



**Managing Mental Health  
Priority Action Group Meeting Minutes  
Mandan Room, Memorial Union  
Thursday, September 23, 2010  
2:00pm – 3:30pm**

PRESENT: Deb Glennen, Laurie Betting, Susan Splichal, David Whitcomb, Kay Williams, Jacque Gray, Mike Little, and Jane Croeker

ABSENT: Vicki Morrisette, Fawn Behrens-Smith, and a Mental Health Peer Educator

I. Call to Order

II. Questions/Comments from Previous Meeting

III. Introduction

A. Role of Support Person

B. Name, Role on Campus, and Question, "If you had a magic wand what is one change you would make that would positively impact your priority area?"

- Susan- Help minimize depression through healthy lifestyle, sufficient sleep, exercise, and healthy diet. Work to relieve loneliness and isolation. Provide support system to all students coming from home.
- Kay- Create/facilitate integration to students mind, body, and spirit.
- Jackie & Deb- Eliminate stigma around mental health.
- David- Agree to reduce stigma, while taking mental drug to minimize less severe health issues as seriously.
- Deb: Same as Jackie; mental health concerns as physical health issues. (i.e. stress, etc.)
- Jane- Foster a caring campus community.
- Mike- Improve self-esteem and ensure all students have a niche.
- Laurie- Through programs, services, and policies we would serve students. Each student will have an individual wellness plan.

IV. Nuts and Bolts

A. Vision, Mission, Overarching Principles, Charge, and framework

B. Role of Members

C. Group Process Guidelines

V. Priority Action Group Chair Election

A. Role of Chair

B. Nominations

C. Election – Jacque Gray was unanimously elected Chair.

*Healthy UND 2020 members are charged with the prioritization and development of an action plan to address the leading health and wellness issues that affect academic success and retention." – President Kelley's Membership Charge*

VI. Ecological Matrix Exercise                      Supports (+) Barriers (-)

**Place**

- +/- Cold weather leads to isolation
- + Social interaction
- Seasonal affective disorder in winter
- + A nice summer breaks the isolation.
- + Accountability
- Fear of walking on ice
- No parking
- Aviation is removed from main campus.
- There is a need for lounge space without wide screen T.V.'s
- No place to study in Residence Halls
- + Pharmacy on campus
- Lack of natural light
- Lack of privacy in seeking help
- A neutral environment is needed in providing help.
- + Potential for community space in Wilkerson

**Organization** (UND)

- + Active Minds Chapter
- + SPILL
- Resources (office calls are \$25)
- Finances limited
- Financial Aid stress
- + House calls
- + Soup Fridays at the Indian Center
- + Squires- Aesthetically pleasing (lower ceilings and lighting)
- Information overload
- Lack of networking with Altru and Stadter Center (i.e. lack of continuity of care.)
- Lack of faculty and staff knowledge of recognizing signs of mental illness.
- Rigid work days of 8-4:30 are not 24/7 and students may need resources in off hours
- Cross-cultural issues
- Lack of mental health recovery centers
- Lack of forgiving mental health policies about excused absences/leaves
- Medical leaves with financial aid
- Lack of interest/time among faculty
- + Mental health hotline/ resource numbers
- Lack of adequate support groups on campus that are outside of the counseling center.

**People**

- Stigma of mental health
- Thoughts of repercussions.
  - Law
  - Aviation
  - Military
- Minority population have marginalized healthcare.
- Debt and hours of work among students
- Lack of knowledge of resources
- Roommates play video games non-stop.
- Lack of knowledge of costs of antidepressant and psychotropic drugs.
- Stoic culture finds it demeaning to look for help.

- + Self-care
- Resource to know who to contact.

### **Community**

- + New community wellness center soon to open
- The new community wellness center will be far from campus
- The nearest Indian Health facility is over 100 miles away.
- Economy
- + Facebook expands social opportunities.
- Facebook may substitute actual friends.
- Video gaming hurts male interaction.
- + Meals in community
- Lack of services at Altru Health System
- Community attitudes about:
  - Underage drinking
  - Binge drinking
- Impact of racism and homophobia
- + Potential for common interest groups
- Lack of holding hands of freshmen students dealing with adjustment issues
- Lack of personalized and caring advisement
- Need for advising training
- Importance of mentors is underestimated
- Opportunities of Wellness Classes need to be expanded

### VII. Next Steps

- A. 2010/2011 Meeting Planning Framework
  - October – Conduct a Problem Analysis
  - November – Share data, best practices, and available resources
  - January – Establish Goals
  - February – Create SMART Objectives
  - March – Create Strategies
  - April – Finalize Action Plan
  - August – Host Annual Meeting to present final strategic plan to President Kelley and the campus.
- B. Problem Analysis

### VIII. Adjourn Meeting