Student Health Services
Health Services Advisory Committee
Meeting Minutes 3/6/14

Attendance: Cindy Dickenson, Anna Valdez, Art Hsieh, Bert Epstein, Susan Quinn, Tina August, Ruth Ann Grogan, Catherine Williams, Deborah Ziccone, Kasia Fortunati, and Shannon Lawee

Guests: Juanita Dreiling (note taker), Becky Fein, Jeane Erlenborn

Agenda Review: The March 6th meeting agenda was reviewed by all.

Announcements:
Susan Q: Recently attended a state-wide Health Services Association conference. There were over 70 people in attendance. Speakers were from the Chancellor’s Office, MHSA technical assistance staff, and more. The conference had a variety of workshops – including various mental health topics. During the conference, Susan provided a presentation of the NCHA data and a comparison between national health data and California data. There were approximately 17 thousand student participants in the survey. Susan would like to further examine some of the data during the next HSAC meeting. Hot topics during the conference: State smoke-free policy (SRJC is the 1st to have one), long acting reversible contraception and nutrition, and plant based foods vs. meat.
Bert E: There is a Forum on Latino Mental Health coming up the first week of April.
Shannon L: The PEERs Coalition recently had its first meeting in Petaluma! Shannon commented that Mahoney was a nice location for the meeting and that Cindy gave a presentation on long-acting contraception and Plan B. Deborah Z. noted that the students seemed to enjoy the presentation and there was great teamwork!
Anna V: Senate Bill 850 is currently working its way through the legislature. If successful, it would allow selected community colleges to offer a bachelor’s degree as a pilot project. One of these possible majors could be a BSN degree. It is unlikely SRJC would be approved for the BSN because the current bill says the community college cannot duplicate an existing local degree and Sonoma State has a BSN degree program.
Jeane E: Attended an initial task force meeting regarding the Campus Save Act with the Sexual Misconduct Workgroup. The workgroup will meet again in a week (next Thursday @ 9:00 a.m.). The goal is to address compliance issues with mandates and develop cohesive District policy.
Art H: Attended a student success committee orientation where there was a sexual assault awareness component.

Approval of Meeting Notes: Art H. moved to accept the December meeting minutes. Kasia F. seconded the motion. Passed and approved.

Student Health Services Department Presentation – Health Promotion:

Jeane Erlenborn and Becky Fein provided a PowerPoint presentation on the PEI Program – Promoting Mental Health at Santa Rosa Junior College. Discussion points of the presentation included:
• A Fall semester comparison of students reached with health information and resources vs. previous years – More classroom presentations, QPR training, and seminars.

• The number of attendees of Fall semester events & seminars provided by SHS staff – 4,500 for Send Silence Packing, 65 for Let’s Talk About Sex, 40 for Singing the Blues, 100 for ACA workshops, 40 for Welcoming Vets on Campus. Catherine W. was curious about what has contributed to increased attendance of events. Jeane E. reviewed a number of factors, including extra credit, later presentations, better advertising, faculty suggestions/forwarding info to their students, and day of the event advertising.

• 2010-2013 Question, Persuade & Refer (QPR) pre/post survey results – Increased knowledge of warning signs, how to ask someone about suicide, how to persuade someone to get help and local resources. Jeane E. added that Shannon L. has been doing a lot of work on this as a teaching fellow and shared a story where a student helped another student who was suicidal.

• QPR training feedback and response – Some very positive responses were shared with the committee and Jeane E. thanked the Nursing Program for teaching QPR regularly to all their students. Susan Q. suggested outreach to Peggy Goebel to get QPR into the LVN Program and asked whether there are plans for movement on the Community Health Program. Anna V. responded not that she knows of.

• Student Health & Success response – Stress, anxiety, and depression usually have the biggest effect on student success. They are the main topics of class presentations. Alignment with curriculums and the development of a series of “Health and Student Success” to present when faculty members make presentation requests is the idea/goal. Anna V. suggested the “voice-thread” idea – making presentations available for students online with quizzes at the end.

• Statistics regarding SRJC as a source of mental health information – Awareness of stress reduction, how to help others, depression and suicide are all up, which can be attributed to MHSA funding.

• Online outreach programs, such as Student Health 101, Kognito and the SHS website – Online outreach is up. The SH101 program is being utilized, as well as the Kognito and SHS websites. Art H. asked about how to access these pages and how awareness of them can be improved. Jeane E. noted that there have been PDA presentations including this topic for staff, available on the Staff Development website to Flex Credit. E-mails from the department chairs would help promote this opportunity. Becky F. presented a quick snippet on the SRJC website overhaul. SHS STNC Jane Rankin is sitting on the committee to redesign the SHS website. It will be more functional, mobile compatible and easy to navigate. The website will also empower the department to update its own material. SHS sponsored a student focus group on the college’s web page design. Susan Q. thanked Becky and Jane for their work and tenacity on the website project.

