

## **Leah Luhzansky/Mental Health**

### **Sept 12/13 Council 1**

Leah PSA- this is the mental health breakout, it's meant to be more discussion based and some things may not be comfortable, if you feel uncomfortable let me know, or excuse yourself. So we have Andrea Dowhower here and she's going to be assisting in case things go off topic. So who are these people on the

Brandywine- they all have some sort of mental health issue.

Brandywine:-Robin Williams had depression and possibly early signs of Parkinson's disease.

Melissa- Mel Gibson is bi-polar and has anxiety

Dan Worthington Scranton- Michael Phelps had ADHD and maybe something else.

Leah I believe he may also have some sort of autism and he is the world champion swimmer and he actually got a lot of press over it even though there was a lot of negative feedback saying even though Michael Phelps can do it, not all can. We also have brook shields who suffered from PPD and jane fonda who had Bulimia. Mental health problems range all over the spectrum from the young to the old. Let's move on to Discussion about mental health

### **Roll Call**

Beaver

Dubious

Wilkes-Barre

Schuylkill

Fayette

Lehigh Valley

Hazleton

Worthington

New Kensington

Abington

Berks

Altoona

Brandywine

Shenango

York

Mont Alto

Worthington-Scranton

### **Missing**

Greater Alleghany

Erie

### **Discussion**

Leah- So I want to know about your mental health services

Beaver- we have a personal and career counselor who has a master's in social who fights tooth and nail to help students to improve herself

Fayette- We are actually subtracted to a 3<sup>rd</sup> part, but she only has 2 days a week 12 hours a week so she can only help 12 students a week

Shenango -right now we have a counselor who works at Shenango and beaver part time so we had an increase in students wishing to talk so we have limited hours for people who need to talk. We go

Bryan Wiles- we have recently just increase our full time counseling and she's there full time. We also have a full time crisis management and

Abington- we have a full time crisis management and a full time and now we have a full time phycologist where anyone can talk to a trained student

Berks- We've got three different councilors on campus and if you want to be connected to an outside councilor they can help with that

Brandywine- At Brandywine we are currently without a counselor, but this week we've been interviewing a therapist and a councilor from valley forge. In the past out counseling services haven't been well know and hopefully it will give students an opportunity to seek counseling

York- this is my first time being here and I know we have a program going on campus, we have a doctor to help with learning disabilities and I saw the flags around campus and for international students it's nice to be able to talk and we talk in a group as long as they feel comfortable.

Leah so Do you guys feel there is a need for mental health on our campuses?

Wilkes Barre- we do not need the fee, but

Fayette- at Fayette we have 35% of adults and vets and I know they use it heavily, but they say it's always books so there's definitely a need

Worthington Scranton- campus by campus

Andrea- this is just a convo, right now we're just talking about it and despite the fairly robust services it's usually a 3 week wait to see services. It just depends on the depth of resources in your local community

Jolie Wilkes-Barre I think it's just a matter of what resources do we have to help those in need what are those young people who are 18 going to do, we need a pathway that people can take to get help effectively

Abington- we will always have less resources than we actually need, but if we increase the resources it could decrease the stigma on campus

Travis Hazelton- I've seen of the trend to 1200 students to 800, but I feel like students at hazelton we didn't really have that counseling that we needed

Berks- I feel like there's definitely a need and there are so many people with anxiety the need for counseling is at an all-time high

York- I feel like people just need to open up and talk and that's how healing takes place. I think it's human instinct to release anxiety and talk about things. Many people are afraid of therapy because they don't want to be considered mentally ill.

Jesse Altoona -last year we have a freshmen pass away from suicide and we had a flair up of mental health progress flyers saying stop the stigma

Travis Hazelton- we probably wouldn't know that they are going through mental health issues I think it's just safe to have something to fall back on

Andrea- at Altoona you have outreach and there are things that reach out to students however at other places we're not doing the work to let people know the services are there.

I was wondering for the more diverse students if there was a counselor specifically for moving from another county to here. There are so many social challenges we need to address

Angela Fayette- this year we have 20 students and our campus minister helped them and took them to a local store and got them clothes and cell phones and helped them adjust.

Lindsay Berks- We have an international person that helps with that to give them their own international experience

York we always have this kind of service as international student there should be someone helping you settle into your new home and at every step and we should have like a pay it forward and as a group help people achieve their needs. I don't consider it therapy I just think it should be a natural service

Altoona I understand what you're talking about and sometime there are different needs, but sometimes it's simply a cultural aspect. Maybe we should have a cultural person to address things that are common

Beaver- a group of our international students have an international student associate and advised by international professor so we don't have anyone for international students, but we have a club and I can see the need for people to have that

Mont alto I interned a an org that engaged in agriculture and we did a us culture orientation and so that was really cool we could do to acclimate them to America

John- We've diverged so What I'm interested in hearing is determining which services are not advertised and which services are not adequate.

