

Student Health Advisory Board Meeting Minutes
February 29, 2008, 12:30 to 1:30
at Student Health and Counseling

Action Items:

1. **SHAB Web page:** Committee members to send any feedback or corrections to Laura
2. **March 7th insurance meeting:** insurance meeting, Friday, March 7th from 2:30 to 4:30 at SHAC in the 2nd Floor Conference room.
3. **OMIP fee clarification:** Mary Beth will talk to Michael Fung about the possibility of listing the OMIP fee from the health fee so it is clearer to students about what each fee is.

Attendance:

1. Layton Borkan, LCSW, CAPS Assistant Director
2. Mary Beth Collins, LCSW, SHAC Director
3. Laura DeGrace, Administrative Assistant
4. Nick Walden Poublon, Chair
5. Rafael Fernandez
6. Tamara Kennedy
7. Emerson Murphy-Hill
8. Kim Heidenreich
9. Priya Singh

Not in Attendance:

1. Jessica Cole
- 2.

A. **Review previous minutes:** The committee reviewed the minutes and voted to OK them.

B. **Administrative items:** Follow up on “todos” for administration of committee

- 1) **Web Page:** the SHAB page is up and running off the SHAC Web site. It is just basic information, but provides contact information for the board. Board members can provide feedback to Laura.
- 2) **Charter:** Was dropped off with member list and bylaws to Nick. Nick dropped off the charter with Angel James (Dan’s assistant) on Thursday, February 28th.

- 3) **March 7th meeting:** 2:30 to 4: 30 at SHAC
- 4) **Rosters:** currently we are working through some accuracy issues with the student rosters that have gone to Wells Fargo.
- 5) **Survey Feedback:** Dr. McAuliffe's survey was sent out to a random list with the additional questions added. Mary Beth e-mailed George Voss telling him about Dr. McAuliffe's survey and also gave him about the feedback on the OUS survey from SHAB.
- 6) **OMIP:** Elizabeth Dickinson had met with the governor to argue for PSU's case, but was unable to persuade the state not to charge us this fee. The OMIP charge of \$9.68 will go in for next year on top of the regular health fee. Most likely, this will mean the health fee will maybe go up more than it ever has, unless we drop some service(s).
- 7) **Rolling in fees with Tuition:** Rafael asked whether the health fee will be rolled into tuition like other fees. Mary Beth confirmed that the health fee will not be rolled into tuition. Rafael further asked if there is a way to somehow separate the OMIP fee from the regular health fee so that it is clear to students. Mary Beth also brought up the suggestion of lowering the health fee required credits from 9 to 6 or so. Summer credit requirements would also play a big part in this.

Mary Beth will ask Michael Fung about the possibility of somehow listing the OMIP fee separately.

- 8) **Insurance Bids:** there was a short discussion about Kim's conversations with Blue Cross about insurance bids. Cathy Sommerton has also been gathering bids from Blue Cross and asked that SHAB let her work with Blue Cross to ensure consistent communication. The Board discussed this series of events. Mary Beth passed on information from Elizabeth Dickinson that what we pay our agent is very, very low, around 2-3%. Choosing the insurance solution for next year is a work in process, and we need everyone's input.
- 9) **Emerson:** will be an intern at Apple next quarter and will be following SHAB news by e-mail.

C. **Transgender issues:**

- 1) **Meeting with C. Morgan:** Nick met with C. Morgan and passed out a handout that included information about what other universities are providing for transgender services.

D. **Mental Health Discussion/ Mary Beth Collins / Layton Borkan:** Mary Beth and Layton will talk about the mental health services offered at SHAC.

- 1) **Gender/Sexuality services:** Kim asked Layton if we have CAPS staff who specialize in these services. Layton replied that CAPS has a generalist philosophy that any CAPS representative can deal with any issue. However, for longer term

care, we try to allow students to have some room to have a choice in their counselor. Kim relayed a student complaint to Layton. The student was told they had to come back to receive specialized service. Layton clarified that this is NOT our policy, and would welcome this student, or any other to come talk to her with any complaints or issues. Layton further stated her excitement about having such a active Student Health Advisory Board.

- 2) **Initial Packet:** Layton passed out packet of information that is given to new mental health services patients.
- 3) **Accessibility:** is very important to us. We want students to come in, and we also offer an 24/7 on-call emergency phone.
- 4) **Substance Abuse:** generally, except in a crisis situation, SHAC will address the substance abuse problem before moving on to delve into other underlying issues.
- 5) **Short Term vs. Long Term:** this remains somewhat loose because we realize that every student is different, and the demographic at PSU is generally poorer, underinsured, sometimes undereducated, and often with difficult backgrounds. Because of this, we try to remain open to each student on a case by case basis. We also try to integrate psychiatry and counseling as much as possible. In many cases, this may be the only time a patient has had any counseling. In working this way, we hope to work with the student in transforming their lives. It is a challenge, but it is the overall goal.
- 6) **Educating the PSU community:** how do we communicate this to the community without overstating our capabilities?
- 7) **12 session model:** there was a shift some years ago from a more long term focus to short term methodologies, using roughly a 12 session model. Again, CAPS does not consider the 12 sessions as written in stone. For patients who truly need long-term care beyond what we offer, consistency is extremely important, and in those cases, we try to refer people to an outside clinician that is in their budget. One example of someone who needs more long term care than we offer is someone with an extreme eating disorder. In that case, it is in the patient's best interest to be referred to outside care.
- 8) **Groups:** Another resource for students is groups. We have several per week, and they are open to anyone.
- 9) **Faculty:** Rafael provided input that he has had some good feedback from faculty who encourage students to use the services at SHAC/CAPS. CAPS recognizes that faculty see students more than we do, and we encourage faculty to refer students to us.
- 10) **Future Feedback:** Layton again encouraged the board to send any feedback or students to her.

E. **Next steps/ Set calendar:** The next meeting will be Friday, March 14th from 12:30 to 1:30.