

MINUTES  
STATE UNIVERSITY SYSTEM OF FLORIDA  
BOARD OF GOVERNORS  
DRUGS, ALCOHOL AND MENTAL HEALTH TASK FORCE  
FLORIDA ATLANTIC UNIVERSITY  
BOCA RATON, FLORIDA  
November 7, 2018

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and its Committees are accessible at <http://www.flbog.edu>.*

1. Call to Order and Opening Remarks

Chair Fernando Valverde convened the meeting on November 7, 2018 at 3:57 p.m. with the following members present: Governors Valverde, Jordan, Tripp, White, and Zachariah; Florida Agricultural and Mechanical University Trustee Lawson; Florida Atlantic University Trustee Barbar; Florida Gulf Coast University Trustee Gable; Florida International University Trustee Lowell (by phone), Florida Polytechnic University Trustee Martin; Florida State University Trustee Burr; New College of Florida Trustee Schulaner; University of North Florida Trustee Hyde; and University of West Florida Trustee O'Sullivan. A quorum was established.

2. Minutes of Task Force Meeting

Chair Valverde asked for a motion to approve the minutes from the September 12, 2018 Task Force workshop. Governor Jordan moved to approve the minutes, Governor Tripp seconded the motion, and the motion carried unanimously.

3. Mental Health: Overview

Chair Valverde introduced Dr. Kirk Dougher, Assistant Vice President of Student Affairs and Director of Counseling and Psychological Services at Florida Atlantic University, and invited him to provide an overview on mental health, challenges facing counseling and psychological services for providers on campuses, and review changes over the past couple of years.

Using data from the Center on Collegiate Health's national sample and Florida State University Systems institutions, Dr. Dougher's presentation focused on general issues impacting mental health and whether or not students sought assistance. He discussed driving environmental factors, prior treatment trends, self-injury, and suicidal ideation. The increase in mental health issues, both nationally and in Florida, indicates that quick access and mental health assessments should be a priority.

Governor Tripp inquired as to whether there have been adjustments to the recommended ratios as these trends continue to rise and whether or not the ratio numbers are current. Dr. Dougher responded that the ratio utilized by the accrediting body, Association for University and College Counseling Center Directors (AUCCCD), is being reviewed to adjust the formula. Currently, the focus is to get many of the State University System's (SUS) institutions into the ratio ranges; however, the formulas do not take into account utilization rates within the counseling centers. Utilization rates of counseling centers in general have escalated to five times greater than in the past. Some staffing levels may be sufficient for some campuses but not others who have a higher percentage of students served. Dr. Dougher then addressed how the escalation in utilization is primarily in rapid access needs verses ongoing treatment. Common issues students present with when visiting counseling services include anxiety, depression, and suicide ideation.

Chair Valverde questioned as to whether this phenomenon of suicide ideation changes as the student progresses through school. Dr. Dougher stated that the data is unclear, but other research indicates that data is flat across the college career. Chair Valverde then asked about anxiety and whether it was more of freshman phenomenon or across all four years. Dr. Dougher explained that while there is a slight increase throughout students' college careers, the numbers are pretty flat as well. The issue is not having the coping skills to manage the anxiety from start to finish.

Dr. Dougher then reported on programs that are occurring in the SUS including freshman wellness and life skills courses, student mental health literacy training, and other online programs that students may use. Dr. Dougher reviewed short- and long-term care models. With long term care, some students are referred to other resources in the community and 11 of the institutions have care managers who manage these referrals.

Chair Valverde noted that this is a specific part of the population and inquired if there was a shortage of providers that specialize in the college student population. Dr. Dougher explained that some institutions may have more providers than others and one challenge for students seeing someone off campus is a struggle due to transportation.

Governor Huizenga asked about the "threat to self" data and if the difference noted in the presentation was due to the time of year. Dr. Dougher clarified that while there may be some catalytic events that will exacerbate students' self-harm thoughts, for the most part, there are struggles that will follow a pattern in the normal academic calendar including the start of the semester, midterms, and finals.

Governor White asked if someone was following up with the students that have been referred off-campus to make sure they are getting the services they need. Dr. Dougher

responded that the case managers are the ones following up with the students to help facilitate the transition, but making sure they receive services is difficult to track because not all students who are referred out to those services seek them out.

Governor Tripp inquired if there should be a reevaluation of the kinds of services provided and who provides these services. Rather than looking at ratios, Governor Tripp asked if it was time for a new concept to provide mental health care. Dr. Dougher agreed, especially given the escalation of crisis evaluation and the increased need for referral services. Dr. Corey King, Vice President for Student Affairs and Enrollment Management at Florida Atlantic University, added that in the Council of Student Affairs (CSA) meeting, all SUS institutions agreed to implement, beginning in the spring of 2019, the American College Health Association's National College Health Assessment. Dr. Dougher explained how this data can be useful to assess what's going on in the student population. All SUS institutions will do the assessment every two years so that comparisons can be made across institutions.

Governor Huizenga asked if attempts have been made to engage upper level students who are studying to be professionals in the field such as assisting over the phone or in dormitories. Dr. Dougher stated it can be a liability if students are doing risk assessments and dealing with suicide ideation; however, there are programs on campuses that use peer counselors. Additionally, most of the counseling centers have an after-hours call service.

Chair Valverde inquired about telepsychiatry and its impact on student-professional ratios. Dr. Dougher explained that the outsourced services discussed were online modules on self-care. The issue with telepsychiatry is that it relies on providers at a distance, and a person may be presenting with data that cannot be recognized through a monitor, making a full assessment difficult. Most programs require an initial face-to-face screening to assess if a person would benefit from that level of stepped-care. If distance increases too far and crosses the state line, then there are challenges with legal and licensing issues.

