General Council Meeting
May 5, 2022  2:10 p.m.
Hybrid Meeting – South Ballroom, Memorial Union and Online via Webex

Councilors online: please stay muted with camera off, unless speaking.

Please sign in here: https://iastate.qualtrics.com/jfe/form/SV_0U4ZzoMjFP5QmeF

Access issues? Contact pands-meetings@iastate.edu

Councilors attending in person: Please make sure you have signed in at the table and have your name placard
Welcome, and thank you for joining our virtual meeting!

Please stay muted and keep your camera turned off unless you are speaking. These efforts preserve bandwidth and cut down on outside noise and distraction to provide a better experience for everyone in the meeting.

- Call to Order & Seating of Substitutes
- Establish Quorum (Sarah Larkin)
- Approval of the Agenda
- Approval of the Minutes

April 7, 2022 general council meeting minutes
Welcome, and thank you for joining our virtual meeting! Please stay muted and keep your camera turned off unless you are speaking. These efforts preserve bandwidth and cut down on outside noise and distraction to provide a better experience for everyone in the meeting.

Administrative Reports

Jonathan Wickert
Senior Vice President and Provost
Welcome, and thank you for joining our virtual meeting! Please stay muted and keep your camera turned off unless you are speaking. These efforts preserve bandwidth and cut down on outside noise and distraction to provide a better experience for everyone in the meeting.

Administrative Reports

Brian Vanderheyden
Director of Student Wellness

Kristen Sievert
Director of Counseling Services
Student Wellbeing: Data and Resources
P&S Council Meeting 5/4/22

Kristen Sievert, Director, Student Counseling Services
Brian Vanderheyden, Director, Student Wellness
Why is student wellbeing important?

- Research shows that student health and wellbeing is inextricably linked to academic success, retention, and persistence to graduation.

- Students who are not physically, mentally, emotionally, and socially well are more likely to leave the institution and have poorer academic performance (ACE, APA, NASPA, 2014).

- Students who withdraw and do not return to higher education do so primarily from mental and behavioral health related reasons. (NAMI, 2012).

  - Registrar’s data from 2018-2021 shows that 83% of tuition appeals and out of term withdraws were directly tied to health and wellbeing issues (primarily mental health).
Campus Data

• Thielen Student Health Center
  • Diagnoses of anxiety have increased by 10% over the last year
  • ADHD diagnoses seeing a 31% increase.
  • Complexity of visits in the psychiatry clinic have increased from 19% of patients in FY21 to 52% in FY22.

• Student Counseling Services
  • Fall 2021: 13 referrals for psychiatric evaluation, which is a 550% increase from 2018 (n=2), 85% increase from 2019 (n=7)
  • 162 CMT appointments provided, which is a 54% increase from 2019 (n=105) and 13.4% increase form 2020 (n=138) (no CMT services provided 2018)

• Student needs in Student Wellness, Recreation Services, other Student Affairs offices show same trends

• Many needs show up in the classroom, with advisors, and student facing services
National College Health Assessment (NCHA)

- Largest college health assessment in U.S.
  - Participate every 1-2 years
  - Gather trends overtime and benchmark with national reference

- Includes all major health/wellness topics

- Random Sample of ISU students (undergraduate, graduate, prof)
  - N=1035 students completed
Suicidality

Suicide Behavior Questionnaire-Revised
- Ideation,
- frequency of ideation,
- threat of attempt,
- likelihood of attempt

<table>
<thead>
<tr>
<th>Suicide Behavior Questionnaire Revised (SBQR)</th>
<th>Positive for Suicidal Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>27.41%</td>
</tr>
<tr>
<td>Men</td>
<td>22.58%</td>
</tr>
<tr>
<td>Transgender/GNC+</td>
<td>68.42%</td>
</tr>
<tr>
<td>Undergraduate</td>
<td>28.78%</td>
</tr>
<tr>
<td>Graduate</td>
<td>21.23%</td>
</tr>
<tr>
<td>White</td>
<td>28.24%</td>
</tr>
<tr>
<td>Multicultural</td>
<td>31.75%</td>
</tr>
<tr>
<td>Domestic</td>
<td>28.73%</td>
</tr>
<tr>
<td>International</td>
<td>17.21%</td>
</tr>
<tr>
<td>First Generation</td>
<td>23.56%</td>
</tr>
<tr>
<td>Second + Generation</td>
<td>28.08%</td>
</tr>
<tr>
<td>LGB+</td>
<td>53.16%</td>
</tr>
<tr>
<td>Straight</td>
<td>19.59%</td>
</tr>
<tr>
<td>All Students Sampled</td>
<td>27.33%</td>
</tr>
</tbody>
</table>
 Loneliness (Social Isolation)

UCLA Short Form (3 items)
- Relational Connectedness
- Social Connectedness
- Self-perceived Isolation

