



## Meeting 6:

<b>Meeting Date:</b>	October 15th, 2019	<b>Meeting Time:</b>	5:31 P.M. - 5:57 P.M.
<b>Location:</b>	USG Conference Room	<b>Note Taker:</b>	Nicole Pung

Attendees:	
[Late] Dakshatha Daggala   President	Joshua Castillo   Executive Vice President
Tam Phuong   Executive Treasurer	Nicole Pung   Executive Secretary
Briana Staten   VP of Academic Affairs	Robert Da Rita   VP of Campus Affairs
[Absent] Kim Kazdal   VP of Legislative Affairs	Tony Chen   VP of Student Affairs
[Absent] Gigi Kaur   Chair of Appeals	Denise Rojas   Chair of Clubs and Orgs
[Absent] Aaron D'Souza   Chair of Finance	Annmarie Gajdos   Chair of Graphic Design
Sandy Dai   Chair of Marketing	[Absent] Andres Aguirre   Representative Senator
[Absent] Basil Harding   Representative Senator	Emmanuel Oladejo   Representative Senator
[Late] Irine Thomas   Representative Senator	Marvin Argueta   Representative Senator
Taji Sanders   Representative Senator	Yam-Yu Li   Representative Senator
Yaseen Rana   Representative Senator	Roshen Varughese   Representative Senator
Vacant   Representative Senator	

## Trigger Warning

- To those reading these minutes,

Please note the first report is from a guest speaker from the Baruch College Counseling Center who attended to raise awareness about the resources at Baruch. Some topics discussed may be sensitive to some readers.

Topics discussed include, but not limited to:

- making an appointment
- location and hours
- therapy
- suicide
- crisis emergency
- crisis intervention team
- support hotlines
- alcohol, drug use, gambling
- LGBTQIA
- abuse and violence

- pregnancy and parenting
- additional resources

No personal information of any participants were revealed.

If you are in an immediate crisis, they take walk ins during weekdays from 9am-5pm.

For more information, please visit <https://www.baruch.cuny.edu/studentaffairs/counselingCenter.htm>

## Passing of the Minutes

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1. Motion to pass Senate Meeting #5 minutes. Motion passes, 11-0-0.

## Reports

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1. Lynn Kaplan | Associate Director, Baruch College Counseling Center
  - a. Lynn: I'm going to pass out some information. I have some brochures from the counseling center. Hopefully I brought enough. If not, we have more at the counseling center and can show you how to make them. I'm here to tell you guys a little bit about the counseling center. Do people know about the counseling center and that we have one? Yeah? That's good. Do people know some of the reasons people go to the counseling center or why you might go?
  - b. Yaseen: Cause you need someone to talk to. Something on your mind.
  - c. Tony: You sent us a report on the statistics.
  - d. Lynn: I'm going to share some, too. I just want to get your take on why and some reasons to come.
  - e. Roshen: Stress from school. Anxiety.
  - f. Lynn: People come for all sorts of different reasons. Anxiety, stress from school, it could be things at home, trouble focusing at school, death in your family. There's always a different reason. Every time we meet someone, there's always a different reason. We accept everybody. It's free for all students at Baruch. In the brochure, you can see we provide all different types of counseling. Individual therapy, group therapy, two groups that help people called relationships with self and others. It's about getting along with people, communicating better. We also have performance enhancement connotations. If someone is having trouble with sports or with public speaking, something like that 1-on-1 work can help people improve on skills in areas they may be struggling. We have other services as well. They're all in the brochure. We also do psychological testing. If someone thinks they have ADHD, having trouble focusing, still not able to get their work done, we do psychological testing. The other thing I do want to stress is we're available for crisis walk ins.

\*\* Dakshatha arrives 5:35PM \*\*

- g. Lynn: If you're ever in crisis, something has come up, right then, if you're becoming overwhelmed at school, you can come to the counseling center between 9 and 5 and we'll find someone who can help you. If you have a friend or someone that you know, if you see someone in a chair crying, you can bring them to the counseling center, too. We're really there to provide support in the moment if someone is struggling as well as our regularly scheduled group appointments. We welcome walk-ins between 9-5 during weekdays. Tony you had mentioned that we have some statistics about why people come to the counseling center. The top reasons are anxiety, stress, depression, and low self-esteem. Those are really the top issues, but there are many

