

I. Call Meeting to Order: 4:30pm

- a. Moment of Silence
- b. Pledge of Allegiance
- c. Roll Call

II. QPR Training Presentation

- a. Melissa Selby-Theut, Counseling Center
 - i. One big push fro GVSU is healthy and safe. With rising mental health needs for universities, we want to increase suicide prevention training. If we only relied on the therapists in our office, we would miss out on individuals we need the help. We need help form other campus leaders as well.
 - ii. This is sensitive material, but we cannot beat around the bush, as we can help prevent it and help others.
 - iii. Many know someone or was impacted in some way by suicide. It is very important that we know how to handle situations like this.
 - iv. 1,000,000 adults have bene through qpr training. 300 colleges around the US use qpr training for suicide prevention.
 - v. End of today you will be qpr certificated in knowledge on how to help suicide prevention.
 - vi. In 2016, 45,000 people took their own lives. 1 person every 12.3 minutes takes their own life. In 2016, over 1 million tried to take their own life.
 - vii. 10th leading cause of death in US and 2nd for ages 15-24.
 - viii. There are many warning signs and clues that another can be aware of to be attuned to maybe step in and help.
 - ix. College can be a very stressful environment that bring on these symptoms.
 - x. Suicidal episode, and they may be depressed. But not everyone who has depression may not be suicidal. People may be stable for vast majority of their lives. Suicidal episodes tend to be tend to be relatively short in big schemes of things. When in the middle of it, it may feel like it will last forever, but it does not. One way we can instill hope in others, is that it will not last forever. When “Risk is imminent” that is when someone moves from thinking about suicide, to acting on it. Not all with suicidal thoughts reach this stage and will return to stable stages.
 - xi. Most individuals are not trained to be able to determine the stage of where an individual’s mindset is relating to a person’s stage. If you make the decision of someone’s stage of mental health, it becomes a dangerous game in making sure they are getting the proper help.

- xii. Things that can lead to suicidal paths. Biology: genetic load, gender, race, age. When working on the gender binary (even though there is a gender spectrum) men are more likely to complete suicide, but women attempt suicide at higher rates. This means women are more likely to use less lethal means when attempting suicide. Reason why women use less lethal means is that women want to be found “attractive” when found.
- xiii. Race with highest rates of suicide are white people. For Age it is elderly, especially old white men. When speaking in generalities, men take pride and identity in their production value. Protection, serving, provide for families. That is how men have been socialized. As they grow older and lose “strength” and not defined by work or providing, it can create a crisis for identity.
- xiv. Other factors, like traumas, environmental concerns (seasons, most likely the season of spring). What lends to spring having the most suicides is because during the winter we are outside less, winter weight, less optimistic due to weather, but they may look like suicidal thoughts which normalizes those thoughts that are experiences these thoughts. So when spring comes around, the divide for those in suicidal crisis and others grows. In divide, the person in suicidal episode, helplessness feeling fosters.
- xv. What protects individuals that protects people from attempting suicide. Things like family, those we love, friends, good therapist, a pet, children, safety agreement, fear, sobriety, religious prohibition, and others. Hope being the best protection, most important protective factor.
- xvi. Myth: Only experts can prevent suicide
- xvii. Fact: Suicide prevention is everybody’s business, and anyone can help prevent this tragedy.
- xviii. Myth: Those that talk about suicide don’t do it
- xix. Fact: People who talk about suicide may try, or even complete, or an act of self-destruction.
- xx. We cannot use the fact that someone has not acted on it does not mean they will not in the future.
- xxi. For military status, they make 8% of the population, yet make up 14% of suicides. 25% increase in last 10 years.
- xxii. Multi-cultural stats:
 - (1) African Americans, those that completed it, 80% were male. African American women are the least likely to complete suicide. So if we know that hope underlies the safety of individuals as a larger community. Ask ourselves if the African American community has Hope.

