

Student Services Annual Highlights

2013-2014

Department Name: Health and wellness Services

Dash Board Indicators:

| | 07/01/2012-06/14/2013 | 07/01/2013-06/20/2014 | % Change |
|--|-----------------------|--|---|
| Clinic | | | |
| Redwood Campus | 3043 | 2717 | 12% decrease |
| Jordan Campus | 700 | 584 | 20% decrease |
| South City Campus | 314 | 288 | 9% decrease |
| Total | 4057 | 3589 | 13% decrease |
| Minimum Savings to students (Office Visits only) | | \$330,188- 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. |
| Massage | | | |
| Rwd | 1517 | 1640 | 8% increase |
| Jor | 131 | 103 | 27% decrease |
| | | | |
| Total | 1648 | 1743 | 5% increase |
| Minimum Savings to students | | \$104,580.00 | Avg. cost of massage in community is \$60 per hour. Our students receive one free per semester. |
| Counseling | | | |
| Rwd | 1865 | 1950 | 4% increase |
| Jor | 154 | 117 | 32% decrease |
| SCC | 198 | 335 | 41% increase |
| Total | 2217 | 2402 | 8% increase |
| Minimum Savings to students | | \$168,140 | Avg. cost of session in the community is \$80. We charge \$10, with their first visit free. |
| Health Ed & Prom | 7950 | 7420 | 7% decrease |
| 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 | 15,872 | 15,154 | 5% decrease |

Programming or Service Highlights:

Administrative

- Served 15,154 students in our department. Although it is slightly lower than last year, we have still increased the number of students we have seen in the last four years by 76% from 8,612 to 15,154.
- Professional Development opportunities offered to all staff: Active Shooter videos and drills, Earthquake preparedness, Intersex, Transgender & Gender Exceptional Workshop, Medical Trainings, Safe Zone Training, in addition to any conferences and trainings individual employees may have participated in.
- Lorri was elected as the American College of Health Association's Chair of the Wellness Needs of Military and Veteran Students Coalition. This is a two-year term ending in May 2015.

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. This was a savings of \$6,000 to our students.
- Revised tuberculosis screening processes in an effort to decrease active tuberculosis on campus.
- Received an Employee Innovation Grant titled, "Health and Wellness Access to Healthcare".

Counseling

- Increased the number of hours of counseling services offered at the South City campus.
- Provided supervised internships to two University of Utah, Masters of Social Work practicum students, Shawn Mansell and Rick Weber. 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 Student Life and Leadership at the "To Write Love on her Arms" workshop to offer depression screening during National Depression Month. Approximately 25 students participated in this event.
- Offered two group counseling sessions during both Fall and Spring semesters entitled "Mindfulness Awareness Group" and "Meaningful Living" which were led by James Renola and Valerie Leavitt with Shawn Mansell and Rick Weber.
- Had an average of 70 hits per month on the Jed Foundation's U-Lifeline, an online college mental health resource site.
- Offered a presentation at the Professional Development Day titled "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 25 faculty members.
- Received an Employee Innovation Grant titled, "Dealing with Students at-Risk for Suicide: Information, Strategies and Resources for SLCC Faculty and Staff", which involves using the QPR method to train faculty and staff to intervene with students at risk for suicide. Scott Kadera and James Renola received certification in the QPR method which allows presentations to be given for three years.

- Presented QPR suicide prevention trainings at staff meetings to a total of 70 staff at Financial Aid, Health and Wellness, Student Services at Jordan Campus and Enrollment Services at SCC.
- In conjunction with the SLCC BIT, composed and finalized the Student Suicide Prevention Protocol for SLCC which was accepted in the Fall of 2013.
- Scott Kadera, Counseling services Manager, was awarded the Student Services Full-Time New Professional Award.

Health Education and Promotion

- Injury Prevention Workshops were offered in classrooms by Licensed Massage Therapists to 2 different campuses (Highland and West Pointe).
- Chair massages were offered in the libraries of Redwood, Jordan and South City campuses during finals week of both fall and spring semesters.
- Initiated the "Freedom from Smoking" Tobacco Cessation program.
- Provided 8 programs and events for students during the Fall and Spring Semesters.
- We were awarded a \$500 grant from the Substance Abuse and Mental Health Services (SAMHSA) for alcohol education and underage drinking prevention programs.
- Five of our student Peer Action Leaders (PALs) attended the BACCHUS conference in Virginia.
- We mailed 1,226 letters to parents of freshmen regarding the alcohol policy.

Assessment Highlights:

Depression Assessment

- A total of 337 new patient charts were pulled to review the PHQ-2 questions from the Medical History Form. Forty-one percent (139) of patients screened positive on the PHQ-2.
- From the 139 who screened positive, 11% (38) received the PHQ-9.
- Thirty percent (101) who screened positive did not receive the PHQ-9.
- These findings demonstrate a need for better screening of our patients and education among clinic staff.