Well-being Cluster Student Advisory Board | Meeting Agenda

Fall 2019 | Week 5 | October 28, 2019 | 5PM – 6PM @ Murray’s Place Conference Room (SHS)
Chair: Revati Rashingkar (rrashing@ucsd.edu)

I. Introductions
   Icebreaker: Intros

II. Public Input

III. Presentations and Discussion

IV. Unfinished Business

V. New Business
   A. Sub-Committee Updates
      1. Student Health Insurance Plan (SHIP)
         a) Oct 15 meeting
         b) Passed motion to remove sentence from a policy: opp sex partners are eligible for healthcare if one of the partners are 62+ → made it 21+
         c) UCSHIP working on including nonbinary designation into the system (X or U designation)
         d) Increasing awareness and utilization of UCSSIP in general
         e) Public health emergency fund: $3.7mil (decided in 2016 to cover 50% of students on campus for vaccinations)
            ○ Proposition to increase to 7.8mil to have for public health emergencies → still debating
            ○ The money is only for whatever SHS would normally bill SHIP for and it has become more expensive to treat things

   B. Student Rep Updates
      1. CAPS WPE
         a) With active minds and psichi: out of darkness walk for suicide prevention
         b) Raised over $1500 for the foundation
         c) Drop in workshops having low turnout- want to increase presence
      2. ZONE
         a) Tomorrow 10/29: Workshop about UCSSIP and what it covers
            ○ 3:30-4:30
         b) Late night with the zone
            ○ Grab tea and paint
         c) Glow flow
            ○ Glow in the dark yoga
         d) Wellbeing leadership award
            ○ CCR approved program
○ attend 8 programs and 2 leadership workshops, write reflection, goes onto permanent record as achievement

3. SHA
   a) Great american smokeout: next month Nov 18th
      ○ tabling near the ATMs
   b) nov 21st tabling on lib walk
   c) activities: pick up butts and passing out quit kits to students

C. Department Updates
   1. CAPS- Dr. Reina Juarez
      a) NEW: Single Sessions
         ○ for students who only need one session to talk something out without trauma experiences but is time- urgent
      b) Another psychologist hired to work out of SHS!
   2. HPS- Lana Talampas
      a) student involvement with HPS: recruitment opps coming soon
      b) SHA will be recruiting in winter quarter
      c) Thrive Peer Health Coaches recruiting later this quarter
         ○ w7,8,9 through Handshake
         ○ (NOT counseling)
         ○ 3-5 hr/ wk commitment
      d) Sexual health info sessions by SHAs
         ○ every week at SHS
         ○ M 3-4
         ○ Tu 10-11
         ○ W 12-1
         ○ Th 1-2
         ○ F 10-11
      e) hoping to increase access to safer sex materials across campus
         ○ provide feedback on where students may like to have them available with an email
      f) Great American Smokeout: will be offering discreet quit cards
         ○ SHS has quit aids and counseling
         ○ Vaping is affecting people from 17yo to 60s
            (a) most problems are related to cannabis use
            (b) not necessarily safer than smoking cigarettes
   3. SHS- Dr. San Miguel
      a) flu clinics: Nov 1 and Nov 5
         ○ asking people to volunteer their flu record to be sent to SD county to track who is vaccinated
      b) deadline coming up regarding immunization records that are required
         ○ holds on classes will begin next week
      c) Trans Health Fair (trans/ NB/ nonconforming closed space)
         ○ 10/29 Murrays place from 11-1
         ○ going over hormonal therapy, surgical therapy, CAPS, legal services, LGBT center
d) Self directed STI testing
   ○ halted temporarily; will start again on Friday
   ○ trying to get a system going where students can sign up for appointments online; will need MyStudentChart to get results

e) birth control
   ○ SHS can write prescriptions for BC, Plan B (free if with prescription)
   ○ pregnancy testing
   ○ nexplanon and IUD placements

VI. Reminders
   A. Action Plans
      1. Send any agenda items to Revati Rashingkar (rrashing@ucsd.edu)

   B. Reminders
      1. Future WCSAB & SHIP Meeting(s): Fall Quarter 2019
         Wednesday 11/13 | Monday 11/25
         a) SHIP Sub-committee Meeting Times: Mondays, 4:00PM – 5:00PM
         b) WCSAB Meeting Times: Mondays, 5:00PM – 6:00PM