Well-being Cluster Student Advisory Board | Meeting Agenda

Winter 2019 | Week 6 | February 11, 2019 | 5PM – 6PM @ Murray’s Place Conference Room (SHS)
Co-Chairs: Revati Rashingkar (rrashing@ucsd.edu) & Vineeth Alluri (valluri@ucsd.edu)

I. Introductions

II. Public Input

III. Presentations and Discussion

IV. Unfinished Business
   A. Feedback & Questions on the CAPS Presentation from Week 4
      1. Kenji - funding for 1:1000 student ratio
         a) how is this going to be relieved
         b) Karen - funds in cluster are student-generated
            ○ come from student services fee
            ○ co-pays from student health and ship
            ○ CAPS is all funded from student services fee
               (a) only charge no-show fee if someone doesn’t show up to appointment
               ○ resources shared within clusters
               ○ CAPS has been supplemented when needed
               ○ chose not to have charges on CAPS services
               ○ grants good for initiating new projects, but not sustainable
      2. What can we share about CAPS presentation
         a) Karen and Reina will put together a slide deck that can be shared with WCSAB member constituents.
      3. Goal from Regents to reduce wait time to no more than 10 days
      4. 10 day wait is NOT FOR CRISIS
         a) urgent issues are seen same day through CAPS urgent care
         b) also have a phone line to get assessment by licensed counselor
      5. Are there designated crisis counselors
         a) they are the same staff
         b) all staff participate in urgent care through rotation
      6. Propose to chancellor new form on funding based on enrollment

   B. Students had positive things to say about CAPS
      1. specifically from grad students enjoyed the workshops that CAPS

V. New Business
   A. Sub-Committee Updates
      1. Student Health Insurance Plan (SHIP)
      2. Psychoeducation testing for learning disabilities
         a) coverage by UC SHIP
            ○ small copay and be tested
B. Department Updates
   1. Student Health Services (SHS)
      a) Accreditation board coming for site visit
   2. Health Promotion Services (HPS)
      a) national college health assessment
      b) ideas on how to have students open email and get students to fill out survey
      c) asking classes to promote
   3. Counseling and Psychological Services (CAPS)
   4. SHW Cluster

C. Student Rep Updates
   1. Sixth college
      a) Workshop on feb 20
         ○ Love letter to yourself
         ○ combating depression
         ○ SHA, HPS and CAPS will be there
         ○ 4pm-6pm at sixth college doghouse
   2. Active Minds
      a) destress event
         ○ mental health resources
         ○ geisel library
            (a) march 14 6pm-12am
   3. Care at SARC
      a) espresso your love
         ○ MOM coffee house
         ○ first 75 people get free drinks
         ○ 3-5 pm
   4. Wellness peer educators
      a) week 10
      b) 10am-2pm wednesday of week 10 on library walk
   5. Zone
      a) starting to hire
         ○ programming assistant application open from week 8 to week 10
         ○ hiring graphic designers

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 8) Monday, February 25, 2019 @ SHS, Murray’s Place