

University of Minnesota Morris Digital Well

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Morris Campus Student Association

Campus Governance

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2-25-2019

### **MCSA Forum minutes 02/25/2019**

Morris Campus Student Association

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**Memo to:** MCSA Forum Members  
**From:** MCSA Executive Committee  
**Subject:** Forum Agenda for Monday, February 25<sup>th</sup> 2019.

The Forum will meet on Monday at 6pm in IH 109/ Cow Palace.

**I. Open Forum - Dave Swenson visiting - updates on health data.**

Swenson accompanied by Sandy Olson-Loy and Bridget Joos

There has been a request from students to get more data from Boynton in the Twin Cities.

Swenson- In Spring 2018, 741 people responded to the student survey (this was higher than most other schools). More than half of the students identified having sleep difficulties with 60% saying it affected their academics; 48% of students have mental health issues; over half claimed to have excessive computer and internet usage. As a student body, there was almost 20% rise in diagnosed mental health issues since 2007 though this is only a little higher than other schools. 45% of students reported that they do not manage stress adequately and there has also been a huge drop in people getting adequate sleep. Combining the stress and sleep question results shows that if you get 4-5 nights a week of adequate sleep, you can manage stress much better. SLEEP IS IMPORTANT AND WILL IMPROVE YOUR LIFE.

Joos- Sleep is super important. When people would come to me stressed in the Wellness Center, I would ask how much sleep they've gotten in last 48 hours and if it was not adequate I would send them home to get 8 hours of sleep.

Swenson- Marijuana usage is also rising with about 30% of Morris students saying they've used it in last 12 months. At-risk drinking levels have decreased in the last few years and this trend has been a fairly consistent downwards slope since 2013. This fall the number of students who used Health Services has nearly doubled since last fall. We want to know why more people are using Health Services.

Olson-Loy- One possible explanation is that we have a greater variety of care providers this year than in years past.

Nelson- Many of my professors, more than ever before, recommended getting a sick note if you are unable to come to class which could be a factor in increased use.

Brown- What are the changes with the new healthcare policy?

Swenson- We will begin billing your insurance company but you will not have to pay for what is not covered– the amount you would have to pay in things like copays would get covered by the fees you already pay. This would bring in increased revenue without any cost to students

Olson-Loy- We expect to get about \$50,000 more in revenue that we don't already have.

Brown- What about anonymity for students who go to Health Services?

Swenson- There will be a statement of benefits which will go to your family.

Olson-Loy- If you have concerns about this, talk to Nurse Kitty Mahoney and she can do more research into it.

Mckenzie- You should reach out to students about what this explicitly means because I know when I got the emails, I was worried I'd have to pay at Health Services. You should really emphasize what this means for students using Health Services.

Syd- Explaining about how it worked in the past and how it'll work now would be beneficial for students too.

Mckenzie- You should also explain to students about what would show up on their insurance bill and be as transparent as possible.

Syd- If a student goes into Health Services and is concerned about it showing up on their insurance, make it clear to students that Health Services can help them to find ways to make it anonymous.

Olson-Loy- In the last year 23% of students saw counselors and the numbers of appointments for individual students has increased too.

Joos- We don't really know why the number of after hours crises have decreased and in Student Counseling we've been looking at different options to see students in different ways like "Let's Talk" and "Learn2Live." We made it a point that if students came in requesting to see a counselor in an emergency crisis situation (in the past you had to answer yes to the protocol to see counselors in an emergency) they will get help and more students than ever before now have access to meet with a counselor if needed immediately.

Andy- Does the University have data on the "Learn2Live" programs?

Swenson- We do have that data but we don't have it with us.

Olson-Loy- We should advertise this program more to students about how it's free and helps people without counseling.

Joos- There is a live coach who checks up on you during your cognitive behavior modules in “Learn2Live” and suggests things to do without giving diagnoses.

Swenson- In terms of a future Counseling plan, we are working to bring a part time counselor on as full time next year and are looking to create a case management position which would help with further support students and counselors. The full-time employee ratio will increase from 3.1 to 3.6 next fall with the new counselor.

Olson-Loy- We have system-wide meetings each semester to discuss how to build more support for students.

Sam- Disability Resources is getting more students referred to them and not more support, what’s being done about this?

Olson-Loy- There is an open staff position in Disability Resources and we have been getting more money from the system to meet student accommodation needs and disabilities. We think the case management position would work as a bridge between the DRC and Student Counseling which would take a load off of the counselors and Matt Hoekstra. We also put in an AFRC request for more money to support mental health services on campus. There is also some summer work which needs to be done and we are looking forward to looking at more data about different students.

