



President's Advisory Committee on Mental Health and Well-Being

10/25/2024, 9am – Noon, Via ZOOM

AGENDA AND MINUTES

Welcome and Introductions

- Assignment of minute/note taker (Teresa Miller)
- Teams Site and access – Holds agendas and resources, as well as committee background information

Review Committee Charter - Sandi Scott and Erin Grisham

- SSAOs meet regularly to discuss systemwide support of students and in 2018-29 decided that student mental health was a topic they wanted to prioritize for systemwide attention.
- SSAOs presented to Board of Regents in April 2019 to highlight growing mental health needs of students, rapid growth of counseling utilization, and to propose a public health approach to addressing the issues collectively as a system (recording from this meeting is available at [Behavioral Health Initiative site](#)). This kicked off efforts of three workgroups focused on 1) Prevention and Health Promotion; 2) Early Intervention; and 3) Treatment and Crisis Response.
- Many of the recommendations from these workgroups and projects with Universities of Wisconsin have come to fruition in the past 5 years. We want to be intentional with this committee to continue to set the agenda and understand and support the Universities of Wisconsin. This advisory committee can help inform collective efforts so there are not 13 campuses reinventing the wheel and we can go towards a more comprehensive system model.

Chair Selection Process

- Riley McGrath and Kate Demerse have stepped up to serve as co-chairs for the first year. Proposal from John Achter to update the charter and elect chairs at the last meeting of the year. Group in agreement.

Committee Member Meet-and-Greet

Facilitated breakout rooms: How does your work intersect with mental health and well-being? Are there initiatives on your campus that you'd like to share?

Share out occurred during Open Forum (see below)

Review of Behavioral Health Initiative History and Current Activity

- Relevant documents for review:
 - [NASPA Top Issues in Student Affairs 2024](#) (Kate) This is a snapshot of how student affairs professionals are viewing the biggest concerns on their campus. This might be

a good basis 'needs assessment' for the work we're doing together. The top five ranked are all related to mental health, well-being, and safety.

- [Behavioral Health Initiative website](#) (John) Holds lots of historical data, including prior [UW Counseling Impact Assessment Annual Reports](#).
- [UW Behavioral Health Activity Summary](#) (John) Shared BOR 5-year update presentation, including the numbers showing enrollment versus utilization numbers with every year the number of students seeking counseling increase. There is more need than campus counseling centers are able to serve. UW students report serious mental health issues (e.g., suicidal risk) at higher rates than the national average. The approach to meet this need is the Universities of Wisconsin takes is a three-tiered public health model with focus on prevention and health promotion (e.g. mini-grant, MIEA workshops, Pruitt Center Speaker series, You@College), which impacts all students; early intervention of students for referral, and quality mental health treatment and crisis response. With the Treatment and Crisis response, this is the most expensive part of the initiative (staffing intensive).
- [UW Counseling Impact Assessment Annual Report](#) (Riley) Currently finalizing this years' report but seeing a trend of counseling center staff turnover from 80-100% in the past five years – including 9 of 13 directors across the system. There is a relationship between what we're paying counseling staff. With this report, trying to focus on how we keep these essential roles and relationships on campus. There is good data to show that a side effect of receiving appropriate care is retention by helping the student stay enrolled in school.
- [January 2024 Counseling Center Director Priority Statement](#) (Riley) Reviewed principles developed and rationale for increasing FTE of counseling staff at recommended ratios, equitable compensation of staff, and health promotion for whole campus impact.

Budget Review from John Achter

- Current budget status
 - The Universities of Wisconsin has moved to a zero-based budget system. We have had access to approximately \$150,000 annually to fund recurring mental health initiatives recommended but the behavioral health workgroups in 2020.
 - ARPA Budget is another funding stream that supports the telehealth contract with Mantra, Togetherall, You@College. The contract began in F'22 and expires in August 2025.
- Future Funding Request
 - President Rothman proposed, and the Board of Regents recently passed a Biennial Budget proposal that includes \$11M for mental health, to support improved staffing and pay for campus mental health services, and renewal of the telehealth contract.
- Plan B options if funding is not approved
 - UW finance is talking to chancellors about a two-pronged tuition increase modeling if the legislature does not approve the Universities of Wisconsin budget request. Currently President Rothman is supportive of using a portion of future tuition increases to fund continuation of telehealth services.

Open Forum & Share-out from Break-Out Rooms

Open member sharing of campus-specific mental health and well-being initiatives.

