

# Wellness Center (2018-2019)

## Meeting Notes

<b>NAME OF COUNCIL/TEAM:</b> Wellness Center (2018-2019)	
<b>OBJECTIVE OF MEETING:</b> Review DO workgroup determination of baseline services.	
<b>DATE:</b> 10/19/2018 <b>TIME:</b> 8:30am	<b>LOCATION/ROOM #:</b> Fine & Applied Arts Conference Room <b>CALL-IN NUMBER:</b> <b>CALL-IN CODE:</b>
<b>FACILITATOR(S):</b> Parrish Geary, Breanne Holland	
<b>TIMEKEEPER:</b>	
<b>ASSISTANT:</b> Breanne Holland	
<b>MEMBERS PRESENT:</b> Jan Delapp, Parrish Geary, Breanne Holland, Lori Beccarelli, Michele Arnott, Clint Allison	
<b>SUPPORTING RESOURCES (ITEMS READ IN PREPARATION FOR AND/OR BROUGHT TO MEETING):</b>	

**UPDATES AND BRIEF REPORTS:**

Topic	Person(s) Responsible	Notes
ARC Allocation	Parrish Geary	ARC receives \$750,000 for the initial allocation for the 18-19 fiscal year. Ongoing allocation unknown at this point. General fund allocation is not changed at this point.
DO Workgroup Baseline Services: Review general services requested for all four colleges	Parrish Geary	Health services fee - Baseline Services from DO workgroup Contract costs unknown currently. MediCat has a proposed budget and campus expense breakdown SOW for Mental Health received - WellSpace -WellSpace is a 2 year contract Service integration slated for November 2019 -Still going out to interview therapists for campus position -only one district representative on the interview panel -SB972 - Suicide prevention - Paul Harris - Point person - will reach out to the ARC nurses to make sure the mandated suicide prevention is on every ID card for students
Survey	Parrish Geary	Tyler and Parrish are completing the survey/needs assessment. Were waiting on DO's notification to students about the health fee (\$20). -Not sure when DO is sending out notice of health fee. -Send survey out within one week of DO notice to students. -Need n=400 students to respond. Survey will be completed by next week.

**ACTION ITEMS:**

Question	Person(s) Responsible	Notes and Decision(s)	Next Steps
		Current Services <ul style="list-style-type: none"> <li>• Overseeing physician</li> <li>o writes prescriptions (e.g. immunizations), signs off on protocols and standing orders</li> <li>• Immunizations</li> <li>• TB Testing</li> <li>• WEAVE Confidential Advocate</li> <li>• OTC Medications</li> <li>• First aid for minor injuries and illness</li> <li>• Recommendations for self-care and referral to community agencies</li> <li>• Lab referrals for blood titers</li> <li>• Drug &amp; alcohol abuse referrals</li> <li>• Mental health triage</li> <li>• Cognito training – staff training to identify struggling</li> </ul>	

What are the current services offered as compared to the projected baseline services for spring 2019?

Breanne Holland

- students (various modules for specific populations)
- ARC Nurses currently do suicide assessment; current campus protocol is to call the police if student is identified as a potential threat to themselves or others
- CAST assists with campus and off-campus support
- We would like to offer additional contraception options beyond condoms e.g. Plan B, oral contraceptives, Depot shots, etc.
- Need an NP to be able to offer insertable contraceptives
- Currently have lactation rooms available to students
  - o We would like to offer lactation support materials
- We would like to have physical health services
  - o Practitioner who can diagnose and prescribe
  - o Need a health educator
  - o HR to create a special/specific job description?

#### DO Baseline Services

- Mental Health Services/Women's Health Services?
  - o Depression & Anxiety treatment and support
  - o 1:1 or group therapy sessions
  - o Informational workshops/collateral material/web resources (minimal resources currently in place)
  - o Referral for wrap around support and/or long term care (currently doing, but not well)
- Suicide Prevention
  - o Immediate care (college protocols enacted)
  - o Assessment (done daily)
  - o Suicide prevention hotline access (stickers around campus)
- Women's Health/Reproductive
  - o 1:1 or family therapy sessions
  - o Pregnancy testing
  - o Breast examination materials
  - o STD testing
  - o Access to condoms or similar prevention options (currently offered)
  - o Preventative informational workshops/collateral material/web resources (currently offered)
  - o Connection to on-campus supports (unsure what that means...)
  - o Referral for wrap around support and/or long term care (currently offered)
- Drug and Alcohol Treatment
  - o 1:1 or group therapy sessions
  - o Preventative informational workshops/collateral material/web resources (currently offered)
  - o Connection to on-campus support
  - o Referral for wrap around support and/or long term care (currently offered)
- Smoking Cessation
  - o Access to Cognitive Behavior Quitting (CBQ) method materials (currently offered)
  - o Preventative informational workshops/collateral material/web resources (currently offered)
  - o Referral for wrap around support and/or long term care
- Shared Interest – Los Rios Health Services Teams
- MediCat

#### Would like to have:

- CLIA Waived Lab Services
  - o On-site RN's to perform diagnostic testing e.g. urine tests for UTI; strep; pregnancy; etc.
  - o Potential for having a standing prescription for treatment
  - o Would need an adjunct nurse
- Get examples of how other health centers are running services
  - o Request part-time NP – twice a week, 4-5 hours a day
  - o Potential for full-time NP rotating between colleges

-MediCat gets a thumbs up from ARC  
-How do we identify students who have paid the fee?  
\*\*sticker on ID card?

What other contract services can we explore to support baseline services?		**Need to create a consent for treatment for minors under age 18; need parental consent form signed; suggest include parental consent with Adv. Ed. packet.
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**DISCUSSION ITEMS:**

Question	Person(s) Responsible	Notes and Next Steps
How do we use our allocation effectively by June 30, 2019 to implement expanded services?	Breanne Holland	Need to know: Will allocation be used for build out? What positions (if any) can we get? What additional contracts do we need?

**ITEMS FOR FUTURE CONSIDERATION:**

Topic	Contact Person
How do we identify students who do NOT pay the health fee (religious reasons/other)? If the general fund continues to fund us, what are the legal ramifications/or limitations of serving students who opt out of paying the health fee?	