\*Thanks for coming\*

**II. For Action: Approve Agenda**

- A. Nelson motions
- B. Adam seconds
- C. Motion carries

**III. For Action: Approve [Minutes from 2.18](#)**

- A. Kari motions
- B. Nelson seconds
- C. Motion carries

**IV. President’s Remarks**

**V. Committee Reports**

**MCSA Committees**

Academic Affairs- The survey is out and the Committee will have results pretty soon.

Campus Relations- The Committee needs musicians to play for the Prairie Gala, auditions have been postponed until next week Monday at 7:30 pm in the MCSA office. The Committee also was approved for the request for the alumni scholarship.

Executive Committee

First Year Council- The Committee had meeting with Student Counseling on Friday and got some good ideas. The Committee will meet tomorrow.

Resources and Operations- The Committee just got a list of current tech partners and there's a lot of job jumping so be on the lookout for that.

Student Services- The Committee is working on crosswalk and housing information.

### **Campus Assembly Committees**

Assessment of Student Learning	Academic Support Services
Consultative	Curriculum
Faculty and P&A Affairs	Faculty Development
Finance	Functions and Awards
International Programs	Membership
Multi-Ethnic Experience	Planning

Scholastic- The Committee finally met and Jen Goodnough will continue to be the Chair of the Senate Committee of Education Policy.

Steering- The Committee will meet tomorrow.

Student Affairs- The Committee is having a paper meeting tomorrow. It has the data on the number of students who stayed over break and are discussing if it's enough to increase services on campus at breaks. The Committee is also hearing more about new gender policy.

## **VI. Organization Reports**

KUMM	Love Your Melon
MPIRG	BSU
CNIA	

## VII. Old Business

For Information:

- 1) AFRC Budget Request-Allocation Follow Up presented by President Brichacek

Request was approved in full

- 2) MCSA Election 2019-20 - [Application Form](#) - Due Friday, March 1st
  - a) -Pres & VP (Make sure to list running mate)
  - b) -Senator (2)
  - c) -Consultative Committee Representative (2)
  - d) -Campus Assembly (20)

For Action:

- 1) [MoRide Development Meetings Signup](#)

There is now a spreadsheet which makes sense for people to sign up. If anyone wants to be a part of this, please sign up and pay attention to color coding.

- 2) Prairie Gala Brainstorming Session presented by Secretary Gillette  
Kari moves to table this until the end of the meeting.  
Andy second  
Motion carries

The Committee has decided not to do blackjack this year at the Gala. They want to have a brainstorm session about fun things to do at the Gala this year.

Syd- We could a dating-game type thing but not dating and people would have to guess who's behind a curtain. You could have 5 min of asking people questions at every half hour.

Kari- At 5 pm everything will start, at 5:30 pm we will welcome andy, at 6 pm there will be speakers, at 6:30 pm there will be fun performances by other students will begin, and at 7:30 pm the silent auction winners will be announced. The Gala ends at 8 pm.

Syd- We could have a Morris version of "Guess Who."

Autumn- We could get a palm reader/tarot card reader who is a student.

Mckenzie- We could we get masks for people to decorate at the auction.

Kari- We are giving away masks because people might not want to craft in fancy clothes. We will come back with updates about the bar later. Email me if you have any ideas about things to do later.

## **VIII. New Business**

For Information:

**1)** NASS Associate Director Search presented by Vice President Brown  
I went to a Meet and Greet for a candidate for the new NASS Associate Director. Today's person was a woman named Gabrielle who currently works at the NAIS program at Fort Lewis College and has implemented many programs designed to help native students. The next candidate will be here next week. A candidate for the NASS director will be here this Friday for a Meet and Greet.

**2)** [Annual CNIA Pow Wow Volunteer Signup](#) presented by Representative Feather

The Powwow is Saturday April 13th, please sign up to help. There are many different positions and times for volunteers. If you sign up, there will be a pizza party. Email Angela or the co-chair, Brown Paske if you have questions.

For Action:

**1)** [State Budget Request Resolution](#) presented by President Brichacek and Secretary Rosemark

Andy- On Friday night, Mike Miller sent out some messages, he meant with governor's office and felt like students who called the governor's office were doing it because they had to and not really understanding why. He was also concerned that faculty and staff who are in it for the money can go other places and we could focus more on retaining quality faculty and staff. We were prompted to write a resolution about the budget proposal which we hope will be passed at all campus student governments. This resolution will push the governor and legislature to allocate the initial \$87 million dollars requested. We are the first student association to be meeting in this upcoming week so we get to set the tone if we approve it.

Parker proposed friendly amendment to include “by the state” after the word amendments in the second to last “whereas”

This resolution passes as no further discussion goes to a vote.

**IX. Announcements**

Syd- think about your shoulders

Mckenzie- Email me soon if you have anything you want included in the Regents report.

**X. Adjourn.**

7:50 pm