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MCSA Forum minutes 11/26/2018

Morris Campus Student Association

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Memo to: MCSA Forum Members
From: MCSA Executive Committee
Subject: Forum Agenda for Monday, November 26th, 2018.

The Forum will meet on Monday at 6pm in IH 109/ Cow Palace.
Called to order at 6:01 pm

I. Open Forum - Sandy Olson-Loy, Jeanne Williamson, and Tammi Berberi visiting for 30 minutes

Olson Loy, Williamson, and Berberi have been a part of a group doing a quality initiative project looking at what the university can do to support student retention, success, and mental health. This project looks at how we deal with mental health and how we can better infuse mental health practices into campus life. 2 years ago, 40% of Morris students have been diagnosed with a mental illness in their lifetimes and 20% in last 12 months. Anxiety is now the top mental health condition at UMM and in general across colleges. Nearly half of UMM students reported that students were unable to manage their stress levels and ranked 19 stressors with 67% reporting more than 1 stressor as their top rank. We want to move beyond a treatment only model with 1 time well-being programs. The vision is to create a holistic model which would incorporate evidence-based mental health and wellbeing practices as well as skillbuilding. Things that have been done already are starting a telepsychiatry program, the Let's Talk program, the Learn to Live program, and a happy hour Positive Psychology Skillbuilding program which they are hoping to offer this as a class next year. Those working with implementing this project have done a lot of research and attended many classes throughout the state/country. As they explored other institutions, they found 2 models for colleges: the Corey Keyes-Healthy Promotion Model and the Laurie Schreiner-Thriving Quotient Model. Carleton College uses the Corey Keyes model, Georgetown University uses the Engelhart project and has well-being incorporated into their whole campus, the Bakken Center at the Twin Cities has a good well-being model, George Mason University views themselves as the first wellbeing university, and Wake Forest University has the Thrive Leaf model. Those working on the project know that we need to do more for mental health at UMM and came up with components of community/social connectedness and emotional wellbeing. The project is currently

working with graphic designers to come up with a logo and a model to encompass what we're doing for mental health at UMM.

Nelson- What is top thing that we can do to support this as we go throughout our lives on campus?

Olson-Loy- It would be good if you could all talk about this and state whether you think this should be a priority or not.

Berberi- As campus leaders, you can follow this programming and recommend it to others who may need support and just raise awareness about it. As a faculty member, over the last 5 years I have seen an increasing level of stress and that there's a tendency of students to pull away when things get difficult. My work is in Disability Studies and I want this to work as an institution-wide program. I really like this because it is preventative and you just have to show up to learn skills which reset your baseline. I am pleased to develop this model for anyone and everyone who wants to come and this could be a credit-bearing opportunity for greater consistency and commitment to the program.

Olson-Loy- For a non-credit based program, we are looking at infusing it into our daily lives like through Orientation and faculty development.

Berberi- Traditionally and among older generations, wellbeing practices have not been implemented in homes growing up and it would be super helpful for you all to get it here.

Brown- It could be interesting to look at implementing it into the Sustainability minor.

Williamson- We are really looking for any ideas about what we should call our model.

Nelson- I think "flourishing" matches the prairie model pretty well.

Johnson- The name could be "Thrive and Flourish" to not just improve how you feel now but also teach how to grow for the future.

Olson-Loy- Let's zip around and have everyone say words they think of when they hear about this program:

Necessary; epidemic; likes that it has incorporated many ideas from many different colleges to fit Morris; it's a systematic thing that needs to be recurring and making sure that everyone is on the Rosemark page; making wellbeing accessible; rejuvenate because likes the idea of recognizing when you need help and being able to rejuvenate yourself; wants this to happen; recentering yourself; helpful; essential; likes the idea of it being put into the Sustainability minor or

another minor where wellness isn't necessary a sole focus but can become a focus; continuous wellness because mental health is constantly there and being surrounded by these things will be beneficial; awareness; it should be natural to practice wellbeing; prioritizing yourself; happy to see advocacy on students behalf; making sure to have distinction between mental health wellbeing and mental health issues; progress and a journey; preparing students for the future; maintaining and moving away from reactive care; normalizing mental health; it's real because it happens to you and not just "others;" essential; maybe would be a good idea to have a stress management module or a decompressive thing; this is needed; it should be built into UMM and be inherent; necessary that we get this program; we fail in not considering wellbeing more in decision making; people don't often realize that their governance policies impact mental health of students; increasing acceptance; progress; essential; important to normalize conversations about these topics and this leads to a healthier campus; encompasses everyone who deals with mental health at any point in time; proactive over reactive; establishing wellbeing early on; integration; understanding sometimes there is more going on than what meets the eye.

thank you Williamson, Berberi, and Olson-Loy

II. For Action: Approve Agenda

- A. Johnson motions
- B. Dice seconds
- C. Motion passes

III. For Action: Approve [Minutes from 11.19](#)

- A. Westfield motions
- B. Gillette seconds
- C. Motion passes

IV. President's Remarks

President Brichacek is unable to be here.

