

Cornell Minds Matter

Byline Funding Application 2018-2020

President: Cooper Walter

Treasurer: Jacqueline Weiss

Advisor: Janet Shortall

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I. Mission Statement~~~~~

Cornell Minds Matter is an undergraduate student organization that works to:

- Help Cornell students deal with stress, lead a balanced existence and use the stresses and challenges we face as opportunities for growth and success.
- Decrease the stigma associated with mental illness and with seeking mental health resources so that all students may find the opportunities they need to be successful.
- Promote understanding of the value of caring for one's own mental health and others by bringing speakers to campus, holding discussion sessions, and educating through workshops, training sessions, publications and advertising.
- Serve as a liaison between students, staff, faculty and the administration of Cornell to guide policy and resources so the undergraduate population of Cornell is best served.

The Cornell Minds Matter mission statement proves particularly pertinent due to the fact that high percentages of college students at Cornell University and across the nation consistently report stress, symptoms of depression, and other mental health issues. Startling statistics about mental illness highlight that:

- 38% of Cornell students were unable to function at least once during the last year (Cornell PULSE Survey, 2013)
- 1 in 4 college students suffers from a diagnosable mental illness (Active Minds)
- 1 in 3 college students reports prolonged periods of depression (NAMI)
- 1 in 7 reports difficulty functioning at college due to mental illness (NAMI)
- 1100 college students die each year by suicide (Active Minds)
- The average age of onset of most mental health disorders is 18-24 (Active Minds)
- A majority of college students report a lack of awareness and education concerning mental health issues (NAMI)

CMM continues to find creative ways to promote mental health awareness and help students through the daily stress of college life. In addition to the large-scale events and weekly series that CMM offers, members have also worked with the Cornell administration and other student groups to improve mental health resources on campus.

CMM members have acted as student representatives for the Council on Mental Health and Welfare and the President's Council on Alcohol and Other Drugs. They have worked to improve Notice and Respond practices and have consulted on Cornell's Mental Health Framework. Additionally, members have contributed to the Faculty Handbook on the Signs and Symptoms of Students in Distress and the Cornell Family Handbook.

The 2007 Cornell Meinig Research Scholars' report on sources of stress at Cornell included: loneliness, peer conflict/dating, new responsibilities, adaptation to a new environment, academic achievement, time management, and parental expectations. The report's recommendation included: collaborate with Cornell Minds Matter, advertise stress relief, and make mental health more approachable.

Mental health can strongly affect academics, relationships, success, and general well-being. In order to avoid reaching a point of crisis, it is important to encourage open conversations about mental health and promote taking care of oneself and others. Cornell Minds Matter is committed to addressing the university's goal of developing a caring community where support, information, and resources are readily available to all students.

II. Narrative of Plans ~~~~~

During the upcoming funding cycle CMM will continue with all current programming (listed below in the section “Activities, Programming, and Events in the Current Funding Cycle) with improvements and small modifications.

In the past, the student assembly has asked us about our self-evaluation practices, publicity strategies, and international student outreach. In response to these concerns, we have organized surveys for our Healthy and Disordered Eating (HDE) and Zumba events in order to assess efficacy. We have also implemented a general event feedback form to evaluate attendance and the event impact. One of our members applied for and received the Janet McKinley '74 Family Grant to perform an extensive evaluation of Cornell Minds Matter on a variety of dimensions, including progress toward our mission and efficacy of our programs. To reduce the costs of publicity, we are using more online resources to advertise our events. Finally, we held a booth at the International Student Resource Fair to encourage student involvement from this population.

We have dramatically broadened our diversity and inclusion initiatives in accordance with the Student Assembly’s requests. A list of our D&I initiatives can be found under the subheading “Diversity and Inclusion initiatives” below, and includes among other things presenting mental-health programming for BSU, BOSS, and others. We plan to continue to collaborate with BSU, BOSS, BWSN, the Greek community, student-athletes, and other groups next semester. We also plan to reach out again to additional organizations, including but not limited to ISU and LAL.

As a 2015 recipient of the Perkins Prize, which provided \$2,500 to CMM and \$2,500 to ALANA, we were again able to ensure that we have at least 2 Dining with Diverse Minds events per semester starting in the academic year of 2015-2016. As a result of this added source of funding, we were also able to expand our Large Events and Healthy and Disordered Eating (HDE) events with great success. We have developed the Cornell Minds Matter Lounge for Well-being, which serves as a quiet study area for students and as a meeting space for other mental health organizations, including Womxn of Color and the First Generation/Low-Income Support Group. The Lounge also includes a library, free food for students, free gloves during winter, and mental health-knowledgeable staff members present every weekday.

Overall, Cornell Minds Matter plans to maintain its current level of service to the Cornell community and continue to improve on our most successful and influential events. We greatly appreciate the support of the Student Assembly, which is critical to the success of our endeavors.

Cornell Minds Matter is asking for an unchanged allocation of **\$2.00** per student for the upcoming 2018-2020 funding cycle. Although we considered requesting a modest increase in funding to expand our programming, we are aware of the growing number of student organizations in need of funding, and we project that we will be able to successfully execute our programs at the current level of funding.

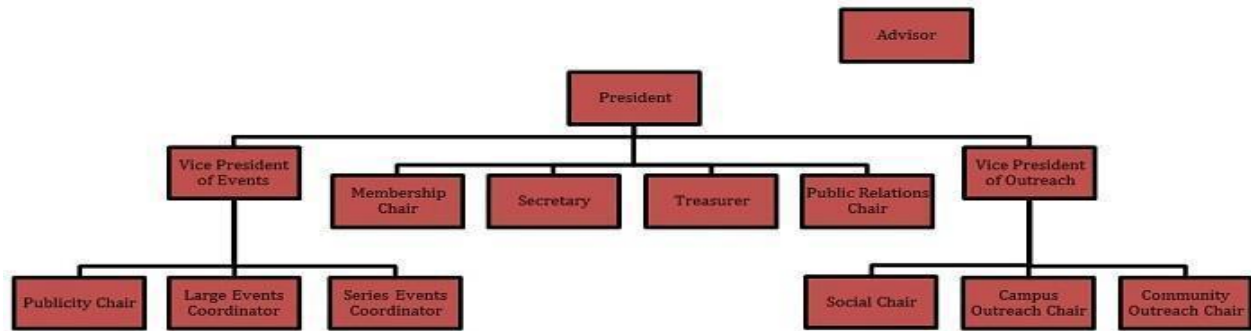
III. Organization Profile ~~~~~

A. Membership and Organization Chart

Number of Members

As of Fall 2017, Cornell Minds Matter has 16 executive board members, 35 staff members, and the general listserv has grown to over 2,000 members of the Cornell community.

Executive Board Organizational Chart



Staff Members

Staff members support and report to the executive board. Their names, contact information, and specific roles are included in the appendix.

