Well-being Cluster Student Advisory Board

Meeting Agenda

Winter 2015 | Week 4 | January 26, 2015 | 5:00PM – 6:00PM @ Murray’s Place Conference Room (SHS)

Co-Chairs: Charlotte Chiu (cbchiu@ucsd.edu) & Justin Ellsworth (jtellswo@ucsd.edu)

I. Introduction
   a. Charlotte Chiu, Justin Ellsworth, Keerit Kohli, Karen Calfas, Alex Baker, Megha Lambah, Lydia Lee, Lesly Figueroa, Maria Fish, Debbie Pino Saballett
      Guests: Sean Kennedy, Ben Miller, Seraphin Raya

II. Public Input

III. Presentations & Discussion
   a. Sun God Festival 2015
      i. 2013 increasing high transports and hospitalization so changes were made
         1. level II detox, Floaties, no guests and numerous changes
      ii. changes
         1. Sunday of week 5
            a. Because when on Friday students engaging attitudes knowing that they had 2 days before school
         2. 2pm-8pm
            a. looked at UCSB and they had 1 transport
            b. in the past, numbers spiked around sunset
         3. increase security at the entrances
            a. utilizing wristbands
         4. no re-entry
            a. concern of getting a sweater or famine products from room
      5. theme: circus
         a. carnival game midway booth addition
         b. circus entertainment addition
      iii. other additions
         1. Getting Sun God app
         2. get shuttle to be working on Sunday
         3. trying to get free UBER again
         4. Triton taxi
         5. Trying to get cell phone charging stations
      iv. Educational Campaign
         1. Stay with Me
            a. What to do
            b. During party, how to look out
      v. Ticket distribution will be on Saturday
         1. Usually at Marshall field so this year maybe near The Good Life Festival
      vi. Res-life concern of moving Sun God to Sunday that it will be a weekend long of partying
      vii. The Good Life Festival will be moved to Saturday before the Sun God Festival
      viii. Any questions, email avpconcerts@ucsd.edu

IV. Unfinished Business
V. New Business
   a. Sub-Committee Updates:
      i. Student Health Insurance Plan (SHIP)
         1. Pharmacy benefits for renewal for next year and reflect the premium
         2. Percent increase last year was 11.5% and hoping something lower this year
         3. Plan is doing well
   b. Department Updates:
      i. Health Promotion Services
         1. Tritons in Motion
            a. Aims to get students to be physically active
            b. Workout buddy match program
            c. Next Thursday will be a tabling event
            d. So far, 4 people have signed up for it
         2. SHA recruitment
            a. Information sessions this week and next week
            b. Mixer will be on this Thursday
         3. Smoking policy update
            a. Intern from the bachelors of public health and proposing to work with a college to train on how to approach someone smoking
            b. Tins available so they don’t have to litter
            c. 2 hour long program
            d. smoking education is the primary thing right now
   ii. Student Health Services
      1. Extended SHS Hours
         a. Starting on 2/3/15
         b. Tuesday and Wednesday open till 6pm
            i. Limited labs
            ii. Appointments
            iii. xrays
         c. Saturday morning for urgent care from 9am-12pm
   c. Student Representative Updates
      i. What are some important health issues on our campus?
         1. Mental health
            a. Stress
         2. Financial wellness
         3. Social wellness
         4. Going to CAPS, shouldn’t be a stigma
         5. CAPS
            a. Takes 3 weeks to get an appointment
            b. Offer workshops such as helping sleeping workshop, financial wellness workshop
c. 10th week on Library Walk will have healthy sleeping event
6. Lack of sleep in the long run can affect student health and getting sick
   a. Causing more stress
ii. What is the best way for mode of communication?
iii. UConsent
   1. Campaign against sexual assault

VI. Reminders
  a. Action Plans
     i. Send any agenda items to Charlotte
  b. Reminders
     i. Future WCSAB & SHIP Meeting(s): Winter Quarter 2015
        1. SHIP Sub-Committee Meeting Times: 4:00PM - 5:00PM
        2. WCSAB Meeting Times: 5:00PM - 6:00PM
        3. (Week 6) Monday, February 9, 2015 @ Murray’s Place (SHS Conference Rm)
        4. (Week 8) Monday, February 23, 2015 @ Murray’s Place (SHS Conference Rm)