

- I. Opening Prayer
- II. Roll Call
 - A. Roll Call Question: What's the best romantic comedy?
- III. Approval of Minutes - [10 November 2021](#)
- IV. Executive Announcements
 - A. Update from the Department of Campus Technology & Innovation
 1. Kevin Wang: I came here to talk about a resolution passed last year. The Director of Campus Tech and Innovation last year passed a resolution that the Office of Campus Technology institute mobile IDs. I came here today with updates. Talks of this happening are going on. I met with multiple members of university staff, the campus card office, campus dining, campus events staff, on the effect this would have on their operations. The University Enterprises and Events team is making a plan to deliver by the end of the fall semester. Once that recommendation is in, university leadership can give us money to go through with this. Then we can get an estimation of how much it would cost to implement. I want to open it to any questions you may have?
 2. Paul Stoller: Are you saying it will be on phones and physical, or will it replace the physical card?
 3. Kevin Wang: We're thinking about an either/or situation. If a student has it on their phone, they would most likely not have a physical copy.
 4. Benjamin Erhardt: Do you have any date ideas of when it would be rolled out?

5. Kevin Wang: I don't have a date, we're in the very early stages of this discussion.

V. General Orders

A. Discussion on University Counseling Center and Mental Health Resources, Dr. Christine Conway, *Director, UCC*

1. Dr. Christine Conway: I have a couple slides to get us started then I would like to open it up to hear your thoughts. A lot of students come in for our drop-in counseling and the recommendation will be individual counseling, we don't always have the capacity to accommodate that. We haven't had the capacity to provide individual counseling to everybody. We're working to hire more part-time people to fill that need. Our numbers have increased every year. We are looking at staffing and if we have enough staffing for the volume of people coming in. I'm just starting my third year as director of the counseling center, and there has been a real turnover of staff. This is the first time in my position we've had a full staff, but it's still not enough. We're working on the diversity of our staff, because students want to meet with counselors who look like them. We're encouraging students to use drop-in as help when they need it. Not everyone needs individual therapy. We've also been working to make psychiatric services more accessible. Psychiatrists are really booked. We've been working with health services to make it more combined, and in January all psychiatrist services will move to UCC. We're trying to increase our group offerings. Group offerings are a way to help you confront and work on certain issues in the

context of being with other people. We're also trying to have more skill building sessions. If we put everyone all together, we can have more individual therapy for others. We're trying to figure out how to be more transparent and get the message out. Not every issue is a counseling center issue. We all need to be good supporters of each other. We want to make everybody responsible for mental health. For counseling centers, we hire in the spring and they start in the fall. We are looking to next year and hoping to hire more. Timely care is also a way students can get individual counseling while they wait for us.

2. Paul Stoller: How many employees are there part and full time?
3. Dr. Christine Conway: We have 13 staff working in the counseling center. We have 3 sports psychiatrists. We have 3 PhD student interns finishing their training here, so they see students. We have ten part-time people. We'll always have part-time people. We just hired two nurse practitioners who can also prescribe. We have 4 secretaries.
4. Mary Devoe: What does it look like when someone goes to drop-in and they need individual therapy?
5. Dr. Christine Conway: We tell people upfront we have a wait for individual counseling. We help them develop a plan. The ideal was when we could walk people to schedule their appointments. Right now, we've implemented a triage system, where we give people a number based on risk. Eating disorders and suicidality get higher ratings, while people more focused on personal growth are offered another drop-in meeting. If

someone is really at risk, we follow up with them and don't keep them on the waiting list. It's not ideal. Every medical system is overwhelmed right now.

6. Benjamin Erhardt: What are some of the general pain points that you're hearing that we as students can help each other get through?
7. Dr. Christine Conway: I think the anxiety people are experiencing is more severe than ever. I think also the lack of connection people feel with each other. Nationally, there was an uptick in anxiety and academic concerns because of COVID-19 and Zoom. Our stress level is raised because of the pandemic. There are also family issues, because I think people are more concerned about their family at home. There are also eating issues, because it's hard for people with eating issues to feel comfortable in the dining hall.
8. Benjamin Erhardt: Have you expressed the academic concerns to the Academy and Provost's office?
9. Dr. Christine Conway: We are giving feedback. Student voices in that area make the professors and provost more aware of that issue and how to approach it.
10. Gabrielle Spontak: Are there resources for funding off-campus resources?
11. Dr. Christine Conway: Students have used The Shirt fund and the Office of Student Enrichment. We also try to be aware of that and not suggest they go off-campus if that will be an issue. When students are really struggling, we want to keep them here because it's easier for them in

house. I think students better served off-campus are interested in personal growth and want to talk to someone every week. That's less defined.

12. Dr. Christine Conway: Are there any suggestions people have?
13. Daniel Lau: My suggestion is to go toward more inclusive therapy. I think it would be simpler to send students who want specific therapy around race or identity to websites for inclusive therapists. I think it's really necessary. Another suggestion would be having groups specifically targeted toward minority groups. There are disparities between who is using the counseling services and this is one way to help solve that disparity. So many of our issues are rooted in shared traumas.
14. Dr. Christine Conway: We hired 13 part time people to start in January, and half of them were of color. Teletherapy meant they didn't have to be in state. That's something we absolutely can consider. We have a group for international students and one of our therapists is going to start a group for students of color next semester. We have a Dream ND support group for students with immigration concerns. We hear you and we're trying to address those needs. I think teletherapy helps make the staff more diverse.
15. Allan Njomo: From my understanding we have increased demand and limited capacity. What are the barriers to increase capacity? How can we use timely care?
16. Dr. Christine Conway: It's hard to say at Notre Dame that there's a financial barrier. I think Fr. Gerry is aware of the need, I was given financial resources to find the part-time people we can. Space is definitely

an issue. If we hire more people we're gonna need more space. We're in the middle of doing a client survey, and one of the things we're asking about is timely care. It's a resource for people as we try to catch up. The feedback we've gotten from students is that they want to see someone in person. A lot of people used it during the break last year, but then came back to us once we were back on campus again. Last year we started a student advisory council. That group is graduate and undergraduate students that meet once a month. That's another resource to think about if you can partner with them. There is a feedback form that anybody can fill out on our website. We're trying to update our website but it's a slow process.

B. [SO 2122-12: An Order To Amend The Constitution Of The Undergraduate Student Body To Revise Hall Presidents Council](#)

1. Benjamin Erhardt: Motion to table the order
2. Motion tabled

VI. New Business

A. [SS 2122-07: A Resolution To Recognize The Need For Priests In All Residence Halls](#)

VII. Announcements

- A. Lizzie Martin: The PE Silent Night Auction is this Friday 7-9 pm in the Lafun ballroom. Admission is free. All proceeds go to Hannah's House.
- B. Alix Basden: I encourage everyone who got an invitation to go to the Student Voice Summit.

- C. Benjamin Erhardt: The Spring Election Showcase is tonight at 8 p.m.
- D. Kate McLaughlin: It's SUB spirit week. Acousticafe is tomorrow and the Echoes are performing.

VIII. Adjournment