B. Officers and Members

CMM Executive Board for Fall 2017 and Spring 2018				
Position	Name	Yr	E-mail	Phone
President	Cooper Walter	SR	caw322@cornell.edu	650-922-7573
Vice President of Events	Matthew Jirsa	JR	mgj44@cornell.edu	952-334-0575
Vice President of Outreach	Vicky Chou	JR	vc265@cornell.edu	917-815-8180
Vice President of Outreach	Carúmey Stevens	JR	cs858@cornell.edu	845-264-2476
Treasurer	Jacqueline Weiss	SR	jw845@cornell.edu	210-912-9051
Secretary	Natasha Nanji	JR	nn265@cornell.edu	607-882-3669
Large Events Coordinator	Anupreksha Jain	JR	aj365@cornell.edu	607-279-7621
Event Coordinator - Series	Shaina Kuriakose	SO	sak287@cornell.edu	845-461-0478
Campus Outreach	Rashmi Rao	SO	rr565@cornell.edu	732-688-6913
Campus Outreach-RAK	Won Young Choi	SR	wc478@cornell.edu	718-350-9884
Community Outreach	Chris Choi	SR	sc2228@cornell.edu	919-239-9236
Public Relations	Aida Shipley	SO	acs325@cornell.edu	315-854-7051
Publicity Chair	Tamara Aarsaether	SR	ta272@cornell.edu	512-351-2737
Social Chair	Megan Waller	SO	mcw247@cornell.edu	484-885-9226
Membership Chair	Chen Liu	JR	cl2253@cornell.edu	607-379-7929
Advisor	Janet Shortall (Interim)	-	js58@cornell.edu	607-255-0325

CMM Executive Board for Fall 2016 and Spring 2017			
Position	Name	Yr*	E-mail
President	Kathleen Naeher	SR	kan53@cornell.edu
Vice President of Events	Jamie Levine	SR	jal384@cornell.edu
Vice President of Outreach	Cooper Walter	JR	caw322@cornell.edu
Treasurer	Jacqueline Weiss	SR	jw845@cornell.edu
Secretary	Natasha Nanji	JR	nn265@cornell.edu
Large Events Coordinator	Matt Jirsa	SO	mgj44@cornell.edu
Event Coordinator - Series	Eme Iban	SR	ejj5@cornell.edu
Campus Outreach	Carúmey Stevens	SO	cs858@cornell.edu
Campus Outreach- RAK	Won Young Choi	JR	wc478@cornell.edu
Community Outreach	Chris Choi	JR	sc2228@cornell.edu
Public Relations	Zoe Kalos	JR	zk62@cornell.edu
Publicity Chair	Tamara Aarsaether	SR	ta272@cornell.edu
Social Chair	Kristina Wagner	SR	kmmw252@cornell.edu
Membership Chair	Evan Kain	SR	etk44@cornell.edu
Advisor	Karen (Casey) Carr	-	kc64@cornell.edu

*Class Years refer to when person held position.

Number of Members by Year	
Year	Members
Current	49
2016-2017	53

C. History

Increasing numbers of college students at Cornell University and across the country are reporting stress, symptoms of depression and other issues relating to mental health. Concerned about this trend and the lack of student-based mental health advocacy at Cornell, founder, Rahul Banerji '07, worked with a student executive board to create Cornell Minds Matter (CMM) in 2004.

After returning from a two-year mental health leave of absence, Rahul was disappointed with the services that Cornell's campus offered to students with mental illness. He also realized that there is lot of stigma surrounding mental illness that he himself had to deal with after being diagnosed with bipolar disorder. With these two ideas in mind, he formed a group that would help to promote knowledge about mental health and resources on campus, work to make Cornell a less stressful place, and de-stigmatize mental illness.

A few weeks later the first Minds Matter executive-board was selected. It consisted of six diverse individuals representing a variety of concerns on campus: Clara Yip, Laura Alves, Giselle Vitaliti, Stacey Forbes, Monica Neuffer and Gelsey Steinbrecher. For the remainder of the semester they planned events: Brain Blowout, an annual stress-relieving extravaganza, a panel discussion on mental health among students of Asian descent led by Dr. Wong at Gannett

and a movie showing, "One Flew over the Cuckoo's Nest," followed by a student-led discussion. In the process they realized that the group was not just about mental illness, it also was about promoting mental health awareness on campus and providing ways for the average Cornell student to talk about and relieve stress that they dealt with on a day to day basis. The development of concrete techniques for stress reduction and healthy lifestyle was also emphasized.

Kent Hubbell, then Dean of Students, was so excited about the mission of our group that he invited Cornell Minds Matter to be a student organization of the Dean of Students Office and asked Casey Carr to be the advisor. Since then, CMM has created a solid constitution and a hard working staff of approximately 35 members and a listserv of over 2,000. In 2015 CMM received the Perkins Prize for Interracial Understanding & Harmony, and was a finalist for the Active Minds Healthy Campus Award. In the past CMM has been a recipient of the SOAR award (Student Organization Awards & Recognition), CMM students have been inducted into numerous Cornell honor societies, and our advisor has been chosen as Outstanding Advisor of the Year. We have received Student Assembly funding for the past 10 years. CMM continues to find new and creative ways to promote mental health awareness and help students through the daily stress of college life.

Some of our recurring programming includes:

- Panel discussions and keynotes on mental health issues such as university policy, use of mental health resources, minorities and mental health, relationships, medication, and depression.
- **Dining With Diverse Minds**
- Large lectures in Bailey Hall and Statler, which have included **Dan Savage, Post Secret, Kay Redfield Jamison, Jordan Burnham, Alison Malmon (Active Minds Founder) and Richard Kogan.**
- **Procrastinate at the Straight**, a monthly stress-relieving event in the Memorial Room of Willard Straight Hall.
- Stress relieving workshop series, such as **Positive Psychology, Creative Arts for health and well-being, Leave of Absence Support Group, Yoga, and Zumba.**
- Events in which students can interact with CAPS counselors and other faculty/staff, including **Feel Good Fridays** and **Healthy & Disordered Eating**
- Social Events on and off campus
- Campus outreach such as **Random Acts of Kindness**, where members serve as a source of stress-relief by giving out candy and free hugs right before students enter their prelims.
- Community outreach such as **Starlight**, where students visit local adults with mental health challenges, and **Beverly J. Martin**, where students assist with after school programs for local youth.

