Guests: We had Angela Cross, Christa Louthan, Kristen Rowan, Marcia Sun, Liz Tarbutton, Nikkie Dunnigan, Todd Misener, Kim Beard, and Alicia McClendon among our guests.

Call to Order: Melanie Bayles called the meeting to order at 1:15 pm.

Special Guest Speaker: Todd Misener introduced Nikkie Dunnigan who presented information for students and staff about mental health and the resources available at OSU. Please review the attachment of her PowerPoint presentation for a lot of excellent information – see attachment A.

Roll Call: Of our 27 members we had 16 members present, 4 members attending via Zoom, and 7 members were absent.

Approval of the Minutes: Amber Coker made a motion to approve the November minutes, Michelle Chitwood seconded. November minutes were approved without adjustments.

Approval of the Agenda: Kimberly Meints made a motion to approve the Agenda, Amber Coker and Gary Lawson simultaneously seconded the motion. Agenda was approved without adjustment.

Officer Reports:

Treasurer Report: Tammy Ratcliff
- No report. – see attachment B.

Secretary: Michelle Stewart
- The group donated $205 for the Afghan refugee help and Walmart gift cards were given to Cara who passed them on to Catholic Services.

Vice-Chair: Kristi Wheeler
- There are not currently many Star award nominees so we will be skipping December and resuming in January
- Kudos to the Awards & Recognition Committee for their amazing work on the Distinguished Service Ceremony

Chair: Melanie Bayles
- Echoing the kudos for the Awards & Recognition Committee’s job on the Distinguished Service Ceremony on Monday.
- University level staff awards have not had enough nominations to assign all awards being offered. Please make sure to get word out to help nominate staff.
- The current COVID situation is pretty fluid so please make sure to read your emails for the most up-to-date information.
- Thank you all for your service.
- Please send her any feedback you hear so that she can extend the information to university level.

Reports of Standing Committees:

Rules, Policy and Procedures Committee: Chris Pivinski
- No report.
Communications Committee: Gary Lawson
- Please bear with Gary as he works on updating the website with current events and awards and getting switched to the new website.
- Thank you to Lacey Quadrelli for the Facebook work she’s doing.
- Some members still have not had their portrait taken so please contact Gary to get that set up.

Awards and Recognition Committee: Sherri Buntin
- There was a great turnout for the Distinguished Service Ceremony and she received a lot of great feedback.
- David Cox was the winner of the first prize of $3,000 for his 38 years of service to the Department of Animal and Food Sciences.
- Kim Southworth took second prize of $1,500 and is in charge of all of the first aid events around campus for Environmental Health and Safety.
- Jack Hennaha took third prize of $1,000 and is part of University Health Services.
- Please send Sherri any feedback you have regarding the event. The committee will be reviewing what worked and what could have worked better.

Events Committee: Michelle Chitwood
- She is ready to get with Gary and take pictures of the trophy presentations for Vet Med and IT for their Harvest II donations.

Diversity, Equity & Inclusion Committee: Cara Eubanks
- They would like to rotate attending the meetings of the other committees to present ideas for improving the inclusion and will get contacting the chairs of those committees to start the process.

Branch Campus Reports:
OSU-Tulsa: Alicia McClendon presented in Candace Jackson’s absence.
- They held their sweater contest and it was a lot of fun.
- They are enjoying their There and Back Again visits with SAC over the lunch break where to walk to a local vendor and connect.
- Next week they will start planning their events for 2022.

OSU-CHS: Sherrita Sweet
- No report.

OSU-OKC: Kristin Rowan
- They are four months into their new president, Dr. Scott Newman. He has been meeting with the staff to get to know everyone and let them get to know him better.
- They are having their holiday party next week via Zoom again this year.

OSUIT-Okmulgee: Na-komas Blackford
- No Report

Reports of University Committees:
Faculty Council: Melanie Bayles
- They are not meeting until next week so she will present the information at the January meeting.

