

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

**March 1st, 2024**

**1pm-2pm**

### **Agenda**

Walter J. Hawrys Recreation Center - Multipurpose Room

#### 1. Attendance

Samantha Warren (Health Promotion Specialist, CPO)  
Kerri Mahoney (Director, CPO)  
Smita Majumdar Das (Executive Director, CAPS, CPO)  
Marisa Bisiani (Associate Vice President, Health Wellness and Prevention Services)  
Oren Shefet (Associate Director, CAPS)  
Sanjay Dave (Pharmacist, Student Health Services)  
Karen Dybus (Interim Director of Patient Services and Operations, Student Health Services)  
Rob Alpi (Marketing and Communications Coordinator, SHWPS)  
Chloe Maloy (CPO Peer Educator)  
Callum Redman (Student Athlete)  
Amanda Mejia (Self Selected)  
Daniel Terlikowski (Self Selected)  
Ben Sonant (CAPS Student Assistant)  
Teresa Melfi (SBVAC)  
Jayden Reilly (SBVAC)  
Brandon Bjertnes (Associate Director, Student Support Team)  
Jenna Lecuit (Self Selected)  
Alex Herz (USG Student Representative)  
David Safo (USG Student Representative)  
Joanna Alexandropoulos (CPO Peer Educator)  
Alexia O'Keefe (Self Selected)  
Ian Junge (Care Coordinator, Student Health Services)

#### 2. Introduction to the Student Support Team - Brandon Bjertnes, Associate Director

- a. [Link to presentation](#)
- b. Located in Union 106, 631-632-7320, [student\\_supportteam@stonybrook.edu](mailto:student_supportteam@stonybrook.edu)
- c. SST supports students in a range from how the trains run to things going on at home, hospitalization, death of a loved one
- d. How can they help? Student Support Fund, or connecting to on campus partners (SASC, CAPS, SHS, CPO)
- e. Have peer interns to help students find connection on campus

- f. Meditation Room SAC 226 - space to come and relax, have live streamed guided meditations - open anytime the building is open, students can drop in anytime
  - i. Meditation room schedule
    - 8:30-7:30 M-Friday
    - Monday, Tuesday, Thursday and Friday led class and teacher available to talk process of meditation between 5:30-7:30 and
    - Wed 1:30-3:30
- g. Request for students: check out the website and let us know how it looks, \$5 gift cards available for students who send in feedback

Questions: Can SST help facilitate with professors if extra time or support is needed?

A: If a student is hospitalized, SST will email the professors and let them know something is going on. It is at the faculty's discretion but having the email is helpful. SST helps students learn how to navigate those conversations

### 3. Updates

#### a. SHS

##### i. Pharmacy Update - SHS guest Sanjay Dave, Pharmacist

1. Full service pharmacy, the only thing they don't carry is scheduled substance, accept most insurance plans
2. Generic Over the counter medicine available for free
3. New Initiative: There will be an app available for students to use to be able to refill prescriptions, once a prescription is filled you will get a text and an email that your prescription is ready. This improves student compliance for taking their medication.
4. Students can transfer over prescriptions that are being filled at other pharmacies or through their at-home providers
5. Prices SHS charges are much lower than at other pharmacies, even without insurance (no cash, it goes to your SOLAR account)
6. If students are unsure, come to SHS first and their providers can determine needs. If you need to go to the hospital, SHS can call SBVAC for a free transport

Q: How often can you pick up over the counter medicine?

A: Typically about twice a semester (eg: if a pack has 30 pills, it will last a whole month), not a hard rule but is monitored by the pharmacy. Bring your ID to come pick up medications.

TimelyCare: if they prescribe you can pick it up at the SHS pharmacy

Counseling and Health Fee: Fee that students pay outside of tuition, all the services provided by SHS, CAPS, SHWPS are paid for by this fee

Pharmaceutical Take Back Days: April 24th 1-3pm UPD/CPO/SHS will have a table in the SAC Lobby to take back unused medications, environmentally better, can also prevent overdoses and unregulated usage,

CPO also has Deterra bags that you can pick up to safely dispose of unused medications, it neutralizes the medications, they can't be used to take or get high off them

- ii. Ongoing medical updates: Flu, COVID, etc.
- b. CAPS
- i. Partnering with CPO more closely
    - 1. Students can enter the spaces at more locations and at different levels of care
    - 2. Eating Disorders: this requires a multidisciplinary approach so it is challenging for CAPS to treat, Partnering with the Renfrew Center ([link](#)) to do more outreach, education and a warm handoff to treatment that they need
      - a. CPO has been working with CAPS to bring renfrew center to campus, starting the conversation about ED's, disordered eating and how to support a friend. We are excited to partner with other groups on campus like USG (BlackBird Project documentary and panel discussion)
      - b. Renfrew Center provides a free evaluation that you can get connected to from CAPS or SHS
  - ii. Mental Health Specialist position in Campus residences
    - 1. Specialist that will be housed in Campus Residences, provide education and outreach for how to get connected to resources and services
  - iii. New Assistant Director of Equity and Inclusion hired
    - 1. Will start in April
  - iv. Service utilization discussion
    - 1. Students are utilizing services, TimelyCare is filling in gaps on evenings and weekends
- c. CPO
- i. Individualized Healing Arts Events
    - 1. Large Scale Events still happening each month
    - 2. Piloting Individualized, Private healing arts events with our Healing Arts Specialist student assistant - bring 5-10 friends (e-boards, suitemates, club members) CPO will host a private 1-1.5 hour event where you can pick the self care theme
    - 3. Sam to link the QR code and flyer for the events
  - ii. Peer Education Process: Sent the application to 94 people, about 60 filled it out, we will be extending the deadline for more students to apply
    - 1. 1 credit and 3 credits options
  - iii. Upstander Gala- April 8th, 2024 630 students who are receiving the UpStander Award this year
  - iv. CPO now has Emergency Contraception, you can pick up from CPO front desk

Q: Drug Take back day? Can we accept sharps or controlled substances?

No Sharps but we do take controlled substances

Q: Can we just bring expired medication?

A: yes for the drug take back day, just bring it by and drop it in, if not you can take a Deterra Bag to dispose later

4. Updates on future programs and meetings (Samantha)
  - a. Upcoming Meetings: April 5th, May 3rd
  
5. Open Agenda
  - a. SBVAC Jayden and Teresa - awards won last weekend
    - i. SBVAC responds to all emergency calls on campus
    - ii. National EMS Conference and won several awards
      1. SBU is a HeartSafe Campus - response times in the range of 5-6 minutes and extensive CPR outreach efforts on campus, hands only and BLS CPR classes - Trained over 1,000 students!
      2. AED availability on campus - maps of all the AEDS on campus
      3. EMS Ready Campus
      4. Excellence in Collegiate EMS : emergency preparedness
        - a. Hosted a mass casualty demo to test emergency preparedness capabilities