

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
 - Short-term approach
 - Available to all students who live on and off campus
 - Services are confidential
 - Individual and group counseling
 - Psychiatry
 - Workshops on topics such as managing anxiety
 - 24-hour crisis response
 - 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