Well-being Cluster Student Advisory Board | Meeting Agenda

Fall 2018 | Week 4 | October 22, 2018 | 5PM – 6PM @ Murray’s Place Conference Room (SHS)
Co-Chairs: Revati Rashingkar (rrashing@ucsd.edu) & Vineeth Alluri (valluri@ucsd.edu)

I. Introductions
   Icebreaker: What is your favorite thing about fall?

II. Public Input

III. Presentations and Discussion
   A. Record goals for the academic year
      1. Anyone ready to share their goals? Explain requirements of the goals document
         a. Nighlah (The Zone): partner with other departments on campus and college councils to make destress events
         b. Gayathri (Warren College): prioritize self care in campus; get info out for students; improve transparency; more outreach and letting students know what resources that are provided by us
   
   B. Hunter (Revelle College) brought up concerns regarding mental health and CAPS services for discussion by WCSAB
      1. Dr. Reina Juarez (CAPS)
         ● Please bring input about CAPS to help improve the resources
         ● Website: caps.ucsd.edu
         ● CAPS also has an app
         ● Wellness Peer Educators
         ● How can CAPS be improved?
         ● There are counselors in each college
         ● CAPS does not have one big presence and a small central office
         ● Addressing rumors about long wait times or only going in if you have a major concern
         ● Student must be seen within 10 working days
      2. Nhi (Wellness Peer Educators)
         ● Peer educators are undergraduate students who can provide workshops which can be requested via the CAPS website
      3. Dr. Jerry Phelps (CAPS)
         ● All you need to do is call
         ● Possible presentation on how to use the CAPS resources
         ● Goal: be visible and share information
         ● Wait times have gone down significantly
         ● Telephone triage system helps to reduce wait times
         ● Satisfaction with services has gone up
         ● Urgent Care cases went down
- Increased number of students who go to see CAPS (more proportion than those enrolled)
- Serving them more efficiently (issue is not turning urgent)
- Refer to specialty care for longer-term or special cases (less than 15% of cases)
- Important to get accurate number
- Please contact for further questions
- Presentation to WCSAB about CAPS
  - Hear ideas from students about further things they want to see

4. Dr. Stacie San Miguel (SHS)
   - Student Health Services works closely with CAPS
   - CAPS have added more staff so students have better opportunities
   - Drop in workshops every afternoon
   - Increased number of students enrolled making it harder

5. Dr. Karen Calfas (SH&W)
   - Student led petition on change.org about CAPS and availability
   - Students have the perception that we cannot meet all needs
   - UCOP wants CAPS staffing levels to be at 1 psychologist for every 1000 students enrolled
   - Currently have 29 staff
   - In the process of hiring more part-time
   - Get staffing up to that level
   - Statistics sent to the Regents about availability and appointments times for students
   - Hard for students and CAPS staff with increasing enrollment
   - CEO of Health Systems has asked staff here to work with her strategy office to secure funding
   - Goal: working on funding for services we provide, specially CAPS

C. Dr. San Miguel thinks it will be a good idea to get an international student representative on WCSAB to discuss health care culture and STIs and birth control

D. Establish WCSAB Facebook group

IV. Unfinished Business

V. New Business
   A. Sub-Committee Updates
   - Student Health Insurance Plan (SHIP) - Dr. Karen Calfas
     - Executive meeting was a week ago
     - There are a small number of students who enroll, get SHIP, then withdraw so they can keep SHIP without intent to take classes at UCSD. This does not meet policy as academic progress is needed to get SHIP.
     - SHIP is intended for students attending UCSD
B. Department Updates
   • Health Promotion Services (Erica)
     ○ HPS would like to redesign website and will be inviting the staff person overseeing the changes to our Week 8 meeting to get feedback from students
   • CAPS (Reina)
     ○ Gearing up for strike and making plans to ensure students are still seen during those days
   • Student Health Services (Stacie)
     ○ Modified scheduled during the strike
       ■ The processing times for specialty care will be longer
       ■ SHS still open for students
     ○ Incoming students still need to complete TB screening
       ■ A hold will be placed on their student account starting November 1st so they cannot register for classes
       ■ Direct message will be sent to students
       ■ Immunization requirements also needed to prevent hold
     ○ Received more free flu vaccines for students who waived SHIP

C. Student Representative Updates
   • Student Health Advocates (Neha)
     ○ Great American Smokeout and World AIDS Day events in November
     ○ Daily sexual health info sessions held at SHS. More info at sha.ucsd.edu.
   • Wellness Fair on Monday, November 5th from 10am-2pm on library walk

VI. Reminders
   A. Action Plans
      1. Send any agenda items to Vineeth Alluri (valluri@ucsd.edu)
   B. Reminders
      1. Future WCSAB & SHIP Meeting(s): Fall Quarter 2018
         a) SHIP Sub-committee Meeting Times: Mondays, 4:00PM – 5:00PM
         b) WCSAB Meeting Times: Mondays, 5:00PM – 6:00PM