tools at intake points for assessing, diagnosis and monitoring symptoms. Median mental health counselor-to-student ratio, in 2022-23, was 1 counselor for every 2,295 students – an improvement over the 2021-22 ratio of 1:3,060.¹

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QUICK RESOURCES

- [Not in Our Town](#)
- [California Community Colleges Mental Health – Faculty, Staff & Administrators](#)
- [California Community Colleges Health & Wellness Newsletter](#)
- [Virtual Training Investigating Hazing Incidents \(8/11/26\)](#)
- [What is Hazing: Recognizing Hazing Flowchart](#)

Talk to Your California Schools Risk Management Risk Advisor

Want a risk review or help benchmarking your current program? [Contact us at \(909\)763-4900](#) or reach out to your account team directly.

Student Mental Health

While strides towards improving access are evolving, solutions to these issues are multi-faceted. Community colleges have considered these avenues to broaden their reach:

- ✓ For students who have complex behavioral health needs or require longer-term care, consider partnerships and referral pathways with outside providers. This may include county mental health agencies, county social services departments, local food banks, immigration and legal services providers, veterans' services, youth services, domestic violence services, and women's centers.
- ✓ Offer integrated training regarding mental health needs, access and services during professional development days.
- ✓ Offering events during the academic year for faculty and staff providing education/training about mental health.
- ✓ More innovative strategies included embedding mental health into campus culture and expanding access through telehealth services.

Universal mental health screenings, support and skill-building groups, mental health peer educators, staff training, and outreach events. Reducing stigma, increasing awareness of available supports, and building partnerships with community organizations, fosters a strong connection to bring the much-needed services to the students.

- ✓ Expand beyond the campus by partnering with local community-based and online organizations. Many provide 24/7 support for students, extending beyond traditional campus hours.

For more information on this report, please visit the link to the [2021-2023 California Community Colleges Mental Health Legislative Report](#).

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of college students meet the criteria for one mental health problem

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1:2,295

Median mental health counselor-to-student ratio, in 2022-23

\$60 Million

allocated to CA community colleges for student mental health resources

Myth: Bullying Only Affects Youth

While bullying may start in elementary school, age doesn't stop the behavior.

60% of college students witness a student bullying another student.

25% of college students self-identify as victims of bullying.

1

Between 25 and 40 percent of college students report being bullied.

According to multiple studies on the subject, peers, faculty, staff and others on or beyond the campus report severe, persistent or pervasive behavior that interferes with a person's education, employment or participation in university programs.

2

Roughly 10-20% of college students experience cyberbullying.

Young cyberbullies continue the pattern into college, often because they do not experience negative consequences for their behavior and learn to take responsibility for their actions.

3

How to Address the Issue

Encourage students to join a community on campus. Cultural, social identity, student organizations or sports clubs can reduce isolation and feelings of loneliness. These groups give students an outlet to connect with community, make friends and feel more included.



Campus Hazing

WHAT IS HAZING?

Both federal law and California law define hazing. Below is a comparison of the two definitions:

Stop Campus Hazing Act (H.R. 5646)

Any intentional, knowing, or reckless act committed by a person (whether individually or in concert with other persons) against another person or persons regardless of the willingness of such other person or persons to participate that –

- is committed in the course of an initiation into, an affiliation with, or the maintenance of membership in, a student organization; and
- causes or creates a risk, above the reasonable risk encountered in the course of participation in the institution of higher education or the organization (such as the physical preparation necessary for participation in an athletic team), of physical or psychological injury including:
- whipping, beating, striking, electronic shocking, placing harmful substance on someone's body, or similar activity
- causing, coercing, or otherwise inducing sleep deprivation, exposure to the elements, confinement in a small space, extreme calisthenics, or other similar activity.
- causing, coercing, or otherwise inducing another person to consume food, liquid, alcohol, drugs, or other substances;
- causing, coercing, otherwise inducing another person to perform sexual acts;
- any activity that places another person in reasonable fear of bodily harm through the use of threatening words or conduct;
- any activity against another person that includes a criminal violation of local, State, Tribal, or Federal law; and
- any activity that induces, causes, or requires another person to perform a duty or task that involves a criminal violation of local, state, Tribal, or Federal law.

California Assembly Bill 2193: Hazing

Any method of initiation or preinitiation into an affiliated student organization or student body, which the initiator knows or should have known is likely to cause serious bodily injury to any former, current, or prospective student of any school, community college, college, university, or other educational institution in this state. The term "hazing" does not include customary athletic events or school-sanctioned events.



