

Ben Givens: I wasn't gonna make that announced until we actually had a quorum in the room.

Ben Givens: I see where the 81 participants So hopefully we have the 71.

Ben Givens: Voting members.

Ben Givens: we're still short of a quorum so anybody who's a voting Member, please.

Ben Givens: indicate your presence on the Carmen quiz called attendance, which is on the home page of this senate Carmen page.

Ben Givens: Voting Members please indicate your attendance if you're not able to do that if you could.

Ben Givens: Maybe chat me, and let me know you're here.

Ben Givens: you're having trouble getting into the voting item.

Ben Givens: Okay we're at a quorum.

Bruce McPheron: Thank you Ben The meeting will come to order the secretary informs me and all of us that, according to the bylaws of university senate do notice of this meeting has been given and we have a quorum of Members in attendance.

Bruce McPheron: The first item of business is the approval of secretaries report number 388 January 28 2021 the reports available in the meeting materials and this proposal approval requires a motion and a second.

motion.

Karen Beard: A second.

Bruce McPheron: The motion to approve the secretary's report has been moved and seconded all in favor say Aye.

Enrico Bonello: Aye.

hi.

Annie Specht: hi.

Karen Beard: hi hi.

Bruce McPheron: I think we'll record that officially been in our quiz but there you go people.

Ben Givens: Alright well.

Ben Givens: we'll take it as a global.

Bruce McPheron: This is a participatory meeting folks this is this is should.

Bruce McPheron: We give a speak up alright, the next agenda is an update from the Senate office but.

Ben Givens: I just have one short announcement, and that is that the president's state of the university address will take place today at 4pm.

Ben Givens: And will adjourn this senate meeting by 355 so that everyone can log into the event which will occur at a different zoom location and megan has posted in the chat a link for those who have not

yet registered for that event.

Ben Givens: And that's it.

Bruce McPheron: Thank you Ben our main agenda item today focuses a presentation on the state of mental health and well being and our faculty students and staff.

Bruce McPheron: During the pandemic and presenting today will be our our good friend, the dean of the College of nursing and our university's chief wellness officer bird Malik earn i'll turn it over to you.

Bruce McPheron: wouldn't be zoom if you weren't on mute burn.

Bern Melnyk: apologize for that I am appreciate the time to do a very quick run through this data, then sent the report out to everybody so you'll be able to really dig deeper, if you want to into the findings i'm going to run through them quickly, so we can all attend President Johnson state.

Bern Melnyk: Of the university so in terms of thanks, I believe, on and think alike 10, who worked very rapidly at the statistics, Melissa Shivers and her team at student life, who were very good partner on this project.

Bern Melnyk: So due to high levels of anxiety and depression that we observed in the August 2020 return to campus survey, we plan to conduct a second survey.

Bern Melnyk: to compare the findings from August, with the December findings, the same random sample that completed our Arc as 2020 survey was contacted by email, to again invite them to participate in the follow up survey, they were contacted through university email emails were sent to 4400 students.

Bern Melnyk: faculty and 2200 staff we did receive responses from 1200 students a response rate of 27% please note that we sampled students across all.

Bern Melnyk: programs, as well as all campuses we were still interested in observations of safety protocols if people were seeing it be here in.

Bern Melnyk: Columbus undergrad students reported observing less safety protocol adherence when compared to other academic levels, with a third of the students selecting they did.

Bern Melnyk: observe following protocol, not at all, or a little so in August, the top three concerns for all students were passing codes in on to their families.

Bern Melnyk: contracting covered themselves and their own level of anxiety and stress concerns for passing coated on to a loved one increase to 75% in the December survey well contracting covered themselves.

Bern Melnyk: dropped to 48% but concern about their own anxiety and stress increase to 62% in December beliefs, about how to best prevent spread.

Bern Melnyk: Increased from 43% to 69% in the summer, but we still have a small percent of students that steel said I don't know add all or a little had a best prevent the spread of code that.

Bern Melnyk: This was probably the most disconcerting piece of the findings in August 39% of our students net the cut off.

Bern Melnyk: For anxiety symptoms, we use a valid and liable screen the GA D two and the pH q2 for depression 19% met the cut off for elevate and symptoms, in August.

