**Health and Recreation Fee Student Advisory Board Meeting**

**Academic Year 2015/2016: Second Meeting**

February 9, 2015

Meeting called to order at 5:00pm by Michael Ruppert, Chairperson and Campus Rec Student Employee

**Members Present:**

Andrew Dunn, CHS Student Employee

Logan Ternes, At Large

Hailey Schwartz, Off Campus Housing

Ramanathan Somasundaram, International Representative

Usir Younis, GPSC

Sierra Fung, GPSC

Alison Luongo, ASUA SHAC

Isabella Mayer, At Large

Stephanie Giboy, Fraternity and Sorority

Michael Ruppert, Chairperson and Campus Rec Student Employee

Harry McDermott, Campus Health Services Executive Director

Kris Kreutz, CHS Director of Administrative Services

Lynn Zwaagstra, Campus Recreation Director

**Members Absent:**

Adam Ciampaglio, ASUA RAC

Agenda and Notes:

1. **Welcome and Introductions (5 Minutes)**
2. **Questions on Projected and Proposed Finances (10 minutes)**

*“What has changed on the budgets between October 2015 and today’s meeting?*

Campus Health Services:

* + - * Expected expenditures; less due to Psychiatrist, Psychiatric NP and RN vacancies (competitive salary)
      * Proposed Operation Expense for 2016-2017 (edit clarified)

Campus Recreation:

* Expenses may be $50,000 short of projections
* Revenue will be $30,000 under in revenue

1. **Round Robin (10 minutes)**

*How do you participate in Health and Recreation? (responses below)*

* + - Gym use, on campus events on UA Mall
    - Gym use, I work for UEMS and provide healthcare, so immunizations are big
    - IM sports, Campus Health speakers at Greek life events (sun safety, alcohol consumption), Triage
    - Rec Center, Campus Health pharmacy, OASIS
    - Aetna Health Plan, pharmacy, annual check-ups, travel clinic
    - GPSC students would appreciate additional mental health services (clinics/workshops) north of campus
    - Smart Moves, pharmacy partnering with Campus Health to rid of empty prescription bottles
    - Rec Center, works in lab and observes that grad students have long records (loyalty)
    - Weight room, fitness and wellness, immunizations

\*Harry McDermott and Lynn Zwaagstra provide clarification on massage services at each facility – Campus Health offers therapeutic massage (aimed at treating a physical or emotional health condition) and Campus Rec offers relaxational massage.

1. **Showcase of Tangible Products and/or Services (topics discussed)**

*Campus Health Service-Harry McDermott, M.D., & Kris Kreutz (10 minutes)*

* HPPS Highlights from 2014-2015
  + CHS Nutrition Counselors delivered > 500 hours of direct clinical (patient) services
  + Nutrition Outreach activities reached over 1,900 UA students
  + HPPS Outreach activities reached over 20,000 UA students
  + Peer led workshops and discussions
  + Body Smart
  + Cooking on Campus – collaboration with Campus Rec.
  + Over 100 student interns, and volunteers
  + One of the “nations top 25 healthiest campuses”

\*The Health & Rec Fee helps Campus Health provide the above services generally free of charge and those services impact a number of students who otherwise don’t use Campus Health’s medical or mental health services.

* Presentation on Campus Health Services
  + Student demographic overview
  + Annual student visits (CAPS) = over 14,000; increase in total students served = over 3,100
  + External consults; 34% increase from 2011/2012
  + Outreach (CAPS) = reached nearly 12,000 UA students
  + CAPS Clinical Questionnaire
    - Self-reported distress/hope (before vs. after)
    - Self-reported improvements – Very favorable trend
  + Future CAPS strategic directions
  + CHS/CAPS Care Coordination Services
    - Evolving team
    - “Behind the scenes” work that helps to ensure behavioral health services are available to UA students when they need them.
    - Robust efforts

*Department of Campus Recreation-Lynn Zwaagstra (10 minutes)*

* Presentation on Campus Recreation Center
  + 1,061,503 recorded entrances for 2014-2015 school year
  + Self reported participation in Campus Recreation, 80%
  + Facilities (7)
  + Campus Recreation’s holistic approach
    - Think Tank
    - Threads
    - Fuel
    - Lounge area
  + Health and wellness programs
    - Cooking and nutrition seminars
    - Meditation, mindfulness
  + Discounted programs for students
    - Group Fitness
    - Personal Training
    - Activity and Specialty classes
    - Outdoor Adventures
    - Challenge Course
    - Swim Lessons, Certifications
  + Sponsorship-paid special events
  + Self reported benefits from participation at Campus Rec. Increased:
    - Sleep
    - Stress management
    - Academics
    - Sense of belonging
    - Concentration
  + Quotes from students Campus Rec has positively impacted

1. **Q&A (10 minutes)**
2. **Closing –** Some time was dedicated to discussing the importance of identifying H&R Fee Student Advisory Board members that will be continuing on next year. One of the focuses of the last meeting of the semester will be on the identification of Student Advisory Board (SAB) membership for next year and the election of next year’s SAB officers.
3. Meeting adjourned at 6:00pm by Michael Ruppert,Chairperson and Campus Rec Student Employee