

YEARLY PLANNING DISCUSSION

General Questions

Program Name Student Health Services **Academic Year** 2023 2024

1. Has your program mission or primary function changed in the last year?
The mission of Student Health Services (SHS) is to provide health and education services with the goal of positively impacting our students' and the college community's current and future health and healthcare decisions.
Student Health Services shares the values stated in the Educational Master Plan 2020 – 2026; connect with students; successful entry; student progression; student completion; transition to transfer and/or gainful employment.
There have been no changes in SHS's mission or primary function this year.
2. Were there any noteworthy changes to the program over the past year?
 - Developed "Wellness Wednesdays" and hosted community partners in tabling and outreach activities.
 - Contracted with sports psychologist to support student athletes.
 - Worked towards compliance in new State legislation:
 - AB461 requires health centers to distribute fentanyl test strips.
 - AB659 requires CCC's are advised to adhere to current immunization guidelines regarding HPV vaccine.
 - Drug Free Schools Act: annual student notification.

Learning Outcomes Assessment

- Please summarize key results from this year's assessment.
Retention and success rates for students who access SHS remain higher than overall students, but that gap is narrowing.
- Please summarize your reflections, analysis, and interpretation of the learning outcome assessment and data.
Pandemic impacts to SHS include a decrease in overall utilization of services which impacts the general analysis and data. Efforts continue to market and educate students of available services and utilization numbers continue to increase.
- Please summarize recommendations and/or accolades that were made within the program/department.
Continued expansion of in person services, marketing efforts, wellness events and general outreach have already shown a benefit with an increase in utilization of services within SHS.
Wellness Wednesdays have increased student participation and expansion of services. Students are made aware of other services available to them at student health services while participating in the event.

- Please review and attach any *changes* to planning documentation, including PLO rubrics, associations, and cycles planning.
None.
3. Were there any staffing changes?
- Contracted with a sports psychologist to assist student athletes 15 hours/ week.
4. What were your program successes in your area of focus last year?
- Continued to support new health center facility planning.
 - Completed job description for a full-time mental health provider and participating in hiring process, utilizing mental health allocation funds.
 - Continued to increase mental health counseling hours in LVC. Welcomed Deborah Redding Stewart back!
 - Worked with Student Services to implement Maxient for behavioral intervention team.
 - Contracted with VCG to provide tele-health mental health services for all students including non-credit students.
 - Developed a community partner survey to explore areas of improvement and partnerships.
 - Student health services was added as a service profile in Successnet with a link to our webpage and request for appointment link.
 - Created a monthly newsletter that is distributed to faculty, staff, and students.
 - Sponsored Naloxone training for faculty, staff, and students with Pacific Pride.

Validation for Program Planning Process:

5. Who have you identified to validate your findings? (Could include Guided Pathway Success Teams, Advisory Committee Members, related faculty, industry partners or higher education partners)
- Student Health Services staff members
 - Wellness Advisory Committee
6. Are there specific recommendations regarding the core topic responses from the validation team?
- More mental health services are needed, however, at this time a full-time mental health counselor position is in the process of being filled.
 - Current facilities are limited, however, at this time a new health center has been built and will be available for use hopefully in the new academic year.

Attached Documents:

- Student Health Services Annual Report 2023 - 2024

Student Health Services



ANNUAL REPORT
2023 -2024



STUDENT HEALTH
SERVICES

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Health Services Staff

Alex de Jounge, MSN, RN, PHN, Coordinator, Student Health Services, is responsible for overseeing Student Health Services. Alex is also the Learning Outcomes & Assessment Committee – Student Services (LOAC-SS) department liaison and develops outcome measures, assists in data collection and analysis. Program outcomes and assessments are used to determine services and resource allocation. She is also the Bulldog Intervention Team (BIT) Committee co-chair which is the campus behavioral assessment team. She is also an active member of Health Services Association California Community Colleges (HSACCC).

Rachel Zonca, OD is the Medical Advisor for the nurse-directed component of Student Health Services.

Lucy Aquino, Office Services Technician I, oversees the daily operations of the office including the student accident insurance, maintains budget expenditures, and contracted agreements. Lucy also is responsible for patient scheduling for all professional staff.

Deborah Redding-Stewart, MA, LMFT, Dalila Santa Cruz, LMFT, Linda Peterson, LMFT, & Silvia Becerra, Associate MFT are mental health counselors. Mental health counseling services are also provided at the Lompoc Valley Center. Counselors participate in wellness events and provide class presentations. They are also involved in Tobacco Cessation counseling and are members of BIT.

Christine Feld BSN, RN & Laurie Brummett, MSN, RN are the college nurses. Christine provided services in the Lompoc Valley Center and completed her MSN in December and took a fulltime position at Cuesta College. Laurie provides nursing services in the Santa Maria health center. Registered Nurses see students in the health center for general health and nursing care, they provide tobacco cessation services, and participant wellness events.

Vanessa Delgadillo, MA & Eva Marquez, MA, Medical Assistants, manage the back office by managing the patient flow, rooming patients, assisting the medical providers, dispensing medications, disposing of expired medications, managing medical supplies, and compliance log books. They also assist in the front office with filing, maintaining the self-care center, answering phones and scheduling appointments when needed.

Dr. Herb Kandel, OMD, provides acupuncture and massage services on a weekly basis during Wellness Wednesday event. He also provides a special clinic for PCPA, LVN and RN students.

Scope of Services

Mission Statement

The mission of Allan Hancock College Student Health Services is to provide health and education services with the goal of positively impacting our students' and the college community's current and future health and healthcare decisions.

Clinical care services include nursing assessment of current health problems, interventions, health counseling, treatment of minor injuries, referrals to other health providers when appropriate, first aid and basic emergency care, and investigation and control of communicable disease. Students access services on a walk-in basis or by appointment. Screenings include but are not limited to Tuberculosis screening, blood pressure, height and weight, BMI, hearing and vision screening. Medical records are kept on each nursing interaction utilizing Electronic Health Records (EHR). Strict confidentiality for both the patient and the medical record are maintained in compliance with HIPAA, FERPA and Confidentiality of Medical Information Act (Cal.Civ.Code 56-56.37). Nursing procedures are reviewed annually and signed by the Coordinator, nursing staff, the Director of Student Services, and the Medical Advisor. **The most common presenting diagnosis for 2023-2024 include: Tuberculosis screening, immunization clearance, Health Check-up, smoking cessation and emergency contraception.**

Mental Health Counseling Services provide crisis management for mental health emergencies, short-term counseling, and awareness programs for alcohol/drug use, eating disorders, and stress management. The counselors utilize an Anger Management Program and a Substance Use Program that students can participate in and receive a certificate of completion. Students access services either through appointments or on a walk-in basis. **The most common presenting problems include: Anxiety, adjustment disorder, and depressive disorder.**

Health and Wellness Education is provided through class presentations, wellness events, Campus Well, resources available on our website, and guided meditation audio files. The program focuses on college health issues with an emphasis on stress management and wellness. Partnerships with other campus departments and community agencies provide a collaborative approach.

Alcohol, Drug & Opioid Safety & Overdose Prevention is address by screening students in the health center for their current alcohol and tobacco use, availability of ECHECKUP to go self-assessment and Naloxone and fentanyl test strips availability in student health services. Education and information are available on the webpage with multiple resources.

Tobacco Cessation services are provided by cessation counselors. Students have access to 8 sessions of counseling, free NRT for 4 weeks, and other incentives.

Student Accident Insurance claims and maintenance of records for student injuries are also the responsibility of Health Services. Health Services provides information regarding low-cost medical and dental insurance plans that are available to students.

PRIMARY CARE

In person, telehealth RN, NP, MD
Acute care & prevention care
Reproductive health care
Tobacco cessation services
Vision screening

MENTAL HEALTH

In person, telehealth counseling
Crisis counseling
Class presentations
Intern supervision
Virtual Care Group

WELLNESS PROGRAM

Class presentations
Wellness Events
Acupuncture & Massage
Wellness Wednesday
Guided meditation
ECheck Up to Go
Campus Well
Opioid Overdose Prevention

SPORTS PSYCHOLOGIST

Clinical & performance counseling
Specific for student athletes
Outreach

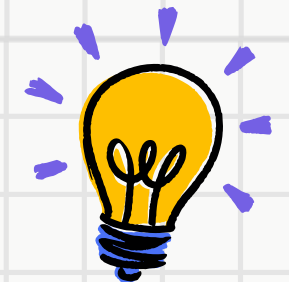
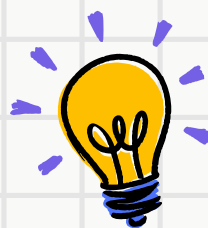
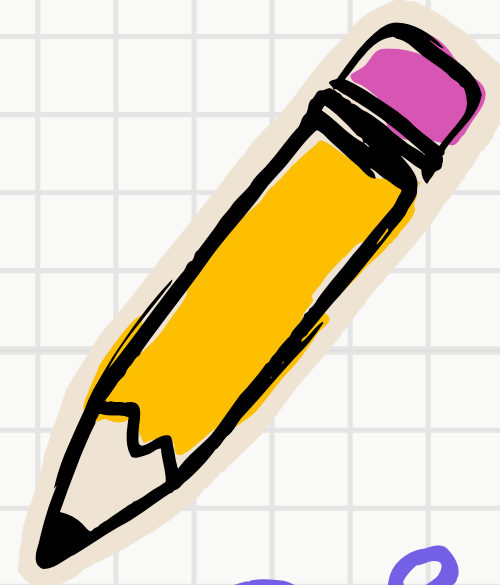
STUDENT HEALTH SERVICES

