

Health Services Advisory Committee
March 11, 2013
Don Bautista Conference Room
11:30 – 1:30

Attendees

Mary Sullivan, Sylvia Rueda, CJ Jones, Teddy Simpson, Lisa Bowie, Judith Clavijo, Alana Hernandez, John Cognetta, LaDonna Yumori-Kaku, Susan Lake, Cynthia Ouandji, and Katherine Perng.

Introductions

Mary reviewed committee purpose:

The purpose of the Student Health Advisory Committee is to act as a recommending body to assist Health Services staff in providing high quality, appropriate services to the college student population. The committee will make suggestions and recommendations to Health Services and the Dean of Student Development regarding priorities, development, and review of services and programs.

Winter Quarter and Current Health Services Program

- Events:
 - Club Day: Health Services and Santa Clara County Public Health (SCCPH) awareness tables
 - Valentine's Day: Safe Sex and HIV screening/testing
 - Alana passed around a sample of some of the goodies that were distributed, over 1000 student contacts, information regarding Health Services table, Safe Sex Survey that included student utilization of Health Services (250 surveys and analyzed the data), crafted condom roses (300 completed by students in 1.5 hrs), lubricant tasting bar, HIV screening/testing (60 screened, 33 tested) through SCCPH, SCCPH also had a table promoting safe sex and awareness.
 - Psych Services (Mon→Thurs) and Psych Workshops (Tues 11:30-12:30pm five times in quarter)
 - Blood Drive (pint for a pint)
 - Tobacco Cessation
 - TC counseling is offered on Wednesdays and Thursday with Alana and Teddy. Free NRT, up to 30 minute one-on-one counseling appointments addressing quitting process, changing habits and forming healthier alternative behaviors. This quarter stats: 23 students enrolled, with 4 returning students, 1 graduated, 6 have come in only once. Average of 9-12 students that come in once per week. Have streamlined the process and it has been successful in motivating students. Program information posters developed to post in designated smoking areas.
 - Smoking on campus has decreased significantly due to police ticketing (\$25 - \$100), smokers tend to stay in the smoking areas. Most colleges (all UC's) are becoming "Smoke Free" by 2015.
 - It was commented a general impression of increase in tobacco use in the community, noting less tobacco education in the elementary schools. Tobacco companies are targeting youth with flavored tobacco. The SCCPH is working to have documentation on packages that state flavors are still additives.

College Budget

- Realigning budgets of Health Education & Wellness, Health Clinic and Psych Services for ease of tracking costs.

- Health Clinic: Dr. Bowie mentioned that we want Health Services to be accredited and licensed. Changes have been implemented this quarter concerning compliance such as posted evacuation plans, lighted evacuation signs, information on walls, material safety data sheets (all chemicals in clinic are listed in a central location).
- Psych Services: next area of expansion. Director of Psych Services position has been submitted to Senior staff in hopes that we will be able to fill the position by Fall 2013.

Spring Quarter:

- Club Day with activities
- Blood Drive
- Stress Town on May 16th 11-2pm: an event with education on the physiological symptoms due to stress, includes activities to reduce/cope with stress in healthier ways.
- Psych Services Workshops (5 per quarter)

Health Education & Wellness

- Preparing to present Stress Town- working on helping students develop healthy coping strategies at the Sunken Gardens on May 16th from 11-2pm.
 - Students will get a passport at entrance and will be given a scenario and asked to respond in one of four ways.
 - Will have Dr. Siew Kuek do Depression/Anxiety testing; offer areas to practice relaxation breathing technique, massage students for chair massage, furry friends (corner with small animals); resource listing for students to address areas of support to deal w stress (tutoring, campus food closet...) where students can go for help on campus and in community; open to staff and faculty and have a healthy snack at end.
 - Mary has asked for DASB support.
 - Will be held on same day as student Carnival day: LaDonna suggested having something guiding students to the Sunken Gardens such as balloons or tables.

Current Staffing

- Mary reviewed current coverage for clinic and health education.
- Mary attended a two conferences: NASPA Drug and Alcohol and Mental Health, and annual Health Services Association of California Community Colleges conference with other college health services directors and discussing current issues colleges are facing and information from the Chancellor's office. One program is Kognito, which helps in developing social coping skills, and will be available for students/staff and has LGBT/Veteran components.

Program Suggestions/Recommendations

The committee: was asked: What are the needs and concerns for student in and out of De Anza?:

- *Nutritional Status of Students:*
 - Judith is concerned about the students' nutrition due to lack of budgetary resources. Some students report meals may consist of cereal, rice and beans on a daily basis. Judith says that it would be good if students can be given nutritional food (specifically fruits and vegetables) on campus through campus Food Cupboard -- restrictions from county Health Department discussed and meal programs mentioned. Judith's concern is accessibility and resources. CJ ditto's Judith's concern, CJ would be willing to help if anything is created on campus.
 - Suggestions included:
 - Having students learn to eat healthier and on the go, due to busy schedule, show how to create and in an interactive method via Health Services outreach.
 - Inform students of community resources, food banks and other
 - Mary is working with Stanford on body image and how it can be brought in to DAC, includes a nutritionist.

- Mary reminded everyone of the 211 information hotline for county resources available.
- There will be nutrition tables within Stress town, and Health Education & Wellness will work to bring different nutrition activities throughout spring quarter.
- *Mobile App development suggested:*
 - Student Health 101 (an online magazine) is available on Health Services homepage.
 - See if can be posted on MyPortal and sent to faculty, students and staff. Would benefit from an ongoing advertising effort (quarterly) from health services to increase student awareness.
 - Mary will mention Student Health 101 at next ICC meeting.
- *New DASB Cards:*
 - John reported new DASB cards and system will go into effect in Fall 2013, this change will affect Health Services. The card will have a magnetic swipe which will require a magnetic reader which is very inexpensive; cards will hold funds for printing services only.
- *Outdoor Activities:*
 - Cynthia reported that since weather is getting nice to have some physical activities for students. Suggested having some type of competitive exercise: jumping jacks, hula hoops etc.
 - Health Services will work on incorporating some of these into Stress Town.

Next meeting: June 10, 2013.

Thank you to the lovely Sylvia Rueda for providing meeting minutes.

Submitted by