



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

Fall 2026 Meeting Minutes

10/9/2026, 10:00-11:30 AM via Zoom

Attendance

Present

- John Achter, Senior Director of Student Success and Well-Being, UW Administration
- Randy Barker, Director of Health, Counseling, & Well-Being, UW-Superior
- Issy Beach, Student Wellness Coordinator, UW-La Crosse
- Jen Bird, Associate Dean of Students, UW-Superior
- Lori Bokowy, Emotional Health Promotion Coordinator, UW-Milwaukee
- Shewanna Brown, Nurse Practitioner, UW-Parkside
- Ryan Callahan, Director, Intercollegiate Athletics, UW-Whitewater
- Lori Develice Collins, Director of Residence Life and Dining, UW-Oshkosh
- Val Donovan, Assistant Director for Mental Health Promotion and Suicide Prevention, UW-Madison
- Stacey Duellman, Program Director of the Center for Prevention, UW-Stevens Point
- Becky Freer, Associate Dean of Students, UW-Milwaukee
- Caitlin Henriksen, Sexual Violence Prevention Coordinator, UW-Green Bay
- Andrew Ives, Director of ACCESS Center, UW-La Crosse
- Kristen Jaspersen, Project Manager for Student Success Initiatives, UW Administration
- Anna Kopitzke, Mental Health Shared Projects Coordinator, UW-Madison
- Riley McGrath, Director of Counseling Services, UW-Eau Claire
- Teresa Miller, Director of Counseling Services, UW-Platteville
- Elise Peters, Student Involvement Assistant Director, UW-River Falls
- Jo Solverson, Nurse Practitioner, UW-Whitewater
- Greg Tremelling, Wright Center Coordinator, UW-Platteville
- AJ Walker, Police Lieutenant, UW-Green Bay

Absent

Byron Adams, Director of the Center for Student Success and Belonging, UW-Oshkosh; Kaeden Conway, Student Representative, UW-Stout Polytechnic; Amber Handy, Vice Provost for the Center for Excellence in Inclusive Teaching & Learning, UW-Parkside; Aaron Hobson, Executive Director of Recreation & Wellbeing, UW-Green Bay; Sarah Jakupciak, Admission Visit Coordinator, UW-River Falls; Jennifer Muehlenkamp, Professor, UW-Eau Claire; Jarah Strain, Peer Educator, Center for Prevention and Health Promotion, UW-Stevens Point; Kelly Wenig, Director of Achievement Center, UW-Stout

Welcome, Introductions, & Share-Outs

Welcome New Members

- Shewanna Brown | UW-Parkside | Nurse Practitioner
- Elise Peters | UW-River Falls | Student Involvement Assistant Director
- Jarah Strain | UW-Stevens Point | Peer Educator, Center for Prevention and Health Promotion

New Director Announcement

- John Achter announced that Kris Riepe has been hired as the new Director of Well-Being, Accessibility, and Student Success and will begin on November 2. An introduction is planned for the January meeting.

Campus Share-Outs

- UW-Milwaukee shared the implementation of a privacy pod in the student union to support telehealth and therapy appointments.
- UW-Superior shared the new location for the Pruitt Center for Mindfulness and Well-Being. They are also in the process of expanding their Live Well RX program
- UW-La Crosse reported on the launch of a campus-wide advisory committee focused on mental health and well-being.
- UW-Madison shared updates on a Healthy Academic Environments Program Manager position and the campus suicide prevention coordinating council.
- UW-Whitewater has added four counseling positions.
- UW-Eau Claire discussed their continued autism assessment program.

Review of Committee Charter

Breakout Question 1: Policy or Process Roadblocks and Opportunities for Improvement

Discussion topics included:

- Mental health and well-being statements in course syllabi.
- Potential reconsideration of suicide prevention training requirements given Workday's ability to assign training.
- Medical withdrawal policies and practices.
- Assignment deadlines and their impact on student sleep and well-being.
- Challenges implementing required Recognize, Respond, and Refer (RRR) training.
- Variability in information sharing and coordination across campuses.
- Interest in more UW System-level facilitation and alignment.
- Continued discussion regarding a potential common academic calendar and system-wide fall break.

Breakout Question 2: Promising Activities or Processes to Scale Across UW

Ideas and examples included:

- Preventive well-being programs such as UW-Superior's Pruitt Center model.
- Expanding Live Well Rx and other referral-based support services.
- Using frameworks from organizations such as JED and CAS to benchmark policies and practices.
- Conducting a system-wide analysis of student mental health policies and creating a shared resource repository.
- Exploring JED self-assessment and workshop models as tools for institutional improvement.

Breakout Question 3: Professional Development Topics and Speaker Ideas

Suggested topics included:

- Supporting international students.

- AI and social media impacts on student mental health.
- Online gambling and prediction markets.
- Shifts from alcohol use toward cannabis use among students.
- Eating concerns, body image, and trends toward ultra-thin ideals.
- Identity development and its relationship to mental health.
- Interpersonal skill development in an age of AI and technology.
- Data-informed approaches to emerging student well-being trends.

Additional ideas shared:

- Counseling Director at UW-La Crosse, has developed an innovative concept for a campaign that would help students differentiate between appropriate uses of AI tools and situations where human support systems are more appropriate.
- The Wisconsin College Personnel Association Fall Conference includes keynote content focused on AI and technology in higher education. [WCPA Fall Conference Information](#)

Sub-Committee Share-Outs

Service Needs & Gaps

- Healthy Minds Survey implementation continues to move forward for this spring.
- Campuses have identified contacts and selected two survey modules that all UWs will use

Healthy Minds in the Classroom

- Student enrollment in Healthy Minds programming continues to grow.
- Marketing materials are under development.
- Work is moving forward with a potential Canvas integration.

Faculty & Staff Resources

- A manager guide developed to support Recognize, Respond, and Refer efforts was shared for feedback.
- Discussion focused on challenges and opportunities related to required training and institutional buy-in.

Other Updates on Mental Health & Well-Being Activity

Counseling Impact Assessment Report

- Report findings indicated:
 - Improved access to counseling services.
 - Improved timeliness of care.
 - Strong staff retention.
 - Positive counselor-to-student service metrics.
- Campuses reported encouraging outcomes related to counseling service delivery.

Student Success Mini Grants

- Updates were shared regarding current mini-grant projects.
- Examples included:
 - UW-Stout's AI companion device pilot.

- UW-Superior's social nature prescribing initiative.
- Campuses were encouraged to consider proposals for future funding opportunities.

Website Reminder

- Members were reminded to submit subcommittee information to Kristen Jasperson that should be added to the website (information can be put behind a UW firewall, if requested).
- Feedback on the updated site was also encouraged.

Next Steps and Action Items

Committee and Subcommittee Activities

- Subcommittees should schedule meetings and begin work for 2026-27.
- Send Kristen any materials that should be added to subcommittee websites.
- Membership lists in Teams site will be updated to reflect new committee members.
- Members were asked to identify potential speakers, workshops, and professional development opportunities related to student mental health and inclusive practices and share recommendations with the committee.

Next Meeting

- January 14, 2027, 1:00-4:00 PM