CAMPUS COLLABORATION

Student Accident Insurance
Communicable disease prevention
Bulldog Intervention Team
Program Learning Outcomes
Program Review

ACTIVE MINDS CLUB

Student led
Monthly meetings
Wellness events
Advocacy & stigma reduction
Student scholarship



Special Accomplishments 2023 – 2024

- ❖ Continued to support new health center facility planning.
- ❖ Completed job description for a full-time mental health provider and participating in hiring process, utilizing mental health allocation funds.
- ❖ Continued to increase mental health counseling hours in LVC. Welcomed Deborah Redding Stewart back!
- ❖ Developed Wellness Wednesdays with community partners tabling.
- ❖ Worked with Student Services to implement Maxient for behavioral intervention team.
- ❖ Worked with Athletics Department and contracted with sports psychologist, Dave Botsford, to embed in Athletics to support student athletes.
- ❖ Contracted with VCG to provide tele-health mental health services for all students including non-credit students.
- ❖ Developed a community partner survey to explore areas of improvement and partnerships.
- ❖ Worked towards compliance with new State legislation:
 - AB461 requires health centers to distribute fentanyl test strips as of January 2024. Student health services now supplies fentanyl test strips with naloxone.
 - AB659 requires CCC's to advise students to adhere to current immunization guidelines regarding HPV. Annual notifications are sent to students via email, text message and portal message.
 - Drug Free Schools Act: Students are notified annually regarding alcohol use.
- ❖ Student health services was added as a service profile in Successnet with a link to our webpage and request for appointment link.
- ❖ Created a monthly newsletter that is distributed to faculty, staff, and students.
- ❖ Sponsored Naloxone training for faculty, staff, and students with Pacific Pride.

Professional Development 2023 - 2024

The following lists the staff development activities for Student Health Services staff members.

Alex de Jounge, MSN, RN, PHN, Student Health Services, Coordinator:

Attended the following courses/events:

- All Staff
- Keenan Clery act overview (1 hour)
- Keenan campus security authority training (0.5 hour)
- CDPH Webinar: what is new with FLU, RSV, and COVID-19 (1 hour)
- CDPH COVID-19 Provider webinar (1 hour)
- Culturally Inclusive Assessment (6 hours)
- HSACCC Statewide conference (10 hours)
- FPACT Training (3 hours)
- Islamophobia and Antisemitism webinar (1 hour)
- CCC Health and Wellness: Building resilience: a journey to person and professional well-being (1 hour)
- CCC LGBTQ Summit (5 hours)
- HSACCC State Meeting (3 hours)
- Human Trafficking Training (2 hours)
- Bixby Center UCSF: Contraceptives for bigger bodies webinar (1 hour)
- FPACT Training (4 hours)
- Naloxone Training (1 hour)

Is a regular participating member:

- Health Services Association California Community Colleges (HSACCC), Institutional Member representative, **Past President 2021-2022, Conference Chair 2022- 2023**
- American College Health Association, Institutional Member representative
- Wellness Advisory Committee, Chair
- Health Services Student Learning Outcomes, Liaison
- Bulldog Intervention Team (BIT) Co-Chair
- Club advisor: Active Minds Club

Presented the following:

- Science and Math department meeting: How to respond to a student in distress.
- Academic Senate presentation: How to respond to a student in distress.
- HSACCC State conference presentation: Wellness Wednesday
- CSUDH Internship supervisor health management department

Professional Development 2023 - 2024

Laurie Brummett, MSN, BSN, RN

Attended the following courses/events:

- Food Gone Bad: Foodborne Illnesses (1 hour)
- Getting Along - How to Work with Anyone (1.75 hours)
- Virtual Grand Rounds: Update of Communicable Disease in Schools (1 hour)
- Re-engineering a sustainable world (1 hour)
- Family Pact - Back Office Training (1 hour)
- Talking with Patients about the updated COVID-19 Vaccine (1hour)
- Family PACT Overview (1 hour)
- Fraud, Waste, Abuse Training (1 hour)
- Documenting Family PACT Services (1 hour)
- CSNO Fall Conference: Type I Diabetes Family Panel Discussion, Nursing Leadership and Team Personality Styles, Food Allergies (3.5 hours)
- Psychogenic Nonepileptic Seizures (1.5 hours)
- Vision Screening: What was...What is...What will be... (1.5 hours)
- Stock Albuterol (1.5 hours)
- Access training (1 hour)
- Naloxone Distribution and Training (1 hour)
- Smoke and Tobacco-Free College Conference (7 hours)
- US Medical Eligibility Criteria (0.5 hour)
- US Practice Recommendations (1 hour)
- Person Centered Contraceptive Counseling (1.5 hours)

Is a regular participating member:

- Wellness Advisory Meeting
- Health Services Association California Community Colleges, Associate Member

Professional Development 2023 - 2024

Dalila Santa Cruz, MA, LMFT

Attended the following courses/events:

- Abuse & Brain Development (3 hours)
- Anxiety and OCD training (1 hour)
- DEI event (3 hours)
- mental health 1st aid (8 hours)
- Cultural Diversity (1 hour)
- Mental health and wellbeing summit (1 hour)
- The invisible War (1 hour)

Is a regular participating member:

- ✓ Health Services Association California Community Colleges
- ✓ Wellness Advisory Meeting
- ✓ Bulldog Intervention Team, Standing Member
- ✓ Club advisor: Lotus Club
- ✓ Provides supervision for Associate-MFT

Linda Peterson, MA, LMFT

Attended the following courses/events:

- CCC Health & Wellness Webinar: Building Resilience (1 hour)
- Human Trafficking (2 hours)
- Safety Training

Is a regular participating member:

- ✓ Wellness Advisory Meeting

Silvia Becerra, MA, MFT-Associate

Attended the following courses/events:

- Islamophobia and antisemitism webinar (1 hour)
- Suicide prevention training (1 hour)
- Access line training (1 hour)

Is a regular participating member:

- ✓ Wellness Advisory Meeting

Professional Development 2023 - 2024

Deborah Redding Stewart, LMFT

Attended the following courses/events:

- Ethics and Tele-mental Health (3 hours)
- Cognitive Behavioral Therapy (4 hours)
- California Law and Ethics (6 hours)
- Comprehensive Overview of DSM-5 (3 hours)
- Anger Management (3 hours)
- Supervision in Mental Health Profession (6 hours)
- Mandatory Abuse Reporting (1 hour)
- Clinical Management of Depression (3 hours)
- Cognitive Behavioral Therapy (3 hours)
- Treatment and Management of Substance Use Disorders (3 hours)

Is a regular participating member:

- ✓ Wellness Advisory Meeting

Vanessa Delgadillo, MA

Attended the following courses/events:

- Front Office Training (2 hours)
- Documenting Family PACT Services (1 hour)
- Fraud, Waste, Abuse Training (0.5 hour)
- Back Office Training (1 hour)
- Family PACT Overview (2.5 hours)
- Title IX: Roles of Employees (0.5 hour)
- Email and Messaging Safety (0.5 hour)
- Fire Extinguisher Safety (0.5 hour)
- Mandated Reporter: Child Abuse and Neglect (1 hour)
- Sexual Harassment Prevention (SB 1343) (1 hour)
- Blue and Green Jobs (2 hours)
- Access Line Training (1.5 hours)
- Wellness Advisory Meeting (1.5 hours)
- Narcan Training (1.5 hours)
- All Staff Day

Is a regular participating member:

- ✓ Wellness Advisory Meeting

Professional Development 2023 - 2024

Eva Marquez, MA

Attended the following courses/events:

- All Staff Day
- Fam Pact Overview Training (2.5 hours)
- Fam Pact Fraud, Waste, Abuse Training (0.5 hour)
- Fam Pact Medical Billing Training
- Documenting Fam Pact Services Training (1 hour)
- Fam Pact Front Office Training (2 hours)
- Fam Pact Back Office Training (1 hour)
- All Staff Day Spring
- Emergency Preparedness Staff Meeting Spring (2 hours)
- Title IX: Roles of Employees (0.5 hour)
- Narcan Training (1.5 hours)
- Smoke/Tobacco-Free College and University Conference (5 hours)
- Wellness Advisory Meeting (1.5 hours)
- Mandated Reporter: Child Abuse and Neglect (Full Course (California)) (1 hour)
- Human Trafficking awareness workshop (2 hours)

Is a regular participating member:

- ✓ Wellness Advisory Meeting

Lucy Aquino, Office Services Technician I

Attended the following courses/events:

