

**Student Welfare Committee Meeting Minutes  
November 4, 2021**

**In attendance: Rebecca Bacher, Kay Gruder, Peter Tribuzio, Chelsea Cichocki, Karen Bresciano, Colleen Spurling, Katherine McCarthy, Bryanna Anderson, Laine Kingo, Arthur Galinat, Michael Morrell, Renee Gilberti, Jen Morenus, Daniel Pfeiffer, Suzanne Peters, Sheila Lafferty, Tina McCarthy, Lindsey Lemoine, Kristina Stevens, and Sandy Valentine**

**1. Introductions**

**2. Approve Minutes**

- a. October 7, 2021 Minutes Approved

**3. Guest- Kristina Stevens, Director, SHaW Mental Health**

- a. Presentation Overview
  - i. SHaW focusses on cultivating optimal health and lifelong wellbeing for every student.
  - ii. Nationally there is an uptick around anxiety and depression.
  - iii. UConn American College Health ACHA Survey Results 2019
    - 1. Seeing above average levels of stress, anxiety and depression
  - iv. SHaW typically sees around 12% of the student population
  - v. ShaW offers students a personalized approach that promotes well being and meets their mental health needs
  - vi. Group therapy is a growing area, proven to be helpful and supportive space for students to talk about their issues and create a natural network of support
- b. Discussion
  - i. What can UConn do for students?
    - 1. Wellness framework
    - 2. Universal training (JED campus)
    - 3. Ongoing evaluation
      - a. Feedback from this kind of stakeholder group to answer how we know the health of our system is good for all of us
  - ii. 30-day survey is for any student in the 30-day prior window that has had access to services
    - 1. Low response rate and looking for ways to get a higher response rate
    - 2. If not lengthy, professors can allot time within class to complete surveys to improve the student response
  - iii. How does this work reach out to the regional campuses?
    - 1. There is a disparity between what's available at Storrs and the regional campuses
    - 2. Currently, there is a clinical case manager on every regional campus

3. Regional task forces reviewed what the needs were at the regional campus and submitted a set of recommendations to the leadership team
- iv. Results from American College Health survey are concerning and faculty and staff would likely benefit knowing these health concerns that are impacting our student bodies
  1. Currently, UConn does have a suicide prevention committee to raise awareness <https://suicideprevention.uconn.edu/>
  2. Considering what is the universal training that just as members we would want to have
- v. Recovery Friendly Campus
  1. How we as a community can become more recovery friendly
  2. Seeing more students with self-harm and eating disorders
  3. For regional campuses, we offer recovery yoga and friends of recovery program
- vi. Red Folder
  1. <https://studenthealth.uconn.edu/redfolder/>

#### **4. Old Business**

- a. **Controlling Text Book Costs documents – Karen and Colleen**

#### **5. Work Group/Committee reports**

##### **a. First Generation Students- Renee**

- i. Met with 3 first generation students (2 Stamford students and 1 Storrs student)
- ii. Discussed training for academic advisors on how to communicate with first-generation students and address their addition and/or unique needs
- iii. Consider having more workshops and info sessions for first-generation students
- iv. Students would like financial aid work study to have opportunities to work on campus
- v. First-generation students are not aware of activities and clubs at regional campus
- vi. Students are interested in peer mentoring that is geared towards first-generation students

##### **b. Students with Families- Kay**

- i. Created a list of groups and committees supporting or involving students with families
- ii. Attended panel presentation on mitigating the caregiver burden of graduate students

#### **6. New Business**

- a. Small group committee on regional campus students living at the Storrs campus – Rebecca and Peter
- b. 227 regional campus students living at Storrs campus

#### **7. Next Meeting December 2<sup>nd</sup>- Guest Frank Tuitt**