Human Resources: Christa Louthan
- There has been an injunction on the Federal contractor’s mandatory vaccine so the university will be pivoting to encouraging employees to use the vaccination portal to update their information so that in case the mandate returns we are not left scrambling to play catch up.
- Benefits enrollment had 97% of the employees completed but there are still individuals who have not taken care of their selections. It is NOT too late. Contact Benefits at X5449 to enroll as soon as possible.

GPSCA: Marcia Sun
- No report.
Department of Wellness: Kim Beard

- Be quick when you see emails from the Wellness department because some programs have limited availability and they fill up fast.
- The Colvin and Seretean will have holiday hours:

**Colvin Recreation Center**

Finals Week (12/6 – 10)

- Monday-Friday, 5:30a-9p
- Saturday 12-11 (Graduation) 10a-2p
- Sunday 12-12, 10a-4p

Week After Finals (12/13 – 17)

- Monday-Friday, 5:30a-7p
- Saturday 12-18, 10a-4p
- Sunday 12-19, 10a-4p

Week Of Christmas (12/20 – 23)

- Monday-Thursday, 9a-7p
- Friday, 12-24 through Sunday, 12-26 Closed

Week After Christmas (12/27 – 31)

- Monday-Friday, 10a-2p
- Saturday, 1-1 and Sunday 1-2 Closed

1st Week Of January (1/3 – 7)

- Monday-Friday, 5:30a-7p
- Saturday 1-8, 10a-4pm
- Sunday 1-9 (regular hours) 10a-9p

**Seretean Wellness Center**

Finals Week (12/6 – 10)

- Regular hours 5:30a-7p

Closed (Workout Area): 12/13 – 1/2

Open: 1/3 – Regular hours

- They will be sending out a questionnaire about a mental health survey and request SAC members to give them feedback.

**Unfinished Business:**

**New Business:**

**Announcements:**

Next Meeting – **January 12, 2022** at 1:15 PM, in person at 412 Student Union Council Room and available via Zoom.

**Adjournment:** Motion was made to adjourn meeting by Sherri Buntin. Second was made by Chris Pivinski. Meeting was adjourned at 2:30 PM.
Staff Advisory Council
Mental Health Update

Todd Misener, PhD
Chief Wellness Officer

Nikkie Dunnigan, MS LPC RPT
Mental Health Promotion Manager

Attachment A
Mental Health Promotion at OSU

OSU created the position of Manager of Mental Health Promotion and Education within the Department of Wellness to better promote mental health education, reduce stigma related to mental health and mental health services, create new mental health efforts and activities, etc.

The Manager of Mental Health Promotion and Education provides mental health education and prevention initiatives to the OSU community of students, faculty, and staff in the areas of resilience building, holistic wellness, and suicide prevention.

• develops and executes campus-wide mental health wellness programs
• works closely with campus professionals crafting meaningful and effective education strategies
• creates mental health education and training events throughout the academic year
• develops and delivers resilience building programming
• organizes and/or delivers suicide prevention and Mental Health First Aid training
OSU Mental Health Initiatives
OSU Cares

OSU created the website okla.st/osucares as a central web location for student and employee mental health information.

Find help

Oklahoma State University is a community that cares, and there are resources and programs to help you thrive during the spring semester.

Student resources

College can be stressful, but you’re not alone. If you ever feel overwhelmed, exhausted or extremely lonely, please know OSU is here to help.

Employee resources

Mental wellness is very important - now more than ever. OSU offers a variety of mental health resources and trainings for employees. Use these resources to find help for yourself, a friend, or a family member.
Counseling Options for Students at OSU

OSU continues to offer high quality, affordable therapy services for students via University Counseling Services and additional training clinics on campus. Through these clinics OSU is able to offer individual counseling, group therapy, couples counseling, family therapy, and psychological testing. Clinics also include teletherapy options.