Chair Valverde encouraged the taskforce to consider telepsychiatry as a means of increasing access because not only is there a shortage of providers in Florida, but there's also a shortage of mental health professionals that specialize in the college student population. Dr. Dougher acknowledged that there is a shortage since the population is not the adolescent or child psychology but the young adult population. Even though there is a small subsample that specialize in the population, the counseling centers are referring students out to high quality care.

Chair Valverde thanked Dr. Dougher for the presentation and then invited Dr. Paul Atchley, Senior Associate Vice President and Dean from the University of South Florida (USF), to give specific progress on USF's Mental Health Enhancement Program.

Dr. Atchley gave a presentation on USF's MWell4Success program which has recently received the Active Mind's Healthy Campus Award. Dr. Atchley discussed the three tiers that are critical for mental health success and student success. These tiers are universal programs (e.g. mental health literacy problems), targeted population programs (e.g. honors students, pre-med students, veterans), and case management.

Chair Valverde thanked Dr. Atchley for his presentation and then recognized Dr. Joffery Gaymon, Vice President of Enrollment and Student Affairs at the University of West Florida (UWF), to give a presentation on their efforts to improve student mental health. Dr. Gaymon discussed the Let's Talk program where students who live on campus can stop by and see a counselor in the dorms to get more information about the services that are being offered. Dr. Gaymon also discussed current utilization rates and changes to counseling sessions to focus on target goals for each session. Lastly, UWF is starting to use Biofeedback programs to teach students techniques to manage stress and anxiety.

#### 4. Substance Use and Mental Health

Chair Valverde introduced Dr. Kathryn Kominars, Interim Director of Counseling and Psychological Services at Florida International University, to give a presentation on the connection between substance abuse and mental health.

Dr. Kominars discussed the nature of the relationship between substance abuse and mental health including co-occurrence, nature and severity during college years, and issues preventing diagnosis of a disorder because consequences of the disorder are not yet connected (e.g. being fired from a job, being arrested, getting divorced). Although many of these emerging adults transition to social use later on, for those that do not transition, there's often a co-occurrence of these disorders and mental health diagnosis. The greatest overlap between substance abuse disorders and mental health disorders is in the 18-25 group. Dr. Kominars also discussed variables that could lead to substance use disorders. However, she noted, with reduced stigma, students are utilizing services more than in the past.

Governor Tripp asked if the SUS institutions should commit three to six hours in the first year to teach students time management and coping skills, and asked if this would be a more cost efficient method to address these concerns. Dr. Corey King mentioned that all of the institutions have student life skills courses (SLS) or introductory freshman courses focused on time management, stress management, counseling skills, and financial literacy; however, these course are not always mandatory. Governor Patel asked as to whether there were statistics on the success of these SLS courses. Dr. King stated that he will provide information at the next Task Force meeting.

Dr. Kitson inquired about the impact of social media on college students' stress levels and asked if there were specific therapies to address this issue. Dr. Kominars mentioned that social media can lead to social comparison and contribute to social anxiety, but there are other factors like stress, debt burden, and concerns of personal safety that are contributing factors as well. Dr. Atchley added one change that is critical to mental health is sleep hygiene. Smart phones are creating patterns of behavior that are leading to reductions in sleep hygiene and that loss of sleep exacerbates issues with mental health.

Governor Tripp asked Dr. King if the SLS courses were elective or required. Dr. King stated that he will work with Council of Academic Vice Presidents (CAVP) to get the data and report back at the next meeting.

Governor Patel asked about the role campus activity plays. Governor White discussed some programs at institutions and how social media can be used as a tool to help end the stigma about mental health.

Chair Valverde added that society is in an era of addiction to stimulation. There's a connection between constant stimulation and anxiety. Chair Valverde thanked Dr. Kominars.

##### 5. Dashboard Project and Student Wellness Update

Chair Valverde recognized Dr. Corey King, Vice President for Student Affairs and Enrollment Management at Florida Atlantic University, to provide an update on the student wellness dashboard. Dr. King mentioned that the institutions have achieved four out of the 10 goals, including state-wide adoption of the American College Health Association's National College Health Assessment, implementation of Healthy Campus 2020, implementation of student support programs for non-drinking and non-drug using lifestyles, and implementing comprehensive needs assessment for all incoming freshman. Additionally, all SUS institutions have implemented amnesty policies on respective campuses. The Council on Student Affairs (CSA) is currently working a request for proposals (RFP) for a system-wide mental health literacy training software for faculty and staff, and looking into student health insurance.

Governor Huizenga stated the initiatives were fantastic but expressed concern that different institutions would implement programs at different levels of effectiveness and wanted to make sure students were getting served. Dr. King added that the mental health literacy software was a support tool to complement what was already occurring on campuses.

Chair Valverde thanked Dr. King and the CSA on their progress. Governor Tripp also applauded Dr. King for his efforts.

Dr. King reviewed the deliverables for the next meeting: information on SLS, , peer counseling programs, and online counseling services.

Chair Valverde clarified that at the last meeting he mentioned mental health insurance and not health insurance. Chair Valverde stated he will look into the mental health insurance issue.

#### 6. Florida State University Update

Chair Valverde recognized Florida State University's (FSU) President John Thrasher to provide an update following the shooting at a Tallahassee yoga studio. President Thrasher gave an overview of the incident and what FSU was doing to help students including providing counselors, victim advocates, and case managers for all students who attended the yoga studio. The counseling center has moved to a critical incident protocol to make sure affected students are seen first.

#### 7. Concluding Remarks and Adjournment

Chair Valverde thanked the taskforce and presenters and adjourned the meeting at 5:40 p.m.

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Dr. Fernando Valverde, Chair

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