- (2) African American children complete suicide 2X more than white children.
 - (3) Firearms predominate method of suicide.
 - (4) African Americans may be less likely to express suicidal intent or depressive symptoms during a suicidal crisis.
 - (5) Historically white males are the ones with the best education opportunity to resources to become those who became therapists, and minorities see these are the suppressors, so can be intimidating for them to seek help.
 - (6) Once diagnosing a person, it can lead to many fears and mistrust for individuals.
 - (7) Hispanic Americans, adolescents may experience stress due to cultural differences. Obligation to family, especially for females for Hispanic families. Stress of navigating cultural divides can contribute to more suicidal episodes.
 - (8) Hispanic families may avoid seeking help or services due to belief health should be done through family and faith. “Things in the family stay in the family”. Without going to outside help, it can contribute to harmful events.
 - (9) Other things that prevent Hispanics seeking help, fear of deportation, language barriers, health care navigation.
 - (10) Native Americans, young people raised on reservation are more likely to attempt and/or complete suicide (21% v 33%). These symptoms created long ago have left these people with little or no resources to assist others.
 - (11) Higher rates of substance abuse and mental health disorders, factors for suicide for Native Americans.
 - (12) LGBT community, 60% of LBG youth felt hopeless or sad for every day for at least 2 weeks, this is 26% for heterosexuals.
 - (13) LBGT are 5 times more likely to attempt suicide.
 - (14) Risk factors like discrimination, but protective factors are supports of LGBT community, safe environment at work, school, etc.
- xxiii. Clues and warning signs
- (1) Direct verbal clues
 - (a) I have decided to kill myself
 - (b) I wish I were dead
 - (c) I am going to commit suicide
 - (d) I am going to end it all
 - (2) Indirect verbal clues
 - (a) I’m tired of life, I can’t go on

- (b) Who cares if I am dead anyways
 - (c) Family would be better off without me
 - (d) I just want out
 - (e) I won't be around much longer
 - (f) You won't have to worry about me soon
- (3) Behavioral clues
- (a) Previous attempts
 - (b) Getting the means
 - (c) Expression feelings of depression or hopelessness
 - (d) Significant shifts in behavior
 - (e) Giving away prized possessions
 - (f) Substance abuse after recovery
 - (g) Unexplained changes in behavior
- (4) Situational clues
- (a) Fired from a job or expelled
 - (b) Recent unwanted move
 - (c) Loss of major relationship
 - (d) Diagnosis of serious illness
 - (e) A loss of someone they care about
 - (f) Loss of money
 - (g) Fear of becoming a burden to others.
- (5) Have to look at any or all clues and use critical thinking.
- (6) Q = Question, ask the question. It can be scary to ask but you need to ask, for the benefit of the individual. Be persistent or ask another to ask for you. Give them time and space to share their stories. Have resources ready. It is okay to ask directly. We need to find out if they are in suicidal crisis. How not to ask, framing it as a negative. Example "You're not suicidal, are you?" Ask outwardly and clearly.
- (7) P = Persuade. Listen to the person. Giving empathy rather than giving advice. Try to not tell them how to feel. Do not judge as suicide to them may feel as the only possible solution. Make sure to offer HOPE. Hope in any form can save lives. Also NEVER promise confidentiality. Can ask: "go with me to get help" or say "thank you for being honest with me" "I'm sorry you're hurting" "I care about you and want you to live"

- (8) R = Refer. Take them to directly to someone who can help.
- (9) For effective QPR. Get others involved. Counseling center (individual, group), crisis response, case management, consultation. GVSU always has an individual waiting to respond during open office hours if they are having a suicidal episode. After hours we do have a clinical center ready for 24/7. Do not call if having a bad day, but if you are someone you know if someone is in middle of a crisis, call. Housing Staff and GVPD best know how to get ahold outside of open office hours. Always there and willing to help.
- (10) Conciliation, M-Thursday 8-6 and Friday 8:30-5. Offices in Allendale and Pew Campus.
- xxiv. Senator Szcapaniak: Students or young people, lack of health insurance, what does this look like or options of someone is in crisis episode of they lack insurance.
- xxv. On GVSU campus, can use office. Off campus, can always use 911. Can use emergency room, very unlikely you will be “held against will”. Only an assessment.
- xxvi. Senator Nurmi: can you go off campus for students.
- xxvii. Cannot go off campus, encourage them to use the other means like I just talked about, have GVPD talk to us.

