Members Present: Debbie Pino-Saballett, Karen Calfas, Charlotte Chiu, Stephanie Bailey, Justin Ellsworth, Lana Talampas, Kyle Conway, Cindy McDaniel, Taylor Bright, Christie Morishige, Bryant Lim, Yinan Zheng, Alexis Cervantes, Paola Arroyo, Alexander Baker, Kevin Vu, Jerry Phelps, Kit Wong

I. Introduction (5:05pm)
   a. Name, position and something about your summer

II. Public Input

III. Presentations & Discussion
   a. Cluster Changes – Karen
      i. Name has changed from Recreation, Student Health & Well-being to Student Health & Well-being Cluster
         1. Encompasses SHS, SARC, CAPS, The Zone
      ii. Major partner: recreation
         1. Continue on all the things we had before even though they are not a part of the cluster
      iii. Focus on 8 areas of well-being
         1. Physical
         2. Social
         3. Emotional
         4. Occupational
         5. Financial
         6. Environmental
         7. Spiritual
         8. Intellectual
      iv. Well-being is related to a continuum: Optimal well-being / no symptoms / illness and symptoms
      v. A public health approach
         1. 1:1 care (clinical)
         2. Have programs for students that are at risk
         3. Impact on the student body as a whole and the community
      vi. Dedicated to giving the lowest cost of care
   b. What is the Student Health & Well-being Cluster?
      i. Department Presentations
         1. CAPS
            a. Free and confidential counseling
            b. Short-term focus (10-12 sessions)
            c. Groups, workshops, and forums
            d. iRelax- relaxing sounds that are downloadable
            e. Urgent care available- can be directed to a live counselor
            f. Located at Galbraith Hall, Room 190
            g. Wellness Peer Education Program
               i. Educate students about mental health and well-being, reduce stigma related to counseling
               ii. Offer workshops such as sleep and stress workshops
               iii. Fall: National Depression Screening Day
                  1. October 17th from 10am-3pm on Library Walk
                  2. Screening for anxiety, depression, PTSD
iv. Winter: Sweet Dreams
v. Spring: Stress Free Zone

2. SARC
   a. Work with sexual assault and stalking issues
   b. Accompany students to police if involved with police in forensics and court
   c. Make sure to provide the best services for a student that has something happened to them
   d. Provide academic support and financial aid for students
   e. Available after hours 24/7
   f. Outreach and education
      i. Cute or creepy
      ii. Dirty talk
      iii. “Every little bit counts” campaign
      iv. Who’s checking you in/out?
   g. Lots of resources on the website (sarc.ucsd.edu)

3. Student Health Services (SHS)
   a. Anytime when SHS is closed, there is an after hours nurse
   b. Full service primary health clinic
   c. X-rays, labs, emergency room, primary care
   d. Hold flu clinics
      i. There is a flu clinic tomorrow, 10/8
   e. Student Health Advocates
      i. Specialize in general health such as nutrition, stress, exercise and sexual health
      ii. Provide workshops, campaigns, outreach programs
         1. Fall Quarter: Great American Smokeout, World AIDS Day
      iii. Recruit early in Winter Quarter

4. The ZONE
   a. Small space that provides free wellness programs

IV. Unfinished Business

V. New Business
   a. Sub-Committee Updates:
      i. Student Health Insurance Plan (SHIP)
         1. General SHIP Updates – Stephanie
            a. Currently on a system wide plan
            b. UCSD is looking good
            c. Later, we need to see if we would like to stay or make changes to the benefits
         2. Discussion of SHIP and ACA – Cindy
            a. Changes in the plan varied
               i. Change in the deductible by increasing from 200 to 300
               ii. Decrease in the benefits from 90% to 80%
                  1. Students are responsible for 20% of the coinsurance
            b. Good relationship with the Medical Center because they will waive the 20% coinsurance
i. Hope to drive the students to UCSD health systems
   c. Change in the pharmacy benefits
      i. Before was 5/25/40 and changed to 10/40/100
   d. Lifetime max and pharmacy cap got removed this next year
   e. ACA and UC SHIP
      i. More impact on the dependents on the students
      ii. SHIP meets the guidelines set forth by ACA
      iii. Educational campaign to be rolled out from OP
   f. RAFT, Reduced Access Fee for Tritons
      i. Pre-paid $50 a quarter for SHIP-waived students
      ii. X-ray, in house labs are covered
      iii. Savings for the students that use SHS a lot
      iv. 3,000 have enrolled in RAFT this fall quarter
      v. More information on the SHS website
      vi. Flu shots and labs sent to the outside are not included

3. Medication Education Needs Assessment Survey – Stephanie
   a. OP is trying to put together some education materials relating to prescription medications
   b. What do students want to learn and know about medication

ii. Smoking Policy – Debbie
   1. As of September 1st, UCSD went tobacco-free
   2. Resources on the website: http://smokefree.ucsd.edu
   3. Later on, we will talk about how to roll out the enforcement on this policy

iii. Sun God Festival – Karen
   1. Chancellor received a letter from a Scripps emergency physician complaining of the large amount of alcohol poisoning transports
   2. They had about 50 transports and additional 20 transports
   3. 2 students were intubated and would have died otherwise
   4. This was very problematic because four emergency room had to go on bypass status
      a. They were closed to all emergencies except for UCSD students
   5. Can impact other people’s health outcomes who are not UCSD students
   6. Lead to the creation of a campus-wide committee to improve the safety and well-being of the students at Sun God
      a. Overall goal: How can we make Sun God safer?

b. Department Updates:
   i. Health & Well-being Survey – Karen
      1. Random survey of students to take place during winter quarter

c. Student Representative Updates:
   i. Student Health Advocates – Stephanie
      1. Will pass out materials next meeting
   ii. WCSAB Co-Chairs – Charlotte, Stephanie
      1. Changes to By-Laws
         a. Member duties and expectations
i. Student representatives should give updates to their specific councils and vice versa
ii. Read the by-laws to get an idea of the expectations and duties
iii. If you cannot attend a meeting, please let one of the co-chairs know and send a proxy in your place

VI. Closing
   a. Action Plans
      i. Complete SHIP Survey,
         1. Deadline: Friday, 10/18/13
      ii. Read By-Laws
         1. To be formally amended next meeting
      iii. Send any agenda items to Charlotte
   b. Reminders
      i. Future WCSAB & SHIP Meeting(s): Fall Quarter 2013
         1. SHIP Sub-Committee Meeting Times: 4:00PM - 5:00PM
         2. WCSAB Meeting Times: 5:00PM – 6:00PM
         3. (Week 4) Monday, October 21, 2013 @ Murray’s Place (SHS Conference Rm)
         4. (Week 6) Monday, November 4, 2013 @ Murray's Place (SHS Conference Rm)
         5. (Week 8) Monday, November 18, 2013 @ Murray's Place (SHS Conference Rm)
   c. Meeting adjourned at 5:58pm

Minutes submitted by Charlotte Chiu on 10/07/2013.
Minutes edited by Stephanie Bailey on 10/08/2013.
Minutes to be approved by board on 10/21/2013.