

MINUTES
STATE UNIVERSITY SYSTEM OF FLORIDA
BOARD OF GOVERNORS
DRUGS, ALCOHOL AND MENTAL HEALTH TASK FORCE
FLORIDA INTERNATIONAL UNIVERSITY
MIAMI, FLORIDA
March 27, 2019

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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 March 27, 2019, at 1:03 p.m. with the following members present: Governors Kitson, Tripp, White, and Zachariah (by phone); 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 State University Trustee Burr; New College of Florida Trustee Schulaner; University of Florida Trustee Heavener (by phone), University of Central Florida Trustee Garvy; University of South Florida Trustee Watkins; and University of West Florida Trustee O'Sullivan. A quorum was established.

2. Minutes of January 30, 2019, Task Force Meeting

Chair Valverde asked for a motion to approve the minutes from the January 30, 2019, Task Force meeting. Governor Tripp moved to approve the minutes, Governor White seconded the motion, and the motion carried unanimously.

3. Dashboard Project Update

Chair Valverde informed the Task Force that he attended a meeting at 11:30 a.m. with university stakeholders on the subject of drugs, alcohol, and mental health. Chair Valverde said that he was very encouraged by the engagement and energy the group showed, and he asked Dr. King to provide a synopsis of the meeting.

Dr. Corey King, Vice President for Student Affairs and Enrollment Management at Florida Atlantic University and the Chair of the Council for Student Affairs (CSA), reported that the Council for Student Affairs, student health center directors, and student counseling center directors held a joint meeting with Governor Valverde on drugs, alcohol, and mental health. The purpose of the meeting was to provide Governor Valverde with insight into the activities, programs, and services provided around alcohol, drugs, and mental health on our campuses. Dr. King asked for those

who were in attendance to stand and be recognized. Dr. King thanked Chair Valverde for his leadership.

Next, Dr. King provided an update on the progression of the Dashboard Project. In the first area of Student Wellness, Dr. King reported all institutions had agreed to system-wide adoption of the American College Health Association's National College Health Assessment with implementation in Spring 2020. Dr. King stated that questions from the assessment would be used as benchmarks to create metrics around this initiative. Dr. King said that all campuses also achieved the goal of implementing Healthy Campus 2020 in Fall 2018. In the area of Alcohol and Drugs, Dr. King reported that all institutions had achieved the goal to rebrand the collegiate student experience around healthy and responsible choices to support lifelong health and well-being with a Fall 2019 implementation. Institutions are currently working to address Goal 2 to align policies with practice to support the desired campus culture and would be effective Spring 2020. Dr. King noted that all institutions had met Goal 3 to implement best practices and early intervention, and all institutions currently have programs in place to address Goal 4, which is to support students with a non-drinking/non-drug using lifestyle. Dr. King stated that the majority of campuses had already established peer counseling programs with 2-3 institutions indicating a peer counseling program will be in place by Fall 2019. The provost group is working in collaboration with CSA to offer student life skills and wellness courses that would include a mental health and wellbeing component for freshmen. This initiative would have a Fall 2021 implementation date. Dr. King said the goal to create and/or reorient campus services focused on proactive and responsive mental health and well-being is currently in progress, with an implementation date of Fall 2019. All institutions implemented a comprehensive needs assessment for all incoming freshmen in Fall 2018. According to Dr. King, the Council for Student Affairs also voted unanimously to put together a hard-waiver insurance program proposal to present to the Task Force. The goal is to implement a hard-waiver insurance program with a mental health component as early as Fall 2020. Dr. King also reported the Council for Student Affairs is moving forward with the mental health literacy program Kognito and working with the provost group and the Florida Student Association for an implementation date of Fall 2019. Board staff is working with procurement offices, and a contractual review with Kognito is currently in progress.

Dr. King then described the recommended drugs, alcohol, and mental health metrics from the American College Health Association's National College Health Assessment and Kognito. The metrics will include data related to the use of alcohol, marijuana, and other drugs in the past three months, the most common mental health issues, treatment of mental health issues in the past 12 months, and the impact of use of alcohol, drugs, and mental health issues on academic performance in the past 12 months. Dr. King reported that data from Kognito related to mental health literacy could also be used to create additional metrics.

Chair Valverde asked Dr. King to summarize the accomplishments over the past 14 months. Dr. King commented that there is greater collaboration and consistency across all 12 institutions regarding drugs, alcohol, and mental health. Dr. King said that institution staff had learned the importance of the American College Health Association's National College Health, Kognito, and the care and case managers on campuses to coordinate care for students. Dr. King stated that there is interest in providing hard-waiver insurance to ensure students have insurance with a mental health component and to ensuring that institutions have community resources for students that may offer treatment beyond what institutions can provide for them. Dr. King mentioned that institutions have qualified, educated, and knowledgeable professionals who care about students working on campuses.