III. **Public Comment – Part I**

IV. **Five (5) Minutes to Pass Papers**

V. **President’s Report**

- a. ADOPTION OF THE AGENDA – Approved
- b. Took officer reports due to length of agenda.
- c. Number of senators reached out in regard of vigil tonight. Will be taking a recess so people can go if they want to. Will come back to GA once it is over or 7pm, whichever happens first.
- d. Will be limiting discussion items to 30 minutes, and try to be on seeking list max of 2 times.
- e. Lots of resolutions coming forward soon. Especially student set for board of trustees.
- f. EVP Mattler and I working on president Haas resolution.
- g. Last report for board in April.
- h. Elections are next week. Be mindful to get as many votes as possible, regardless of number of packets. Get people to know about senate. Important to get message of senate out there.
- i. Last cabinet meeting was this past Monday.

- j. Couple of weeks ago, went to advocate for more higher-education funding. Chair of funding, will be coming to last senate meeting. So when he comes, “politely grill” him for more higher education.

VI. Executive Vice President’s Report

- a. APPROVAL OF THE MINUTES – Approved
- b. Elections, regardless of number of candidates, help promote, campaigning, need 100 votes if you are a write in. 36 candidates are running. If you are not returning to body, please help table.
- c. End of year dinner, please fill out form. Free food and great company. April 3rd for deadline for form. Form can be found in weekly email.
- d. T-Haas project, shout out to DeBerry and Sawatzki for tabling. Lots of thank you notes so far. Bob and I sat down. Event is “Haasta-La Vista”. April 19th 3pm-4pm. Looking to have 2000 come to event. Pizza and cookies.

VII. Call for University Committee Reports

- Under graduate research council. Forms for student and faculty to fill out when doing research. What is easiest and best for them. Lot of it was confidential.
- Next commencement speaker has 1 more meeting.
- Open education resource. Final report due in about 3 weeks. Recommendations are things like changing banner system like a badge if the course is “affordable course material or no literature”. Idea to help change professor behavior so they use affordable materials. Also add Lyft Survey data like textbook use and cost.
- Employees of Color Lunch, interest in hearing topics talked about talk to VP Ibarra.

VIII. Unfinished Business

- a. Battle of the Valley’s Discussion and Voting
 - i. EVP Mattler: former senator words, reasons to kill, lack of participation, Saginaw cheats, etc. we hold the cards to make action.
 - ii. VP McIntosh: information regardless of vote, next EVP or CAC VO in transition report talk about how they can utilize how they planned the event.
 - iii. VP Ibarra: stand by ending BOV as if we decide to not do it, we should give explanation to students as to why we decided to not continue it.
 - iv. Senator Nitzkin: if BOV is eliminated, will Saginaw be contacted (yes) and how will conversation will go.
 - v. President Jenkin: they were warned about this last year, they will still raise their money. We are more of there motivator for their competition.
 - vi. EVP Mattler: Hope next year senator should d a positive charity event. Can do something do even without a plan in place. Personal belief is senate is here to legislate, not only charity fundraise. Took huge chunk of time away from our main responsibilities.