more reasons that people come to the counseling center. One thing that we're really finding, recently, we run reports and collect information. We're finding that a lot of people have a history of trauma. Whether that's when they were young, emotional abuse, neglect, physical abuse, sexual assault. All sorts of different types of trauma. In the spring, our statistic is 86% of people that had come to the counseling center had experienced a trauma prior to coming to the counseling center, whether that was childhood or young adulthood. We're also increasingly finding that people who are coming to the counseling center, for whatever reason they're coming, are also experiencing thoughts of suicide, thinking about killing themselves. For some people, this is a thought that comes across their mind, that they're better off dead. That kind of thing. For other people, they're really thinking about "maybe I want to die. Maybe I want to kill myself." And this is something that we're increasingly finding. So really wanted to do a lot of outreach to all the students and to you guys as being the leaders, if you hear of anyone who's talking about wanting to die or not wanting to be here anymore to please try to get them to the counseling center, try to get them to another staff member here. You know the student affairs department. Anybody that you know, a trusted professor and help them get to the counseling center. We're increasingly finding that- We do a lot of outreach and presentations, but we also go to classrooms, we've done suicide prevention training in classrooms, we've been invited to other student groups and clubs to do stress management and mindfulness, so we do different types of outreaches as well. So you can get in touch with us for that if that's something you're interested in as well. I wanted to show you our website. Easiest way to find it is the main website. Easy to make an appointment with us, call us on the phone, submit form, and we will contact you. This is our landing page and it's really easy to make an appointment with us. Easiest way is to call us on the phone, you can also submit the form, tell us your availability and other information and we will contact you. If you click on counseling services, you'll see all the different types of services. We have information on crisis emergency and crisis intervention team. So you can find out more information about that right there. One thing I really want to show you is the resources page. We put together a whole lot of resources for people because we know that we're not always available, but there are a lot of hotlines and support. They're available 24/7. All of this is right there on the website. We got the NYC WELL hotline, their 24/7 365. They're always there. We have Veterans Crisis. We have Trevor Lifeline for LGBTQIA. RAINN for sexual assault. And then there's a lot more for alcohol, drug use and problem gambling. LGBTQIA. Intimate Partner Violence. Self help. Youth and teen. Pregnancy. Other hotlines. There's a lot of resources here and I hope you'll, at some point, take a few minutes to explore the resources. There's really a lot. Some information about signs of distress of others, if you take a look at this, you'll have an idea about if your friend has stopped coming to class, if you're friend is failing on their tests now. Sometimes when you want to be concerned and reach out and say, "hey do you want me to walk you over to the counseling center or do you have a professor you trust that we can speak with together?" Information about coping with traumatic events. This will bring you to the national institute of mental health and there's a lot of brochures about different types of health disorders. This is a link to self care. Coping and mindfulness techniques. There's a lot of great techniques here to help with breathing. Really helpful, I use it myself all the time. Relaxation techniques. Sleep hygiene. A lot of people have trouble with sleep. Whether it's because they have a lot of work to do or can't sleep in general, they're too anxious, something's on their mind. Some tips and techniques here for sleep. Some really great helpful apps that are free. Insight timer for meditation is free and offered in many different languages. Great, free apps there. And then we have how to help others. It's about referring students, having a conversation with somebody when they notice that someone might be stressed or missing class or not feeling well. It's geared towards professor, but you can adapt it and have a conversation with anybody. Just some tips on how to approach somebody. Then we have made up some myths and

truths of the counseling center. There's a lot of stigma in not just many different cultures, but also in families or many people had a bad experience. So we put this together about myths and truths about the counseling center to address some of the stigma and ideas people have about counseling. We also have group counseling and put some myths and truths about group counseling. I imagine that people have seen a movie where they see a bad group counseling session, so we put together some myths and truths about group counseling as well. Location and hours are also online. Information about us. Group photo. Some information about the people who are there. It's one of the things we think is really effective. Locations and hours. Opened close. Information about us. Group photo. Information about different people there. That's our website and we have good information that can help people if you take some time to explore it. We're at the counseling center really there to help provide support to you guys and all the students at Baruch.

- h. Robert: Do you accept walk in appointments or is it by appointment only?
- i. Lynn: The walk in appointments are only for crisis. If they're in a crisis, they can walk in anytime from 9-5 during the weekday and we can find someone to see them. In terms of walking in just to get started, we don't do that because we don't have the amount of staff that we need. But you can always walk in to make the appointment. You can call, do appointment online, or walk in and tell them you want to make an appointment and then you'll come back for your first session. But in terms of somebody in crisis, they can come in anytime 9-5.
- j. Nicole: I was talking to a student who had previously gone to the counseling center and they couldn't take him in, so they referred them to a different therapy, but they didn't end up going because of the location. The location at Baruch is more convenient. What happens with situations like that?
- k. Lynn: Thank you for bringing that up. As I mentioned, we have a small staff. There's 4 full time people and then we have a lot of part time people. At the beginning of the semester, we have much more availability. We're about to give about 1 semester's worth of counseling to people. If you come at the beginning of the semester, we have much more availability and then as we start to fill up, it gets harder and harder. Right now, we definitely still have some spots available, but there are definitely getting smaller amounts. At some point, when everybody is full, we do tend to refer people out. What we try to do is work with that person to find out where they might be willing to go. And we also want to make sure it's based on their insurance. We want to send them somewhere where it take their insurance or there's a lot of places that even for students, may allow them to pay \$5-\$10 a session. You're right. It's not as convenient as having it here. What I found for a lot of students is they trust us because we're a part of Baruch. That's great and what I like is that even though we can only give 1 semester's worth of counseling, I feel like we're giving a good start so someone sees how good it is to come to counseling and be heard and see how they're improving with whatever they brought in, what their concerns were. At the end of that, we ask that person if they want to continue and if they do, we try to connect them. It is hard when we don't have that availability and we do have to connect them outside and what I would say if we do refer someone and the place doesn't work out, ask them to connect back with us because what we want to do is keep working with them until we find a place that works. For example, I've had 3 meetings for one student who I was referring out mainly because of the reason why they came was somewhere specific and better resources than us for her. It was hard to connect and we took time and they came back to the office a couple of times and we called the places together until they were finally able to get connected. I did that with a couple of people. We're open to doing that. Sometimes we do just give a resource, but if that doesn't work out, then we would love to have that person come back and support them to get connected with a resource. We call that consultation and we will work to have that person supported.

