

## University Leadership Council Meeting Notes

November 9, 2015

Members Present: Amber Blakeslee, Seth Bradley, Mary Hackett, Denice Helwig, Alex Hwu, Theo Kalikow, Anna Kircher, Colleen Mullery, Cyril Oberlander, Lisa Rossbacher, Steve Smith, Frank Whitlatch, Rhea Williamson, Craig Wruck, Noah Zerbe

Guests: Scott Paynton, Mike Dronkers, CSU Trustee Lillian Kimbell, Suzanne Pasztor, Dale Oliver, Randi Darnall Burke, Stephen St. Onge

### Welcome

President Rossbacher welcomed CSU Trustee Lillian Kimbell and asked ULC members to introduce themselves and say one thing that describes their areas, Humboldt State, and our students,. Examples included: a sense of place; wanting to make a difference in the world; sense of identity – social justice and sustainability; world-class faculty; hands-on engagement in research; a good head-heart balance; a place for do-gooders who want to go pro; engaged community; and, place-based learning.

### Social Media

The group welcomed Mike Dronkers, HSU's new social media specialist. He described the goal of our social media outreach as keeping HSU top-of-mind for people who care about HSU. The HSU family includes students, parents, employees, alumni, retirees and the local community. Social media can help to create a reputation and national image. Six themes are the focus: "Humboldtiness"; environment and social justice; nature; nostalgia; learning-in-action; and, personal touches. The main channels are Flickr, Twitter, Facebook, live from HSU, which is run by students on Instagram, which see HSU through that student's lens.

### Behavioral Intervention Team – HSU Support Team

Members of the BIT, who respond to serious mental health issues, discussed observable trends for HSU students. The group provides early identification and potential interventions. An employee intervention team meets as needed.

The team is being formally trained in threat assessment and active shooter training. HSU, like many universities, is experiencing an upward trend in the number of visits for mental health issues, anxiety, and depression. Due to a local physician/therapist shortage, it is increasingly challenging to refer students to off campus resource. However, the Dean of Students office has a good referral list and works closely with students in need through our Campus Assistance Referral and Education (CARE) Coordinator Vincent Feliz.

The Counseling and Psychological Services (CAPS) group therapy increased by 46% last year. This fall, 53.5% of clients reported problems significantly impacting academics. Staff and faculty have a heightened awareness and a resulting spike in reporting. Mental health – coming to us with more and more issues. The percentage of students who are heavily medicated and who have been institutionalized is increasing.

HSU Ombudspersons Dale Oliver and Suzanne Pasztor indicated there are parallels to issues brought to the ombudspersons and consistent with what faculty see in the classroom. Campus has gotten better at providing students with opportunities to deal with issues directly. Communication is getting out to the students that there are resources to resolve their problems. The word is getting out.

Faculty are increasingly struck by the level of anxiety and stress with which students are affected by every day stressors. Psychologists are seeing an increasing inability in students to figure things out on their own.

CAPS reports increased crisis walk-ins of students who are unable to emotionally regulate. Everything is a crisis. Parents had been known as helicopter parents but the new term is snowplow parent. They aggressively want to solve the problems for their students.

### **Strategic Plan**

The Strategic Plan Coordinating Committee and the Oversight Committee will work closely with the Western Association of Schools and Colleges (WASC) Steering Committee as we work towards reaffirmation of our accreditation.