



## President's Advisory Committee on Mental Health and Well-Being

1/10/2025, 9am – Noon, Via ZOOM

### 1. Welcome and Quick Introductions

- Name, role, university, and icebreaker

### 2. Future direction brainstorming

- a. Facilitators used discussion prompts and whiteboards to collect ideas from their breakout groups. Groups were broken up by the following topics:
  - i. Mental health skills training opportunities for students (e.g., DBT, Mindfulness, Positive Psych., etc.)
  - ii. Mental Health and diverse student populations
  - iii. Basic Needs and mental health
  - iv. Faculty/staff mental health and skills for helping students
  - v. Student-led efforts to support mental health and well-being (student orgs.; peer support, etc.)

### 3. Large group share out

- a. Each group facilitator walked the committee through the group's whiteboard notes/brainstorming. These are summarized in a separate document.

### 4. Universities of Wisconsin Updates

- a. [Counseling Impact Annual Report](#)
  - Riley provided an overview and key takeaways of the 2023-24 report.
- b. Culturally Responsive Approaches to Mental Health Conference (John)
  - Materials available at <https://www.wisconsin.edu/student-behavioral-health/sbh-initiative/culturally-responsive-training/>
  - 250 in-person attendees; 100 virtual attendees for the keynote speaker
  - Feedback was overwhelmingly positive; people want to continue the series, gave some good suggestions, and volunteered for helping with planning.
- c. Recognize, Respond, Refer suicide prevention training
  - Anna Kopitzke was hired for one year as a shared projects coordinator, funded by ARPA funds and reporting to the Prevention unit of University Health Services at UW-Madison.
  - Anna and Val Donovan provided an update on their work to adapt the *Recognize, Respond, Refer* suicide prevention training from UW-Madison for use by all UW universities. The faculty/staff version of the training is currently being implemented on campuses, and there will soon be undergraduate and graduate versions ready for campus use as well.
- d. State budget status (John)



- As shared at the meeting in October, we have operated on an annual allocation of approximately \$150K to support ongoing initiatives within our three-tiered public health model. This will be requested again for FY'26.
- The biennial budget request for \$11M to support both on-campus and telehealth mental health services is at the Governor's office, and is anticipated to move to legislative consideration after the Governor's budget address in February.
- There have been conversations with senior leadership about a back-up option of funding a continuation of telehealth services through a portion of future tuition increases.
- The next few months will determine a lot and we may (hopefully) know more by our May meeting.

#### **5. Next Steps and Action Items**

- a. Recap of priorities discussed and actions to be taken before the next meeting
- b. Spring in-person meeting date/structure
  - i. Thursday, May 22 in Madison – details TBD
  - ii. Invite President Rothman and Executive Sponsors