Chair Valverde thanked Dr. King and the members of his team for all the work that has been completed and the work that is ongoing.

4. Drugs, Alcohol, and Mental Health Issues: A Review

Chair Valverde invited Dr. Christy England, Vice Chancellor for Academic and Student Affairs, to provide a review of drugs, alcohol, and mental health issues.

Dr. England noted that in the last year, the Task Force was provided a lot of information about the critical issues facing students relative to drugs, alcohol, and mental health. She stated that the Task Force identified several solutions, worked with the Council of Student Affairs, among others to begin implementing solutions with support from campus leaders and staff at counseling centers, health centers, and wellness programs. Dr. England presented a review of student reported use of drugs and alcohol and mental health issues. She noted that students report that substance use and abuse and mental health issues have adversely affected academic performance. Dr. England described a framework and the solutions that have been implemented, solutions in progress, and potential additional solutions that may help fill in any gaps.

Dr. England said given that student success is our highest priority, it is imperative that our students be well. To fully serve our students, institutions have to provide efforts for prevention, addressing crises when they occur, and treatment of students for addiction or mental illness. Dr. England commented that while our institutions cannot be all things to all students, institutions are devoting substantive resources to these areas, and comprehensive approaches are being developed to support student wellness. Dr. England stated that coordination of service and care is a critical component to developing and supporting a healthy culture that will lead to increased student success.

Dr. England asserted that the Task Force should remain focused on the ultimate goal of student wellness for student success. To accomplish this, she discussed three levels of

support: campus-level, community, and policy and system-level support. Dr. England reviewed the accomplishments to date and summarized the solutions in progress. Dr. England described House Bill 595, which extends protection for a drug-related overdose to include protection for an overdose related to alcohol so long as the person seeking assistance meets specific criteria. She stated that this legislation encourages others to seek medical assistance for persons experiencing an overdose by providing those individuals with immunity from prosecution. Dr. England said institutions are working to align policies and practices across campus to support a healthy campus culture.

Dr. England commented that on the campus level, the Council for Student Affairs should continue to be encouraged to implement and support dashboard initiatives. At the community level, institutions are assessing the availability of resources as part of the student hard waiver health insurance plan and developing campus-specific recommendations for utilizing community resources. Dr. England also mentioned exploring the viability of telehealth options.

Chair Valverde noted that approximately 15% of students do not have insurance. He stated there might be gaps for students who don't have insurance and who have high pathology. He stated that we are working to identify gaps to help the most vulnerable students to find solutions. Governor Cerio commented that a greater number of students are also coming to the institutions with alcohol and drug addiction and mental health issues and that institutions must prepare for these students.

Dr. England suggested that system-level solutions include an annual review of the dashboard by Board staff and the Council of Student Affairs. Dr. England also recommended a review of the data be conducted related to the metrics over time to see if there is any reduction in reports on the use of substances and reports of mental health improvements being made to impact student performance. Dr. England suggested the System host a biannual summit focused on student wellness. She stated that this would be an opportunity to discuss current and common issues, share best practices, provide training opportunities, and learn from experts on research and practices for effectively helping students deal with issues.

Chair Valverde thanked Dr. England for her presentation.

5. Student Wellness Initiatives Updates

Chair Valverde then re-introduced Dr. King to give an update on student wellness initiatives.

Dr. King provided an overview of student wellness. He noted that the American College Health Assessment, Kognito, and the peer counseling initiative would be

moving to the dashboard. Dr. King reported that Healthy Campus 2020 would be evolving to Healthy Campus 2030 at the end of this year at which time implementation of this initiative would begin.

Dr. King stated that the ongoing student wellness initiatives include the Student Life Skills/Student Wellness courses, a review of care managers and case managers, and looking at a formalized process for referring students from health and counseling centers to community resources.

Chair Valverde thanked Dr. King for his report.

6. Concluding Remarks and Adjournment

Chair Valverde concluded by reading a letter that was sent to all university Presidents by Florida Education Commissioner Richard Corcoran. The Commissioner wrote about the anniversary of the shooting at Marjory Stoneman Douglas High School in Parkland. He wrote about the impact of the tragedy on the lives of our students. The Commissioner asked for support for students who survived the violence, to let the students know there is help and how to access the help, and requested administration to reach out to the parents of those students. Chair Valverde reiterated the importance of the work of this Task Force.

Chair Valverde thanked the Task Force and presenters and adjourned the meeting at 1:39 p.m.

Dr. Fernando Valverde, Chair

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