Well-being Cluster Student Advisory Board

Meeting Agenda

Winter 2016 | Week 6 | February 8, 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
   a. Student Mental Health Funding Update (Karen)
      i. Student fees will raise slightly, $16 per year per student, over the course of 5 years. This money will go towards mental health funds at CAPS.
         1. The cost this Fall 2015 was $3.20. It will go up by that amount until it reaches $16 a year.
      ii. Goal: Increase access to mental health services and specifically, to reduce the wait time for an appointment.
      iii. We don’t have all the money for it yet, because the fee raise is gradual, so hiring employees will make a deficit. However, this deficit will be balanced by graduate funds reserves as well as the eventual increase in student fees.
      iv. New CAPS Staff!
         1. Hercilia Corona, Ph.D. New psychologist at Sixth, plus Liason to Raza Resource Centro
         4. David Kersey, M.D. – funded by grad students.
         5. Previously had 1.65 FTE for psychiatry, and now we have 3! Ideal for the amount of students we have.
         6. Positions looking to hire this year
            a. 2 licensed clinical social workers/case managers
            b. 2 psychologists to work with Asian American pacific islander students
            c. 1 psychologist to work with students with special needs.
      v. When will we see this student fee increase?
         1. It already started, this past Fall 2015.
      vi. Each psychologist is also a liaison – located in colleges or resource centers. One psychologist will be a graduate student liaison.
      vii. Have any of the recent California mental health initiatives affected the board’s decision to push mental health funding?
         1. I don’t think so. Those are good and contribute but a UC student who complained to President Napolitano about the wait time to get an appointment at CAPS prompted these changes. A combination of the evidence of increase in
utilization and need for students to have these resources, plus data on wait time, has propelled this action. If a student has an urgent need, they will be seen that day.

viii. Because of the increase in students making appointments and long wait time... urgent care and after hours can be reached.
   1. Urgent care – walk in to central office.
   2. After hours – phone number on website
   3. Life-threatening – call 911 or go to the ER

b. SHIP FAQ Flyer Distribution (Maria)
   i. If you need the flyer sooner, let Maria know and she can print out new ones for you.
   ii. Goal of the flyer: Make sure you know if you have insurance. (In order to attend UC, you must have insurance.) Answer FAQ.
   iii. Take them to ResLife offices – put them into RA’s mailboxes. Each bulletin will have the flyer. Each ResLife has about 15 RAs so 15x7 flyers needed.
   iv. Student Health 101 magazine.
   v. Offices for student advising
   vi. Student Organizations – for tabling.
   vii. Leave some at RIMAC
   viii. Host it online somewhere? Will be on the Student Health Insurance website
   ix. Link on the GSA website
   x. Residential Offices at Grad Housing.
   xi. Campus Resource Centers
c. Testing, Testing 1,2,3 Sexual Health Presentation (Maria)
   i. To increase screening for Sexually Transmitted Infections
   ii. 1,2,3 reasons, 1,2,3 areas
   iii. Will be distributed on social media, posters, etc.
   iv. Feedback
      1. What is the health issue or problem being addressed?
         a. STIs, and getting tested for it – plus reasons for it
         b. That it’s important to get tested, and you don’t know if you have one unless you get tested.
      2. Who is the target audience for this poster?
         a. College students
         b. Anyone who is sexually active
      3. What behavior do we want the audience to engage in?
         a. Preemptive testing behavior
      4. We want the words to be inclusive, for people to feel safe, that they can trust the information and be confident that the information is valid.
         a. Empowering of the reader – it’s for their own health.

IV. Unfinished Business
   a. NCHA Flyer (Maria)
i. National College Health Assessment performed about every 2 years. Sent out to 7,000 students and we already have 316 responses! At least 1,000 is the goal.

ii. We have posters and quarter sheets. Dining halls will accept them at table tents. What’s the process like?
   1. Spoke directly with the manager on duty – search UCSD HDH “Table Talks”. This includes the guidelines for the flyers, and the amount of flyers needed. Email them the flyer for approval or bring them in person to show the manager.
      a. Warren and Sixth are covered. Other colleges, please take them to dining halls.
      b. ResLife staff
      c. Monitors for Recreation

iii. When we go to ask budget offices for funding, this data is the most convincing to get them to approve. Also tells us which health topic to focus on to improve health for students at UCSD.

iv. Can we get a blurb on it to send to colleges for newsletters?

V. New Business
   a. Sub-Committee Updates
      i. Student Health Insurance Plan (SHIP)
         1. Undergrad premiums shouldn't increase by nearly as much as they did last year.
         2. Grad students may get a price adjustment down.
         3. Current plan changes: Mental health originally had a $250 co-pay, but this is moving to a co-insurance policy where patient pays a certain percentage of the price.
            a. Anyone who received mental care this year and paid $250 will be reimbursed for that.
            b. The percentage will be negotiated down as low as possible, hopefully 5%.
         4. Minimum Essential Coverage – different providers were giving different out-of-pocket maxes. These are being standardized, so any student who paid more than they should have will be reimbursed.
   b. Department Updates
   c. Student Representative Updates
      i. Student Health Advocates
         1. All You Need is Love event. Location: The Zone – Wednesday 11 am-2:30 pm. Bring it back to orgs.
         2. Presenting different aspects of healthy love and relationships. Love languages, healthy/unhealthy relationships, sexual health.
         3. For anyone in/out of a relationship, anyone is welcome.
   ii. Graduate Student Association
1. **11th annual Phun Run** Skaggs School of Pharmacy fundraiser for UCSD Student Run Free Clinic
   a. **April 2nd 9:30 am on campus**
   b. Early registration March 2nd - includes free breakfast and t-shirt.
   c. Would appreciate support from undergraduate students
   d. More info for registration on the website
   e. Student –Run Clinics in Downtown SD, Pacific Beach, and Baker Elementary School
   f. The clinic is staffed by physicians and students

iii. University Centers Movie Screening and CAPS. **Feb. 11, Wednesday.**
    Doors open 6:30. **Be My Valentine, Charlie Brown** for 30 minutes.
    Intermission, then **Silver Linings Playbook**. Active Minds will be tabling as well.

iv. **Wellness Fair** at Mesa Housing Wednesday, Feb 10. 3-5 pm at Café Vita and Lawn Area

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 8) Monday, February 22, 2016 @ Murray’s Place (SHS Conference Rm)