1. Call to Order
   ● Attendance
     ○ Present:
       ■ Andrew Fischer
       ■ Silvia Radulescu
       ■ Caroline Reppert
       ■ Alex Hollister
       ■ Natalie Klingher
       ■ Conor Craven
       ■ Phoebe Greenwald
       ■ Jordan Zeng
       ■ Elizabeth Ughetta
       ■ Catherine Conroy
       ■ Jose Olivares
       ■ Lauren Mulligan
       ■ Evelyn Torsher
       ■ Ryan McAlonan
       ■ Ilana Schwartz
       ■ Cesar Renero
       ■ Alex Hiru
       ■ Kureem Nugent
       ■ Mariaelena Hiller-Chacin
       ■ Zach Oscar
       ■ Isabel Grieder
       ■ Lilly Pieper
       ■ Lizzie Tran
       ■ Jeremy Cottle
       ■ Chris Lee
     ○ Excused:
       ■ Ellie Ducommun
       ■ Zach Hardmeyer

2. Old Business & Committee Reports
   ● Andrew Fischer - Campus Life Open House Table
     ○ Successful!!
     ○ Largest number of freshman candidates in a long time!!
     ○ There were also a number of sign ups for committees-
       ■ Andrew Fischer will email the list of interested students to the committee chairs.
       ■ Anyone can join a Student Assembly Committee if they are interested! Funding is the only closed committee; all others are open to the student body, not just Student Assembly members.
• Alex Hollister - Club Leader Basic Training
  ○ Also a success!!
  ○ Over 400 attendees
  ○ Students were curious about where Student Assembly's leftover funds went last year.
    ■ Went towards Class and Charter Concert- food truck, extra water stations, etc.

• Committee Business/Reports- Start committee reports next week, after all committees meet.
  ○ Constitution
  ○ Cultural Affairs
  ○ Facilities
  ○ Food
  ○ Health and Safety
  ○ LITS
  ○ Philanthropy
  ○ Social Traditions
  ○ Student Affairs

• Mari Hiller-Chacin- The “Myths Campaign,” mentioned in last weeks minutes, only listed various myths around campus. It didn’t answer any of them.
  ○ Andrew Fischer- Silvia Radulescu will send out answers in an email.

3. Public Comment Period

4. New Business
• David Walden - Counseling Center Services
  ○ Director of the Counseling Center, Member of the Psychology Department
  ○ Wants to increase the Counseling Center’s visibility on campus.
  ○ Center’s services are well utilized compared to other Liberal Arts schools.
    ■ This is a good. Students are aware of the services offered to them and take advantage of them.
  ○ Based on a multi-school survey of graduating students, Hamilton’s Counseling Center scores better than other peer institutions in terms of student satisfaction with services.
  ○ The center consists of 3 permanent and 3 temporary staff members.
  ○ The center offers free, unlimited therapy. Different compared to other colleges that have session limits.
  ○ Counselors want to help students succeed at Hamilton by dealing with any personal mental health barriers.
  ○ Services include both individual and group therapy.
  ○ Psychiatric services also available, including prescriptions.
Other services include dietary counseling, consultation/presentations for RA’s and trip leaders, outreach to professors, and 24/7 crisis coverage.

Challenges providing these services:
- 83% increase in demand for services over the past 3 years
  - Double the number of psychiatric visits
- With this increase in demand, how the Counseling Center maximizes capacity becomes very important.
  - Regular intake hours- 10-15 new clients per week
    - This means that there is no longer a wait-list.
  - Increase efficiency- Text message appointment reminders to reduce number of “no-shows”
  - No weekly scheduled sessions offered
    - Clients schedule next appointment when leaving the office after an appointment
  - New this year: increase in psychiatry service hours from 6 to 10 hours per week
    - Counseling Center looking to increase hours further in the future. Ultimately, though, it comes down to funding.
- 9 groups for group therapy sessions-
  - Process Groups (4)
  - B.R.E.A.T.H. (Be Remarkably Excited At This Hour)
  - Walk It Out
  - Pursuit of Happiness
  - Body Keeps Score
  - In, Out, and In Between
- New this year: biofeedback and alternative modalities
  - Computer games and guided meditation, both using a computer in the Counseling Center
  - Rock climbing therapy
  - Wilderness therapy

Andrew Fischer- Why has there been such a large increase in demand for Counseling Center Services over the past 3 years?
- Dave Walden- The increase in demand is actually a positive thing because people know how to use the resources available to them. That said…
  - An increasing number of students are coming to Hamilton having had treatment before. Therefore, a greater number of students are comfortable using the Counseling Center’s services.
  - There’s been a general reduction in the resilience of students over the past few years. The road to Hamilton is oftentimes well-paved. When things happen, it’s harder for current students to cope.
Overall, the increase in demand reflects good health on campus.
  - Hamilton has a very low rate of mental health-related hospitalizations and after-hours crisis problems.
  - The more people use the center for preventative purposes, the less likely mental health related emergencies are.

Ilana Schwartz- If Hamilton builds a new Health Center, would the building include facilities for the Counseling Center?
  - Dave Walden- Yes; it would be a joint facility.
    - Want to increase collaboration between the two departments.
    - It would also have a group therapy room. Currently meet in the CJ Browsing Room.

