

Iowa Coordinating Council for Post-High School Education

Tuesday, October 26th

2:00-4:00 PM

via Zoom:

ICCPHSE Meeting Minutes

1. Welcome—Wendy Wintersteen, Member

The Iowa Coordinating Council for Post-High School Education (ICCPHSE) Executive Council met on Tuesday, October 26th at 2:04 p.m. via conference call. In Chair Patricia Draves absence, President Wendy Wintersteen welcomed the special presenters for this meeting.

2. Call to Order and Introductions— Wendy Wintersteen, Member

President Wintersteen called the meeting to order at 2:04 pm. Executive Committee members introduced themselves along with other attendees and guests. The following individuals were present, all via conference call:

Institutional Representatives

Lori Sundberg, President, Kirkwood Community College*

Kristie Fisher, President, Iowa Valley Community College District*

Bruce Clark, Trustee, Hawkeye Community College*

Jenny Kruger, Iowa Western Community

Representatives of Iowa Department of Education

N/A

Representatives of Board of Regents

Rachel Boon, Iowa Board of Regents

Wendy Wintersteen, President, Iowa State University*

Nancy Boettger, Regent*

José Herrera, University of Northern Iowa*

Ann Marie VanDerZanden, Iowa State University

Tanya Uden-Holman, University of Iowa*

Representative of Independent Colleges and Universities

Kate Zanger, Clarke University

Tracy Schuster-Matlock, St. Ambrose University

Representative of Iowa College Student Aid Commission

Julie Ntem (Alternate)*

Representative of Private for-Profit Schools

Bob Alsop, President, Waldorf University*

Andrew Oswald, Iowa School of Beauty

Liaison Representatives

Emily Shields, Iowa Association of Community College Trustees

Guests

Laura Dickson, Board of Regents

Alison Jepsen, Division of Community Colleges and Workforce Preparation

Regent Institution Mental Health Presenters

Erin Baldwin, Iowa State University, baldwine@iastate.edu

Brian Vanderheyden, Iowa State University, brianv1@iastate.edu

Kristen Sievert, Iowa State University, ksievert@iastate.edu

Barry Schreier, University of Iowa, barry-schreier@uiowa.edu

Shelley O'Connell, University of Northern Iowa, shelley.oconnell@uni.edu

Jennifer Schneiderman, University of Northern Iowa, Jennifer.schneiderman@uni.edu

* Indicates voting delegate.

3. Approval of Meeting Minutes—Rachel Boon, in place of Jeremy Varner, Recording Secretary

Minutes from July 20th, 2021 meeting were set for approval. Minutes were approved unanimously.

Action: President Wintersteen moved to approve, all approved unanimously.

4. Treasurer's Report—Patricia Draves, Treasurer

No items to approve.

5. Membership List—Rachel Boon, Permanent Secretary

Any changes to the membership list should be sent to Laura Dickson or Rachel Boon.

6. Notices of Intent—Rachel Boon, Permanent Secretary

Programs Without Concerns for Ratification – see attachment

All programs are past the 20-day window and are set for ratification. Rachel Boon recommended to approve all programs. All approved. No questions were received about these items. Motion passed unanimously.

Iowa Valley Community College District

Pre-Veterinary Studies

Associate of Professional Studies (APS)

CIP # 01.13020200

On Campus

University of Iowa

1. Criminology (PhD)

Graduate

CIP # 45.0401

On Campus

2. Data Science

Masters of Science (MS)

CIP # 30.7001

On Campus ****REQUIRED 20-DAYS: October 25, 2021****

University of Northern Iowa

1. Business Analytics
Bachelor of Arts (BA)
CIP # 52.1399
On Campus

2. Automation Engineering Technology
Bachelor of Arts (BA)
CIP # 15.0406
On Campus

7. Presentation: Regent Universities Counseling Center Leaders – “Mental Health Through a Pandemic”—Rachel Boon, Permanent Secretary

President Wintersteen introduced the presenters.

- Erin Baldwin introduced her co-presenters and spoke about trends in mental health on college campuses such as:
 - National growth in utilization of mental health services is 6 times the growth of enrollment over five years.
 - University presidents indicate increasing priority of mental health and well-being.
 - Limited resources along with limited staff.

All of Iowa’s regent universities participate in the National College Health Assessment. Data was presented on the top 10 factors affecting academic performance at each of the universities.