- vii. Senator Healy: Call the question.
- viii. Vote: In favor of ending BOV competition with charity competition with Saginaw, yays have majority.
- b. Nominations and Voting for Emerging Leader of the Year, Senator of the Year and Outstanding Cabinet Member of the Year
 - i. President Jenkin: Vote how you feel most comfortable.
 - ii. Emerging Leader of the Year: usually first year senator and someone who showed a lot of growth as a senator and emerged.
 - (1) Discussion:
 - (a) Senator Nurmi: Spoiled with first year senators. Support behind Hicks and Marsman. Gone above and beyond committees they belong to. So many great candidates.
 - (b) Senator Sawatzki: Support behind Hicks as they have been amazing and always doing work before you ask them.
 - (c) VP Jones: Nominate senator Nurmi, hit the ground running with civic engagement. Most office hours during first semester, took initiative for housing project.
 - (d) Senator Nurmi: denies as I think this should be for first year senator
 - (e) VP Qureshi: senator Fritz, had great ideas coming on, always professional and friendly.
 - (f) Senator Fritz: Accepts.
 - (g) VP Engler: support behind Sawatzki, her being on CAC, done absolutely in her effort and power to make sure things get done. Tabling, saying yes if I need help with a task, helping out with Gen Ed committee, always brought great new ideas to body. Greta help with BOV. Always there, at events, tabling, every meeting. Passion spoke volumes
 - (h) Vote: Is Secret Ballot. Winner announced at End of Year Dinner
 - iii. Senator of the Year- usually returning, gone above and beyond role responsibilities, passionate
 - (1) Discussion:
 - (a) Senator Nurmi: Will withdraw my name, thankful, means a lot to me. Others who are better candidates. Has to be someone outside, outspoken, puts hard work into senate. Returning senators are critical to the body. Relies on experience of other senators. Could be many people like Harris, Schaffer, Aller, but most of all I would like to support Szcapaniak. Compassionate, model for how senate should run. Had many resolutions passed, great work for access to democracy.
 - (b) Senator Marsman: Will withdraw and support for Szcapaniak.

- (c) Senator McMahon: withdraw and support Drosshart, everything he as don for MHAC.
 - (d) Senator DeKoekkoek: Nurmi has done so much work, voting, housing, crucial to the body, reconsider nomination.
 - (e) Senator Dowker: first years could be great, but support for Harris.
 - (f) VP Ibarra: Senator Harris, he may be quiet but he is stealthy. Work he has done on senate blows me away. He fully deserves this, very proud of his work this year.
 - (g) Senator Murarescu: Harris support, all his project work shows how much passion he has for all students. Inspires me.
 - (h) Vote: Is Secret Ballot. Winner announced at End of Year Dinner
- iv. Outstanding Cabinet Member of the Year: cabinet who has gone above and beyond, role model, exceptional leader.
- (1) Discussion:
- (a) Senator Dowker: Everyone is great in cabinet, but Ibarra has a full time job, 25 hour internships, I and E knows her very well. She always goes beyond. One of the most important people in my life.
 - (b) Senator Harris: Ibarra, has changed role of DAC. Focuses on education. Helped us with so many projects. Creative and created a closely bonded campus. Pronoun pins project spread to all of campus. Made herself available to so many cultural organizations. Done a great job in the role.
 - (c) Senator Hicks: VP McIntosh, has always been there for me, made a great effort to get to know me, work she has done is inspirational.
 - (d) VP Qureshi: Withdrawal, as I want to throw support behind President Jenkin as she has put in most work.
 - (e) EVP Mattler: Such a hard working cabinet. Retracting due to as others are more deserving. But President Jenkin. Worked for progress. Student speaker at graduation, student testimony at Lansing getting chair of funding to come to GVSU, Ottawa county commissioner meeting here at GVSU, made me do my job better, stepped up when I or others needed help. Critical and incredible.
 - (f) President Jenkin: Very grateful, award for cabinet. My award is working with all of you. I retract.
 - (g) Senator Drosshart: When an event gets cancelled, but last lecture still happened, running a subcommittee and another entire committee and still doing great work. This is VP McIntosh. Motivated me to be a better leader.
 - (h) Senator Brainard: re-nominate VP Qureshi, as he is so outgoing, if I was an 1/8 of a senator as him, I would be so proud of myself.
 - (i) VP Qureshi: accepts.

