



**Managing Mental Health
Priority Action Group Meeting Minutes
Memorial Union | Alumni Room
Thursday, April 14, 2011
1:00 PM – 2:30 PM**

PRESENT: Jacque Gray, Chair, Laurie Betting, Vicki Morrissette, Deb Glennen, Fawn Behrens-Smith, Kay Williams, David Whitcomb and Mike Little

ABSENT: Susan Splichal and Casey Hayden

- I. Call to Order – Jacque called the meeting to order at 1:05 PM.
- II. Minutes – The minutes were approved as distributed.
- III. Questions from Previous Meeting – None
- IV. Finalize Goals, Objectives, Strategies, and General Recommendations
 - A. Mission: Provide a mentally healthy environment to increase both campus and community support for mental health and mental health education and awareness.
 - B. Goal I: Increase campus and community support for mental health.
 1. Objective 1: Increase the proportion of students with mental health disorders who receive treatment. Strategies:
 - a. Campus-wide Medical Leave Policy that considers Mental Health
 - b. Student insurance plan endorsed by NDUS that covers Mental Health
 - c. Increase access to psychological services (i.e. Provide courtesy transportation/vouchers for rides to and from referral appointments at the hospital, clinic, and other facilities.
 2. Objective 2: Increase the proportion of students who utilize prevention and outreach services. Strategies:
 - a. Utilize ResLife Community Network
 - b. Education to families and students to think through transitional issues that can come at odds with required curriculum
 - c. Nurture and support coordinated leadership responses for UND incidents involving students.
 - d. Center (space) for Ten Percent Society
 3. Objective 3: Enhance coordination of academic and student services professional mental health training and ongoing support for students, faculty, and staff to serve students and families. Strategies:
 - a. Building to combine mental health services
 - b. Enhance technology
 - c. Coordinate referrals
 - d. Increase counseling psychology, community services, and psychology staff supervision.
 - e. Increase mental health training and ongoing support for housing staff (i.e. Resident Assistants, Housing Living Learning Communities, etc...)
 - f. Increase mental health training and ongoing support for advising staff.
 - C. Goal II: Increase campus education and awareness of mental health
 1. Objective 1: Increase the proportion of faculty and staff who are reporting concerns for students. Strategies:
 - a. Define level and expectations for faculty involvement with students' mental health
 - b. Increase mental health education and training for faculty and staff (i.e. staff meetings, workshops, etc...)

- c. Coordinate data collection, analysis, and dissemination of H&W issues – feeds campus committee recommends policies, strategies, etc...
 - i. Abuse of Rx drugs education/data/assessment
 - b. Mental Health First Aid Training
 - c. Seek opportunities through Blue Cross Blue Shield – ND Wellness
2. Objective 2: Increase the proportion of students who are reporting mental health concerns. Strategies:
 - a. Increase opportunities for students to gain knowledge of mental health issues and accessibility on campus.
 - b. Increase the proportion of students who report receiving information from their institution about mental health.
 - c. Become more vocal about the issues going on, on our campus with positive statements from university leadership (i.e. President, Student Body President, etc...)
 - d. Increase promotion and advertising through the graduate school, law school, and medical school.
 3. Objective 3: Decrease mental health stigma. Strategies:
 - a. Become more vocal about the issues going on, on our campus with positive statements from university leadership (i.e. President, Student Body President, etc...)
 - b. Support mental health related student organizations (i.e. Active Minds)
 - c. Openly talk about mental health during Welcome Weekend and Getting Started.
 - d. Enhance first year experience advising
 - e. Provide motivational interviewing/advisement training for all housing staff, professors, and offer it to parents.
- D. Goal III: Increase campus support for student stress reduction
1. Objective 1: Increase the proportion of students who manage stress effectively. Strategies:
 - a. Student self-care centers; H&W issues, self-assessments
 - b. Provide options for students to apply what they are processing through (i.e. stress management classes, mission trips, financial peace classes, Night Life, etc...)
 - c. Promote and provide training for relaxation and meditation
 - d. Promote stress reduction strategies through existing health and wellness programs
 2. Objective 2: Increase the proportion of faculty and staff who manage stress effectively. Strategies:
 - a. Increase natural lighting
 - b. Promote the use of the stairs.
 - c. Promote open work spaces.
 - d. Promote intermingling among departments/offices.
 - e. Increase awareness of existing benefits and related services (Employee Assistance Program, ND Wellness, etc...)
 - f. Provide opportunities and equity for faculty and staff to attend health and wellness activities.
 - g. Improve environmental wellness.
 - h. Support ergonomics.
- E. General Recommendations/Overarching Strategies:
1. Increase funding for mental health
 2. Increase willingness to accept the unknown
 3. Conduct a needs assessment for education, awareness, and early intervention.
 4. Issues related to UND's ability to manage students with complex mental health needs
 5. Grant writer lots of opportunities out there – we need to go after money for our campus
 6. More welcoming/relaxing storefront for SHS & UCC; too sterile
 7. Develop cultural competencies

Healthy UND 2020 members are charged with the prioritization and development of an action plan to address the leading health and wellness issues that affect academic success and retention. – President Kelley's Membership Charge

- a. Identify disparate populations, diverse groups, and at risk students.
 - b. Increase proportion of diverse students who are accessing services.
 - c. Coordinate mental health needs of cultural minority group
 - d. Increase campus programming for diverse populations.
8. Incorporate mental health awareness in first year experience program
 9. Provide families with mental health resources
 10. Promote awareness and acceptance of self and others

V. Next Steps

- A. Review and approve a draft of the Mental Health Priority Action Group Plan
- B. Review and approve a draft of the Healthy UND 2020 Plan
- C. Present the Healthy UND 2020 Plan to President Kelley for his review and approval – summer 2011.
- D. Present the Healthy UND 2020 Plan to the UND campus at the Healthy UND Annual Meeting – fall 2011

VI. Adjourn Meeting