In attendance:
Dr. Amy Savage (President)
Dr. Megan Andrews (President-Elect)
Dr. Alexis M. Barbarin (Secretary)
Dr. Nisha Cavanaugh (OPA Director)
Dr. Alexander Franke
Dr. Emily Griffiths
Dr. Jeremy Heath
Dr. Warren Sconiers
Dr. Barry Pemberton
Dr. Brett Lehman
Dr. Ying Liu
Dr. Avat Shekoofa
Dr. Kim Jensen
Dr. Holly Goyert
Dr. Francesco Tiezzi

Minutes:

I. Speaker – Dr. Beverly Savinsky from the NCSU Counseling Center

Counseling services are not just for graduate students here at North Carolina State University. As long as you are covered by the Student Blue, Blue Cross Blue Shield of North Carolina health insurance plan, you are eligible for services at the NCSU Counseling Center. Among undergraduate students, graduate students and postdocs (~35,000), only 9% of eligible persons (4,000) use the counseling center annually. This is increased from the national average of university counseling center usages, which is 7%. Roughly 18% of graduate students use the service, but not many postdocs do. The counseling center would like to change this.

Anxiety, depression, and relationship problems are the top three reasons for visits to the counseling center. In 2012-13 roughly 16,000 appointments were made and in 2013-2014 roughly 19,000 appointments were made. There are a variety of services offered at the counseling center.

- There are **individual, couples, and group therapy sessions**: In order to go to couples counseling, both members of the couple must be eligible for services at the university.
- There are various **support groups**, but currently no support group for postdocs. They would like to develop one; however, the need must exist.
- **Academic and career counseling**: This office is usually most busy at the beginning of the semester, midterms, and at the end of the semester so plan accordingly.
- **Semester withdrawals**: all students withdrawing must make an appointment with the counseling center.
**Crisis Response/On-Call Services:** When you call the crisis response team you usually speak to an NCSU police officer that takes your information to pass on to the staff at the Counseling Center after hours. The goal is to call each person back within two minutes. But the maximum time you will wait for a response is five minutes.

**Psychiatric Evaluation and Medication Management**

**Outreach and Presentations**

There are two full time and several part time psychiatrists. All information is confidential and protected under HIPPA unless there is potential to harm self or others, child or elder abuse, or a court order. So, there is no need to wonder if your PI will find out that you have used any of the services!

Starting in the fall, there will be a satellite counseling center at the Centennial Campus. The main location for the counseling center is the 2nd floor of the Health Services building, which is at the corner of Dan Allen and Cates. For more information about the Counseling Center you can go to their website at: [http://healthcenter.ncsu.edu/counseling-center](http://healthcenter.ncsu.edu/counseling-center) or to make an appointment you can call (919)515-2423.

**II. Postdoctoral Research Symposium**

The 2015 Postdoctoral Research Symposium will be held on May 20, 2015. The deadline for abstract submission is Friday April 24, 2015, but may be extended to Monday April 27, 2015 to allow those attending conferences to submit an abstract. The deadline to register for overall registration will be on Monday May 4, 2015, which will ensure we have the proper accommodations for everyone that wishes to attend. So far, there are ~68 registrants representing North Carolina State University, Duke and UNC Chapel Hill. If you are presenting and need your poster to be printed, the Office of Postdoctoral Affairs has funds for poster printing. All printing will take place at either Hunt or Hill Libraries. If you are interested in having your poster printed, please contact Nisha Cavanaugh no later than May 15, 2015 at nacavana@ncsu.edu. All presenters will receive a thumb drive as a token of appreciation for presenting, and the top three posters will receive an award.

We have four judges signed up, but are looking for additional judges. All judges will receive free lunch and free pens as a token of our appreciation. This year, there will not be a photographer, however, someone from the graduate school office will come out and take a group picture. Please plan to attend and dress for success! If anyone is traveling to main campus and needs a parking pass, please let Nisha Cavanaugh know in advance so that we can have the appropriate number of parking passes. And lastly, there will be a “Day of To Do List” that needs to be completed to make the Research Symposium a success. The PDA leadership team is asking that everyone select at least one thing on that to do list so that we can get everything accomplished. We thank you in advance for your support!

**III. Committee Updates**

**International Committee:** Dr. Alexander Franke and Dr. Warren Sconiers are working on a draft of resources for both international students and diverse students. The draft is not yet complete, but when it is, it will be posted on the Postdoctoral Association web site.

**College Representatives:**
It was suggested that the college representatives send out emails to the postdocs in their colleges inviting them to the postdoctoral research symposium. Additionally, Amy Savage mentioned that next year she hopes the college representatives will have more of a role in the leadership team. Particularly, maybe each rep can take on an initiative of their own.

**Social Committee:** Weekly happy hours are going well. Additional happy hour locations will be announced via email. There is a Bicycle Festival that is coming up at the beginning of May and lasts 10 days, covering two weekends. Events change daily and include a historic tour of downtown.

The postdoctoral association has an intermural softball team that plays at Millbrook Park each Sunday. The team is currently full for the spring, but will be looking for new members in the fall. Please be on the lookout for impromptu events in addition to the standard Friday happy hour.

**IV. Student Blue Health Insurance**

Open enrollment for the Student Blue Health Insurance will be July 1-31, 2015. This is the only time you can make changes to your policy each year, or if you have a life changing event like the birth of a baby or a marriage. If you are a postdoctoral research scholar or a teaching scholar, your Primary Investigator (PI) pays your premiums. This year, premiums are increasing significantly. Our hope is to maintain a plan that is 80/20, and maintain the out of pocket maximum. However, we expect the premium to increase. This means if you have dependents on your plan, you will be responsible for these costs. The Office of Postdoctoral Affairs will communicate any and all changes to health insurance benefit plans once they have been confirmed.

