

# Wellness Center (2018-2019)

## Meeting Notes

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| <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<br><b>TIME:</b> 8:30am   |                              | <b>LOCATION/ROOM #:</b> Fine & Applied Arts Conference Room<br><b>CALL-IN NUMBER:</b><br><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>                             |                              |  |                   |
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| <b>UPDATES AND BRIEF REPORTS:</b>  |                              |  |                   |
| <b>Topic</b>   | <b>Person(s) Responsible</b> | <b>Notes</b>   |                   |
| ARC Allocation   | Parrish Geary                | ARC receives \$750,000 for the initial allocation for the 18-19 fiscal year.<br>Ongoing allocation unknown at this point.<br>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<br>Contract costs unknown currently.<br>MediCat has a proposed budget and campus expense breakdown<br>SOW for Mental Health received - WellSpace<br>-WellSpace is a 2 year contract<br>Service integration slated for November 2019<br>-Still going out to interview therapists for campus position<br>-only one district representative on the interview panel<br>-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.<br>Were waiting on DO's notification to students about the health fee (\$20).<br>-Not sure when DO is sending out notice of health fee.<br>-Send survey out within one week of DO notice to students.<br>-Need n=400 students to respond.<br>Survey will be completed by next week.  |                   |
| <b>ACTION ITEMS:</b>   |                              |  |                   |
| <b>Question</b>  | <b>Person(s) Responsible</b> | <b>Notes and Decision(s)</b>   | <b>Next Steps</b> |
|  |                              | Current Services<br>• Overseeing physician<br>o writes prescriptions (e.g. immunizations), signs off on protocols and standing orders<br>• Immunizations<br>• TB Testing<br>• WEAVE Confidential Advocate<br>• OTC Medications<br>• First aid for minor injuries and illness<br>• Recommendations for self-care and referral to community agencies<br>• Lab referrals for blood titers<br>• Drug & alcohol abuse referrals<br>• Mental health triage<br>• Cognito training – staff training to identify struggling   |                   |

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| <p>What are the current services offered as compared to the projected baseline services for spring 2019?</p> | <p>Breanne Holland</p> <p>students (various modules for specific populations)</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• CAST assists with campus and off-campus support</li> <li>• We would like to offer additional contraception options beyond condoms e.g. Plan B, oral contraceptives, Depot shots, etc.</li> <li>• Need an NP to be able to offer insertable contraceptives</li> <li>• Currently have lactation rooms available to students <ul style="list-style-type: none"> <li>o We would like to offer lactation support materials</li> </ul> </li> <li>• We would like to have physical health services <ul style="list-style-type: none"> <li>o Practitioner who can diagnose and prescribe</li> <li>o Need a health educator</li> </ul> </li> </ul> <p>🔗 HR to create a special/specific job description?</p> <p>DO Baseline Services</p> <ul style="list-style-type: none"> <li>• Mental Health Services/Women's Health Services? <ul style="list-style-type: none"> <li>• Depression &amp; Anxiety treatment and support <ul style="list-style-type: none"> <li>o 1:1 or group therapy sessions</li> <li>o Informational workshops/collateral material/web resources (minimal resources currently in place)</li> <li>o Referral for wrap around support and/or long term care (currently doing, but not well)</li> </ul> </li> <li>• Suicide Prevention <ul style="list-style-type: none"> <li>o Immediate care (college protocols enacted)</li> <li>o Assessment (done daily)</li> <li>o Suicide prevention hotline access (stickers around campus)</li> </ul> </li> <li>• Women's Health/Reproductive <ul style="list-style-type: none"> <li>o 1:1 or family therapy sessions</li> <li>o Pregnancy testing</li> <li>o Breast examination materials</li> <li>o STD testing</li> <li>o Access to condoms or similar prevention options (currently offered)</li> <li>o Preventative informational workshops/collateral material/web resources (currently offered)</li> <li>o Connection to on-campus supports (unsure what that means...)</li> <li>o Referral for wrap around support and/or long term care (currently offered)</li> </ul> </li> <li>• Drug and Alcohol Treatment <ul style="list-style-type: none"> <li>o 1:1 or group therapy sessions</li> <li>o Preventative informational workshops/collateral material/web resources (currently offered)</li> <li>o Connection to on-campus support</li> <li>o Referral for wrap around support and/or long term care (currently offered)</li> </ul> </li> <li>• Smoking Cessation <ul style="list-style-type: none"> <li>o Access to Cognitive Behavior Quitting (CBQ) method materials (currently offered)</li> <li>o Preventative informational workshops/collateral material/web resources (currently offered)</li> <li>o Referral for wrap around support and/or long term care</li> </ul> </li> <li>• Shared Interest – Los Rios Health Services Teams</li> <li>• MediCat</li> </ul> <p>Would like to have:</p> <ul style="list-style-type: none"> <li>• CLIA Waived Lab Services <ul style="list-style-type: none"> <li>o On-site RN's to perform diagnostic testing e.g. urine tests for UTI; strep; pregnancy; etc.</li> <li>o Potential for having a standing prescription for treatment</li> </ul> </li> <li>o Would need an adjunct nurse</li> <li>• Get examples of how other health centers are running services <ul style="list-style-type: none"> <li>o Request part-time NP – twice a week, 4-5 hours a day</li> <li>o Potential for full-time NP rotating between colleges</li> </ul> </li> </ul> </li></ul> |
|  | <p>-MediCat gets a thumbs up from ARC</p> <p>-How do we identify students who have paid the fee?</p> <p>**sticker on ID card?</p>  |

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| 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. |  |
| <b>DISCUSSION ITEMS:</b>   |                              |   |  |
| <b>Question</b>  | <b>Person(s) Responsible</b> | <b>Notes and Next Steps</b>   |  |
| How do we use our allocation effectively by June 30, 2019 to implement expanded services?  | Breanne Holland              | Need to know:<br>Will allocation be used for build out?<br>What positions (if any) can we get?<br>What additional contracts do we need?                     |  |
|  |                              |   |  |
| <b>ITEMS FOR FUTURE CONSIDERATION:</b>   |                              |   |  |
| <b>Topic</b>   | <b>Contact Person</b>        |   |  |
| 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? |                              |   |  |
|  |                              |   |  |