

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

5/22/2025, 9:00 AM–3:00 PM, Madison, WI

1. Welcome and Goal Setting

- a. Riley McGrath, *Committee Co-Chair, UW-Eau Claire*
 - i. Provided a welcome and context setting for the day
- b. Jake Baggott, *Associate Vice Chancellor for Health and Wellbeing & Executive Director of University Health Services, UW-Madison*
 - i. Provided a welcome to UW-Madison and to their University Health Service space, and expressed appreciation and support for the goals of the committee
- c. SSAO Executive Sponsors: Erin Grisham, *Vice Chancellor & SSAO, UW-Oshkosh*; Sandi Scott, *Dean of Students & SSAO, UW-Stout*
 - i. Expressed their appreciation to the committee and for the evolving efforts of the systemwide behavioral health initiative. Mentioned that they would stay throughout the day and facilitate discussion on priorities later in the day.
- d. President Rothman
 - i. Welcomed everyone to Madison and expressed his appreciation for the work of the committee. He acknowledged the importance of addressing mental health and well-being by referencing personal examples and stories from numerous campus stakeholders, and highlighted the mental health priority in the current biennial budget proposal. He also shared an update on the state biennial budget process, and federal actions that could have significant impact on UW universities next year.
- e. Riley reviewed the following goals for the meeting:
 - i. Narrow broad priority areas to 2–3 actionable, systemwide initiatives based on the following criteria:
 1. Systemwide relevance
 2. Feasibility (resources, partnerships, scalability)
 3. Broad student impact (supports all/most student populations)
 4. Student/faculty/staff engagement potential
 5. Measurability of success
 - ii. Develop sub-group structure for developing action plans for each initiative

2. Rapid Recap of Priority Areas

- a. Leaders from the following groups summarized their discussions from the January committee meeting:
 - i. Group 1: Mental Health Skills Training for Students (Randy Barker)
 - ii. Group 2: Mental Health for Diverse Student Populations (Byron Adams)
 - iii. Group 3: Basic Needs and Mental Health (Andrew Ives)
 - iv. Group 4: Faculty/Staff Mental Health & Skills for Helping Students (Lori Bokowy)

- v. Group 5: Student-Led Efforts to Support Mental Health and Well-Being (Issy Beach)

3. Structured Small Group Discussions

- a. Each thematic group narrowed down their priorities and developed potential action items, resource needed, and barriers. To be reported after lunch.

***LUNCH BREAK**

4. Membership Review and Chair Election

- a. John Achter reminded the committee of their 2-year membership terms and asked members to contact Kristen Jaspersen (kristen.jaspersen@wisconsin.edu) if they are unable to serve the second year of their term
- b. Riley McGrath agreed to serve a second year as co-chair. Kate Demerse will be transitioning to a new position so will step down from the committee.
- c. The floor was opened for nominees for a new co-chair. The nominees were Becky Freer, UW-Milwaukee and Caitlin Henriksen, UW-Green Bay. The committee voted by paper ballot, and the new committee co-chair will be Becky Freer.

5. Group Recommendation Report-Out and Synthesis

- a. Each group leader gave a 5-minute pitch to the committee on their group's primary priority recommendation (listed below)
 - i. Group 1: Mental Health Skills Training for Students (Randy)
 - Healthy Minds Course Integration: Embedding the Healthy Minds Program app into existing academic courses, to build wellbeing skills for a broad range of students.
 - ii. Group 2: Mental Health for Diverse Student Populations (Byron)
 - Strategic identification of service needs and gaps for students of diverse backgrounds and identities.
 - iii. Group 3: Basic Needs and Mental Health (Andrew)
 - Basic needs community of practice: Supporting practitioners addressing students' basic needs across Universities of Wisconsin.
 - iv. Group 4: Faculty/Staff Mental Health & Skills for Helping Students (Lori)
 - Develop, Deploy and incentivize the use of a systemwide repository of student behavioral health resources for use by faculty and staff
 - v. Group 5: Student-Led Efforts to Support Mental Health and Well-Being (Issy)
 - PULSE (Platform for UW Leadership, Societies, and Engagement): A student-led initiative to foster peer support and engagement.

6. Priority Selection and Draft Action Plans

- a. The SSAO executive sponsors lead a discussion with the committee around the recommended priority initiatives including rationale, challenges, and opportunities.
- b. Each committee member voted by paper ballot on their top 3 recommended priorities for the next 2 years. The following initiatives received the top votes:
 - i. Healthy Minds Course Integration: Embedding the Healthy Minds Program app into existing academic courses, to build wellbeing skills for a broad range of students.
 - 1. Opportunities: Offers scalable, evidence-based mental health skill-building tailored to higher education. Leverages momentum from early pilots at Superior, Stevens Point, and others.
 - 2. Challenges: Finding a fit within existing curriculum, obtaining faculty buy-in, funding, and marketing.
 - ii. Strategic identification of service needs and gaps for students of diverse backgrounds and identities.
 - 1. Opportunities: Provide actionable data (e.g., via student survey and/or focus groups) at the campus and system-level to guide resource allocation and programming.
 - 2. Challenges: Risk of survey fatigue; ensuring data collected results in actionable insights; potential resource burden on campuses.
 - iii. Develop, Deploy and incentivize the use of a systemwide repository of student behavioral health resources for use by faculty and staff
 - 1. Opportunities: Leverage currently available trainings and resources across UWs to have a greater impact systemwide.
 - 2. Challenges: Significant coordination would be required to adapt campus-specific resources to make them applicable system-wide.

7. Next Steps and Closing

- a. Riley, Kate, and John all thanked committee members for traveling and participating in the in-person meeting.
- b. The committee chairs will work with John Achter to draft a memo to leadership (President Rothman and the SSAOs), summarizing the recommendations.
- c. Pending approval from leadership, working groups will likely be created, and meetings will be set to continue to refine implementation details.
- d. Committee meetings for next year will be scheduled following discussion between committee chairs and UW Administration reps.