

SECTION: 6
DATE: December 6, 2012

BOARD OF REGENTS
EASTERN MICHIGAN UNIVERSITY

RECOMMENDATION

MONTHLY REPORT & MINUTES
STUDENT AFFAIRS COMMITTEE

ACTION REQUESTED

It is recommended that the Student Affairs Committee Agenda for December 6, 2012 and the Minutes of October 30, 2012 be received and placed on file.

STAFF SUMMARY

The December 6, 2012 agenda for the Student Affairs Committee includes an update on the Mental Health Awareness and Suicide Prevention Project, and an Alcohol and Other Drug Biennial Review Report.

In addition, several announcements will be made and a preview of upcoming events will be given.

FISCAL IMPLICATIONS

None

ADMINISTRATIVE RECOMMENDATION

The proposed ~~action~~ has been reviewed and is recommended for Board approval.

University Executive Officer

Date

Eastern Michigan University
Board of Regents
Student Affairs Committee

Thursday, December 6, 2012
10:00 a.m.

Room 201
Welch Hall

Agenda

1. Approval of October 30, 2012 minutes Regent Fitzsimmons
2. Update on Student Affairs Advisory Council and Student Government priorities, including:
 - Mental Health Awareness & Suicide Prevention ProjectStudent Members
of Student Affairs
Advisory Council
3. Alcohol and Other Drug Biennial Review Report Kathy Walz
4. Announcements, including:
 - Preview of upcoming events

Eastern Michigan University
Board of Regents
Student Affairs Committee
Minutes of October 30, 2012

MEMBERS PRESENT

Regents: Beth Fitzsimmons

Administration: Reggie Barnes, Jim Carroll, Melissa Ginotti

Students: Mallory Apel, Allison Barkel, Cherese Dafney, Brittany Galloway, Brittany Gross, Trevis Harrold, Bryan Michalowski, Desmond Miller, R. Matthew Norfleet, Himaja Ramayanam

GUESTS

Administration: (as signed in) Dave Carroll, Larry Gates, Robert Goffeney, Ellen Gold, Ana Harten, Ann Klaes, Geoff Larcum, Lisa Lauterbach, Amanda Lefeld, John Lumm, Cathie McClure, Jeff Nesmith, Carl Powell, Lizbeth Stevens, Kathy Walz, Eric Ward, Gretchen Ward, Ron Woody, Casey Wooster

Students: Chelsea Idzior, Felicia Mitrovich, Lisa Swearingen

Regent Fitzsimmons convened the meeting at 10:00 am. Minutes of September 18, 2012 were approved as presented.

Student Government and Student Affairs Advisory Council Priorities

Bryan Michalowski reported that "Helping Hearts," which is a new student organization, plans to provide assistance to students with disabilities who need help navigating the campus. They are in the beginning states of volunteer recruitment.

Matthew Norfleet and Desmond Miller gave an update regarding the "EMU Dream Act." Matthew and Regent Fitzsimmons have been working with the EMU Foundation Board of Trustees to develop a scholarship to fund the out-of-state tuition difference for undocumented Michigan students. They will continue to meet with the Foundation Board to develop criteria for this scholarship and will present this information at the February 2013 Board of Regents meeting.

Student Government's Civic Engagement Initiative is in its final stages. 1,040 EMU students registered to vote in the 2012 election, Times Talks discussions occurred, live presidential debate screenings were held, a mock debate with EMU political science professors was organized and busses will be shuttling students to vote at local polls. An election party will be held on November 6, 2012. Students will be able to enter a raffle for an iPad mini by predicting the outcome of the election. Programming

for these events was accomplished through collaboration with several departments including Campus Life, the Academic Service Learning Center and Vision.

Student Government continues to work with EMU administration regarding AATA Bus Passes. John Lumm, CFO, reported that these passes would allow all EMU students unlimited access to the AATA system for a minimal or no cost, but would cost the university between half a million and one million dollars per year. This will be part of the budget discussion for 2013-14, with possible implementation in Fall 2013. One potential way to cover the cost is to add approximately 93 cents per credit hour. A program like this would allow easier use of the U of M libraries under the EMU – U of M reciprocity agreement and ease parking congestion on campus. It is also environmentally friendly.

