

CEOD Minutes

3/17/20

Present:

Stacey Wilkerson, Khaled Hassouna, Christa Miller, Kimberley Homer, Annabelle Fuselier, Sally Shupe, Menah Pratt-Clarke, Polly Middleton, John Gray Williams, Mae Hey, Ellington Graves, Gabby McCollum, Elizabeth Spingola, Katrina Colucci, Ellen Banks, Sara Leftwich

Regrets:

Maia Greene-Havas (with notice), Yolanda Avent, David Clubb, Pamela Vickers, Laura Belmonte

Guests:

Christopher Flynn and Michele Deramo

Christa Miller opened the meeting at 1:30pm with the land recognition.

Presentations/Guest Speakers

Christopher Flynn, PhD, Executive Director, Mental Health Initiatives presented information gathered by the mental health task force. Dr. Flynn presented the types of data collected and available specific to the Virginia Tech community as well as national data available. The presentation included recommendations regarding mental health issues for the VT community as discovered by the task force. The presentation is included with this month's meeting documents.

There was a question about the statistics from CEOD member.

An additional question/comment was raised about the hours at the Cook Counseling Center not being conducive for graduate students and people of underserved ethnicities.

The commission decided on the following take home action: To find strategies and methods for reciprocal communication between graduate constituents and counselors/counseling centers. to communicate back and

Michele Deramo, PhD, Assistant Provost for Diversity Education provided an update on chosen names and the selection of personal pronouns in the university records system. This project rolled out in April. The presentation provided an overview of the project, updates, and general information about the status. To further engage the VT community and aid with educational efforts, Safe Zone training has been reinstated. Additionally, Dr. Bing Bingham has filmed an Inclusive VT Insight micro video on using language to create an inclusive environment. It is not

available on the VT Insight website. Announcements were sent out to the campus and included in the VT News. Overall, the response has been positive. There were some negative comments posted to Facebook. Michele shared the link:

https://www.inclusive.vt.edu/content/inclusive_vt_edu/en/names-pronouns.html

A question was asked about name changes and options for faculty and staff. Michele referred the group to the FAQ page on the website and the question, “Does this option exist for faculty and staff?”

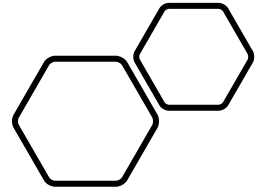
Updates:

Principles of Community Awards

The committee decided not to reach out to the previous years’ nominations. The committee decided to select from the group of nominees submitted. Final selections are in process and will be announced soon.

The April meeting will have a presentation from student conduct.

With no further business, the meeting was adjourned.



