



Associated Students of Claremont McKenna College

Senate

October 13^h, 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
- xi 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 best 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 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