

Mission College Student Health Services Advisory Meeting

Wednesday, November 18, 2009, 3 – 4:30 pm, Room MT – 14

Notes by Rosalyn Chan

- I. **Introductions** – Dr. John Palmer, (PhD, ret) Santa Clara County Public Health Department administrator/health educator (>40 years), chairperson; Rosalyn Chan, Student Health Services, co-chair; Helen Ostrander, DISC Coordinator; Mary Ashley, Director, Child Development; Ann Cowels, RN Faculty, Health Occupations; Jessica Page, student/president, AGS Honor Society/ASB senator; Mose Funtilla, student/president, American Medical Association Club/MESA.

- II. **Student Health Services presentation to the Governing Board of Trustees** – made on September 17, 2009. Rosalyn showed Powerpoint slides and gave a brief narration. Purpose of joint presentation (w/Becky Perelli, WVC SHS) was informational only; was not to ask for increase of funding sources (unlike many previous appearances at Board meetings). Feedback about presentation was very positive. Many others did not know that Student Health Services provides such a broad array of services and programs, serving nearly 25,000 students and countless employees, when appropriate. Rosalyn & Becky received a Thank You letter from the President of the Board of Trustees. Rosalyn will send ppt slides to Advisory members, per their request.

- III. **H1N1 Preparedness** – MC SHS has been deeply involved with pandemic flu planning and execution since May, 2009. Educational posters (from Santa Clara County Public Health Department and one H1N1-specific poster which was created by both MC and WV SHS) are over the campus (bulletin boards in and out of classrooms, stairwell landings, restrooms, and sandwich boards). 1.5 LITER hand gel sanitizer pump bottles have been placed in all major offices that have much foot traffic such as the Student Services departments, all computer labs, college library, and the gymnasium. Countless and on-going, updated emails and a very creatively-done voicemail (by Peter Anning, sounding like Count Dracula to remind others to cough into one's sleeve) have been sent. Many in-person presentations on H1N1 have been given. Mission College Student Health Services received 260 H1N1 flu injections recently and has been giving them FREE to persons in high priority groups. Rosalyn has NOT sent out all-college emails about the availability of the H1N1 vaccine because there is an exceedingly high demand, but the supply is too limited to meet that demand. Instead, only focused email messages have been sent to cluster groups who fall in the high priority areas. With Ann Cowels' cooperation (with her Vocational Nursing B-level students), a mini-Mass H1N1 Flu Clinic was executed yesterday; more than 60 injections were given to Health Occupations students in the Nursing Lab. Ann and her students did an excellent job; everything went smoothly and all persons were grateful and happy. The mini-Mass H1N1 Flu Clinic was a model program.

Today (w/ very little notice), Rosalyn was asked to show up at the Associated Student Body's formal meeting just an hour ago. One of the student officers placed an agenda item which read: "The Swine Flu Vaccine and Why Student Health Services should immediately halt vaccinating people for the H1N1 virus." Rosalyn went to today's ASB meeting and also asked Dr. John Palmer to be there, as well. At the ASB meeting, she explained the risks and benefits of the vaccine and that no one is ever forced to receive it. An informed consent is given to each individual with plenty opportunity for them to ask questions. Rosalyn directly addressed each of the concerns that the ASB officer mentioned (Guillain-Barre disorder, mercury, and other substances that may or may NOT be in the vaccine, FDA testing, and the individuals who should receive the H1N1 vaccine – which would include

those persons who are 24 years and younger). The majority of the other colleges and universities in California are offering H1N1 vaccine, especially since the target age group is 24 years and younger.

Dr. John Palmer addressed the student governance group by first acknowledging their right to free expression and free speech. He also emphasized the safety and efficacy of the H1N1 vaccine and assured them that the vaccine would be safe to receive. He has been, in fact, volunteering at the County's (free) Mass H1N1 Flu clinics where more than 15,000 individuals have already been vaccinated (and with very little incident, if any). Both John and Rosalyn explained that any individual receiving the H1N1 Flu vaccine can report adverse reactions to a toll-free Averse Reaction Reporting phone line. Because of the controversy and misinformation that have been circulating in the public, the federal government (CDC) definitely wants to know if there are any particular adverse reactions connected to the H1N1 vaccine. Both Rosalyn and Dr. Palmer received the H1N1 vaccine and did not experience side effects.

In the end, the majority (7) of the ASB officers/senators voted against the motion; there was just one (1) vote to ban H1N1 flu inoculations; one (1) abstention. The audience applauded the decision. A "Flu Check Kit" was given to everyone at the ASB meeting. Rosalyn and Dr. Palmer thanked the student officers for giving us an opportunity to respond to their concerns about the H1N1 flu vaccine. They were also offered a free H1N1 flu vaccine since many of them are under 24 years of age.

The MCSHS Advisory Committee requested that **Rosalyn confer with Penny Johnson, VP Student Services and Carolyn Kuri, Director, Student Activities** about the appropriateness of even having such a motion, like the above, on the agenda. In general, it does not seem appropriate for others to dictate which public health actions Student Health Services should do, especially when the purpose of Health Services is to support the health and safety needs of the college community. Minimizing a public health threat is one of the core values/services of the Student Health Services. Jessica explained that the ASB's purview is to manage and control their own budget and activities.

