



MEETING OF THE BOARD OF GOVERNORS
Committee on Strategic Initiatives

July 22, 2020 at 9:30 a.m.
Via Videoconference and UNC-TV Live Stream
University of North Carolina System Office
Center for School Leadership Development, Board Room
Chapel Hill, North Carolina

AGENDA

- A-1. Approval of the Minutes of May 19, 2020.....Carolyn Coward
- A-2. Student Mental Health Services: Utilization, Costs, and Sustainability Andrew Kelly
Dr. Ben Locke
Penn State University
J.J. Brown
Appalachian State University
Paul Forte
Appalachian State University
- A-3. Adjourn



MEETING OF THE BOARD OF GOVERNORS
Committee on Strategic Initiatives

DRAFT MINUTES

May 19, 2020

University of North Carolina System Office

Via Videoconference and UNC-TV Live Stream

This meeting of the Committee on Strategic Initiatives was presided over by Chair Carolyn Coward. The following committee members, constituting a quorum, were also present by phone: J. Alexander Mitchell, Isaiah Green, Dwight D. Stone, and Wendy Floyd Murphy. The following committee members were absent: Michael Williford and Kellie Hunt Blue.

Chancellors participating were Chancellor Sheri Everts and Interim Chancellor Ron Mitchelson.

Staff members present included Dr. Andrew Kelly and others from the UNC System Office.

Other guests included Dr. Daniel Eisenberg from University of Michigan and Dr. Kimberly Gorman from Western Carolina University.

1. Call to Order and Approval of OPEN Session Minutes (Item A-1)

The chair called the meeting to order at 10:15 a.m. and called for a motion to approve the open session minutes of April 16, 2020.

MOTION: Resolved, that the Committee on Strategic Initiatives approve the open session minutes of April 16, as distributed.

Motion: Dwight D. Stone

Motion carried

Roll Call Vote	
Coward	Yes
Blue	Did not attend
Green	<i>Non-voting</i>
Mitchell	Yes
Murphy	Yes
Stone	Yes
Williford	Did not attend

2. Information Session on Student Mental Health (Item A-2)

The committee was joined by Dr. Daniel Eisenberg, who is the principal investigator of the University of Michigan's Healthy Minds study, and Dr. Kimberly Gorman, who leads counseling and psychological services at Western Carolina University.

The presentations revealed why student mental health is important and how we are currently delivering and funding student mental health services within the UNC System. Dr. Eisenberg summarized the latest trends from the survey, showing that student reports of depression, anxiety, and service usage have increased. He highlighted risk factors that appear to be correlated with mental health issues, protective factors correlated with mental health, and best practices campuses should utilize. Dr. Eisenberg concluded by providing some recommendations for us to consider, including an effort to collect information on existing "best practices" and use the System's platform to implement and evaluate new strategies.

Dr. Gorman described how Western Carolina has converted from in-person delivery of mental health services to telehealth in response to COVID-19. She emphasized the comprehensive training her staff had to complete to effectively deliver telehealth to students, the significant effort the university undertook to ensure new models comply with existing regulations, and early evidence of the impact these services have had on students.

After the presentation, the committee had a brief but robust discussion about the opportunities for the Board to help improve outcomes for students.

There being no further business, the meeting adjourned at 11:14 a.m.

W. Marty Kotis, III, Secretary

AGENDA ITEM

- A-2. Student Mental Health Services: Utilization, Costs, and Sustainability Andrew Kelly
Dr. Ben Locke
Penn State University
J.J. Brown
Appalachian State University
Paul Forte
Appalachian State University

Situation: The committee will hear presentations from Ben Locke, senior director of Counseling & Psychological Services at Pennsylvania State University and the executive director of the Center for Collegiate Mental Health; J.J. Brown, vice chancellor of Student Affairs, Appalachian State University; and Paul Forte, vice chancellor for Business Affairs, Appalachian State University, on the current state of mental health service utilization, capacity, and revenue sources nationally as well as the implications for student success and sustainability.

Background: Student mental health challenges have grown considerably over the past decade and have only worsened with the global pandemic. In a recent survey of public college leaders, student mental health was identified as the second biggest challenge facing their institutions, surpassed only by declines in government funding. Counseling and psychological services, referred to here as student mental health services, are tasked with supporting student mental health needs. Student mental health services typically serve an average of 10 percent of the campus population, with a maximum of up to a quarter. Financial support for this work frequently comes through a mandatory Student Health Services Fee or a Health and Wellness Services Fee. As demand for mental health services has grown, these fees sometimes fail to cover the full cost of service, leaving universities to find other sources to cover the cost (i.e., auxiliaries).

The incidence of students seeking help for mental health conditions has increased across the UNC System, putting strain on student health budgets and prompting calls for fee increases. The simultaneous increase in demand for student mental health services and the strain on revenues available to pay for these services presents an opportunity to examine the sustainability of the current model and consider potential alternatives. As a result, the Committee on Strategic Initiatives is engaged in a systematic examination of the status quo in student mental health service provision, including the typical organizational structure and revenue sources of these services, as well as opportunities for alternative revenue and delivery models.

Assessment: In this session, the committee will hear presentations on the current state of mental health service utilization, capacity, and revenue sources and opportunities to improve the sustainability of current approaches.

Action: This item is for discussion only.