CORE National Alcohol and Drug Survey and Student Alcohol Awareness Campaign

Kathy Walz, Eric Ward and Felicia Mitrovich presented the CORE National Alcohol and Drug Survey and the EMU Student Alcohol Awareness Campaign. The CORE survey was distributed to 7,000 students in February 2012. 454 students took the survey, which measures alcohol and other drug usage, as well as attitudes and perceptions among college students. 72% of students indicated that they are aware of the alcohol policy at EMU. The data indicates that alcohol appears to be the preferred substance to use, with 18.5% of students using alcohol three or more times per week. 85% of EMU students reported that they do not let alcohol affect their education. This information can be used to determine the best way to help students adjust to college, and it drives EMU Wellness Center's programming.

A collaborative social norms campaign was designed with Dr. Jeff Schultz's Winter 2012 HLED 490 – Drug Use and Abuse class. The goal was to reduce high-risk drinking of first-year students by fostering normative attitudes regarding alcohol use. Many items were developed, including door hangers for the residence halls, coasters distributed in local bars, bottled water which was handed out at Homecoming, a large display board located in the Student Center and t-shirts. **0-1-3**, which stands for **0** alcohol if you are under 21, pregnant or driving; **1** drink per hour; and no more than **3** drinks in a 24 hour period, was printed on these items.

The final segment of this campaign will begin before Thanksgiving. Posters will be placed around campus to remind students to refrain from drinking and driving. Students also have the opportunity to sign a pledge that they will not drink and drive.

While the data suggest that alcohol is the preferred substance to use, student behavior indicates that marijuana use is on the rise. Medical marijuana use is not allowed on campus. If an EMU student is charged with using marijuana, they may be required to take a class as part of the sanctions.

Matthew Norfleet asked Kathy Walz to share information about the Medical Amnesty Awareness Campaign, which was a collaborative effort with the residence halls. Four presentations were held. The goal was to educate students about alcohol and its effects. Question and answer sessions were held at the end of the presentations.

