Associated Students of Claremont McKenna College

Senate

October 13th, 2014

Highlights: (Find the matching color within the minutes for more information)

- **Speaker: Nyree Gray**
  - Introduction as new Title IX coordinator
- **Speaker: Mary Spellman & Elisa Hernandez**
  - Explanation/discussion of available resources on campus
- **Launch of Mental Health Task Force**
  - Need committed people who are interested in helping out
  - Discussion of strengths/weaknesses of resources on campus
- **Resolution for Social Responsibility Vote**
  - Bill passes
- **Funding Requests**
  - Diwali
  - Spikeball Tournament

Call to Order: 9:04pm

1. **Approval of Senate Minutes**
   A. Approved

2. **Board Update**
   A. Thank you Ben Turner for Monte Carlo!
   B. Ben Tillotson
      i. Sophie Galant is newest presidential advisor
   C. Ben Turner
      i. Monte Carlo was a huge success, lots of money for SHARE, s/o to Devon, Kari, ASCMC Fellows, Exec board, Will, Ben, for all of their help
   D. Tonight CMC was announced as a Changemaker Campus (30th campus)
      i. Huge honor for our campus!

3. **Speaker: Nyree Gray**
   A. Been here for 2 weeks. Chief Civil Rights Officer and Title IX Coordinator. Inspired by everything students doing on campus, excited to help.
   B. Race/Age/Religion/Other Issues
   C. Excited about Changemaker designation, speaks volumes about who students here are
   D. If you have questions about anything please reach out: ngray@cmc.edu
   E. Room 100 in Bauer

4. **Speaker: Mary Spellman & Elisa from Monsour Counseling Center**
   A. How do we support students at CMC and in the larger community in regards to mental health issues?
   B. Debunking a few myths
      i. If someone has a mental health issue (depression/anxiety), the automatic response is
not “you need to go away”, college won't make you take a semester off, won't judge you for struggling with illness

ii Goal is to find ways to help you successfully navigate CMC

iii If you DO need time off, or adjust class schedule/extended time, we help you

iv A lot of times, students failing classes or struggling because they've been embarrassed to talk to professor and such about these issues

v You’re not the only one struggling, we are here to help you

vi Tuesdays on Scripps, rape crisis counselor available by appointment and drop in

vii Will help with referrals to people in the community if you need something different than offered on campuses

viii Ultimate goal is for you to be successful- whatever that means for you

C. Elisa Hernandez

i Monsour- brief individual counseling, max # of sessions to access per academic year

ii Intake appointment- like an interview, asking lots of questions, trying to get information on what's happening now, what your history is

iii End of appointment- work together and figure out what's the best solution/source of treatment

▷ Sometimes multiple counseling sessions
▷ Sometimes outside specialty services/treatment outside of Monsour
▷ Full-blown depression treatment usually takes 20 sessions, but we only offer up to 8. For some people 8 is enough, but for other people, they're still going to be left with “I need more”. It's not useful to start short-term and then stop and transfer to someone new and start from scratch, which interrupts treatment and progress you might have made

iv Group Therapy

▷ No limits, starts at beginning of every semester. By mid-semester might not be able to get into group because already set
▷ Groups listed on website when everything is finalized at Monsour
▷ Can also talk to director about options

v Crisis Services

▷ During the day, we do not have walk-in hours, but it's be best for you to call and say that you need to come ASAP.
▷ Dire need/emergency- we will always make exception for anyone who's life may be in danger

vi After-hour Services

▷ Call camp sec, they'll connect you with after-hours on-call counselor

vii Psychiatrist Services

▷ 2 doctors, waiting time is about 1-2 weeks for appointment

viii Outreach & Consultation Services

▷ If you’re concerned about a friend/someone on campus and aren't sure about next step to take, you can call and talk about next steps

ix Eating Disorder Task Force

▷ How best to serve students with eating disorder
▷ Team about outreach and prevention on campuses

x Workshops

▷ If you need it for yourself, your dorm, your club
Anger/stress management
- Can request online, and someone will come out and do a presentation

Referral Services
- If you want long-term services, a therapist at Monsour can help you find someone
- PDF of local referrals on website
- List on website it just a list- if you come in and talk to someone, we can help narrow it down based on insurance/situations/specializations

D. Questions
i New disability center this year at 5C colleges- how does that work with Monsour?
- Colleges collaborated to create shared resources for disability students. Still reach out to people from your own school about your requests/accommodations, and then the center works on implementing on campus
- Testing facilities, study space, resources, shared computer programs
- More supplemental but good first place if you're not sure about where to starting
- Tammy is very helpful
- Consult with them a lot about way to handle individual situations
- Confidentiality- Monsour cannot share info outside therapy room besides Monsour people, unless there's permission or someone's life is at risk.
- Can be a resource in helping you get access to accommodations if you allow permission to talk to disability services/talk to deans
- If you're at Monsour and get diagnosis, you can technically register as a student w/ a disability, and you'll have access to accommodations at school (longer testing time, separate testing room). This is available but you might need a letter of support from therapist that says what they think you need to help you succeed. Not making decisions, but helping advocate and get you what you wish

