

Coalition on Mental Health

9.24.18

4:30 pm-6:00 pm

PRESENT: Anrdea Kiely; Andy Noel; Anne Laurita; Anne Jones; Athena Wong; Bill Sonnenstuhl; Bonnie Comella; Carmen Rogers; Carumey Stevens; Catherine Thompson; Catherine Thrasher-Carroll; Charlie Van Loan; Chelsea Kiely; Chantelle Cleary; Christopher Lujan; Cristian Gonzalez; Cynthia Shen; Dan McMullin; Ekarina Wintaro; Greg Eells; Jai Sweet; Jeff Niederdeppe; Jen Gudaz; Jennifer Austin; Joe Anderson; Kaitlin Lilienthal; Kappy Fahey; Kara Lombardi; Kara Miller; Kathy Edmondson; Kathy Zoner; Kent Bullis; Laura Santacrose; Lisa Ryan; Love Odih Kumuyi; Maddie Feldman; Makenzie Peterson; Manisha Munasinghe; Markeisha Miner; Marla Love; Matt Jirsa; Michael Sarkis; Michelle Horvath; Miranda Swanson; Molly Heath; Reba Mc Cutcheon; Rebecca Sparrow; Robert King; Shakima Clency; Sharon Dittman; Stephanie Lyn; Tim Marchell; Vijay Pendakaur

MINUTES TAKEN BY: Jane Hinkle

Agenda Items	Discussion	Action Items
<p>Welcome and Introductions --</p> <p>Ryan Lombardi, VP for Student and Campus Life</p>	<ul style="list-style-type: none"> The Vice President for Student and Campus life welcomed members and reviewed the Coalition Charge: The Coalition on Mental Health is charged by the senior administration to serve as a forum for staff, faculty and students to engage in discourse and information dissemination on emerging trends, research findings, and campus initiatives related to campus health and well-being. The CMH will examine student health priorities including the promotion of mental health and the prevention of suicide, alcohol, and other drug abuse, and hazing. The coalition will also address the intersection of these priority areas with sexual and interpersonal violence and bias. Coalition members who were present introduced themselves. This coalition is a sharing and inclusive environment that abides by ground rules of respect and engaged listening for collaborative work. 	
<p>President Pollack's call for a Comprehensive Review of Mental Health</p>	<ul style="list-style-type: none"> Mental health at Cornell has been under steady review for the last decade, with feedback continuously being incorporated into existing processes to enhance services, policies and practices. Nonetheless, areas for improvement remain, underscoring the need for further enhancement of mental health supports. President Pollack's recent 	

<p>Ryan Lombardi, VP for Student and Campus Life</p>	<p>Climate Task Force Report has made a call to action for a comprehensive review of student mental health. Cornell Health will work with the campus community during the fall 2018 semester to determine the appropriate scope for a comprehensive review of student mental health at Cornell, anticipating that such a review could potentially begin in early 2019.</p> <ul style="list-style-type: none"> • The review will look at the issue of mental health very broadly, not just as a review of student mental health services, but also to understand how mental health is shaped on this campus and how the community can best support these efforts. • The first step is to define and identify the scope of the issues to address, by being as inclusive as possible and inviting as many perspectives as possible. This information will be shared with the Campus Health Executive Committee, which is made up of University senior leadership, who will then make the final determination regarding what the intended comprehensive review will cover. 	
<p>Discussion</p>	<ul style="list-style-type: none"> • Small groups were formed to discuss the following two questions and to write down ideas on a worksheet: <ul style="list-style-type: none"> 1) <i>What are they key issues or questions that should be examined in the comprehensive review?</i> 2) <i>What other suggestions do you have about the review?</i> 	<p>Written ideas from Coalition members can be found here.</p>
<p>Presentation</p> <p>Tim Marchell, Director of the Skorton Center for Health Initiatives</p> <p>Greg Eells, Director, Counseling and Psychological Services</p>	<ul style="list-style-type: none"> • One of Cornell's strategic aims is to promote the health and wellbeing of students as a foundation for academic and life success. • Current statistics regarding prevalence of mental health issues on campus were reviewed. • The Mental Health Framework was reviewed, including how previous ideas from this coalition have been integrated into practice. Featured recommendations included but were not limited to 1) the hiring of additional CAPS staff; and 2) the creation of new communication materials to help students understand which resources should be used when. • Literature supporting the efficacy of early mental health treatment and therapy in improving mental health status was highlighted. • Existing services offered by CAPS, as well as current CAPS capacity and how it has expanded to meet increased utilization over time, CAPS funding 	<p>Presentation slides can be found here.</p>

	sources, and how this compares to other counseling services at Ivy League universities was presented (see slides).	
Coalition Discussion	<p>Themes included:</p> <ul style="list-style-type: none"> • Impact of Cornell's geographic location on accessibility and availability of off-campus counseling referrals. It was stressed that students participating in the coalition should spread the information they learn from their participation to address misconceptions existing on campus. • How different areas of campus could bolster their support of mental health. Several existing strategies were mentioned such as EARS, peer support networks in different colleges, training students to become empathetic listeners to their peers, and faculty training programs to notice and respond to students in distress. Students expressed desire for more clarity in how they can self-assess and be more strategic about identifying which services would be most beneficial to them at varying levels of distress. • Student-led initiatives to promote mental health on campus such as Reflect at Cornell, Cornell Minds Matter, EARS, and the Student Assembly's Annual Mental Health Awareness Week were praised for their work in bringing together students and generating positive, supportive dialogue among peers. • Changes to the medical care structure at Cornell Health were discussed, including the new development of primary care doctors and teams that will follow a student throughout their four years at Cornell. These teams are trained to provide holistic care as well as to integrate and refer into counseling and psychological services when necessary. Students can identify their primary care physician by logging onto myCornellHealth. 	<ul style="list-style-type: none"> • Reflect at Cornell would like information about their training session to be distributed. • Staff and faculty who are interested in becoming more involved with student-led mental health initiatives please contact Cornell Minds Matter • If faculty and staff are interested in handing out popcorn at Willard Straight please contact wshresource@cornell.edu • Student Assembly is in the process of creating a larger social media platform to advertise on. If faculty and staff are interested in using this space to disseminate information please contact the student assembly health and wellness committee.
Updates and Announcements	<ul style="list-style-type: none"> • Cornell fitness centers will now be free and open to students Fridays and Saturdays after 8pm. • Closing remarks were made and all members were thanked for their time and commitment to building an ever more caring community 	