Meeting called to order at 7:05 pm

Counseling Center was a guest speaker

* UofM counseling center is the top 5% in the nation to help students with depression and anxiety
* Counseling center is has an Evidence Based Stepped Care Model (similar to a hospital protocol) Average wait time in the community id 30 to 90 days. Average wait time at the Counseling Center is 5.25 to 8.61 business days.

If more money was allocated to the Counseling Center, would you all have more and better resources?

* Yes. We have six therapy sessions for students per semester which is better than most colleges.

Why is there no counseling services for faculty since we have to encounter them more than everyone else?

* It would take away the time with students, but we talk to the staff of where to send students if they need mental health tips. This helps demonstrate that faculty can help students.

Is there a way for students to donate their six sessions if they don’t use them?

* There hasn’t been a way that we found to do it adequately and not have confidentiality be a problem. This is why we do group therapy because it is more effective than a one-to-one session

Why is UofM distress level so high and is there a solution?

* There isn’t a hard reason but I believe it is the status of Memphis including poverty and limited resources. There is a large first-generation percentage.

Is there a way for students to put their name on a list so the students do not know who gets their therapy sessions and confidentiality won’t be a problem?

* Our system isn’t that advance but we are trying to get students the services they need. We can’t determine who needs the sessions more than another student

Is it better to limit the number of sessions a week instead of a semester?

* I will look into that

What would be more efficient to make students more aware about the counseling services?

* We speak at activities like frosh and we have social media engagement but we can do better at that. It is important with timing because we have to see students as well and make sure we having services with them

Who prescribes medication?

* We do not have a psychiatrist on campus but we have psychotherapist

Once I graduate, what services can I do after graduation?

* We have people that we can refer to you because it is hard finding mental health technicians

What do you all do with the feedback after surveys?

* We meet with the directors once a week to decide what is needed

Is there a way to text or call your therapist?

* It depends on the therapist and what their boundaries are

Meeting minutes from last week are approved.

President’s Report

* Self Defense event on Oct 24th
* Sneaker ball is Nov 1st
* Comment under all flyers
* Voter’s registration tailgate is still in the works
* We are bringing in first year senators to get them ready for the homecoming environment

VP’s Report

* Crown reveal is Monday at 5:30pm

Chief Justice Report

* No report

Sam’s report

* Paying for trips
* Send people to Sam if they need payments for their trips

Paige’s Report

* Voter registration drive is Nov 11th
* Wear SGA Polo
* President Hardgrave is signing a commitment to get students with 100% voter’s registration
* Free food and items will draw students to the events

Student Services Report

* A bill has been passed
* Pomp

Diversity & Inclusion

* Meeting with students to get feedback on what they want to see

Environmental

* Everyone is working on their bills and starting on their bills

Campus Safety

* A bill has been passed

Senator of the Week is Sam

Meeting adjourned at 8:09 pm