Recently, many CMM's programs have been adopted by the Cornell administration:

- **Random Acts of Kindness**
- **How to Help a Friend** and **How to Help a Resident**, a workshop designed to help students recognize the signs and symptoms of depression in their friends.
- **Orientation for Student Returning from a Leave of Absence**, Orientation sessions for students returning from leave, often after dealing with extraordinary mental health issues,

In addition, as an organization that attempts to serve as a liaison between students, faculty, staff, and the administration on mental health issues, CMM has provided the student perspective by:

- Inviting Cornell Faculty, Staff, and students to have round table discussions at Dining with Diverse Minds

- Participating in the **Council on Mental Health and Welfare** and coordinating closely with the **Student Assembly** and other Cornell organizations as well as being the student voice to the **Board of Trustees, Cornell Health, and university committees** regarding suicide, fences and general mental health policy.
- Facilitating the production/distribution of the **Faculty and Staff Handbooks on the Signs and Symptoms of Students in Distress**.
- Previewing and giving input on the administration-produced video on how students can notice and respond to peers in distress that will be shown during Orientation.
- Sending student representatives to interviews for Cornell Health's Health Initiatives Coordinator position and Cornell's Nature Rx mental health initiative meetings
- Building a healthy sleep workshop in collaboration with Cornell Health to help students build a foundation of sleep for personal and academic success

- *Activities, Programming, and Events in the Current Funding Cycle*

Cornell Minds Matter continues to improve and create new programs to promote mental health awareness and help students through the daily stress of college life. There are a variety of events that CMM provides that have helped CMM gain exposure and influence on campus and continues to expand every semester. The main types of events CMM holds are series, small and large events, and outreach. A list of specific upcoming events is provided in the appendix.

Series programming includes:

- **Healthy Living Skills Workshops (AKA General Body Events):** These are our weekly sessions where we do a variety of activities from 6 week Positive Psychology workshops with lectures and small group discussions to inviting faculty and staff to present on an area of expertise such as Healthy eating, meditation, self-defense, Bystander training, making time for fitness, and combating negative thinking and self-injury.
Note: These workshops are *not* meetings of the CMM staff members who put on events. These are mental health programming designed to benefit the Cornell community.
- **Creative Arts for Health and Well-being:** 4-session workshop that will include a range of artistic activities relax, express themselves and develop social support.
- **Feel Good Fridays:** An informal lunch discussion series where faculty and staff are invited to lead a discussion and answer questions with students over free lunch on their area of expertise such as the importance of sleep, bipolar disorder, study skills, and mental health and social media.
- **Procrastinate at the Straight:** CMM organizes this event in WSH one Wednesday per month and brings activities such as free massages, arts and crafts, and Cornell Companions to provide an opportunity for students to relax and meet new people.
- **Yoga:** In coordination with Gannett, CMM organizes this free twice weekly yoga event on Central Campus open to all students.
- **Leave of Absence Group:** This weekly series offers a support group for students returning from a leave of absence to meet and discuss about specific stresses that students returning from leave face.
- **Healthy & Disordered Eating Series:** This speaker series brings guest speakers from the community and beyond to talk about a range of topics that will help you better understand and tackle challenges with disordered eating, and issues related to body image, food, and exercise.
- **Blue Room:** The Blue Room is a space for people dealing with sadness or depression to come together and talk about what's bothering them and how to move through it, through facilitated conversations.
- **Social Events:**
Note: Social events are mental health programming intended to foster community and social cohesion for students on campus that may or may not have that type of support outside of these planned events. These events are NOT for internal CMM member recreational activities.

Every weekend, CMM hosts 2 social events that provide Cornell students who may lack transportation and are looking for alcohol-free activities or new social connections with the opportunity to explore Ithaca and the surrounding areas. These events are especially important for students who feel isolated or who lack social interaction over university breaks.

Ex: ScienceCenter, Taughannock Park, Apple Festival, Farmer's Market, Lab of Ornithology.

One-Time and Large Events include:

- **Mental Health Awareness Week (MHAW):** MHAW is an annual week of events across campus sponsored by CMM in which we partner with 20+ organizations from the Greek community, ALANA umbrella organizations, academic clubs, and more to create mental health advocacy and programming far reaching across different communities on campus.
- **Dining with Diverse Minds:** These events have been immensely popular in the past and brought President Skorton and VP Susan Murphy to speak on important issues such as “Creating a Caring Cornell Community”.
 - Other topics have included alcohol use on campus, sexual violence, depression and suicide, veterans and PTSD, mental health and international students, racial violence in the U.S., invisible disabilities, and more.
 - Proposed topics include mentoring for leadership, Bystander training, Social Media, technology and mental Health, and LGBTQ
 - Approximately 80 students attend each Dining with Diverse Minds.
- **Speakers:** CMM has co-sponsored with groups such as CUPB and ALANA for speaker who are in line with CMM’s mission such as Frank Warren (Post Secret), Jamie Tworowski (To Write Love on Her Arms), Dan Savage (LGBTQ issues)
- **Spa Night/TGIF:** Huge free evening events in Willard Straight Hall, that occupy most of the 4th floor and part of the Ivy Room. They have included free food: chocolate dipped strawberries, Cornell ice cream, salads, hummus, and more. Entertainment from Swoopers and Bashers, manicures, henna, make body scrub, a puppy, sand art, plant bamboo, massages, yoga, DDR, Tarot card reading, trail mix making, Faces of Mental Health, a vision board making, free movies, Cornell Raptor Program, laser tag, and late night breakfasts. Attendance has exceeded 1,000 students for each event.
- **Gratitude Day:** Encourage students to be grateful and provide them an opportunity to send thank-you cards to those whom they are grateful for free.
- **No Trick It’s Treatable:** Event focused on raising awareness about the prevalence and stigma associated with mental health and illnesses by staking the Arts quad with mental health facts and distributing candy on Ho Plaza with additional informational stickers.

Outreach events include:

Note: Outreach events are mental health programming intended for the Cornell and Ithacan community and are *not* for actively recruiting new members.

