

# Gavin M. Meade

198 College Hill Road ▪ Clinton, NY 13323 ▪ [gmeade@hamilton.edu](mailto:gmeade@hamilton.edu) ▪ (434) 466-7989

## Mental Health Progress Report

- Healthy Minds
  - Healthy Minds is a driver out of the University of Michigan. It is a nationally accredited survey that examines the mental health of students on a particular campus. Healthy Minds was brought to campus several years ago and I would like to bring it back to compare where the mental health of students is now vs. when the survey was first issued
  - Email is in to David Walden to approve of the email I need to send to the program director
- Dean Chase/Gavin/x meeting with Margaret Gentry about the advisor system (possibly also Tara)
  - If someone is issued an academic advisor there should be some kind of follow through by the advisor. When an academic warning is issued it should be mandated that the advisor make contact with the advisee.
  - More consistent chances for feedback from advisees on their advisor
  - Support for freshman specifically
- Freshman education on mental health resources. Gavin is sending survey out to freshman class to assess their awareness of the options Hamilton provides and identify points to increase
  - Freshman year required reading (possibly *Gorilla and the Bird*)
    - Group discussions/public dinners
- Criteria for service for new faculty members
  - A point that was raised in several meetings is that the concept of service can apply to Hamilton students and the Hamilton community, you don't have to go to Utica to volunteer your time
  - Meals with students and professors and faculty
- Involving coaches with non-athletes in the off season
  - During the off season how are coaches being utilized? Are they willing to do some community outreach with non-athletes? The bond between coach and

athlete is a very strong one that non-athletes don't always get. Would be awesome to find ways to build strong connections for people in an interdisciplinary sense (as per the values of a liberal arts college)

- Miriam Merrill (Associate Director of Athletics/Senior Woman Administrator) was essential in helping create the Sadove study space during finals
  
- Sticker campaign
  - The stickers designed by Ian are distributed around campus and I've already seen students pick them up and put them on water bottles and book bags. Aims to help destigmatize mental illness and serve as a visual reminder that someone cares
  
- Social media (Facebook and Instagram)
  - Being run by Sam.
    - The Facebook page will generally be for sharing the most salient points from each weekly meeting, as well as updates on ongoing initiatives (ex. Sticker campaign)
    - The Instagram will share weekly photos of the meeting and highlight ongoing projects
      - Need password for the email so Sam can make the accounts
  
- Video series (speakout)
  - Changing minds
  - Joshua Rivedal