



## **Student Health Advisory Committee**

Wednesday, March 29th, 2023

DUC 235 or [Zoom](#)

3:00pm-4:00pm

- I. Call to Order-
  - a. 3:03 pm
  - b. Present: Senator Witt, Senator Johnson, SIR Foote
- II. Indigenous Land Recognition Statement
- III. Approval of Minutes
  - a. First by Senator Witt, Second by Senator Johnson
- IV. Approval of Agenda
- V. One high and one low from this week
- VI. Discussion Points
  - a. EpiPen Training
    - i. Director Fritz- This will be held on the 3<sup>rd</sup> of May, from 5-6:30. I met with Dr. Markman last week to get the notes on the Script that I wrote for this event. I have started to invite those that we would like to see there and will meet with a representative from the CNR sometime soon to plan a possible upcoming training.
    - ii. Dr. Luce- Who will be coming?
    - iii. Director Fritz- I will be sending the invite to diversity orgs, CNR folks, and anyone else we can think of.

iv. Dr. Luce- If you send it to me, I will encourage my staff to attend as well.

b. Mental Health Awareness Week

i. Additional Events?

1. Director Fritz- I will turn this over to Senator Witt because she has more information on this front.
2. Senator Witt- We are working on a Mental Health Training that will put on during the Friday of Mental Health Awareness week run by two of our students.
3. Senator Johnson- How far are you on content for this event?
4. Senator Witt- Not too far, but I will be working on getting posters and everything out soon.
5. Director Fritz- If we have extra cookies from tabling, you can use those to draw student in! Dr. Luce, did you have an update on the possible luncheon with Bre?
6. Dr. Luce- I do not have an update. This would be between Director Fritz and Bre, but it may be a bit too close to the week for us to put it together now. If this is something that we want to do in the future, I would be in support of that.
7. Director Fritz- We will be in contact to try to set something up for this.
8. Senator Johnson- How are the keychains coming that were in partnership with the Dean of Students office.
9. Director Fritz- That has been put a bit on the back burner for MHAW, but I will continue working on them to have for welcome week and orientation days for the fall.

- ii. Director Fritz- I wanted to go over what we have planned so far for a quick update: Monday 4/10- 10 am the NAC will be holding a smudging event on the DUC patio-4-5:30pm Gains with Gibson where SGA will be filming a short promotional video at the Allen center. This event is open to students and faculty and will include folks from administration. I will have to leave tabling early, we have a volunteer that Dr. Luce found for us from 4-5, is someone available who can be there as well to help them out and drop off tabling items at my desk after?
- iii. Senator Johnson- I can come during that time and help out
- iv. Director Fritz- Tuesday 4/11- 7pm the Percussion Club will be holding a drum circle type event where 10-15 students can come and learn about percussion and relax with music. This will be in the NFAC 241. Wednesday 4/12- 3:30-5 CAP services will be holding a stress toy making event that will provide some stress management advice as well as mental health resources. If anyone has any craft supplies they can give up, please let me know! Students will be able to come and go as they please during this event. 5pm Grace Nys will be hosting a wellness yoga course at the Allen center in Studio A to encourage de-stressing and relaxation. Thursday 4/13- The campus therapy dog will be on campus from 12-5 walking around. Bark Break days did not turn out to be feasible, but we will still have a dog. Friday 4/14- Currently nothing planned except for tabling. Director Authement and I are talking with Schmeeckle to see if they will host a little walk through on this day.
- v. Dr. Luce- Will we invite higher ups for this walk through? That may draw more students.

- vi. Director Fritz- I will look into that and make sure to discuss that with Director Authement.
- vii. Dr. Luce- If you want to send me a copy of the posters, I can hang them around the clinic

c. Aunt Flow Update

- i. Director Fritz- They are finally up! I will make sure to get an updated list on where they are for us.
- ii. Dr. Luce- Are we going to try to get them in more buildings?
- iii. Director Fritz- Yes that is the goal, the next SHAD will be taking this over. Past SHAC has talked about getting them into more bathrooms in general as well as gender neutral bathrooms and possibly men's bathrooms. Eventually, it would be great to get them in all bathrooms.

VII. Old Business

- a. None

VIII. New Business

- a. None

IX. Announcements

- a. Dr. Luce- There is a new nurse practitioner at the counseling center for students. She is seeing a lot of students so far and has been a great resource.
- b. Director Fritz- I will mention this at senate this week.

X. Adjournment

- a. 3:42 pm