Commission on Equal
Opportunity and Diversity

March 17, 2020

Mental Health Task Force

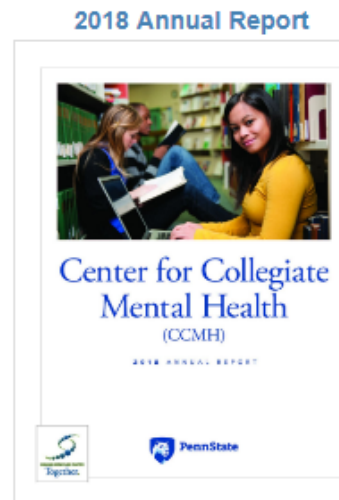


Wealth of National Data on Student Mental Health

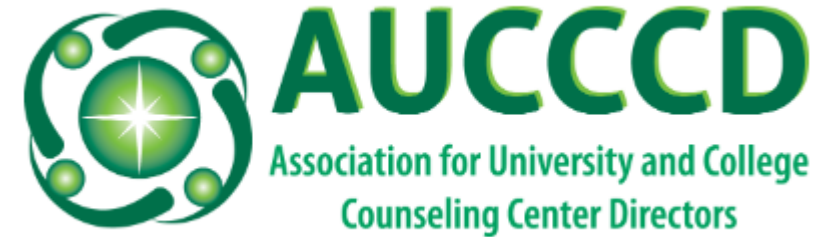
Student Surveys



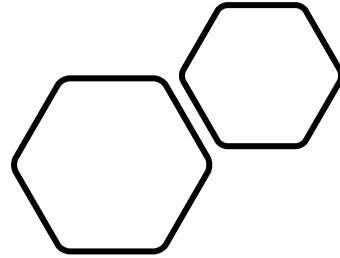
Counseling Center Client Data



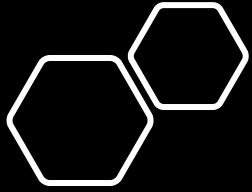
Counseling Center Director Survey



National Data



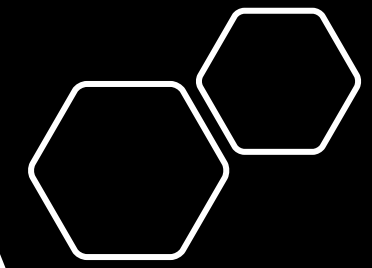
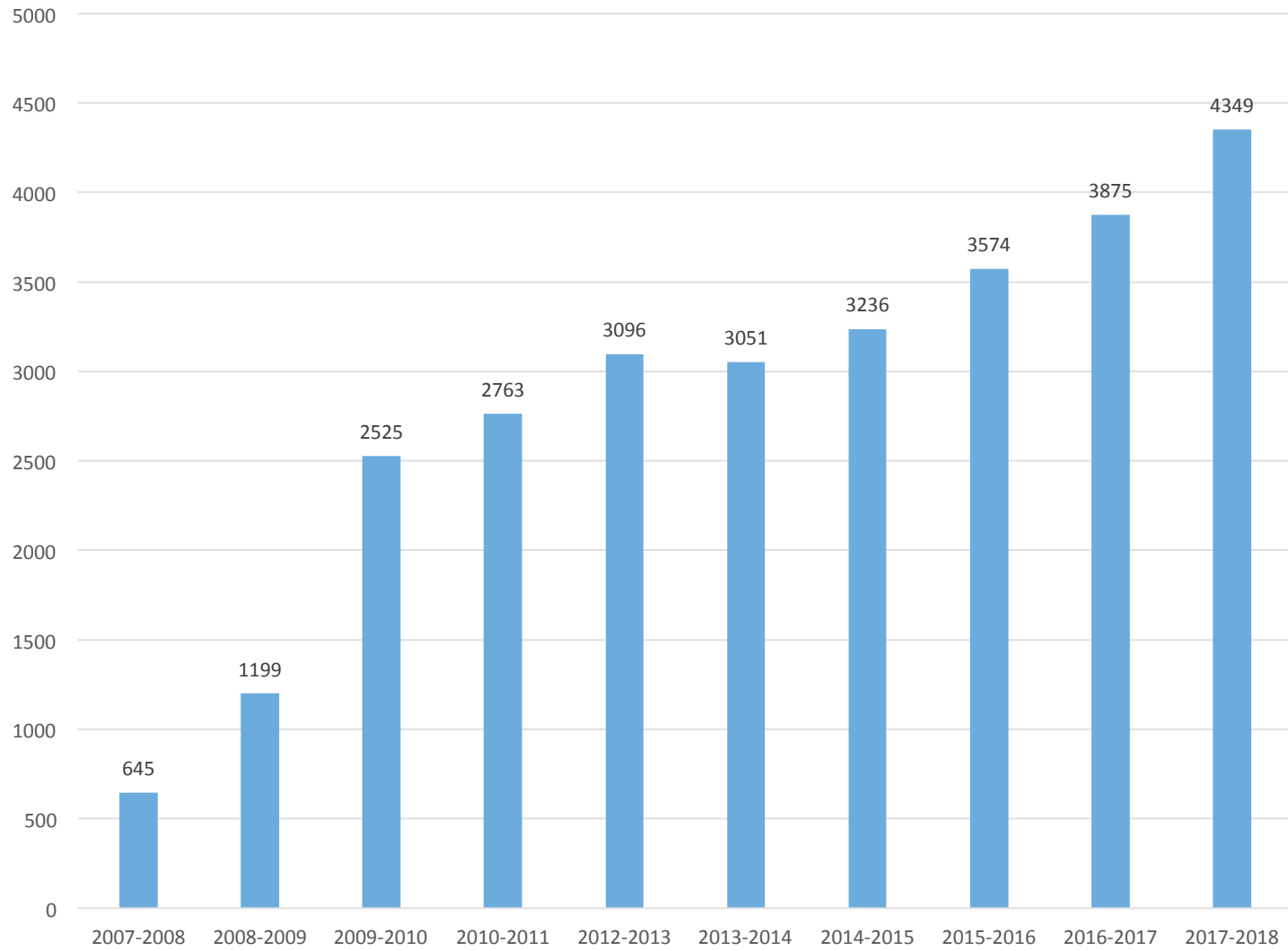
- Current high-school aged cohorts more likely to have seen increased rates of mental health diagnosis prior to university and continue to seek services in college (*SAMHSA 2018*)
- Epidemiological studies found over 50% of mental health disorders begin prior to age 14, with 75% showing symptoms before age 24.
- Past 5 years counseling center utilization increased by an average of 30—40% while enrollment increased by only 5% (*CCMH 2019*)
- Stigma is in general decline over past decade (*HMS 2007 – 2017*)
 - “I think less of someone who has received mental health treatment,” 11% - 6%



