Michael Fletcher

New Director of University Counseling Service

Values and priorities of students similar across different student bodies

Joint session an example of multiple student bodies placing emphasis on mental health

Experience in many areas of mental health practices

most recently in total integrative care in community setting

**Structure of UCS**

Psychologists, therapists in training, social workers and counselors

Serves all students, graduate, professional, undergraduate, postdocs

Comprehensive service model

Clinical

Training

Outreach

Addition of embedded programs, extension of services offered in UCS

Confidential, free

Located in westlawn and old capitol mall

Business, dentistry, law, and catlett residence hall all have embedded programs

Administrative Support

Health of UCS staff necessary to provide best possible services to students

Looking to expand embedded programs, with additional director position

Potentially shared therapist between smaller programs, still figuring out details

**Strategic Focus**

University Strategic Plan also has emphasis on emphasis and expansion of UCS

End goal is student success and wellbeing

Campus and community resources necessary to address resource limitations

Messaging of practices: late deadlines, 24 hours library, assignments over breaks

Messaging and culture should reflect values, in these cases, change practices to emphasize importance of sleep

Recognizing that UCS may not suit the needs of all students, variety of services to address variety of students needs

Evaluating students’ needs and linking them to the most appropriate services.

Analyzing what services are most utilized to drive development

Efficient allocation of resources

Messaging important to address misconceptions

**Managing your mental health**

Peer counseling and student leaders’ role in campus mental health

Biggest support of mental health is taking care of your own mental health

Self-care, self-compassion, reframing thoughts, grounding, mindfulness

Self compassion as the opposite of self criticism

Recognizing when to be mindful

Acknowledgement of feelings without exaggeration

Benefits of mental health

**List of programs and resources**

Differ between students, faculty and staff

But with several overlaps as well

24/7 crisis line to address gaps in coverage

Effectiveness of telehealth and telephone counseling supported by evidence

Additional services outside of UCS to address intersectional issues

Limitation of services to enrolled students leaves gaps immediately before and after enrollment

Legal issues create this limitation

Discussion of coping skills early on in students’ experiences

**Hawk the Vote Workshop – Voting 101**

Non-partisan initiative

Goal is to increase voter registrations, education, and turn out on campus

Under OLSCE  
Civic Engagement – making a difference through service and action

Youth voter turnout has increased in the past decade

Johnson County Auditor and vote.uiowa.edu helpful resources

**Navigating the Ballot Box**

Early in person voting, absentee voting, voting on election day

Locations vary depending on address, but satellite locations also exist

In the past, IMU, ICPL, and drive through voting at auditor’s office

Absentee Ballot Request form sent to county auditor of county you are voting in

Out of state voting differs state by state, vote.org or the secretary of state’s website for the state you are voting in can provide resources for other states

Valid ID required to vote in Iowa

Same day voter registration exists in Iowa with valid ID and proof of address

**Researching Candidates**

Ballotready.org, Ballotpedia.org, and vote.uiowa.edu provide resources to learn about candidates

Misinformation spreads faster than accurate news

Fake accounts online are particularly harmful

Consider the source, author, date

Consult additional sources, experts

Consider biases, context; it may be a joke

Troll accounts often don’t post personal information, exclusively one sided politics

**Legislative measures**

Quorum at 14

Executive Updates

AGNS considering creation of grants within nursing

Struggle with timely event approval on engage

Research showcase and awards event next semester

D.R. 7 Passed by unanimous vote

D.B. 6

D.B. 7 Passed, one abstention

D.R. 8 Passed

D.R. 9 Passed

D.R. 10 Passed