Bern Melnyk: by December 51% either students screen positive for anxiety and 33% screen positive

for depression 10% of our students reported feeling extremely lonely.

Bern Melnyk: As in the odd as survey, we again observe to health disparities on both the anxiety and the depression screen.

Bern Melnyk: Students that reported their race, ethnicity, as other that included are native American students are Alaskan Arabic American Indian and Middle Eastern students reported highest rate of anxiety follow followed by our Hispanic students and non Hispanic whites for depression.

Bern Melnyk: highest levels of depressive symptoms were reported by our Hispanic students, followed by non Hispanic black students and non Hispanic white students.

Bern Melnyk: Student reports of burnout were extremely high in December 71% of our students reported, they were burning out or they were are ready burned out.

Bern Melnyk: In August, we saw students were us eating unhealthy behaviors to cope with code pet we saw an increase in those behaviors by December.

Bern Melnyk: and increasing increase of 25 to 35% consuming unhealthy food to cope increase use of alcohol to cope that increased from 15% to 21% in the summer.

Bern Melnyk: We offer so many FAB Ls wellness programs across the university for our students, but we need to increase in engagement in those particular programs.

Bern Melnyk: 52% of students participated in less physical activity in August that increased to 66% in December, we also saw increases in sleep disturbances.

Bern Melnyk: among students, the following coping strategies were associated with greater symptoms of anxiety and depression.

Bern Melnyk: increase use of tobacco, they Ping products increase use of alcohol more sessions, with a mental health counselor eating more unhealthy foods and increase sleep.

Bern Melnyk: But the students who had the least symptoms of anxiety and depression connected more with their family and friends and they engaged more in physical activity.

Bern Melnyk: So again, what we need is for our wonderful leader steen's faculty to really encourage our students to participate more in the phenomenal wellness programming that we have.

Bern Melnyk: Now i'm going to quickly zip through main findings of faculty and staff responses, so we obtain responses from over 1000 faculty and over 12,000 staff, the response rate was great over 50%.

Bern Melnyk: Most of the Faculty and staff who responded work on the Columbus campus.

Bern Melnyk: faculty faculties selected very much so more frequently than staff regarding their observation of people following appropriate safety protocols.

Bern Melnyk: The top three greatest concerns really remain the same amongst faculty and staff catching covered passing it on.

Bern Melnyk: To a loved one and others who might not follow protocol in August 25% of our faculty and 29% of our staff screen positive for anxiety symptoms.

Bern Melnyk: In December that decrease slightly to 22% for faculty and 27% per staff D some Burke, we saw a little increase in depressive symptoms.

Bern Melnyk: from seven to 9.4% for faculty and from 10 to 11.3% for staff, we also saw there a

similar patterns in the health disparities in Depression and anxiety for faculty and staff.

Bern Melnyk: And we saw very similar patterns of association, as we saw with students so faculty had higher levels.

Bern Melnyk: of anxiety and depression, they reported increase you sub tobacco, they being increase use of alcohol eating more or unhealthy and sessions, with a mental health counselor.

Bern Melnyk: With staff greater anxiety levels and depression levels were associated with similar types of behavioral patterns.

Bern Melnyk: So, as I showed 71% of our students reported, they were burning out or completely burnt out nearly 40% of our faculty and staff reported, they were either burning out or burned out in December.

Bern Melnyk: alcohol use increased for faculty from 14 to 16% and stayed up at the same for staff and the health unhealthy food consumption increased for both faculty and staff.

Bern Melnyk: Again we've had good participation in many of the programs that we offer for faculty and staff so implications from the december's survey.

Bern Melnyk: Our results show we have to continue to accelerate our access to mental health services, along with preventive and early intervention mental health and wellness programming.

Bern Melnyk: We are going to see the downstream adverse effects from this pandemic for some time to come, the CDC has predicted by.

Bern Melnyk: We are going to be seeing huge rise one out of three people are predicted to have diabetes by.

Bern Melnyk: With unhealthy behaviors were seeing to cope with co ED that racial tensions we've experienced in this country, my prediction is huge rise as in chronic conditions.

Bern Melnyk: we've got to again continue to focus on a fabulous wellness and caring culture at Ohio State and really keep great emphasis on prevention and early intervention.

