Staff Advisory Council Minutes  
February 13, 2019 @ 1:15 pm  
Student Union RM 412 - Council Room.

Guests: Liz Tarbutton (HR), Angela Cross (Administration partner), Kenneth Sewell (Vice President for Research), Chris Barlow (University Health Services) Karen Castle (President’s Office – OSU Tulsa), Annette Morey (OSU Tulsa Marketing & Communications)

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

Roll Call: We had 24 members present.

Approval of Minutes: Aaron Moore made a motion to approve minutes, Elaine Johns was second. January 2019 minutes were approved.

Approval of the Agenda: Kimberly Meints made a motion to approve the Agenda, Michele Stewart was second. Agenda was approved

Guest Speaker: OSU Vice President for Research- Kenneth Sewell: Research week is February 18-22, 2019. During research week, we take the time to celebrate research and focus on accomplishments of faculty and students that are taking research a step further. During the week you can see a variety of events throughout campus including the Microbiome Initiative, Water Initiative Symposium, various lectures and guest speakers. You can download the OSU Research app from the Apple Store or Good Play store and get a complete schedule of the week’s events. You can learn more about research that is conducted on OSU campus through Star videos on O-State TV or join Dr. Sewell for Research on Tap at The Iron Monk the first Monday of each month.

Director of University Health Services – Chris Barlow: Mr. Barlow is currently serving as the Interim Director of Counselling. In that role, he oversees various services available to students on campus. See attached flyer listing all available opportunities. Attachment A  Mr. Barlow also encouraged staff to begin using the Employee Clinic that has just recently opened. He has invited everyone to join them for their grand opening celebration of the new Employee Health Clinic at UHS on Thursday March 14th from 11am-1pm. They will have a short ceremony at 11:30am as part of the program. This renovation took place to better organize employee health services within UHS, provide lower cost and complimentary services to employees, and to expand campus service offerings to employees and dependents. It also has created an attractive and patient friendly space to seek care. The core features/programs in our new wing are:

- **Employee Health Clinic:** Work comp treatment, occupational health visits, and expanded acute care services for OSU employees and their dependents (ages 6+)
- **Employee Assistance Psychologist:** Complimentary sessions for employees in need as part of the campus EAP program
- **Employee Nutritional Counseling:** Free nutritional consultations are available as part of the Blue Cross/Blue Shield wellness initiative

A reduced copay and reduced office visit charges for medical care, complimentary nutrition and EAP visits, and the convenience of being right on campus show a level of dedication to improving the health and well-being of our faculty and staff on campus.
Officer Reports:

Treasurer Report: Mary Mach
- See Attachment B

Secretary: Ashleigh Hall
- No Report

Vice-Chair: Tashia Cheves
- No Report

Chair: Melanie Bayles
- Desk plaques are finished. If you did not get yours see Melanie.

Reports of Standing Committees:

Rules, Policy and Procedures Committee: Michelle Stewart
- They are preparing for elections coming up, please look for correspondence if you are up for re-election.
- We have also been asked to investigate the policy for staff enrollment for classes and researching the idea of staff getting a discount at Lake Carl Blackwell.
- We have also been asked to look into the policies regarding the use of the Spin motorized scooters. The committee is planning a meeting to begin gathering the needed information.

Communications Committee: Gary Lawson
- E-mail about the SAC Scholarship has gone out.
- If you have anything to include in the SAC Newsletter, please get that information to Kaylie by February 19.
- They are preparing flyers for Staff Celebration Day.

Awards and Recognition Committee: Elaine Johns
- Reminder for SAC Scholarships is going out.
- They are considering extending deadline to apply for scholarship due to lack of participation.

Fund Raising Committee: Michelle Chitwood
- They are currently looking for vendors for tables and/or donations at the Staff Celebration Day

Events Committee: Shelby Sanders
- They are in the process of choosing a food vendor. Choices have been narrowed down and tastings have been done.
- They are looking for donations of water bottles.

Branch Campus Reports:

OSU-Tulsa: Annette Morey/ Karen Castle –
- Provost Fry is on the Tulsa campus full-time and is in charge of the day to day duties of the campus.
- Over the winter break, 15 classrooms were updated with state of the art technology. Fifteen more will be updated before May and the rest will be done over the next 3 years.
- Our Student Services is undergoing a renovation. The new area will include a Career Closet and a Food Pantry for students.
- We are continuing the process of separating the OSU-CHS/Tulsa Staff Advisory Council into two groups. We are working on the bylaws now. Thank you to CHS and Stillwater SAC for all of their help.

OSU-CHS: David Juergens - No Report

OSU-OKC: Keri Smith- No Report
OSUIT-Okmulgee: Briana Johnson – No Report

Reports of University Committees:

Faculty Council Report: Tashia Cheves-
Main take away for Staff – Food Insecurity study done on campus revealed the reality of this issue among OSU Students
  - Raising awareness of resources available to students is of extreme importance
  - Being aware of this reality and being willing to help students get plugged into resources
  - Our Daily Bread Partnership – Brought up question of SAC taking a tour of ODB and looking for ways we can get plugged in to help
  - Faculty and Staff Chapter of the Alumni Association will be holding a Food Drive for ODB in April; SAC is encouraged to partner with this chapter’s efforts

GPSGA: No report

Department of Wellness: Attachment C

Unfinished Business:
  None

New Business:

Announcements:

Cowboys for Cause work day- April 20, 2019

Staff Development Day registration is open- event will be held March 5, 2019

Campus wide Arts & Craft Fair hosted by the Black Faculty & Staff on the Student Union Plaza – April 3, 2019.


