

Coalition on Mental Health

4.9.18

4:45 pm – 6 pm

PRESENT: Abraham Araya; Alan D. Mathios; Alexina Tamsin Federhen; Amanda Carreiro; Amber Haywood; Amit Anshumali; Andrea Kiely; Anne Jones; Anne Laurita; Carumey Stevens; Catherine Thrasher-Carroll; Christine Holmes; Cristian Gonzalez; Dara Brown; Don Viands; Grace Burgin; Greg Eells; Hailey Sokoloff; Jai Sweet; Janet Shortall; Janna Lamey; Jeff Neiderdeppe; Jen Bokaer-Smith; Jen Gudaz; Jenna Phelps; Jennifer Austin; Jack Burger; Julia Dobson; Kappy Fahey; Kara Lombardi; Kara Miller; Katherine Ratner; Kathy Zoner; Kent Bullis; Kianna Early; Laura Santacrose; Lauren Goldstein; Lisa Ryan; Markeisha Miner; Marla Love; MaryBeth Grant; Matt Jirsa; Melanie Bell; Meredith Glaze; Michael Sarkis; Miranda Swanson; Molly Heath; Reba Mc Cutcheon; Rebecca Sparrow; Ryan Lombardi; Sarah McDonald; Shorna Allred; Stacey Groce; Tim Marchell

MINUTES TAKEN BY: Grace Robbins

	Agenda Items	Discussion	Action
1	<p>Welcome and Introductions –</p> <p>Ryan Lombardi, Vice President of Student & Campus Life</p>	<ul style="list-style-type: none"> Second Spring 2018 meeting of the Coalition Agenda <ul style="list-style-type: none"> Submitted questions Review JED Foundation & Campus Program Small group discussion Large group discussion Announcements 	
2	<p>Submitted Questions –</p> <p>Greg Eells, Director of CAPS & Catherine Thrasher-Carroll, Mental Health Promotion Program Director</p>	<p>1. How many students use CAPS? Approximately 20% of Cornell students are seen each year. This equates to about 4300 distinct students who utilized CAPS last year. This year the pace is set for 5000 distinct students with 25,000 total visits.</p> <p>2. Do faculty receive any training on being able to detect potential mental health issues with students? There is a Notice & Respond program specifically for faculty and staff. To date, approximately 1200 faculty have gone through that program. Currently there are 1650 total faculty on campus. Notice & Respond is working with Yael Levitte, Associate Vice Provost for Faculty Development and Diversity, to get Notice & Respond into the orientation program for new faculty.</p> <p>3. Why is there no PULSE survey for graduate students and professional students?</p>	

		<p><i>Coalition member Jana Lamey, Assistant Dean for Graduate Student Life shared information about The Graduate Student Experience Survey which has been in use since 2013. . The survey gives graduate students the opportunity to comment on the climate, their relationships with their advisors and faculty, campus safety, obstacles to success, etc. and the results are public. The Graduate School has partnered with Cornell Health to identify questions that mirror key mental health questions on the undergraduate PULSE survey.</i></p> <p>4. Are there mental health providers who are graduate and professional student-specific?</p> <p>All counselors are trained to work with graduate and professional students. There are Let's Talk sites in the Law School, Vet School, and Business School. The Community Consultation & Intervention (CCI) program also does a lot of work with graduate students. Additionally, a number of the mental health providers in CAPS are newer professionals, so they are close to the graduate student experience.</p> <p>5. Does the University regularly review and clarify the Good Samaritan Protocol (GSP)?</p> <p><i>Coalition member Laura Santacrose, Assistant Director of the Skorton Center for Health Initiatives answered this question as follows:</i> The University has been monitoring the impact of GSP since it was the MAP (Medical Amnesty Protocol). GSP implementation has contributed to an increased number of calls and transports for alcohol and other drug related emergencies, which is what we want - an increase in student help-seeking behavior. The number one reason students do not call for help is because they do not know whether the person is "sick enough." To address that knowledge gap, Cornell Health partnered with CUEMS to create the "ABCDs of Alcohol" posters, which equip students with the knowledge necessary to identify AOD emergencies and call for help.</p> <p>6. What alcohol & other drug (AOD) recovery resources exist?</p> <p>This is an area in which Cornell Health and the University at large is hoping to expand. Cornell Health has two therapists who specialize in AOD issues, and student sober housing exists through the student organization SOBER @Cornell.</p> <p>7. What additional support in the form of funding and staffing especially for multicultural communities exists?</p> <p><i>Coalition member Marla Love, Senior Associate Dean for Diversity and Equity addressed this question. Some key</i></p>	
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		positions include: Associate Dean and Director of the LGBT Resource Center (confidential resource), The Associate Dean and Director of the Women's Resource Center (Victim Advocate), and Associate Dean and Director of the Asian and Asian American Center. Additionally, there are newly created Dean of Students staff positions dedicated to 1) undocumented and DACA student support, 2) a Dean of Student Empowerment, and 3) a Director for First Gen/Low Income Students support. The Center for Intercultural Dialogue (626 Thurston Ave) also works closely with Cornell Health to offer tailored programs and resources for multicultural communities. Furthermore, there is a comprehensive team of staff from across campus, including the Bias Assessment & Response Team (BART) and crisis managers, to support students in the wake of local, national or global incidents.	
3	Review JED Foundation & Campus Program – Greg Eells, Director of CAPS & Catherine Thrasher-Carroll, Mental Health Promotion Program Director	A brief presentation on JED Foundation & Campus Program (pdf)	
4	Small Group Discussion	<ul style="list-style-type: none"> Small groups formed to discuss the following questions and write ideas on collectible worksheets (pdf): <ol style="list-style-type: none"> How do we increase students' awareness of campus resources? As staff/administrators, faculty, and students? How can you disseminate information from the Coalition within your spheres of influence? What observations/questions do you have regarding the recommendations from the JED Foundation? 	
5	Large Group Discussion	Responses to the question: How do we increase students' awareness of campus resources? As staff/administrators, faculty, and students? <ul style="list-style-type: none"> Increase passive advertising (bulletin boards, media screens, backs of bathroom doors) in high traffic areas 	

