



**Managing Mental Health
Priority Action Group Meeting Minutes
Memorial Union, Alumni Room
Thursday, February 17, 2011
1:00 PM – 2:30 PM**

PRESENT: Jacque Gray, Fawn Behrens-Smith, Laurie Betting, Susan Splichal, David Whitcomb, Casey Hayden, Kay Williams, and Mike Little

ABSENT: Vicki Morrissette and Deb Glennen

- I. Call to Order – Jacque called the meeting to order at 1:05 PM.
- II. Minutes stand approved as distributed.
- III. Questions from Previous Meeting
 - A. Dave, noticed there has not yet been any mention of improving minority access to mental health care, helping minorities identify services, and potential federally funded programs. The group discussed the need for a mental health care center, safe zone training, gay-bashing reduction, cultural competency training, and the need for open and direct communication between the Dean of Students Office, University Relations, and the broader campus.
 - B. Laurie shared NDUS task force recommendations and information from Cornell, Stanford, and the JED Foundation.
 - C. The group discussed how students seem to frequently be overwhelmed and exhausted. Also, at least three-fourths of students receive some type of financial aid.
- IV. Review Campus Inventory of Programs, Services, & Policies
 - A. Laurie observed that UND does not have a medical leave policy for faculty and staff. Mental health coverage is not included in the current campus-wide student leave policies. Health insurance coverage is not required at UND and the healthcare insurance coverage that is provided to graduate students is inadequate.
 - B. Dave commented that Bemidji and Moorhead are no longer accepting UND students for internship opportunities because of the switch to a fee-for-service structure. Casey says administration should be more vocal which may help decrease proportion of students who feel faculty, staff, and peers do not care. An objective could be to decrease the proportion of students who felt overwhelmed by all they had to do. There is a need to review academic environment such as length of semesters which are shorter on other campuses.
 - C. Dave thinks UND does not feel respected by the ND legislature. There is a need to brand UND as a caring institution.
 - D. Casey believes that students need to have greater personal accountability and learn to forgive themselves and move forward in order to effectively manage stress management. GTAs should be

required to check in with students, be provided with adequate teacher training, and be taught how to achieve training.

V. Discuss Healthy People 2020 Objectives and 2010 NCHA Data

VI. Create SMART Objectives – Mike led a planning session for creating SMART objectives

A. The group reviewed its mission: Provide a mentally healthy environment to increase both campus and community support for mental health and mental health education and awareness.

B. The group focused on the goal: Increase campus and community support for mental health.

The objectives created for this goal include:

1. Increase the proportion of students who report feeling supported by the institution.
2. Increase the proportion of students with mental health disorders who receive treatment.
3. Increase the proportion of students who receive prevention and outreach services.
4. Decrease the proportion of students who have felt lonely or isolated in the past 12 months.
5. Increase campus programming for diverse populations.
6. Increase proportion of diverse students who are accessing services.

C. The group next focused on the goal: Increase mental health education and awareness. The objectives created for this goal include:

1. Increase opportunities for students to gain knowledge of mental health accessibility.
2. Increase the mental health knowledge for faculty, staff, and students.
3. Increase the proportion of students who report receiving information from their institution about mental health.
4. Increase the proportion of faculty and staff who report concerns.
5. Increase the proportion of students who are reporting mental health concerns to faculty and staff.
6. Decrease the mental health stigma
7. Increase the proportion of students who manage stress effectively.
8. Increase the recognition of mental health symptoms across multiple cultures.

D. Ideas that were discussed, but did not fit under a specific objective were placed in the parking lot.

These ideas included:

1. Disparate populations,
2. diversity groups,
3. cultural competencies,
4. at risk students.
5. Strategies:
 - a. increase funding,
 - b. increase willingness to accept the unknown.

VII. Next Steps

A. Collaborate with the Healthy UND Coalition on February 18th from 11:30 AM – 1:00 PM in the Memorial Union River Valley room.

B. Create Strategies on Thursday, March 24th from 1:00 PM - 2:30 PM in the Memorial Union Alumni room.

VIII. Adjourn Meeting