• Self-assessment resources – Online anonymous screenings. SHS is partnering with Student Health 101 to provide anonymous self-assessments for several mental health related issues.

• Peers Coalition events and workshops – Becky F. provided an update on the Peers Coalition activities. The Spring Wellness Fair is coming up and will include music, games, health outreach, etc. There are 3-4 months left in the Peers grant. Currently, the
coalition includes a team of 9 interns (1 intern was added in Petaluma recently) providing workshops and events. She would like to see the program continue with a 3-4 person intern team providing workshops, a mobile cart for wellness and outreach at annual events. Susan Q. also added that a requirement of the grant is to provide a manual for the state that explains how to create a sustainable peer model. Ideally, this concept would link to academic program curriculum requirements for select programs at the college. Linking with preset Work Experience objectives is another approach. Becky F. is working on designing a program and laying out the manual now.

- **Upcoming events** - Rompiendo Las Barreras, Spring Wellness Fair and Stress Relief Days.

Discussion about the sustainability and future directions for the PEI program was also touched on with regard to program sustainability and integration efforts:

- **Susan Q.** mentioned a teaching fellowship for suicide prevention to help sustain that work here on campus.
- **Becky F.** asked about a integrating suicide prevention into the CalWorks student support program. The Counseling 99I class was mentioned because there are 3 units required for Human Service Certificate students. Kasia F. also recommended Maryanne Schwartz-Kessling as a resource to explore connections between her Cal-Works peer support program.
- The County funds PEI. Jeane E. has asked to sit on the County-wide advisory group that prioritizes County MHSA funds and was wondering if she could give the HSAC committee’s e-mail address to Harder & Co. for survey purposes. Susan Q. added that this would ensure that we have an adequate voice and urged everyone to participate. Basically, we’re trying to obtain additional funding from the County so that we can maintain the PEERS program at current levels.
- **Anna V.** suggested that SRJC approach the County to consider some funding for the administrative work involved in linking interns to programs/credit/internships, since it takes significant resources for this type of work.

**Student Health Services Department – Brief Fiscal Updates from Susan Quinn**

**Fiscal Check-in:**

- **Health Fee Revenue:** Fiscal year 14/15 looks like it may possibly stay the same as 13/14 in terms of base Health Fee revenue. Expenses for permanent staff have gone up, though, primarily in the benefits. There is a potential STRS increase and there will be new hires, and H/W benefits are not certain. Reserve funds will probably be used. A rough total estimate for 14/15 Health Fee revenue is $1,161,000, which includes a small increase over 13/14 for added courses. Permanent staff expenses for 14/15 are projected at $961,500, other staffing (including physician contracts, student workers and interns/intern supervisors) is projected at $155,120, and approximately $45,000 for health software maintenance, medical/office supplies and other miscellaneous necessary expenses. Some items not currently funded in the budget (reserve fund and MAA income dependent) are STNC backup staff, dues, memberships, travel, equipment, and contingencies (for health benefit increases, etc.).
• **MAA Revenue:** May be approximately $70,000 in 14/15. Resources are focused reimbursing the Health Fee fund for S/B of staff.

• **What is a good strategic plan?** For permanent positions that are rolling over – Possibly reducing the NP position from .80 to .70 and one of the MA positions from .100 to .70. Transferring a portion of the HSA’s position to the Athletics budget and possible bond funding was also mentioned to support technology needs.

• **Deborah Z.** asked how much the reserve fund needed to be percentage wise of the total budget. Reserve funds should ideally stay at 15% of the budget by the end of the year.

• **Cindy D.** had a question about equipment needs in relation to bond funding. **Susan Q.** said that bond funding is looking good for November, though still in the exploratory phase.

• **Deborah Z.** mentioned that enrollment figures have been unusual this year because it is still a moving target with late class enrollments.

**Personnel Updates:**
Challenges include a recent major turn over in staff:

• Karen Bowden, full time Medical Assistant, retired in March.

• Donna Jones, Nurse Practitioner, is retiring on June 30th.

• Cheryl White, full time Medical Assistant, is retiring in December.

• It is very difficult to project H/W expenses for new hires and the timing of the hiring process.

• **Susan Q.** asked whether the committee supported using reserve funds for staff or whether anyone had ideas or suggestions. **Anna V.** mentioned approaching the Foundation for equipment needs. **Anna V.** and **Art H.** also suggested a distributed model of labor, i.e. cutting staff/STNC/SHA labor for non-essential service delivery and sitting down with staff to discuss what else can be done.

**Meeting Evaluation – Plus Delta:**
What seemed to work well:

 o Jeane and Becky’s presentation was great
 o Having a Note taker here (not a committee member)
 o Relaxed atmosphere
 o Tech was good

**No areas that could be improved upon!**