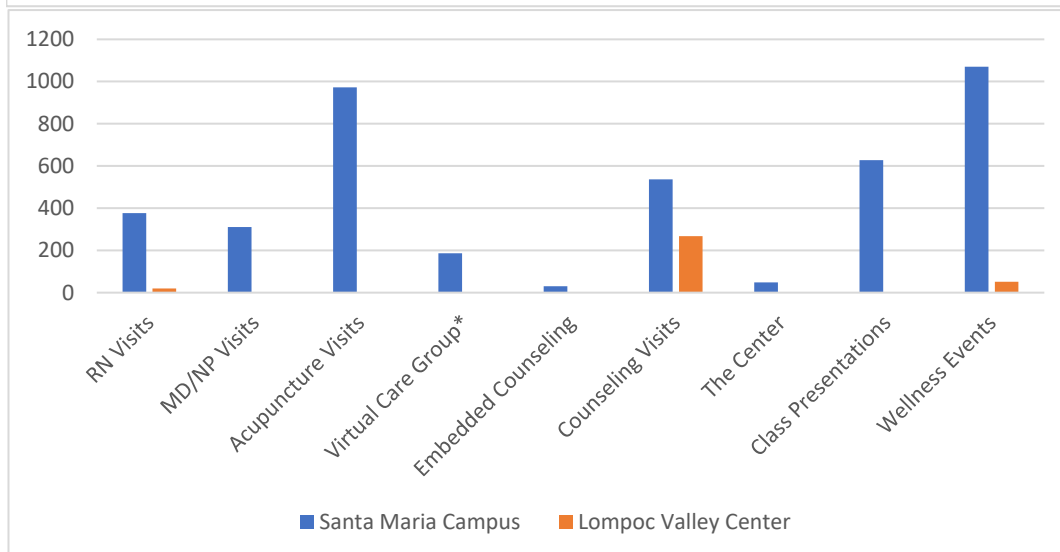
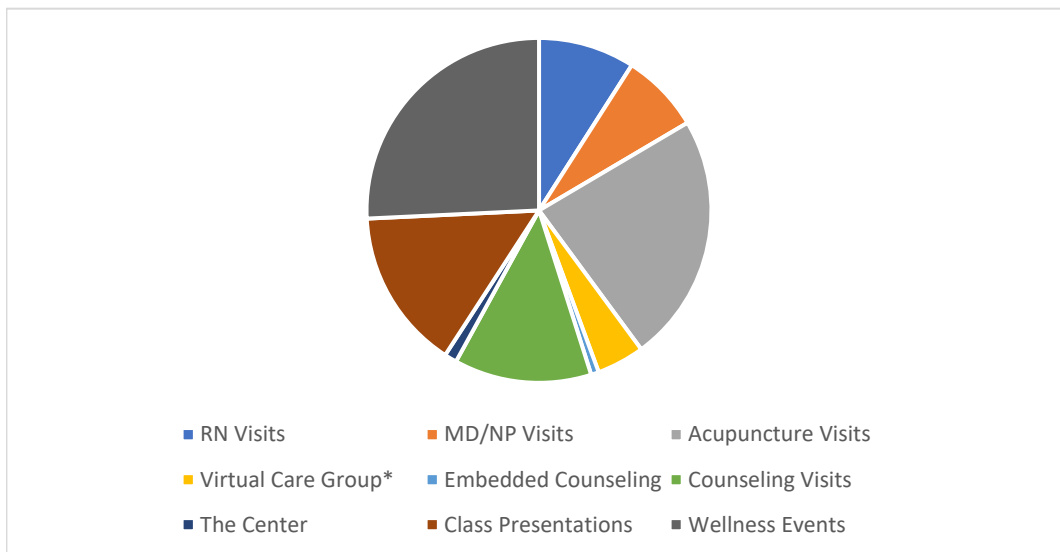
- Mandated Reporter Child Abuse & Neglect
- Email and Messaging Safety
- Title IX: Roles of Employees
- Narcan Training
- All Staff Day

Is a regular participating member:

- ✓ Wellness Advisory Meeting

Student Health Services Contacts 2023 - 2024

	Santa Maria Campus	Lompoc Valley Center	Clinic Subtotal
RN Visits	376	19	
MD/NP Visits	310		
Acupuncture Visits	972		
Virtual Care Group*	186		
Embedded Counseling	30		
Counseling Visits	536	267	
The Center	48		2744
Class Presentations	627		
Wellness Events	1070	51	
Total	4155	286	



Semester Analysis 2023 - 2024

Fall 2022: Total:794 LVC: 105 SM: 689 <u>Winter session 12/12 – 1/12/2023</u> Total 76 (30 RN, 46 MFT)	Spring 2023: Total: 841 LVC: 143 SM: 698	Summer 2023: Total: 176 RN: 62 NP: 40 The Center: 2 MFT: 64 MFT LVC: 8
Fall 2023: Total: 850 LVC: 174 SM: 676 <u>Winter Session 12/11 – 1/11/24</u> Total 56 (27 RN, 29 MFT)	Spring 2024: Total: 684 LVC: 102 SM: 582	Summer 2024

	Fall 2023	Spring 2024
Counseling	Services are in person, phone and tele-health Linda Peterson, L-MFT 12hrs/wk Silvia Becerra, MFT-intern (LVC) 22.5hrs/wk Dalila Santa Cruz, L-MFT 24hrs/wk Deborah Redding Stewart, 10 hrs/wk <u>Total counseling hours available: 68.5</u> Counseling sessions: 446 totals (164 LVC) <u>*Individual students served:</u> DR= 13 DSC= 84 LP= 67 SB= 45 Total= 209; 2.1 average # sessions; 17% no show rate	Services are in in-person, phone & Telehealth Linda Peterson, L-MFT 11.5hrs/wk Silvia Becerra, MFT-intern (LVC) 22.5hrs/wk Dalila Santa Cruz, L-MFT 22.5hrs/wk Deborah Redding Stewart, 10 hrs/wk <u>Total counseling hours available: 66.5</u> Counseling Sessions: 349 (102 LVC) <u>*Individual students served:</u> DR: 12 DSC: 82 LP: 83 SB: 36 Total= 213; 1.7 average # sessions; 21% no show rate
Embedded Counseling		Dave Botsford: Athletics 15 hrs/wk Individual counseling: 30 Presentations: 1 Group Session: 3
RN visits	Nursing hours remained the same *Christine off contract October Total = 222	Hours remain the same *No nurse available in LVC RN visits: 166

Semester Analysis 2023 - 2024

NP & MD Visits	Hours remained the same BC: 9 hrs/wk BA: 5 hrs/we RZ: *2.5 hrs/month, on call consultation Total = 154	Hours remained the same BC: 9 hrs/wk BA: 5 hrs/wk RZ: 2.5 hrs/month, on call consultation Total: 147
LVC	<i>Counseling hours increased to 22.5, including Mondays.</i> Nursing: 19 Counseling: 164 (104 in person) Wellness Events: Bow Wow: 51 Brain Break: 4	No Nurse available: Nursing: 0 Counseling: 102 (65 in person) Wellness Events: Bow Wow: 10 25 year celebration
The Center	*clinic changed to Wednesdays 130 -400 Total: 28	*Clinic every other week Total: 22
Class Presentations	Adej: 18; Student contacts 399 DSC: 2; Student contacts 20 HK:0 ; 0 Student contacts Total: 20; 419 student contacts	Adej: 11; student contacts 223 DSC: HK: 2; 25 student contacts Total: 13: 248 student contacts
Wellness Events	Meditation Workshop: 80 Bow Wow: 95 (SM); 51 (LVC) Albertsons Flu: 50 Albertsons Flu/COVID: 60 Wellness Wednesdays: 146 Brain Break LVC: 4 Alcohol Awareness Event: 26 Stress Buster Event: 150 Total: 742	Meditation Workshop: 80 Bow Wow: 88 (SM), 10 (LVC) Valentines Day treat bag: 100 Albertsons Vaccine clinic: 6 Clothesline Project: 15 Nutrition Day: 45 Naloxone Training #1: 80 Naloxone Training #2: 15 LVC 25-year celebration: 25 Total: 402
Acupuncture	Student contacts: 366 PCPA clinics: 40 Total =406	Student contacts/treatments: 489 PCPA clinic: 17 LVC clinic: 27 RN clinic: 33 Total = 566
VCG	Summer: 25 sessions September: 23 sessions, 47% after hours October: 26 sessions, 30% after hours November: 21 sessions, 29% after hours December: 12 sessions, 33% after hours 107 total sessions, approximate \$829/session	January: 35 sessions, no afterhours data February: 19 sessions, no afterhours data March: 25 sessions, no afterhours data April: 14 sessions, 4 weekend sessions May: June:

Semester Analysis 2023 - 2024

Zoom appointments	NP/MD: 4 LB: 16 AdeJ: 2 CF: 9 DR: 9 DSC: 13 LP: 3 SB: 43 Total: 99	NP/MD: 4 LB: 5 AdeJ: 2 DR: 14 DSC: 22 LP: 3 SB: 12 Total: 62
Telephone appointments	AdeJ: CF: 2 LB: DR: 2 DSC: 8 LP: SB: Total: 15	NP/MD: 0 LB: 0 AdeJ: 1 DR: 11 DSC: 15 LP: 3 SB: 0 Total: 30
In-person appointments	NP/MD: 132 LB: 150 AdeJ: 26 CF: 7 DR: DSC: 143 LP: 71 SB: 104 Total: 633	NP/MD: 33 LB: 65 AdeJ: 21 DR: 0 DSC: 119 LP: 85 SB: 65 Total: 388
Bulldog Intervention Team (BIT)	36 cases	35 cases

