



## **Student Health Services**

### *Wellness Advisory Committee Meeting Minutes*

Tuesday, May 13, 2025

12:30 – 2:00 p.m.

Location: Fine Arts Building Conference Room

The following members attended: Marta Hernandez, Vanessa Delgadillo, Evangelina Marquez, Alex de Jounge, Laurie Brummett, Dr. Rachel Zonca, Dalila Santa Cruz, Donna Gonzalez, Linda Peterson, Christine Bisson, Ashley Kelly-Holden, Sandy Rives, Nakisa Shojaie, Dalia Smith, Herb Kandell, Scarlett Beltran, Veronica Cubillo, Henry Schroff, Jules Bianco, Genevieve Siwabessy, Weston Guerra, Johnnie Owens

1. Introductions- Committee Members present
2. 2024 -2025 updates

Alex displayed power point presentation and the current Program Map to show services and wellness program overview.

- a. Program Overview
  - i. Reviewed data comparing students accessing SHS with overall AHC students. Data shows SHS students scoring higher in retention and success rates but gap is narrowing; SHS students are primarily female but that is common in health care settings, EOPS students continue to access services as a high rate; on track or exceeding in most ethnic categories
- b. Individual clinic utilization data was shared
- c. Active Minds Club update, Alex anticipates more activity and participation from the club next year.
3. Wellness Events 2024- 2025
  - a. Wellness Wednesday continues to be well attended and a success!
  - b. Bow Wow event on both campuses.
  - c. Stress Buster with mini horses is very popular and we will have therapy dogs tomorrow for Stress buster
  - d. Albertsons vaccine clinics are well utilized and we had an increase in Spring semester due to an ongoing Flu season.
  - e. Valentines' Day hallway decoration with inspirational messages and "safe sex" goodie bags (100) Attempted to start a STI services in the health center!
  - f. Nutrition Day partnership with Nutrition and Wellness Club. Very successful!
  - g. The Clothesline Project was wonderful to have this back on campus with NCRC. Had more interaction and participation due to hanging shirts on the canopies also.
  - h. Naloxone training session was provided by Pacific Pride Foundation.
  - i. Grief Support Group is meeting a need and will continue next semester!



4. Wellness Event Planning 2025 – 2026
  - a. TMHA is providing an Alliance for Mental Wellness forum September 17th.
  - b. The presentation flyer will be updated and shared with faculty.
  - c. Discussed the topics of Disordered Eating and Sleep and need for resources and education. We will explore ideas.
  - d. Herb suggested reaching out to the Men's Group to reach this group of students for acupuncture and massage services.

Meeting adjourned at 2:00 p.m.