- (j) VP Jones: perspective of Ibarra, the work she puts in, relationship building, welcoming others, making sure people need resources, something I wish I had done better. Leads by example. Has best student engagement with student organizations.
- (k) Senator Nitzkin: VP Engler, great cabinet member, meet him during BOV. Even when he was very stressed, still smiled. Keeps CAC on target. Amazing person overall outside of senate as well. Great role model in my life.
- (l) VP Neva: Retracting as I do not even know who I am voting for. They are all great people.
- (m) Senator Schaffer: Been a different year on senate for me. I used to be on CAC. This year on EAC, it was struggle for me as it was not CAC, but McIntosh helped me find my way to best succeed.
- (n) Senator Nurmi: VP Jones support, as ERC is unique, he did a great job holding us together and work with each other and be productive and hard working. Did a lot this year, all guided and aided by VP Jones.
- (o) Senator Mueller: McIntosh, look up to you so much.
- (p) VP Engler: VP McIntosh, one who represents a great leader, intelligently, people person, took over SAAC when I was not able to do so due to BOV. How she holds herself represents a great cabinet member.
- (q) Senator DeBerry: VP Crawford. With being new to senate, she helped me find my place on finance. Great person to lean on for senate.
- (r) Vote: Is Secret Ballot. Winner announced at End of Year Dinner

IX. **New Business**

- a. Discussion on Student Seat on the Board of Trustees
 - i. President Jenkin: Wrote resolution for some sort of student representation. Met with lots of administrators, closing cap of work done. Will wait to propose resolution to talk to dean. Resolution on president's folder. Verbiage asking for commenting period for student senate president. We call ourselves student centered but no space on high levels, better shared governance. Majority of peer institutions have student seat, and around 75% of country does too. Hope if this was to go through, at student academic affairs committee and public one so student can have documented. Crucial we are part of documentation and ability to speak as well. Voting next week
 - ii. VP Ibarra: Support for both student and public comment. Urge to consider this is a big ask. It might be problematic to ask at same time. They might say they can't say yes unless it is to both. Urge to be strategic. Working with administration, maybe space it out.
 - iii. Senator Schaffer: you have been working on this all year, what is the hold up or barriers.

- iv. President Jenkin: want to make sure we utilize people in their current roles first. Might have better outlets. Issues, people are in roles to help resolve it. Do not want those things to be overlooked. “Cutting out the middle man but not in a good way”. MSU for public comment sometimes get out of hand “just talk about their feelings” and we don’t want to happen. If there isn’t a channel for something though, we need to be able to go to someone who can start that, like a student speaker on the board.
- v. Senator Drosshart: urge this is beginning of conversation, snap of fingers and both won’t happen. Do not think one will edge the other out.
- vi. Senator Bialowas: appointed by governor of state, not elected by those of GVSU spirit. Not being able to have some large impact decision without a student voice is distressing to university and democracy itself. Either or both. Appreciate their work but not having student representation, lacks standards we hold.
- vii. Senator Szcapaniak: Have public comment at board talked with this line item. GVSU recently received award for highest civic engagement. Work senate does and administration lead our civic engagement. This would be extension of GVSU mission statement. Irresponsible for government body to separate themselves from the public. No public comment at board meetings, no email address. Want to be able to better hold them accountable. Want to help create a better system with them. Open meetings act that other government bodies in Michigan have public comment due to being formed around constitution. 7/13 universities have public comment at their board meetings. 3 allow you to speak if you register if you want to speak in advance. 3 do not have public comment, one being GVSU. One Trustee mentioned that they are accessible since they go to events, but since they receive tax dollars from Michiganders, I should be able to ask questions or raise questions. Want all other people, not just students, to be able to have their concerns heard. They do not have to respond but just hear then follow up. Board cannot ask important questions without hearing from the people. Told that the systems in place should be used, but they can be used to keep us without being able to access the board. What legacy do we want to leave for students behind us? Being able to go to the meetings and get onto the agenda or be heard, it is important to have the student voice heard. Hoping that this suggestion of public comment is something the board would pick up on, but we are a far better leading example of democracy currently than the board.
- viii. Senator Mueller: Lots of high schools have this opportunity as well.
- ix. Senator Schaffer: Student seat, does that require a Michigan constitution seat? (No, next best thing would be comment from student senate president)