Semester Analysis 2023 - 2024

Top DX: Fall 2023

Spring 2024

Diagnosis Frequency Analysis Date Range: 08/21/2023 to 12/04/2023

Code	Diagnosis	Count	100%
Z11.1	Encounter for screening for respiratory tuberculosis	92	15.06%
309.28	Adjustment Disorders, With mixed anxiety and depressed mood	36	5.89%
00161	Nursing Diagnosis Readiness for Enhanced Knowledge	29	4.75%
Z23	Encounter for immunization	29	4.75%
00126	Nursing Diagnosis Deficient Knowledge	28	4.58%
00186	Nursing diagnosis Readiness for Enhanced Immunization Status	25	4.09%
001	ECS Immunization Clearance	22	3.60%
00004	Nursing Diagnosis Risk for infection	20	3.27%
00214	Nursing Diagnosis Impaired comfort	18	2.95%
309.24	Adjustment Disorders, With anxiety	17	2.78%
00162	Nursing Diagnosis Readiness for Enhanced Self-health Management	17	2.78%
Z30.012	Encounter for prescription of emergency contraception	13	2.13%
00035	Nursing Diagnosis Risk for injury	10	1.64%
314.01	Attention-Deficit/Hyperactivity Disorder, Combined presentation	9	1.47%
309.0	Adjustment Disorders, With depressed mood	9	1.47%
0009	BLOOD PRESSURE SCREENING	8	1.31%
Z00.00	Encounter for general adult medical examination without abnormal findings	8	1.31%
00132	Nursing Diagnosis Acute pain	7	1.15%
002022	HEALTH CHECK-UP	6	0.98%
F41.1	Generalized anxiety disorder	6	0.98%

Diagnosis Frequency Analysis Date Range: 01/22/2024 to 05/20/2024

Code	Diagnosis	Count	100%
Z11.1	Encounter for screening for respiratory tuberculosis	78	13.04%
00162	Nursing Diagnosis Readiness for Enhanced Self-health Management	38	6.35%
001	ECS Immunization Clearance	35	5.85%
00161	Nursing Diagnosis Readiness for Enhanced Knowledge	30	5.02%
002022	HEALTH CHECK-UP	27	4.52%
309.0	Adjustment Disorders, With depressed mood	25	4.18%
309.28	Adjustment Disorders, With mixed anxiety and depressed mood	22	3.68%
314.01	Attention-Deficit/Hyperactivity Disorder, Combined presentation	20	3.34%
111	SMOKING CESSATION	14	2.34%
Z23	Encounter for immunization	14	2.34%
Z30.012	Encounter for prescription of emergency contraception	14	2.34%
Z00.00	Encounter for general adult medical examination without abnormal findings	13	2.17%
Z00.0	Encounter for general adult medical examination	12	2.01%
309.24	Adjustment Disorders, With anxiety	11	1.84%
00004	Nursing Diagnosis Risk for infection	9	1.51%
00132	Nursing Diagnosis Acute pain	8	1.34%
F41.1	Generalized anxiety disorder	8	1.34%
01234	Student Worker Physical	7	1.17%
Z03.89	No Diagnosis or Condition	6	1.00%

Students who visited Health Center N=760

Base Data

	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
Headcount	667	628
Enrollment	2,552	2,353
CourseLoad	3.8	3.7
UnitLoad	9.2	8.7
retention%	77%	74%
success%	66%	65%
Overall Average GPA	2.7	2.7

Ethnicity

	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
Ethnicity		
Asian	1%	1%
Black	3%	3%
Filipino	3%	3%
Hispanic	47%	45%
Native American	3%	3%
Pacific Islander	2%	2%
White	42%	43%
Grand Total	100%	100%

EnrollStatus

	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
Student Type Desc		
College Now	0%	1%
Continuing Student	62%	63%
First-Time Student	19%	16%
First-Time Transfer Stude..	6%	7%
Returning Student	12%	14%
Grand Total	100%	100%

Gender

	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
Gender Code		
Female	67%	66%
Male	31%	32%
N	2%	2%
Grand Total	100%	100%

EdGoal

	Ed .. Ed Goal Code (copy)	Term Code / Term Desc	
		202420	202440
		Fall 2023	Spring 20..
A	AA/AS + Transfer	48%	49%
B	Transfer, No AA/AS	6%	5%
C	AA/AS, no Transfer	15%	17%
D	Voc Degree, No Tra..	0%	1%
E	Voc Cert, No Transf..	3%	2%
F	Career Interests/G..	2%	2%
G	Acquire Job Skills	4%	3%
H	Update Job Skills	4%	3%
I	Maintain Cert/Licen..	3%	2%
J	Educational Develo..	2%	2%
K	Improve Basic Skills	1%	0%
L	HS Diploma/GED	0%	0%
M	Undecided	8%	8%
O	4yr Student	5%	6%
Grand Total		100%	100%

EOPS

	Term Code / Term De..	
	202420	202440
	Fall 2023	Spring 2024
Eops Ind		
N	78%	75%
Y	22%	25%
Grand Total	100%	100%

CalWorks

	Term Code / T..	
	2024..	2024..
	Fall 2023	Spring 2024
Calworks Ind		
N	97%	97%
Y	3%	3%
Grand Total	100%	100%

TermAge

	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
TermAge		
<20	37%	30%
20-24	28%	35%
25-34	21%	21%
35-54	11%	11%
55+	3%	3%
Grand Total	100%	100%

CARE

	Term Code / Term De..	
	202420	202440
	Fall 2023	Spring 2024
Care Ind		
N	98%	98%
Y	2%	2%
Grand Total	100%	100%

Athlete

	Term Code / T..	
	2024..	2024..
	Fall 2023	Spring 2024
Athlete Ind		
N	96%	95%
Y	4%	5%
Grand Total	100%	100%

Students who DID NOT visit Health Center

Base Data N

	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
Headcount	11,333	11,022
Enrollment	29,500	27,649
CourseLoad	2.6	2.5
UnitLoad	6.3	6.2
retention%	78%	79%
success%	63%	66%
Overall Average GPA	2.2	2.3

Ethnicity N

Ethnicity	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
Asian	2%	2%
Black	3%	2%
Filipino	3%	3%
Hispanic	45%	46%
Native American	3%	3%
Pacific Islander	1%	1%
Unknown	0%	0%
White	44%	43%
Grand Total	100%	100%

EnrollStatus N

Student Type Desc	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
College Now	25%	29%
Continuing Student	39%	36%
First-Time Student	20%	15%
First-Time Transfer Stude..	6%	7%
Returning Student	11%	12%
Uncollected/Unreported	0%	0%
Grand Total	100%	100%

Gender N

Gender Code	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
Female	53%	53%
Male	46%	45%
N	2%	2%
Grand Total	100%	100%

EdGoal N

E.. Ed Goal Code (copy)	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
A AA/AS + Transfer	37%	38%
B Transfer, No AA/AS	6%	5%
C AA/AS, no Transfer	13%	13%
D Voc Degree, No Transf..	0%	0%
E Voc Cert, No Transfer	3%	3%
F Career Interests/Goals	2%	2%
G Acquire Job Skills	4%	4%
H Update Job Skills	3%	3%
I Maintain Cert/License	2%	2%
J Educational Developm..	3%	3%
K Improve Basic Skills	2%	2%
L HS Diploma/GED	8%	9%
M Undecided	14%	13%
O 4yr Student	3%	3%
Grand Total	100%	100%

EOPS N

Eops Ind	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
N	92%	93%
Y	8%	7%
Grand Total	100%	100%

CalWorks N

Calworks Ind	Term Code / Te..	
	2024.. Fall 2023	2024.. Spring 2024
N	99%	99%
Y	1%	1%
Grand Total	100%	100%

TermAge N

TermAge	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
<20	54%	52%
20-24	20%	21%
25-34	14%	14%
35-54	9%	9%
55+	3%	3%
Grand Total	100%	100%

CARE N

Care Ind	Term Code / Term Desc	
	202420 Fall 2023	202440 Spring 2024
N	99%	100%
Y	1%	0%
Grand Total	100%	100%

Athlete N

Athlete Ind	Term Code / Te..	
	2024.. Fall 2023	2024.. Spring 2024
N	98%	98%
Y	2%	2%
Grand Total	100%	100%

Overall Students

Base Data A

	Term Code / Term D..	
	202420	202440
	Fall 2023	Spring 2024
Headcount	11,455	11,133
Enrollment	29,835	27,950
CourseLoad	2.6	2.5
UnitLoad	6.3	6.2
retention%	78%	79%
success%	63%	66%
Overall Average GPA	2.2	2.3

Gender A

Gender Code	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
Female	53%	53%
Male	45%	45%
N	2%	2%
Grand Total	100%	100%

TermAge A

TermAge	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
<20	54%	52%
20-24	20%	22%
25-34	14%	14%
35-54	9%	9%
55+	3%	3%
Grand Total	100%	100%