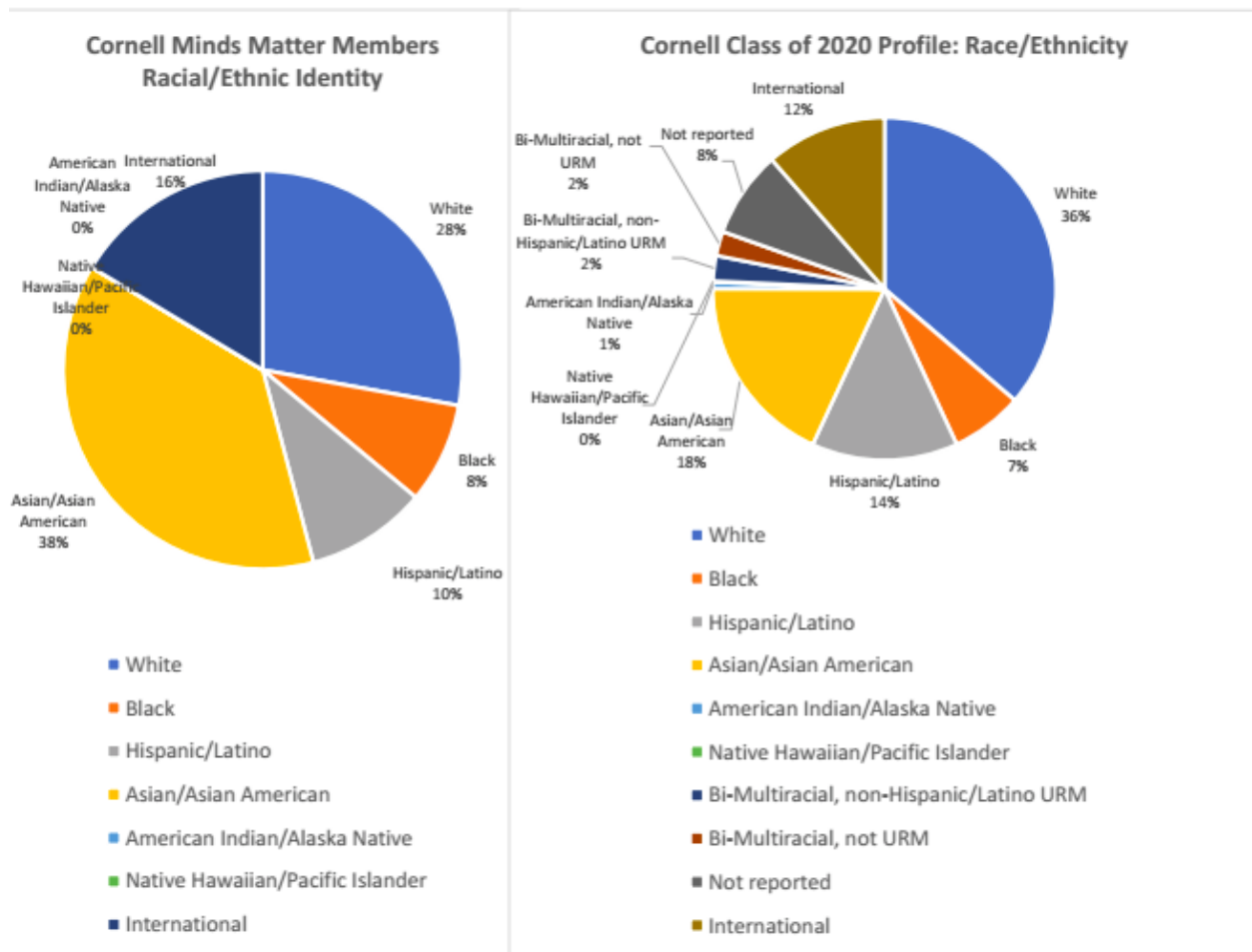
- **Tabling:** In the beginning of the year especially, CMM does a variety of tabling from Clubfest, the graduate student fair, and tabling on Ho plaza to increase awareness of mental health.
- **Freshmen Orientation Positive Psychology Event:** CMM organizes a Positive Psychology workshop during freshman and transfer orientation week to provide relaxation techniques and offer advice from upperclassmen. In the academic year of 2016-2017, we held 7 outreach events on North Campus tailored to help freshmen with their transition to Cornell.
- **Random Acts of Kindness:** CMM provides students with encouragement, high fives, and candy as students walk into their exams to reduce stress, lower anxiety levels, and improve test performance.
- **The Mental Health Association in Tompkins County (Starlight):** Every week, CMM visits a social club for community members with severe mental health challenges. We provide meaningful social interaction, arts and crafts, and occasionally board games for the members.

Diversity and Inclusion initiatives:

- All staff members attended **Intervene Training**, presented by Catherine Thrasher-Carroll. At this meeting, we were taught more about how to stand up to micro-aggressions.

- **Cornell Woodson** spoke with all staff members at another meeting to teach us about diversity and inclusion in general.
- We held **Behind Happy Faces**, smaller workshops on mental health, and catered the topics for the individual needs for groups on campus. For example, we presented personalized workshops for the **Building Ourselves through Sisterhood and Service (BOSS)** summit, **Black Women Support Network (BWSN)**, **student-athlete**, and **Greek communities**.
- We presented at a **Black Students United (BSU)** mental health event.
- We organized a delegation to send to the **Ivy Mental Health Conference**. In choosing this delegation, we made a conscious effort to choose representatives from eight different student organizations. The goal of this was to have these students bring what they learned back to their respective communities at Cornell.
- We partnered with **Cornell Union for Disabilities Awareness (CUDA)** for a Dining with **Diverse Minds on Invisible Disabilities**.
- We collaborated with all other groups in the Dean of Students Office to **welcome Vijay Pendakur**, new Dean of Students.
- We are currently working on additional diversity and inclusion initiatives for Fall 2017, including but not limited to presenting Behind Happy Faces **at BOSS's annual Mental Health Summit** and **additional programming with BSU**. We also plan to reach out again to International Students United (ISU) and La Asociación Latina (LAL) and hope to partner with them next academic year.

Racial and Ethnic makeup of current CMM staff (as of 2016-2017 academic year):



V. Financial Information ~~~~~**A. Historical****Expenses Fiscal Year 2013-2014**

	Events Type	Expenses	Description
1	Tabling Events	\$400	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$3,000	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$350	Approximately 6 Orientation Events
4	Social Events	\$2,000	40 Social events at \$50
5	General Body Events	\$750	30 General Body Programs
6	Series Events	\$3,500	L.O.A., F.G.F., Creativity & Mental Health, Yoga
7	Gratitude Events	\$1000	Lift Your Spirits, Cards, etc.
8	Big Red Chill – Study Break Events	0	Relaxation events
9	Dining With Diverse Minds/Leaders	\$4,000	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$700	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2,200	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$200	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$2,400	Publication, Posters, P.R. Items
	Total:	\$20,500	

Cornell Minds Matter Income Fiscal Year 2013 –**2014 Student Assembly \$20,500****Total \$20,500****Expenses Fiscal Year 2014 - 2015**

	Events Type	Expenses	Description
1	Tabling Events	\$258.00	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$2,988.00	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$238.51	Approximately 6 Orientation Events
4	Social Events	\$1584.00	60 Social events at \$25
5	General Body Events	\$819.95	24 General Body Programs
6	Series Events	\$5998.05	L.O.A., F.G.F., Zumba, Yoga, Creativity & Mental Health, Journaling, H.D.E.
7	Gratitude Events	\$825.55	Lift Your Spirits, Cards, etc.
8	Big Red Chill – Study Break Events	\$0.00	Relaxation event in winter
9	Dining With Diverse Minds/Leaders	\$1641.58	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$1,796.10	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2,032.89	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$485.71	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$5513.97	Posters, P.R. Items, Publicity, Pubs
	Total:	\$24,182.31	

Cornell Minds Matter Income Fiscal Year 2014 –**2015 Student Assembly \$24,182****Total \$24,182**

