Items Discussed:

Annual HR training Reminder to all.

Susan MaComb was invited to discuss University Counseling and Testing Services. Susan stated that the number of students using the university counseling and testing services have increased: students in crisis, suicidality issues, social anxiety issues, students struggling to make friends, and students who feel isolated without any support. ISU does have a Crisis Team – available on a daily basis.

A new team member was added this semester, Social Worker Cheryl Yee. Susan stated that Cheryl addresses problems with mental health and counseling resources and has assisted with the large case management overload.

Susan stated counseling and testing offers QPR Training – this training is available to all employees to address the growing mental health numbers. The one and half hour QPR Training sessions teach employees how to question, persuade, and refer. It provides ways of asking people about how they are feeling and if they are suicidal. New this semester, is the Respond Training – this training is a 7-hour training that is an empathy training and mental health assessment. There has been considerable campus response to this training. CAA would like to participate in both of these training sessions – perhaps the QPR on a Friday morning and the Respond during the summer. Susan stated that either session could be customized for specific concerns and experiences.

Counseling and Testing also provides several services:

- Biofeedback – recognizing red flags and stress, importantly teaching individuals how to teach their body to relax.

- 8 Group Sessions – Anxiety Action Group, Understanding Self & Others, Coping Skills, Mindfulness & Self-Compassion, Do Better Today (DBT), ACT Skills Group, and Mindfulness Mediation (this is an upper division, 8-week, DHS course). For more information on these session apps, and reference, please refer to the counseling and testing website https://www.isu.edu/ctc/.

Susan discussed that for dead-week, student affairs handed out Emotional Wellness Unicorns – encouraging students to understand that it’s good to talk about their feelings and tips to feel better.

Virginia Barnett CMP Minors

Virginia discussed options for the CMP minors for the 2018-19 catalog. Please refer to the Online Undergraduate Catalog for details or questions. See attached Degree Plans for CMP Minors. Also, the General Studies degree will be changing in August for the 2019-20 Catalog, there will be less credit requirements.

Meeting adjourned 10:48 am