

Student Health Advisory Committee (SHAC)

Stony Brook University

Friday, March 4, 2022 Virtual meeting via zoom

Meeting called to order at 12:00pm

Attendance Taken:

- **Kerri Mahoney (Executive Officer)**
- **Tiffany Martin (Coordinator for Student Health, Wellness & Prevention Services)**
- **Samantha Warren (Health Promotion Specialist CPO)**
- **Alexa Rinuado (Health Administrative Coordinator SHS)**
- **Juliana Hise (Student Health Advisory Intern for CPO)**
- **Aaditi Ahlawat**
- **Aisha Sadiqa**
- **Alexandra Checkers (GSO)**
- **Christine Wang (GSO)**
- **Cindy Baez (GSO)**
- **Fareha Ahmed (LGBTQ+)**
- **Fiona Lam (Self Interest)**
- **Jasmine Ting (SBVAC)**
- **Kiran Sharma**
- **Nistha Boghra (GSO)**
- **Raymond Leveille**
- **Tracy Liang**
- **Vignesh Subramarian (Self Interest)**

I. Welcome: Kerri Mahoney welcomed everyone.

A. Introductions: Kerri introduced herself, and all of the leadership members. Thanked everyone for attending today's meeting.

II. Vote into record SHAC Meeting Minutes from February, 2021.

A. One minor error was noted but it was remediated

1. Approved (none opposed)

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III. CPO Updates (Kerri Mahoney)

A. Programming/Upcoming Events

1. CPO is looking to see if anyone on the SHAC team has any new suggestions for weekend programming?
 - a) Juliana suggested “team building” activities to work with students. Start with workshops to develop skills for future group work.
 - b) Additional suggestions included: Midterm week de stress event, before major tests and final; Coloring/paint nights; Healing arts.
 - c) **Saturday programs that have now been put into motion:**
 - (1) **March 26th: “CPO Expo”** an event to really encapsulate everything CPO offers to show those who might be unaware, including but not limited to mindfulness meditation, nutrition planning, harm and abuse prevention
 - (2) **April 30th: “Celebration to End CPO Month”** . April is a month that is dedicated to CPO. More information soon to be provided in regards to the celebration.

B. Kerri & Samantha showed the new SHAC Logo, designed by Sonia Garrido.



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C. The team introduced the creation of a Physical Health Topic Survey

1. This survey is a tool to help CPO gain insight of what students want to learn about. Additionally, it can help direct what programming needs to be implemented. The survey link can be found in the SHAC March Meeting Agenda.
 - a) The group indicated some topics that they may be interested in learning more about including the following:
 - (1) Being Active and Working out
 - (2) Nutrition
 - (3) Work-Life Balance
 - (4) Birth control, Pregnancy Prevention, Safe Sex
 - (5) How to get students to do Annual Physicals
 - (6) Narcan

IV. Questions/Comments:

- A. **Concern Raised:** More information was requested about Graduate Students Health Insurance, and coverage at Student Health Services. They have received some feedback that Grad Students are being billed for services @ SHS and having to pay out of pocket.
 1. Kerri advised that they will look into this and come back next meeting with more information.

V. CAPS Update (Dr. Julian Pessier):

- A. **No CAPS Update provided**, as Dr. Pessier was not present at the meeting due to a work leadership retreat. Update deferred.

VI. SHS Update (Dr. Rachel Bergeson & Dr. Marisa Bisiani):

- A. **No SHS Update provided**, as Dr. Bergeson was not present at the meeting due to a work leadership retreat. Update deferred.

VII. Next meeting April 1st

- A. Will be discussing the proposed budget for Health and Wellness

Meeting adjourned at 12:15 pm.