Meeting Minutes – University Senate
Student Admissions, Aid and Affairs Committee

Date: March 17, 2016
Time: 4:00 – 5:00 PM
Location: 272 Hillman Library
Facilitator: Robin Kear (Co-Chair)
Note Taker: Chyongchiou (Cho Cho) Jeng Lin (Co-Chair)

Attendees:
Elected members: Robin Kear, Julius Kitutu, Cho Cho Lin, Juan Taboas
Student representative: David Gau, Nasreen Harun, Julia Helgert
Staff Association Council: Hillary Koller
Chancellor’s liaisons: Kenyon Bonner, Marc Harding, Alberta Sbragia
Senate Appointment: Mike Spring
Guests: Kim Barlow (University Times), Stephanie Hoogendoorn (Office of the Provost), Ed Michaels (Director, University Counseling Center)

Agenda Items
1. Discussion of committee report on graduate students. (All)
   Final discussion of the draft report and recommendations related to graduate students. We decided to move forward by consensus.

2. Role of the counseling center in student wellness – (Dr. Ed Michaels, Director of the University Counseling Center)
   • The primary mission of the University Counseling Center is to promote student well-being and to optimize student functioning, so that they can achieve their full potential.
   • Our Approach to Helping Students
     o Short-term approach
     o Available to all students who live on and off campus
     o Services are confidential
     o Individual and group counseling
     o Psychiatry
     o Workshops on topics such as managing anxiety
     o 24-hour crisis response
     o Stress Free Zone ~ 3rd Floor of William Pitt Union
   • The University Counseling Center at Pitt has experienced a steady increase in the demand for services during the past three years
   • This can be attributed to three factors:
- New facilities: Wellness Center in Nordenberg Hall
- Mental Health messaging campaigns designed to de-stigmatize mental health issues
- National trend of more students seeking services (Center for Collegiate Mental Health, 2015 Annual Report)

**Strategies to Address Challenges**
- Revised intake system to include same-day appointments, and identify student needs to connect them to appropriate internal and external resources
- Expanding the counseling center staff by six full-time employees to meet demand and match appropriate client-staff ratios established by the International Association of Counseling Services.
- Reviewing and adjusting clinician workload and salaries to ensure competitiveness based on national benchmark data.
- Outsourcing after hours on-call services with Protocall, a national crisis response service designed exclusively to meet the needs of university counseling centers
- Encouraging students to participate in expanded group counseling
- Clearly defining our Scope of Practice
- Expanded content on new Web site (www.counseling.pitt.edu)
- Active Care and Resources Support (CARS) team led by care manager
- Continue to partner with academic schools and student organizations to promote programs to address mental health issues
- Continue to help faculty and staff identify students who may be in distress and in need of our services (brochure and video)

**Action Item:**
Robin will present the report and recommendations at the 4/12 Faculty Assembly meeting

**Next Meeting:** Thursday, April 21, 2016, 4-5 pm, 272 Hillman Library