



# **STAFF CONFERENCE**

**Tuesday, Oct. 16, 2018**

**Dina's Place, DiGiorgio Campus Center**



The mission of the Staff Assembly is to provide a forum for communication that enhances the work environment and values the ideas of all staff. We are committed to representing the interests and concerns of staff to the president, administration, and other members of the university. We are dedicated to promoting staff involvement on campus and in the community; providing opportunities that enrich staff experiences; and encouraging a positive campus climate of support and respect among peers.



## **TODAY'S AGENDA**

- 1. CALL TO ORDER**
- 2. ACKNOWLEDGE APPROVAL OF MINUTES**
- 3. LEADERSHIP Q & A SESSION**
- 4. BETSEY O'BRIEN, NATIONAL ALLIANCE OF MENTAL ILLNESS**
- 5. BE AFRAID...BE VERY AFRAID...**
- 6. GIVE LOCALLY TO THE UNITED WAY**
- 7. STANDING COMMITTEE REPORTS**
- 8. STAFF AWARDS**
- 9. NEW STAFF HIRES**
- 10. QUESTIONS/COMMENTS**
- 11. ADJOURNMENT**

**THE NEXT STAFF CONFERENCE WILL BE TUESDAY, NOV. 20, IN DINA'S PLACE.**



The Student Payroll Adjustment form (used when a student misses the deadline to enter their time online via Wingspan) requires three signatures. Level 1: supervisor; Level 2: dean/department head; and Level 3: vice president; and then the provost. Is this an effective use of time for someone at that level? Perhaps Level 2 should be chair/department head, and Level 3 dean.



It's necessary to document the errors made by either students and/or employees. The Fair Labor Standards Act requires this accurate reporting. Winthrop could be fined or penalized for the inaccurate reporting. The vice president's signature is required so they are also aware of the errors. Payroll has to make manual corrections. The provost reviews them in her role as vice president for academic affairs, not as the provost.



Why aren't work times standard for all employees? It seems like certain supervisors come in later and/or leave early and don't follow the designated work hours, while we lower-level employees can be written up or even terminated for doing the same thing.



This question was edited because it specifically mentioned a supervisor's name. This is not the place to call out other employees. People who feel they've been discriminated against or are being treated differently from other employees by their supervisor should talk to HR, specifically LeeAnn Pounds, employee relations manager.



Why is it so hard for anyone to directly answer a question asked in Staff Conference? The answers tend to be full of lip service that goes in circles, usually do not answer questions, and sound a lot like Charlie Brown's teacher. The people sitting in front of you are the nuts and bolts of the university that make it run, and the questions directly affect many of our jobs.





We are grateful to have an anonymous Q & A with leadership, especially since other outlets do not. Chair Nicole Chisari offered tips on submitting questions: be very clear with what you're asking (ask her if you need help with that); be concise – ask exactly what you want to know; think about if Staff Conference is the right outlet for your question and if you're willing to wait for an answer; some questions are so specific that if you would just reach out to her directly, she could get a better, more specific answer.



**BETSEY O'BRIEN**

**DIRECTOR OF EDUCATION PROGRAMS,**

**S.C. CHAPTER OF THE NATIONAL**

**ALLIANCE OF MENTAL ILLNESS**



# Mental Health: It Affects Us All

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Winthrop University Staff  
October 16 2018

**Presented by:**

**Betsey O'Brien**

**Board Chair, NAMI Piedmont Tri-County**

# What are mental health conditions?

- **Mental health conditions are:**
  - Medical illnesses like any other physical illness;
  - Conditions that change how a person thinks, acts or feels;
  - Common and treatable!
- **Mental health conditions are not:**
  - Anyone's fault or something to be ashamed of;
  - Limiting – you can achieve your goals!

