

**Committee Name** Mental Health and Wellness Committee

Date: Thursday, 09/20/12 Time: 12:30 – 2 pm

Facilitators/ Location/ or Chair: MHW - Rosalyn Chan, Co-chair; Counseling Orientation Room/BIT-Penny Johnson

Attendees: Rosalyn Chan, Bianka Guardino, Penny Johnson, Dan Sanidad, Kenneth Tanaka, Kevin Borges, Ed Greene,

Priscilla Jones, Alicia Martinez, Katy Fitzgerald, Dr. Jorge Wong (AACI), Yukiko Hatanaka (AACI)

Mary Ashley made a brief appearance, but could not stay for meeting

**Guests:** 

Topic	Topic Lead	Time	Outcomes
Introductions	Rosalyn	5 min.	Dr. Jorge Wong and Yukiko Hatanaka from AACI; Police Chief Ken Tanaka were welcomed. Another AACI licensed MH counselor will be present, if Dr. Wong is unavailable.
BIT – purpose, membership	Penny	10	BIT is advisory group to VP, Student Services – re: students of concern. MHW members will serve as BIT members.
MHW 5/3/12 meeting notes	Rosalyn	3	Accepted.
MHW – co-chair	Rosalyn	5	Bianka accepted role as co-chair. Priscilla was thanked for her service the past 6+ yrs.
MHW – purpose, membership, Meeting dates/times	Bianka	15	Unlike shared governance committees, MHW membership can be by virtue of position. New members can still be accepted. Agreed on future dates of MHW meetings: 10/18, 11/1 and 11/15. No December meeting due to short month.
Staff Development	Penny	10	This year's goal to produce 2 staff development opportunities: online and inperson. Will ask Greg Shaw to videotape inperson presentations for posting online for employees. Employee needs skills to make appropriate referrals for students in need.
Kognito's At Risk Training	Rosalyn	10	MH grant-supported online training available until 12/2014. Web-based program posted in MC Staff Development and MC Health Services website. Penny will ask Tim Karas to promote. MHW Committee participation also needed to promote to others.
Student Development	Bianka	5	MHW members encouraged to provide educational sessions for students, eg. Stress management, anger management, self-defense. Kognito is has a "Student Leader" module intended for student government and club leaders that can be promoted.
New Business -			
Mental Health webpage	Rosalyn	10	MC Student Health website now has a "Mental Health Resources" webpage contains or and off-campus resources. Suggestion - use "Behavioral" in addition to "Mental Health" since this is the current term used in the wide community.
Student grievances	Dan	10	Currently, there is no form. Dan will either create a form and/or seek other colleges' samples as a template. Priscilla was asked to provide input on criteria for form.  Suggestion made that form should be in Student Handbook and posted in key areas.
Mental Health/Wellness Day in Spring 2013	Rosalyn	5	Alicia will be on family leave in Spring 2013.
Guest presentations	Co-chair	2	MHW encouraged to recommend guest presentations to enrich/update us.

Meeting Summary or Take Away:				
1.	Bianka will assume co-chair role; AACI licensed counselor will be present at meetings; Chief Ken Tanaka will attend when he can.			
2.	Meeting agenda will be structured in similar fashion each time: BIT>>>Staff Development>>Student Development>>New Business>>MHW Day			
3.	MC Staff Development Committee's support is needed to promote MHW's efforts in providing training to employees.			
4.	Kognito's At Risk training – motivation to take advantage of training should be from intrinsic reasons rather than extrinsic rewards like gift cards.			
5.	Should there be changes in Federal/State law on how suicidal students are to be reported; MHW members want updated information.			
6.	Employees need on-going refresher training on how to recognize, communicate with, and refer "students of concern." It's a perpetual need.			