

Advisory Board for Student Affairs Meeting Minutes

December 03, 2018, 5pm

Meinecke Boardroom

Members present: L. Oster-Aaland, B. Lonbaken, M. Skoy, M. Bauer, A. Asperin, A. Hodgson, S. Beck, D. Fettig, S. Thiyagarajan, C. Grindberg, C. Benson, I. Wognin, R. Hasan

Members absent: D. Bender, E. Ewen, A. Nuutinen, I. Kamara

Guests: Bill Burns, Counseling Center director
Patty Dirk, Student Health Service director
Sara Terfehr, Student Health Service office manager/rad tech
Teri Shepherd, Student Health Service insurance coordinator

Chair Fettig called the meeting to order at 5:04 pm and welcomed Board members and guests. Introductions were made.

Nominations for the student chair position were opened; I. Wognin nominated himself at the last meeting. There were no additional nominations. It was moved nominations cease and I. Wognin was elected chair.

A presentation of SHS and Counseling Center services was provided (see attached power point). A video on depression followed. Three discussion questions were posed and responses follow:

1. What keeps students from accessing services to help with their mental health concerns?
Fear, stigma, interfere with academics (especially graduate students), admitting not strong enough to handle on their own, culture issues (don't talk about it), lack of awareness of services available
2. How can we lessen the stigma of asking for help?
Based on the number of students seen at Counseling Center, it's happening; have more conversations about it; private stigma has mostly disappeared (student to student), public stigma hasn't; it creates a crutch; incorporate in meetings with advisor "what are you going through? what are you feeling?"; all encouraged to take Mental Health First Aid (offered each semester)
3. What has led to the rise in suicidality being seen on college campuses across the country? (Both attempts and completes have increased)
Social media, which has increased aggression and meanness; decrease in shame for families; pressure to attend college or in wrong program; notion everybody is rewarded, when it doesn't happen they lack resilience; where does tough love start and end? Need to make certain all students aware of services

SHS staff responded to questions regarding the billing of insurance beginning 01/01/2019. P. Dirk offered to appear at Graduate Student Council and offered that anyone with questions could contact the SHS and they would assist and/or provide education.

Meeting was adjourned at 6:32 pm.

The next meeting will be January 14, 2019 at 5:00 pm.

Respectfully submitted – Barbara Lonbaken, Associate Vice Provost for Student Affairs