

MINUTES
STATE UNIVERSITY SYSTEM OF FLORIDA
BOARD OF GOVERNORS
DRUGS, ALCOHOL AND MENTAL HEALTH TASK FORCE
FLORIDA GULF COAST UNIVERSITY
FT. MYERS, FLORIDA
August 28, 2019

*Video or audio archives of the meetings of the Board of Governors
and its Committees are accessible at <http://www.flbog.edu>.*

1. Call to Order and Opening Remarks

Chair Edward Morton convened the meeting on August 29, 2019, at 1:02 p.m. with the following members present: Governors Kitson, Johnson, Jordan, Scott, and Tripp; Florida Agricultural and Mechanical University Trustee Lawson, Florida Atlantic University Trustee Barbar, Florida International University Trustee Lowell (by phone), Florida State University Trustee Burr, New College of Florida Trustee Schulaner, University of Central Florida Trustee Garvy, University of North Florida Trustee Hyde, University of South Florida Trustee Watkins, and University of West Florida Trustee O'Sullivan (by phone). A quorum was established.

2. Minutes of March 27, 2019, Task Force Meeting

Chair Morton asked for a motion to approve the minutes from the March 27, 2019, Task Force meeting. Governor Schulaner moved to approve the minutes, Governor Scott seconded the motion, and the motion carried unanimously.

3. Drugs, Alcohol, and Mental Health Task Force Report

Chair Morton recognized Dr. Lynn Nelson, Director of Student Affairs, to provide the Drugs, Alcohol, and Mental Health Task Force Report.

Dr. Nelson reviewed the charge given to the Task Force by Board Chair Lautenbach in January 2018, which was to identify the most critical substance use and mental health issues facing students in the State University System and to develop recommendations for addressing those issues. Dr. Nelson noted that, since the inception of the Task Force, in-depth presentations were given by experts from within the System on substance use and mental health issues among our students and the resulting critical issues. She stated that three critical issues identified include negative impacts on academic performance secondary to substance use/misuse and mental health issues, the need for a comprehensive approach for prevention, diagnosis, and treatment; and the importance of coordinating care.

Dr. Nelson stated that the Task Force, in collaboration with the Council of Student Affairs, the Council of Academic Vice Presidents, counseling center directors, health and wellness directors, and health center directors, have identified solutions and have

an extraordinary number of solutions in varying stages of implementation and solutions at various levels. Dr. Nelson stated that the Task Force articulated maintaining a focus on student wellness, which supports the Board's overarching and long-standing focus on student success. Dr. Nelson described the framework for solutions, which includes three levels of support: campus-level, community-level, and policy and system-level support. She reviewed the solutions achieved to date at each level as well as summarized the solutions in progress at each level.

Dr. Nelson highlighted the next steps going forward for continuous improvement. One component is to assess the progress to ensure the solutions are implemented and that they are reducing student use and misuse of substances, minimizing to the extent possible the occurrence of mental health issues among students and mitigating the adverse effects these issues have on student success. The Council for Student Affairs will measure progress through annual assessments of the dashboard and evaluate the impact through key metrics from the American College Health Association's National College Health Assessment. Dr. Nelson stated that the second component is a biannual summit focused on student wellness. She said that institutions could share data and information from the dashboard, the National College Health Assessment, Kognito, and other sources as well as share success stories and lessons learned with the implementation of strategies. Dr. Nelson reported that the summit should include national experts and presentations on best practices identified outside the system and that the scope should include substance use and mental health; however, may be expanded to address new or emerging issues that threaten student wellness and success in the future. Dr. Nelson stated that Board staff are committed to working with the Council for Student Affairs to monitor progress and impact and to provide updates to the Board of Governors.

Chair Morton commented that his son has suffered severe mental illness and that it took him many years to graduate from our State University System. He said that his son is doing well, but it was a constant struggle. Chair Morton said that the data has shown that 3% of students reported that alcohol use interfered with academic performance, and 1-2% of students reported that drug use interfered with academic performance, while 17% of students reported depression and 25% of students reported anxiety interfered with performance. He commented that the Task Force has done yeoman work in presenting the problems and presenting solutions to many of the problems. He said that Kognito is a tremendous tool and the use of the tool is critical in recognizing and working with mental health at each institution. He said that it must start with every President. He asked if the presidents are committed collectively to making a difference and making this a priority. Chair Morton stated that one issue after another might be addressed however if we start doing a root cause analysis, we will find that at the base is anxiety, depression, and stress, and there are tools that can help in early recognition and coping. Chair Morton commented that it is his hope that all are committed collectively to making a difference for our students.

Chair Morton asked for a motion to approve the Drugs, Alcohol, and Mental Health Task Force Report. Governor Kitson moved to approve the final report, Governor Jordan seconded the motion, and the motion carried unanimously.

4. Concluding Remarks and Adjournment

Chair Morton described the breadth and the scope of the progress that the Task Force has made since its inception as remarkable and said there is more to be done. He said that timely access to counseling is critical in addressing mental health issues, and we have to change the ratio of counselors to students. He stated that counseling is a critical element. Chair Morton commented that the State University System is committed to promoting student wellness and success and continuing to address critical issues related to student use of alcohol and drugs and mental health.

Chair Morton thanked Board Chair Ned Lautenbach for his concern about the critical needs of our students and for establishing the Drugs, Alcohol, and Mental Health Task Force. Chair Morton thanked all of the Task Force members, the Council for Student Affairs, and the Council of Academic Vice Presidents for all of their work on the identification and implementation of the Task Force initiatives.

Chair Morton adjourned the meeting at 1:24 p.m.

Board Chair Lautenbach thanked Governor Morton and all of the Chairs and the Board of Governors for participating in the Drugs, Alcohol, and Mental Health Task Force.

Edward Morton, Chair

Lynn Hunt Nelson, Ed.D.
Director of Student Affairs