



**Managing Mental Health
Priority Action Group Meeting Minutes
Alumni Room, Memorial Union
Thursday, November 18, 2010
2:00pm – 3:30pm**

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

ABSENT: Deb Glennen

I. Call to Order

II. Questions/Comments from Previous Meeting

- A. Fawn – Parenting class; loving logic class
 - Let your 4-5-6 year old fail; give them responsibility
 - Physically we are accommodating individual requests e.g. resident halls
- B. Vicki – Warren Jensen would like to join our group, seeing so many aviation students
- C. Jacque – Failure is in any situation when you don't learn something from it. Therefore success is when you do learn something from it.
- D. Root Causes
 - 1. Need for education and awareness
 - 2. Need for early intervention
 - 3. Issues related to UND's ability to manage students with complex mental health needs
 - 4. Need for defined level and expectations for faculty involvement with students' mental health

III. Minutes – October minutes stand approved as distributed.

IV. Share Best Practice Articles

- A. Members briefly summarized and discussed mental health best practice articles:
 - 1. Kay's Articles
 - a. Young student's use of the internet for mental health support.
 - i. Some distrust in sources
 - ii. More apt to use if trusted
 - iii. Would be preferred with anonymity
 - iv. Those that didn't want to use preferred more intimate
 - v. Influenced by the way the website looked and ease
 - b. Health Stigma Interferes with Mental Health
 - i. One of the reasons we seek or not seek mental health services
 - ii. Family's perception of mental health has strong influence of whether we seek help
 - iii. Public and health stigma
 - a) Rx – must be crazy
 - b) Someone sees me – all think I'm crazy
 - 2. Sue's Articles
 - a. How are experiences...
 - i. Teach Medical students to recognize when to get into practice
 - ii. Holistic approach
 - iii. Extend to family
 - iv. Need to empower both parents and family

- v. Emphasis on getting information from family
 - vi. Doctors should address stigma
 - vii. Organization – NAMA; fights stigma
 - viii. Identify process ensure anonymity
 - ix. Institutional commitment to help seek information
3. Casey's Articles
 - a. Devastating effects on Student Bullying
 - i. Address where freshman came from
 - ii. Does internet add to this?
 - iii. Ask big questions; ask hard questions with friends and families
 - iv. Keep issue about the issue; focus on the issue
 - v. Points out do not need to have answers
 - b. Stress, Depression, Anxiety in the Life of...
 - i. Faith based articles
 - ii. Make sure that leaders take care of themselves and get help for themselves
 - iii. Debrief with volunteers
 - c. American Academy of adolescent and child psychiatry
 - i. Facts for families
 - ii. Signs to look for; could be helpful for family and friends
 4. Fawn's Articles
 - a. Patrick Corigan Mental Health Stigma as Social Attribution
 - i. Labels, physical appearance, peg, people
 - a) Once get label – hard to remove
 - ii. Stereotypes – even laws address with controllable and uncontrollable symptoms
 - a) People more likely to step up in sense. Mental health is uncontrollable.
E.g. Head traumas with car accidents vs. someone that has brain injury to drug use
 - b) Basically how much can you and should be able to control
 - c) We need to educate and show people some symptoms could be from lots of different reasons
 - d) Educate and contact with people and mental health
 5. Vicki's Articles
 - a. Building Bridges...
 - i. SAMSA
 6. Deb's Articles
 - a. What is working and is not working for you; samples survey

B. Identify Information Needs and Gaps

1. Fawn – getting started; 5 question quick survey with students to get at issue
2. Susan – Stanford, do they have outcome measures?
3. David – Cornell faculty handbook online expected to read x; rest available online
4. Casey – So many expectations; what are we doing to help students dealt with life during getting started; Set up why for them to submit questions. During getting started, met with someone to set up changes and wanted to visit longer; individual advisory
5. Jacque – Needs assessment re: what students what? NA: suicide protective factors Medicine Wheel; she authored F. F/C – ACT scores as starting point
6. Laurie – Overview of Campus Mental Health Action Planning from JED and EPC. Specific action steps; mirror our own approach
 - a. Surveillance of data
 - i. Will be getting ACHA-NCHA update in January re: Spring 2010 data
 - b. Re: Problem
 - i. Reviewed in venting of campus mental health and suicide prevention programs, policies, and services.
 - a) Question to PAG – would we want to administer an inventory?
 - b) Looked at risk and protective factors; our root causes are embedded in those identified by NHAP.
 - c. Reviewed Model for comprehensive suicide and prevention for mental health promotion
 - i. Identify students at risk

- ii. Increase help-seeking behavior
- iii. Provide mental health services
- iv. Follow crisis management procedures
- v. Restrict access to potentially lethal means
- vi. Develop life skills
- vii. Promote social networks
- d. Provided information related to Stanford's Student mental health and well-being task force report recommendations for five broad areas:
 - i. Strength leadership to MH and WB
 - ii. Improve academic supports
 - iii. Strengthen safety net for students
 - iv. Enhance community and personal resiliency
 - v. Improve education training
- e. Provided Cornell Mental Health framework
 - i. Committees
 - ii. Leadership Statements
 - iii. Policy initiatives
 - iv. Educational strategies
 - v. Coordination of client support
 - vi. Clinical services
 - vii. Support services
 - viii. Student Leadership
 - ix. Web resources

V. Next Steps

- A. Please complete the spring 2011 Doodle by Friday, December 10th.
- B. Please submit additional best practice articles by Friday, December 17th.
- C. Priority Action Groups will not meet in December 2010.
- D. Please read all best practice articles by the January meeting.
- E. Priority Action Groups will develop goals in January 2011.

VI. Meeting Adjourned