Adjournment: Motion was made by Elaine Johns and 2nd by Jenny Cundiff. Meeting was adjourned.
YOU HAVE OPTIONS

**TAO Self-Help / thepath.taoconnect.org**
Therapy Assistance Online is available to anyone at OSU with a working @okstate email address.

**Call SAM / 855-225-2SAM (2726)**
Call SAM (Student Assistance by Mercy) has licensed counselors available 24 hours a day, seven days a week to respond to crises, and provide referrals and consultations.

**MD Live**
Students on the wait list are eligible for five free sessions with a licensed counselor via video or phone.

**Walk-in Clinic / 320 Student Union**
The Walk-in Clinic is open Monday-Thursday, 10 a.m. to 3 p.m. It's free to students and involves meeting with a counselor for a brief session to answer questions and/or complete an intake.

**Reboot Center / 320W Student Union**
The Reboot Center is a quiet, inviting space to help calm your mind and body. Pete's Pet Posse therapy dogs visit Tuesdays and Thursdays from 12 to 1 p.m.

**MENTAL HEALTH SERIES**
Each semester, UCS counselors hold weekly educational sessions about different mental health concerns you may be struggling with. Upcoming mental health series information can be found at okla.st/mentalhealthseries.

[Contact Information]

uccs.okstate.edu
405-744-5458
CAMPUS RESOURCES

Student Counseling Center / 405-744-5458
320 Student Union, Monday-Friday, 8 a.m.-5 p.m.
First four sessions are free, then it's $10 per session. Once you complete 12 sessions, it's $20 for each additional session.

Alcohol & Substance Abuse Center / 405-744-5458
320 Student Union, Monday-Friday, 8 a.m.-5 p.m.
First four sessions are free, then it's $10 per session. Once you complete 12 sessions, it's $20 for each additional session.

Counseling & Counseling Psychology Clinic / 405-744-6980
111 Public Information Office (PIO)
Individual counseling: weekly sessions with no overall session limit. For students, the first four sessions are free, then it's $10 per session.

Center for Family Services / 405-744-5058
101 Human Sciences West, Wednesdays & Thursdays, 5 p.m. to 9 p.m.
First four sessions are free, then it's $5 per session.

Psychological Services / 405-744-5975
118 N. Murray Hall, Monday-Friday, 8 a.m.-5 p.m.
The initial intake is $10, then counseling session fees are based on income. ($10 minimum)

University Health Services / 405-744-7665
1202 W. Farm Road, Monday-Friday, 8 a.m.-5 p.m.
Medical and psychiatric care.
Fees vary. Health insurance is accepted.

Additional Contacts
OSU Police / 405-744-6523
OSU Sexual Assault Advocates / 405-564-2129
Wings of Hope Crisis Line / 405-824-3020
National Suicide Prevention Lifeline / 800-273-8255
Oklahoma Mental Health & Substance Abuse Crisis Line / 800-566-1343
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The Department of Wellness

EMPLOYEE PROGRAMS

AHC Innovator Training / March 8, 1 - 4:30 p.m.
Innovators contribute to OSU - America's Healthiest Campus® - by communicating, engaging, and collaborating within their departments. Encouraging healthy lifestyles while at work - where we spend most of our time - benefits OSU’s employees, students, and communities.
Registration deadline: March 5
Learn more at https://okla.st/AHCInnovators2019

Wellness Wednesday / Feb. 20, 12 - 12:50 p.m.
Gadgets and Gizmos - Each year we grow older, we find that many tasks can be accomplished in an easier, better, or more efficient way if we just had the right tool. We learn that technology, whether low-tech, high-tech, or anywhere in-between-tech can help us in our daily lives.
Registration/cancellation deadline: February 15, 2019 at 12 p.m.
To register call 405-744-WELL (9355) or email wellness@okstate.edu

Hearing Screenings / Feb. 22, 11 a.m. - 1 p.m.
The Department of Wellness and the Department of Communication Sciences and Disorders have partnered to provide FREE hearing screenings to all OSU-STW benefits-eligible employees. A certified and licensed audiologist will be on site to supervise screenings and results will be available instantly.
To schedule your appointment, please email kimberly.beard@okstate.edu

TED Talk Tuesday / March 5, 12:15 - 12:45 p.m.
Stop Trying so Hard. Achieve More by Doing Less - Bethany Butzer. Author, Speaker, Researcher and Lecturer at the University of New York in Prague, explains the concept of “downstream effort” and how to live life and achieve goals effectively and efficiently without overexertion.
Registration/cancellation deadline: March 1, 2019
To register call 405-744-WELL (9355) or email wellness@okstate.edu.

Certified Healthy Department
As healthy employees, we are happier, more engaged, resilient, confident, and successful. We are better prepared, both physically and mentally, to achieve our personal and professional goals. By becoming a Certified Healthy Department you are providing a healthy environment for faculty, staff, students, and visitors, thereby supporting the culture for an overall healthier OSU.
Applications open Jan. 22. To learn more visit https://okla.st/CHD19