



Student Health Advisory Committee

Tuesday, November 1, 2022

DUC Room 223 or [Zoom](#)

4:00pm-5:00pm

- I. Call to Order
 - a. 4:00
 - b. Senator Witt, Senator Johnson, SIR Gulbranson
- II. Indigenous Land Recognition Statement
- III. Approval of Minutes
 - a. First by SIR Gulbranson, Second by Senator Witt
- IV. Approval of Agenda
 - a. First by SIR Gulbranson, Second by Senator Witt
- V. One High and One Low from this week
- VI. Discussion Points
 - a. EpiPen Event Update
 - i. Director Fritz- We will be having our next EpiPen event on the 15th of November.
I am still working on recruiting folks and coordinating everything with Angel, but I want to keep it on all your radars.
 - ii. Senator Witt- How long does the meeting run?
 - iii. Director Fritz- Plan for about 1 hour to an hour and a half.
 - b. Mental Health Week Planning
 - i. Director Fritz- It is that time of year to start planning for Mental Health Awareness week. Today I am hoping to brainstorm ideas with you all and see

what we want to do. I was thinking we could have an instrument event like has been talked about previously with using the NFAC to put on a drumming and fun instrument event. I am also hoping to have a yoga event, but there has been varying success in the path so I will look into how best to put on an event such as that.

- ii. SIR Gulbranson- Maybe collaborate with Allen for Yoga. Also, an idea event I had would be to have a coffee type event where we give out free slips for coffee in exchange for coming to a table or station that you give out resources at.
- iii. SIR Gulbranson- Possibly an event outside as well, maybe something around Schmeckle depending on weather.
- iv. Dr. Luce- In the past there have been food tours that use recipes from around the world and we could look into having the dietician on staff assist with that.
- v. SIR Gulbranson- Food can be difficult to coordinate due to the multiple hops you may have to jump through with getting permission.
- vi. Senator Witt- Maybe a painting or a crafting event where participants can take something home or we can hang something up on campus.
- vii. Dr. Luce- There has been a Bob Ross event before and that was well received so something similar might be fun.
- viii. Dr. Sambs- My mother-in-law instructs yoga, if needed I can reach out to her to teach a class. Also, if we wanted to do something fun snow yoga could be a fun thing.
- ix. Dr. Luce- I noticed you included Stacy Gerkin on this meeting material email, are you in contact with her for this process?

- x. Director Fritz- I am hoping to start have more of a working relationship with Stacey and the counseling center, which is why I included her. I will also be reaching out to her for some ideas she may have as well.
- xi. SIR Gulbronson- A group of people that may be helpful in this planning process may be NAMI. They would be worth reaching out to.
- xii. Director Hohn- We will be having a Teal Gala in April that will be for sexual violence awareness so that will be happening too.
- xiii. Director Fritz- Another event that may be fun would be a plant event where we give away plants or make terrariums or something. Those always go over well.
- xiv. SIR Gulbronson- Some other ideas would be inviting therapy dogs onto campus and maybe showing a mental health related movie with an informal panel after.

VII. Old Business

VIII. New Business

IX. Announcements

- a. Director Hohn- I already mentioned the Teal Gala, but I will be back soon to give you guys some more updates.
- b. SIR Gulbronson- Something to put on your radar, Allie and Kyle have been talking the possibility of mental health days on campus, which will be a chill day for students. That could be something to consider for mental health week and moving forward.
- c. Dr. Sambs- Get out and Vote this next week!

X. Adjournment

- a. 4:31 pm