

Student Health Advisory Council (SHAC)

November 3rd, 2023

1pm-2pm

Agenda

Walter J. Hawrys Recreation Center - Multipurpose Room

1. Attendance and SHAC Shirts

a. Attendance

Kerri Mahoney (Director, CPO)

Samantha Warren (Health Promotion Specialist, CPO)

Smita Majumdar Das (Executive Director, CAPS and CPO)

Karen Dybus (Interim Director of Patient Services and Operations)

Marisa Bisiani (AVP, Student Health Wellness and Prevention Services)

Christine Szaraz (Associate Director, CPO)

Daniella Benitez (Administrative Assistant, CAPS)

Chloe Maloy (CPO Peer educator)

Joanna Weng (CPO Peer educator)

Shreyasi Saha (CPO Peer educator)

Alex Herz (USG Student Representative)

Lilly Resciniti (Recreation and Wellness Student Representative)

Devin Lobosco (USG Student Representative)

Joanna Alexandropoulos (CPO Peer educator)

Joanne Yun (CPO Peer educator)

Aryan Sharma (USG Student Representative)

b. Distributed SHAC T-shirts to participants

2. Updates

a. CAPS

i. Though CAPS is currently busy, they are working closely and interfacing with TimelyCare to offer support to all students who need it

ii. CAPS Group counseling programs have restarted and students can attend an unlimited number of group sessions.

iii. Clinical and Non clinical groups will be starting in spring where students can learn skills and techniques for improved mental health

Q: What is the current wait time for students?

A: Students can be seen for an initial consultation in the same week.

Q: How do students sign up for group sessions?

A: They can call CAPS

Q: For groups, is there always a professional staff present?

A: Yes, for all CAPS clinical groups there will be a professional counselor. CPO will begin hosting non clinical groups that will be both staff and peer educator led.

b. SHS (Karen)

- i. Many students have been making appointments and being seen by SHS. TimelyCare continues to be an excellent resource for evening and weekend appointments.
- ii. SHS has distributed about 350 Flu Vaccines so far this season, in their office and through Flu Vaccine Pods at Chapin and Rec and Well
- iii. The new COVID monovalent vaccine is also available free of charge through SHS, you will need to present you insurance card
- iv. Currently the SHS Quality Improvement and Risk Management Team is working on updating the patient satisfaction surveys. Karen and the SHS team will be looking to SHAC members to assist in developing and testing questions.

Q: What is the current marketing for Flu Shots?

A: Currently they are being marketed on the SHS website, through Rec and Well flyers and and website. They are also being promoted at CPO screening dyas and through CPO workshops and tabling events. CVS also brings COVID and Flu vaccines to campus which are also listed on SBEngaged. The pro staff is always open to new ideas for marketing outlets and materials

Q: How was the CVS Flu clinic?

A: Good, the appointment spots were filled but CVS typically brings extra vaccines and was able to take all of the student walk ins

Q: Who is recommended to get the new COVID Vaccine?

A: Really almost anyone that doesn't have a contraindication

c. CPO (Kerri)

- i. All workshops, bystander trainings, STI Testing and PrEP consultations are all underway for the semester.
- ii. New procedures for F&S states that to be a 5- star organization, all of your members must be training in all 3 of the CPO Bystander Trainings. We are excited to see more of these students at trainings this semester and in the future
- iii. Narcan Boxes- through a grant from the Department of health we received a number of Narcan Overdose Response Boxes. We are working with facilities and partners to see where the best places to put them on campus would be. Each box has two narcan kits (4 narcan total) with information and resource cards

Q: What is the perception of Narcan on Campus?

A: Many students in the room are RA's or EMT's or work on campus and they talk about it a lot

Q: Where should these boxes be located/

A: Locations that are open to students later/ after hours like the Union, SAC, near residence halls or gathering places like Tabler Center. We can also work on marketing to remind students that all the AED machine holders have Narcan kits in them.

Q: What is the overdose rate on campus?

A: Not frequent at all, but it's a challenge in the community. We only know when it is a crisis, students have more knowledge about where the hot spots are.

Q: Is there information in the kits about when to use the Narcan?

A: Yes there is information about when and how to use, we can also include information about who to call and how to make the call to emergency services.

Q: Can we provide information about what an Overdose looks like?

A: Yes, we can provide resource cards that include the signs of an opioid overdose. We train 1500 students a semester in Narcan and RWB

Q: Do we train students who report they are using to pro staff or exhibit signs of using on how to get and use narcan?

A: Yes, in CAPS, CPO and SHS pro staff will give out Narcan to students who may be at risk

Q: On campus are students using alone or in groups?

A: Mostly in groups

Q: When can Narcan be used?

A: Narcan can be used anytime there are no known allergies and no side effects for non opioid users, safe to administer even if you are not sure if it is an Opioid Overdose.

3. Health Education Discussion & Kahoot (Kerri)

a. What areas do you want to improve?

i. Strength training, fitness, SLEEP, dietary, stress management, physical health

b. Have you set a goal to improve your health?

i. 70% yes 30% no

c. Were you successful in meeting that goal?

i. Time management, motivation, guilt, procrastination, school work, work, lifestyle, money

d. What got in the way of achieving that goal?

i. Time management, sleep, getting to bed on time, social academic and extracurricular activities all get in the way, if we don't manage time, things get in the way.

e. If you were to learn one new skill, what would you pick?

i. Time management 50%

ii. Healthy Sleep 13%

iii. Healthy coping skills 38%

f. If you were to learn one new skill, which do you think would have the greatest impact on your health?

i. Healthy coping skills 50%

ii. Sleep patterns 30%

iii. Social Connection 10%

iv. Time 10%

4. Review broad-based fees/ and updates on SHWPS (Dr. Bisiani)

a. Currently SHWPS is working on developing skill based workshops in intentional groups with students that will be shared between CAPS, SASC, SST and CPO

5. Updates on future programs and meetings (Samantha)
 - a. December 1st

6. Open Agenda
 - a. USG updates: Menstrual Hygiene Programs are expanding. There will be programming next week to decorate donation boxes for a donation drive to collect menstrual hygiene products for local non profits and programs. 11/15 in the Shore Club (SAC169) will be a donation drive with speakers from Planned Parenthood Hudson Peconic and activities
 - b. USG is working with PPGA on a proposal for a plan B vending machine on campus. They will be connecting with SHS to set up a meeting
 - c. USG is developing a Red Book Training video for faculty and TA's
 - d. Recently USG met with Smita and CPO about a peer support service on campus