**V. Next Meeting**

Calling all leaders! If you are interested in taking a role in the Postdoctoral Association Leadership Team please consider reaching out to the person currently in that leadership role and interviewing them on the ins and outs of that position. As we come to the close of the year, we need nominations for all leadership positions. Please consider serving the Postdoctoral Association during the 2015-2016 academic year.
Counseling Center

The NC State University Counseling Center provides group and individual counseling for NCSU students for personal, academic, and career concerns. Psychiatric consultation is also available. Our services are short-term and we will make referrals as necessary.

- **Group Counseling** offers students an opportunity to come together with others who have similar experiences or concerns to seek and share solutions, while offering support to each other. Groups vary by semester based on student need.

- **Personal Counseling** is provided for individuals, groups, or couples to help with a variety of issues including, but not limited to; anxiety, depression, relationship issues, and substance abuse. **Online Screenings** are available on our website: go.ncsu.edu/counseling

- **Academic Counseling** services include help with time management, test anxiety, learning issues, dissertation support, and withdrawal and late course drop requests.

- **Career Counseling** offers career assessments for a small fee. These services may be helpful if you are deciding on or changing your major.

2nd Floor, Student Health Center
2815 Cates Avenue, Box 7312
Raleigh, NC 27695
Phone: 919-515-2423
go.ncsu.edu/counseling
Outreach and Presentations

Programs on a variety of counseling & wellness topics are provided with descriptions of each workshop online at go.ncsu.edu/counseling. We can also develop and facilitate programs based on specific needs.

Our Staff

The NC State Counseling Center staff is diverse and well-qualified, and includes counselors, psychologists, social workers, psychiatrists, trainees, and administrative staff.

Confidentiality

Your information is kept strictly confidential, unless you give permission to release information. Exceptions include: imminent risk of harm to you or others, information about possible child or elder abuse, or legal court order.

Fees

Most counseling services are free of charge for enrolled students. There is a charge for some psychiatric consultations.

Appointments

Appointments can be made at the Center where students will be seen for a brief access appointment to assess needs and make a plan. Students may be seen on walk-ins for emergencies, if appropriate. The counselor-on-call can be reached for emergencies after business hours and on weekends via Campus Police at 919-515-3000.

2nd Floor, Student Health Center
2815 Cates Avenue, Box 7312
Raleigh, NC 27695
Phone: 919-515-2423
go.ncsu.edu/counseling
Why choose group? Because group counseling works! Since relationships often play a role in affecting our well-being, it makes sense to address concerns in the context of group. Below is a listing of the current groups being offered.

General Counseling Groups
These groups require a pre-group interview before joining.

Understanding Self and Others: Let your guard down. Talk honestly about what worries you. Receive and offer support. In these groups, you can learn about how you relate to others and experiment with new ways of relating. In the process you can grow as a person and learn how to develop more satisfying relationships.

Theme Based Groups
These groups are organized to address a specific concern or serve a specific population. Some require a pre-group interview before joining.

Fear-less Overcome your fears in this 10 week group that teaches skills to manage anxiety

Koru: Learn to manage stress in 4 weeks using effective mindfulness techniques.

Brave: Build self-esteem and become more confident, assertive, and comfortable in your own skin. For undergraduate women.

Grief Group: Receive support and encouragement through the grieving process by exploring the impact of your loss in a caring environment.

GAP: Group Alcohol PsychoEd: Meet with other students and collaboratively learn how to manage alcohol effectively. Focus is on coping skills, interpersonal support, and healthy lifestyle...no judgment!

SMART: Students Managing Alcohol Responsibly Together Move towards personal fulfillment, cleaner living, and sobriety with others. Supportive and judgment-free environment.

SOS (Sustaining Our Selves) Group: Learn practical, empowering skills to better manage intense, painful emotions such as anxiety, frustration, sadness, fear, anger and hurt. In a mindfulness-based group, you can work on getting a handle on emotions, and improve your quality of life.

ADHD.EDU Coaching/Support Group: Struggling to manage it all? Explore strategies to improve attention, organization, time management, and productivity! Especially for students diagnosed with ADHD.

Pride Counseling Group: Explore life issues, worries, and woes in a small, safe, confidential setting. Share support and caring with other students in the GLBTQQ community.

Perfection Trap: Feel like it’s never enough? We’ll examine identity issues, self-esteem and body image concerns, relationship issues and academic expectations related to perfectionism. For Graduate women.

International Student Support: Share support and ideas, improve productivity and strengthen individual coping skills.

Wellness Support: For students with chronic medical concerns. Receive and give support. Share ideas and strengthen your skills to succeed.

Transcending and Connecting: Connect, explore, and learn with other students of trans* experience. Give and receive support. The focus is on connecting with others and exploring identities in a safe space.

Backpacks to Briefcases: An 8 week group focused on the college to career transition. For undergraduate May 2015 grads.

Skill Building Drop-in Groups
Learn coping skills to support more effective living and to navigate the balance between academics, work, and a personal life.

Clues to Help you Snooze: Mon 12-1pm
It’s Complicated: Tues 4pm - 5:30
Tuesday Talks: 12pm - 1pm (monthly @ Tailey 3285)
Stress Management: Wed 4:45-5:30
Meditation: Thurs 4:45-5:30

Join a group, learn about yourself, explore new ideas, receive support, and give support.

For more information, call us at 515-2423, stop by and ask, or check our website.

http://healthcenter.ncsu.edu/counseling-center