ii Are students encouraged to visit Monsour before a crisis, and if so, how are they promoting that?
- We encourage people to come as soon as you start struggling with things. Because you still have more energy and motivation to implement things that will help you succeed
- You might not even be at the point of diagnosis- just an extra ear about your situation, and experience a lot of success when people come early
- One of the strictly confidential places on campus (besides Chaplains and Crisis). It's a good way to explore and consider what you want to do next, and talk about it, make some decisions without fear of the college knowing about it

iii A lot of students feel that 2 weeks is longer than reasonable to wait- are there any hopes in shortening the wait time?
- 8 sessions is higher than national average in other schools. Working on improving, but there's high need for help on this campus
- Every year budget comes out and we ask for more hiring
- Last year able to get funding for crisis counselor (position hadn't been here before)
- Filling need but not fulfilling everything
- Constantly trying to get more staff

5. Launch of Mental Health Task Force
   A. We've been working over past weeks on getting this forming
B. Focus: not about more resources available (there’s clearly lots available), but about advocating/advertising/making sure people know these resources are available

C. Stigma campaign- these cases are often looked at in a not-so-good light, like depression/anxiety. Not a good thing on such a cohesive campus like CMC.

D. Look at policies at CMC, to see if there are policies that need adjustments.

E. Depression, anxiety, eating disorders

F. Still in the works, still working on application process- need people who are committed

G. Since not a senate committee, open to anyone in CMC community

H. Questions/Ideas
   i. Lack of advertisement of all the resources
      ▷ DOS should have info on their site- a link or something that gives explanation
   ii. RAs- need to clarify at the beginning of the term that they're present for these things as well, they have training
   iii. Those struggling who don't want to talk to anyone should be able to search online on their own and find things
   iv. Would it be helpful to have a presentation to freshmen?
      ▷ Yes
   v. How many people are currently involved in this?
      ▷ Myself & Will, which is why presenting at Senate
      ▷ There will be another DL email this week that explains it, open to all students
   vi. Expand the RAs
      ▷ People very afraid to go to Monsour
      ▷ Good preventative measures are the RAs
   vii. We all have camp sec # on our phone because it's been reiterated so much, but these numbers are not on our phone
   viii. If we had CMC people that looked through the Monsour website every now and then, and sent out emails- an alert system- about events going on
   ix. Googled “Claremont colleges student health services”, there's a lot on here, fairly easy to go through- just really need to focus on the advertisement part
   x. Understand that it's difficult to push past 8 sessions, but that's a big part of it. Advertisement is a practical first priority, but a few extra-help sessions to improve current system
   xi. Sense that it's not the # of sessions, but that the first sessions aren't that good, or that they aren't that satisfied with the services
      ▷ People don't feel their needs are being met by it.
      ▷ Don't mean to be critical, but if you don't feel supported, you just get alienated
   xii. Peer Review process for staff at Monsour
   xiii. Is there any way we can provide a way for students to submit feedback to Monsour about their experiences there? That way Monsour can get better
      ▷ After a few sessions, anonymous survey
      ▷ Maybe release survey with DL allowing students who have used it before
   xiv. Biggest thing the task force is going to bring is the highest okay for people to get to health services
      ▷ Usually the people who are going to talk openly about Monsour experiences are going to have less than average opinions because that's all they'll say
      ▷ The people who've actually been helped won't talk about it because they don't
want everyone to know they go regularly
  ▷ The first few sessions are hard to get things out of because the therapists are still
    getting to know you- you don't really get advice until 3rd/4th session
xv If people aren't getting everything out of it at first, encourage to keep going because
    that will help
xvi TealDot and CampSec have been promoted a lot, but Monsour has not
  ▷ Learning how to recognize signs in surrounding people
xvii Monsour trains sponsors to notice signs in sponsees, and they do that for RAs
xviii TealDot initiative has been successful in spreading word about sexual assault
    and such, but perhaps using some procedure to advertise both issues at same time-
    just because TealDot has been so successful
  ▷ Talk to other groups that have been working on similar initiatives

6. Resolution for Social Responsibility Vote
   A. Thanks to all feedback throughout whole process
   B. The resolution hasn't changed, but worked on roll-out process with incorporation of ideas
   C. Meetings with community stakeholders for feedback
      i  Dorm presidents- thermometer outside Collins that shows how many people signed it
   D. First Bill ever!
   E. Michael Irvine
      i  Senate is obviously a legislative body, decides how ASCMC can run things, don't use it
          very often, usually constitution or non-binding resolutions. The idea of this is that
          everyone is coming together and saying that this pledge on social & personal
          responsibility is something we value and want to abide by. Along with this, action of
          benefiting from ASCMC funds/resources/parties. Endorse and agree with social
          responsibility pledge, and believe that all “regular members” should sign it in order to
          benefit. Also saying that all of us in this room and community will commit to making
          best effort of reaching out and making sure that everyone is on board with it and instill
          it as a norm on campus community. Exec board are the ones who can check IDs at door
          and see how tickets are sold. Will come into effect with a 75% majority vote of
          senators, and when pledge has been signed by 75% of students this academic semester
          ▷ No feedback or questions about this
   F. Motion to vote
      i  Legislation passes