2. Joshua Castillo | Executive Vice President
  - a. Joshua: We have a vacancy for representative senator. The application is made and it's going to be due next Saturday at 11:59pm. It will be going public after this meeting. We'll be holding elections two weeks from today on October 29th 5:30pm. If anyone has further questions about it, I'll be happy to answer after the meeting.
  - b. Joshua: Kim wanted me to speak on her behalf.
    - i. Kim is having her event this Thursday, Sustainable Citizenship. 6PM. She requested the blessing of your presence there. Her words. Attend the discussion panel this Thursday to learn how big businesses, governors, and individuals, play a role in sustainability for climate change, what is currently being done to find a solution, and overall, get involved in climate change action. After the panel, the panelists will do a Q and A. If you see Kim around, definitely ask her about any help you can provide. She'll be all over the place Thursday afternoon to prepare for the event.
3. Denise Rojas | Chair of Clubs and Organizations
  - a. Denise: I had mentioned previously in the last meeting about the out of darkness walk. I have the information with the details behind it. I'll send out an email about it after this meeting. It's going to be Sunday, October 20th. 11:30am-2pm. Although check in begins at 10am, you don't have to be there that early. It's in Pier 16. There is a link to join the Baruch team. I know a lot of us have leadership weekend, but if you don't, feel free to sign up. Once I send out the email to you guys, can you send it out to your friends, committee members, anyone you think would be interested in it. They want a large Baruch presence to show support.

## Unfinished Business

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1. Dakshatha Daggala | President
  - a. Dakshatha: Winter grad planning is on its way. I spoke to Professor Martell about the TAP gap issue and he's someone who's been a proponent for the reduction of the TAP gap and fighting with CUNY central our budget as Baruch. Briana presented last week about the budget from faculty senate. I talked to him more about potentially having a rally or any sort of movement on our side. We'll be working closely with him in moving in that direction to have a student led movement. We'll be working with USS as well, since it is a CUNY issue, not only a Baruch issue that we have everyone's interest at heart.

\*\* Irine arrives 5:52PM \*\*

2. Marvin Argueta | Representative Senator
  - a. Marvin: In regards to the campus-wide survey that we did at the beginning of the semester, I finally went through it and cleared out any bad data. Thanks to Annmarie, she also made a presentation with all the graphics and everything's on there. Just wanted to update everyone on what was happening. I can send a link so you can see what the results were. Not sure what else you all want to do with the information that we gathered. Do we want to share it with other clubs since we have a presentation now? We can do a lot with it.
  - b. Robert: Did you plan on presenting this at senate?
  - c. Marvin: I can present it next week. I was going to share it out through messenger, but I wanted to give you a heads up.
  - d. Robert: Would you like us to send it to our committee, email, stuff like that just so it gets out there or have you thought of an approach for us to get this out there for you?

- e. Marvin: That's up to you to decide. In the survey, we asked what students were interested to get out of USG and Baruch. I do think it would be good to share with your committees. Just in terms of outside of USG, I'm not sure how we would share with other people. Do we want to share it with other people. That's kind of where I'm in the process of right now.
- f. Denise: When you mean share it, do you mean the feedback or the emails?
- g. Marvin: Just the graphs basically and the numbers and percentages. No student information would be shared out.
- h. Dak: I think it would be beneficial whether or not to share it once we see the presentation. Next week after you present, you can talk about it then.
- i. Marvin: Would you like for me to present it now?
- j. Taji: I believe it should be next week since a lot of us are absent.
- k. Briana: If we're presenting it at senate, it's technically going to be shared. So should we look at it before it's presented?
- l. Robert: We should look at it first and give Marvin feedback and we can decide from there if you want to share it outside of USG or not.

### **New Business**

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- 1. Joshua Castillo | Executive Vice President
  - a. Joshua: Leadership weekend squad leaders. We need to figure out a time we're going to meet between tomorrow and possible Thursday morning to figure out a game plan for the workshops that are going to be happening. I know there are a handful missing, but if we can link up to get availabilities, that would be great.

### **Adjournment**

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- 1. Motion to adjourn Senate Meeting #6 at 5:57PM. 13-0-0.