

Student Health Advisory Committee (SHAC)

Stony Brook University

Tuesday, November 9, 2021 4:30 pm – 5:30 pm – Hybrid

Meeting called to order at 4:30pm

Attendance Taken:

- Kerri Mahoney (Assistant Director of Center for Prevention & Outreach)
- Julian Pessier (Director of Counseling & Psychological Services)
- Smita Majumdar Das (Director of Center for Prevention & Outreach)
- Marisa Bisiani (AVP of Student Health, Wellness & Prevention Services)
- Robert Ansbach (Director of Operations Student Health Services)
- Rachel Bergeson (Medical Director Student Health Services)
- Matthew Lauer (SHS)
- Harrison Feig (USG)
- Cindy Leung (LGBTQ* Services)
- Ishan Dhar (Self-Interest, HTM Club)
- Fareha Ahmed (LGBTQ* Services)
- Victoria Eng (Self Interest, PYH Intern)
- Cayla Schaeffer (Self Interest, PYH Intern)
- Jasmine Ting (SBVAC)
- Nistha Boghra (Self Interest, USG, SBVAC)
- Christine Wang (GSO)
- Sowad Ocean Karim (USG, NRHH, Phi Delta Epsilon)
- Vignesh Subramarian (Self Interest)
- Juliana Hise (CPO)
- Fiona Lan (Self Interest)
- Stephanie Michael (Self Interest)
- Ashley Narine (Self Interest)
- Jade Franklin (Self Interest)
- Shayna Gruder (Self Interest)
- Cindy Baez (GSO)
- Navya Malapanagudi (Self Interest)

I. Welcome: Kerri welcomed everyone.

- A. Introductions
- B. Explanation of SHAC and reiteration of the mission statement
- C. Motion to approve meeting minutes from last month
 1. Motion approved

II. Student Health Services Update (Dr. Marisa Bisiani):

- A. Update on renovations for 1 Stadium Road Building
 1. Two part renovation - SHS on 1st floor with CAPS on second floor
 2. Moving well, the first floor is open for business. Grand opening will occur later . Signs to be delivered. Some furniture is still outstanding.
 3. Phase 2 includes beginning to renovate CAPS completely
 - a) New Lobby & Reception Area
 - b) New floors
 - c) New furniture
 - d) New signs
 - e) All new gender neutral restrooms throughout the building
 4. Soft opening for SHS, CAPS will be undergoing renovation. Grand opening, ribbon cutting ceremony when all renovations are completed
 5. SHAC meetings to be held at SHS soon

III. COVID Updates (Dr. Marisa Bisian Dr. Bergeson):

- According to Dashboard, essentially zero
- Few positive cases that are being managed, led by Rachel
- Shift from 2-3% in Suffolk County
- 1-2 Positive Cases a week on campus, remember to visit dashboard
- For Spring 2022:
 1. Looking to reduce testing to ease up on students

2. Encouraging Students to utilize MAC court testing site
3. Working with residence halls to promote MAC courts

IV. Additional Student Health Updates (Dr. Rachel Bergeson)

A. Seasonal Flu & COVID Vaccine

- Flu season beginning and some cases are starting to be seen at SHS but not of concern
- Flu shots available, student can schedule appointments to receive their flu shot (free of charge)
- Flu Pod next Tuesday at Chapin
- Student Health Services is not providing Covid-19 vaccines currently; this may change. SHS is providing Meningitis and MMR vaccines as well as varicella and gardasil

B. Slight bump in COVID numbers across the county

- Shift from 2-3% in Suffolk County
- 1-2 Positive Cases a week on campus, remember to visit dashboard

V. Mental Health Discussion (Dr. Marisa Bisiani):

- SUNY Systems to receive additional funds towards mental health, schools have liberty to allocate them however necessary

What are some ideas to promote mental health?

1. Meditation spots on campus
 - a) Indoor preference
2. Plant sales funded by SBU
3. Community Garden
4. "Survivor Space" in CPO to help aid survivors of various issues
 - a) Resources and staff available to them
 - b) Safe space
5. POC and diversity representation in CAPS
 - a) Staff that looks like them and can relate to them

- b) Specialist trained with LGBTQ+ issues because the LGBTQ services building cannot provide therapy
- 6. Commuter space for resting eyes and or sleeping so they don't have to sleep in the library
 - a) Nap Pods
- 7. Better seating outside that is actually comfortable
- 8. Wellness space within CAPS to have meditation, mindfulness and yoga sessions
- 9. Within CAPS, finding ways to help assign the right counselor to each students issues
 - a) Providing background information on counselors prior to making appointments
 - (1) Incredibly difficult to implement a pick and choose system so it would need a lot of detail review
- 10. More field trips possible

VI. CAPS Update (Dr. Julian Pessier):

- Implementing diverse staff
- Trying to construct a system for students to be able to offer input for their own care

VII. CPO Update (Dr. Smita Majumdar Das):

- **Peer education program**
 1. ~90 students
 2. Recruitment begins in spring
 3. Students educate community regarding CPO programs and initiatives such as suicide, substance abuse, relationship abuse etc.
 4. Massive interest and interviews to follow soon

VIII. Questions/Comments

- Do we want to meet in December on reading day?
 1. Vote executed - next meeting will be in February 2022
 2. Description of the relationship between SHS, CAPS and KPC
 3. Increase in promotion of SBU Nutritionist
 - a) Large interest in healthy eating and how nutrition ties in with all other forms of health.

b) Social media possible?

Meeting adjourned at 5:30 PM