



Meeting Name: **Healthy Campus Committee**

Date & Time: **Monday, November 13, 2017 from 12:00 – 1:00 p.m.**

Campus & Room #: **Rm 301 (EGF), Rm 461B (TRF)**

Committee Minutes

Attendees: Colleen Kukowski, Cory Feller, Dawn Gallardo, Kelsy Blowers, Lisa Lemonds, Mary Fontes, and Peggy Rogers.

Absent: Amanda Johnson, Angie Brekken, Brian Suckow, Candy Seyfried, Deloris Larson, Erin Bulger, Jason Pangiarella, Mei Sather, Nancy Carda, Paul Peterson, and Teresa Mattison.

Topic	Responsible Party	Discussion/Outcome
Purpose		Identify and implement strategies to promote good health and fitness among employees and students.
1.Activities to date (October—December)	Phi Theta Kappa OTA Club PTA Class-PTAS 2111 OTA Club OTA Club PN Club OTA Program The Guild Club EPIC Pride and PTA Club	<ul style="list-style-type: none"> - Month of October Winter Clothing Drive - October 12, 2017, from 1:00-4:00 p.m. Pumpkin Patch - October 18, 2017, from 10:00 a.m.-12:00 p.m. Virtual Dementia Tour - October 18, 2017, from 1:00-3:00 p.m. Tummy Tot Expo - October 25, 2017, from 12:00-2:00 p.m. Breast Cancer Awareness Booth - October 25, 2017, from 5:30-8:00 p.m. Painting Sign Party - October 27, 2017, from 8:30-10:00 a.m. OTAC 2015 Peds Community Practice Lab - October 27, 2017 from 12:00-6:00 p.m. D & D Game - October 29, 2017, from 6-8:00 p.m. YMCA Halloween Party Volunteer



	<p>NCTC Clubs PAMA Club</p> <p>RN Club</p>	<ul style="list-style-type: none"> - October 31, 2017, from 11:00 a.m.-1:00 p.m. Halloween Club Day - November 2, 2017, from 5:00-8:00 p.m. Grilled Cheese and Tomato Soup Dinner & Winter Clothing Drive - November 14, 2017. Great American Smokeout
2. Intervention	<p>Research team</p> <ul style="list-style-type: none"> * Teresa * Dawn * Erin <p>- Colleen / Email</p> <p>- Tony</p>	<p>ATOD (Alcohol, Tobacco, and Other Drugs) Grants</p> <ul style="list-style-type: none"> • Dawn reported that Moorhead received a grant to get a ATOD counselor. Action: Dawn will check into the details of which grant they applied for and how they went about getting the grant. <p>ATOD at the County level – Sue Thompson</p> <ul style="list-style-type: none"> • Education & Awareness Partners <p>Quit Plan – Stop smoking – Speak with Inter-County</p> <p>Updates:</p> <ul style="list-style-type: none"> • Colleen called and e-mailed Sue and Quit Plan about having a rep come to the college. We are waiting to hear back from them. • RCP students' activity on November 18 for Great American Smoke Out table <p>Awareness Issues: Tobacco – Fentanyl - Pill abuse - Other Drugs</p>
3. Healthy Campus	<p>Healthy Campus</p> <p>Counselor's Office Counselor's Office</p> <p>HR/ Student Affairs</p> <p>Colleen</p>	<p>National Health Awareness Month site https://healthfinder.gov/NHO/nhoyear.aspx?year=2017</p> <ul style="list-style-type: none"> - October – Mental health email, Depression video October 31 - November – SOS—Mental Health Screening, offered November 7 in TRF. - November 16, 8:00-4:30 p.m. Mental Health First Aid in EGF. We currently have two spots open after two dropped out as of November 13. <p>Fruit for finals: Colleen will contact Jason for details. Group thinking of just having fruit on the</p>

	Colleen / Jason	<p>first two days of finals (Wed/Thurs), because most students have already taken their finals.</p> <p>Colleen spoke with Jason and many of the students are done at the beginning of December so there will not be many students on campus during finals week. Jason and the Student Senate feel that it would be better to do something at the beginning of the semester during the first week of class.</p>
	<p>Teresa/Quit Plan Nursing/Dietetic? Dietetic Program?</p> <p>Dietetic Program? Early Childhood</p>	<ul style="list-style-type: none"> - November – 3rd Thursday of the month is the Great American Smokeout - January – National Drug and Alcohol Facts Week - February – American Heart Month/National Eating Disorder Screening Program - March – National Nutrition Month - April – Sexual Assault Awareness and Prevention Month/National Child Abuse Prevention Month, EGF.
4. Drug Free College Audit (Due October 2018)	Colleen, Mary, & Cory	<p>NCTC has to complete the Drug Free College Audit every 2 years. We need to have the audit completed by October of even years (October 2018 – next date). The audit consists of completing a checklist and pulling documentation to make sure we are doing everything to comply on the education piece and promoting healthy living lifestyles.</p>
	All	<ul style="list-style-type: none"> - Need to improve or promote healthy living lifestyles: What are we going to do to raise awareness to change behaviors?
	Clubs/ Staff/ Classes	<ul style="list-style-type: none"> - Need to have more activities related to tobacco, alcohol, and other drugs. - Is there anything we are missing?
	<p>Peggy</p> <p>Examples of ATOD activities (In and Outside the classroom)</p>	<p>Professional Development Faculty</p> <ul style="list-style-type: none"> - Bring up ATOD topics for professional development among faculty. - In classroom send information to Cory - How little/how much information is needed? Email was sent with examples.

<p>5. Nonacademic student support services resource page</p> <p>Legislative Mandate: MN legislature mandated to have resources made available targeting pregnant and parenting students</p>	Mary	<p>Mary will pull the group together and have a discussion on the topics to see where healthy campus can help out.</p> <p>Discussion</p> <p>Nonacademic support services:</p> <ul style="list-style-type: none"> - Do we have a Resource web page developed? Would need to update annually, check links, etc. - Someone to monitor it - Have Marketing develop a webpage? - Food insecurity: How can the faculty help? What can the college as a whole do to help students? Brent Braga will be added to the work group. - Early Childhood can have a class project to put resources together to assist families. Who will take care up updating the online information? Where will we place the handouts on each location? - Jason has sent an email about food, winter clothing, and supplies. Ex. Food Boxes, Winter Coats, School Supplies, etc.... <p>Services by Category: Findings have not been reported to the board yet, still to come. Continue conversation on topics.</p> <ul style="list-style-type: none"> - Housing - Transportation - Child Care - Mental Health - Food - County Benefits - Health Care
	Peggy	
	Jason / Student Success Center	
	Peggy	Peggy stated that her students conduct research MN Side and ND Side to



		determine the resources available in the community. There also is a County page that is developed for the ND side, plus Kelsy stated there is a MN County page near completion.
6. Budget	College Wide EGF	\$ 1000.00 \$ 3.00
7. Adjourn	Date / Time	December 11, 2017 EGF / TRF