UCS also created a telemedicine suite within the clinic at University Counseling Services for their partnership with Grand Lake Mental Health Center (GLMHC). This suite allows students to interact remotely from campus with psychiatrists at GLMHC.

OSU makes 5 free teletherapy sessions from MDLive available for any students placed on a waitlist for services at UCS so that students do not have to wait to start services when the waitlist is active.

OSU University Health Services continues to provide medication services for mental health needs and partner with Grand Lake Mental Health, our community mental health partner, to provide psychiatric services.

There are 4 additional mental health clinics on campus that treat students, employees, and the general community.
OSU has also added case management staff through the office of Student Support and Conduct to assist students in navigating and accessing support resources such as areas of support such as food security, etc.

In difficult situations such as medical, mental health, behavioral, personal or family crisis, illness or injury, a student may find it difficult to navigate the resources and services available. Case management can provide support to these students in order to assist them in removing barriers to success and in increasing their holistic well-being. We do not solve a student’s problems for them, but help to identify issues and appropriate resources and works collaboratively with the student to develop an action plan.

Student case management is not counseling or therapy; rather, case managers have the opportunity to develop close helping relationships with students while coaching students toward appropriate self-care and self-advocacy.

Student Support and Conduct
328 Student Union 405-744-5470
Counseling Options for Employees at OSU

University Health Services provides FREE and CONFIDENTIAL initial assessments, short-term counseling, and referral services for employees and their household members via the ComPsych Guidance Resource Employee Assistance Program (EAP).

Call University Health Services to schedule an appointment with Dr. Tamara Richardson at (405) 744-CARE.

Services are located in the Employee Health Clinic at University Health Services at 1202 West Farm Road, across the street from Drummond Hall. The Employee Health lobby is near the northwest entrance of the building.

What if I need assistance outside office hours?
Call (855) 850-2397 or (800) 697-0353 (TDD). This toll-free number gives you direct, 24/7 access to Guidance Consultants who will answer your questions and, if needed, refer you to a counselor or other resources.
Counseling Options at OSU (Continued)

Counseling and Counseling Psychology Clinic
   Public Information Building
   405-744-6980
   Individual, couples, and group therapy
   Psychological testing
   Intake and first 4 sessions are free
   $10 per each ongoing session.
   education.okstate.edu/outreach/
counseling-psychology-clinic

Psychological Services Center
   118 Psychology Building
   405-744-5975
   Individual, family, couples, group therapy
   Psychological testing
   Intake $10
   Minimum therapy fee $5 (income based)
   Psychological Assessment fees vary
   psychology.okstate.edu/resources/psychology-services

Center for Family Services
   101 Nancy Rudolph Davis West
   405-744-5058
   Individual, family, and couples therapy
   First 4 sessions are free
   $10 per each ongoing session
   education.okstate.edu/outreach/center-family-services/services

Al Carlozzi Center for Counseling
   Main Hall 2403 OSU-Tulsa
   918-594-8568
   Individual, family, couples, and group therapy
   First 5 sessions are free
   $5 per each ongoing session
   tulsa.okstate.edu/accc
OSU Mental Health Crisis Response

University Counseling Services provides an On Call counselor who can respond to mental health crisis during work hours, Monday - Friday 8:00 am – 5:00 pm.

UCS 320 Student Union 405-744-5458

CallSam (Student Assistance by Mercy) is a free, 24-hour call center staffed with licensed counselors who can immediately assist student callers.

1-855-225-2726

OSU Police Department provides mental health crisis support including linking a person in crisis to a crisis counselor at Grand Lake Mental Health via teletherapy tablet and can transport individuals to mental health crisis center when needed.

OSU Police Department 224 N Orchard Street 405-744-6523 or 911 for emergencies

*OSU Behavioral Consultation Team investigates and evaluates threats and other concerning behavior, implements strategies for managing individuals that may pose a threat of harm.

Student Support and Conduct 328 Student Union 405-744-5470

*1 is 2 Many Sexual Assault Advocates provide sexual violence prevention education and response resources.