<table>
<thead>
<tr>
<th>UCLA Loneliness Scale</th>
<th>Positive for Loneliness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>53.36%</td>
</tr>
<tr>
<td>Men</td>
<td>47.23%</td>
</tr>
<tr>
<td>Transgender/GNC+</td>
<td>60.53%</td>
</tr>
<tr>
<td>Undergraduate</td>
<td>52.04%</td>
</tr>
<tr>
<td>Graduate</td>
<td>48.31%</td>
</tr>
<tr>
<td>White</td>
<td>49.68%</td>
</tr>
<tr>
<td>Multicultural</td>
<td>62.20%</td>
</tr>
<tr>
<td>Domestic</td>
<td>51.45%</td>
</tr>
<tr>
<td>International</td>
<td>52.89%</td>
</tr>
<tr>
<td>First Generation</td>
<td>50.57%</td>
</tr>
<tr>
<td>Second + Generation</td>
<td>51.70%</td>
</tr>
<tr>
<td>LGB+</td>
<td>64.41%</td>
</tr>
<tr>
<td>Straight</td>
<td>47.76%</td>
</tr>
<tr>
<td>All Students Sampled</td>
<td>51.57%</td>
</tr>
</tbody>
</table>
## Impediments to Academic Success

### UNDERGRADUATE

<table>
<thead>
<tr>
<th>RANK</th>
<th>IMPEDIMENT</th>
<th>PERCENT OF STUDENTS INDICATING NEGATIVE IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Procrastination</td>
<td>55.04%</td>
</tr>
<tr>
<td>2</td>
<td>Stress</td>
<td>44.71%</td>
</tr>
<tr>
<td>3</td>
<td>Anxiety</td>
<td>35.59%</td>
</tr>
<tr>
<td>4</td>
<td>Sleep difficulties</td>
<td>24.88%</td>
</tr>
<tr>
<td>5</td>
<td>Depression</td>
<td>24.82%</td>
</tr>
<tr>
<td>6</td>
<td>Headaches/migraines</td>
<td>13.09%</td>
</tr>
<tr>
<td>7</td>
<td>Attention Deficit and Hyperactivity Disorder (ADHD)</td>
<td>11.79%</td>
</tr>
<tr>
<td>8</td>
<td>Intimate Relationships</td>
<td>11.14%</td>
</tr>
<tr>
<td>9</td>
<td>Finances</td>
<td>10.77%</td>
</tr>
<tr>
<td>10</td>
<td>Upper respiratory illness (for example: sinus infection, colds, or sore throat, etc.)</td>
<td>10.36%</td>
</tr>
</tbody>
</table>
Mental Health Resources

• Self-Guided
  • Therapy Assistance Online (TAO) app
  • Mental Health Online Trainings
  • Cyclone Support Self-Assessment

• Peer Led
  • Wellbeing Coaching
Mental Health Resources

Primary Care, CAPS, Psychiatry
• Student Counseling Services
• Thielen Student Health Center

Crisis Support
• Crisis Text Line, Suicide Prevention Lifeline
• Community Support & Resources
Questions
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Professional and Scientific Council
Executive Committee Reports

- President – Chris Johnsen
- Secretary/Treasurer – Sarah Larkin
- Vice President for Equity and Inclusion – Jahmai Fisher
- Vice President for University Community Relations – John Burnett-Larkins
- Vice President for University Planning and Budget – John Hascall
Professional and Scientific Council

Committee Reports

- Awards – Susy Ankerstjerne
- Communications – Deanna Sargent
- Compensation and Benefits – Patrick Wall
- Peer Advocacy – Jacob Larsen
- Policies and Procedures – Paul Easker
- Professional Development – Matthew Femrite
- Representation – Jason Follett
Unfinished Business and General Orders
New Business

- Nomination and election of P&S Council Secretary-Treasurer (Jason Follett)
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New Business

- WorkFlex survey preliminary results
  (Chris Johnsen, Patrick Wall, Jacob Larsen, Jamie Sass on behalf of Professional & Scientific Council Executive Committee)
Open Discussion for the Betterment of Council
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Announcements

- Announcements from Councilors

- Seminar Series event: “Mindful Communication Using Colors”
  May 10, 2:00 – 3:00 p.m. Hybrid event - 3580 Memorial Union and via Webex (see council newsletter emailed May 3 or Seminar Series page of council web site for more information)

- Seminar Series event: “Stroll Into Summer – Well-Being Wherever You Are”
  June 13, 2:00 – 3:00 p.m. 3580 Memorial Union – in-person event only
  Pre-registration is required by June 10
  (see council newsletter emailed May 3 or Seminar Series page of council web site for more information)
Announcements, cont.

- Executive Committee Meeting
  May 19, 10 a.m. – noon, 206 Durham

- General Council Meeting
  June 2, 2:10 p.m., Garden Room, Reiman Gardens
  (council members only)
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