Ethnicity A

Ethnicity	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
Asian	2%	2%
Black	3%	2%
Filipino	3%	3%
Hispanic	45%	46%
Native American	3%	3%
Pacific Islander	1%	1%
Unknown	0%	0%
White	44%	43%
Grand Total	100%	100%

EdGoal A

E.. Ed Goal Code (copy)	Term Code / Term ..	
	202420	202440
	Fall 2023	Spring ..
A AA/AS + Transfer	37%	38%
B Transfer, No AA/AS	6%	5%
C AA/AS, no Transfer	13%	13%
D Voc Degree, No Transfer	0%	0%
E Voc Cert, No Transfer	3%	3%
F Career Interests/Goals	2%	2%
G Acquire Job Skills	4%	4%
H Update Job Skills	3%	3%
I Maintain Cert/License	2%	2%
J Educational Development	3%	3%
K Improve Basic Skills	2%	2%
L HS Diploma/GED	8%	9%
M Undecided	14%	13%
O 4yr Student	3%	3%
Grand Total	100%	100%

EnrollStatus A

Student Type Desc	Term Code / Term Desc	
	202420	202440
	Fall 2023	Spring 2024
College Now	24%	29%
Continuing Student	39%	36%
First-Time Student	19%	15%
First-Time Transfer Stude..	6%	7%
Returning Student	11%	12%
Uncollected/Unreported	0%	0%
Grand Total	100%	100%

EOPS A

Eops Ind	Term Code / Term D..	
	202420	202440
	Fall 2023	Spring 2024
N	92%	93%
Y	8%	7%
Grand Total	100%	100%

CalWorks A

Calworks Ind	Term Code / Te..	
	2024..	2024..
	Fall 2023	Spring 2024
N	99%	99%
Y	1%	1%
Grand Total	100%	100%

CARE A

Care Ind	Term Code / Term D..	
	202420	202440
	Fall 2023	Spring 2024
N	99%	99%
Y	1%	1%
Grand Total	100%	100%

Athlete A

Athlete Ind	Term Code / Te..	
	2024..	2024..
	Fall 2023	Spring 2024
N	98%	98%
Y	2%	2%
Grand Total	100%	100%

Outcome Details by Service Area

Planning Year: 2023-2024 (Current)

Student Health Services

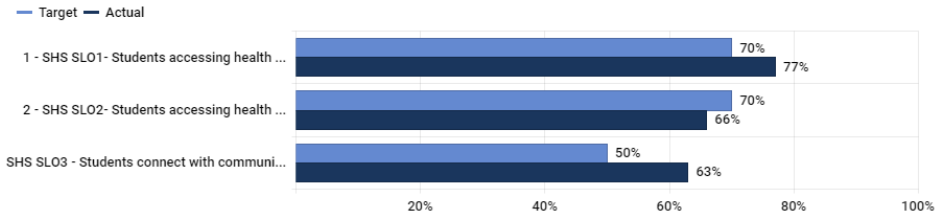
Program Mission Statement

Service Area Goals

No Data Found

Student Services Program Learning Outcomes (PLO)

Outcome Results Summary



1 - SHS SLO1- Students accessing health services

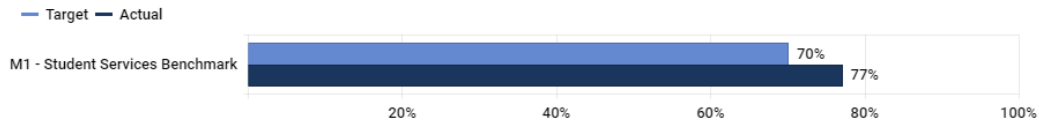
SHS SLO1- Students accessing health services will score a minimum of 80% in retention rates.

Target: 70.00%

Actual Result (Score): 77.00%

Difference Score: +7.00%

Measure Results Summary



Results Detail

Measure	M1 - Student Services Benchmark		
	Student Services Benchmark	Target: 70.00%	Actual Result (Score): 77.00%
Criteria	SHS.C1 - Student Services Criteria		
	Student Services Criteria	Target: 70.00%	Actual Result (Score): 77.00%
Findings	Date: 06/10/2024		
	Notes:	Target Value: 70.00%	Actual Value: 77.00%

2 - SHS SLO2- Students accessing health services

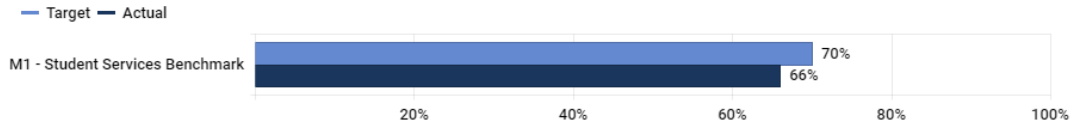
SHS SLO2- Students accessing health services will score a minimum of 70% in success rates.

Target: 70.00%

Actual Result (Score): 66.00%

Difference Score: -4.00%

Measure Results Summary



Results Detail

Measure	M1 - Student Services Benchmark		
	Student Services Benchmark	Target: 70.00%	Actual Result (Score): 66.00% Difference Score: -4.00%
Criteria	SHS.C1 - Student Services Criteria		
	Student Services Criteria	Target: 70.00%	Actual Result (Score): 66.00% Difference Score: -4.00%
Findings	Date: 06/10/2024		
	Notes:	Target Value: 70.00%	Actual Value: 66.00% Difference Value: -4.00%

SHS SLO3 - Students connect with community agencies

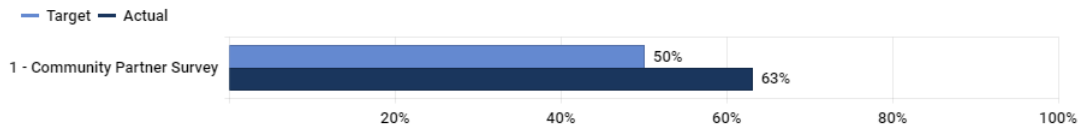
SHS SLO3 - Students will have the opportunity to connect with community agencies for further support and services.

Target: 50.00%

Actual Result (Score): 63.00%

Difference Score: +13.00%

Measure Results Summary



Results Detail

Measure	1 - Community Partner Survey		
	Survey sent to community partners	Target: 50.00%	Actual Result (Score): 63.00% Difference Score: +13.00%
Criteria	1 - Number of scheduled events		
	How many wellness Wednesdays were attended by a community partner	Target: 50.00%	Actual Result (Score): 63.00% Difference Score: +13.00%
Findings	Date: 06/10/2024		
	Notes: There were 30 Wellness Wednesday opportunities and 19 were attended by a community partner.	Target Value: 50.00%	Actual Value: 63.00% Difference Value: +13.00%

- Community Partner Survey
- Student Health Services Orientation Presentation Survey
- Acupuncture & Massage Survey

Agency or department that you represent	Please describe the services that your agency provides?	What population does your agency	What kind of activities would your agency be interested in. Select all that apply.	How can we improve our collaboration and partnership with your agency?	What is your agency's goal if and when partnering with Allan Hancock College Student Health Services?	What is needed to achieve your agency's goals with our partnership?
Santa Barbara County Department of Behavioral Wellness	Behavioral Health Services	All of Santa Barbara County, including underserved populations	Tabling during Wellness Wednesdays;Workshops or presentations;Classroom presentations;Provide specific training opportunity to staff and/or faculty ;Collaborating in providing a specific wellness or educational event;	N/A. So far all interactions/collaborations have been wonderful!	To educate students on our department for them to utilize our resources if they qualify, and to help create a career path/interest for those who would like to work for a government agency and within a behavioral health field.	Proper communication with staff to efficiently plan for outreach and training events.
YouthWell	Mental Health Resources	Youth, Parents, and Adolescents	Tabling during Wellness Wednesdays;Collaborating in providing a specific wellness or educational event;Workshops or presentations;Classroom presentations;Provide specific training opportunity to staff and/or faculty ;Whatever to help support our community;	We have some linkage network meetings that we'd love to invite you to. I think more of an exploratory convo about how we can collaborate.	To increase awareness regarding local mental health and drug use resources for our community.	all the above opportunities

<p>AHC Applied Behavioral Sciences Department, Food Science & Nutrition Program</p>	<p>Education and food for healthy lives!</p>	<p>Community college students</p>	<p>Collaborating in providing a specific wellness or educational event; Nutrition Day;</p>	<p>You are already doing a fantastic job! Emails, social media, and events on campus are all great.</p>	<p>Collaborate to provide information, resources, events, and activities for students to promote nutrition and health.</p>	<p>Financial support for Nutrition Day supplies and activities, logistical support for organizing activities, availability of staff to meet and discuss student health educational issues and opportunities</p>
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Transitions- Mental Health Association	Peer wellness centers, family support services, supportive employment program, 24/7 crisis hotline, mental health trainings and presentations	Adults, youth, older adults, families, in English and Spanish	Tabling during Wellness Wednesdays;Collaborating in providing a specific wellness or educational event;Workshops or presentations;Classroom presentations;Provide specific training opportunity to staff and/or faculty ;Training students to utilize their lived experience with mental health challenges to advocate in our community;	AHC has so many departments that it is difficult to know who to coordinate with. We have an established collaboration with Megan McComas to offer mental health presentations to the nursing students. I met Kurt Kruse and Tawnya Karstrom at the Bow Wow last week and are working on a collaboration to offer mental health trainings to students pursuing a career in law enforcement or medical assisting.	Mental health challenges are common so we strive to normalize conversation around mental health and wellness. We want students and staff to know the early warning signs, how to approach someone in crisis and what resources are available to assist. We want students and staff to know the about the numerous barrier-free programs and services that Transitions- Mental Health Association has to offer in Northern Santa Barbara County.	We are offering mental health presentations and trainings for free. We would be happy to offer Adult Mental Health First Aid and QPR Gatekeeper trainings on a regular basis to AHC staff and students. We want to continue our partnership to offer the Alliance for Mental Wellness at least once a year.
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Student Health Services Orientation Presentation Survey Results:

1. I was aware of Student Health Services before this presentation.

[More Details](#)

[Insights](#)

● Yes	54
● No, this is new information.	109
● Yes, and I have used student he...	6



2. How can you make an appointment with Student Health Services?

[More Details](#)

[Insights](#)

● Call and schedule an appointme...	7
● Use the "request an appointme...	8
● Walk over to building W-12 in S...	4
● All of the above.	150



3. I can receive mental health counseling and support at Student Health Services.

[More Details](#)

● True	169
● False	0



4. This is my first semester at Allan Hancock College

[More Details](#)

[Insights](#)

● Yes	122
● No	47

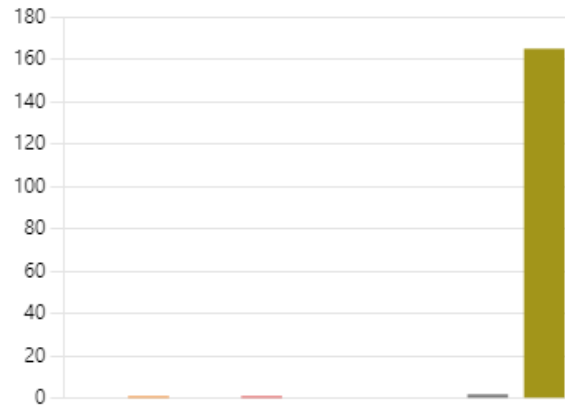



5. What services are available at Student Health Services?

[More Details](#)

[Insights](#)

● Physical health appointment wit...	0
● Family planning services with Th...	1
● Over the counter medications	0
● Acupuncture and massage	1
● Guided meditation	0
● Lab tests such as cholesterol, bl...	0
● Vision screening	0
● Condoms and Plan B	2
● All of the above	165



1	anonymous	Thank you for the information, very helpful
2	anonymous	None
3	anonymous	This is such an amazing program ! Thank you to all the staff members for everything you offer
4	anonymous	Great presentation!
5	anonymous	No comments
6	anonymous	Thank you for this information!
7	anonymous	Do they have glow in the dark condoms?
8	anonymous	i love alex. she's a great worker. give her a raise
9	anonymous	.
10	anonymous	No 🙄
11	anonymous	condomsssss
12	anonymous	Alex's presentation was very knowledgeable and made me very comfortable
13	anonymous	N/a
14	anonymous	Love this information And love the Health Center idea
15	anonymous	Thank you
16	anonymous	Thank you for the information :) it was nice
17	anonymous	No comments for me
18	anonymous	Poggers
19	anonymous	You're great 😊
20	anonymous	You are awesome
21	anonymous	You were great !
22	anonymous	Thank you for your time
23	anonymous	I have already visited the health center this week! Thank you!
24	anonymous	You're the best!
25	anonymous	
26	anonymous	Good presentation helped a lot
27	anonymous	Alex is an amazing person. Thank you for sharing this information!
28	anonymous	Can I get my primary doctor here?
29	anonymous	Very Useful to know about all these Services that the student health services offer.

30	anonymous	Very helpful presentation.
31	anonymous	Loved your presentation, thank you so much for the useful information!
32	anonymous	Thank you for todays presentation it was a lot of good information thank you!!
33	anonymous	Thank you for all the helpful information
34	anonymous	love the energy and vibes
35	anonymous	None
36	anonymous	□
37	anonymous	Great information
38	anonymous	Great Presentation!!!!!!! She was amazing and made everything feel fun and familiar.

Acupuncture & Massage

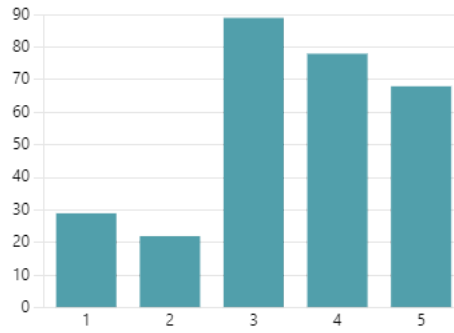
294 Responses

05:06 Average time to complete

Active Status

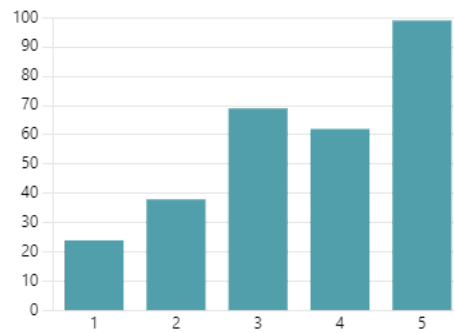
1. What was your level of discomfort when you started today's treatment? 1 = little to no pain/discomfort; 5 = great amount of pain/discomfort (0 point)

3.47
Average Rating

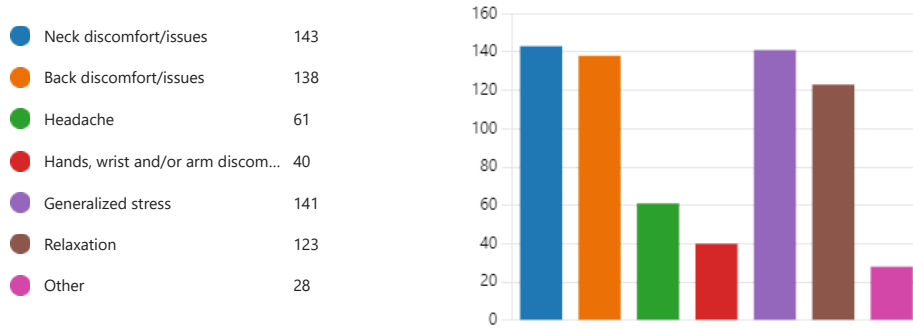


2. Does your current condition have an impact on your academic success? 1 = little/ no impact; 5 = great amount of impact (0 point)

3.60
Average Rating

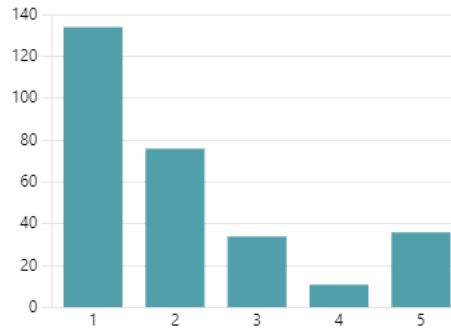


3. What was your primary condition of concern today? (0 point)



4. What is your level of discomfort now after today's treatment? 1 = little to no pain/discomfort; 5 = great amount of pain/discomfort (0 point)

2.10
Average Rating

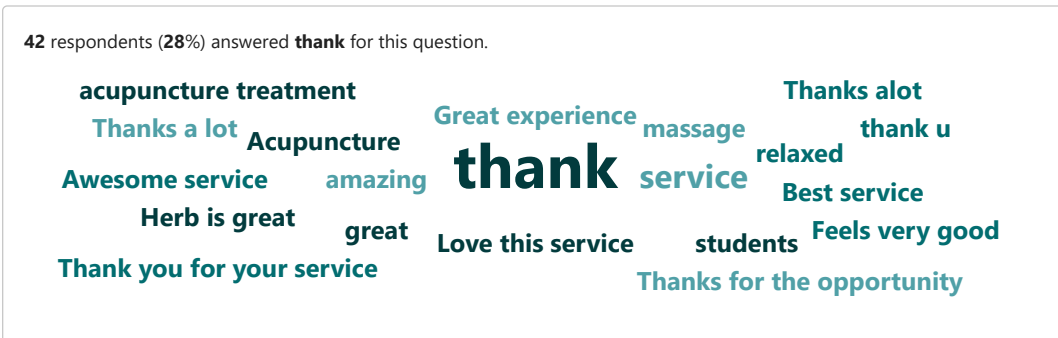




5. Comments: (0 point)

152
Responses


Latest Responses
"Felt great I recommend this a lot"
"Great source to have..... more often please!!!!"

42 respondents (28%) answered **thank** for this question.