V. Committee Reports

MCSA Committees

Academic Affairs- The committee will be doing brainstorming and will meet on Wednesday.

Campus Relations- The committee will be meeting tonight working on the Facebook guidelines, the Gala, and the MCSA logo.

Executive Committee

First Year Council- The committee will be meeting tomorrow.

Resources and Operations- The Sustainability Forum will be next week on Wednesday.

Student Services- The committee is looking at getting guest lectures uploaded up on ORL Cinema, implementing bias and hate crime reporting, and also working mental health stuff.

Campus Assembly Committees

Assessment of Student Learning Academic Support Services

Consultative- The committee will not be meeting tomorrow.

Curriculum- The committee is almost done with course approvals to be brought to Campus Assembly.

Faculty and P&A Affairs Faculty Development

Finance- The committee will meet next week.

Functions and Awards- The committee will meet Thursday.

International Programs

Membership- The committee is working on recommending people to the Vice Chancellor of Academic Affairs Search Committee.

Multi-Ethnic Experience Planning

Scholastic- The committee will meet tomorrow.

Steering- The committee working on Vision and Goals task forces and will meet tomorrow.

Student Affairs- The committee will meet tomorrow.

VI. Organization Reports

KUMM

Love Your Melon

MPIRG- There is a meeting Wednesday.

BSU

CNIA- The Annual Taco Sale is tomorrow and the Native Dance Troupe will be on the 28th at 7pm in Edson.

University Register- There will be a new issue next week which will be the last for the semester.

VII. Old Business

For Action:

1. Nominate and Elect two First Year Council alternates

Schneider nominates Scovil

Scovil accepts

Dice seconds Scovil's nomination

Westfield nominates Ayers-Moran

Ayers-Moran accepts

Brandon seconds Ayers-Moran's nomination

Dice motions to approve as a slate

Gillette seconds

Motion carries

congrats Scovil and Ayers-Moran

2. Nominate and elect three new Campus Assembly Representatives

Nelson nominates Terhaar

Terhaar accepts

Gillette seconds Terhaar's nomination

Johnson nominates Scovil

Scovil accepts

Nelson seconds Scovil's nomination

Barber nominates Ayers-Moran

Ayers-Moran accepts

Smith seconds Ayers-Moran's nomination

Dice motions to approve as a slate

Gillette seconds motion to approve as a slate

Motion carries

congratulations Ayers-Moran, Scovil, and Terhaar

Nelson motions to approve changes to the committee memberships as a slate

3. Nominate and Elect one new At Large Representative

An At Large Representative is someone who does not hold an appointed position in Exec but does hold a voting position.

Brown nominates Barber

Barber accepts

Moris seconds Barber's nomination

Schneider nominates Scovil

Scovil accepts

Smith seconds Scovil's nomination

Hunt nominates Smith

Smith declines

Hunt nominates Carman

Carman decline

Rosemark nominates Moris

Moris declines

congratulations Scovil

VIII. New Business

For Information:

1. VCFE Search opportunities presented by Secretary Westfield

The Search Committee is starting to wrap up meeting and will be bringing 3 Candidates to campus. There will be opportunities for students to meet with Candidates and tell them about what you'd like to see changed. Candidates will be on campus November 29th, December 3rd, and December 10th. There will be a Question & Answer session and lunch each day, the lunches will be from 12-1 pm in Louie's and the Question & Answer sessions will be from 3-4 pm in Oyate. If you want more info about the events email Westfield. The names of the candidates will be released 2 days prior to them coming to campus. Please come to these because student input is important.

2. [OneStop/Registrar Feedback Message](#) Dec 5th, 2-3pm, Prairie Lounge

Vice Chancellor Erickson wants an hour of people's time to discuss changes to the One Stop/Registrar so if you want to attend this, let Brichacek and Brown know. They want to know what students think about the change and how it can be improved.

3. [MLK Day](#) help presented by Representative Alieva

MLK Day of Service is January 21st and they are starting to recruit volunteers now. Please sign up to help with service projects and the Community Meal. Some students at the Community Meal will read a quote in English and non-English. The menu for the meal is being finalized this week.

For Action:

1. [Community of Scholars Catering](#) help needed for this Saturday, Dec. 1st

Dice motions to change date from December 5th to December 1st on the Agenda
Westfield seconds

Motion passes

Brown- We need to help with the Community of Scholars catering this Saturday because Sodexo will pay \$10 an hour per each student who comes to help. If we get 8 people to help out for this Saturday and for the next Community of Scholars event, we will get \$600 taken off from the Prairie Gala budget.

IX. Announcements

X. Adjourn.

7:08 pm