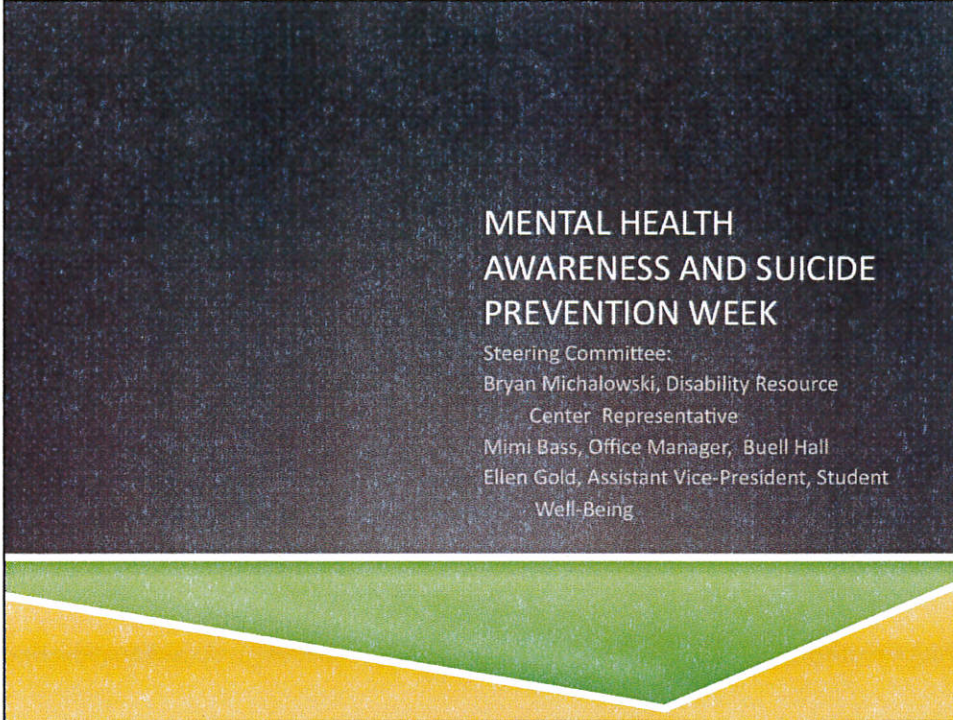
Announcements

- Allison Barkel was introduced as the co-chair of the Student Affairs Advisory Council.
- Desmond Miller and Allison Barkel shared Homecoming 2012 highlights.
- Brittany Galloway and Trevis Harrold discussed 2012 Black Homecoming events.
- Cherese Dafney shared details about the Greek Opening Convocation.
- Brittany Galloway shared events that occurred during Latino Heritage Month.
- Himaja Ramayanam shared events that have been planned by the International Student Organization.
- Matthew Norfleet announced that Club Halle, with extended library hours; AIDS awareness week; and a “No-Bias” event will occur in the next few weeks.
- Melissa Ginotti gave a preview of upcoming events, including the U.S. Army Field Band and Chorus concert, Greek Leadership Academy, Native American Fall Feast, 2012 Election Party, 5K Annual Turkey Trot, Times Talks, Spirit Rally, EMU-CMU Football Game, free Thursday Late Night Lounges, free Friday night movies, and International Week in November.

The meeting adjourned at 10:44am.

Respectfully submitted,

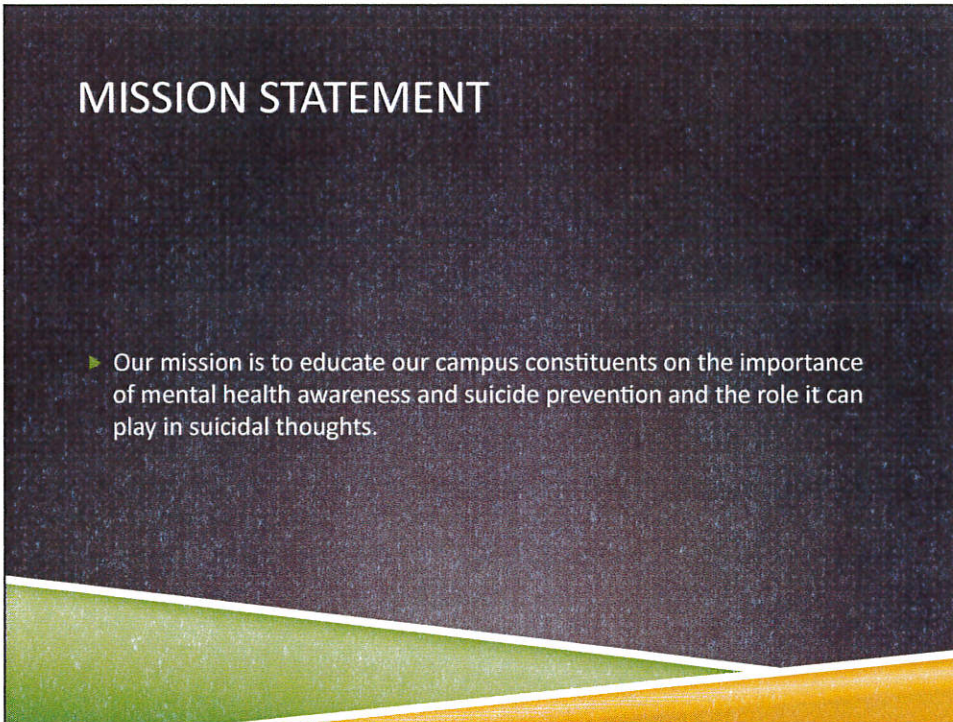
Michele Rich
Student Affairs Committee Recording Secretary



**MENTAL HEALTH
AWARENESS AND SUICIDE
PREVENTION WEEK**

Steering Committee:
Bryan Michalowski, Disability Resource
Center Representative
Mimi Bass, Office Manager, Buell Hall
Ellen Gold, Assistant Vice-President, Student
Well-Being

The slide features a dark blue textured background. The title is in white, bold, uppercase letters. Below the title, the steering committee members are listed in a smaller white font. The bottom of the slide is decorated with a green and yellow geometric pattern.



