

Student Health Advisory Committee (SHAC)

Stony Brook University

Friday, February 4, 2022 Zoom Call

Meeting called to order at 12:00pm

Attendance Taken:

- Kerri Mahoney (Executive Officer)
- Marisa Bisiani (Executive Officer)
- Tiffany Martin (Coordinator for Student Health, Wellness & Prevention Services)
- Rachel Bergeson (Medical Director of Student Health)
- Julian Pessier (Director of CAPS)
- Samantha Warren (Health Promotion Specialist CPO)
- Christine Wang (GSO Representative)
- Jasmine Ting (SBVAC Representative)
- Juliana Hise
- eJoanne Saldanha
- Nistha Boghra
- Alexandra Checkers
- Navya Malapanagudi (Self Selected)
- Cindy Baez (Self selected)
- Fiona Lam (MH Intern)
- Ashley Barry

I. Welcome: Kerri Mahoney welcomed everyone.

A. Introductions: Kerri introduced herself, and all of the leadership members. Thanked everyone for attending today's meeting.

B. Provided an overview of what SHAC is for all new members.

1. A Student Health Advisory Committee (SHAC) 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.

II. Vote into record SHAC Meeting Minutes from November 9, 2021.

- A. Approved (none opposed)

III. Center for Prevention and Outreach (CPO) Updates (Kerri Mahoney)

- A. CPO is interested in expanding weekend offerings and asked the advisory committee “What kind of wellness based events or activities would you like to see on a Saturday?”

B. Responses from the team included:

1. Suggestion for Times: Commuter buses stop at 8pm so to end before then would be ideal. Afternoons would be good for most.
2. Paint night options? CPO has a healing arts program where they intertwine paint, art, and crafts along with coping mechanisms and outreach information.
3. Creating a “study cafe,” an event where people get together for coffee and snacks during a stressful time such as midterms and finals weeks.
4. Community CPR classes on Saturdays, provides food and CPR certification options. Better than outside campus classes due to inconvenience of fees, locations
 - (1) Possible partnership of CPO of SBU VAC to utilize CPO training rooms for CPR certification classes, to be discussed later

C. Kerri introduced CPO’s newest team member Health Promotion Specialist, Samantha Warren MPH

1. Samantha will aid in Physical Health Education programming, Menstrual hygiene products program, expanding conversations and programming regarding nutrition, STI and sexual health. Samantha will also help to plan awareness days and months.

D. Ashley inquired about intuitive and mindful eating programs available on campus

1. Currently, there is no formal information/programs, Samantha suggested for the two of them to get in contact with FSA and Student Health dieticians.
2. Julian added in to discuss the “Peace with Food and Body” group, which is a support group for eating disorders and issues.

E. CPO is welcoming back confidential STD and HIV testing and PrEP consultations on Thursdays

1. This will be run by Tara Conlin from Stony Brook Medicine.

F. Project Safety Net on second and fourth tuesdays of every month to provide STD and STI testing

G. Next week CPO will be hosting information sessions for students on campus.

H. Bystander Workshops available this Spring Semester will include:

1. Watchband
2. Greendot
3. QPR
4. Narcan

I. There will be 40 workshops/support groups available this Spring for various issues and needs.

J. Certificate based workshops will include:

1. VIPRE VIP (Very Informed Person) Certificate Workshops
2. Stress and Trauma Certificate Workshops
3. Sex @ SBU Certificate Workshops
4. One Love Workshops
5. Care Team Cafe
6. Protect yOUR Health
7. AIM (Advanced Intrapersonal Mind)

K. Other Workshops & Trainings Include:

1. Relationship Toolkit Workshops
2. You Tested Positive, Now What?
3. Coping & Connecting Workshops

L. The Month of April is going to be dedicated to CPO

IV. CAPS Update (Dr. Julian Pessier):

- A. Start of the new Semester means an increase in the number of 1:1 therapy sessions. CAPS serves 3000 students a year, on campus. Julian reminded all of how beneficial group sessions can be. Students can visit the CAPS webpage to find more information on the various group sessions that are available.
- B. CAPS team member, Lisa Akel coordinates and handles the intake of inquiries regarding what group programs students want to see. Students can reach out to Lisa with any questions/suggestions by email (lisa.akel@stonybrook.edu).
- C. The Student Mental Health Fund will be housed by the Student Support Team. The Student Support Team (SST) has had tremendous success with student emergency funds. They also have the ability to help arrange and connect students directly with CAPS and off campus resources that they need, or evaluations to determine what is needed. Julian made it clear that we do not want any student to be unable to get the help they need because of financial status.

V. Questions for CAPS:

- A. "Does the Mental Health Fund go straight to CAPS and CPO or is it given to other departments as well?"
1. The Mental Health Fund is not a one time fund, forms of fundraising have been done to maintain some of these plans. The Student Support Team is the department administering these funds, but they work in conjunction with CAPS and CPO to determine the best possible ways to utilize it. The Mental Health Fund is NOT the same as the Grant from the state. Part of the grant is going to the Mental Health Fund/Student Support Team, and other parts of the grant are going to other departments such as CPO and CAPS.

VI. SHS Update (Dr. Rachel Bergeson & Dr. Marisa Bisiani):

- A. Marisa spoke to Covid-19 surge. We are officially out of the "Omicron Surge". Suffolk County is down from 26% infection rate to 7%.
- B. Reminder, that students who tested positive for Covid-19 do NOT have to get tested for 90 days.
- C. Rachel provided updates for Student Health Services (SHS).
1. SHS will be hosting COVID-19 Booster PODS & Flu Vaccine PODS, from 10am -12pm and 1pm - 3pm.
 - a) SHS has administered approximately 300 boosters so far.
 2. Covid-19 Response Team (formerly known as The Contact Tracing Team) has been working hard to follow-up on students who have tested positive for Covid-19 and providing them with the proper protocols and procedures.
 3. Student Health is seeing a very small population of individuals who need to quarantine, only the most intimate members of positive patient circles (i.e. family members, partners).
 4. Enzo Clinical Labs is still providing testing on campus. There are two sites on West Campus, including MAC Courts in the basement of the recreation center & DeVries Center (Formerly known as GLS/HDV).
 5. Employee testing is still available at the HSC Hospital Galleria on the 3rd floor, and at the Student Activity Center (SAC).
 6. Student Health Services is offering in-person medical visits, however students must schedule an appointment.

VII. Meeting adjourned at 4:12 pm.