Expenses Fiscal Year 2015 - 2016

	Events Type	Expenses	Description
1	Tabling Events	\$131.07	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$962.90	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$782.19	Approximately 6 Orientation Events
4	Social Events	\$1,820.69	60 Social events at \$25
5	General Body Events	\$781.89	24 General Body Programs
6	Series Events	\$6,399.64	L.O.A., F.G.F., Zumba, Yoga, Creativity & Mental Health, Journaling, H.D.E.
7	Gratitude Events	\$75.49	Lift Your Spirits, Cards, etc.
8	Large Events	\$118.10	Frank Warren, MHAW, TGIF, Spa Night
9	Dining With Diverse Minds/Leaders	\$8,737.27	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$2,331.76	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$1,805.25	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$641.70	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$2,529.05	Posters, P.R. Items, Publicity, Pubs
	Total:	\$27,117	

Cornell Minds Matter Income Fiscal Year 2015 –
2016 Student Assembly \$27,117
Total \$27,117

Expenses Fiscal Year 2016 - 2017

	Events Type	Expenses	Description
1	Tabling Events	\$940.17	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$789.50	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$1122.95	Approximately 6 Orientation Events
4	Social Events	\$956.28	60 Social events at \$25
5	General Body Events	\$300.80	24 General Body Programs
6	Series Events	\$7501.54	L.O.A., F.G.F., Zumba, Yoga, Creativity & Mental Health, Journaling, H.D.E.
7	Gratitude Events	\$100.63	Lift Your Spirits, Cards, etc.
8	Large Events	\$3066.78	Frank Warren, MHAW, TGIF, Spa Night
9	Dining With Diverse Minds/Leaders	\$3518.99	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$2613.26	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2207.71	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$682.42	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$2447.97	Posters, P.R. Items, Publicity, Pubs
	Total:	\$26,249	

Cornell Minds Matter Income Fiscal Year 2016 –
2016 Student Assembly \$26,249
Total \$26,249

*Additional donations and gift were used to fund additional orientation events, series programming, large events, Dining with Diverse Minds Events, resources for the community, and publications.

B. Projections with Current Funding (\$2.00 per student)

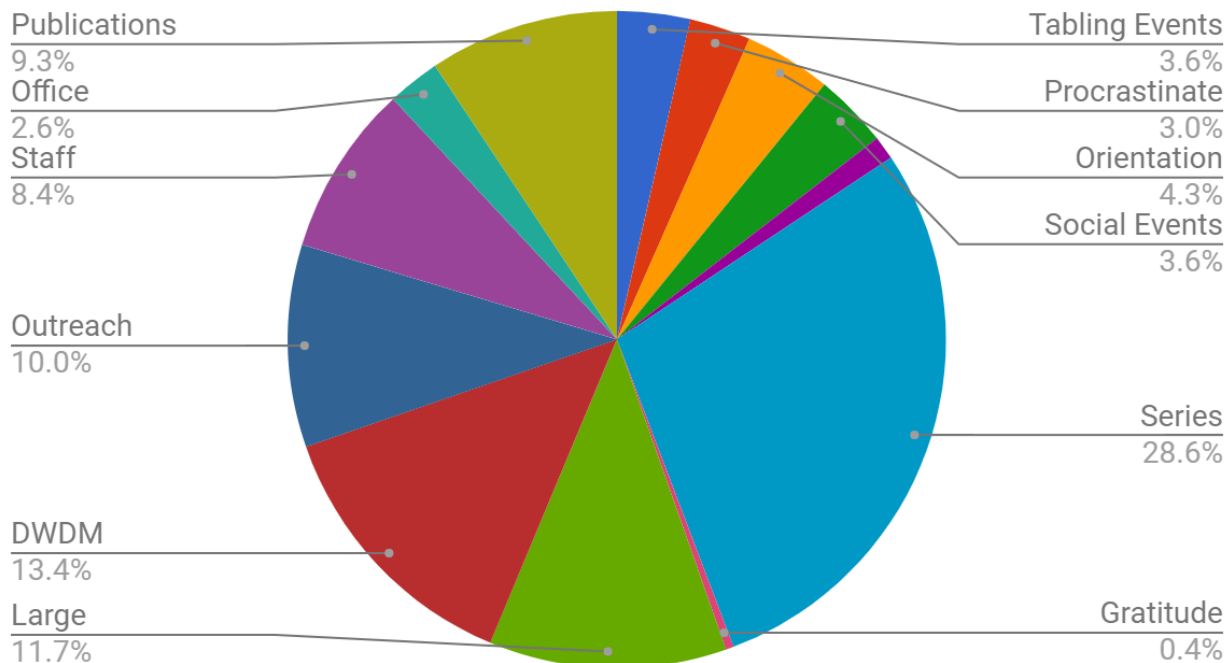
Expense Projections per Year 2018-2020

	Events Type	Expenses	Description
1	Tabling Events	\$940.17	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$789.50	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$1122.95	Approximately 6 Orientation Events
4	Social Events	\$956.28	60 Social events at \$25
5	General Body Events	\$300.80	24 General Body Programs
6	Series Events	\$7501.54	L.O.A., F.G.F., Zumba, Yoga, Creativity & Mental Health, Journaling, H.D.E.
7	Gratitude Events	\$100.63	Lift Your Spirits, Cards, etc.
8	Large Events	\$3066.78	Frank Warren, MHAW, TGIF, Spa Night
9	Dining With Diverse Minds/Leaders	\$3518.99	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$2613.26	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2207.71	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$682.42	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$2447.97	Posters, P.R. Items, Publicity, Pubs
	Total:	\$26,249	

Cornell Minds Matter Income Fiscal Year 2016 – 2016 Student Assembly \$26,249

Total \$26,249

Projection: 2018-2020 (Based on FY17 Data)