- IV. **Smoke-free Campus** – The Smoke-Free Campus Policy is now formal and district-wide. Smoking is permitted in the parking lots. As there was illegal smoking at the college's entrance, by the flagpole, the Facility/Safety Committee had 2 two (plastic) picnic tables placed in Employee Lot E to divert the illegal smoking to the parking lot. The effort was successful, HOWEVER, now there is much graffiti (bad and obscene language/images) on the fairly new picnic tables. In addition, it was pointed out by the District Police, that this graffiti may be problematic, as some of the images are "gang-related."

Advisory members recommended that Facilities look into using anti-graffiti paint to paint over it and/or wipe/clean off the graffiti on a regular, almost daily basis. Current theory is that graffiti needs to be addressed and removed immediately, as this would wear down the tagger(s). This would obviously necessitate much additional effort, and as the college's staffing levels are so thin, the suggestion was made that a volunteer group take on this project (and do it early in the morning, like 0800 when the smokers are not there). Santa Clara may have an "anti-graffiti coalition" set-up that might be able to assist Mission College. Jessica volunteered to take this issue to the ASB and will also check with the city of Santa Clara. Mary said that she'd bring it up at President's Council. Helen will bring this up at the Facility/Safety Committee; she also recommended that a camera be set-up to monitor this area. District Police needs to continue to provide surveillance of this area, as well – especially as there has been evidence of graffiti beyond the picnic tables (eg. on trash cans).

Regarding smoking cessation support, the MCSHS is providing “Quit Kits” (shown to Advisory members) to students who mark (and show interest) “Is a Smoker” on their Student health medical record. All the RN’s attended a Smoking Cessation training this summer and have been encouraged by Rosalyn to promote smoking cessation support to these individuals, when appropriate and as time permits.

- V. **Mental Health Services** – Rosalyn shared the “Assisting the Student Who Is Emotionally Distressed” guidebook with the Advisory members and reviewed the status of personal counseling at Mission College. Both MCSHS personal counselors have full-time jobs with the County and were not able to attend today’s Advisory meeting. Priscilla Jones is the FT “crisis counselor,” but is teaching a class on Wednesday afternoons (thus, could not be at today’s meeting).

Discussion ensued about appropriate levels of personal counseling services that should be offered at Mission College. In general, there was agreement that a multi-faceted approach aimed and focused on particular students in need, would be appropriate. This would include early intervention by student-peers (eg. ambassadors from the Welcome Center; EOPS peer advisors); workshops on particular topics; one to one personal counseling sessions with experienced personal counselors; couples/group sessions with experienced personal counselors; campus-wide events to raise awareness levels and bring community health/social agency resources (eg. “Student Services and Mental Health Day” on April 15, 2010).

The messages that we promote have to resonate in students’ lives in order for their behaviors to change. There should be a focus on student learning, with a strong emphasis on risk reduction. Students who are required to engage in special activities may have longer-lasting skills for behavioral change (eg. use of workshops on identified topics of high need). We need to acknowledge that the previous ways of disseminating information, such as giving educational pamphlets, are not effective with today’s students. Students are using new media and are learning from virtual classrooms. No matter what method is used to deliver support, services and education to our Mission College students, we should evaluate the results and look at the outcomes.

Rosalyn pointed out that regional and national surveys show that college students’ GPA (student success and retention) is inversely correlated with the major health/mental/social concerns. Students with higher GPA tend to have lower amount s of personal issues. Students who experience a drop in their GPA oftentimes have an increase in personal issues (although there are not absolutes). Stress is one of the highest perceived issues that impede academic success. Priscilla Jones will give a “Stress Management Workshop” on Tuesday, 12/1/09, 12 – 2 pm, in room W2-502 (Nursing Lab), that will be opened to any interested student.

- VI. **National College Health Assessment** (American College Health Association) – Rosalyn announced that the MCSHS will implement the NCHA surveys in Spring, 2010 (she showed the survey via internet in today’s meeting in the classroom). For the student body size of Mission College, about 800 surveys would be done. The MCSHS would work with the institutional researcher (who is being hired) or with Inge Bond, WV researcher, to obtain the random list of class sections to survey. The MCSHS is opting for the “paper and pencil” method in the classroom, not the web-based – as oftentimes, many students’ email addresses bounce when the college/district sends them messages. The cost for the surveys and analysis will be about \$2 - \$3/survey participant. The MCSHS will cover the full cost. West Valley SHS conducted this survey in 2007 and will be implementing it in the Spring 2010.

The NCHA will enable us to collect data about our students' health habits and their lifestyles. The survey has 65 to 70 questions which include general health status, current physical activities, relationships, alcohol and other drug use, prescription drug use, sexual health, weight/nutrition/exercise, mental health, physical health, and impediments to academic performance. The collected data will provide us information for longer-term planning for campus-wide, as well as off-site programs. The data would be shared with administrators, the Board of Trustees, faculty, staff, and interested student groups. The review of the collected data would enable us to evaluate and refine the MC SHS programs.

It was noted that the MCSHS has done a number of campus-wide surveys in past years. Similar in approach, the MCSHS implemented the CORE INSTITUTE surveys on Alcohol and Other Drugs and Violence surveys between 1998 – 2004.

- VII. Next meeting will be in Spring, 2010. Rosalyn will check w/ members for availability on a date after the Spring Semester's Mental Health event on April 15, 2010.