

Coalition on Mental Health

3.13.18

4:45 pm – 6 pm

PRESENT: Levy Agaronnik, Amit Anshumali, Abraham Araya, Peggy Arcadi, Melanie Holland Bell, Jen Bokaer-Smith, Dara Patrice Brown, Kent Bullis, John Burger, Grace Burgin, Joe Burke, Amanda Carreiro, Morgan Chall, Tanzeem Choudhury, Bonnie Comella, David Delchamps, Sarah Rose Dickerman, Kianna Early, Ruwanthi Ekanayake, Meredith Ann Glaze, Lauren Goldstein, Cristian Gonzalez, Mary Beth Grant, Stacy Groce, Robin Hamlish, Molly Heath, Christine Holmes, Michelle Horvath, Akanksha Jain, Matt Jirsa, Anne Jones, Kelsey Learned, Janna S. Lamey, Kaitlin Lilienthal, Kara Lombardi, Marla Love, Joanie Mackowski, Tim Marchell, Alan D. Mathios, Sean McCoy, Reba McCutcheon, Sarah Anne McDonald, Dan McMullin, Kara S. Miller, Markeisha J Miner, Manisha Munasinghe, Andy Noel, Ariana Otto, Randy Patterson, Tai Penn, Jenna Phelps, Katherine Ratner, Christine Relander, Andrew Rosenblatt, Amelia Greiner Safi, Laura Santacrose, Michael Sarkis, Janet Shortall, Hailey Sokoloff, Bill Sonnenstuhl, Rebecca Sparrow, Cheryl Stanley, Carumey Stevens, Miranda Swanson, Catherine Thrasher-Carroll, Don Viands, Scott Wilson, and Kathy Zoner.

MINUTES TAKEN BY: Grace Robbins

| | Agenda Items | Discussion | Action |
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| 1 | Welcome and introductions – Ryan Lombardi, VP of Student & Campus Life | <ul style="list-style-type: none">• Vice President for Student and Campus Life Ryan Lombardi welcomed and charged the Coalition on Mental Health.• This first meeting is the beginning of a community conversation about our shared responsibility to support the mental health and well-being of our campus. This Coalition’s work will be an iterative and on-going process.• The Coalition will meet twice a semester. The second meeting of the Spring 2018 semester is scheduled on April 9, 2018 from 4:45 – 6pm. | |
| 2 | Presentation: Mental Health Framework – Tim Marchell, Director Skorton Center for Health Initiatives & Catherine Thrasher-Carroll, MH Promotion Program Director | <ul style="list-style-type: none">• A brief presentation of Cornell’s Mental Health Framework was given. View “A Comprehensive Framework for Student Mental Health” (pdf) | |
| 3 | Small group exercise | <ul style="list-style-type: none">• Small groups were formed to discuss the following three questions and to write down ideas on a worksheet (pdf): 1) What current activities/programs/initiatives exist on campus but are not reflected in the Framework? | |

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| | | <p>2) What else could be done in each of the seven areas of the Mental Health Framework to support student mental health?</p> <p>3) What additional questions do you have?</p> | |
| 4 | Coalition Discussion | <p>Group responses to the question “What current activities/programs/initiatives exist on campus but are not reflected in the Framework?” included:</p> <ul style="list-style-type: none"> • Need for open & honest conversation about student life issues, topical news incidents, campus climate, etc. • Reflect at Cornell is a student-led initiative started last semester. These monthly events are structured as one hour conversations (with dinner included) for students-only to talk about mental health and its intersections with topics like stress, relationships, internships/jobs, race, SES, gender, etc. Upwards of 200 students attend any given month, demonstrating students’ need for more opportunities to talk openly and honestly with each other about their lives as students. • Another dinner & conversation event, this one for students, staff & faculty is taking place on Tuesday March 20th. Breaking Bread “In Defense of Adequacy”, will allow for discussion about the impacts of seeking perfectionism and offer an exploration of the potential benefits of affording oneself the option of being “average”, or “okay enough” at least some of the time. • Student Athlete Advisory Committee will be creating a video about <i>breaking the stigma among student athletes</i> about discussing mental health. • There is a new student-led mental health task force currently in the research phase and are gathering ideas about strengths and gaps in supporting student mental health. Those with suggestions can contact Matt Jirsa. • Cornell Minds Matter will soon be sponsoring an event “Any Person, Any Story”, which will highlight student, faculty, and staff experiences with mental health. • Additionally, CMM’s Annual Mental Health Awareness Week, is coming up in mid-April. Several events will take place, including a Mental Health Gala at the Johnson Museum, which will celebrate experiences along the spectrum of mental health. See their Facebook page for more information. | <ul style="list-style-type: none"> • Skorton Center staff will organize all of the worksheet responses and verbal comments from the meeting to inform the next Coalition meeting this spring. |

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| | | <ul style="list-style-type: none"> • A faculty member recommended the book <i>Portraits of Resilience</i> developed by an MIT faculty member as an example of a potential project for Cornell. • A staff member shared that students often mask their need to ask for help and encouraged staff, faculty, and coaches to pay attention to the cues from their students, in order to reach out first to a student who is struggling emotionally. • The importance of the socio-ecological model as it pertains to student, faculty, and staff mental health was reiterated. • It was noted by a student that Cornell Health-led initiatives often require a student to reach out first. Cornell Health may be able to have a larger impact, by working with faculty who lead especially high-stress courses and ask that they consider ways to reduce unnecessary stress for students. He also noted how work environments vary across departments and stressed the importance of professors figuring out ways to not overbook students. Not sure what this means... • Another student shared that the sheer number of mental health organizations is overwhelming. He also noted that it was not okay to tell students to reach out if resources aren't in place to meet the demand. • Closing remarks were made, everyone was thanked for their participation today and the meeting was promptly at 6pm. | |
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Next meeting:

➤ April 9, 2018 from 4:45pm – 6pm