MISSION STATEMENT

- ▶ Our mission is to educate our campus constituents on the importance of mental health awareness and suicide prevention and the role it can play in suicidal thoughts.

The slide features a dark blue textured background. The title is in white, bold, uppercase letters. Below the title, a single bullet point is listed in a smaller white font. The bottom of the slide is decorated with a green and yellow geometric pattern.

GUIDING POINTS

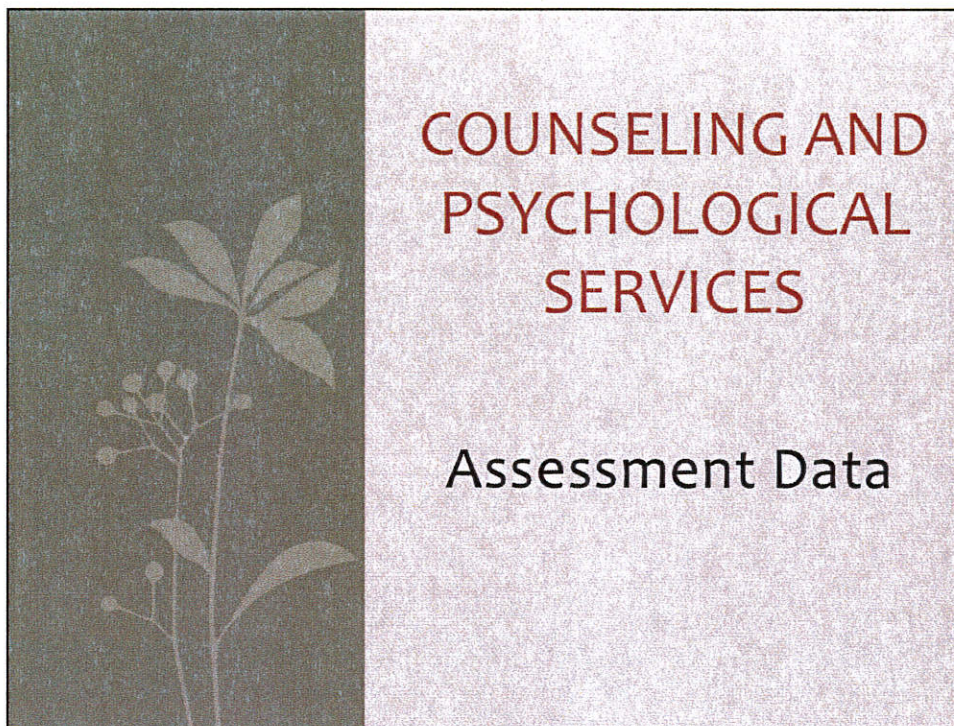
- ▶ Serve as guide for creating positive change
- ▶ Inspire action
- ▶ Turn the tide on suicide

GOALS

- ▶ Establish a long-term campaign of continuous education on the effects of mental health and the importance of knowledge and positive action.
- ▶ Develop a student wellness board and council to carry out and promote this campaign for future years.