Bern Melnyk: We receive phase two cares funding i'm i'm sorry we received phase one cares funding we really expanded so many fabulous programs, we have submitted our application for.

Bern Melnyk: Phase two cares funding, we hope to hear that funding news within the next week, so please stay tuned.

Bern Melnyk: This was one of the projects funded by cares funding, one of our students developed a wonderful peer support mental health APP.

Bern Melnyk: Please join me for our mask on mood of movement what we're asking everybody to do when you put on your mask from now on.

Bern Melnyk: Take three evidence days deep abdominal breaths us in the 578 episodes be kind to yourself say a positive self affirmation state and 10 times.

Bern Melnyk: and be kind to others remember to take your vitamin G for gratitude every single day and pass it on we wouldn't send divers into a deep ocean without oxygen tanks, we can send.

Bern Melnyk: Our students throughout life with that of equipping them with evidence space skills that we know will protect them against both mental and physical chronic disease.

Bern Melnyk: that's it.

Bruce McPheron: burn Thank you so very much we're running tight on time I just communicated with the.

Bruce McPheron: assembled multitude that if they have comments or questions, please route those to megan in the Senate office and we'll look very much forward to.

Bruce McPheron: to having a venue to really discuss this further, these are critical data that all the more critical because they come from.

Bruce McPheron: from our own experience and really speak very directly to what our students staff and faculty are living in the moment as we, as we continue to navigate this together as a Community.

Bern Melnyk: Is I am a graduate student Council they put together a fabulous program February 25 at 430 coach Ryan day will be delivering a presentation on mental health so thanks to our students.

Bruce McPheron: maddie i'm not gonna have to call you out to actually make that announcement there you go, but if you do is there anything you'd like to amplify about that man Carson.

Maddie Carson: yeah I um so a lot of students have been working really hard we're doing a lot of partnerships across campus with block oh.

Maddie Carson: Ohio Union activities board and other mental health organizations across campus and that's next Thursday at 4:30pm and.

Maddie Carson: The link it I can't send publicly in the chat but go dot O issue.edu slash mental health talk and the registrations there you can submit questions to ask coach day there will be a.

Maddie Carson: Q amp a for coach day if you want to hear any questions or hear about his experience with mental health and how he's been able to be so successful this previous season, by making mental health a priority on his team so.

Bruce McPheron: maddie thanks for that amplification burn thanks for the the announcement and, more importantly, thanks for your leadership and revealing this sort of state of our.

Bruce McPheron: Students staff and faculty as we go through the pandemic, we did have a question about whether these slides can be shared further.

Bruce McPheron: And I think the answer is likely, yes you've been dispersing them broadly to different audiences and I know I speak for you burn in saying that if a college wants to have some more insight into this that you're happy to find a way to connect through the Dean with them as well.

Bruce McPheron: Absolutely okay we'll move forward with our business is there any old business to come forward.

Bruce McPheron: respectful zoom pause.

Bruce McPheron: Is there any new business.

Bruce McPheron: There is one announcement and that announcement is, I would like to make sure that the Senate both remembers and amplifies the message that next Tuesday and Wednesday.

Bruce McPheron: Are our first of two sessions of wellness breaks to our class schedule so February 23 and 24th I would really love the cooperation of my colleagues, the faculty members in the deans.

Bruce McPheron: And would certainly challenge others, including our Grad students who are gta is

please remind your colleagues that this is a wellness break.

Bruce McPheron: And that in fact you're not to sneak in extra classes you're not to assign work to be done, those two days, the entire point here was to come up with two.

Bruce McPheron: relatively safe break times for our community to just take a pause from the work that we're doing and remember that you know we have to take care of ourselves as well as one another, so.

Bruce McPheron: Please amplify that I sent a message out to all of our academic leadership yesterday on this subject, but I really would love it if you could as Senator step into.

Bruce McPheron: Really pushing that forward so i'll take my own announcement, as the announcement and say that this concludes the business of the university sent.

Bruce McPheron: The next senate meeting will take place on Thursday march 25 2021 where I will be regaling you myself with my annual state of academic affairs address.

Bruce McPheron: You can either mark your calendars to join or avoid depending on your predilection i'll leave that up to you, I don't need to vote on that today without the meeting is adjourned look forward to seeing you at the state of the university address just momentarily.