



Student Services Council

October 24, 2017 - Meeting Minutes

Attendees: Lisa Wilkinson, Jon Jacobs, John Killian, Matt Johnson, Brittany Lovely, Jodi Dahlke, Dani Trimble, Katie Sully, Steve Boyer, Cherene Crowson, Shannon Vantrease, Heather Wooldridge, Jason Arrowsmith, Sue Orchard, Esther Sexton, Ale Sanchez, Joe Madden, Stacey Sowders, Karla Rivers, Rosemary Perkins, Jill Yates, Crystal Heitz, Kristy Gutierrez, Jenny Smith, Rosie Leno

Guests: Hahli Clark, Heidi Hamer, Brian Delmar, Jennie Mynhier, Heidi Carmody, Alyssa Mayclin

Guest Presentation: *Creating a Safe & Healthy Campus* (MHN)

Suicide on College Campuses:

- Many hindrances to treatment
 - Stigma
 - Limited resources
 - Lack of financial resources (mental health coverage)
 - Lack of student knowledge about mental health
 - Developing rapport w/student is important - be aware of the words you use and be okay with no response
 - Pay attention to how you are communicating - use current technology

Common College Student Concerns - students often have challenges with basic needs: housing, food, relationships:

- Mental Health Issues
 - Mood Disorders (depression, bi-polar, seasonal affective disorder)
 - Substance Abuse
 - Focus and escape are the goals
 - Anxiety disorders
 - Eating disorders (bulimia, anorexia)
- College/life transitions
 - Living adjustments
 - Isolation from family/community
 - Increased academic expectation/workload
 - Grades
 - Increased difficulty
 - GPA focus

- Course of study decision
- Different teaching approach on college level
- Greater personal responsibility for learning
- Identity formation
 - race/culture/ethnicity
 - Shifting family dynamics
 - Shifting social/political/philosophical values
 - Emerging career decisions/professional
- Financial pressure
 - Learning to budget
 - Making independent financial decisions
 - Credit management
 - Cost of social groups and activities
 - Tuition and living costs

Your Role:

- Faculty: academic and behavioral/affective reactions/changes

Staff:

- Behavioral and affective reactions/changes

Student Relations:

- Behavioral and affective changes
- Safety Risk(s)

Signs & Symptoms:

- Intense anger
- Impulsiveness
- Verbal outbursts/profanity/hostile-aggressive behavior
- Conflicts, excessive arguing with others
- Harassment or bullying of others
- Broad or unpredictable mood swings
- Extreme changes from normal behavior
- Excessive use of excuses/blaming others
- Physical aggression towards others
- Lack of emotional control
- Drug or alcohol abuse
- Preoccupation with violent or morbid themes or fantasies

How to Refer a Student for Help:

- For urgent problems, immediately contact the appropriate offices on student's behalf

FERPA Overview

Campus Resources Reviewed

- Counseling services
- Security services
- DSS

Self Care: pay attention to your body & how you are taking care of yourself

- Eat healthy
- Exercise
- Sleep

Roundtable Updates:

- *Financial Aid:* All students who have been registered have been awarded. FA can look up students curious if FA has received their FAFSA but cannot tell them if they are flagged for verification yet; Reminder: students starting winter quarter have them stop by FA to check-in on their aid package to make sure their file is complete
- *WorkForce:* Chili cook-off in the student center; Harvest Fest will be accepting donations for the new food pantry; there will be bins set up soon; there will also be a competition for naming the food pantry; email Steve or Katie with more suggestions; marketing programs and offering light refreshments at various buildings around campus; City of Longview will be presenting at the Career Center as the Employer Spotlight for the month; International students are trying to find a work study position (paid by the International program) that is 5 hours, connect with Marie; there are several work study positions open on campus - please send students to career connections to apply
- *Counseling:* BFET and ASLCC are planning a hunger banquet - more details to come; DV Action Awareness was a success and there will be more monthly events; Esther also assists with test anxiety
- *WorkFirst:* NA
- *DSS:* NA
- *Security:* please do not hesitate to contact security for help with students
- *Registration:*
- *Outreach/Enrollment:* A lot of outreach events going on this month
- *Advising:* Priority registration dates: November 9th is for Veterans
- *VPSS:* Guided Pathways - still moving that direction. We are applying for College Spark WA grant that is due 10/30; Eddie Smith has taken a new position and we will be filling his position and searching for a 100% designated retention specialist; Welcome Stacey Sowders, new Outreach and Enrollment Specialist; LCC is building a food pantry for students which will be on the second floor of the Student Center; for our Holiday party we will also be accepting donations for the food pantry
- *Transitional Studies:* NA
- *Continuing Education:* Send students to Heidi Hamer who want to get a CDL; Mental Health First Aid will be coming soon - you can retake the class online as well
- *Tech Prep:* Advisory Committee Kick-off is October 25th and volunteers are needed to take minutes; Business Education Roundtable is also coming up
- *Finance:* Hosting water this week

Meeting Adjourned. The next scheduled Student Council Meeting will be November 28th, 9-11am in the Heritage Room.