

## Student Health Advisory Committee

12/01/16

SHAC Members Present: Abdi Hassan, Aisha Hassan, Anna Mirkin, Char Coal, Charlie Burk, Jordan Abhold, Maddie Phelps, Michelle Rosas, Nicholas Goldsmith, Shayna Jurrens.

Boynton Staff Present: Tom Bilder, Dave Golden, Ben Hickman, Anne Hodgson, Sue Jackson, Julie Sanem.

Guests: Mina Kian, Maggie Donnelly

1. Welcome and Introductions – (Char)
2. Review of Minutes from 11.17.16 (Abdi & Char)
  - No changes.
3. Mental Health
  - Imbedded mental health
    - Residence halls have tried this and there hasn't been a high demand
    - Michelle shares that specifically professional students who primarily spend time on the West Bank would really benefit from services on that side of the river. Nicholas shares that there is even a lack of familiarity with the East Bank.
    - Dave speaks to the variation of programs on campus including ages, finances of program, location of classes. Graduate students really do function in very different ways than undergraduate students. Some programs show higher stress levels (based on PHQ-9 scores)
    - Sue has been in discussions with the mental health and Blue Cross Blue Shield (Student Health Benefit Plan Insurance) about virtual visits and asks the group whether they think their constituents would use this service or not. Questions about when this would be available (what hours), who this would be available to (all students? Only students on the SHBP?).
    - Abdi asks about use of the text service. Roughly 40 contacts per month (by phone or text). People have been more likely to call for services than text. In person is peoples preferred option to receiving services according to the College Student Health Survey
  - Mental Health Advocates
    - This is an in department liaison program piloted by the Provost Committee on Mental Health
    - It is up to the mental health advocate to let their department know that they are trained and available to assist students, staff and faculty.
    - We will know more in spring about how this is going and utilization.
    - Maddie asks about conflicts as mental health advocates and also mandated reporters. Dave believes that was addressed but doesn't know quite how.
    - A sign at their offices designates them as being mental health advocates
    - They are NOT mental health professionals. They don't treat or diagnose but rather help people get to appropriate resources on campus.
4. Absence Note Policy
  - Carl relayed SHAC's declining of the proposed changes back to SCEP
  - MSA has lots of concerns about compliance and is considering a 'know your rights' campaign. They have heard lots of reports of concerning encounters with professors including requesting death certificates, refusing to provide makeup work, instead of giving zeros for missed exams they will add the percent points to other exams.
  - Students are not always aware of Student Conflict Resolution Center who may help them dispute these issues. There is fear of retaliation from students.
  - Equal Opportunity and Affirmative Action department is a place where you can report syllabi not matching University Policy.
  - Charlie shares that he was not aware of a lot of these resources and argues that lots of other students are likely also unaware of what is available to them.
  - Anna states that all professors don't have bad intentions and letting them know about current University policies could help resolve some of these issues.
  - Can this be shared at faculty meetings at the beginning of each semester?
  - Dave encourages student groups to get the word out about resources
5. Food Shelf & SNAP Benefits

- Dave will invite a Second Harvest Representative to SHAC to provide recommendations on how students could navigate SNAP benefits. He will likely join us the first meeting in January.
6. Student Service Fee Process
    - Ben provides updates from meeting last night. The new process will preserve student engagement and will be quicker than the previous process.
    - Name and contact of SHAC representative needs to be sent to the Student Service Fee Committee. SSFC will provide training to this person.
    - We need to choose a date for a public forum (either February 17<sup>th</sup> or February 24<sup>th</sup>). 90 minute meeting with Danita Brown Young, 30 minutes of questions, answers and follow up.
    - We have to have everything completed by February 6<sup>th</sup>
    - Boynton's goal is to have all documents prepared and available for SHAC members by the first week of January. First SHAC meeting, January 19<sup>th</sup>, time to review with SHAC. There is an emergency meeting date planned in case this isn't enough time. Public forum begins the week of February 13<sup>th</sup>. In March, recommendations are published. April is another public forum.
    - We need sign off from PSG, COGS and MSA before Boynton's proposal is submitted.
  7. Voluntary Student Dental Plan Update
    - Sue provides update that process is moving along. Vendors have submitted proposals and Boynton will decide and move forward with contract.
  8. All are invited to ACEs Conference Boynton is hosting tomorrow, December 2<sup>nd</sup> 8am-4pm. Coffman Theater.
  9. Char invites the group to Ourhopes.org event tonight 6:15pm- 8:15pm Destigmatizing Mental Illness
  10. Julie shares event on Monday, Big Questions: How do we move beyond stigma 3pm-4:30pm. CLA website, RSVP required <https://cla.umn.edu/events/big-questions-how-do-we-move-beyond-stigma-mental-health>
  11. YMCA succulent planting on Friday, 2:30-3:30
  12. Next meeting scheduled for Thursday, January 19th, 11:30am-12:30pm.