

**Student Health Services Advisory Committee**  
**Mission College**  
**May 9, 2007, 2-4 pm**

**Attended:** John Palmer, Chairperson, Health Educator, Santa Clara County Health Department; Rosalyn Chan, Co-Chair, Coordinator, Student Health Services; Lorena Carrasco, student, Avanzar; Ray Charland, Counseling; Jeff Cormier, Faculty, Sociology/Psychology; Priscilla Jones, Counseling; Esther Michael, student, IIS; Helen Ostrander, Interim Coordinator, DISC; Anita Roman, Office Coordinator; Tammy Ventura, student; Pat Weiss, Counseling/Student Health Services.

**I. Status of Mission College Student Health Services**

Rosalyn gave an overview of Student Health Services and status of Health Fee funding. All students must pay a health fee (AB 982). The question was raised if part-time students could pay less? Pat responded that regardless of how many units a student is enrolled in; the quality and quantity of health services remain the same. Rosalyn also pointed out that part time students have intentionally enrolled in classes, even for as little as .5 unit, for the optional medical insurance plan as there are uninsured students. Students are now charged \$12 summer health fee; \$15 semester health fee.

**II. Student health Fee Recommendation – State Chancellor’s Letter April 5, 2007**

The State Chancellor’s office has given permission for the District to charge up to \$16/health fee/semester; \$13/health fee/summer session upon Board of Trustees approval. The 2006 – 07 health service budget needed about \$30,000 from its reserve funds. As salaries, benefits and operational costs increase annually, even more funding will be needed. John recommended a motion that the health fee be increased by another dollar. Ray seconded the motion. There was unanimous support for the one dollar increase. John commented that “free health care is no longer available & it is beneficial to give students the understanding that services are available to them as a MC student. Students need to be prepared for the reality of the healthcare system.”

**III. Review of 2006 – 07 Student Health Services Programs & Service**

A wide variety of valuable clinical services and monthly health education and promotion activities were offered during 2006 – 2007. Health Services brochures were disseminated to other student services, including stacks to Admissions office where students enroll in classes. Some of the health education presentations that were offered included Eating Disorders, HIV, Sexual Health – hosted by Jeff Cormier; Stress Management presented by Priscilla Jones; Nutrition and Weight Management presented by Heather Rothenberg; Smoking and Health in 7 classes presented by County Health speaker. A successful Volunteer Blood Program was produced each semester. The Student Health Services website lists all of the clinical services and special events.

Statistically, thousands of students were reached in 2006 – 2007. The Student Health Service was well utilized. Students are receiving many services for the health fee that they pay. The operational hours are designed to maximize efficient use of its limited resources. Some of the hours will be modified and expanded next year.

**IV. Recommendations for Future Programs & Services**

Jeff Cormier conducted an anonymous survey via the Angel program to 110-1120 students. Student feedback indicated a desire or need to have presentations on suicide prevention, binge drinking, drugs,

depression, Pandemic Flu, and more. Jeff is willing to again host these programs to the greater college community in collaboration with the Student Health Service. Rosalyn stated Laura Lorman, District Police Chief, is willing to give a talk on Sexual Assault Prevention (which would also satisfy AB 1088). Jeff offered to host Laura's talk in his class. Comment made that when giving talks about sexual assault, the speaker needs to take in consideration that men are also assaulted (oftentimes men stay silent due to embarrassment). John shared information about the programs for high school students, such as "drinking and driving" which are extended to parents and the community. Mock-up car wrecks and memorial services were also included. The visualizations sent powerful messages.

Rosalyn stated the Student Health Service will attempt to conduct the American College Health Association's National Collegiate Health Assessment Survey in Spring 2008. The cost will be about \$2,000. The acquired information will be useful in planning future programs and services. The last time health-related surveys were done was in 2004; they were the Alcohol, Drugs, and Violence surveys (Core Institute). John recommended that a "Needs Assessment" (basic, less than 20 questions) be disseminated at the beginning of next academic year primarily to identify major needs and to raise awareness about the Student Health Services.

## **V. Outreach Suggestions**

Tammy stated that there needs to be more word-of-mouth to inform students about Student Health Services.

**2:30 p.m. alarm sounded – meeting suspended until 3:30 p.m.**

Lorena suggested an e-mail to all students would be a good idea. Helen pointed out that disabled students will participate in e-mail surveys; therefore, ADA compliant key strokes were necessary. (John mentioned NASA will have its 2<sup>nd</sup> Annual Emergency Preparedness Day for disabled students. He will forward flyer to the committee).

Rosalyn mentioned that one of the Crisis Intervention Committee's goals is to have a stronger link with County Mental Health. Pat expressed concern about the lack of adequate mental health resources and point out that there were outdated numbers for county mental health resources. John pointed out that Santa Clara County has combined all access numbers to the Gateway number.

Lorena suggested Student Health Services should present a 5 minute presentation to interested classes. Recommended classes are ESL, GE, Vocational, nursing, fire science, psych tech etc. Good outreach will be achieved when Student Health hosts the annual Health Fair in October, 2007. While there is a suggestion box in the office, Lorena would like to see a suggestion box outside of Student Health. Ray suggested that Rosalyn contact department chairs and tailor SHS presentations to the classes; perhaps instructor could quiz students after presentation. Rosalyn mentioned that some instructors do have students come to SHS as part of their class assignments.

Lorena recommended more signage. Suggestion made to have departments cross-reference each other. Example: Counseling should have info about Student Health Services. Recommendation made to have current information put powerpoint slides for plasma screens (lobby, campus center, across Counseling Center). Mark Zamzow, Marketing, will put up.

## **VI. Other**

Recommended that next Advisory meeting be in the Fall, 2007. Rosalyn to email prospective meeting date to all committee members (possibly, early November).