



**Managing Mental Health  
Priority Action Group Meeting Minutes  
Alumni Room, Memorial Union  
Thursday, January 20, 2011  
1:00pm – 2:30pm**

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

- I. Call to Order – 1:04 PM
- II. Minutes – approved with a correction
  - A. On page 2, #5: “SAMSA” needs to be changed to “SAMHSA”.
  - B. Susan – What did people see as the most salient points in the minutes?
- III. Continued Conversation on Best Practice Articles
  - A. Vicki expanded on bullets from the previous meeting regarding the transition process of students to UND. UND listed no contact information regarding the Jed Foundation Parent Resource.
  - B. Jacque shared the campus suicide grant just finished and we are eligible to reapply. It is due in one month. Mental health first aid training. SMHS, Dr. Nick Neumann is asking with support through UCC for Medical students.
  - C. Laurie gave an overview of mental health information from the following sources: Jed, Cornell, Georgia Tech, and Healthy People 2020 mental health objectives.
  - D. Vicki identified a major increase in anxiety, depression, alcohol, and MDD.
  - E. Laurie and Vicki shared alcohol and depression screening to pilot at SHS. A campus inventory was sent to SHS and HO Dean of Students Office.
  - F. Casey, Kay and others agreed that we need to consider broadening the context of what impacts mental health such as nutrition and spirituality.
  - G. Laurie shared the Healthy UND priority action group and coalition joint meeting intent is to cross pollenate across priority action groups and infuse other ideas and comments.
- IV. Develop Goals – Mike led a nominal group process to develop broad goals.
  - A. Each person listed three broad goals which were shared with the group and posted on the white board.
  - B. The group discussed the individual goals. It was decided that a mission statement should be created:  
**Provide a mentally healthy environment to increase both campus and community support for mental health and mental health education and awareness.** The following individual goals helped form the mission statement:
    1. Improve self-determined academic achievement and success through healthy mind and body.
    2. Want the campus to attend more to mental health needs, especially of students.
    3. Improve life and peace.
    4. Increase student retention and graduation rates.
    5. Increase students’ sense of well-being and confidence in abilities to manage course work and life skills.
  - C. Members grouped the individual goals into two clusters and created goal statements for each cluster:
    1. **Increase campus and community support for mental health.**  
The individual goals that fit underneath the broad goal include:
      - a. Increase students’ feelings of “community” thereby decreasing feelings of “hopelessness.”
      - b. Educate faculty, staff, and students about mental health risk behaviors or symptoms and how to refer for help.

- c. Campus supports mental health to promote mental health and associated services.
  - d. Campus administrative champions.
  - e. By-stander training for faculty, staff, and students.
  - f. Want administrators to have tools and a plan to improve mental health on campus.
  - g. Want to help improve the range and quality of easily available resources Increase published research on campus regarding mental health issues.
2. **Increase mental health education and awareness.**  
 The individual goals that fit underneath the broad goal include:
- a. Teach professors the importance of counseling so they can battle against the stigma with us.
  - b. Encourage students to actively seek help before a worry on a problem becomes a major issue.
  - c. Develop life skills and promote self-care.
  - d. Resiliency and academic infusion.
  - e. Increase students' knowledge and understanding of positive mental health and the ability to recognize signs of deterioration early on.
  - f. Increase awareness and access to mental health services.
  - g. Overlap students, faculty, and staff resources with community resources.
  - h. Increase awareness that mental health issues are as complex and important as physical health issues.
  - i. Promote stress management strategies.
  - j. Promote positive and nurturing social linkages to increase mental health.
- K. **Decrease mental health stigma.**  
 Originally this was its own goal; however it was decided that it should be an objective underneath the broad goal instead. Some individual goals that fit within this objective include:
- i. To generate increased utilization of mental health services on campus with decreasing negative stigma.
  - ii. Identify students at risk and decrease stigma.
  - iii. Caring campus community.
  - iv. Increase mental health education and reduce stigma.
  - v. Decrease stigma, increase seeking skills and behaviors when needed.
  - vi. Promote social networks to decrease stigma.
  - vii. Decrease stigma.
  - viii. Seek help when stressed.
3. Parking lot – Some individual goals did not fit underneath a broad goal and were placed in the parking lot for use in drafting future objectives and recommendations.
- A. Enhance body image.
  - B. Reduce and prevent suicide rates.
  - C. We are able to identify, eliminate isolation and loneliness before they become debilitating.
  - D. Be financially at peace.

V. Campus Inventory of Programs, Services, and Policies – Members are encouraged to add to this list and e-mail changes to [mike.little@email.und.edu](mailto:mike.little@email.und.edu) by the Thursday, February 10<sup>th</sup>.

#### VI. Next Steps

- A. Future meeting dates/times:
  - 1. Thursday, February 17th from 1:00 PM - 2:30 PM in the Memorial Union Alumni room
  - 2. Thursday, March 24th from 1:00 PM - 2:30 PM in the Memorial Union Alumni room
  - 3. Thursday, April 14th from 1:00 PM - 2:30 PM in the Memorial Union Alumni room
- B. Create SMART objectives in February
- C. Collaborate with the Healthy UND Coalition on February 18th from 11:30 AM – 1:00 PM in the Memorial Union River Valley Room.

VII. Adjourn Meeting – 2:33 PM