1	anonymous	Satisfying
2	anonymous	I highly recommend relaxing and comforting:)
3	anonymous	Exactly what I needed in the middle of a stressful week
4	anonymous	Very nice it helped out thank you
5	anonymous	I love it
6	anonymous	I absolutely love this clinic
7	anonymous	I love how it made me feel so much better
8	anonymous	awesome
9	anonymous	Wow! Thank you so much.
10	anonymous	Very healing
11	anonymous	Awesome service. Thank you!!
12	anonymous	I love it
13	anonymous	Really nice people and 100% recommend
14	anonymous	Thank you
15	anonymous	Accupunture really really helps
16	anonymous	Very friendly and caring
17	anonymous	I feel much more relaxed!
18	anonymous	Everything was great! Vanessa did a wonderful job
19	anonymous	I loved it !
20	anonymous	It was good
21	anonymous	Herb is great
22	anonymous	Thank you so much!
23	anonymous	Very mellow and warm energy! Loved spending time here today!
24	anonymous	I love this clinic 
25	anonymous	Wow! This was the first time I tried massage and it was very helpful. Thank you 
26	anonymous	This is an amazing resource on this campus, connecting students to themselves and each other in ways only ancient medicine can do. Thank you!
27	anonymous	This helped me relax and release tension on my back
28	anonymous	It was amazing

29	anonymous	Thank you
30	anonymous	Great
31	anonymous	Awesome! Works with your time
32	anonymous	I think I might come again next session
33	anonymous	It was amazing, I felt the release and tension that was released
34	anonymous	Acupuncture helps greatly with my anxiety!!!
35	anonymous	Very helpful and relaxing
36	anonymous	Excellent use of hands
37	anonymous	It was great, thank you!
38	anonymous	Neck and hip pain
39	anonymous	Very interesting experience. Would like to receive acupuncture regularly to note effectiveness.
40	anonymous	It is fantastic that acupuncture is offered on campus! I am so grateful. I could feel my body unwinding.
41	anonymous	Very relaxing and friendly staff.
42	anonymous	THANK YOU
43	anonymvous	Good enerav aood people equals less stress highlv recommend
44	anonymous	really nice and quick work. Accurately put pressure on stressed points. felt really relaxed.
45	anonymous	Grateful
46	anonymous	This helped a lot. Thank you
47	anonymous	Im so grateful for these treatments. Really helps with stress.
48	anonymous	Thank you for bringing this service to Hancock
49	anonymous	I feel relaxed
50	anonymous	Awesome. I didn't realize how much I had been missing. Doctor Kendall and Alex.
51	anonymous	The massage helped alot thank you
52	anonymous	Appreciate having this services. Maybe an afternoon in the week will work for other students.
53	anonymous	Thank you!
54	anonymous	Man it helped a whole lott
55	anonymous	Herb was great. Or helped a lot
56	anonymous	Herb was great. Thanks alot
57	anonymous	Amazing services

58	anonymous	Feels very good
59	anonymous	Great experience
60	anonymous	Very relaxed 😊
61	anonymous	Angel
62	anonymous	Amazing
63	anonymous	Cupping is AMAZING
64	anonymous	Supper nice people
65	anonymous	Love this service!
66	anonymous	3 weeks of acupuncture treatment shows improvement. Thank you
67	anonymous	
68	anonymous	Great staffs and treatment
69	anonymous	I appreciate it ! I think if I have a chance I m coming again to improve the best results
70	anonymous	It really did feel amazing. Thank you !
71	anonymous	First time feel like i need to do it again. Ty
72	anonymous	Pretty good

73	anonymous	I love u guys so much thank u for all that you do you have no idea how much you help us in relieving our stress and keeping us focused and well rested 🍷 🍷
74	anonymous	I feel so much better.
75	anonymous	Buen trabajo ayuda mucho
76	anonymous	Amazing thank u!
77	anonymous	I felt really relaxed after and it helped get me a sleep
78	anonymous	This is a fantastic opportunity. I hope that this is able to continue to help the student population and create other healing modalities and supports for us.
79	anonymous	It was very enjoyable, and it opened myself up to a new great experience. Will possibly aquire in the future.
80	anonymous	This is my first acupuncture treatment for current problems and it seemed to help.
81	anonymous	Thank you so much for the massage. It was key in pain relief!
82	anonymous	I love these services, they're the absolute best and I look forward to Wednesday. Thank you . You're awesome
83	anonymous	The treatment was outstanding, I will return
84	anonymous	Amazing people. I felt so calm and peaceful

85	anonymous	We love you guys
86	anonymous	I love this service . It is amazing ! Thanks a lot
87	anonymous	Grateful!
88	anonymous	Very respectful, relaxing
89	anonymous	I've never had any massage or acupuncture done before, so I was incredibly surprised when I participated in both at how amazing it feels. Almost immediate results.
90	anonymous	Lovely people and an overall relaxing service
91	anonymous	thank you
92	anonymous	So good at massaging
93	anonymous	This is a very good program. I loved it when I was attending Allan Hancock and it is so relaxing. Thank you for everything you do for the students
94	anonymous	So thankful for this!
95	anonymous	Alex was wonderful and she listened to my concerns.
96	anonymous	Excellent and beneficial treatment
97	anonymous	This service is wonderful for students. I'm so glad it's here.
98	anonymous	Amazing, glad we have these services

99	anonymous	Great experience. Thank you for your service. Will visit again.
100	anonymous	Love this service
101	anonymous	Thank you so much
102	anonymous	I'm so happy for this
103	anonymous	I got ear seeds to try out.
104	anonymous	Thank you
105	anonymous	Amazing work, felt relaxed and ready to tackle on today's classes and study time.
106	anonymous	Thank you for your services
107	anonymous	Thanks for the therapy.
108	anonymous	Best service ever!!
109	anonymous	It was the day amazing
110	anonymous	The massage help me relax. Thank you Ms Alex
111	anonymous	Thank you for the magical healing hands
112	anonymous	Thank you I Am feeling very Good

113	anonymous	Good fillfelling
114	anonymous	I liked the acupuncture a lot and the massage, it worked very well.
115	anonymous	I feel more relaxed thank you.
116	anonymous	You guys are amazing
117	anonymous	Amazing experience!!!!
118	anonymous	Wonderful experience. Very relaxing
119	anonymous	Thanks for this service
120	anonymous	Best services ever
121	anonymous	Thank you for offering this service for us
122	anonymous	Loved it !
123	anonymous	No comments
124	anonymous	awesome!
125	anonymous	I felt better
126	anonymous	Thanks for the opportunity
127	anonymous	Great session
128	anonymous	I appreciate the treatment
129	anonymous	Thank you
130	anonymous	Excellent service. Thank you
131	anonymous	Really enjoy this opportunity
132	anonymous	Best services ever
133	anonymous	thanks for having for the students
134	anonymous	No complaints
135	anonymous	This helps so much I'm so thankful for these services. Everyone is friendly and knowledgeable
136	anonymous	First time participating
137	anonymous	Amazing!
138	anonymous	The massage and acupuncture made me feel so relaxed. It feels like I'm floating.
139	anonymous	Great variety of different forms of relaxation, always super friendly people
140	anonymous	Awesome service
141	anonymous	Love these services

142	anonymous	Thanks
143	anonymous	Such kind and caring people.
144	anonymous	This really helped me out today
145	anonymous	Always a great experience
146	anonymous	Excellent resource for a curious student like myself!
147	anonymous	Thank you!
148	anonymous	Please student need to know this
149	anonymous	Great service from Mary, Dr Herb and Alex
150	anonymous	Great work cupping now that I can lay down on the blanket! Also did jaw acupuncture it was all very relaxing and awakening! Thanks health team!
151	anonymous	Great source to have..... more often please!!!!
152	anonymous	Felt great I recommend this a lot

Planned Activities & Goals 2024 – 2025

- ❖ Move into new health center facility.
- ❖ Assist in onboarding of new full time mental health counselor.
- ❖ Support Deborah's transition to in-person services in LVC.
- ❖ Continue to work with Athletic sports psychologist to increase utilization and measure program outcomes.
- ❖ Create a flyer for community agencies that provide class presentations for marketing with instructional faculty.
- ❖ Conduct Health Minds Study Spring 2025
- ❖ Participate in Tobacco Screening & Intervention in Community College study.
- ❖ Complete FPACT re-activation and implementation of robust reproductive health care services.
 - Potentially hire a nurse practitioner to provide higher level services.
- ❖ Develop and implement a grief support group for students.
- ❖ Support TMHA to provide the Alliance for Mental Health forum.
- ❖ Continue to support Active Minds Club in increasing membership and adding scholarship opportunity for students.

Area of Focus Discussion Template

EDUCATION AND INDUSTRY PARTNERSHIPS

Education and Industry Partnerships – review relationships with four-year institutions including preparation for transfer and changes in major requirements assess employment as well as review employment and the needs of employers and regional partners. Sample activities include the following:

Possible topics:

- Review relationships with partner organizations and institutions.
- Review relationships with inter-departmental areas.
- Assess partnerships with high schools and other institutions.
- Gather feedback on practices from other institutions and professional development opportunities like conferences and summits.

