



Health Services Advisory Committee  
June 6, 2016  
Don Bautista Conference Room  
11:30 – 1:30pm

Attendees

Mary Sullivan, Amelia Kauwelo, Faiz Mujadid, Matthew Zarate, Trudy Gross, Sylvia Rueda, Lisa Bowie, Judith Clavijo, LaDonna Yumori-Kaku, C.J. Jones, (Burke, Cognetta, Kuek, LeBleu-Burns, Mallinson and Song unavailable)

Welcome & Introductions

Review of purpose of Advisory Committee & confidential agreement signed (Sullivan)

Four components of Student Health Services review:

Health Education & Wellness events (Sullivan/Kauwelo)

- a. Club Day – Collaboration w Next Door: Solutions to Domestic Violence. Had ~#200 students. Gave out info on Stalking (Spanish & English), DeAnza Hotline, cards on police escort service and other resources. Also collected student emails to push info out to students on events, student health 101 online magazine.
- b. Blood Drive - #151 students participating with Stanford Blood Center, and assisted by 2 clubs, who volunteered in the canteen for post-donation students. Had 30 first time donors!
- c. Tolerance Day event (11/19/15) – a national event promoting acceptance and respect though craft activity: wrist bands, decorating buttons w personal statements.
- d. Health Zone – #194 students. It's our big event of the year, occurred in the Sunken Garden with 8 Wellness tables: Environmental (DeAnza security/police on safety & Title IX issues); Sleep (DeAnza Student Nurses club –SNO); Emotional (Psych services); Relationship (Next Door org); Sexual (Santa Clara County Public Health- SCCPH); Time Management (SNO); Physical (SCCPH); Nutritional (SNO) - (2 more Wellness tables than last year) as well as activities of African Drumming, Ring toss/Dildo game w Planned Parenthood. Cookies were given to all as they turned in their “passport” and completed the survey. The survey addressed different dimensions of wellness (sleep, workouts, energy, outlook, self-esteem and self-respect, life purpose, sense of community/group belonging) to determine out student's sense of their wellness. Many raffle prizes were given out – Samsung tablet, Beat headphone, iPod, coffee & bookstore coupons.
- e. Chill City (6/16/16) – Expecting ~#200 students, and will focus on comfort, stress reduction with Furry Friends (dogs for petting) to relieve anxiety before finals; craft activities w DASB, free scantrons & healthy foods partially donated by Trader Joes on DeAnza Blvd (almonds, apples, carrots).
- f. Future event in summer is Blood Drive 7/28/16 10am – 4pm.
- g. Student Health 101 online magazine – Kauwelo described purpose and content that interfaces with our college events and focus.
- h. Website – Kauwelo
  - a. Has Sexual Assault resources (how to prevent; what to do if happens; with goal to educate all); list of college & community phone numbers.
  - b. Move toward education in a paperless method...Facebook, et al.

- c. Also discussed posters on campus for the purpose of educating college community about appropriate, identifiable words when addressing sexual health, and clarify high risk behavior, and beginning conversations about difficult topics.
- i. Current spending July → April is \$12,780.

#### Psychological Services (Rueda)

- a. Sylvia explained her new role as Case Manager, its purpose and interface with psychological services and the HEART team (behavioral intervention).
- b. Moved to new space (in Student & Community Services bldg. k- across from cashiers window) The office can now schedule appts, but students must go to Health Services office to pay for schedule appts over the 5 free visits. The new space allows ability to run men's group sessions on site.

#### Health Clinic & Front office (Bowie)

- a. Working on organization and accreditation around clinical areas. Focus: STI, reproductive system health, general health education with gender inclusivity forms, language (English, Spanish, Chinese, Vietnamese),

Tobacco Cessation program - (Kauwelo) individual counseling each quarter, offering free gum & patches. Average 4-8 students/quarter. Success improves when students are ready. Nurses review emotional, mental health issues, behavioral triggers & changes.

Smoking Policy Survey Feb 2016 – (Sullivan) Results were ambiguous, with obvious tension between non-smokers and smokers. There was confusion as Marketing delayed survey (expected mid-January) until late Feb, and chose not to survey all DeAnza students as had been done historical for the past 3 surveys. New legislation will bring changes as age limit is now 21yo to purchase tobacco, and AB 1594, currently in the approval State process will ban smoking at all California community colleges.

NCHA survey (done March) results were handed out. This data is used to guide programs out outreach for the coming year. *\*see attachment to email*

Program concerns: Continued limited space in Health office for clinic & HE&W staff (2 exam rooms & 4 offices) restricts ability to gain MediCal accreditation and expand services.

#### Program Suggestions/Recommendations from Advisory committee:

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

- Send DASB → marketing committee the list of yearly events to assist advertising.
- Write health articles in La Voz school paper.
- Expand classroom visits on breast/testicular examination.
- Create more availability for Psychological Services visits for students.
- Increase activities/outreach re: stalking/intimate partner violence (domestic violence)
- Smoking policy survey redo
- Consider replicating high school's Health Services Community Wellness Taskforce w 3-4 F/T LMFT (on each campus) dealing with school life balance, stress management. "We all face stress, how do you manage distress?"

Next meeting: Nov 28, 2016.

Thank you to the speedy note taking of Sylvia Rueda. Submitted by Mary Sullivan