TO:  The Student Affairs and Athletics Committee:

Allison Cryor DiNardo, Co-Chair
Bobbie G. Kilberg, Co-Chair
Helen E. Dragas
Frank E. Genovese
William H. Goodwin Jr.
Margaret N. Gould
George Keith Martin, Ex-officio
Allison S. Linney, Consulting Member
Dennis R. Proffitt, Faculty Consulting Member

and

The Remaining Members of the Board:

Frank B. Atkinson  Victoria D. Harker
L.D. Britt, M.D.  Stephen P. Long, M.D.
Frank M. Conner III  John G. Macfarlane III
Kevin J. Fay  Edward D. Miller, M.D.
Barbara J. Fried  John L. Nau III
John A. Griffin

FROM:  Susan G. Harris

RE:  Minutes of the Meeting of the Student Affairs and Athletics Committee on March 24, 2015

The Student Affairs and Athletics Committee of the Board of Visitors of the University of Virginia met, in Open Session, at 1:39 p.m. on Tuesday, March 24, 2015 in the Byrd Room of the Harrison Institute; Allison Cryor DiNardo and Bobbie G. Kilberg, Co-Chairs, presided.

Present were Helen E. Dragas, William H. Goodwin Jr., Margaret N. Gould, Allison S. Linney, and Dennis R. Proffitt.
Other Board members present were Barbara J. Fried and Stephen P. Long, M.D. Daniel T. Judge, the student Board member for 2015-2016, also attended.

Present as well were the following vice presidents and staff who report to the president: Richard C. Kast, Patricia M. Lampkin, Craig K. Littlepage, and W. Thomas Leback.

Presenters were Timothy L. Davis and Craig K. Littlepage.

Ms. DiNardo opened the meeting and gave the floor to Ms. Lampkin.

Report by the Vice President and Chief Student Affairs Officer

Ms. Lampkin reported that her office continues to work on the Interim Policy on Sexual and Gender-Based Harassment and Other Forms of Interpersonal Violence. Given the difficult issues the University faced this year, student safety and well-being are critical areas of focus. It includes supporting students as they respond to the incident involving third-year student Martese Johnson and agents of the Virginia Department of Alcoholic Beverage Control. The office is also participating in reviews relating to November’s Rolling Stone article.

In late February, the University Board of Elections announced the results of the 2015 spring elections for representatives to Student Council, Honor Committee, University Judiciary Committee, and school and class councils. This Thursday, Green Dot, a bystander and culture-change intervention effort to address power-based relationship violence will be launched from 1:00 to 4:00 p.m. in the McIntire Amphitheater.

Mental Health Overview and Report

Ms. Lampkin said this year has highlighted the importance of tending to student mental health needs and providing robust counseling and support services. She introduced Mr. Timothy L. Davis, director of Counseling and Psychological Services (CAPS) at Student Health. Mr. Davis’s presentation reviewed the four service areas provided by CAPS (clinical, prevention and education outreach, consultation, and training), trends that are being observed in the mental health of college students, and CAPS’ objectives.

Studies and surveys of current college students conducted by several institutions show that there is an increase in psychiatric severity and in the high-risk nature of counseling center work, decreased emotional well-being, a decreased stigma about using mental health services, and a decrease in the availability of local community mental health resources.

At CAPS there has been a 92% increase in the demand for clinical services over the past 11 years. There has been a 157% increase in
utilization of emergency crisis services over the past two years. Clinical Services is treating fewer strictly developmental and "sub-clinical" concerns and is focusing on high-risk students who have more resource intensive needs. To meet the increased demand, CAPS has a triage screening program to prioritize high-risk students for treatment, and has increased its emergency consultation (walk-in) hours. To address reduced community resources, CAPS has a hospital liaison program with a case manager who assists students with complex referrals and arranges academic support as needed.

Outreach & Prevention Education is focusing on programs, such as "Hoos Talking" and suicide prevention. There were three suicides at the University last semester. A 2011 study reported that nationally there were 12.1 suicides per 100,000 people while at colleges and universities there were 7.01 per 100,000 students. CAPS' suicide prevention program focuses on education, access, and treatment. Education includes the training of faculty as the first line for suicide prevention. Access consists of triaging and risk assessment, the CAPS on-call system, and the Dean on-call system. The on-call systems have 24/7 availability. Treatment focuses the provision of care and support of students, as well as communities in the aftermath of a suicide.

While CAPS is known as the students' counseling center, it plans to be a faculty and staff "consultation center" as well. CAPS' training mission supports an APA doctoral internship in psychology, a doctoral practicum in psychology, and a psychiatric residency.

CAPS objectives are to continue providing outstanding services, to support "Safer Grounds" initiatives, to help develop citizen leaders, and to help produce higher-achieving students. While the last two goals may seem a bit unusual, a 2013 study of University students revealed that 49.6% experienced academic impairment as a result of mental health challenges over a four-week period. A 2013 CAPS satisfaction survey also indicated that 56% of students in counseling said that they would "probably drop out if not for counseling."

Committee members stated services offered by CAPS are important and they should be educated through periodic updates. Discussion focused on the need for prevention education as a required course, support programs for minority students, how faculty could better utilize CAPS, and what can be done about social isolation.

Report by the Athletics Director

Mr. Littlepage reported on the 2015 NCAA convention by first noting that in recent years the NCAA has dealt with the 2011 conference expansion, new television agreements, public reaction to the television agreements, the 2011 retreat with university presidents and the NCAA president, and the imbalance between the Division I
conferences. The Division I imbalance discussions included the possibility of a breakup of the division with the top five conferences of the Football Bowl Subdivision (FBS) separating from the remaining conferences. The top five conferences include the Atlantic Coast Conference, the Big Ten, the Big Twelve, the Pacific Twelve, and the Southeast Conference.

The convention approved the following: 1) autonomy for the top five Division I conferences; 2) the use of full cost of attendance for scholarships; 3) limitations on the termination of scholarships; 4) required concussion protocols; and 5) student athletes borrowing for loss of value insurance.

Autonomy acknowledges the diversity of Division I membership, allows some flexibility for schools with resources, provides enhanced benefits to student-athletes, provides a voice and voting privileges for the student-athlete, enhances the roles of the institutions, and leaves the composition of Division I intact. Autonomy also creates a more efficient NCAA legislative process.

Mr. Littlepage listed future NCAA priorities, which include a continued focus on expanded student-athlete benefits, availability of trust funds, time demands on student-athletes, enhanced post-career assistance (life time scholarships, insurance, and counseling), and expedited resolution of infraction investigations. There is a desire to avoid pay-for-play.

Committee questions focused on the costs associated with autonomy and how these costs would be addressed. Mr. Littlepage responded that autonomy will add $1.3 million per year for all sports for students on full scholarships and that the University is looking to increase its endowment to meet these costs.

Upon motion, the meeting was adjourned at 3:11 p.m.

SGH:wtl

These minutes have been posted to the University of Virginia’s Board of Visitors website: http://www.virginia.edu/bov/studentminutes.html