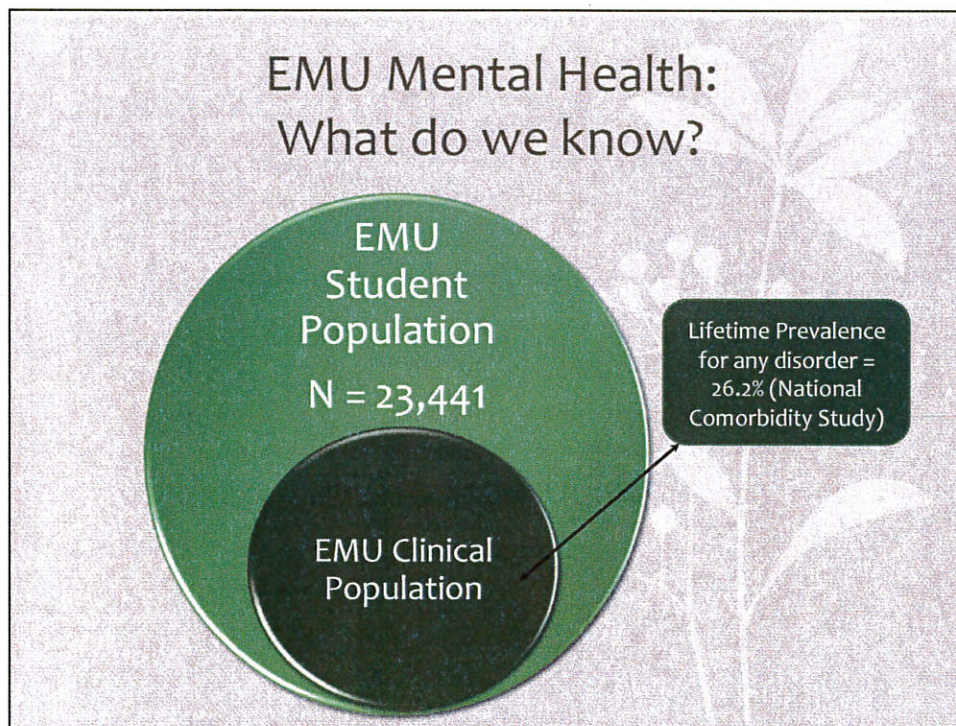
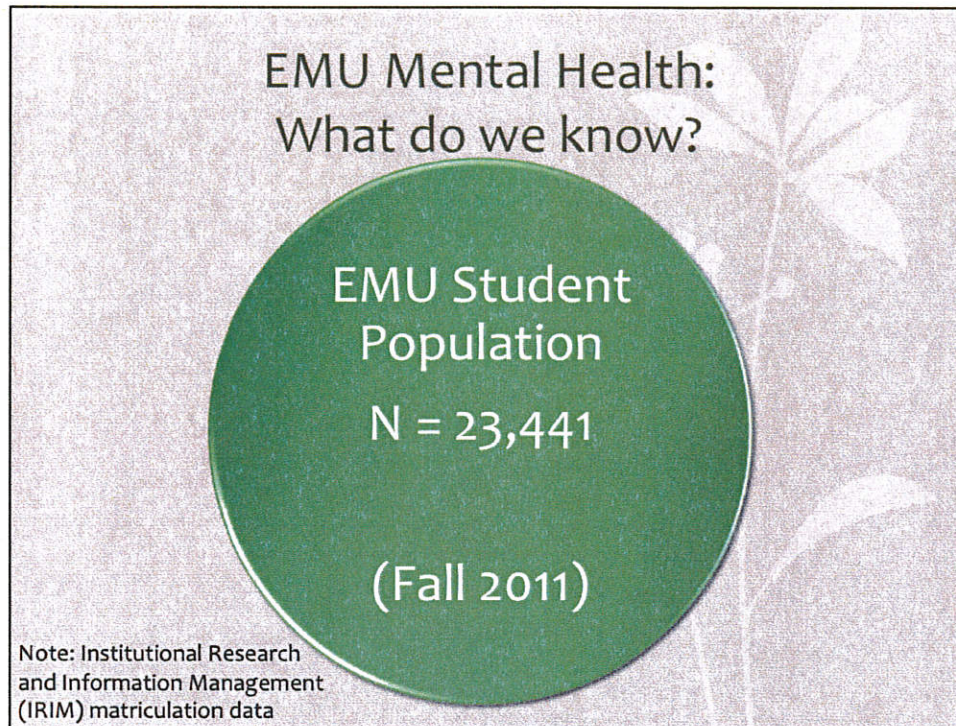
NOVEMBER 15, 2012 AGENDA (IDEA MEETING)

