

MINUTES – SAAA Committee Meeting

Thursday, Feb 15, 2018, 3:00-4:00 pm

Hillman 272

1. Introduction

Dr. Taboas called the meeting to order at ~3:10 PM and presented the meeting agenda. In attendance, Marian Vanek, Kenyon Bonner, Jennifer Seng, David Gau, Sue Wesmiller, Elizabeth Estes, Edwin Hernandez, Juan Taboas, Robin Kear, Marylou Gramm, Susan Skeldar, and Kathryn Fike.

2. Student Health Service

Marian Vanek, executive director of the Wellness Center, presented a summary of new initiatives in student health and counseling services at Pitt. This past summer, vice provost and dean of students Kenyon Bonner made the decision to integrate the operations of the University Counseling Center (UCC) with the Student Health Service (SHS) to form an integrated Wellness Center. This action occurred for many reasons, but in part because approximately 40% of cases involved a behavioral mental health component. Other benefits of an integrated wellness model include expedited care and more timely identification of illness and administration of appropriate treatments, improved patient compliance, and increased patient and provider satisfaction. This expedites comprehensive and team based, collaborative treatment. Treatment teams include dietitians, therapists, social workers, etc. According to the American College Health Association, 62% of US colleges/universities have implemented integrated health/counseling services.

Both the SHS and UCC have seen significant increases in demand for our services. This year, the UCC experienced a 17% increase in individual counseling sessions, a 32% increase in group participation, and a 29% increase in same-day walk-in service. The SHS has experienced an overall 8% increase in volume. To meet the ever-increasing demand, the Wellness Center has expanded several services including, but not limited to, the addition of new personnel.

New initiatives include

1. More group/workshops
2. Same day walk-in
3. Protocol – after hours support
4. Mental health first aid
5. Online self-assessment
6. Holistic services (e.g. acupuncture)
7. Stress free zones
 - a. in the Student Union
 - b. Walks in Schenley Park
 - c. Lights for seasonal affective disorder
8. Expanded immunizations (measles, mumps, rubella, with meningitis in dorms)

9. Services for transgender students
10. Collegiate recovery program (addiction)

Notes from questions:

- The Wellness Center is increasing interaction with our schools, investigating placement of a counselor in-house (the School of Medicine already has).
- 80% of cases relate to anxiety and depression; of the other 20%, concern over mentor relationships is the 4th most common.
- Our veteran students do utilize the services
- The Wellness Center collaborates with the Title IX office when appropriate.
- There are no limits to the number of sessions a student may have but the UCC has a short-term treatment model. The UCC will refer students out for acute and long-term mental health needs. These decisions are made by the therapist and clinical director.

Consistent with the Wellness Center's commitment to quality, the SHS is accredited in "ambulatory healthcare" by the AAAHC and "counseling services" by IACS and the JED foundation, which works to protect the emotional health and prevent suicide of teens and young adults.

3. Open Forum

No topics were added.

4. Discussion of Survey for Student Practices

The committee reviewed and made suggestions to the "Questionnaire for Graduate Student Practices Across the University". These included language (mentor vs. advisor) and using the survey to inform of the resources available at the university (a means to educate). Dr. Bonner offered his office for help on information. Dr. Taboas will implement these and post the survey on Box for the committee to review. In addition, the means to disseminate the survey was discussed. In order to increase the response rate, Dr. Taboas will investigate contacting the Council of Deans as a means to disseminate. The committee members will serve as local collectors of information at the schools.

David Gao presented a brief summary of a new survey which the GPSG made of the student assembly (about 20 students representing the 14 schools in the GPSG). Mentor interactions and harassment were highlighted.

Committee member assignments:

- Joanne Baird, Health and Rehabilitation Science
- Harvey Borovetz, Engineering
- Frayda Cohen, Arts and Sciences
- Marylou Gramm, Arts and Sciences
- Julius Kitutu, Nursing
- Susan Skledar, Pharmacy
- Sybil Streeter, Arts and Sciences

- Juan Taboas: Dental Medicine
- Susan Wesmiller, Nursing
- Elizabeth Estes, College of General Studies (CGS)
- Jennifer Seng, Business (Katz)

Unassigned Schools:

- Computing and Information
- Education
- Law
- Medicine
- Public and International Affairs (GSPIA)
- Public Health (GSPH)
- Social Work

5. **Adjourn**

The meeting was closed at 4:05pm, as the room was required for a reserved meeting.

Respectfully Submitted,

Juan Taboas