## **A list of the more common mental health conditions:**

**Anxiety Disorders**

**ADD/ADHD**

**Bipolar Disorder**

**Borderline Personality**

**Major Depression**

**Dual Diagnosis: SA&MI**

**Eating Disorders**

**Obsessive-Compulsive Disorder**

**Panic Disorder**

**Post traumatic Stress Disorder (PTSD)**

**Schizoaffective Disorder**

**Schizophrenia**

**Seasonal Affective Disorder**

**Tourette's Syndrome**

## Mental Health Facts

# Mental Health Facts IN AMERICA

**Fact:** 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Figure 1. NAMI Infographics & Fact Sheets (2017)

# WHAT ARE THE SYMPTOMS ?

- **Feeling sad or withdrawn**
- **Severe out of control, risk-taking behavior**
- **Sudden overwhelming fear for no reason**
- **Severe mood swings that cause problems in relationships**
- **Drastic changes in behavior, personality or sleep habits**
- **Extreme difficulty concentrating/staying still**
- **Intense worries or fears**
- **Not eating, throwing up or using laxatives to lose weight**
- **Repeated use of drugs or alcohol**
- **Trying to harm or kill oneself or making plans to do so**

# What Can NAMI Piedmont Tri-County Do to Help?



## **NAMI PTC provides:**

- **Educational Programs**
- **Training**
- **Support Groups**
- **Advocacy for Mental Health Issues**

**to the York, Lancaster, and Chester County communities.**



# NAMI Connection

[NAMI Connection](#) is a weekly or monthly support group for people living with a mental health condition.



**Over 300 Individuals living with mental health conditions** have attended a Connection Support Group Meeting through NAMI PTC in 2017.

# NAMI Family Support Group

[NAMI Family Support Group](#) is a weekly or monthly support group for family members, partners and friends of individuals living with a mental illness



**Over 400 Family members and friends** have attended a Family Support Group Meeting from NAMI PTC in 2017.

# What to do and where to go for help:

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## **CRISIS: BEING IN IMMEDIATE DANGER TO YOURSELF OR OTHERS**

**If you are in crisis situation yourself or are afraid for a family member or friend:**

- Ask the question: “Are you thinking of hurting yourself or ending your life by suicide?”
- Go to the emergency room or call 911
  - Don’t leave the person alone
  - Call the Suicide Prevention Lifeline 800-273-TALK (8255)
  - Text NAMI to 741741 to be connected to a 24/7 Crisis Line

**If you, a family member or friend are experiencing symptoms of a mental health condition but are not in crisis or having an emergency:**

- Contact your primary care physician and explain what your symptoms are
- Give as many examples as you can
- The doctor may refer you to a psychiatrist for more specialized care.

**Join us on Saturday to raise  
awareness  
and reduce the stigma!**



**Walk for 1 in 4**

**(One in four adults has a diagnosable mental health condition.)**

**October 20th, 2018**

Thank you for your interest and attention today!

**FOR MORE INFORMATION CONTACT:  
NAMI PIEDMONT TRI-COUNTY (803) 610-8174  
[WWW.NAMIPIEDMONT.ORG](http://WWW.NAMIPIEDMONT.ORG)**





**STUDENT ALUMNI COUNCIL PRESENTS:**  
**GHOST TOURS**

**MCBRYDE**

Tuesday October 30th

**TOURS FROM 6:00PM - 9:00PM**

<https://www.eventbrite.com/e/winthrop-university-ghost-tours-tickets-50081116969>



**JOANNA HARRIS**

**UNITED WAY PARTNERSHIP**

**WITH WINTHROP –**

**GIVE LOCALLY!**





# STAFF COMMITTEE REPORTS







# STAFF COMMITTEE ON CAMPUS & COMMUNITY INVOLVEMENT

- Pink Out Day is today!
- The next Food Truck Friday is Oct. 19 at 5 p.m.
- The food drive begins on Oct. 22.
- Door-decorating contest set for Oct. 31. Prize = chocolate! Also dress up for the costume contest. Prize = bragging rights.

Contact: Pam Varraso, [varrasop@winthrop.edu](mailto:varrasop@winthrop.edu), for a roaring good time!



# STAFF COMMITTEE ON ELECTIONS & NOMINATIONS

- Nothing – yes!

Contact: Becky Best, [bestr@winthrop.edu](mailto:bestr@winthrop.edu).



# STAFF COMMITTEE ON MEDIA & COMMUNICATIONS

- Send in those Halloween costume photos! The next Staff Stuff will hit inboxes in early November.
- Have you joined the Facebook group?
- Continue sending your milestones, news, etc., to [cauthenk@winthrop.edu](mailto:cauthenk@winthrop.edu). You can also ask her for subscription instructions.



