

## Student Health Advisory Minutes

Meeting 3: February 19, 2018

### Action

1. Call to Order at 4:25
  - a. Attendance roll call
  
2. Minutes
  - a. Minutes from 01/22/2018
    - i. Motion to approve from Ellie, 2<sup>nd</sup> by Kim. Unanimous Vote to Approve.
  
3. Introduction and presentation from the mental health staff (Benek/Nikki)
  - a. Trent –mental health background: eating disorders and sexual assault. Works with these cases in the wellness center in addition to those with disabilities.
  - b. NikkiBlakesley- individual, couples,and family therapy. Discussed the various group therapy sessions offered at wellness center.
  - c. Heatherlyn Hoffman- therapist, just started the Student of Color therapy group. The group wants students of color to feel they are heard and safe; she is working with other departments on campus to support the group.
  - d. Stephanie Hill- specializes in trauma and eating disorders. Started a group for sexual assault survivors.
  - e. Cathy Calvert- Director of Clinical Studies, specializes in eating disorders and family/marriage counseling.Works with graduate psychology students.
  - f. BenekAltayli- Director of metal health services in the Health Center. She thinks about events and reaches out to student body. Member on the student health response team, helps keep students safe.
  
4. Events for Body Positive Week
  - a. This week, photo both on different parts of campus, promotes positive things, what you like about yourself. The photos will be posted in the Health and Wellness Center and online. Blackout Zumba night

Tuesday night. Wednesday masks and massages. Thursday will be a event to ask what is stuck in our mind. Barbells and Brunch- women's day in the weight room.

5. Adjourn meeting- next meeting (3/5@4:30) cooking class & presentation by dieticians