**Well-being Cluster Student Advisory Board**

**Meeting Agenda**

Winter 2016 | Week 4 | January 20, 2016 | 5:00PM – 6:00PM @ Murray’s Place Conference Room (SHS)

Co-Chairs: Lesly Figueroa (lvfiguer@ucsd.edu) & Kaitlin Cheng (kncheng@ucsd.edu)

I. **Introduction**

II. **Public Input**

III. **Presentations and Discussion**

IV. **Unfinished Business**

   a. SHIP FAQ Flyer Draft (Maria)
      i. Features common questions being asked about SHIP – incorporated feedback from WCSAB, health insurance manager, etc.
      ii. Worked with an A.S. graphic artist to design
      iii. Will need WCSAB’s help to pass it out around campus.
      iv. First page: does it flow well? Is it confusing?
         1. Going to change the medical snake logo to the Student Health and Well-being logo.
         2. There will not be room for more info at the bottom right.
         3. Do you read it left to right, or straight down the left first?
            a. Flowchart would be nice, but was challenging – if you can design something, let Maria know!
            b. Stagger the black questions so they’re not at the same level (design it similarly to the back side)
            c. Put the “I am not sure...” section at the bottom.
            d. Due to the little shapes, your eyes are drawn up instead of to the content.
            e. Split the “I Have Other Insurance and RAFT” section and “I Am Not Sure...” section a little more.
      v. Will be on the website – electronic, paper, etc.
      vi. Instructions for the app will be on the studenthealth.ucsd.edu website and not included on the hand-out because the list is so long.
      vii. Additional Feedback
         1. Maybe if the links and phone numbers could be in white or separated out so they’re not blending in with the words.
         2. The speech bubble and the white medical snake could be made smaller, so that there’s more room for the words.
         3. Or, make the speech bubble bigger so it stands out?
         4. If we need more space, take the bubble out and just put the titular words along the top.
         5. Were these questions based on frequency of receipt, or based on what we thought was helpful? Could arrange similar content together.

V. **New Business**

   a. Sub-Committee Updates
      i. Student Health Insurance Plan (SHIP)
1. Deadline is Feb 1st to request changes to our plan.
2. Most of it doesn’t affect students directly. Relevant for this group:
   a. Usually the way we bill for RAFT is, we’ll give that student whatever we would’ve paid to SHIP. Students who come in with RAFT will now be charged $15 for x-rays, and possibly some other services. Students with UC SHIP will not be affected.
   b. Of all SHS’s in UC SHIP, San Diego bills very low or nothing for many services, which means our premiums are low but we have to pay for it with student fees. SHS is actually still running a deficit, so this would help close the gap.

b. Department Updates
   i. CAPS Update from Reina Juarez
      1. Reina – the director of CAPS
         A) CAPS is thankful to the SHW family for sharing their reserve funds in order for CAPS to have out front a lump sum of moneys to fund the Student Mental Health Services Initiative from UCOP that will allow to bring permanent funding for staff already hired: a) two new Spanish speaking psychologist, b) two post-doctoral residents previously in soft funds, and increasing Psychiatrists from 1.59 FTE to 3.50 FTE. Through the generous support of the Graduate Students donating their SHIP reserves we were able to fund in advance one of the Psychiatrist position and one of the psychologists.
         B) Furthermore, soon CAPS will be hiring two Licensed Social Workers to assist with urgent care and case management, and three new psychologists (two of which will be assigned to work with Asian American and Pacific Islander students)
         C) Three psychologists will be promoted to work on campus wide programs that will benefit students (Clinical services Assistant Director, Student Success, Development, and flourishing Management, and Graduate and Professional School Student Management).
         D) "Tritons Flourish"-- a CAPS emerging initiative with the support of the SHW team and the ASUCSD, it is hope will be owned campus wide to address students sense of belonging, a positive mindset towards achievement, as well as resilience and mindfulness kills development towards personal development, wellbeing and success.
         E) Karen Calfas, the SHW Executive Director continues to make progress to actualize the expansion of SHS so that CAPS Central Office may relocate there and have the cluster all in one place.
2. Karen Calfas had surveyors come to the campus to see what our needs are. One of our dream goals in SHW cluster is to have a SHW building – SHS, CAPS, Recreation, etc. They looked at the space – now waiting to hear back with a report with estimates for our budget.

ii. National College Health Assessment Update (Debbie)
1. Subject Line: How Healthy is Our Campus? UCSD Survey
2. 7,000 randomly selected grad/undergrad students
3. February 7th – Will leave it open for about a month.
4. Unlike last survey with a link, this link will only be available to those 7,000 people through email – must encourage people to pay attention to that.
5. People can opt out of reminders (will receive up to 3, if they don’t).
6. Will provide data for program planning regarding health behaviors, perception vs. reality, etc.
7. Incentive: 19 Visa gift cards (1 for 500, a few for 100, etc.). Can say there are prizes, but have to play it down.
8. Flyer: can share on social media, place in dining table holders, PC... We will need to share it with our social networks and constituents.
9. Feedback
   a. Note that only 7,000 students will randomly receive it.
   b. Note that there is more than one Visa gift card up for grabs
   c. Make the feedback font larger
   d. Place UCSD on there – “only 7,000 UCSD students”
   e. Health and Well-being logo
10. This will be emailed out, quarter sheets will be provided so councils can place sheets in the dining hall table holders, boards, etc.
11. Homework: Will they let you post these copies, and how many can we give?
12. We can also make flyers, to post somewhere on campus. PC. RA bulletin boards: each college council member can bring them to each ResLife. Enter them into the college events memo emails.
13. Maria will make changes and send electronic version out by Tuesday.

c. Student Representative Updates
i. Student Health Advocates
1. Recruitment is currently taking place
   a. SHAs provide information on health and wellness.
      Please let your constituents know that recruitment is occurring. If you have listservs that SHAs can email out to, please provide that to Kevin. kew043@ucsd.edu
b. SHA is open to those who are not currently seniors – spring training is mandatory, and students must commit 30 hours/quarter of volunteering for the year. Must attend an info session. Dates of info sessions are listed on the flyer (being passed out).

c. Mixer: February 1 – tables of their programs. Event is not required, but will help you get to know current SHAs plus current workshops. Student Health Advocates page has Facebook events.

d. How many SHAs are there? 65 – 70, with 3 specialties – General Health, Drug and Tobacco, and Sexual Health.

e. Undergraduate students only, no grad students unfortunately.

2. All You Need is Love, February 10 – Event collaborated with the Zone, SARC, and CAPS featuring topics of consent and relationships. All departments will have tables in the Zone, and on the half hour, a department will give a presentation on different aspects of love. There will be fun giveaways and goodie bags.

3. Cigarette butts cleanup

4. Sleep campaign

5. Committee working on messages regarding club drugs

ii. Graduate Housing

1. Wellness Fair, February 10 3-6 pm: Located at East Campus on the Graduate Mesa Housing. All are welcome. Student Health Advocates coming out, as well as R&R squad, CAPS, SARC, HDH On the Move, and the Zone.

VI. Reminders

a. Action Plans

i. Send any agenda items to Kaitlin Cheng (kncheng@usd.edu)

b. Reminders

i. Future WCSAB & SHIP Meeting(s): Winter Quarter 2016

1. SHIP Sub-committee Meeting Times: 4:00PM – 5:00PM
2. WCSAB Meeting Times: 5:00PM – 6:00PM
3. (Week 6) Monday, February 8, 2016 @ Murray's Place (SHS Conference Rm)