**Student Affairs and Campus Life Advisory Subcommittee Meeting Minutes**

**Meeting Time**

November 2, 2023

**Location**

HCC 310

**Attendees**

Introductions by present committee members and student representatives

* Dr. Ginny Morriss, Assistant Professor of Biology, Chair of Committee
* Melissa Jones, Dean of Students/Associate VP of Student Affairs (ex-officio Committee Member)
* Dr. Juliette Landphair, Vice President of Student Affairs
* April Wynn, Associate Professor of Biology, Committee Member
* Randall Reif, Associate Professor of Chemistry and Physics, Committee Member
* Elizabeth Johnson-Young, Associate Professor of Communication and Digital Studies
* Michael Middleton, Guest Speaker
* Dr. Nancy Wang, Guest Speaker
* Dr. Tev Zukor, Guest Speaker

**Agenda item 1**

Introduced of Guest Speakers by Dr. Morriss, Committee Chair

* Nancy Wang – University Physician/Student Health Center Director
  + Description of Student Health Services – M-F with Dr. Wang and a nurse practitioner
    - Can see students same day, generally get in that day
    - See students and run many in house tests
    - Nominal fee for tests and prescription (few on hand mostly antibiotics)
    - Collaborate with Giant for vaccinations on campus
      * Nov. 15th last time on-campus
  + Phone-a-Med – after hours they can reach a nurse
  + Self-care Center – with items and resources for students
* Michael Middleton – Interim Director of Campus Recreation/Assistant Direct Student Activities and Engagement
  + Bolster student community and engagement through wellness programs
    - Working to redefine how students think about wellness and Campus Rec
  + Fitness Center – also available to faculty/staff as well
    - Strength floor, weights, and stretching area
  + Cardio equipment – 2nd floor
  + Group Fitness and Cycle studio
    - Beginner to advanced level – fee for pass for semester
    - Introduction to Mindfulness – fee-based course
    - Yoga and Zumba is coming back!
    - Looking for opportunities to expand group fitness
  + M-R 8 am to 10 pm and F 8 am to 8 pm and Sat./Sun. 10 am to 8 pm
    - Sometimes this doesn’t work with their schedules
  + Pool – open rec hours every day and also used by club swim and athletics
    - High school will be using our space as well
  + Outdoor Recreation Program –
    - Not always recognized as part of Campus Rec.
    - 3 trips a semester – explore parts of VA
      * Hiking
      * Apple picking
      * Kayaking
    - Rental equipment – tents, sleeping bags, etc.
  + Intramural Sports
    - Least competitive sports (opposed to sports club and varsity)
    - Fee to play
    - Basketball very hot right now – playoffs just happened
    - Indoor soccer coming next
  + Sport Clubs – compete intercollegiate level
    - Go out and compete against other colleges
    - Most vocal groups about how this has impacted them
    - Can create new programs
  + Publicize via
    - Direct messaging
    - Sandwich boards
    - Word of mouth
* Dr. Tev Zukor – Director of the Talley Center for Counseling
  + 2 locations – ground floor of Lee Hall and Tyler House
    - Can schedule some appointments online
  + No out of pocket cost for our services
  + Full service center
    - Individual 1-on-1 counseling – often seen students every other week/6-8 sessions
      1. Anxiety
      2. Depression
      3. Relationship concerns
    - Group Therapy Program – meet weekly and long term in duration and facilitated by senior staff and trainee clinician
      1. Understanding self and others
         * Anxiety
         * Depression
         * Relationship issues
      2. Sexual Assault Survivor Group
      3. LGBTQ+ Support Group – often fills
      4. Introduction to College Group – at certain times of the semester
      5. Adulting group – at certain times of the semester
      6. Autism Spectrum Group – at certain times of the semester
    - Mental Health Coordinator can put students in touch with off-campus providers – this would require questions about insurance – other services are free
      1. Eating disorder
      2. Substance abuse issue
      3. Etc.
    - Have list of providers that are in walking distance
      1. Good relationships with off campus clinicians
  + We are in the midst of Mental Health Pandemic
    - 15 crisis appointments last week
    - Mental health issues are prevalent in our student population
  + Consultation and Outreach
    - Talk to students about how to reach out to a friend they are worried about
  + Timely Care – virtual counseling
    - Not replacement for Talley
    - Virtual psychiatry and health coaching
    - Talk Now feature – 24/7 on the app to talk to a live and trained person
      * Helps keep students from needing to be evaluated at the hospital
    - It can go with them when they go home
    - Up to 12 virtual counseling session covered/ academic year (nation-wide, but not international)
    - 24/7 number for faculty and staff as well – Dr. Landphair will provide information to share about this.
  + Questions –
    - Heard students say “they cannot get an appointment” – students in general are more comfortable saying this than that they don’t want to seek treatment
      * Students are turned away
      * Faculty can be walked over to get connected with the center
      * Intake appointment is needed before they can have a more substantive appointment
    - Lots of questions about ADHD – can’t get meds (steroids) prescribed online
      * Do have a list of off-campus providers that can offer evaluation or assistance
  1. For the members of the committee, to facilitate this discussion please think about

                                                              i.      What are you seeing in the students in terms of their health and wellness needs? General observations or anything of concern that you are seeing.

                                                             ii.      Students: Have you noticed anything in particular in your interactions outside of the classrooms that faculty should be made aware of?

                                                           iii.      Speakers: What can we, as faculty, do to help our students (and your office)?

**Agenda item 2**

Other Committee Business by Dr. Morriss, Committee Chair

* Approval of minutes from October - Motion made by Elizabeth Johnson-Young and seconded by Randy Reif.
  + Followed by approval from all present
  + From October
* Feedback on Safety Canvas Modules for FSEMs – will be handled via email.
* Choose speaker for next meeting – Alex from ODR will be invited.
* Meeting adjourned at 2:00pm