

Student Health Advisory Committee
December 5th, 2018
12:00-1:00pm
N101 Garden Room
Boynton Health

Present: Arzu, Ashley, Christina, Hannah, Jayda, Jeremy, Leslie, Mackenzie, Mateo, Minh-Tu, Predrag, Sharon, Sravani,

Guests: Anne, Dave, Gary, Holly, Julie, Matt, Steve

- Welcome and introductions
- Approval of minutes from 11.21.18
 - Approved with no changes.
- College Student Health Survey
 - Mental health diagnosis in the last 12 months is up to 19.5% (15.2% in 2015)
 - Mental health diagnosis in a lifetime is up to 42.2% (from 35% in 2015)
- Student Service Fees presentation
 - Continue to see an increase in the number of students coming to Boynton mental health clinic seeking care (Student Counseling Service is seeing the same)
 - If we are not able to see students for an intake within two weeks we would go to a wait list. Thus, far we have been able to go with NO waitlist
 - Up 16% in new intakes this fall. Triple what they saw last year.
 - Have tried to promote group therapy as a way to access care (students tend to need less frequent individual appointments if they are participating in group). Groups are mostly run by one provider, with 8-10 participants.
 - Students are asked to come in person, complete paperwork for their first appointment. Some students will be referred out if they can be better served elsewhere (specifically eating disorders, psychosis and chemical dependency)
 - We have seen fewer students for medication management though the numbers of students who are on medications have increased from 12% to 16% based on self report (psychiatric medication) from the College Student Health Survey. Some cases will be referred to primary care if they are well managed.
 - There will be a natural increase to number of staff due to staff coming back from leave and hiring replacement staff for those that have left but we will still be short in full-time equivalents (FTE) to manage the current needs
 - The ideal fees request for mental health needs would be enough to cover the addition of 3 masters-level provider, 1 doctorate-level provider and 1 prescriber. This would total about \$250,000 for the 40% fees supported portion (\$441,000 total). No additional support staff is needed.
 - We do not have the space to add 5 clinicians. If the fees request is accepted and all staff are hired we would need to do renovation to create two additional offices- this is estimated at \$150,000.
 - Additional consideration for 2 part-time temporary/casual pre-licensure therapists to help cover brief consultations. Total cost \$36,000 (50% fees support = \$18,000). These temporary/casual positions are helpful because they can increase staffing when the Mental Health Clinic is the busiest (e.g., start of fall semester) and decrease staffing when the Clinic is the least busy (e.g., summer).
 - There are conversations started with Humphrey, Carlson, Law School and ISSS about the possibility of providing services on the West Bank. A minimum of 3 therapists and 1 prescriber would be needed to make a satellite mental health clinic function well..
 - There are also prevention measures being discussed through the Provost Council on Student Mental Health in addition to our current efforts
 - Brief consultation model has improved access but these visits (more than others) take a toll on staff
 - Some concerns are shared about awareness of services among west bank programs and also, that graduate students can use the services after their prelims (there are variations among programs about who is covered under the Graduate Assistant Plan AND paying fees)

- Boynton would be asking for between \$3-\$4 increase per semester which would be a 2.5% increase just for mental health
- Student Service Fees- Gopher Chauffeur
 - What does training for drivers look? What makes these people qualified to work with the program?
 - Background checks, valid drivers license for at least two years, CPR certified and interviewed to seek out people who want to help fellow students.
 - Ethics Point (<https://compliance.umn.edu/report>) is a way to anonymously report violations of any program on campus. There is also an anonymous form you can complete specific to the Gopher Chauffeur program on our website.
- Next meeting, January 23rd
- Adjourn