

Health Services Advisory Committee

June 9, 2014

Don Bautista Conference Room

11:30 – 1:30

Attendees

Mary Sullivan, Sylvia Rueda, Alana Hernandez, Teddy Simpson, Siew Kuek, Lisa Bowie, Judith Clavijo, Jean Burke, Ameila Kauwelo, LaDonna Yumori-Kaku, Susan Lake, (Cognetta, Adeeb, Putri, Santosh, LeBleu-Burns unavailable)

Introductions

Welcome to Jean Burke, RN, who is in charge of the nursing lab and collaborates with Mary to offer nursing students an opportunity to be involved in Wellness events (flu clinic, Chill City, Health Zone).

Overview of Student Health Services components

Health Education & Wellness (Sullivan) – *End of Year Overview 2013-2014* reviewed (see attached.). Next year will focus on “maintain/sustain” as Mary will be taking 10 month sabbatical to get Certification in Wellness from San Francisco State University.

Tobacco Cessation (Simpson) – reviewed data of last 3 years (see attached), and while number of students in the program are down, there is a higher success rate (17%, which is higher than national average of 3-4%). The program is free to students and involves:

- 1 on 1 counseling,
- Pre & posttest on nicotine related risks, and use of nicotine replacement therapy (NRT),
- Weekly documents and “homework” specific to the needs during the process:
 - Intake form – readiness for cessation, nicotine knowledge, student program rights & responsibilities.
 - Tobacco usage log – dealing with “slips” and alternative behavior.
 - Alternate behavior and NRT – the “Four D’s” drink water, deep breathe, distract, and delay.
 - Enhance your knowledge – tips to quit.
 - Healthy changes – what to expect physically and mentally as you continue nicotine free.
 - Healthy resources – on campus resources (e.g. Psych Services), and free apps for quitting.
- 3 levels of NRT – patches and gum,
- “Quick quit kits” (supplies of toothpicks, ½ straws, rubber bands, hard candy – to substitute/distract from craving).

Branching out, the program is placing laminated flyers at the designated smoking tables around campus about the programs and \$500 scholarship opportunities. We continue to educate the campus about e-cigarettes, vapor pens, and hookah bars, which has shown increase usage of these products due to the marketing myth that “they are not harmful.”

Student Health 101 (SH101) online magazine on Health Services website (Hernandez) – Efforts continue to increase readership through Facebook & clinic office flyers. Statistical analysis occurs every 2 months which shows an increase in readership – some are returning readers. The service allows research and reports such as the number of students who: read this article; clicked on this link; responded positively to this topic. Health Education & Wellness can use this data to plan for future events, literature. In Fall 2014 we plan to offer the SH101 fund-raiser for ICC clubs (\$0.50/reader email) to increase readership.

Psychological Services (Kuek) – Meet & Greet (# 100 participants) and Art with Impact (# 500 students) events were very successful. The current post-doc interns (five) will finish up at the end of June and new interns will begin in September. We will have four females and one male (who is a yoga trainer). The LGBTQI workshops have gathered information to provide ongoing support groups, but it has been difficult for students to commit to attend. Welcome Home For Veterans event is occurring Friday, 6/13/14. Siew stressed the importance of

getting a Vets resource room on campus soon. he is working on a future project with EOPS re: student resilience project and food cupboard.

Clinical Services (Bowie) – While it is a general practice clinic, the most common conditions students are seen for are: depression, anxiety, cold/flu and eczema, stomach ache. Staffing has expanded in the clinic to include more nurse practitioners Monday through Thursday with evening appointments everyday but Tuesday.

SAVE THE DATE - Next year (2014-2015) will have only Fall & Spring Advisory meetings due to Mary sabbatical. Dates are *11/24/14 and 6/8/2015*. LeBleu-Burns and Kuek will chair those meetings.

Program Suggestions/Recommendations from Advisory committee:

The committee: was asked: What are suggestions to meet the needs and concerns for DeAnza student?

- Nutrition: guest cooking (Whole Foods) presenting “College quick meals”
- “Mock-tails” party cocktails without alcohol (perception vs reality of drinking statistics)
- Part-time nutritionists – for 1 on 1 counseling such as tobacco cessation program
- Info on healthier food choices (for ICC meetings)
- Food/sugar content display – similar to the current drink/sugar content display outside Health Services
- Time Management – time to unplug and be: creative; sleep; reconnect to family/friends. Susan Lake referred to a book “Bit Literacy” Mark Hurst's book on managing information overload in the digital age. Consider educating on the ability to prioritize, especially during high peak times – ie – scholarships and college applications (Nov 30)
- Consider capturing sensational events – 1st days of the quarter – hand out water bottles, hand sanitizers, granola bars.

Next meeting: Nov 24, 2014.

Thank you to the speedy note taking of Sylvia Rueda for collecting meeting thoughts.

Submitted by Mary Sullivan