

Student Health Advisory Council (SHAC)

March 7th, 2025

1pm-2pm

Agenda

Recreation and Wellness Multipurpose Room

1. Attendance

Kerri Mahoney (Director, CPO)
Samantha Warren (Coordinator of Health Education, CPO)
Vivien Llanes (Outreach Specialist, CPO)
Smita Majumdar Das (Executive Director, CAPS and CPO)
Karen Dybus (Interim Director of Patient Services and Operations, SHS)
Rob Alpi (Marketing and Communications Coordinator, SHWPS)
Nick Lajoie (Care Manager, SASC)
Michael Bordes (Assistant Director, CARE Team)
Brandon Bjertnes (Associate Director of the Student Support Team, SST)
Khadijah Morgan (Student Support Associate, SST)
Stavroula Sassos (Counselor, CAPS)
Candice Clifford (Counselor, CAPS)
Lilly Resciniti (RAW Student Assistant)
Vangala Srinivasa Chandra Mourya (GSO)
Elisabeth Chai (Self Selected)
Ayushi Pandya (PPGA, CPO Peer Educator)
Emily Adamo (CPO Peer Educator)
Morgan Meader (CPO Peer Educator)
Daniel Terlikowski (CPO Peer Educator)
Zoya Fawad (Self Selected)
Laiba Rajput (USG Representative)
Kaylen James (USG Representative)
Shriram Hegde (USG Representative)
Aryan Sharma (USG Representative)

2. Updates

- a. SST - Brandon Bjertnes
 - i. Seeing an uptick in applications for the Student Emergency Support Fund (SESF)
 - ii. Meditation Room located in SAC 226 is open M-F 8:30am-7:30pm for open meditation hours; open for guided meditation from 12-2pm with an instructor
 - iii. SST student interns are available and can help any students who need to get more connected
- b. SASC - Nicholas Lajoie

- i. Sensory Day Monday, 3/10 10am-2pm Union
 - 1. Guided meditation yoga, sensory candy, tea and cookies; all sensory space things will be throughout the Union Lobby
- ii. Seawolves on the Rise Workshop 3/12 230pm-330pm
 - 1. Partnering with the tutoring center to focus on learning strategies and how to communicate with faculty
- iii. Career Fair involvement/ Inclusive Employment panel
 - 1. Sarah (Assistant Director) has been going to career fairs so students can request accommodations; panel will be in early April
- c. CARE - Michael Bordes
 - i. Midterm season so if someone is struggling you can send them to the care team
- d. CPO - Kerri Mahoney
 - i. SHWPS Health and Wellness Resource Fair, Wednesday March 12th 12:30-2:30pm
 - 1. Week before spring break to remind students to be safe; over 35 on and off campus partners, come for free stuff & to learn how to support health and wellness!
 - ii. Career Center Internship Fair Monday March 10th- last opportunity for Peer Education applicants
 - 1. Students can stop by for streamlined info to apply to be a peer ed
- e. SHS - Karen Dybus
 - i. Previous meeting SHS was seeing a lot of students coming in with flu, covid, etc. and while they still are the curve has come down a lot in the past month; can still get a flu vaccine if you haven't yet
 - ii. Health education about Measles since it has been big on the news right now; less children are being vaccinated than in the past so some areas in the states are seeing cases. SBU has vaccine compliance and we are well above 95% vaccinated for herd immunity but just to be aware if traveling to other states.
 - 1. Q: If you are vaccinated can you still get it?
 - 2. A: there is a slight chance but unlikely and if you get it probably will be a mild case; remember to do all preventative measures like hand washing!
 - iii. SHS is still very busy and hiring new providers; students can still utilize TimelyCare for same day appointments
- f. CAPS - Smita Majumdar
 - i. Caps is very busy and has seen an increase in appointments; strong connection with TimelyCare, CAPS Crisis Line, etc. so students have a variety of services
 - ii. All caps therapists are licensed in the state they are practicing in (NY) but students can use TimelyCare if they cross state borders

- iii. Groups are lively and seeing many students: Drop-In Group, South Asian Women Group, Grief & Bereavement Group, LGBTQ Support Group, Black Women Group, DBT Group
 - iv. CAPS is partnering closely with CPO to help the skill building, common core skills that are applicable to everything
- 3. Stavroula and Candice (CAPS counselors): "The effectiveness of a DBT-informed skills group within a brief therapy model among college students". 2025 Research Grant from the American College Counseling Association
 - a. Noticed at CAPS a lot of students were having trouble coping with difficult emotions and identified need for a skills based group
 - b. DBT helps students regulate their emotions and build relationships with themselves and others- traditional DBT is not feasible for college students so created condensed model
 - c. Model is 4 weeks- each week is a different skill (mindful based skills, distress tolerance, emotional regulation, & interpersonal effectiveness)
 - d. Group is 45 minutes long; once a student finishes the group students they can come back to a particular session if wanted to fine tune the skills
 - e. This model got amazing feedback - led to research to see if it is effective and recently was awarded a grant to show effectiveness
 - f. Group now running 2 cycles and can take more students than previously
 - i. Q: How can students get involved?
 - ii. A: Students must schedule an IM (=initial meeting) which includes a brief assessment for their screening process and if counselor thinks it would be a good fit; if any campus partners feels a student would benefit from this group they can call CAPS and refer
- 4. Cancer Center HPV Student Focus Groups (Samantha)
 - link to register is here
 - <https://redcap.stonybrookmedicine.edu/surveys/?s=P3N4TN9WDLANEWJM>
 - March 10th 12:30pm-2pm
 - March 26th 7pm -8:30pm
- 5. Upcoming Meeting Dates and Times
 - a. April 4th 1pm-2pm
- 6. Open Agenda
 - a. ACHA Membership: SHAC students got email to be a member of ACHA; students must log in and they can sign up for free, ACHA requires a transcript to confirm SBU student
 - i. Q: Who to send the transcript to?
 - ii. A: email Sam with questions at samantha.warren@stonybrook.edu
 - b. ACHA has lots of resources, discussion boards, and more; there is also an annual conference that students are invited to at a reduced rate.