- x. VP Jones: board practices closed, lots of work done in sub committees, minutes not released, or publicized. It is more of rubber stamping of work they are doing elsewhere. It is the very least they could do.
 - xi. Senator Nurmi: Much needed step, and they would not have any purpose without the students here. We should have a say in this. Do not personally trust board, as my question was made fun of and did not take us seriously.
 - xii. VP Qureshi: I think idea of student seat is something that should happen. Question of how we are going to get there. It will be a big ask for them. Be critical in strategic way. Take steps to open up their mind for student questions. Do not want them to turn away any student, especially those who represent the students. Want to make sure effort and attention we use contributes to long term goal to have students be able to speak.
 - xiii. VP McIntosh: When county Commissionaire meeting came here, went smoothly since they did all their discussion before hand. They had public comment as they know it is important to have constituents be able to come and comment. Student seat would transfer into academic policies sub committee. Most important thing senate has done in a “hot minute”.
 - xiv. Senator Szcpaniak: timeline, idea brought up to Jenkin at start of year, might rock the boat, told if we wait Jenkin will do work behind the scenes. Not new concept. Year long process. Think this is a great time for new president to come in and show importance for civic engagement. Here to reassert values and commitments for transition of leadership. Important we do both of these things. Assert GSVU values.
 - xv. Senator Sanchez-Castillo: they work for us and should be open and accessible to us. Do not like disconnect we have seen so far. Over winter break they raised tuition and we did not have a voice
- b. Discussion on the 2019-2020 Budget
- i. VP Crawford: outline purpose of budget and proposed changes. Buckets. Changes based on number of requests. Council amounts can change based on needs. Guideline not set in stone.
 - ii. Decreases in academic and professional and interfaith. Services and advocacy, special interest, travel fund.
 - iii. No change: honorary, recreation sports.
 - iv. Increases: cultural, performing arts, Greek Life, Club sports.
 - v. Lump sums giving to certain departments: No change for student senate budget. Also I would like to see us give a lump sum to replenish due to it being student centric.

General Assembly

Thursday, March 21st, 2019 – 4:30 pm

Pere Marquette – Kirkhof Center

Chair: Rachel Jenkin

Parliamentarian: Morgan Mattler

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- (1) VP Ibarra: Teach in underfunded, but number of attendees increases. Think we invest into students and build bridge between faculty and students, so I think we should invest more into Teach In.
 - vi. Other no changes, Campus Activity Board (Gaslight and spotlight joined together), Creation Station, President Ball, Sustainably/community development initiative, Orgsync/Lakerlink, Media Services.
 - vii. Increases: Lanthorn, Whale, GVTV, leadership development now in place too OSL will handle.
 - (1) Senator Bialowas: Problem with how Lanthorn is getting more sine they pay students and other media venues can do more.
 - (2) Crawford: most of their expenses are operations. Have seen how they do their best to switch over.
 - viii. Budget allocated by board. Draw from council
 - c. Discussion on Resolution W-19-03: Prayer Space on Pew Campus
 - d. How to do Well in an Interview Presentation, VP McIntosh
 - e. **CALL FOR NEW ORDERS OF THE DAY**
 - X. **Public Comment – Part II**
 - XI. **Call for Announcements**
 - a. President Jenkin: Talk about resolutions in committee meetings.
 - b. EVP Mattler: Elections, tabling
 - XII. **Adjournment: 8:43pm**