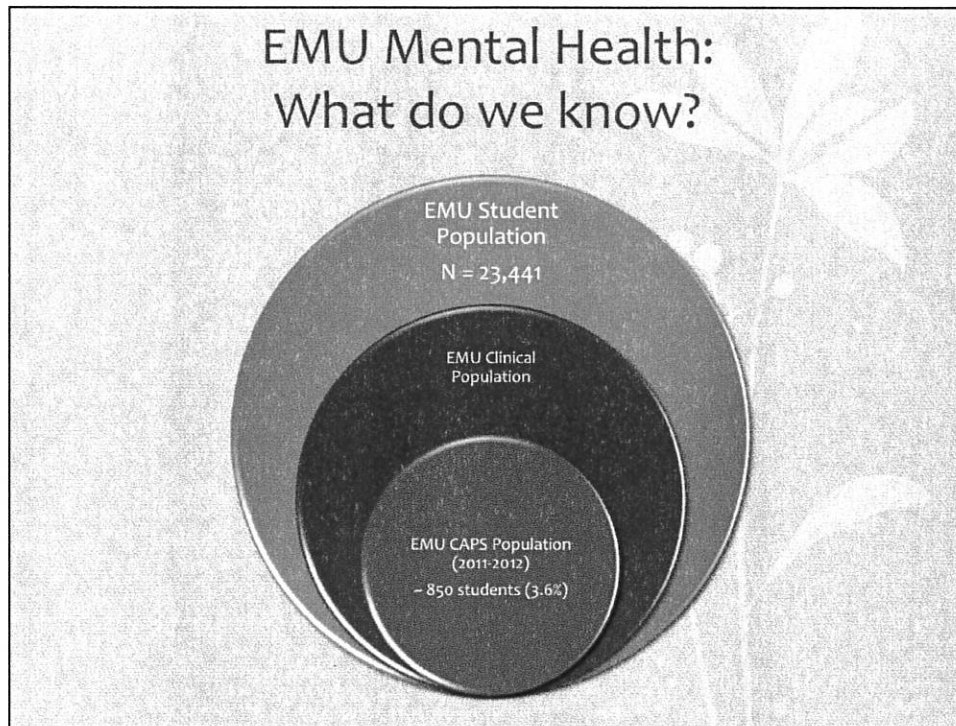
- ▶ How this campaign came about
- ▶ Mission, Guiding Points, and Goals
- ▶ Introductions
- ▶ IDEA TIME! Brainstorming!
- ▶ Resources and outside help
- ▶ Marketing
- ▶ Announcements (LBC credit, grant proposal, invitation to Dec 6th SAC meeting)
- ▶ Preliminary delegation of tasks



The Importance of Mental Health Issues on Campus

- Students with mental health issues struggle with unique challenges that may negatively impact their academic, occupational, and interpersonal functioning.
- Students with mental health issues continue to deal with significant stigma that may prevent them from seeking services.
- Suicide is the second leading cause of death among college students (Centers for Disease Control).
- Thus, services aimed at prevention and intervention are necessary in order to help our students and community.





Mental Health and Counseling Student Survey (CampusLabs Data)

- Benchmarking study administered by CampusLabs
- Non-clinical, undergraduate sample of students
- Utilized the Counseling Center Assessment of Psychological Symptoms (CCAPS) and the Standardized Data Set (SDS)
- 521 undergraduates participated (17.4% response rate)*

In terms of institution participation, 5 institutions participated in 2012 & 53 institutions in 2010

Note: 3,000 undergraduates received survey

College Mental Health Survey CCAPS Means

CCAPS Question	Spring 2010	Spring 2012	EMU 2012
There is a history of abuse in my family	0.45	0.59	0.70
I have thoughts of ending my life	0.29	0.36	0.48
I have thoughts of hurting others	0.22	0.22	0.29
I experience nightmares or flashbacks	0.69	0.73	0.86
I purge to control my weight	0.18	0.22	0.34

Note: 0 = "not at all like me" to 4 = "extremely like me"
Statistically significant, $p < .05$

College Mental Health Survey CCAPS Subscale Data

For the 25 questions where there was a significant difference, the EMU sample was always more distressed when compared to the national samples.

