



**Behavioral Health and Campus
Wellness Committee Meeting
Minutes**

**Date of Meeting: February 13, 2014
1:30am – 3:00 pm**

CO-CHAIR: Brian Stockert

MEMBERS PRESENT: Jayne Conway, Sean Figg, Lisa Filice, Shayla Fox, Jack Kahn, Carol Lowther, Apolinar E. Mariscal,
Lori Meyers, Sherry Titus, Tom Ventimiglia

MEMBERS ABSENT: Christopher Dillard

GUEST: Jamie Moss

Welcome & Introductions:

Brian Stockert welcomed everyone to the first Behavioral Health and Campus Wellness Committee. Members introduced themselves.

Review of Behavioral Health and Campus Wellness Committee Role & Products:

Brian Stockert distributed a handout and reviewed the role and products of the Committee which include:

- Promoting a safe and healthy learning environment for all Palomar College students and employees
- Promote and Provide Educational Awareness
- Develop and recommend prevention strategies
- Encourage communication and collaboration among departments
- Recommend policies, procedures and training opportunities
- Facilitate periodic needs assessments

Committee membership was also reviewed.

HELP professionals, 1 psychologist and 1 LCSW, are available on campus to provide mental health counseling for students: Mondays and Fridays from 9am – 2pm, located in the Counseling Department.

Discussion was held regarding the Role of the Behavioral Health and Campus Wellness Committee.

Nominations & Election of Co-Chair

Nominations were held for a Committee Co-Chair.

Jayne Conway nominated Jack Kahn.

Sherry Titus nominated Lori Meyers

Lori Meyers nominated Tom Ventimiglia.

Discussion was held.

Sherry Titus moved to elect Lori Meyers.

Lisa Filice 2nd the motion.

All were in favor of the nomination.

0 Abstained

0 Nays

Lori Meyers was elected as the Committee Co-Chair with Brian Stockert.

Helping Faculty Identify High Risk Behaviors in Students:

A discussion ensued regarding overt behaviors displayed by students in classroom settings. Examples included students feeling anxious, sad, and feeling panic.

A suggestion was made to provide training for Departments at the various campus locations.

A PD Workshop on Supporting Students with Behavioral Challenges will be offered on Friday, Feb. 21 from 11am-2pm in MD-322.

Future Mental Health Counseling Needs:

Brian Stockert reviewed some of the future mental health counseling needs which included:

- HELP Counselors Program
- Moving into the direction of offering on campus Mental Health “short-term stabilization” counseling. Adjunct Faculty would be hired to provide this service potentially in the fall 2014 semester. A job description would need to be defined which would include counseling minimum qualifications and professional licensure for the state of California. A suggestion was made regarding the possibility of hiring doctoral students to provide this service.
- Committee to look at “Best Practices” already being used at other Colleges.

Lori Meyers shared the Active Minds activities for the spring semester, a national organization and club on campus. Campus Activities include:

Eating Disorders Awareness Week, Feb. 25 – Feb. 27, 2014

Pie Your Professor Day/Stress Reduction, March 13, 2014

Puppy Play Day/Love on a Leash/Stress Less, April 23, 2014

Brian Stockert reviewed the themes of today’s meeting:

- Future Counseling & Counseling Needs
- Adjunct Hiring
- Information and training on handling distressed students
- Activities that facilitate behavioral health and wellness activities on campus
- Possibility of developing a comprehensive behavioral health and wellness plan for the District

Discussion was held regarding the omission of (2) non-instructional faculty to serve on the Behavioral Health and Campus Wellness Committee. The committee felt it was important to bring this issue to SSPC for review.

Jayne Conway moved to bring the issue of the omission of (2) non-instructional faculty to SSPC

Sherry Titus 2nd the motion.

All were in favor

0 Abstained

0 Nays

The meeting adjourned at 3:00 p.m.