

**UNIVERSITY OF MICHIGAN
STUDENT RELATIONS ADVISORY COMMITTEE
MINUTES**

**Friday, March 26, 2021
11:30 AM - 12:45 PM
Virtual via Zoom**

Invited: Gina Cervetti, Harish Ganesh, Helen Look, Jeannie Moody-Novak, Judith Beck, Mariah Fiumara, Yaacov Ritov, Amanda Peters, Kentaro Toyama, Jill Esau, Cindy Leung, Dunham Clark, MaryJo Banasik, Noah Zimmerman, Vincent Alessi, Jennifer Schrage, Martino Harmon, Charlie Koopman, Colleen Conway
Administrative: Pam Morris

Guests: Mary Jo Desprez, Wolverine Wellness Director
John Piette, Professor of Internal Medicine, Medical School
Professor of Health Behavior and Health Education and Professor of Global Public Health, School of Public Health
Sarah Jukaku, Psychiatrist, University Health System

1. Call to Order/Welcome/Approval of Agenda and Minutes

Chair Cervetti called the meeting to order.

2. Presentation

U-M Student Mental Health Committee (SMHC) Planned Recommendations with Q & A

- Mary Jo Desprez, Wolverine Wellness Director
- John Piette, Professor of Internal Medicine, Medical School
Professor of Health Behavior and Health Education and Professor of Global Public Health, School of Public Health
- Sarah Jukaku, Psychiatrist, University Health System

Mary Jo Desprez started the presentation clarifying that that the committee has narrowed in on 8 areas of focus and they are looking for recommendations regarding what might be missing or need further clarification.

John Piette explained that the committee charge and make-up is purposeful in its diversity including those in both the clinical and leadership roles from various schools. The focus has been to tap the schools that have challenging academic programs and leaders that have their finger on the pulse so that suggested changes can be implemented.

Sarah Jukaku continued by saying that they looking for partnership from students, faculty and staff that identified those areas of need. The committee is looking at how resources can be and are interlocked such as recreational sports, clinical resources and academic resources. The committee is having conversations similar to this one and are looking for feedback. There are 16 sessions scheduled this week.

Mary Jo continues by asking members of SRAC to look at the 8 identified areas. What are we missing? Goal: Hear what the SRAC committee thinks of each subject.

8 Areas currently under consideration by the review committee: See SMHC Presentation 2021 SRAC 3-26 PowerPoint for additional information.

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1. **Adopt a strategic framework** for our campus-wide approach to student mental health prioritizing identity and sustainability as central to the health and well-being of the U- M community. Utilize an **expanded collective impact team** to ensure seamless implementation across campus.
2. Provide a **comprehensive inventory and roadmap of student mental health resources** provided on campus identifying gaps and ensuring that the needs of diverse populations are central to what is available.
3. Provide a strategic approach to **fostering connections/engagement** for incoming new undergraduate and graduate/professional students by implementing a Resource Navigator program in Fall 2021 featuring a comprehensive Resources Roadmap.
4. Gather and publicize information about **health and wellbeing courses** available on campus.
5. Enhance the availability, awareness and use of **health and wellbeing technology tools and applications** (ie. CAPS App, Silver Cloud, Calm) and utilize other technology for connecting students to identifying friends, study partners and study spaces on campus.
6. Utilize tools/metrics and **innovative approaches to improve the delivery of counseling services.**
7. **Expand the capacity of Wellness Coaching resources** on campus utilizing new and existing staff and student peer coaches to supplement counseling services provided.
8. Take actions to **reduce sources of academic and other types of stress on campus.**

Does anyone have any general reactions?

- Looks like a great start and live #5. Are you offering campus accounts for Calm, etc? Making these well known to all students. Tech piece is very important as students are already stresses and pressed for time. Tech can also be part of the problem as well as the solution.
- Fitness as a resource for mental health. Wellness coaches are for fitness, but not explicit in this plan. Aware that Rec Sports/Adventure center can be better utilized for recreation and fitness.

Given that there is a lot here what are the priorities?

- #3 how to identify students that are at-risk. Want to focus on a broader mental health including preventative measures rather than mental illness.
- #1 International charter for universities – promote health. Requires institutions to embed health & well-being in every aspect so that students can thrive. There needs to be a culture to come together to form collective impact. (Okanagan Charter – provides institutions with common language, principles, and framework to become health and wellbeing promoting campuses.)
- #8 – How can we build capacity for faculty to promote wellbeing? Build customizable framework. Teach students and faculty skills that will help with stress and inevitable competition. There is a lot we can do to help people cope better. Identify areas prior to the student needing therapy. Access to mentorship to assist in building resiliency, where can they go, who can they go to. Resource Navigators can help those students find out what is

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available and build a community. Many resources exist, but they are “buried”. Finding ways of getting the resources to at-risk students as they need them.