Abington- So I'm an out of state student and when I moved up here I look to mentor I think peer to peer mentoring should be heavily looked into and they could advertise workshops and I know we have lion ambassadors, but giving someone a friend from the et go is always nice to have

Berks- at berks we have a first year seminar and we have a teacher and a student mentor who helps our students and mentors them. Some classes don't have that engagement and I think it's beneficial

I think we don't need to have a full time councilor. If you need assistance with this issue go talk to x and sometimes we don't want to go to them and we're paying our teachers to help us achieve our goal. I went to one of my professors to work with me

Gabe Schuylkill- I'm not disagreeing, but I think having someone who specializing is essential, just having someone who is trusted and you'll find it that it's worth to have students pay x amount of dollars to have that person

Mellissa Abington- it's difficult and some professors have students who can come and some professors fell uncomfortable not being able to give adequate services

Ethically professors aren't able to diagnose, but they can point you in the right way

York- I think we need both, you should be able to talk to a professor, but you need to be able to have that professional and you can't say this is a therapist and people have this stigma that that's bad, when I just want someone to talk to. Most of the time we're just stress what I am emphasizing here is we need to have the right approach to make sure everyone is comfortable.

When you look at the DSM it's grown exponentially. Mental health is a growing concern in America and it's something we need to look at with a full 20/20 and there's no reason that this can't be done

Travis Hazelton- back in high school you had a guidance counselor and in college mandatory isn't real, but the way things were is the guidance counselor had one job to listen to us and I feel like a full time psychologist is important

Angela Fayette- I think it's fantastic to have professors that people can rely on and also if a student went to a faculty member to talk about suicide, they might not have proper training.

Just to add I have a friend at school who is an RA who meets with students twice a week. Maybe just someone your age who you can talk to is something really good

Abington- Can we talk about ways to let people know that these resources are there? How do we achieve this? John if there resources aren't there we should pursue

Abington- I think just small things like posters would help and I think wording is important let's talk about mental health instead of mental illness. It's all about making people comfortable. On a flyer for it simply saying tell us how you're feeling is good

Hazelton- I know at Hazelton we have a blue screen that let's people know what's going and at Hazelton we had an fye class that talked one time. We just need to advertise.

Abington- a place to talk is a club started by a psychological student who was trained to work in the social sciences and their not allowed to give advice, they can only listen, but if they need to talk to a campus psychologist and it's simply relieving. Sometimes you just need to talk it out I think it's something easy and simple and effective

What are the confidentiality rules

They all sign an agreement and they can talk about what happens with a nurse without mentioning names and if they feel like the problems are serious they will report it to a psychologist and so at the beginning of every semester they have a pretzel and water ice to introduce everyone.

Leah I think we want to look at places to vent, people want to talk about their problems. We need to work on the wording as well and need to cover everything not just mental illness, but also everything

Worthington-Scranton I think mental health covers quite a bit and there is a stigma and maybe it's non-existent at some campuses, but at others it's present and by using mental health we encourage people to talked

Travis Hazelton I think we need to adjust the mental part, people still associate mental with bad so maybe we should use health and wellness it goes together well. And I think it would encourage people and be more welcome and comforting

I think people need to know they aren't defined by their mental illness and we should remove that word completely

York leo- I just feel like I don't want to use the word health and wellness just saying talk if you're not happy. Somehow we're not happy about something it's the beginning of mental stress. I think you need a professional to help with student, but maybe we need to talk we need to respond to our fellow students you need to work with them because pure listening seems weird.

Abington- Just another thing here are going to be people who don't acknowledge they have an issue and they don't have an issue and when big instances happen students don't go to a psychologist so where can we as students go if we're worried about our friends.

Abington- we have stress management and yoga.

The reality is we all are individuals and we may have people who suffer and don't want you do, but sometimes you are going to have to do the legwork for someone else.

What if we had some sort of online chat person where people could connect anonymously?

Leah- I'll briefly mention the mental health fee it's a conversation that's going on whether it's campus by campus I don't know, but I think it'll give you guys more when Andrea gets back. Would you be interested in having another mental health breakout?

Melissa Abington I can bring in the by-laws of a place to talk I can email it to Leah and she can send it to all of us

Leah- What are our goals?

### **Goals**

Fayette- I like the posters idea and the blue screen idea. I would like to talk about the outreaches

Leo York- Maybe as non-professional we need to pay more attention to the people around us I'm saying be sensitive. And as soon as they start to talk to you, you save a life, you need to be comfortable with talking with everyone on campus

If there is a possibility it would be good to have someone to tell us what is good for mental health in general

Leah- So I am trying to get a speaker from caps and they are from the health services at University Park. I will try to get a speaker who can talk about and have a discussion about what's going on on your campuses.