7. Open Forum
   A. Texting system
      i  Need to know what you're talking about- reading resolution and pledge, knowing the
          bill that was just passed and understanding where it came from.
      ii Will will be sending out talking points about the bill itself- FAQs that have been heard
         through entire process. If you understand exactly what you’re talking about, it'll help. If
         you have questions please ask.
      iii Empowering to students because it's us saying we want to take responsibility and
          ownership for our social culture
   B. Elaine Sohng is running It's On Us campaign single-handed- if you're at all interested in
      working on it with her, let Sidd know and he'll help get you in contact
8. Funding Requests (2)

A. Diwali
   i  Claremont Hindu Society, November- festival of lights, southeast Asian population of 5Cs, in Edmunds ballroom. Serving dinner for 400 people, last year expected 300 and had 400. Performances by various students. Fun time.
   ii  Asked for $850. Last year, Senate gave $600, but had also gone through other sources. This year, we’re the only one they can get funding from.
   iii  AAA voted to give funding in full.
   iv  Club spends entire club money on this and 2 other events. Get a lot of money from Pomona for Holi, which is why they thought it’d be okay to spend entire club budget on this event.
   v  How are they making sure CMCers know about this?
      ▷  Put in a clause that for them to get this, they have to have tabled twice at Collins in 2 weeks before event, flyers, and also tabling at other dining halls
   vi  How many members do they have and how many are CMC students?
      ▷  Don’t have exact #s, but lots of members from budgeting
      ▷  President is a senior at CMC
   vii  We still didn’t run out of yearly budget last year with all the parties, don’t think this will be a funding issue
   viii  Last year, funded a lot of 5C parties- $4-800. Biggest request was $2000 for the Cave (Marks basement music room)
      ▷  Not sure what we’re looking at this year because no party funding
   ix  Move to pass funding request in full
      ▷  Motion Passes

B. Get $12,000 for academic year
   i  $2,000 need to be saved for after Spring Break so new AAA chair has money to work with
   ii  Concern was that this is large proportion of budget.
   iii  Is this event worth spending this much?

C. Spikeball Nationals Tournament
   i  $270 to go to Santa Monica and compete over fall break
   ii  Paid for a lot of their own tournaments
   iii  Used all of club budget on new equipment and other things
   iv  Agreed it's a good idea because we want to promote and support groups of students doing things like this
   v  14 students, plus some spectators
   vi  Registration and mileage of driving to Santa Monica
   vii  5C Club- why are we being asked to pay for the entire thing?
      ▷  Majority students attending are from CMC- estimate it's about 10
      ▷  Club is predominantly CMC, even though registered as 5C
   viii  Club budget was $200
   ix  Is this total expense of total trip or just part of it?
      ▷  Initially requested more, but lowered amount needed. Not sure if members are expected to pay for some of it
   x  Do we know how much they’ve paid for out of pocket this year?
xi  Motion to pass in full
   ▷  Motion passes

9. Committee Updates
   A. Melanie- Campus Improvements
      i  Grocery delivery service open this week, link has been sent out in former emails, there will be more emails. Not open next week because fall break
      ii  CMC has officially partnered with teracycle- red cup recycling gives us money
          ▷  Spear raffle happening soon
      iii  Blue lights and instructions on yellow boxes on campus
   B. Melissa- AAA
      i  Nedim went over most of it- just going over requests
      ii  Marks Cave came with another request for $2000 that we asked to table, asking them to visit art council fund and Crown fund
          ▷  On things like repairs/replacement equipment/cover for drum sets
      iii  Rolling out flow chart so people can see how to get funding
   C. Caroline- Consortium Affairs
      i  Attending other schools' student gov meetings
      ii  Wondering what other campuses are doing about sexual assault campaigns- some other schools working on TealDot, but we're the only campus doing It's On Us. There's “talk” but no one is trying to implement programs yet
      iii  Harvey Mudd is working on evaluating honor code right now, interesting in comparison with social resolution
      iv  New campus safety officer, interesting conversation
          ▷  Campus safety perception issue- they were shocked that students are out and about past midnight- confused why walking back from library at 3am
          ▷  Job is to keep us safe, not to question what we're doing and why
   D. Scott- Tech
      i  Drones to record some parties and get good pictures
      ii  Looking for donation from trustee who recently passed away who had a collection
      iii  Opening Amazon Associates account- if you go through website, 4-8% will go to ASCMC
      iv  Working with camp improvements about having an app to report campus safety issues
   E. Janelle- Development
      i  Yearbook in progress
      ii  Need photographers/graphic designers

10. Closing Remarks
    A. Please sign & turn in pledges
    B. No meeting next week because of fall break

Adjourn: 10:11pm

Respectfully Submitted,

Mica Laber
Secretary of the Senate