		<p>(Klarman Hall, Willard Straight Hall), especially in areas that are currently under-advertised.</p> <ul style="list-style-type: none"> • Add Let's Talk sessions to the Wellness app • Launch a campaign specifically focused on the EARS peer counseling option, including their ability to make referrals to resources • Resources need to be more centralized. Elevating the Caring Community website as an existing resource by linking to it on websites that students already frequent, like Blackboard and Student Center might be a successful strategy • Another school has successfully offered walk-in counseling hours during orientation so that students who were in therapy in high school could get connected to this resource early and easily in college. This strategy also may help demystify counseling for the general student body. • It is a well-known fact that students are inundated with resources when they first start college but then the information sharing trails off. Students need reminders about resources throughout their college career. The question becomes how to continuously share resources without over-communicating. • Students need to hear messages from faculty about the importance of prioritizing their mental health. <p>Responses to the question: How can you disseminate information from the Coalition within your spheres of influence?</p> <ul style="list-style-type: none"> • It is important to know your communities. Resources that are community-specific need to be shared. Information should be shared with communities in an understandable format that avoids using lingo and explicates complicated concepts (e.g., confidentiality). Resources need to be more inclusive. • There is student bias against communications from the administration that must be acknowledged. Simultaneously, it is important for students to know that the administration is always working to support student mental health. <p>Responses to the question: What observations/questions do you have regarding the recommendations from the JED Foundation?</p>	
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		<ul style="list-style-type: none"> • Cornell should not only respond to the JED Foundation with “what we are doing” but with “what we <i>should</i> be doing.” • Future reviews should include more conversations with students to get a better sense of the student experience. • Mental health resources are needed for all community members, including faculty and staff. 	
6	Announcements	<ul style="list-style-type: none"> • Alan Mathios, Rebecca Q. and James C. Morgan Dean of the College of Human Ecology, was acknowledged for his ongoing dedication to student mental health, as he is retiring from his position as Dean. • The Learning Strategies Center has three different events coming up this week, April 9th-April 13th, about finishing the semester strong and study skills. Walk-in tutoring will be available on Wednesday, April 11th. Barbara Oakley will be doing an event on Thursday, April 12th, at 4:30pm about MOOCs and cognitive science. Email Jen Bokaer-Smith (jcb13) for more information. • The Committee on Graduate and Professional Student Mental Health is relaunching. It will serve as an advisory council to Cornell Health and the Graduate & Professional Schools about mental health issues specific to graduate and professional students. • Cornell Minds Matter is having a Mental Health Weekend this weekend, April 13th-April 16th. Visit the Cornell Minds Matter Facebook page for more information. • Reflect at Cornell is partnering with Cornell Minds Matter to host a free dinner on Monday, April 16th, 5pm-6pm in the Physical Sciences Building Atrium. • Cornell Minds Matter is hosting a Feel Good Friday this Friday, April 13th, 12:20pm-1:10pm in the Willard Straight Hall International Lounge featuring Greg Eells, Director of CAPS. 	

Next meeting:

➤ Fall 2018 TBA