



Student Health Advisory Committee | Spring Semester Meeting #3
 Wednesday, April 14, 2021 | 4:00 PM – 5:00 PM | Via Zoom

Meeting Minutes

Membership Roster			
x	Andres Garcia	Staff	Counseling and Student Success
x	Amithi Chordiya	Student Wellness Ambassador	Public health major
x	Carissa Samuel (co-chair)	Student Wellness Ambassador	Biology major
	Jane Mcintosh	Faculty	Physical Education
x	Jassi Kaur	Faculty	Consumer Family Sciences
x	Jeff O'Connell	Faculty	Mathematics
	Jeff Roberts	Faculty	Physical Education
	Jenny Schmidt	Faculty	Library
x	Jeremy Penaflo	Faculty	Athletics
x	Julie Navarro	Faculty	Student Health Center
x	Mandy Kwok-Yip (co-chair)	Faculty	Counseling and Student Success
x	Manija Ansari	Faculty	Student Accessibility Services
	Milton Lang	Administrator	Office Student Services
x	Nancy Dinsmore	Faculty	Nursing
x	Robin Kurotori	Faculty	Health, Fitness, & Wellness
x	Rosemary O'Neill	Faculty	Student Health Center
x	Sima Sarvari	Faculty	Biology
x	Yona Lo	Student Wellness Ambassador	Psychology major
	Others: 1. Sharnell Smothers-Billings, Mental Health Equity Scholar 2. Sang Leng Trieu, Student Health Center staff		

Agenda item	Discussion highlights	Action items taken/follow-up
Introductions	<ul style="list-style-type: none"> ▪ Mandy welcomed committee members to the third meeting of the semester 	None
Subcommittee updates	<p>Forging On-Campus Partnerships</p> <ul style="list-style-type: none"> ▪ Members organized a presentation with Ohlone’s outreach team to the organization PEERS ▪ Ohlone Mentor Program will be rolling out; application materials will be posted on various platforms and included in classroom presentations <p>Optimizing Student Involvement</p> <ul style="list-style-type: none"> ▪ Email reminder was sent to faculty about the health services flyer ▪ Another email will go out will go out in May ▪ For recognition of students, are we able to provide a certificate of recognition? And we can present them at the May SHAC meeting? ▪ Optimizing student involvement is a good strategy to advance equity and inclusion efforts ▪ Committee would like to send a questionnaire out on what optimizing student involvement means to students 	SHAC co-chairs will be planning recognition efforts at our last meeting
Mental Health Equity Scholars presentation	<ul style="list-style-type: none"> ▪ Sharnell Smothers-Billings, a Mental Health Equity Scholar, shared strategies for recommendation #1 from the Jed Foundation Equity Framework which is: <i>Identify & promote mental health & well-being of students of color as campus-wide priority</i> ▪ One strategy is to increase diversity among the Student Health Center staff – or openly acknowledge concerns of students of color who feel that the staffing may not understand their cultural affinity ▪ Another strategy is using key words that reflect the student body in the college’s mission statement to present a more welcoming campus environment and to increase acceptance on campus ▪ Another suggestion is to tie mental health and wellness into student success such as mandatory mental health trainings for faculty/staff and offer more events that are heritage-base 	None

<p>Student Wellness Ambassadors</p>	<ul style="list-style-type: none"> ▪ The health center will begin its recruitment efforts for next year’s cohort of student wellness ambassadors ▪ A poll was conducted asking committee members to rank the top three most important factors to consider for selection of new ambassadors ▪ Results were: [1] Gender and race/ethnic diversity; [2] Taking initiative; [3] Diverse skills set 	<p>Carissa will take back the set of results to share with the recruitment selection committee to include in the application ranking process</p>
<p>Student-led research efforts</p>	<ul style="list-style-type: none"> ▪ Carissa talked about how the fact that many Ohlone students look for opportunities to conduct research ▪ A group of student clubs collaborated on designing a survey to focus on cultural identity and mental health; faculty advisors will be Dr. Laurie and Dr. Kaufman ▪ First 200 students who participate in the survey will receive a \$5 gift card ▪ Survey will be launched this week ▪ Encourage faculty to help promote survey participation by posting the flyer 	<p>SHAC faculty members are encouraged to help promote survey participation</p> <p>Carissa will send a copy of the fly to Robin for eCampus to help with posting the flyer.</p>
<p>Mental health cultural competency training ideas</p>	<ul style="list-style-type: none"> ▪ The health center is interested in providing cultural competency training to faculty and staff; this is part of the state mental health grant’s scope of work ▪ Sang shared a few data points from a recent national survey on “The Role of Faculty in Student Mental Health” which was commissioned by the Healthy Minds Study Network and Boston University ▪ Jeff O’Connell brought up the issue of mandatory training – when a mandate is in place, faculty need to be compensated for the time used in the training, hence the issue with making trainings mandatory; he suggested instead to consider the idea of draw people into what you are trying to do ▪ Andres suggested incorporating a brief set of information as part of returning to campus procedures on resources for student ▪ Manija suggested to offer a professional development series that is not mandatory ▪ Robin suggested to offer workshops at Learning College Week ▪ Rosemary suggested that we take this department by department; reach out to department deans ▪ Jeff O’Connell suggested an appealing title such as “Helping your students adjust to coming back to campus” (so not use mental health title); need to entice participants with the title 	<p>Student Health Center staff will reach out to Shairon Zingsheim to explore the possibility of adding information as part of return-to-campus procedures and submission of a workshop for Learning College Week</p>

<p>Summer Bridge program collaboration updates</p>	<ul style="list-style-type: none"> ▪ Julie shared that she is working with the program to offer wellness activities the first week of Summer Bridge such as mindfulness exercise or other social emotional learning practices 	<p>None</p>
<p>Announcements; wrap-up</p>	<ul style="list-style-type: none"> ▪ Mandy posted additional resources on Wellness Central in Canvas, including links to the Student Wellness and Lifestyle magazine and ambassadors' podcast series ▪ Dr. Bishop asked Rosemary to attend tonight's board meeting to accept the proclamation from the Board of Trustees on observing Sexual Assault Awareness Month 	<p>None</p>