GAPA

Friday, November 22, 2019

8:30-9:30am, 1110 LNCO

**Minutes**

1. Mental Health presentation – Cindy Harling, LCSW (Associate Director of Clinical Services, UoU Counseling Center) <https://counselingcenter.utah.edu/> <https://wellness.utah.edu/>
   1. Mental health trends among young people/students:
      1. Increase in number of students coming in to counseling, in severity in mental health concerns, emphasis on people coming in in crisis, in students who have more thoughts about suicide.
   2. Common concerns UUC sees:
      1. There are greater mental health concerns beyond stress and being away from home. More severe mental issues coming in, increases demand in crisis prevention services.
      2. Academic impacts to health concerns: Stress, anxiety, lack of sleep, depression, physically sick, concerns for other people, internet use, relationship difficulties, and finances.
   3. Students at intake at UUC statistics (seeking mental health services):
      1. Top three concerns coming to counseling services: Anxiety, Depression, Stress
      2. 20% of students have concerns or about thoughts about suicide.
      3. Higher than national average reported “thoughts of ending my life”
      4. 50% have had previous counseling
      5. 40% are taking psychotropic medications
      6. 10% have been psychiatrically hospitalized previously
      7. 40% have considered suicide
      8. 10% have attempted suicide
      9. 30% engage in self harm behaviors
      10. 20% report having had an unwanted sexual experience
      11. 40% report being harassed or abused
      12. 20% have a family member attempt suicide, 10% have a family member complete suicide
   4. What services they offer and fees: <https://counselingcenter.utah.edu/services/index.php>
      1. Services: Short term (12 sessions for the calendar year, after intake appointment) Individual Counseling, Group Counseling, Couples Counseling, Psychiatric Medication Management, Mindfulness Center Workshops, Psychological Assessment, Online Mental Health Screening, Prevention & Outreach, Community Referral Services
      2. Fees: Services are **not** limited by ability to pay, fees can be lowered to 1$ if needed. Individual = $12, Therapy Group = $5, Couples = $30, Support Group = Free, Mindfulness Clinic = Free.
      3. Medication services are not stand alone, they are only available to clients who are doing counseling, whether individual, or group.
      4. Couples Therapy is available in a limited way. Only one individual of the couple needs to be a student.
      5. Mindfulness Workshop teaches skills and tools to help manage depression and anxiety.
      6. Counseling Center staff strives to be collaborative, culturally responsive, compassionate, and humble.
      7. Services are confidential for anyone over 18. Center records are separate from academic records.
         1. Staff can break confidentiality if concerned for the safety of the client or others. Such as if the client expresses thoughts of suicide after leaving the center, or makes a threat against another identifiable person, or if abuse or neglect is reported for someone under the age of 18 or an adult who is disabled or elderly. Students are made aware when they intake to the center.
      8. Staff who speak additional languages are available for counseling.
   5. How and when to refer, and eligibility:
      1. Located in Student Services building, West of the Union building.
      2. If you were to walk a student over to our center, they would meet with Mental Health Intervention Specialist, or our crisis person.
      3. Someone on shift every day 8-5, and Tuesdays and Wednesdays 8-6, who will see students that day.
      4. To be eligible for individual counseling, students enrolled in three credits or more. During the summer, many students do not take classes, but they are on campus working, they can come use counseling services.
      5. Group counseling is available to students in an unlimited way. The scheduler is very careful not to have 2 people from the same program in the session at the same time.
      6. First thing to do (for non-crisis students) is the free Intake, which is a free assessment and takes about one to one and a half hours. Wait times for an advanced appointment are currently 4-5 weeks out.
         1. Everyday there are same day appointments available, if they call in the morning, they can see if any of the same day appoints align with their schedule.
      7. Rolling out this summer: Crisis students can schedule same day appointments, and might not need further sessions, or they might look into the other services offered.
   6. Things you can do when meeting with students:
      1. Encourage to participate in self care
      2. Encourage student to look at different domains in their life, other than academics. Make sure physical care is taken care of, such as making sure they are eating right, getting medical care when they need it, take time off when sick. Psychological self-care, emotional self-care, allowing positive time with other people. Being able to read, or participate in their hobby. Spiritual self-care. Professional self-care. Things students might not allow themselves in Grad School.
      3. Be supportive of them having life balance. It can mean a lot to Grad Students, who might feel under a lot of pressure to focus only on schooling.
      4. Things you might notice in students who might not be managing well: Sleep, appetite, difficulty making decisions, increased forgetfulness, noticeable change in energy levels, losing things more frequently, or increased irritability. Might be helpful to assist them in getting to the Counseling Center to help create some strategies to help manage the stress.
      5. Reach out to Cindy to learn about a grounding exercise that you can use without any certifications. Very simple exercise.
2. Fulbright discussion – Jolyn Schleiffarth (Manager for Fellowships and Benefits, UoU The Graduate School) <https://fulbright.utah.edu/>
   1. Reminder that the university has been very successful in Fulbright applications as of late.
   2. Fulbright is a program open to graduate and undergraduate students in all disciplines who wish to perform research, teach English, or study in a foreign country for 6-9 months.
   3. If the student wants to further their research abroad, first step is they find an affiliate in the desired country, preferably in a lab or at an institution where similar research is happening already, (affiliate does not have to provide any physical resources, they are only a point of contact in the foreign country)
   4. Fulbright pays for their travel, their health insurance, and additional things while abroad. In some cases, Fulbright even pays for dependents in addition.
   5. Fulbright is a great resume booster, and opens doors down the road and in their career.
3. Closing discussion – Kelly Brown (Academic Advisor & Member of GAPA Leadership, UoU College of Health) <https://gradschool.utah.edu/>
   1. Resources on Grad school website for Students, and Advisors
   2. Student organization on campus for McNair scholars, make connections to the McNair community
   3. AY fees, and admission discussion