

Health Services Advisory Committee
March 10, 2014
Don Bautista Conference Room
11:30 – 1:30

Attendees

Mary Sullivan, Michele LeBleu-Burns, Sylvia Rueda, Alana Hernandez, Teddy Simpson, Siew Kuek, Lisa Bowie, Judith Clavijo, Ameila Kauwelo, LaDonna Yumori-Kaku, Susan Lake, Saif Adeeb, (Cognetta, Putri, Santosh, & Brittle unavailable)

Introductions

Review of purpose of Advisory Committee and data from NCHA – [see attached](#) (Sullivan)

Overview of Student Health Services components (Sullivan)

Health Education & Wellness – Chill City event 3/19/14 - has become a permanent part of each quarter, to allow students an opportunity to learn/practice stress reductions methods before finals, including “canine therapy”. Preparation has begun for Spring’s big event - Health Zone (aka Stress Town) 5/15/14. Health Zone addresses 6 elements of Wellness (time management, nutrition, sleep, relationship, mental health, vital wellness) including “canine therapy”.

Here is Fall events 2013

- ✓ Club day/HIV van – sexual health, many Health Services opportunities & activities avail to students.
 - ✓ Valentine’s Event – relationship education, dental health, , condom roses and sexual health.
 - ✓ Blood drive – opportunity to help others
 - ✓ Tobacco Cessation (Simpson) – gave stats on participants in program, and description of how to deal w physical & emotional addiction. New product: e-cigarettes, vap-pens – need to address educating students that it is still an addiction. Simpson noticed that students come in to change things in their life, they think it is smoking, but many times before that can be addressed, they speak of bigger issues...smoking is a coping mechanism for other stressors in their lives. Thus Tobacco Cessation is a doorway to other services (Psych, Health clinic).
 - ✓ Student Health 101 (SH101) online magazine (Hernandez) – not fully formatted for mobile devices: links to other info; nutrition info (cooking tips/tricks); videos of real students. The challenge is how to push it out to students as students do not have a DeAnza email. Hernandez is revitalizing Facebook – will be sharing w clubs about SH101 opportunity for clubs to earn money by getting students to sign up to receive monthly SH101 emails. The magazine has an orientation issue that can be added to the Counseling Orientation classes. Hernandez also distributed monthly Health Topic focus options for the year.
 - Psychological Services (Kuek) - detailed the process and services, w 5 post-doc interns, located in the Counseling Department area. Kuek noted that the most common issue students are seen for relates to Academic performance - anxiety. Usually see ~40-45 students/ week as a gateway to other concerns.
 - Clinical Services (Hernandez reported for Sokabe, clinical RN) – It is a general practice clinic, treating everything from ear infections to sexually transmitted infections (STI). Chlamydia, is the most common STI, increased incidence, which reflects what is occurring in the Santa Clara County. It has been very good to have the strong relationship w Psych Services to refer and collaborate w students of concern.
- Michele LeBleu-Burns addressed the process of dealing w students of concern on DeAnza campus through the HEART team (Harm Evaluation Assessment and Reduction Team). It is for disruptive students and behaviors of concern w online reporting system (Advocate). The team is made up of multi-discipline DeAnza staff. These reports are addressed as a group – and action plan is developed for each student/incident.

Next year (2014-2015) will have only Fall & Spring Advisory meetings due to Mary going on sabbatical. Dates are 11/24/14 and 6/8/2015 (which is the Monday of the 10th week of the quarter) and LeBlu-Burns and Kuek will chair those meetings.

Program Suggestions/Recommendations from Advisory committee:

The committee: was asked: What are suggestions to meet the needs and concerns for DeAnza student?

- Putting a “Health Services Suggestion box” in cafeteria...possible raffling monthly \$10.
- Food drive/food in need:
 - Fruit bars, pretzels, juice...have brown bag event
 - Second Harvest (community services collaboration...poss w church across Stelling)
 - Quinlin Center (Cupt) poss has program giving out food. Does not need to reside in Cupt.
- Orientation – address issues of loneliness → students living alone (suggested book “Getting Younger Next Year”)
- Safe Space/living room – address loneliness; offer group gathering; “Tea Therapy” win quad...use kiosk.
- Address hunger on campus – increase awareness about student hunger:
 - Develop a “Food Fair” food drive/and dispensing; connect w community resources, have stats/facts about local hunger and eating disorders...w crockpot raffles...recipes w needed ingredients given out.
 - Once a month; give an area for social gathering.
 - Give out “freebie” reusable cups – which they could come and get tea/hot choc...and social connection.
 - Have a food pass (like in high schools) at DeAnza (high schools are refunded by State)

Next meeting: June 10, 2014.

Thank you to the speedy note taking of Sylvia Rueda for collecting meeting thoughts.

Submitted by Mary Sullivan