Well-being Cluster Student Advisory Board | Meeting Agenda

Winter 2019 | Week 2 | January 14, 2019 | 5PM – 6PM @ Murray’s Place Conference Room (SHS)
Co-Chairs: Revati Rashingkar (rrashing@ucsd.edu) & Vineeth Alluri (valluri@ucsd.edu)

I. Introductions
   A. ICEBREAKER: what are you looking forward to this quarter (non school related)

II. Public Input

III. Presentations and Discussion

IV. Unfinished Business
   A. Website revamp (update)
      1. Revati
         a) Wellness cluster is changing how the website is put together
         b) There is going to be a template that we can pick and choose from
         c) Stay tuned for feedback later on in the quarter

V. New Business
   A. Sub-Committee Updates
      1. Student Health Insurance Plan (SHIP)
      2. Karen
         a) Kevin from student union came to talk about SHIP
         b) Questions about out-of-pocket costs and coverages
         c) As a group student union may request amendments
         d) Minutes from EOB meeting
            ○ Surplus money from SHIP
            ○ Half money put into savings account to collect interest
            ○ Ideas on how to use other half of money
               (a) one time costs - email Karen with any ideas
               (b) one idea is a scholarship for students who have
               Medical and can’t afford SHIP
                  (i) Dr. San Miguel likes the ideas because some
                      students have to go home because no
                      coverage in this area
                  (ii) SHIP director has been trying to create
                      Medical version of SHIP
                         (a) need student testimony to talk about
                             experiences and how their healthcare
                             coverage and other areas have been
                             affected
                         (b) try to reach out to constituents to find
                             students in this category
B. Department Updates

1. Student Health Services (SHS)
   a) starting up extended hours this quarter
      ○ Saturday 9am-12pm
      ○ Monday and Tuesday open until 6pm
      ○ no extended hours during breaks but during academic quarters
   b) two more flu clinics
      ○ at zone
      ○ tomorrow Jan 15 11am-4pm
      ○ Jan 25 11am-4pm
      ○ SHIP is free
   c) group acupuncture
      ○ on Thursday
      ○ $20 anyone is treated
      ○ at Murray’s place
   d) life health online
      ○ talk to online doctor
      ○ like telemedicine
      ○ can prescribe medicine but not controlled substances
   e) after hours nurse line
      ○ accessible by any student
      ○ for free

2. Health Promotion Services (HPS)
   a) starting sleep challenge
   b) cannabis use class
   c) national college health association survey
      ○ all UC campus are administering surveys
      ○ done at other universities as well
   d) hired and training students to promote health coaching

3. Counseling and Psychological Services (CAPS)
   a) personnel changes
   b) clinical director has retired
   c) adding contract staff (psychologist, social worker)
   d) run out of office space
   e) trying to expand mental health referrals
      ○ 2 new mental health resources
   f) CAPS forums and daily drop-in workshops
      ○ workshops at 3pm everyday
      ○ forums

4. Student Health & Well-Being Cluster
   a) Triton pavilion- university has hired architect and general contractor to build space
      ○ presentation when more information
      ○ estimated move-in in 4 years
5. Other department updates
   a) CARE at SARC
      ○ new staff member for graduate students
      ○ enhancing graduate outreach
      ○ new peer educators finished training
      ○ January = Stalking Awareness Month
        (a) follow @UCSDCARE on Facebook

C. Student Representative Updates
   1. International student representative for WCSAB
   2. Inviting the Campus Community Centers to have representatives
      a) Basic need resource center
      b) Hub
      c) Sherlock - good person to contact about Hub
   3. Other student representative updates
      a) Revelle
         ○ Grief/loss groups
         ○ CAPS
            (a) Challenge has been getting people together for that
            (b) Meantime individual counseling is recommended
            (c) There are some specific need loss groups
            (d) No current grief group
            (e) Contact Jerry to get a counselor for a group
         ○ Daily drop-in workshops offered at different time during the day because people can not make it at the particular time
            (a) Kept at same time to be reliable, but can request different times
         ○ Temporarily will put another psychologist in Revelle Office
      b) Warren
         ○ Warren College provost office
         ○ Doing two weeks of acts of kindness: come to Warren commuter lounge and do acts of kindness
      c) SHA
         ○ Recruitment starts week 4 on Jan 28
         ○ Recruitment mixer
         ○ Information on website and Facebook
      d) AVP of health and wellness
         ○ Peer health coaching program with HPS
         ○ Have a need for more mental health resources, though peer health coaching is not counseling
         ○ Help students adjust to college life and develop own tool kit to get through little issues before they snowball into bigger problems
         ○ May decrease demand for CAPS appointments as urgently
         ○ Training for coaches include self-care techniques
         ○ Start taking coaches next quarter
            (a) Meet once a week
         ○ Coaches are paid (7 coaches)
VI. Reminders
   A. Action Plans
      1. Send any agenda items to Vineeth Alluri (valluri@ucsd.edu)
   
   B. Reminders
      1. Future WCSAB & SHIP Meeting(s): Winter Quarter 2019
         a) SHIP Sub-committee Meeting Times: Mondays, 4:00PM – 5:00PM
         b) WCSAB Meeting Times: Mondays, 5:00PM – 6:00PM
            (Week 4) Monday, January 28, 2019 @ SHS, Murray's Place