Mental Health Assessment Efforts

The CampusLabs study was aimed at examining a non-clinical student sample.

We can compare the CampusLabs data to information we have from clinical samples:

- EMU routinely participates in the National Collegiate Health Assessment which provides information on multiple student health-related issues.
- CAPS participates in an ongoing study which tracks counseling clients' data.

Collegiate Mental Health Data

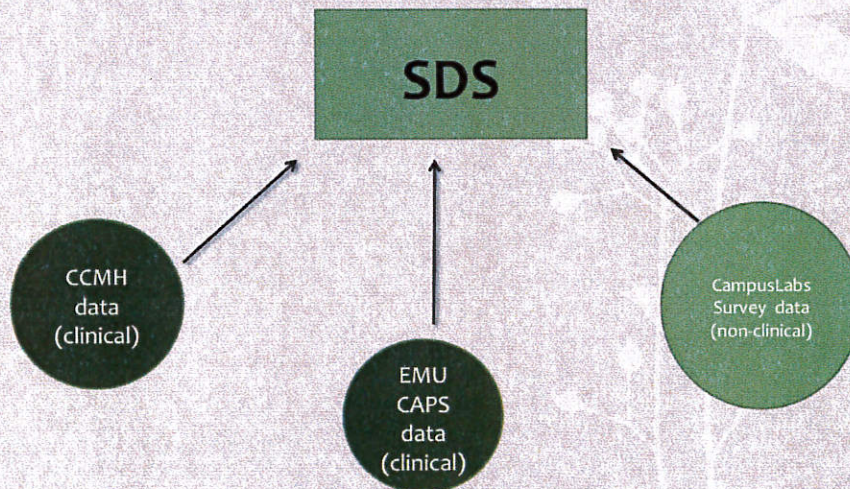
The Center for Collegiate Mental Health (CCMH) continually tracks data; they published findings in 2011 for their annual report:

- Students seeking treatment at counseling centers
- 97 different institutions represented
- 59,000 to 70,000 students in sample
- Utilized the Counseling Center Assessment of Psychological Symptoms (CCAPS) and the Standardized Data Set (SDS)

EMU CAPS Data

- Over 2,500 unique students since 2009
- Treatment-seeking (clinical) sample
- Utilized the Counseling Center Assessment of Psychological Symptoms (CCAPS) and the Standardized Data Set (SDS)

Comparisons



SDS Comparison Summary

	CCMH	EMU CAPS	CampusLabs non-clinical n = 501
Attended Counseling	45.2%	58.1%	41.9%
Taken a prescribed medication	31.0%	41.0%	27.7%
Been hospitalized	7.0%	15.5%	8.0%
Seriously considered attempting suicide	23.8%	37.5%	30.0%
Made a suicide attempt	7.9%	15.4%	9.3%

Note: Responses were pooled: "prior to college" + "after starting college" + "both"

SDS Comparison Summary



Mental Health Projections at EMU

- 7,008 students have considered suicide
- 2,180 students have made a suicide attempt
- 1,875 students have been hospitalized for mental health issues

Projections are based on Non-clinical % (CampusLabs) x
Fall 2011 enrollment data (23,441)

Next Steps

- As a community, we need to continue to find ways to prevent, assess, and intervene to help students who struggle with mental health issues.
- In addition to providing clinical services, we need to continue to raise awareness about mental health in order to reduce stigma on campus.

References

Centers for Disease Control and Prevention (CDC). Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]. (2010). National Center for Injury Prevention and Control, CDC (producer). Available from URL: www.cdc.gov/injury/wisqars/index.html.

