



**Managing Mental Health  
Priority Action Group Meeting Minutes  
Memorial Union | Alumni Room  
Thursday, March, 24 2011  
1:00 PM – 2:30 PM**

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

- I. Call to Order – Mike Little called the meeting to order at 1:05 PM.
- II. Minutes – The minutes were approved as distributed.
- III. Questions from Previous Meeting – None
- IV. Campus Inventory of Programs, Services, & Policies Reminder
- V. Review Joint Healthy UND Coalition/Healthy UND 2020 “We Needs”
- VI. Finalize Objectives and Create Strategies
  - 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. Objective1: Increase the proportion of students with mental health disorders who receive treatment. Strategies include:
      - a. Campus-wide Medical Leave Policy that considers Mental Health
      - b. Increase number of hours for psychiatrist UCC referrals
      - c. Student/family counseling room at SHS so we could call UCC down when students in crisis
      - d. Money for courtesy transportation on UND campus; vouchers for ride home from hospital, to referral appointments, and other temporary un-met medical needs
      - e. Increase proportion of diverse students who are accessing services.
      - f. Student insurance plan endorsed by NDUS that covers Mental Health
      - g. Center (space) for Ten Percent Society
      - h. Increase number of hours for psychiatrist UCC referrals
      - i. Money for courtesy transportation on UND campus; vouchers for ride home from hospital, to referral appointments, and other temporary un-met medical needs
      - j. Identify disparate populations, diverse groups, and at risk students.
      - k. Develop cultural competencies
    2. Objective2: Increase the proportion of students who utilize prevention and outreach services. Strategies include:
      - a. Financial Peace Classes
      - b. Increase the proportion of students who report feeling supported by the institution.
      - c. Leadership statements from President and Student Body President
      - d. Medical Leave Policy that considers Mental Health
      - e. Utilize ResLife Community Network
      - f. Education to families and students to think through transitional issues that can come at odds with required curriculum
      - g. Gatekeeper Training at faculty and staff workshops
      - h. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
      - i. Become more vocal about the issues going on, on our campus (admit our issues)
      - j. Increase campus programming for diverse populations.
      - k. Coordination of Mental Health needs of Cultural Minority Group
      - l. Center (space) for Ten Percent Society

- m. Identify disparate populations, diverse groups, and at risk students.
  - n. Develop cultural competencies
- C. Goal II: Increase campus education and awareness of mental health
1. Objective 1: Increase the proportion of faculty and staff who report concerns. Strategies include:
    - a. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
    - b. Gatekeeper Training at faculty and staff workshops
    - c. Define level and expectations for faculty involvement with students' mental health
    - d. Increase mental health knowledge for faculty and staff
    - e. Centralized data collection for H&W issues – feeds campus committee recommends policies, strategies, etc. . .
    - f. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
    - g. Ways for students to apply what they are processing through (stress management classes, mission trips (spiritual and non-spiritual), and continued support for Night Life and programs just like this)
    - h. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
    - i. Abuse of Rx drugs education/data/assessment
    - j. Mental Health First Aid Training
    - k. Independent living transition information
    - l. Increase the recognition of mental health across multiple cultures.
    - m. Coordination of Mental Health needs of Cultural Minority Group \
    - n. Identify disparate populations, diverse groups, at risk students.
    - o. Develop cultural competencies
  
  2. Objective 2: Increase the proportion of students who are reporting mental health concerns. Strategies include:
    - a. Student insurance plan endorsed by NDUS that covers Mental Health
    - b. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
    - c. Gatekeeper Training at faculty and staff workshops
    - d. Define level and expectations for faculty involvement with students' mental health
    - e. Decrease the proportion of students who have felt lonely or isolated in the past 12 months.
    - f. Utilize ResLife Community Network
    - g. Grief, coping, and isolation counseling
    - h. Life skills, social network built into 1st year – required
    - i. Increase opportunities for students to gain knowledge of mental health accessibility.
    - j. Education to families and students to think through transitional issues that can come at odds with required curriculum
    - k. Center (space) for Ten Percent Society
    - l. Mental Health First Aid Training
    - m. Increase the proportion of students who report receiving information from their institution about mental health.
    - n. Leadership statements from President and Student Body President
    - o. Education to families and students to think through transitional issues that can come at odds with required curriculum
    - p. Host a mental health student workshop
    - q. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
    - r. Abuse of Rx drugs education/data/assessment
    - s. Mental Health First Aid Training
    - t. Independent living transition information
    - u. Become more vocal about the issues going on, on our campus (admit our issues)
    - v. Mandatory Insurance providers for prevention and MH services
  
  3. Objective 3: Decrease mental health stigma. Strategies include:
    - a. Leadership statements from President and Student Body President
    - b. Student/family counseling room at SHS so we could call UCC down when students have a crisis
- D. Goal III: Increase campus support for student stress reduction
1. Objective 1: Increase the proportion of students who manage stress effectively. Strategies include:
    - a. Campus-wide Medical Leave Policy that considers Mental Health
    - b. Student self-care centers; H&W issues, self-assessments

*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*

- c. Ways for students to apply what they are processing through (stress management classes, mission trips (spiritual and non-spiritual), and continued support for Night Life and programs just like this)
- d. Financial Peace Classes

2. Objective 2: Increase the proportion of faculty and staff who manage stress effectively.

E. General Recommendations:

1. Increase funding for mental health
2. Increase willingness to accept the unknown
3. Need for education and awareness
4. Need for early intervention
5. Issues related to UND's ability to manage students with complex mental health needs
6. Grant writer lots of opportunities out there – we need to go after money for our campus
7. More welcoming/relaxing storefront for SHS & UCC; too sterile

VIII. Next Steps

- A. Finalize Action Plan on Thursday, April 14<sup>th</sup> from 1:00 PM – 2:30 PM in the Memorial Union Alumni Room.

IX. Adjourn Meeting