MIT UNDERGRADUATE ASSOCIATION

50 UA Council Session 5 Meeting Minutes
October 24, 2018, 7:30pm - 9:00pm in W20-400

Living Group	Representative	Present?
Baker	Rachel O'Grady	x
Burton-Conner	Katie Fisher	x
East Campus	Tesla Wells	
MacGregor	Eleanor Wintersteen	x
Maseeh	Darius Bopp	x
McCormick	Laura Bergemann	x
New House	Emily Tang	
Next House	Erick Eguia	x
Random Hall	Mike Weiner	x
Simmons	Edward Fan	x
Interfraternity Council	Arjun Mithal	x
Interfraternity Council	Michael Trinh	[rep sent]
Interfraternity Council	Christopher Mutty	[rep sent]
Interfraternity Council	Samuel Ihns	
Living Group Council	Emily Fleischman	
Off Campus	--	
Panhellenic Association	Meredith Loy	x
Panhellenic Association	Kyra Post	[rep sent]
Panhellenic Association	Alyssa Weiss	

President's Questions   7:00 - 7:30

1. Roll Call   7:30

2. Approval of 50 UAC 4 Minutes   7:30 - 7:35

3. Mental Health & Counseling Presentation   7:35 - 8:20

4. State of the UA   8:20 - 8:30

5. MIT App Store Presentation by UA Technology   8:30 - 8:45

6. Councilor Updates & Discussion   8:45 - 9:00

7:35 Approval of 50 UAC 4 Minutes
- Everyone in favor, none opposed

7:38 Mental Health & Counseling Presentation
- 18.5% of US adults have mental health issues in a year
- 39% of university students go through serious mental health issues
- Mental health issues are prevalent, nationally and internationally
- Nationally utilization rates are 8.6% but at MIT it is 22%, which is in line with our peer schools
- Utilization rates are often driven by resources at the school
- Utilization is increasing nationally, these increases are standalone in comparison to enrollment
- At MIT medical they are increasing staffing for walk ins
- People typically come for anxiety, depression or relationship issues
- The numbers of people coming in with anxiety have increased
- We see more walk ins in S^3, OGE and student disabilities services
- People who have more specific expertise has become more important, such as trauma or addiction
- Two new, additional clinicians are coming to MIT in January
- David Randall oversees the CARE team, VPR, S^3 and more under SSW
- A lot has changed in recent years
- Recently they have begun connector programs with S^3 and Mental Health, where they pair people from their offices with living groups (only residence halls for S^3 liasons)
- Other schools have built case management systems so that the most vulnerable students are supported. MIT has built up the CARE Team
    - They have all the connections to make sure that the student is being cared for
    - It's principles are student autonomy and compassion
- SSW is trying to start initiatives to deal with issues of volume, immediacy and acuity
- Recently they have been working on the issue of food insecurity
- Other recent initiatives were weekend nurses, faculty guide, and MIT GAIN
- Individual therapy is not the only type of treatment, group therapy is very robust at MIT
- The metal health staff is both more diverse in background and in terms of multicultural competence

- There is still stigma specifically for certain communities around mental health, the 'Let's Chat' program is addressing this
- Over time, stigma has decreased with more community engagement and collaborative training
- CARE team is a private resource
- Volume is a challenge, especially during walk in hours, Sˆ3 always thinks about the model of how to handle walk ins
- For feedback on Mental Health services, student should reach out to Karen directly
- For feedback on SSW, there is the feedback survey made in conjunction for WellComm
- One thing that has changed is making sure that the pairings between the liaisons and clinicians are much more deliberate now then they used to be
- Matching with clinicians mostly happens around the dimension of schedule, clinicians are never matched because of discipline

8:25 State of the UA

- No one came to OVC office hour so no feedback on experiment
- At Schwartzman College of Computing student forum, students had concerns about the Schwartzman name and teaching ethics
- There will be OVC/UA sponsored dinners around the next experiment
- Freshman Class Council elections happened, wherein many candidates violated election code, so we will be changing code
- MIT Resources page is making changes and is looking for feedback
- Institute Committees will be having mid semester updates and the OVC advisory committee has been staffed by MJ

8:39 Thrive at MIT

- Finding information at MIT is hard, especially for freshman
- In order to make things more accessible, MIT Technology Committee has revived the Thrive App
- There will be the types of posts will be questions and insights
    - The best answers will filter to the top
    - You will be able to tag questions, so that people can browse by category
- There will be a search wizard, other use cases will be searching the knowledge base, user feedback and free food

- There will be collaborating filters
- Searching the knowledge base can be done in a variety of different ways
- There will be protections against spamming and trolling, in addition to a reporting system
- Some other potential features to pull people on the platform will be determined, there will probably be a survey
- Keeping sure that the conversations on the app are truthful will be important in the long term
- Hopefully the application could launch at the beginning of next year