Virginia Tech Data

- VT students are struggling with mental health concerns - 18% needing mental health counseling in past year; 17% having taken psychotropic medication in past year. (*Healthy Minds Study 2017-2018*)
- VT does compare well nationally (*HMS 2017-2018*)
 - VT students *less likely* than national average to have lifetime prevalence of a mental health diagnosis (24%, 37%)
 - *Less likely* to have been diagnosed with depression (14%, 25%)
 - *Less likely* with an anxiety disorder (16%, 27%)
 - *Lower levels* of reported suicidal ideation (7%, 13%)
 - *Developed* a suicidal plan (4%, 6%); *less likely* to attempt suicide (1%, 2%)
- From 2013-2014 to 2017-2018 students seeking services at Cook Counseling Center increased by 43% while enrollment increased 9.5% which exceeds national average.

Clients



Increase in total appointments during this timeframe:

07-08 = 4154

10-11 = 17,284

14-15 = 19,685

17-18 = 25,408

Recommendations



Awareness campaign at institutional level



Maintain current optimal staffing levels of Cook as enrollment grows



Forum for better coordination of student driven mental health initiatives with paraprofessional support groups and administrative units



Scale up mental health education/prevention team in Hokie Wellness



Stronger relationship with Virginia Tech Carilion School of Medicine, Carilion Clinic, and local mental health resources for care delivery

Academic Partnerships



Encourage new research on collegiate mental health and evaluate effectiveness of our own practices

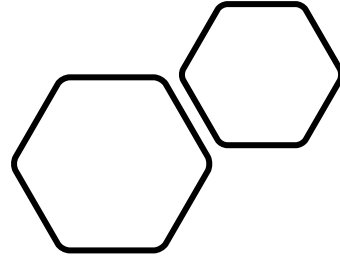


Provide embedded counselors/liaisons within each college



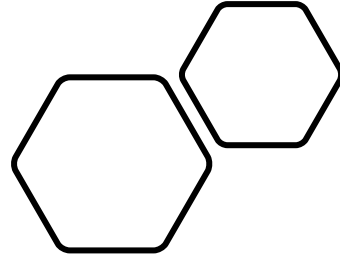
Review academic practices with a history of adverse effects on mental health & well-being and evaluate academic opportunities to promote student well-being

Faculty/ Staff Support



- Seeking faculty/research experts to partner in research on collegiate mental health
- Well-being website will be publishing articles or blogs on relevant mental health research across disciplines
- Engage students with well-being topics (Syllabus, in class); provide resources for students in distress
- Include well-being messaging in weekly/monthly communication pieces
- Receive QPR training and participate in the awareness campaign
- Invite us to your meetings

Collaborations



- Embedded counselors or liaisons with each college
 - Provide training for faculty/administrators/advisors on “Recognizing and Referring Students in Distress”; Overview of Suicide Prevention with “Question, Persuade, Refer”
 - Provide consultation and triage for students on site
 - Be available for consultation with faculty/ advisors, staff regarding student concerns with academic and emotional distress.
 - Better understand challenges that certain colleges/ departments have regarding stressors/well-being
 - Opportunity for student/counselor interactions in non-clinical setting
- Understand/discuss academic practices that consistently impact student mental health

For Further Info:

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