

RAMFAM Association Meeting Minutes
May 9, 2009 – 10:00-noon – Student Recreation Center-Longs Peak Room

Members Present: Lynda Zeringue, Greg & Glenna Brissey, Ed & Linda Carpenter, Laura Huff, Judy Sayre Grim, Jody Donovan, Kacee Collard

Members Present via Dial-In: None

Guests: Michael Daine, Chris Nicolas, Mike Ellis, Quinn Girrens

RAMFAM hosted three guest speakers this month: Dr. Michael Daine, Associate Executive Director of CSU Health Network, to speak about mental health and changes to CSU Health Network; Dr. Mike Ellis, Assistant Vice President of Student Affairs/Executive Director of the Lory student Center and Quinn Girrens, ASCSU Vice President, to speak about student fees.

CSU Health Network

- Michael Daine is the Associate Executive Director of CSU Health Network and a psychologist. He's been at CSU for 3 years.
- Mental health is a major issue on college campuses; students come to campus with existing issues and are developing issues on campus. He explained the top four presenting mental health issues on campus.
 1. **Relationship Issues** – negotiating first intimate relationships or peer relationships or working to establish an adult relationship with parent or family members
 2. **Stress** – students today report significantly higher stress than 10 years ago. Students report difficulty managing time, having increased financial stress, and stress related to academic performance
 3. **Anxiety** – ranges from “I’m nervous about a test” to generalized diagnosable anxiety – panic attacks, etc. CSU Health Network offers group therapy for anxiety issues.
 - When asked how many students participate in the groups, Dr. Daine indicated CSU Health Network offers between 20-45 sessions per semester, ranging from 5-12 group participants. They’ve found it is a more efficient use of student fees and a preferred method of intervention.
 - Dr. Daine also noted the groups are well advertised; students can drop in, research online, and can be referred from staff, faculty and friends. The most popular groups are anxiety and interpersonal relationship groups.
 4. **Depression** – Staff has seen a dramatic increase on campus – more students come to campus with diagnosed mood disorders and on medication. Dr. Daine said 30% of students who seek mental health services are on psychotropic drugs and 10-15% of each incoming class has been diagnosed with depression. He stressed this doesn’t necessarily mean the population is growing, it just means we’re identifying them more accurately.
- In addition to the top four issues, substance abuse, ADHD, eating disorders, and suicide all have a big affect on a college campus. Dr. Daine was also careful to distinguish between presenting issues and actual issues. The top four issues given are what students come in to talk about. It doesn’t mean that substance abuse isn’t an issue; it’s not generally what students initially seek treatment for.
- Regarding FERPA and what parents can and can’t do for their students, Dr. Daine indicated he and his staff would love to be able to intervene and bring people in to get help. Federal legislation says they cannot share information without students’ permission, so they have

creative ways to be a better support for parents and families. An example of this is the case managers on campus who can go and do wellness checks on students.

- After speaking to mental health issues on campus, Dr. Daine gave an update on CSU Health Network. Using a consultant, members of Hartshorn Health Services and University Counseling Center looked at different health models and decided to be more progressive. They opted to merge UCC and HHS to be CSU Health Network. A few points of interest:
 - Merging creates seamless services – whether a student has depression or strep throat, they will enter the same building. This reduces stigma on mental health side.
 - Once they enter through the main doors, they will see someone who is a member of a multi disciplinary health care team (with physical and mental health training) for triage
 - Case coordinators will see them through the process. There is generally more than one issue identified in triage – a rash and the student is not sleeping, for example – so triage works with case coordinators to ensure all issues are treated and services are not segmented.
 - Currently cross-training staffs to ensure physical health doctors are learning signs of mental health and vice-versa.
 - This merger will also break down barriers between campus service and community services – previously, just a referral; we don't know what's happened with them, how the transition back to campus services. Now it is a total integrated care model – building relationships with community partners, sharing staff, etc.
- When asked about extended hours, Dr. Daine indicated core medical service hours will likely expand, but instead of longer hours, there will be more locations; Hartshorn Health Services, Wellness Zone, community locations, residence halls, and the Veterinary hospital, as examples. Not all services will be offered at every location, but they will match the best service for each location. The changes will not all happen in the fall, but they are working on a strategic plan to implement in the next 3-5 years.
- Commenting on a question related to not having weekend hours, Dr. Daine indicated mental health professionals are on-call 24 hours per day year round, but physical health is not currently on call. They will have more ideas around how to provide services as they move through the strategic planning phase. Jody indicated the cost/benefit analysis to ask medical professionals to be on call doesn't make sense, so CSU Health Network has worked to educate students via of services in the community after hours.

Student Fee Services

- Quinn and Mike indicated the proposed net fee increase for fall 2009 (\$23 per student) is the lowest increase in 5 years. They also stressed the fees have not yet been approved by the Board of Governors, and will be presented to them during the June Board meeting.
 - Athletics gets the largest chunk of the increase – \$15 of total
 - CSU/CU football game – lost \$1M in revenue in the move from Invesco to CU. This increase doesn't cover the \$1M, so Athletics will have to use reserves
 - The move to CU is for 1 year; after that CSU and CU will negotiate location.
 - ASCSU also requested an increase for the CSU contract with Transfort bus service
 - The recently renegotiated contract with Transfort adds 2 new late night routes and allows students to use their student ID cards as a bus pass
 - Off Campus Student Services requested an increase to provide additional services for Veteran returning to campus

- Career Center asked for an increase to help them move from spending their reserves. They recently moved from the Oval to the student center and have had great success in attracting students for services
- Quinn also noted there are no student media fees included in this round of fees. Student Media transitioned into a 501C3 organization last year.
- Mike also spoke to the University Facility Fee in the document. Five years ago, CSU experienced budget cuts and then-President Penley came to students and asked them to create a facilities fund to help pay for new facilities on campus. This is one of the reasons construction is still occurring on campus.

After our guest speakers left, Jody gave an update on the Chancellor/Presidential search

- With regard to the Chancellor search, many parents and families indicated the process was not transparent. Jody agreed that this is the way it is typically done on a college campus – athletic coaches are also hired this way – but now it may not be as readily accepted
- The Chancellor finalist and the Board of Governors hosted a stakeholder meeting and many stakeholders indicated they wanted Tony Frank as President of CSU-Fort Collins.

Final Updates

- Next year we will not be using dial-in technology. We are working to have live videostreaming on the web!
- Business Directory Update – we met with Legal Counsel and they determined we can move forward. We will be working on the project over the summer, so if you are interested in recommending or talking to businesses let us know!
- Homecoming & Family Weekend subcommittee – Laura, Judy, Lynda and Glenna want to participate. Set meetings will be scheduled and we will try to do work via e-mail. Let us know if you are interested in participating!

RAMFAM Association Meetings for the 2009-2010 Academic Year

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| ● September 19, 2009 | ● January 23, 2010 |
| ● October 10, 2009 (Homecoming/Family Weekend) | ● February 13, 2010 |
| ● November 14, 2009 | ● April 10, 2010 |
| ● December 12, 2009 | ● May 8, 2010 |