Campus Hazing & Anti-Hazing Laws

CALIFORNIA

Activities are not considered hazing if the risk of physical injury is only incidental; physical injury is likely, but not serious; the likely injury is to someone other than a current, prospective or former students; the activity isn't required to gain admittance to the club.

California law defines "serious bodily injury" as a serious physical impairment or condition. Examples of serious bodily injury may include bone fracture, requiring extensive suturing, loss of consciousness, concussion, serious disfigurement, or loss or impairment of function of an organ or other body part. *Activities resulting solely in emotional injury or embarrassment do not count as hazing* under the California Penal Code ([§245.6](#)). However, it may be prosecuted separately as a felony, rather than criminally, resulting in fines and/or jail.

CALIFORNIA ANTI-HAZING LAWS

California Anti-Hazing Laws

While there is a federal law, the Stop Campus Hazing Act, signed into law December 23, 2024, California has its own anti-hazing laws which establish state-level policies, civil liability and definitions for hazing.

[Assembly Bill 2193 Hazing: educational institutions: prohibition and civil liability: reports and resources](#) (Chapter 5.1 Stop Campus Hazing Act) was enacted into law in November 2024. This law addresses hazing in any program or activity by an educational institution that receives or benefits from state financial assistance or enrolls students who receive state student financial aid. Primary components include:

- ✓ **Beginning on January 1, 2026**, the law permits civil action for damages by a former, current or prospective student whom hazing is directed and suffered injury as a result. Action may be against any participants in the hazing, the organization, and any educational institution. Several conditions must all be met. ([Please see section 66308 of the bill](#)).
- ✓ **Require annually (beginning on or before June 30, 2026)** a report on the number of hazing incidents that constituted a violation of the institution of higher education's policy prohibiting hazing and whether the violation was affiliated with a student organization. This only applies to the Trustees of the California State University, the Regents of the University of California, and certain independent institutions of higher education that is a "qualifying institution" as defined in subdivision (l) of Section 69432.7. (To see if your college is a "qualifying institution", visit [CSAC Institutional Participation Criteria](#) page).

Anti-Hazing Laws

Matt's Law (Senate Bill 1454) – California Penal Code 245.6

California enacted a law in 2006, named after Matt Carrington, a 21-year-old student at California State University, Chico, who died as a result of hazing in 2005. Prior to this law, hazing was only a misdemeanor, and unaffiliated fraternities could not be punished for hazing simply because they are not a student organization.

The code falls under **Assault and Battery** crimes and stipulates the following:

- Even if a hazing violation does not result in "serious bodily injury", it is a misdemeanor and is punishable by a fine (not less than \$100 nor more than \$5,000), or imprisonment in the county jail for not more than a year, or both.
- Should the hazing result in death or serious bodily injury, the person who personally engages in hazing is guilty of either a misdemeanor or a felony and will be punished by imprisonment in county jail not exceeding one year.
- The victim (person against whom the hazing is directed) may commence civil action for injury or damages against any participant in the hazing, or any organization to which the student is seeking membership. This extends to the membership's agents, directors, trustees, managers, or officers authorized, requested, commanded, participated in, or ratified the hazing.

FEDERAL ANTI-HAZING LAWS

In 1990, a federal law (**Clery Act**) began requiring colleges and universities that receive federal funding to report campus crimes. In 2024, the [Stop Campus Hazing Act](#) (SCHA) was signed into federal law with implementation of the policies to take effect **October 1, 2026**. Institutions of higher education (IEHs) that participate in federal student aid programs are required to participate.

The SCHA requires three primary components:

1. **Report hazing incidents in their Annual Security Report.** Colleges and universities must include statistics for hazing incidents reported to campus security or local law enforcement.
2. **Establish campus-wide, research-based hazing education and prevention programs.** Colleges and universities are required to have a hazing policy with information on how to make a report of hazing and the process used to investigate hazing incidents. In addition, they must have a policy addressing hazing prevention and awareness programs.
3. **Each institution must compile and publish a "Campus Hazing Transparency Report".**

A summary of findings concerning any student organization (applicable to student organizations established or recognized by the institution) found to be in violation of the institution's standards of conduct related to hazing must be published on a prominent location of their public websites.

- The name of the organizations that have violated them.
- General description of the violation that resulted in a finding of responsibility; and
- Related dates

For more information on the Stop Campus Hazing Act, please visit: <https://stophazing.org/policy/stop-campus-hazing-act/>