C. Projections with 10% Reduction (\$1.80 per student)

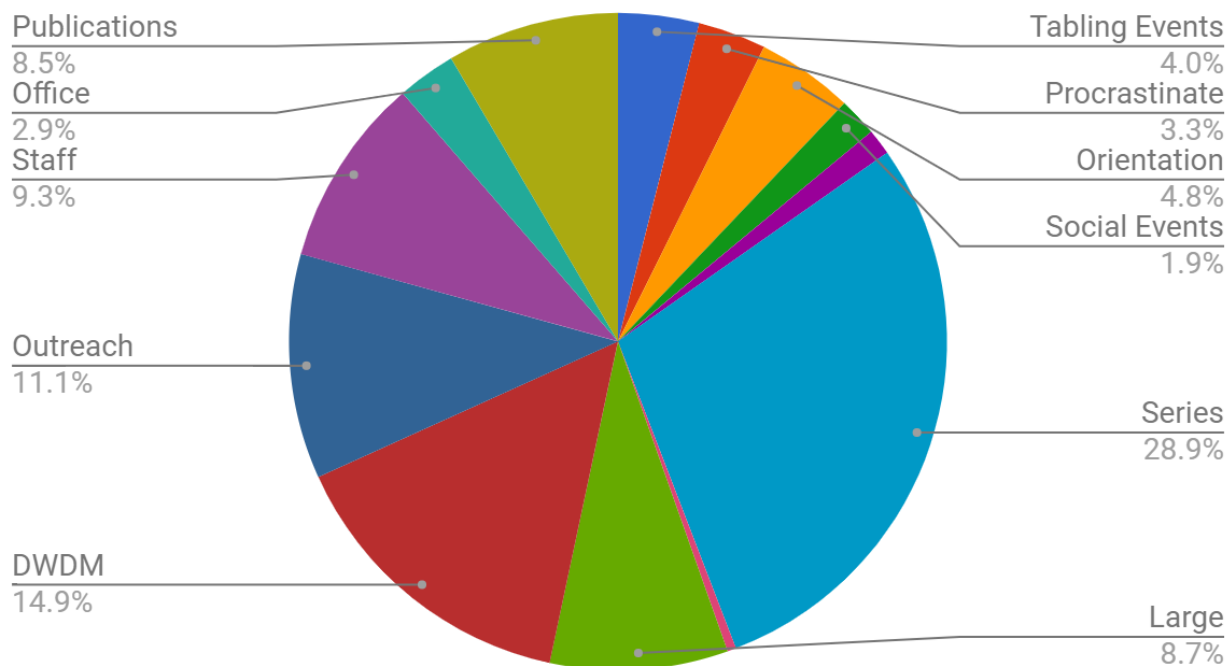
Expense Projections per Year 2016-2018

	Events Type	Expenses	Description
1	Tabling Events	\$940.17	Outreach supporting Mental Health/Stress relief
2	Procrastinate at the Straight	\$789.50	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$1,122.95	Approximately 6 Orientation Events
4	Social Events	<u>\$450.28</u>	72 Social events at \$25
5	General Body Events	\$300.80	25 General Body Programs
6	Series Events	<u>\$6,829.64</u>	L.O.A., F.G.F., Zumba, Creativity & Mental Health, H.D.E.
7	Gratitude Events	\$100.63	Lift Your Spirits, Cards, etc.
8	Large Events	<u>\$2,066.78</u>	Speakers in Bailey/Statler
9	Dining With Diverse Minds/Leaders	\$3,518.99	3-4 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$2,613.26	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2,207.71	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$682.42	Name Tags, Markers, Paper, etc.
13	Publications and Media	<u>\$2,000.97</u>	Publication, Posters, P.R. Items
	Total:	\$23,624	

Cornell Minds Matter Income Fiscal Year 2016 – 2016 Student Assembly \$23,624

Total \$23,624

Projection: 2018-2020 (Based on FY17 Data) -10%



*Underlined categories indicate that spending is reduced in respect to baseline projection.

D. Projections with 25% Reduction (\$1.50 per student)

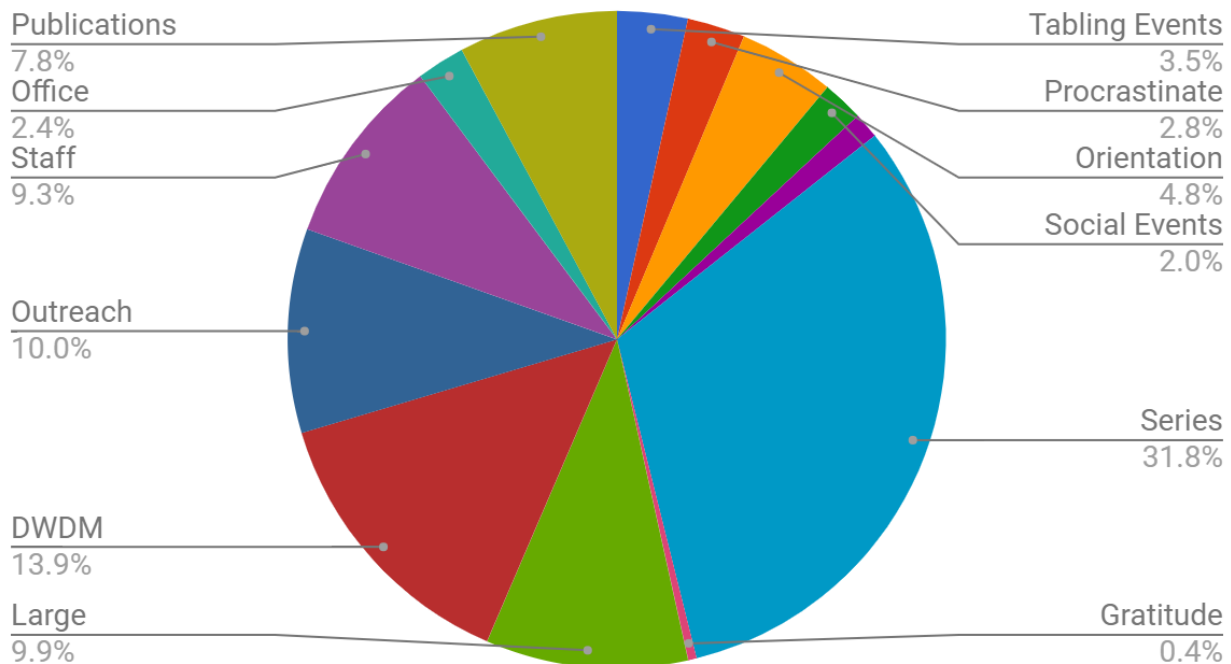
Expense Projections per Year 2016-2018

	Events Type	Expenses	Description
1	Tabling Events	\$683.44	Outreach supporting Mental Health/Stress relief
2	Procrastinate at the Straight	\$557.91	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$935.79	Approximately 4 Orientation Events
4	Social Events	\$396.90	60 Social events at \$25
5	General Body Events	\$250.67	20 General Body Programs
6	Series Events	\$6,251.26	L.O.A., F.G.F., Creativity & Mental Health, H.D.E.
7	Gratitude Events	\$83.86	Lift Your Spirits, Cards, etc.
8	Large Events	\$1,955.64	Speaker in Bailey/Statler
9	Dining With Diverse Minds/Leaders	\$2,745.18	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$1,977.71	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$1,839.75	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$468.68	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$1,539.97	Publication, Posters, P.R. Items
	Total:	\$19,687	

