

## **Student Health Advisory Council (SHAC)**

**October 6th, 2023**

**1pm-2pm**

Meeting Minutes

Walter J. Hawryst Recreation Center - Multipurpose Room

### 1. Attendance and Introductions

Samantha Warren (Health Promotion Specialist, CPO)

Smita Majumdar Das (Executive Director, CAPS and CPO)

Karen Dybus (Interim Director of Patient Services and Operations)

Daniela Benitez (Administrative Assistant, CAPS)

Lara Hunter (Assistant Director of Clinical Services, CAPS)

Sahaj Singh (CPO Peer educator)

Khushali Patel (CPO Peer educator)

Ben Sonant (CAPS Student Assistant)

Lilly Resciniti (Recreation and Wellness Student Representative)

Sujana Azmain (SPARC Peer Educator)

David Safo (USG)

Alex Herz (USG)

Aryan Sharma (Self Selected)

Chloe Maloy (CPO Peer educator)

Joanna Alexandropoulos (CPO Peer educator)

Yonqi Lin (Self Selected)

### 2. Introduction, History and Mission of SHAC

- a. The Student Health Advisory Committee is mandated by the State University of New York (SUNY) Board of Trustees for each SUNY campus. Stony Brook University's SHAC has played an integral part in contributing to and enhancing the services provided by Student Health Services, the Center for Prevention and Outreach and our Counseling and Psychological Services. For several years, members of SHAC have been actively involved in reviewing the Health & Counseling Fee budget and have recommended programs, services and initiatives that best meet the needs of the student body.

### 3. Introduction and review of services and updates

- a. CAPS (Lara Hunter)
  - i. Group Programs
    1. Support Group programming for students is starting up again. The groups include: Bereavement, Black Womens Group, LGBTQ

Group, Latin Student Group, AOD Harm Reduction Group, Drop in Meditation, Anxiety Toolbox and Emotional Coping Group

2. Group offerings are listed on the website, call to reserve your spot

Q: When making an appointment for CAPS, none are available?

A: They are only rolled out 48 hours in advance, log in in the morning to register. The reasoning behind this is that students were making appointments 2-3 weeks in advance and then forgetting or not coming to the appointment

TimelyCare is also available for students 24/7, if students near care there is typically more availability of appointments and quality of care is the same

ii. Zoom PODS are here

1. Pods are located in the lower level of the Union and 3rd floor of HSC, they are being used frequently by students
2. Will be implementing a Calendly System for reserving appointments

Q: Will it be locked for your appointment?

A: It will always be open, will work on the honor system for now

Q: When will we get more zoom pods?

A: Students like them, CRAFT team will be collecting information this semester on usage, once we know more about usage we will make decisions about ordering more

Q: Will there be more signage and advertising for the zoom pods? Student found it accidentally

A: The pods were soft launched on purpose, will do more marketing now that students know what they are and how to use them, CPO Peer Educator teams can do more now to advertise while tabling about TimelyCare

Q: Location Ideas for new ones?

A: SAC: maybe the basement, Y-Lobby, SAC Food court, Other ideas: West Side dining, LGBTQ Center, Roth Cafe, DeVries Center, Commuter Lounge

b. SHS (Karen & Rachel)

i. Updated COVID vaccine

1. The COVID Vaccine is no longer mandated but is highly recommended, there is a new monovalent COVID Vaccine that is effective on new strains of the virus
2. SHS has COVID vaccines, currently trying to work through the pharmacy to make it free of charge, within the next few weeks it is expected that insurance companies will catch up to cover the vaccine cost
3. CVS COVID Vaccine pods: available appointments for students, faculty and staff
4. Will have 2 more CVS COVID pods, SHS will host pods at Recreation and Wellness, 2 pods are happening out in Southampton

Q: Student tried to make appointment on SHS website and there was no option for the vaccine

A: It was updated the week of 10/2 to reflect the options

Q: Will insurance cover the COVID Vaccine at the CVS Pods

A: Yes, you input your insurance information when you make the appointment on CVS website

- ii. Flu clinics @ union with CVS
- iii. Pharmacy & lab open for business. Lab appointments can be made online
  - 1. There is a pharmacy in the SHS building, first floor, it is open. You can transfer prescriptions from home or another pharmacy.
  - 2. Also have over the counter medication you can pick up including COVID Tests
  - 3. Lab is open and available for lab work: bring your prescription for lab work from a doctor or another pharmacy to make an appointment, also available through the Wolfie Health Portal
- c. CPO (Samantha)
  - i. Updates on Bystander Trainings - Reaching across campus
    - 1. This semester we are expanding the places and times we are offering bystander trainings to reach as many students as possible
  - ii. CPR Training
    - 1. Starting a CPR Training program, working with UPD and CPO staff we will be offering monthly HeartSaver Certification or Hands Only non certified training classes for students, find the events on SBEngaged
  - iii. Upcoming Events for Fall
    - 1. October is Domestic Violence Awareness Month, Join CPO for Take A Stand Walk on October 25th 1pm SAC Plaza
  - iv. CPO screening days
    - 1. Screening Days are monthly events with CPO, on and off campus partners. Students can drop by and take brief self assessments to learn more about their current wellbeing, relationships with alcohol and other substances, meet with SHS for blood pressure screenings and flu vaccines
  - v. Review of Suicide Prevention Month
    - 1. September was Suicide Prevention Month, we had many events including 4 large scale events and saw over 1000 students participate including the Peace of Mind Picnic, Community QPR and the Walk of Hope
- 4. BeWell Fest
  - a. Tuesday Sept 12th 11:30am-3pm, had over 400 students, 150 students participate in tours of the SHS/CAPS building
  - b. Will be an annual event

- c. Students loved the event but feedback included that they just found it, did not come intentionally, wanted to do it at the SHS/CAPS building so students could learn more about it, timing for next year- maybe on a Wednesday during campus lifetime
- 5. Review broad-based fees/ and updates on SHWPS
  - a. Tabled for next meeting
- 6. Updates on future programs and meetings (Samantha)
  - a. Next Meeting Dates: November 3rd, December 1st
- 7. Open Agenda