

IOWA STATE UNIVERSITY™

Professional and Scientific Council

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

- **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

IOWA STATE UNIVERSITY™

Professional and Scientific Council

Administrative Reports

Jonathan Wickert

Senior Vice President and Provost

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 from 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

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

Loneliness (Social Isolation)

UCLA Short Form (3 items)

- Relational Connectedness
- Social Connectedness
- Self-perceived Isolation

UCLA Loneliness Scale	Positive for Loneliness
Women	53.36%
Men	47.23%
Transgender/GNC+	60.53%
Undergraduate	52.04%
Graduate	48.31%
White	49.68%
Multicultural	62.20%
Domestic	51.45%
International	52.89%
First Generation	50.57%
Second + Generation	51.70%
LGB+	64.41%
Straight	47.76%
All Students Sampled	51.57%

Impediments to Academic Success

UNDERGRADUATE

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



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

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**

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Professional and Scientific Council

Unfinished Business and General Orders

New Business

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

New Business

- **WorkFlex survey preliminary results**
(Chris Johnsen, Patrick Wall, Jacob Larsen, Jamie Sass on behalf of Professional & Scientific Council Executive Committee)

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Open Discussion for the Betterment of Council

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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Adjournment