Cornell Minds Matter Income Fiscal Year 2016 – 2016 Student Assembly \$19,687

Total \$19,687

Projection: 2018-2020 (Based on FY17 Data) -25%



E. Projections with 35% Reduction (\$1.30 per student)

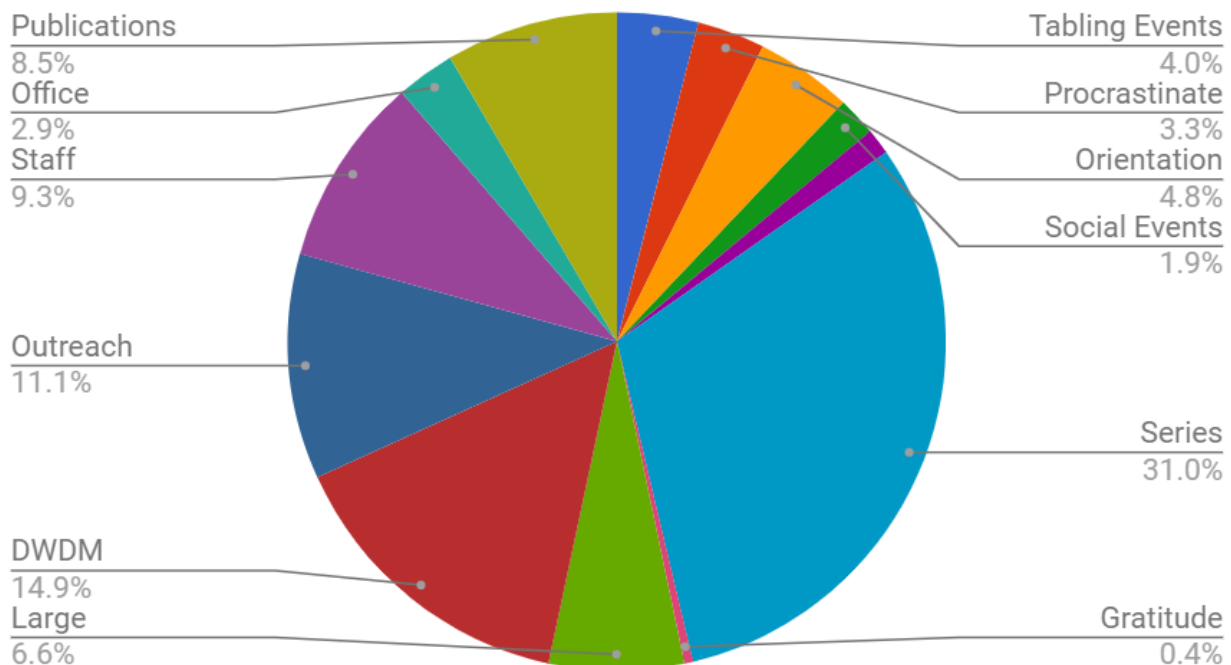
Expense Projections per Year 2016-2018

	Events Type	Expenses	Description
1	Tabling Events	\$679.01	Outreach supporting Mental Health/Stress relief
2	Procrastinate at the Straight	\$570.19	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$811.02	Approximately 3 Orientation Events
4	Social Events	\$325.20	52 Social events at \$25
5	General Body Events	\$217.24	20 General Body Programs
6	Series Events	\$5,293.63	L.O.A., F.G.F., H.D.E.
7	Gratitude Events	\$72.68	Lift Your Spirits, Cards, etc.
8	Large Events	\$1,131.56	Speaker in Bailey/Statler
9	Dining With Diverse Minds/Leaders	\$2,541.49	2-3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$1,887.35	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$1,594.46	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$492.86	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$1,445.15	Publication, Posters, P.R. Items
	Total:	\$17,062	

Cornell Minds Matter Income Fiscal Year 2016 – 2016 Student Assembly \$17,062

Total \$17,062

Projection: 2018-2020 (Based on FY17 Data) -35%



VI. Constitution ~~~~~**Article I: Organization**

1. The name of this organization will be designated as “Cornell Minds Matter” (CMM) as per the rules and regulations of Cornell University.

Article II: Purpose

1. To abate the stigmatization associated with and to combat the discrimination associated with mental illness on and off campus by providing an open forum for discussion of current pressing issues, careers, and resources pertaining to mental health.
2. To promote the understanding of values of caring for one’s own mental wellbeing and that of others by offering campus wide events including but not limited to speaker events, discussion panels and stress relief events.
3. To provide and maintain a liaison with Faculty Committees, and other student organizations pertaining to the mental health on and off campus.
 - a. This includes but is not limited to: CAPS, CUDA, EARS, Gannett Health Center, HAVEN, and the Office of the Dean of Students, Student Assembly, and Cornell University.
 - b. To provide a medium of communication between campus officials and students in the pursuit of forming a healthy and safe environment for students, staff and faculty with mental health issues.
4. Providing contact information to students for the location of support groups, and help resources pertaining to the needs of individual needs.
5. IMPORTANT: We are not here to diagnose or provide medical counsel or advice in any form but instead to promote awareness of mental health issues relevant to the Cornell Community.

Article III: Membership

1. Any registered, resident student of the Cornell University community whom is interested in the purpose of Cornell Minds Matter (CMM) is encouraged to become a member of the organization. Membership of the Executive Board and staff is subject to election procedures outlined in Article VI.
2. Non-student members are allowed and can be elected to the Executive Board as “Honorary Status”.
 - a. Honorary Executives of CMM will have no voting rights within the Executive Board, but will have voting rights within the general membership.
 - b. Honorary Executives of CMM are subject to removal via regulations listed in Article VII, Section 1 and 2.

Article IV: Membership Requirements and Limitations

1. The requirements of each individual on the Executive Board are outlined in Article V.
2. All Executive Board members are expected to attend regular Executive Board Meetings.
 - a. Absences from these meetings are subject to evaluation outlined in Article VII, Section 4.
3. Each Executive Board and staff member will have only one (1) vote when acting on any form of club business.

4. Staff members are welcome to attend all Executive Board Meetings.
 - a. Staff members will have the opportunity to speak when given the floor by the President.
 - b. Staff members will have the opportunity to vote on any business that goes on during the Executive Board Meeting.
 - c. When given the floor to speak, a staff member may express his/her opinion to the Executive Board for consideration when deciding on action pertaining to any club business.
5. Staff members are able to join any teams outlined in Article V: Section 11.