- #2 Interested about getting the resources to diverse populations. Skepticism from students that the goal is about making the students more productive rather than mental health and wellbeing. Agreed that this theme has come up in other presentations.
- Wellness training for academic advisors. Faculty to share how they are promoting healthy classrooms.

Is there anything not here?

- No direct reference to physical fitness and exercise as a method for wellbeing.

Please add any additional thoughts or suggestions on the post presentation survey: [Survey Link](https://umich.qualtrics.com/jfe/form/SV_7ajY6pX2vta4CnY)
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3. Update on Rackham Support for Graduate Students

Harish Ganesh, SRAC Committee Member

Discussion points of meeting with Dr. Solomon, Dean of Rackham—Harish summarized regular challenges facing Rackham

- Extended application deadlines and are directly communicating with students. They are working closely to offer as much support as they can.
- Offered financial assistance in collaboration with other departments.
- Planning outdoor social events/cohort groups that can socialize outdoors.
- Missed out on Fall 2020 events, so want to make sure to have events in summer to build the sense of community and belonging.
- Plans to match incoming students with current students to form cohorts.
- Professional development programs are offered.
- Working with CAPS to identify students’ needs.
- Health & wellness task force to provide resources to students and faculty.
- GSI’s are managing. Initially bumpy regarding in-person teaching. Provided resources to GSI. Rackham doesn’t negotiate with GSI’s. They are hired in a different process through [Academic Human Resources](#).
- Rackham is very open to collaboration with Student Life
 - SL is tailored to UG, how to you transfer resources to grad students?
 - Residential experience-Munger is fine. Northwood is not as accommodating. Work with SL to improve experiences within Northwood.
 - Working on sexual misconduct at the grad level through Will Sherry and SAPAC.
 - Rackham has done reasonably well with the graduate population, but would like to further collaborate with SL.

Pandemic challenges

- Racist issues and how to navigate this subject.

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- International students were anxious about governmental decisions such as travel restrictions and how that affected academic and professional prospects.

Dr. Solomon would be happy to come and present to SRAC if there is an interest. He is also open to taking questions and supplying answers.

Harish offered the committee to review the minutes/notes of the meeting with Dr. Solomon.

4. Student Life Updates

Jennifer Meyer Schrage, Associate Vice President/Sr. Advisor to the VPSL

- Student Engagement Task Force has been very busy. Action and deliverables have been well received. Exploring expanding resource navigator for graduate students.
- Gratitude to Martino for promoting and celebrating the work that is being done.
- Canopies are returning to campus to offer students places to eat and gather in a responsible manner. Recently staff/students set-up and played games on the lawn of the Union. Basketball watch party and other outdoor events are scheduled to promote the feeling of belonging and community that has been missing though the past year.
- There has been expansion of study space offered with the extended hours at the Unions, addition of the outdoor canopy spaces, reservable spaces in Trotter and other areas.
- Housing is sending out applications for Fall 21. Priority is to house all first-year students. Planning for all contingencies i.e. quarantine and isolation housing, etc.

5. Update on Amendment Process for the Statement of *Student Rights and Responsibilities*

Gina Cervetti, Chair

- Policy is for every 3 year to go through an amendment process. Wasn't sure how to make this a vigorous process since so many are away from campus.
- Decision to start with a soft launch process by accepting amendments this summer and fall and extend the time into Winter 2022 to discuss the proposed amendments as campus returns to regular capacity.

6. Gathering Input: April Agenda Items

Gina Cervetti, Chair

Can take suggestions via email.

- Refresh on what resources are available and what should be distributed to students.
- Virtual gathering with student care givers was held. Discuss resources for these students such as CEW or student advisors. Some student care givers expressed that they didn't know about resources i.e. MBC, don't know how it works, who has access and logistics. Many times it's because they are already so busy. Find avenues to promote exiting resources. Have events where it is promoted that students can bring +one as many student care givers expressed that they can't go to extracurricular activities because of others they are supporting.

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7. Wrap-up/Adjournment

It was determined that there wasn't a quorum, so minutes for February and March will be voted on at the April 16, 2021 meeting.

Harish Ganesh made a motion to adjourn the meeting. Mariah Fiumara seconded. All in favor. Meeting adjourned.