

Student Welfare Committee Meeting
December 5, 2019

Meeting began at 2:05 PM.

Attendance and Introductions

In attendance: Maureen Armstrong, Maria-Luz Fernandez, Andrea Hubbard, Angela Rola, Cinnamon Adams, Rebecca Bacher, Kelly Bartlett, Jennifer Tibbetts, Sara Harrington, Tina McCarthy, Morty Ortega, Daniel Pfeiffer, Dela Tarpeh, Merry Ryer, Kanu Caplash, Kay Gruder

Not in attendance: Gerry Berkowitz, Peter Gogarten, Donna Korbelt, Katherine McCarthy, Michael Gilbert, Kelly Kennedy

Review and Approval of November Meeting Minutes

Changes to be made:

- Under “Updates from Last Meeting → Food insecurity → Invite Dennis Pierce to future meeting?” add Rob Landolphi and Mike White from Dining Services to hear about future food concerns

Motioned for approval, seconded, approved

Chetan Joshi, Interim Director of SHAW-Mental Health

- General overview of services
- Need to constantly evaluate the demand and make adjustments accordingly
- Most recent model: Mental Health Circle of Care
 - Spectrum of modalities to serve different needs
 - Self-help, routine concerns, and concerns requiring a higher level of care
 - Self-help resources: apps, individual screenings, biofeedback and meditation, yoga classes
 - Drop-in support: quick, solutions-focused intervention; done in counseling center and near the cultural centers in SU
 - Intentional to help students of color or students from underrepresented groups to build relationships
 - International student use of resources increased from 8% to 13%
 - Phone triage: staff might recommend a mindfulness class, an individual session (75 minutes), or individual therapy (8-12 sessions per academic year)
 - Extensive network of community partnerships
 - Group therapy (~10 groups): grief, sexual assault, medication management, groups for older/grad students
 - 24/7 emergency care during fall and spring semesters
 - On-call emergency clinician
 - Case management services
 - Students who have been transported to the hospital are referred to SHAW-MH and have an intake meeting to determine if SHAW clinicians can provide the appropriate level of care
 - UConn has good relationships with local providers in the community that can provide more intensive care (e.g. Intensive Outpatient Therapy program at Natchaug Hospital; Perceptions in Willimantic and branch location in Storrs)
 - Assistance to CARE team for threat assessment
 - Referrals for students who do not pose an imminent threat might be triaged to the student connectedness team through the Dean of Students Office
- Regional campus services
 - There are not enough resources for fully-fledged counseling centers at the regional campuses

- Case managers can do assessments and referrals
 - Have a dual reporting role to home campus and Storrs
- Good relationships with local services
- Commuter students
 - Services are available to everyone
 - Would be possible to do more targeted outreach to this population (e.g., through OCCSS)
- Financial affordability
 - Students can see non-licensed and training clinicians for \$15
 - Possible for students who need financial support for mental health to be awarded a Students First Fund gift (e.g. to buy insurance)
 - USG is interested in making a donation to the SFF to be used for student mental health services
- How to help students who are struggling:
 - Have a conversation with them; can mention that you have noticed a change in their behavior and ask if they are okay
 - Listen to them
 - Refer them to services
 - If they don't engage - all you can do is express concern and let them know you are there if they need you
 - If it is an imminent threat, call 911
- Might be helpful to have more outreach/training for TAs on this topic
 - Often TAs are the first point of contact for students
 - Training to support students with mental health concerns is one small part of TA orientation, but TAs often do not know what resources to offer students or when things change
 - Also could be helpful to offer additional training to faculty and FYE instructors
 - HR workshop series for professional development
 - Trainings happen when you're new; would be good to have a refresher because things change
- Tough to walk the line between how much UConn can support students
 - Students struggle in a new environment
 - We can help by having empathy and helping students set realistic expectations

Library Usage Data During Finals/Extended Cafe Hours

- Morty shared some data about late-night library use during finals week
- Maureen will share this data with Dennis Pierce
- At the very least, might be able to explore vending machines or other self-service options
- Can explore a Spring pilot program to extend Bookworks café hours during final exam period
- Library usually until 2 AM (might contribute to decline in use after this point)

Meeting adjourned at 3:10 PM.