Well-being Cluster Student Advisory Board | Meeting Agenda

Winter 2019 | Week 8 | February 25, 2019 | 5PM – 6PM @ Murray's Place Conference Room (SHS)
Co-Chairs: Revati Rashingkar (rrashing@ucsd.edu) & Vineeth Alluri (valluri@ucsd.edu)

I. Introductions
   A. Share name, who you are representing, and something you are looking forward to.

II. Public Input

III. Presentations and Discussion

• Unfinished Business
  ○ Minutes available on the SHS website under “Volunteer” section

• New Business
  Student Health Insurance Plan (SHIP) Sub-Committee Updates
  ○ EOB meeting
    ■ Student reps vote on SHIP
      ● only affects students under SHIP
    ■ Premium buy-down
      ● Surplus of SHIP money (4 million) that something can be done with
      ● Buy back premium with surplus
        ○ not a long-term solution
    ● Use money to support existing programs
      ○ TAO: Therapy Assisted Online: https://wellness.ucsd.edu/CAPS/resources/Pages/iflourish.aspx
        ■ tele-mental health component
        ■ platform with modules for each specific need
        ■ app that coaches students on mental health and mindfulness
        ■ implement across all UC’s
          ○ can not be used just for UCSD: all UC schools
  ● Transportation to healthcare for students
  ● Give a certain amount to each campus and allow student committee to choose how to allocate funds
  ● Medi-cal
    ○ apply for medical scholarship to use for healthcare needs
    ○ if no local medical coverage
infertility benefits
  ○ looking for surrogate in the future
  ○ maximum amount of money covered by SHIP considered being changed from $2000 to $10000, but still not enough
  ○ is it something undergraduates are interested in?
  ○ storage costs
  ○ separate from surplus funds

  ○ Next SHIP meeting will be the 3rd week of March so please get back to Rushabh by then with any ideas/feedback.

  ○ Delta Dental covers dental coverage
    ■ move to self-funded program to keep excess, but do not want to pass excess

Department Updates
  1. Student Health Services (SHS)
     ● Done with flu clinics
     ● County provided flu vaccines to students without SHIP
     ● Accreditation survey to make sure we are meeting standards
       ○ March 18-19 = clinic will be surveyed
     ● Electronic medical record system is being transitioned
     ● Incoming students should get their information in as early as possible
     ● Live Health Online
       [https://wellness.ucsd.edu/studenthealth/Documents/livehealth.pdf](https://wellness.ucsd.edu/studenthealth/Documents/livehealth.pdf)
       ○ after hours nurse
       ○ medical online care
         ■ copay of ~ $25
       ○ only medical care: can get prescriptions

  ■ Health Promotion Services (HPS)
    ● doubled the response rate of NCHA assessment since last meeting
    ● peer health coaching program ready to launch in Spring Quarter

  ■ Counseling and Psychological Services (CAPS)
    ● wait times have increased due to decreased staff
    ● process to hire psychologists and mental health providers
    ● Dr. Jerry Phelps is the new clinical director
    ● same day services are still available for students with urgent needs
    ● TAO, Wellness Track, Drop-in workshops available
    ● psychotherapy groups are helpful

  ■ SHW Cluster
Student Rep Updates

SHA
● all you need is love program
  ○ this thursday 2/28 from 11am-2pm
  ○ library walk

Revelle
  a) yoga and mental health
  ○ tomorrow 2/26
  ○ revelle conference room C from 2:30 to 3:30pm

The Zone
  a) hiring for next year
  ○ zone.ucsd.edu/hiring

Warren
  a) Warren wellness week
  ○ bring in campus resources
  ○ sexual health, safe drinking etc.
  ○ spring quarter

Ideas for improved marketing of services
● Component of student health presentation in orientation
● training more RA and OL
● wellness reference packet
● online orientation is becoming a bigger component
● incorporating in refreshers for students
● Part of financial literacy program/financial wellness series at The Zone
  ○ Information about insurance benefits, what they are, how to use it, etc.
● Speak in the FYE/TYE courses

VI. Reminders
A. Action Plans
  1. No meeting Week 10, we will meet again in Spring Quarter
  2. Send any agenda items to Vineeth Alluri (valluri@ucsd.edu)

B. Reminders
  1. Future WCSAB & SHIP Meeting(s): Spring Quarter 2019
     a) SHIP Sub-committee Meeting Times: Mondays, 4:00PM – 5:00PM
     b) WCSAB Meeting Times: We will send a Doodle to find a time for Spring Quarter as Co-Chairs unavailable at usual time.