

R W2016.10

A Resolution Establishing the First University of Michigan Mental Health Day

A bill for the consideration of the College of Literature, Science, and the Arts Student Government

9 March 2016

Sponsors: Nicholas Fadanelli & Nicholas Meier

Whereas, the mission of the College of Literature, Science, and the Arts Student Government (hereafter LSA SG) is to “actively seek the voices of LSA students and advocate their interests to improve academic and non-academic life”;¹ and,

Whereas, mental health significantly impacts both the academic and the non-academic lives of countless students on campus; and,

Whereas, University of Michigan mental health resources have been experiencing a surge in demand over the last few years, including the University of Michigan Counseling and Psychological Services (hereafter CAPS) which has seen an approximate 20% annual increase in demand, measured based off early October, for the past two years²; and,

Whereas, according to data from both the American University and College Counseling Center Directors’ (hereafter AUCCCD) survey and CAPS annual reports, depression and anxiety are the biggest mental health concerns impacting students, with the University of Michigan experiencing levels higher than the national average³; and,

Whereas, lack of information on mental health and the stigma surrounding it “remain the number one barrier to [college] students seeking help” according to the National Alliance on Mental Illness (hereafter NAMI)⁴; and,

Whereas, the University of Michigan hosts few campus wide events related to mental health available for all students to participate in; and,

Whereas, the World Health Organization (WHO) made October 10th “World Mental Health Day” in 1992, and it has been recognized as such ever since⁵; and,

¹ The Constitution of the College of Literature, Science, and the Arts Student Government. Article II

² CAPS 2014-2015 Annual Report <http://en.calameo.com/read/004482878a71a512d2d93>

³ AUCCCD Survey 2014 <http://www.aucccd.org/assets/documents/2014%20aucccd%20monograph%20-%20public%20pdf.pdf>

⁴ NAMI “College Students Speak: A Survey Report On Mental Health” <https://www.nami.org/collegesurvey>

⁵ http://www.who.int/mental_health/world-mental-health-day/en/

Whereas, other universities, including Michigan State University, annually hold Mental Health days and weeks designed, “to release the stigma around mental health, educate students on resources available to them, and continue to advocate for increased mental health resources on campus”⁶.

Be it therefore resolved, LSA SG will partner with a variety of student organizations and campus resources, including, but not limited to, the University of Michigan Office of the Vice President for Student Life, the College of Literature, Science, and the Arts Dean's Office, CAPS, the Depression Center, the Sexual Assault Prevention Awareness Center (SAPAC), University of Michigan Services for Students with Disabilities (SSD), Active Minds, Wolverine Support Network, the Central Student Government Commission on Student Health and Safety, and the Student Mental Health Leadership Coalition to host the first ever “University of Michigan Mental Health Day”; and,

Be it further resolved, the 2016 University of Michigan Mental Health Day will be held on October 10th 2016 to correspond with the official World Mental Health Day; and,

Be it further resolved, the University of Michigan Mental Health Day will provide an opportunity to facilitate and expand dialogue on campus related to mental health and the best practices regarding it; and,

Be it further resolved, the day will consist of multiple events including, but not necessarily limited to, an early morning breakfast event on North Campus, a Mental Health Information Fair on the Diag showcasing all the mental health resources on campus, and a concluding town-hall discussion about mental health; and,

Be it further resolved, the event will be free and open to the public to help facilitate dialogue on campus about mental health, and assist LSA SG to advocate for current and increased mental health resources on campus; and,

Be it further resolved, the sponsors of this resolution shall work with the LSA SG Health Subcommittee to continue planning, organizing, and running this event; and,

Be it further resolved, LSA SG shall allocate \$2,000 from the Individual Projects Fund of the General Fund to fund any expenditures for this event; and,

Be it further resolved, if for any reason this event fails to occur, LSA SG will retain the \$2,000; and,

Be it finally resolved, after the conclusion of the event, LSA SG shall review the success of the event and determine its status for the future while continuing to advocate for increased mental health resources on campus, as well as working to end the stigma surrounding mental health.

⁶ <http://asmsu.msu.edu/initiatives/mental-health-awareness-week-2/>