

Student Services Annual Highlights 2014-2015

Department Name: Health & Wellness Services

Dash Board Indicators:

	07/01/2013-06/20/2014	07/01/2014-06/8/2015	% Change
Medical Clinic			
Rwd	2750	2684	2% decrease
Jor	550	122*	78% decrease
SCC	287	217	24% decrease
Total	3587	3023	16% decrease
Minimum Savings to students (Office Visits only)		\$308,346- estimated with office visit only and no other procedure	National avg. medical visit is \$102 (Medicare rate).
Massage			
Rwd	1545	1112	28% decrease
Jor	103	0*	100% decrease
SCC	0	97	9700% increase
Total	1648	1209	27% decrease
Minimum Savings to students		\$72,540	Avg. cost of massage in community is \$60 per hour. Our students receive one free per semester.
Counseling			
Rwd	1696	1670	2% decrease
Jor	116	56*	51% decrease
SCC	342	361	6% increase
Total	2154	2087	3% decrease
Minimum Savings to students		\$166,960	Avg. cost of session in the community is \$80.
Health Ed & Prom	7420	7671	3% increase
Minimum Savings to students	Priceless	Priceless	It is difficult to place a dollar amount on lifestyle changes that include smoking cessation, weight loss, and healthy lifestyle changes.
GRAND TOTAL	14,809	13,990	6% decrease

*Jordan campus was closed for remodel from May 7, 2014-January 26, 2015.

Programming or Service Highlights:

Administrative

- We served 13,990 students in our department, despite a decrease in enrollment. With this steady decline in enrollment the last couple of years, we have still increased the number of appointments in the last five years by 62% from 8,612 to 13,990.
- Lorri served as the American College of Health Association's Chair of the Wellness Needs of Military and Veteran Students Coalition.
- We collaborated with Student Life and Leadership for the open house at Jordan campus.
- We completed our Program Review this last year with several highlights that are noted below.

Medical Clinic

- Provided flu vaccine to 317 SLCC employees with the assistance of Human Resources to charge the Blue Cross Blue Shield (BCBS) plan.
- Provided 473 FREE flu vaccinations on campus to students. This was a savings of \$7,095 to our students.
- Hired a new Clinic Manager in December, 2014 and gained a new full-time Family Nurse Practitioner position in our department in October, 2014.

Counseling

- Hired a new FT LCSW in fall 2014.
- Increased the number of hours of counseling services offered at the South City campus by 50%, offering 24 counseling service hours per week.
- Provided supervised internships to two University of Utah, Masters of Social Work practicum students, Josh Dowdle and Jared Hurdman and to Westminster College Masters of Mental Health Counseling student, Kelli McStotts. Together, they contributed a total of 2100 service hours to our department during summer, fall and spring semesters.
- Performed mental health screenings to screen for depression and anxiety to over 60 students during health promotion activities during both Fall and Spring semesters, including National Depression Screening Day in October, Love Your Body in February and the De-stress Fest in April. Several students followed up with individual counseling services at our center.
- Offered group counseling sessions during both fall and spring semesters entitled "Healing and Grief" and "Hatching A New You" which were led by Valerie Leavitt, LCSW with Josh Dowdle and Jared Hurdman.
- Renewed our Employee Innovation Grant (EIG) for the QPR Suicide Prevention Training with the Center for Innovation for another year. Presentations reached 35 employees in Enrollment Services, The Behavioral Intervention Team (BIT) and the Disability Resource Center (DRC).
- Created a new brochure on Counseling Services to help explain and promote these services to students and staff.
- Delivered Stress Management Presentations to 76 students and Staff at Trio Student Conference, Discover SLCC mentors and Women's Health Conference.
- Had an average of 85 hits per month, or 1027 unique visits this last year on the Jed Foundation's U-Lifeline, an online college mental health resource site.

Health Education and Promotion

- Based on the federal mandate, provided Freshman Alcohol Letters to 1704 parents of all incoming fall semester students under the age of 21.
- Implemented seven programs – NCAAW, GASO, World AIDS Day & HIV Screening, Love Your Body Month, Sleep Hygiene, De-Stress Fest, and Healthy Lifestyle – Healthy Eating - impacting 1061 students, staff and faculty.
- Collaborated with several higher education institutions in Utah to implement the National College Health Assessment administered by The American College Health Association (ACHA). The assessment was funded by the Department of Substance Abuse and Mental Health and we received a 10% response rate with 392 respondents out of 3882 contacted. (118 emails were invalid from original 4000).
- In support of their annual Peer Education Training, five Peer Action Leaders attended the General Assembly at the BACCHUS Initiatives of NASPA in Orlando, FL.
- Collaborated with Counseling Services to provide three mental health screenings to students (October, February, April).
- Revised and re-defined Student Health Advisory Committee (SHAC) and Peer Action Leaders (PALs) responsibilities in the policy and procedure manual for Health Promotion to strengthen their purpose and clarify their learning objectives.
- Increased our social media (Facebook) following by 24%. As of June 8, 2015, we have 446 likes (followers) on Facebook.
- Chair massages were offered in the libraries of Redwood, Jordan and South City campuses during finals week of fall semester.

Program Review Highlights:

- Our name change was approved to “The Center for Health and Counseling”. We will develop a new logo and a marketing campaign starting this summer.
- Confirmed we provide an integrated care model and are ahead of the curve on the integration of care between medical and mental health units. Recommended we adopt one departmental consent to treat form for all patients/clients.
- Confirmed that we offer a variety of services to students and that our professionals are well-respected and have a good reputation throughout the college community.
- Recommended thorough needs assessment to determine what students value, need and want.
- Recommended we clearly define our Scope of Care and determine what we can and cannot do with the available resources.
- Recommended an update to our website and to work with Institutional Marketing to re-design.
- Recommended we reconsider our fee structure.
- Asked to think creatively to offer learning disability testing and explore community engagement opportunities.
- Action Plan will be developed this summer at Staff Retreat.