Article V: Executive Board

1. President:
 - a. Will work with all Executive Board members to facilitate administrative and general functioning of the organization as a whole and act as a representative of the club to the Cornell community.
 - i. Facilitator of all Executive Board Meetings. Sets a day and time when it is convenient for all members of the Executive Board to attend meetings and create and post an agenda for each meeting.
 - ii. In the event of members being unable to attend Executive Board Meetings, The President will set a day and time when quorum (2/3 attendance) can be met by the Executive Board.
 - b. Term of Service will be One Academic Year (June 1- May 31)
2. Vice President of Events:
 - a. Will work with Event Coordinators along with President, Treasurer, and Publicity Chair to facilitate smooth operation of all events by overseeing and being involved with early planning, and execution of all plans for events.
 - b. In the event of the absence of the President, the Vice President of Events shall facilitate all meetings during the absence.
 - c. Term of Service will be One Academic Year (June 1- May 31)
3. Vice President of Campus and Community Outreach:
 - a. Will work with Campus Outreach Coordinator, Community Outreach Coordinator and Public Relations Chair to provide members with effective programs and service opportunities on and off campus that fulfill the goals and objectives of Cornell Minds Matter (CMM).
 - b. Will work with the Public Relations Chair to advertise our organization as an entity and help to spread the importance of mental health awareness.
 - c. Term of Service will be One Academic Year (June 1- May 31)
4. Treasurer:
 - a. Will work with the entire Executive Board to ensure accurate and appropriate funding for yearly programming.
 - i. Will apply for funding from the SAFC and SA per availability of funds for the year pertaining to club business.
 - ii. Application and budget process for all event specific funding sources are the responsibility of the Event coordinators and Event chairs. The

- Treasurer will review all budget material and facilitate reimbursement and billing.
 - b. Prepare an annual budget including all secured grants and funds available for organization use.
 - c. Handles all payments, reimbursements, and monetary affairs of the club and its' Executive Board Members.
 - d. Term of Service will be One Academic Year (June 1- May 31)
- 5. Secretary:
 - a. Responsible for monitoring and recording the minutes of each meeting.
 - b. Books necessary venues for meetings if necessary.
 - c. Responsible for Master Calendar.
 - d. Act as Club Archivist.
 - e. Term of Service will be One Academic Year (June 1- May 31)
- 6. Public Relations Chair
 - a. Oversees all orientation fairs as well as in charge of all club history and details of past events.
 - b. Oversees involvement in co-sponsored events as well as talks and presentations in which other organizations have requested our presence.
 - c. Responsible for the Cornell Minds Matter (CMM) list serve.
- 7. Publicity Chair
 - a. Responsible for planning and execution of a successful advertisement campaign for the recruitment of new members as well as all publicizing for all general and community events in any form that the club sees beneficial. Including but not limited to Posters, Banners, *Cornell Daily Sun* ads, Chalking and list serves.
- 8. Campus Outreach Chair
 - a. Responsible for the planning and execution of a minimum of four (4) outreach events/semester including all aspects of said events.
- 9. Community Outreach Chair
 - a. Act as a liaison between CMM and the non-academic community surrounding Cornell by building relationships with local peoples and programs to better the knowledge of programs on and off campus for both the academic and non-academic community members.
- 10. Event Coordinators
 - a. Responsible for the planning and execution of all main club events by working closely with the executive board to create meaningful and well planned events that coincide with the mission and objectives of Cornell Minds Matter (CMM).
- 11. Each officer has the right to a team to help in the successful progress of the organization.
 - a. Appointment of an appropriate number of team members is left to the judgment of each Executive Board Member.
 - i. Tasks will be delegated to each team member in a likewise manner
 - b. Team member's voices are heard through the team leader.
 - c. All team members are expected to attend all team meetings.

Article VI: Election Procedures

1. Election of Executive Board Members will be held in March of every academic year.
2. Elections are open to all members of CMM that are registered undergraduate students.
 - a. The positions of President and Vice Presidents are only open to existing Executive Board Members or staff members that have spent at least one (1) full semester on a team and have worked closely to the Executive Board.
 - b. All other Executive Board positions are open to all members of CMM.
 - c. Applicants for an Executive Board position are required to fill out an application form to be reviewed by the Executive board at least one (1) week prior to elections or date specified.
3. Nomination Procedures:
 - a. Nominations of members to run for Executive Board are accepted at any time during the pre-election period.
 - i. Upon acceptance of any nomination, the nominee must file an application to run for review by the Executive Board.
4. Election Procedures:
 - a. During the day of elections, as set by the Executive Board, each candidate for election will have a chance to verbally express his/her reasons for running for an Executive Board position including a plan for the future success of CMM, as well as past commitments to CMM and other student organizations and the Executive Board and staff members will have the opportunity to ask questions of the applicant if necessary.
 - i. Students running for any position will leave the room when another member running for the same position is expressing his/her interest.
 - ii. Members running for any given position will have no vote on that position.
 - b. Discussion of all candidates will follow after all candidates have expressed their individual opinion.
 - i. Candidates will not be present during this stage of the election.
 - ii. Any member of the Executive Board not present for the entirety of the Verbal Expression or Discussion stage of elections will not vote on that officer.
 - c. Ballot sheets will be distributed to all Executive Board and staff members present at the time of elections.
 - i. Quorum is 2/3 of the Executive Board and staff members and must be met on Election Day.
 - d. Each member present at elections will have one (1) vote per position being elected.
 - i. Majority vote elects and is final.
 - e. Once elected the candidates may return to the discussion and the “Position Elect” will be announced to all members in attendance.
5. Emergency Election Procedures:
 - a. In the event of resignation or removal of an Executive Board Member, outlined in Section VII, emergency elections will take place.

- i. In the event of a resignation or removal, any member may step up to take the place of said Executive Board Member.
- ii. Election procedures shall proceed according to the outlined procedures above.

Article VII: Resignation and/or Removal of Executive Members

1. To consider the removal of any Executive Board Member for any valid reason will require signed petition with a minimum of 50% of Executive Board signatures.
2. Once a petition has been brought to the Executive Board by any member, a 2/3 vote is required to remove any member from office.
 - a. Discussion of removal of any board meeting will take place before voting begins.
3. Any Executive Board member wishing to resign from office may do so with a notice of at least two (2) weeks.
4. If any Executive Board Member is absent from club functions including Executive Board meetings and Events, he/she may be evaluated by the Executive Board for removal.
 - a. In this event, normal removal procedures will be taken by the Executive Board as outlined above.
5. Upon removal or resignation of an Executive Board Member, Emergency Election Procedures will take place as outlined in Article VI; Section 5.

Article VIII: Executive Board Meetings

1. Meetings will be called for by the Executive Board President at a rate that is consistent with the needs of the organization.
2. Meetings will not be less than one (1) per month and will not exceed six (6) per month.
3. All business of the organization must be carried out with no less than quorum present at each meeting.
4. Petition of any Executive Board Member to explain his/her actions pertaining to the club are accepted from any individual (Executive Board or staff).
 - a. Only one signature is needed to take action on a petition of this type.
 - b. The actions of said Executive Board Member will be explained by said Executive Board Member and discussed with all present in the “Old Business” section of an Executive Board Meeting within 2 weeks of petition.
 - c. Action on said Executive Board Member will abide by all regulations stated in Article VII.

Article IX: Team Meetings

1. Team meetings should occur at a rate that is consistent with the needs of the team. However, the number of meetings for a team will not be less than one (1) per month.

Article X: Amendments

1. At any time during the academic year, if deemed necessary by any member of CMM, staff or Executive Board, amendments and changes to this constitution can be made by bringing a written proposal to the Executive Board during the “New Business” section of the Executive Board Meeting.
2. Amendments/Changes to the CMM constitution will be passed by a 2/3 vote of Executive Board and staff member quorum.