- Brian Vanderheyden spoke about the joint letter from the Department of Education and Department of Justice calling on action on the mental health crisis. He also spoke about the concept of a “health promoting university”, which engages all sectors for well-being and diversity, equity and inclusion of all students. Reorients all areas to support well-being in all areas, from student programs to the policy level.
- Kristen Sievert presented about strategies for supporting mental health at the universities and how they have built out services and resources to support holistic well-being.
 - ISU Individual (Interpersonal/Intrapersonal) services: Online, self-guided programs; therapy assistance online; medical nutrition therapy team (cross-department collaboration for treatment of eating disorders); workshops; peer ambassadors/educators.
- Brian Vanderheyden presented on:
 - ISU Community (Institutional & Policy) services: Green Dot (violence prevention) and social norms campaigns (removing stigmas against seeking assistance for mental health and well-being).
- Jennifer Schneiderman spoke about UNI’s individual programs:
 - UNI Individual (Interpersonal/Intrapersonal) services: wellness coaching, individual counseling and group counseling (using graduate counseling students); primary care and psychiatric care.
- Shelley O’Connell spoke about UNI’s community programs:
 - UNI Community (Institutional & Policy) services: Student in Distress Guide; assisting student presentations; suicide prevention and mental health ally training.
- Barry Schreier spoke about surveying U of I students and how they perceive their own resilience and tenacity and how what the institution says about them affects them (telling them that they are not doing well makes them think they are not doing well). Focus on messaging that supports student resilience and mental well-being.

- U of I Individual & Community Focus: movement to well-being; Kognito, suicide prevention and mental health training (online for all students – required); support and crisis line (answered by local crisis unit 24/7); postvention task force (supporting students coming back to campus after being online); collegiate recovery program; food pantry/meal sharing/clothing pantry (hiring more staff to support basic student needs); embedded counseling model (full-time therapists instituted across the campus).
- Erin Baldwin noted how ICCPHSE members can help with supporting mental health for students:
 - Engagement and openness to the Health Promoting University vision and framework.
 - Prioritize holistic well-being for students, faculty, staff and the campus community in strategic plan.
 - Be influencers and assist with engagement of key institutional stakeholders.
 - Support innovation, resources and infrastructure.
- Questions
 - President Fisher asked about how smaller institutions can support mental health and well-being:
 - Students want to engage safely with other students, and that can have a deeper impact than just speaking to someone from the education institution. It was also noted that using the “Togetherall” online community may be a way to facilitate engagement on mental health and well-being issues.
 - Giving students a choice in how they access services increases their likelihood that they will use them/finding out how students *expect* to access resources and meeting them there.
 - Messaging is also a powerful way to reach your students.
 - Office of Student Conduct or similar departments can use student voices and ideas to impact and reach students in need.
 - VAR: Validate, Appreciate, Refer training to help students be able to have difficult conversations with their peers.
 - Question was asked about assessment of programs.
 - Erin Baldwin spoke about ISU using student feedback as well as metrics from departments based on score cards.
 - Shelley O’Connell noted that UNI uses student learning outcomes to measure impact. Satisfaction surveys are also used.
 - Barry Schreier said U of I uses students surveys. GPAs are also being used to note correlation of students who reach out for mental health assistance and improvement of GPA after GPA may have slipped.
 - President Alsop asked if presentation will be shared, and it will be sent to the group.

8. Presentation: Dr. Mark Wiederspan, Executive Director of Iowa College Aid “Enrollment Report”—Rachel Boon, Permanent Secretary

Julie Ntem presented the fall enrollment report on behalf of Director Wiederspan. Data coming in is not currently complete. Submission of data is due in early November, and most institutions have not yet submitted. There is a trend of falling enrollment for undergraduates from the preliminary numbers. Six institutions are seeing an increase in graduate students and four are seeing a decrease. More information should come in late November and will be sent to Rachel Boon who will distribute via the listserv.

9. New Business for the Good of the Order—Patricia Draves, Chair

None.

Reminder: Spring meeting is scheduled for March 31st at 1 p.m. at Iowa State University, at the new Student Innovation Center. More information will be forthcoming as we move closer to the date.

The meeting adjourned at 3:07 PM.

Respectfully submitted by: Alison Jepsen

Jeremy Varner, Recording Secretary