Mental Health Student Group Committee/Council Meeting #1

August/September 2018

(Scheduling Poll: https://doodle.com/poll/yx3exu2na2q9zcuw)

Preliminary Agenda

- **Introductions (15 min)**
  - Name, organization represented, current projects/initiatives of organization
- **Background (10 min)**
  - Overview of recent mental health advocacy efforts, state of mental health resources at Hopkins
  - Mental Health Task Force
    - Recommended student groups engaged in mental health advocacy/ activities form a council or committee to increase interaction and collaboration
  - Mental Health Working Group
    - Updates on its activities and progress in implementing Task Force recommendations
    - Updates on mental health resources now offered by stakeholders in Working Group (i.e. Student Health & Wellness, Counseling Center)
- **Purpose & Objectives (10 min)**
  - Discuss potential projects/areas for collaboration:
    - Well-Fest
      - Mental health resource awareness festival in mid-autumn
    - Suicide Prevention Week
      - Started by APO last year
      - Looking for mental health student groups to table November 11th (time TBD maybe 11-3)
      - Contact: Amanda Donoghue, jhu.apo.leadership@gmail.com
    - "Wellness Wednesdays"
      - Creating a series of coordinated mental health programming during the semester
    - Town Hall/Roundtable on MH Task Force Recommendations
      - Potential town hall/community roundtable on implementation progress with Provost Kumar, Dani Fallin (Task Force co-chair), Toni Blackwell and Alana Shanahan (Working Group co-chairs)
    - Panels on Mental Health Acceptance/Destigmatization -
      - Student panels sponsored by Active Minds for several years
  - Decide which opportunities to pursue, and how we should pursue them (i.e. create subcommittees, have one student group take the lead on each, etc.)
    - APTT - Active Minds/CHEW, conference, Stories of Hopkins

        - Wellness Wednesdays - AJ will make schedule, Lauren ask CHEW for giveaways
        - Graphics for student groups - SGA CMC
        - Town Hall on Task Force Report - SGA
        - Suicide Prevention Week - APO
            - Sam might align the Stomp the Stigma semicolon campaign alongside this
        - Student Center - AJ will send link to proposal in chat
- **Opportunities for Institutional, Interdivisional Collaboration (15 min)**
    - Mental Health Working Group
    - Bloomberg School of Public Health, School of Medicine mental health groups
    - Counseling Center Advisory Board
    - Career Center
        - Career diversity
        - Representation
        - Life After Hopkins events
        - Meet with Rebecca Shillenn, and the new Vice Provost of Career Services
    - Academic Advising
        - Identify new Dean of Academic Advising
            - Give them literature on mental health
            - Potentially have a meeting with them
    - Residential Life
        - Collaborating with RAs on programming for mental health
        - APTT working on training RAs in active listening, giving them handouts
        - AJ will also ask Alison Avolio about what training RAs get (e.g. QPR or fuller training)
    - Financial Literacy Workshops
    - Mental Health Stats/Infographics
        - Getting FYE and SYE to promote them, incorporating into Stomp the Stigma
        - Increasing understanding of mental health and what it is
    - Peer Institutions
        - Ask Working Group to look at peer data on state of mental health and counseling center usage, especially qualitative data
- **Next Steps (10 min)**
    - Meeting frequency — bimonthly
        -
    - Next meeting

Groups Represented:

- SGA Exec
    - AJ Tsang, Aspen Williams
- SGA HSS Committee
    - Lauren Paulet, Sam Mollin
- Active Minds
    - Daniela Barrio (alumna)
- APTT
    - Anna Koerner, Andrew Hellinger
- APO
    - Lauren Bernard
- SAAC
    - Jeremy Ratcliff, Michelle Abt
- Peabuddies
    - Sophia Lou
- Peabody Assembly
    - Alex D'Amico
- PEEPS
    - Lauren Bernard
- YesPlus
    - Arvind Goel, Neha Goel