- AJ Walker, UW-Green Bay, Lieutenant
 - Brought crisis intervention training to their police department just a baseline training to recognize signs, how to slow down in response. Training is a good place to start with campus law enforcement due to the sensitive interaction that they may have with students.
- Caitlin Henriksen, UW-Green Bay
 - Working in prevention and violence response closely with wellness center and counseling center to get in front of students who may be less likely to utilize services. They utilize both pop-in and scheduled times in housing, MSA, and athletics to build rapport and comfort with interacting. Also work to provide NCAA training on mental health and violence prevention so there is a counselor every week housed for 2 hours in athletics, 2 counselors who are in residence halls for a few days a week to be more approachable.
- Duey Naatz, UW-Stout
 - Uses a mental health screening tool with athletes that is now part of the process of the athletics department.
 - Students have wanted to do a mental health awareness week. They have worked with Hidden Opponent to give away stickers and wristbands with lots of positive results in that students know where to go to ask for help. The biggest challenge is getting time for the counselors to do the screening, especially for winter sports.
- Issy Beach and Andrew Ives, UW-La Crosse, ACCESS Center
 - [Minds Matter](#) coalition to promote awareness of mental health. They have done a lot of education to ensure that the faculty and staff know where they can send students for resources so faculty and staff know best how to handle situations both inside and outside the classroom.
- Becky Freer, UW-Milwaukee
 - Worked with IT on the homepage to get a dedicated site for students who are facing any challenges as well as a link to the Maxient referral. This led to a high number of students self-referring. Many educational components and mindset shift to be supportive of faculty and staff – recognizing student distress. Success has been having very concrete tools for how to support students with scaffolded assignments, talk about partial drops, etc.
- Randy Barker, UW-Superior:
 - [Pruitt Center for Mindfulness & Wellbeing](#)
 - Mission at Superior to have better upstream resources that can provide their campus, students, staff, and faculty the programming, education, and curriculum integration to incorporate wellness into all of campus life. They've done lots of trainings and workshops with athletics, been able to get a for-credit health and wellness course to offer students, and built community connections.
 - Randy wrote a mini-grant to visit campuses to talk with Student Affairs about the role of wellness and well-being and what small changes could benefit our campuses.

- Lori Bokowy, UW-Milwaukee
 - Shared <https://uwm.edu/student-support/> framework, where all the student affairs departments can coordinate the approach to support health promotion, improve communication and collaboration, and learn how to incorporate these goals for students into the strategic planning of the university.
- Aaron Hobson, UW-Madison
 - [Barbershop Talks](#): Counseling centers wanted to connect with students, particularly male students of color, who tend to use the recreational facility more than they're utilizing counseling. Barbershop talks are a chance to both get a haircut and talk with counseling staff.
 - Also had a lot of student engagement with <https://omai.wisc.edu/programs/hharp/summersk/>
- Lori Develice Collins, UW-Oshkosh
 - Their campus has an Advocate Peer program, live in staff member, co-supervised by residence life and student health, focusing on health education in the residence halls.
- Stacey Duellman, UW-Stevens Point
 - A large Whole Campus Care team effort to help students, student organization, departments, staff and faculty to be comfortable having strong talking points and building capacity to continue having these conversations. This does take the time and people to be able to have these events.
- Amber Handy, UW-Parkside
 - Whole Campus Care pilot: they're doing a lot of promotion, advertising, cross-sharing to bring to students. As a commuter campus, there isn't housing or extracurricular built in.
 - Brought in EAB to discuss how belonging can help not only with retention but also – have introduced to all faculty and staff how they can access, how to reach out to students with a stepped-care approach.
 - Academic departments look at their courses that have a high D/F rate so they can incorporate some strategies and tools to implement in their courses.

Future Focus and Strategic Directions

Discussion: Key areas of focus for the committee this year and beyond. Needs assessment: What areas require attention and further resources?

- Byron Adams (UW-Oshkosh) mentions challenges of Equity, Diversity and Inclusion and the intersection of these efforts on our campuses with behavioral health initiatives. (John reminded us that each campus should have individual NCHA data for EDI student groups)
- Randy Barker (UW-Superior) reiterates the importance of requesting and intentionally funding proactive, preventative services. Together all is nice, but not very proactive and preventative to build the human-to-human connection on our campuses. Each campus has their own language and terms, but having a more common conversation with similar language would benefit collaboration.
- Jennifer Muehlenkamp (UW-Eau Claire) has agreement about the role of this group to emphasize the upstream, skill focused, mental health promotion resources as well as how to reach students who no longer live in residence life.

- Lori Bokowy (UW-Milwaukee) recognizing the shift for students already entering campus with more significant mental health histories and expectation of mental health treatment; this is a higher clinical load of student issues in counseling and Dean of Students case manager. A lot of students are coming in with a high level of need, so knowing we can't always prevent but will need quality assessment and connection to resources. There will always be crisis on campus and the level of acuity, data shows, will remain high for students.
- Amber Handy (UW-Parkside) – some emergency support funding for those who may have been inpatient hospitalized but have no health insurance – this is becoming a challenge they're seeing more often.
- Kate Demerse (UW-Oshkosh) reiterated the importance of a nonclinical case manager, and some campuses have good tiered systems to support students across the spectrum of needs
- Andrew Ives (UW-La Crosse) has seen that they're getting students seeking support all around campus as they are hitting wait times and capacity issues when seeking care. They see that staff's mental health is also increasingly brought into consideration on campus.
- Kelly Wenig (UW-Stout) where advisors double as coaches; also running into capacity issues as they get filled with appointments for course enrollment and don't have time for coaching students who just go their midterm feedback about needing to seek help. Quickly run into capacity issues supporting student crises in advising that are like counseling.
- Justin Snider (UW-River Falls) agrees that with our campuses word of mouth is a strong promotion, so their president of Student Government is sending out all-student reminder of Mantra Health.
- Lily Ray (UW Parkside) joined Green Bandana (Mindset experience speaker came to campus to talk to all athletes (required) to learn about tools for their mental health.)

Next Steps and Action Items

- Doodle poll for a January meeting, and potentially a central in-person meeting for spring semester.
- Recap of decisions made and actions to be taken before the next meeting
 - Please share in Teams any promotional and marketing language and advertising that you've found successful
 - Anything items the group would like a deep dive or focus for January meeting, send to John, Riley and Kate for building the next meeting agenda.