

## Student Services Annual Highlights

### 2012-2013

Department Name: Health and wellness Services

Dash Board Indicators:

	07/01/2011 - 6/14/2012	07/01/2012 - 06/14/2013	% Change
<b>Clinic</b>			
TRWD	2848	3043	7% increase
JOR	769	700	9% decrease
SCC	395	314	20% decrease
Total	4012	4057	1% increase
Minimum Savings to students (Office Visits only)		\$365,130 - Estimated with office visit only and no other procedure	National avg. medical visit is \$102 (Medicare rate). Our first office visit is free and then \$10 for each visit thereafter.
<b>Massage</b>			
TRWD	1006	1517	51% increase
JOR	165	131	21% decrease
SCC	11 (chair)	Chair massages here were listed as RDWD on reports	
Total	1182	1648	39% increase
Minimum Savings to students		\$98,880.00	Avg. cost of massage in community is \$60 per hour. Our students receive one free per semester.
<b>Counseling</b>			
TRWD	1337	1865	39.5% increase
JOR	66	154	133% increase
SCC	171	198	16% increase
Total	1574	2217	41% increase
Minimum Savings to students		\$155,190	Avg. cost of session in the community is \$80. We charge \$10, with their first visit free.
<b>Health Ed &amp; Prom</b>	4314	7950	84% increase
Minimum Savings to students		Priceless	It is difficult to place a dollar amount on lifestyle changes that include smoking cessation, weight loss, and healthy lifestyle changes.
<b>GRAND TOTAL</b>	<b>11,082</b>	<b>15,872</b>	<b>43% increase</b>

## Programming or Service Highlights:

### Administrative

- Increased the number of student appointments by **43%** from 2011-12.
- In the last three years, we have increased the number of students seen by **84%** from **8,612** to **15,872**.
- Trained and implemented Electronic Medical Record (EMR) & Patient Management (PM) system-Medicat. This has allowed us to improve the efficiency of our operation, increase the safety of our confidential medical records, allow us to place medical records online with a secure server that allows our providers to access records at each of the different campus clinics, give us the ability to make appointments online 24/7 and allows us to streamline our operation to see more students. We have a hosted version, so we do not create increased demand of our on-campus IT department.
- Continued to maintain evening hours in both the Fall and Spring Semesters at both Redwood and Jordan campuses.
- Professional Development opportunities offered to all staff: Accountability training, Workplace Violence Prevention, TB Outbreak Mock drill, Active Shooter videos and drills, Earthquake preparedness, Safe Zone Training, in addition to any conferences and trainings individual employees may have participated in.

### Clinic

- Provided a "no charge" flu vaccine to SLCC employees with the assistance of Human Resources to charge to the Blue Cross Blue Shield (BCBS) plan.
- Provided 400 FREE flu vaccinations on campus to students, with the collaboration of Student Life and Leadership. This was a savings of \$10,000 to our students.
- Half day Nurse Practitioner retreat to review clinic operations, standing orders, quality assurance chart review, Tuberculosis policy and education as well as ideas for continued implementation of clinic goals.
- Revised tuberculosis screening processes in an effort to decrease active tuberculosis on campus.
- Continued to utilize depression screening questionnaires and other preventive care indices in line with Healthy People/Campus 2020 and the Agency for Healthcare Research and Quality.

### Counseling

- Hired an additional part-time Licensed Clinical Social Worker, Stephanie Sinju, to augment our ability to provide supervision to practicum students.
- Increased the number of hours of counseling services offered at both the Jordan and south City campuses.
- Provided supervised internships to two University of Utah, Masters of Social Work practicum students, Eric Bolton and Paige Whipps. They contributed a total of 1200 service hours to our department during the Fall and Spring semesters.
- Performed mental health screenings at health promotion activities during both Fall and Spring semesters to reach and screen about 60 students for depression and anxiety.
- Collaborated with the VA Vet Center to offer PTSD screening during National Depression Month. Approximately 25 students participated in this event.
- Initiated group counseling sessions during both Fall and Spring semesters entitled "Mindfulness Awareness Group", which was led by James Renola and Eric Bolton.

- Added SLCC HWS contact info to the Jed Foundation's ULifeLine, an online college mental health resource site, where we are receiving at least 50 hits a month.
- Offered a presentation at the 2012 Faculty Convention in April, 2013 entitled "Dealing with Emotionally Distressed and At-Risk Students: Information, Strategies and Resources for SLCC Faculty", which was given by Scott Kadera and James Renola, and was attended by 15 faculty members.

#### Health Education and Promotion

- "Buddy Massage" Workshop offered by Licensed Massage Therapists at ACHA Pacific Coast College conference.
- Injury Prevention Workshops were offered in classrooms by Licensed Massage Therapists to 3 different campuses (Jordan, Meadowbrook and Redwood).
- Chair massages were offered in the libraries of Redwood, Jordan and South City campuses during finals week of both fall and spring semesters.
- We were awarded a \$2500 grant from the Utah Highway Safety Office for alcohol education and underage drinking prevention programs.
- Five of our student Peer Action Leaders (PALs) attended the BACCHUS conference in Florida.
- We mailed 1,420 letters to parents of freshmen regarding the alcohol policy.

#### Assessment Highlights:

##### Sleep Assessment

- Pre Survey, 81% of participants reported that three or more times a week they could not breathe comfortably. After receiving information on how to get a good night's sleep, 80% of participants who completed the post survey reported not having trouble breathing comfortably during the past month.
- Pre Survey, 83% of participants stated they experienced episodes of disorientation or confusion during sleep three or more times a week. After the sleep program, 100% of participants said they did not experience any episodes of disorientation or confusion during sleep during the past month.
- Pre survey, 78% of participants stated they or their partner/roommate noticed they experienced long pauses between breaths while asleep three or more times a week. Post intervention, 100% of participants stated they have not experienced long pauses between breaths while asleep during the past month.

##### Counseling Satisfaction Survey

- 63% of participants rated high that they would likely schedule an appointment with Health & Wellness Services. 50% of the participants on the pre test were not likely to schedule an appointment with HWS.
- 96% of survey respondents agreed or strongly agreed that the counselor "let me talk about the issues I wanted to address and did not impose his or her own agenda."
- 75% of survey respondents agreed or strongly agreed that their counseling "helped me resolve my problems, grow as a person, and / or improve my relationships with others."
- 67% of survey respondents agreed or strongly agreed that because of their counseling they were "more successful in school and /or at work."
- 93% of survey respondents Agreed or Strongly Agreed that based on their experience, they "would recommend HWS Counseling Services to other students at SLCC."