National Comorbidity Survey Replication (Feb. 2001-Dec. 2003).
<http://www.nimh.nih.gov/science-news/2005/mental-illness-exacts-heavy-toll-beginning-in-youth.shtml>

2012 EMU Alcohol and Other Drug (AOD) Biennial Review

*Complying with the Drug-Free
Schools and Campuses
Regulations*



2012 Biennial Review Committee

Kathy Walz Chair, Program Coordinator, <i>The Wellness Center</i>	Pavel Rusin <i>EMU Alumnus</i>	Alecia McNeal Student Program Assistant, <i>The Wellness Center</i>	Mary Linblade Associate Director, <i>Academic Human Resources</i>
Ellen Gold Assistant VP, <i>Student Wellbeing</i>	Perry Francis <i>Faculty Representative</i>	Robert Heighes Executive Director, <i>Public Safety</i>	Jesus Hernandez Director, <i>Office of Student Conduct and Community Standards</i>
Casey Jordan Program Coordinator, <i>Greek Life</i>	Marney Buss Director, <i>Residence Life</i>	Cynthia VanPelt Director, <i>Financial Aid</i>	Stephanie Robinson Director of Benefits Programs, <i>Human Resources</i>
Kevin Devine Director, <i>Student Media</i>	Gloria Hage General Counsel, <i>Legal Affairs</i>	Steve Nordwall Head Athletic Trainer, <i>Athletics</i>	Matthew Norfleet and Alyssa Jones <i>Student Government</i>

Biennial Review

Requirement of the 1989
amendment to the Drug
Free Schools and
Campuses Act (part 86)



Purpose of the Biennial Review

- To review current Alcohol and Other Drug (AOD) Policies
- To determine the effectiveness of AOD programs and to implement any changes if necessary
- To ensure that the disciplinary sanctions for violating standards of conduct are enforced consistently



Eastern Michigan University's two policies

- Board of Regents Policy
- EMU Alcohol and Other Drug Policy and Programs



Board of Regents Policy

- Located in the Board Policies manual (Employment and Affirmative Action section, chapter 3.7.2)
- Sets up the framework for what is to be included in the EMU Alcohol and Other Drug Policy and Prevention Program Document



EMU Alcohol and Other Drug Policy and Prevention Program Document

- The actual document that is required to be distributed to all students, faculty and staff



Review Process

- All committee members reviewed our existing policies and implementation strategies to determine compliance and provided suggestions for improvement
- All committee members shared AOD educational programs offered on campus



Board of Regents Policy Recommendations

- At the present time we are in compliance
- Minor revisions are necessary to modify position titles
- Revision required to include medical amnesty



EMU Alcohol and Other Drug Prevention Program and Policy Document

Policy Addition: Medical Amnesty

The purpose of the EMU medical amnesty policy is to remove barriers and increase the likelihood that students who require emergency medical assistance as a result of high risk alcohol consumption will seek and receive the medical attention they need. The Michigan medical amnesty law is designed to promote responsible decisions and protects minors from receiving a minor in possession charge if they seek medical help for themselves or another person



EMU AOD Policy and Distribution Recommendations

- Coordinate notification to students, faculty and staff through IT, HR and UHS
- Medical Amnesty will be added to policy
- Strengthen distribution of the policy by:
 1. Electronic Distribution
 2. Paper Distribution



Highlights

- Medical Amnesty committee met and proposed amendment changes to the Student Conduct Code regarding high risk alcohol consumption in response to state legislation.
- Educational sessions sponsored by Student Government, Residence Life, Student Conduct and Community Standards and The Wellness Center provided students with information regarding Medical Amnesty



Highlights

- The Wellness Center received a grant from Prevention Network for a Social Norms campaign targeting alcohol use among incoming freshman.
- Greek Life Alcohol Safety Seminar (GLASS) continues to be an essential part of the Greek experience at EMU working towards a healthier community via sober monitors.
- Athletics continues to conduct AOD specific educational programs each semester for all athletes



**Official Review Document is held
at University Health Services**

**Copies are available upon
request**



THANK YOU!

- Any questions/concerns?

