

## **College Faculty Council – Student Affairs Subcommittee (UFC Student Affairs & Campus Life Advisory Committee)**

Meeting Minutes – February 9, 2026

### **Committee Members and Student Representatives Present**

- Ashe Laughlin (Chair; Assistant Professor of Painting & Drawing)
- Melissa Jones (Dean of Students / Associate VP for Student Affairs, ex officio)
- Mike Walsh (Vice President for Student Affairs, ex officio)
- Randall Reif (Associate Professor, Chemistry & Physics)
- Sushma Subramanian (Associate Professor, Communication & Digital Studies)
- Antonia Delgado-Poust (Associate Professor, Modern Languages & Literatures; Co-Secretary)
- Maya Schram (Conservation Biology and Environmental Science; student representative)
- Mackenzie Martin (Studio Art; student representative)

### **Guest Presentations: Health and Wellness & Talley Center**

#### **Dr. Landphair — Health and Wellness (Interdisciplinary Initiative)**

Dr. Landphair discussed the development of the University's new Health and Wellness Office and its interdisciplinary focus.

#### **Key Points:**

- The Office takes an institutional, cross-campus approach to health and wellbeing.
- The initiative responds to growing mental health challenges among students.
- Studies have shown that student mental health is closely tied to retention and academic success.
- Institutions are increasingly recognizing the need to support faculty and staff wellbeing alongside student wellbeing.
- The department aims to explore how health and wellness intersect with broader institutional needs.

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#### **Dr. Chad Sims — Talley Center Services**

Dr. Sims, a licensed psychologist who joined the Talley Center in September, provided an overview of services and support structures provided/available at the Center.

#### **Background**

- Licensed psychologist and former school counselor.
- Transitioned to higher education with a focus on student mental health support.

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# Talley Center Services and Resources

## Clinical Services

- Brief individual therapy
- Long-term therapy
- One-time consultations
- Crisis services (during business hours)
- Group therapy (including a survivors' group currently in development)

The Talley Center currently employs:

- 6 counselors (social workers, counselors, psychologists)
  - 2 clinical trainees
- The Center also serves as a training site for clinicians, which supports current best practices.

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## Common Student Concerns

- Anxiety and depression are the most frequent presenting concerns.
- Social anxiety rates are higher than at many comparable institutions.

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## Training Program

Trainees participate in:

- Weekly seminars
- Individual and group supervision
- Clinical documentation and case presentations
- Development of special projects

Students may be assigned to trainees following triage assessment. Sessions with trainees may be recorded (retained for 30 days) with client consent.

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## TimelyCare (Telehealth Service)

- Implemented Fall 2023.
- Provides services for students who may find themselves outside Virginia while they are enrolled at the University.
- Students receive 12 free sessions annually (July–July cycle).
- Includes non-crisis support and immediate consultation services.

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## **Wait Times**

- Crisis cases are seen the same day during business hours.
- Non-urgent appointments typically scheduled within two weeks.

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## **Referral Process**

Faculty and staff may:

- Discuss support options with students.
- Encourage connection to the Talley Center.
- Contact Tyler House or email Dr. Simms directly.
- Submit a Concern Report when appropriate.

Concern Reports:

- Provide documentation of concerns.
- Support coordinated (“triangulated”) care.
- Dr. Sims participates in Behavioral Intervention Team discussions.

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## **Coordination with Office of Disability Resources (ODR)**

- The Talley Center generally does not provide formal diagnoses.
- Students typically attend at least eight sessions before referral to ODR for accommodations.
- ODR evaluations consider symptom severity and frequency.

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## **Additional Partnerships**

- Eagles in Recovery collaborates with the Talley Center through a licensed clinician liaison.
- There is a regional shortage of mental health professionals, impacting referral options.

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## **Title IX and Psychological Abuse**

Students experiencing psychological abuse may be referred to:

- The Talley Center
- Title IX Office

- Both simultaneously
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## **Faculty Support Strategies**

Recommendations for faculty interacting with students experiencing distress:

- Ask the Talley Center and the Office of Health and Wellness about existing support systems at the University and how to better support our students.
- Encourage connection with counseling services.
- Acknowledge student stress and workload.
- Observe and assess student responses to outreach.

Discussion included the potential for gatekeeper training for faculty and staff.

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## **Emerging Topics and Committee Discussion**

### **AI and Student Support**

- Need to consider how students may use AI tools for mental health support (which, we acknowledged, can have negative repercussions).
- Faculty and staff should remain informed about AI-related student behaviors.

### **Accessibility**

- Institutional websites and digital documents must meet accessibility standards. All of our meeting minutes posted online will need to be made accessible to the University community by April 2026. Sarah and Antonia will work on making these accessible in the coming weeks.

### **Student Committee Representation**

- Student representatives for our committee will be determined by SGA.
- Process expected to begin May/June.
- Members encouraged to suggest to Ashe potential student representatives for the next meeting.

### **Chair/Secretary Committee Positions**

- The only members who will stay on the committee for 2026-2027 are Sarah Morealli and Antonia Delgado-Poust. Both said that they are willing to serve as Chair or Secretary. By our March meeting, they will have made a definitive decision regarding these positions.
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# Adjournment

Meeting adjourned at **5:02 p.m.**

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