Student Support and Conduct 328 Student Union 405-564-2129

*OSU Care Report can be used to report a non-emergency concern about an individual on campus. SCC staff evaluate and respond as needed.

*https://ssc.okstate.edu/report

Attachment A
Virtual Mental Health Resources

Virtual mental health outreach projects focus on mental health topics where listeners can access material at their convenience.

**TAO Therapy Assistance Online**, an online self-help program to help learn how to manage anxiety, depression, stress, etc. TAO is free to anyone who has an okstate email address.  
[https://www.taoconnect.org/](https://www.taoconnect.org/)

**Mental Health Moments**, 2-3 minute mental health psychoeducation videos released each Friday morning on Instagram.  
[https://www.instagram.com/osuwell/channel](https://www.instagram.com/osuwell/channel)

**Talk About it Tuesday**, bi-weekly educational videos on health topics of interest to college students. Students earn a prize by watching and completing a short quiz.  
[https://wellness.okstate.edu/student-wellness/tat](https://wellness.okstate.edu/student-wellness/tat)
OSU also continues to expand Pete’s Pet Posse and now has central office, the OSU Center for Pet Therapy, in 224 Student Union.

Pet Posse therapy dogs are available at various locations on campus throughout the week and upon request.

Check their social media page for current locations or request a visit at hr.okstate.edu/pet-therapy.
Multicultural Mental Health Promotion

The Office of Multicultural Affairs provides education, support and advocacy focused on diversity, inclusion, equity, social justice, the LGBTQ Safe Zone Allyship Program, faculty and staff diversity organizations, etc.

240 Student Union 405-744-5481
https://diversity.okstate.edu/faculty-staff-resources.html

All-gender restrooms, to be used by anyone, are designated to provide a secure and comfortable space for those who are transgender or do not fit the gender binary, those with disabilities whose attendant is of another gender identity, and parents with children of the opposite sex. Location on the OSU-Stillwater campus can be found at https://diversity.okstate.edu/departments/multicultural-affairs/restrooms

The Trans Trunk functions as a free clothing closet, similar to a food bank, but aimed at the lack of necessary clothing for transgender students. Projects such as The Trans Trunk bridge the gap between transgender individuals and the gender affirmation that proper clothing can provide. Contact Irsissa Baxter 240 Student Union 405-744-5368

Chosen Name and Pronouns are supported at Oklahoma State University. OSU affirms members of the Cowboy family that are transgender and gender non-conforming through accurate usage of chosen first names and gender pronouns on campus. For more information on name and/or pronoun changes, go to https://diversity.okstate.edu/departments/multicultural-affairs/lgbtq-student-info/namespronouns

Bias Incident Reports can be submitted by anyone who has experienced or witnessed a bias incident. Oklahoma State University respects and values the diversity of individual beliefs and opinions and urges anyone who has experienced or witnessed a bias incident to report it. Do not use this form to report events presenting an immediate threat to life or property. You can submit this report anonymously but understand that this could limit the university’s ability to respond to the reported concerns. https://ssc.okstate.edu/report

Attachment A
Mental Health Training

OSU provides access to online training in suicide prevention using QPR and Incognito; online Mental Health First Aid training; video training and guide for how to support those in crisis; and in-person training per request.

**QPR Suicide Prevention Training Question. Persuade. Refer.**

**Kognito Online Suicide Prevention**

**Mental Health First Aid**

Go to [wellness.okstate.edu](http://wellness.okstate.edu) to learn more!
Employee Wellness Workshops

Wellness Workshops are provided free of charge by the Department of Wellness and are perfect for staff meetings and in-service training sessions. A variety of topics are available, including:

- **DESKERCISE**: Learn how to incorporate beneficial activities without leaving your desk.
- **DINING OUT SURVIVAL GUIDE**: Busy lives force us all to grab something quick from time to time. Learn how to make smart food choices while eating out.
- **FITNESS MYTHS**: Debunking common misconceptions on fitness.
- **FITTING IN FITNESS**: Practical strategies on incorporating more physical activity into your busy life.
- **LIVE THE ACTIVE LIFE**: Learn the basic physical activity guidelines for health and fitness.
- **MINDFUL EATING**: Learn how to eat the foods you love through the art of mindful eating.
- **MOVING TO MODERATION**: Discover the right portion sizes for you, and how all foods can fit into your life in moderation.
- **NUTRITION ON A BUDGET**: Money-saving tips to help you eat healthy without breaking the bank.
- **NUTRITION ON THE GO**: How to maintain a healthy and well-balanced diet in the midst of a busy lifestyle.
- **PRACTICING MINDFULNESS**: Learn the basics for starting a mindfulness and meditation practice.
- **SERVING UP HEALTHY MEETINGS**: Help promote a culture of wellness by providing healthy food options at your next meeting.
- **SOCIAL WELLNESS**: How building relationships and connecting with others can help improve your overall health.
- **WELCOME TO WELLNESS**: Did you know that many wellness programs and services are offered to OSU employees at no cost? Discover the variety of options available to you and your co-workers.

Presentations can be tailored to meet the needs of your staff. Most can be delivered in as few as 15 minutes or as long as one hour. Customizable presentations, workshops, and events are available by request.

https://wellness.okstate.edu/employee-wellness/workshoprequest.html
OSU also encourages students, faculty and staff to better understand and better support one another socially and emotionally with general health and mental health educational programs upon request.
Spring 2022 Employee Mental Health Promotion Events

OSU Care Kit
Sending an OSU Care Kit is a great way of showing you care for an OSU Cowboy!

Circle of Security Parenting
Tuesdays 5:30-6:30PM January 11 – March 1 (8 weeks)
Join us as we utilize the internationally renowned Circle of Security Parenting program to strengthen our parenting skills through connection.

Employee Vision Board Workshop
Thursday, January 27, 5:30-7:30PM
Join us as we take some time to think through our personal visions, learn about visualization tools and create our personalized vision boards.

Employee Painting Party
Tuesday, March 29, 5:30-7:30PM
Join us for a fun evening of painting, socializing and relaxing.

Wellness Wednesday Presentation
Resilient Payne County: Self-Healing
Wednesday, May 18, 12:10-12:50PM
Resilient Payne County is a non-profit organization whose vision is to Self-Heal by developing strong networks that promote greater collaboration across sectors.
Taking Care of Your Mental Health

• Request an educational program for your group, organization, office or department.

• Learn more about responding to mental health first aid and suicide prevention by taking a free online training.

• Take care of your system’s basic needs

  Protect your physical health
  ✓ Eat healthy foods
  ✓ Exercise
  ✓ Sleep 8-10 hours

  Practice good mental health habits
  ✓ Set limits and adjust expectations
  ✓ Take a media break
  ✓ Use healthy coping skills
  ✓ Play
  ✓ Seek learning and mental challenge

  Connect
  ✓ Find ways to get connected to others
  ✓ Spend time with people you feel comfortable with and accepted by
  ✓ Build a support system

Attachment A
Department of Wellness
wellness.okstate.edu
### SAC MAINTENANCE ACCOUNT

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<td>Balance Forward</td>
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<td><strong>TOTAL REVENUES (Beg. July 2021)</strong></td>
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<td>SU Catering - DSA refreshments</td>
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**Total Credits**

**Total Expenses**

**ACCOUNT TOTAL**

### OSU Staff Scholarship Fund

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**AVAILABLE ACCOUNT TOTAL**

### SAC SCHOLARSHIP/PROFESSIONAL DEVELOPMENT

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<tbody>
<tr>
<td>SAC Meeting refreshments 12/08/21</td>
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**Total Credits**

**Total Expenses**

**ACCOUNT TOTAL**

$10,175.96