Conor Craven- What is the Counseling Center’s rollover rate? What is the average length of time students use the center’s services?
  - Dave Walden- The average is 5.6 sessions.
    - Compares favorably to the national average, which is slightly more than 6 sessions.
  - Jose Olivares- Do other NESCAC schools offer counseling services on weekends?
    - Dave Walden- No.
      - Weekend services are a staffing issue. Can’t ask employees to see 28 people per week and also come in on the weekends.
      - Such services could be offered if the center had 2 more counselors, but they can’t accommodating that increase.

Cesar Renero- Who/how would fund new staff and an expansion of services?
  - Dave Walden- The Board of Trustees. The College is under a Full Time Employee cap, so you have to wait for an FTE to open up before hiring another employee.
    - An endowment gift could also cover it. The gift would need to be large, though.
    - Implementing health fee. Would be part of tuition. Definitely, unpopular, though.
  - Evelyn Torsher- Is there anything we can do as students to help the Counseling Center?
  - Dave Walden- Yes. Spread the word on group therapy.
    - Group therapy allows students to receive feedback from 6-8 people, versus just one person in a traditional session.
Spread word that the Counseling Center will eventually need another therapist.
Students should also be aware that the center is a valuable and well-utilized institution on campus.

- **Catie Conroy** - Are there specific student target areas for different therapy groups?
  - **Dave Walden** - Yes. Students of color, body image, trauma, etc.
    - The center tries to identify specific populations or needs and create a group addressing that issue.
    - Timing is sometimes an issue with groups - They sometimes require staff to work past traditional office hours.
    - Student feedback important on groups. Could create new groups in the spring based on need.

- **Andrew Fischer** - Do you expect the growth in demand to continue?
  - **Dave Walden** - Hopefully not, but it probably will.
    - It might be a pendulum effect, where the growth ebbs off eventually, but the center is trying to meet that need in the mean time.

  - Thank you to Dave Walden and the Counseling Center!

- **Andrew Fischer - Trustee Committee Student Representatives**
  - Meetings are the weekend of Fallcoming (first weekend in October)
  - The student members of the committees are non-voting, but they are important because they voice student concerns to the trustees.
  - Different requirements to be a student representative on each committee. Some are by virtue of Student Assembly position.
  - Meetings are 4 times per year (2 times off campus)
  - Alex Hollister - The trustees don’t always solicit student input, but student representatives learn a great deal about how the Board of Trustees sees the school and how Hamilton works behind the scenes.
  - Phoebe Greenwald - Member of the Admission Committee in the past
    - You learn a great deal about the incoming class and the general approach to admissions the school takes.
  - Andrew Fischer - The lack of student input has been a common complaint.
    - Spoke with Lori Dennison
      - Students will receive name cards and a seat at the table during meetings
      - Jose Olivares - Member of the Honorary Degrees committee
        - The committee handles the distribution of honorary degrees
Although the list of potential recipients was interesting made, it was interesting to hear about possible graduation speakers as well as all the connections to Hamilton.

Andrew Fischer - Will finalize appointments and positions after freshman elections this weekend and include in next Student Assembly Minutes.

5. Funding
Amount Remaining Prior to 9/7 Meeting: $119,367.25

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<tr>
<th>Organization</th>
<th>Items/Services Requested</th>
<th>Amount Requested</th>
<th>Amount Recommended</th>
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<td>SPAC</td>
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<td>Spanish Club</td>
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<td>Grilling Club</td>
<td>Soccer Tailgate</td>
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Amount Remaining if funding passes: $119,226

- Alex Hollister- Having problems with groups following the Two Week Rule
  - Two Week Rule- Clubs cannot apply for funding for an event less than two weeks prior to when that event is scheduled to take place.
  - FCA: Should be a strategic budget. Proposal should be more specific.
    - Andrew Fischer- FCA is advertising a trip this weekend. Are these funds for that trip?
      - Alex Hollister- Not sure because no detail given
  - Spanish Club- More detail needed. Source of movies not listed, etc.
  - Grilling Club- Violates the Two Week Rule
    - Alex Hollister- Could vote to suspend the rules and fund Grilling Club
    - Andrew Fischer and Alex Hollister- This would set bad precedent.
    - Andrew Fischer- Unless there’s a very convincing rationale or someone will die without a tailgate this weekend, we should not suspend the rules.

- Elizabeth Ughetta- Could Student Assembly host a tailgate instead?
  - Andrew Fischer- You would have to plan it and use the Discretionary Fund.
  - Elizabeth Ughetta- Will talk after with Alex Hollister.
- Funding passed as recommended!!
Funding Information Session II: Thursday, September 10 at 7PM in the Sadove Living Room
- Snacks and hot chocolate from Euphoria!

Strategic Budgets Due: Saturday, September 12 at noon

6. Announcements
- Andrew Fischer- Introduction of new members
  - Kureem Nugent
  - Isabel Grieder
  - Jeremy Cottle
  - Lilly Pieper
  - Elizabeth Ughetta
  - Ilana Schwartz
  - Ryan McAlonan
  - Maggie Horne [VISITOR]- Running for Class of 2019 Class Representative!

- Natalie Klingher- Current Student Assembly members please email Natalie Klingher (nklinghe@hamilton.edu) a picture for the SA website.

- Lizzi Tran- What is going on the board outside the diner?
  - Natalie Klingher- Might hang posters for each committee that include upcoming events as well as a group picture.
    - Will email committee chairs asking for suggestions for their boards
    - Evelyn Torsher- Even though the suggestion box was not used for the most productive purposes last year, one helpful suggestion is worth the 15-20 unhelpful ones.