

Advisory Committee

March 7, 2016



Attendees: Mary Sullivan, Sylvia Rueda, Brittany Frederickson, Lisa Bowie, Jean Burke,
LaDonna Yumori-Kaku, Becky Mallinson, C.J. Jones, Michelle Bounkousohn, Veronica Song,

Amelia Kauwelo, Trudy Gross (Cognetta, Clavijo, Kuek, LeBleu-Burns unavailable)

Meeting Notes

- I. Welcome & Introduction
- II. Dimensions of Wellness
 - a. Ensures that Health Services is providing a well-balanced services that covers different components of wellness to promote student success
- III. Physical
 - a. Health Clinic
 - i. 1 MD & 3 NPs – 5 days/ week coverage + late hours Mon & Wed. to increase availability to evening students
 - ii. Low fees for many services
 - iii. Focus: STI, reproductive system health, general health education – targets 18-26 years of age
 - b. Health Education & Wellness
 - i. Outreach education
 - ii. Blood Drive – over 100 new donors
 - iii. Smoking Cessation, appropriate ETOH consumption
 - iv. Safe sex
- IV. Emotional
 - a. Psychological Services
 - i. New location
 - ii. 430 appointments since September 23rd 2015
 1. Most commonly: depression, anxiety, adjustments, substance abuse
 - iii. Promoting Group Therapy
 - iv. Art with Impact ~ 100 students
 - b. Health Services
 - i. Drop-in Sessions
 - ii. Referrals to on-campus and community resources
- V. Social
 - a. Prevention of Domestic Violence and promotion of healthy relationship
 - i. Club Day – It's on Us
 1. Great student involvement and participation
 - ii. Educational posters and brochures
 - iii. List of campus & community resources
 - iv. Escalation Workshop - One Love
- VI. Environmental
 - a. Revamping
 - i. Gender inclusivity – New forms and terms
 - ii. Equity
- VII. Financial

- a. EOPS
- b. Outreach – Food Bank
- c. Covered California
- d. Homeless Resources

VIII. Suggestions

- a. Student's Concerns
 - i. Needle exchange
 - ii. Smoking cessation program concern
 - iii. La Voz article
 - iv. Campus Safety – Blue Safety lights
 - v. Need for a hub of resources
 - vi. Trans inclusive
- b. Other recommendations
 - i. Educate Students & Faculty on new gender vocabulary changes
 - ii. Provide safe & open environmental for voicing concern and change
 - iii. Include “tech-obsessed” and its adverse effects on health education

Next meeting: June 13, 2016

Thank you to the speedy note taking of Sylvia Rueda & Veronica Song for capturing this meeting's notes.

Submitted by Mary Sullivan