Meeting with Dr. Torres

Stomp the Stigma

Giving out healthy snacks in library
Fortune cookies with motivation fortunes
Roundtable discussion on stigmatization of mental health issues –push to next semester?
    Invitation for counseling center to be a part of the round table
    Counseling center could sit in
    Have the SGA as a whole facilitate the round table
Calm – free to unis for the year
Send email with stats from Calm College
Campus wide collection of apps that is accessible for all students
Apps on counseling center website – 25 apps
    Self help and assessment à self help à relaxation and mindfulness
Because of mental health taskforce – there will be a centralized online taskforce for all health issues
Accessibility for blind people online? Issues with boxes
Need student input – our job as SGA
Semicolon event
    Giving out tattoos
    Banner to express solidarity
    Food
    https://projectsemicolon.com/

Institutional Ideas

Online scheduling for the counseling center
    Precedent at other universities
    Triage system – not efficient – look for models elsewhere that are efficient?
    Up 20% from last year
    Good number of individuals coming in the same day – if it's an emergency
    Use Titanium scheduling
    Could cause more work for the front office
    How can another system communicate with titanium?
    Point and click?
    Willing to use another system for first time appointments
    Other reservations: What is the cancelation rate for those scheduling online?
        Cost?
    Ask Daniels to find someone to interface systems that would work with online scheduling?
    Places that offer online scheduling actually offer online requests – receiver of the form calls and creates a reservation
    Session reminder is now email
    What can we talk to Daniels about that the counseling center is supportive of?

Dr. Torres's Ideas

Sampsa Grant and Garret Lee Smith Grant – end of September

Wellness campaign – across campuses

Student Advisory Board for the Grant

- Increasing training for staff – security, ResLife, suicide prevention training,
- We need to get professors on board
- There was a proposal for all faculty to do this or all new faculty
- Ra's getting suicide prevention training – QPR (Question, persuade, refer)
- *Was offered campus wide – Breakdown of stats with faculty and staff that have attended
- Go to individual departments
- Grant is currently paying for the QPR training booklets
- Potentially hire someone to train staff and faculty or to train trainers –more people on campus training for free (only paying for booklets)
- ISP (interactive screening protocol)
    - Mental health screening for all students (not required) – 30% return rate is great
    - Will require a lot of advertising – has not posted the position yet – Spring 2018 or Fall 2018
    - Bringing speakers to campus?

Orientation activities related to mental health

- Be well, do well, live well campaign
- Presentations – hard to access 2000 students
- How do we get more info to students?

Embedded counseling

- Would be easier for some students
- Bound by our hours (have increased for this year)
- Trouble finding a room for programming
- Designated space for CHEW and counseling on the campus where they can program
- Increased workshops – stress, mindfulness, yoga
- Potentially another employee
- Potentially in MSE
- International students are hard to reach
- Free coffee and tea for students who speak to a counseling representative in Brody
- Full time counselor in MSE for first time appointments
    - Let's Talk – not counseling, just speaking à encourage students to make an appointment

Need people in teams – potentially increasing staffing in counseling center