# STAFF COMMITTEE ON PROFESSIONAL DEVELOPMENT

- “The Ins and Outs of Marketplace” – Oct. 29 at 3 p.m. and Oct. 30 at 11 a.m. in Dinkins Auditorium. See TLC calendar. Identical sessions.
- Banner 9 extra training for purchase requisitions– Nov. 7 at 11 a.m. in Tillman lab. TLC link coming soon.



# STAFF COMMITTEE ON STAFF FEEDBACK

- Margaret Nance signs:

<https://www.winthrop.edu/staff/default.aspx?id=52998>

- What about wages and raises?

<https://www.winthrop.edu/staff/default.aspx?id=52998>

Contact: Rachel Glover, [gloverr@winthrop.edu](mailto:gloverr@winthrop.edu)



# STAFF COMMITTEE ON RECOGNITION

Contact: Miranda Knight, [knightm@winthrop.edu](mailto:knightm@winthrop.edu)





**Staff Member of the Month  
September 2018**

**Recognition Committee  
Staff Assembly**



# Thanks

Reserved Parking Spot  
On Campus

1 Month Free at the  
West Center

1 Free Meal at Thomson  
Café

Spotlight in  
Staff Stuff Newsletter

Thomson Café



STAFF  
stuff



West Center





# Swag.

York Electricity Co-Op  
Comporium  
Development Office  
Alumni Association  
WU Athletics  
Morton & Getty's

Department of English  
Winthrop Foundation  
Arrowpoint  
Small Business Development Center  
Office of Admissions  
Office of the President  
Founders  
State Farm

Residence Life  
Department of Design  
Winthrop Bookstore  
Department of Music  
College of Business  
Publix

Center for Educator Recruitment, Retention, and Advancement  
Office of New Student & Family Programs

# Nominees | September 2018



**Brittany  
Cromedy**



**Julia  
Hinton**



**Miranda  
Knight**



**Jamie  
Ray**



**Craig  
Sauvigne**



**Tiffany  
Cowden**



**Staff Member of the Month  
September 2018**

**Craig Sauvigne**

**Computing &  
Information  
Technology**



**October 2018  
Staff Member of the Month  
Nominations**

**due**

**Wednesday,  
October 31, 2018  
at 5 p.m.**





# New Staff Hires

Introductions by Brittany Neely

# Upcoming Wellness Events

## InFluence:



### Flu Shot Clinic:

Monday, October 22th  
10:00am to 1:00pm

(no appointment necessary)

West Center Commuter Lounge

**Bring your prescription card** so vaccine can be filed with your insurance. Event is open to all Faculty/Staff/Students, Spouses and Children-even if the State Health Plan is not your primary insurance carrier! If your insurance doesn't cover a free flu shot or you do not have your card, the vaccine will cost \$42.



103710-09-2017

Sources: S.C. Department of Health and Environmental Control, Centers for Disease Control and Prevention

## Mobile Mammography Memo



You will experience quality, compassionate care, expertise and a comfortable atmosphere, including 3D mammography, and female technologists certified in breast imaging.

### EVENT DETAILS

#### Date:

Tuesday, November 13,  
2018

#### Location:

Margaret Nance Parking Lot



### SCHEDULING

- You may call our mobile breast center appointment line at 704.831.4242.
- You may fill out the attached document in full and fax/e-mail as indicated on the form.
- If you are age 35-39, one baseline will be covered under Winthrop's BCBSSC

It is important to schedule your appointment before the mobile visit. A minimum number must be booked for the event to take place.

### ELIGIBILITY

- Women 40 and older may self-refer, meaning no referral required. Please check with insurance if you're between the ages of 35-39.
- Must be at least one year since last mammogram.
- Must not be pregnant or breastfeeding.
- No new breast lumps/concerns. Patients should promptly contact their physician if experience breast problems.

Charlotte Radiology provides confidential results to all patients and their primary care physician(s) of choice.

**CALL TO SCHEDULE 704.831.4242**

Charlotte Radiology recommends annual mammography for women ages 40 and older.

Take a closer look at [MobileBreastCenter.com](http://MobileBreastCenter.com).



**Questions?**  
**Comments?**  
**Announcements?**



# **Next Staff Conference**

Tuesday, Nov. 20, 2018

Dina's Place, DiGiorgio Campus Center