



**Young
Managing Mental Health
Priority Action Group Meeting Minutes
Swanson 17 | Memorial Union
Thursday, October 21, 2010
2:00pm – 3:30pm**

PRESENT: Jacque Gray, Vicki Morrissette, Deb Glennen, Laurie Betting, Susan Splichal, David Whitcomb, Casey Hayden, Kay Williams

ABSENT: Fawn Behrens-Smith

I. Call to Order

II. Questions/Comments from Previous Meeting

III. Minutes – September minutes stand approved as distributed.

IV. Problem Analysis Exercise

A. The group conducted a problem analysis and started by listing the major problems they thought were associated with learning healthy social/relationships:

- Genetics
- Influenced by Environment
 - Current
 - Past (Hx)
- Stigma
 - Fear of Retaliation – don't talk
- Increased students with mental health issues supports lack of skills, increased use of Rx drugs (legal or illegal), need to justify.
- Stress – poor time management, over commitment
- Cultural expectations (be #1)
- Economics, jobs, debt – what is manageable, deficit model rather than strengths, early intervention, standard of living has increased.
- Lack or poor social supports/network
 - Decreased communication skills
 - Digital divide – fzf vs. online
 - Cultural issues
 - Self-image and confidence
 - Pred./lack of tolerance
- Students and faculty/staff relationships (Institutional)
 - Approachability of faculty
 - Pressures of ten.
 - 1st generation students
- Poor sleep
 - Study spaces – need to address different learning styles; quiet time
- Nutrition/PA

- Increased healthy options – on the go
 - Lay out of dining halls – healthy foods 1st point of information – decision making
- B. Once the problems were identified the group utilized the ecological model to focus on various levels of influence:
- Community
 - Student and residence conflicts
 - Limited Mental Health resources and options at capacity on campus – shortage of psy.
 - Don't have comprehensive training clinic on campus; lack/poor coordination between academic and student success center.
 - Environmental
 - Lighting – seasonal
 - Confined spaces and weather exposure to illnesses
 - Areas to be able to get “out”
 - Walkways
 - Tunnels
 - Expectations
 - Unrealistic
 - Lack of information i.e. GPA to get into...
 - Incorrect vs. reality
 - Developmental levels
 - Also with low achieving students
 - Lack of preparation (High School)
 - Know how to recover from a failure
 - Study skill
 - Course load, work, cost
 - Access to advance level classes in HS (school funding)
 - Lack of reconciliation
 - No expectations of communication between faculty/students mid term
 - Use of peers – denial – stigma
 - Mentors – Learning support
 - Parents – HIPAA – FERPA – Parent info network/resources
 - Career Expectations
- C. Based on the Problem Analysis, the following root causes were identified:
- Need for Education and Awareness (i.e. the mental health stigma)
 - Need for Early Interventions (i.e. connect students with resources early)
 - Issues related to UND's recent ability to manage students with complex mental health needs
 - Need for defined level and expectations for faculty involvement with students' mental health

V. Next Steps

- A. Members were asked to find research to support the major problems they signed up for which will help form the group's best practices at the November meeting. Please send material to Mike Little at michaellittle@mail.und.edu by Thursday, November 11th. Then on Thursday, November 18th from 2:00pm – 3:30pm in the Alumni Room of the Memorial Union everyone will share a summary of the research they discovered.

VI. Adjourn Meeting