1. What data were analyzed and what were the main conclusions?
 - Community Partner Survey
 - Community partners indicated high levels of satisfaction with working with Student Health Services and coordinating efforts. Suggestions were made to increase communication with the college at large regarding scheduling class presentations and workshops for select groups of students.
 - Wellness Wednesday attendance
 - There were 30 Wellness Wednesday opportunities this academic year and 19 of those days included a community partner.
 - Acupuncture & Massage Survey
 - Students indicated high levels of satisfaction with services provided at Wellness Wednesdays. Many students left positive comments and indicated a lower pain/discomfort level post treatment.
 - Student attendance for weekly event 2023 – 2024: 760
2. Based on the data analysis and looking through a lens of equity, what do you perceive as *challenges* with student success or access in your area of focus?
 - Wellness Wednesday is obviously offered once a week and may not be a convenient day or time for all students.
3. What are your plans for change or *innovation*?
 - Creating a flyer with community partner information regarding class presentations that can be shared with faculty and staff to create awareness of what topics are available and who to contact to schedule a presentation.
4. How will you *measure* the results of your plans to determine if they are successful?
 - Tracking the number of class presentations and workshops scheduled.
 - Survey faculty and staff satisfaction.

Validation for Program Planning Process: If you have chosen to do the Validation this year, please explain your process and the findings.

1. Who have you identified to validate your findings?
 - We have not chosen to do the validation this year. Information and conclusions are shared with the following groups.
 - Student Health Services staff
 - Wellness Advisory Committee
2. Are there specific recommendations regarding the core topic responses from the validation team?
 - None

Attached Documents:

1. Community partner survey
2. Acupuncture & Massage Outcomes

Program Review Signature Page:

Alex de Jonge

Program Review Lead

Date

Program Dean

Date

Vice President, Academic Affairs

Date

Agency or department that you represent	Please describe the services that your agency provides?	What population does your agency	What kind of activities would your agency be interested in. Select all that apply.	How can we improve our collaboration and partnership with your agency?	What is your agency's goal if and when partnering with Allan Hancock College Student Health Services?	What is needed to achieve your agency's goals with our partnership?
Santa Barbara County Department of Behavioral Wellness	Behavioral Health Services	All of Santa Barbara County, including underserved populations	Tabling during Wellness Wednesdays;Workshops or presentations;Classroom presentations;Provide specific training opportunity to staff and/or faculty ;Collaborating in providing a specific wellness or educational event;	N/A. So far all interactions/collaborations have been wonderful!	To educate students on our department for them to utilize our resources if they qualify, and to help create a career path/interest for those who would like to work for a government agency and within a behavioral health field.	Proper communication with staff to efficiently plan for outreach and training events.
YouthWell	Mental Health Resources	Youth, Parents, and Adolescents	Tabling during Wellness Wednesdays;Collaborating in providing a specific wellness or educational event;Workshops or presentations;Classroom presentations;Provide specific training opportunity to staff and/or faculty ;Whatever to help support our community;	We have some linkage network meetings that we'd love to invite you to. I think more of an exploratory convo about how we can collaborate.	To increase awareness regarding local mental health and drug use resources for our community.	all the above opportunities

<p>AHC Applied Behavioral Sciences Department, Food Science & Nutrition Program</p>	<p>Education and food for healthy lives!</p>	<p>Community college students</p>	<p>Collaborating in providing a specific wellness or educational event; Nutrition Day;</p>	<p>You are already doing a fantastic job! Emails, social media, and events on campus are all great.</p>	<p>Collaborate to provide information, resources, events, and activities for students to promote nutrition and health.</p>	<p>Financial support for Nutrition Day supplies and activities, logistical support for organizing activities, availability of staff to meet and discuss student health educational issues and opportunities</p>
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Transitions- Mental Health Association	Peer wellness centers, family support services, supportive employment program, 24/7 crisis hotline, mental health trainings and presentations	Adults, youth, older adults, families, in English and Spanish	Tabling during Wellness Wednesdays;Collaborating in providing a specific wellness or educational event;Workshops or presentations;Classroom presentations;Provide specific training opportunity to staff and/or faculty ;Training students to utilize their lived experience with mental health challenges to advocate in our community;	AHC has so many departments that it is difficult to know who to coordinate with. We have an established collaboration with Megan McComas to offer mental health presentations to the nursing students. I met Kurt Kruse and Tawnya Karstrom at the Bow Wow last week and are working on a collaboration to offer mental health trainings to students pursuing a career in law enforcement or medical assisting.	Mental health challenges are common so we strive to normalize conversation around mental health and wellness. We want students and staff to know the early warning signs, how to approach someone in crisis and what resources are available to assist. We want students and staff to know the about the numerous barrier-free programs and services that Transitions- Mental Health Association has to offer in Northern Santa Barbara County.	We are offering mental health presentations and trainings for free. We would be happy to offer Adult Mental Health First Aid and QPR Gatekeeper trainings on a regular basis to AHC staff and students. We want to continue our partnership to offer the Alliance for Mental Wellness at least once a year.
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Acupuncture & Massage

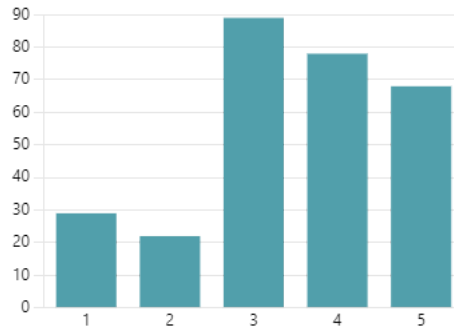
294 Responses

05:06 Average time to complete

Active Status

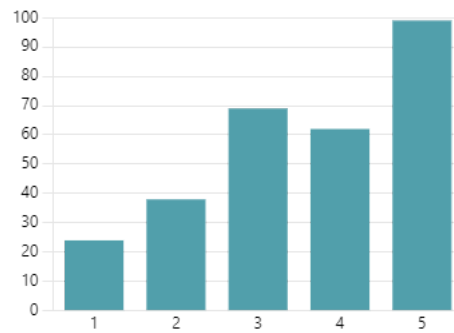
1. What was your level of discomfort when you started today's treatment? 1 = little to no pain/discomfort; 5 = great amount of pain/discomfort (0 point)

3.47
Average Rating

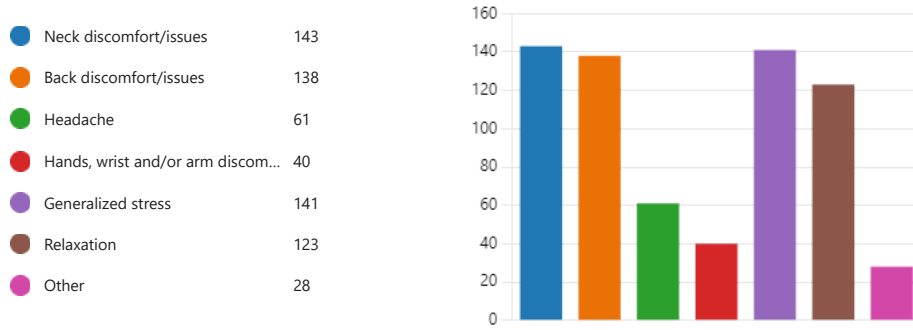


2. Does your current condition have an impact on your academic success? 1 = little/ no impact; 5 = great amount of impact (0 point)

3.60
Average Rating

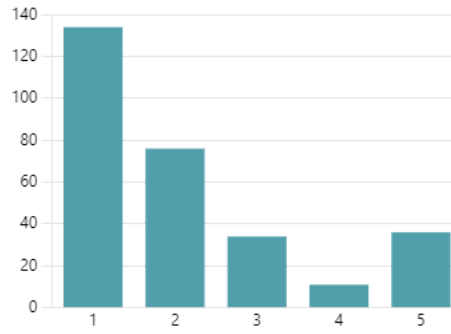


3. What was your primary condition of concern today? (0 point)



4. What is your level of discomfort now after today's treatment? 1 = little to no pain/discomfort; 5 = great amount of pain/discomfort (0 point)

2.10
Average Rating

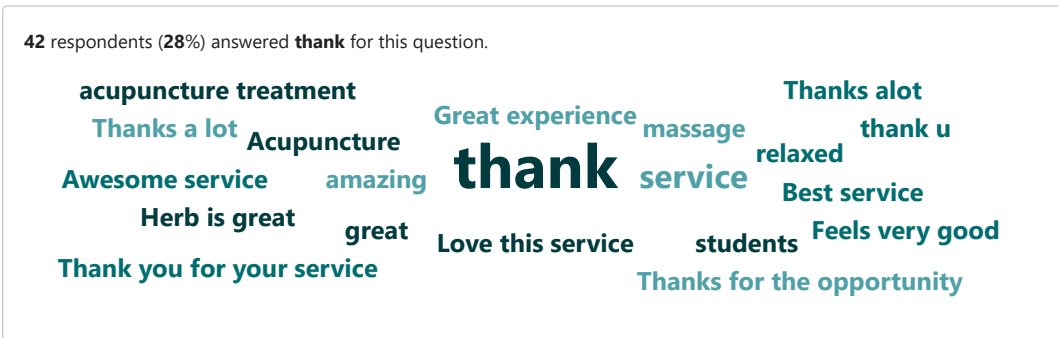




5. Comments: (0 point)

152
Responses


Latest Responses
"Felt great I recommend this a lot"
"Great source to have..... more often please!!!!"

42 respondents (28%) answered **thank** for this question.



1	anonymous	Satisfying
2	anonymous	I highly recommend relaxing and comforting:)
3	anonymous	Exactly what I needed in the middle of a stressful week
4	anonymous	Very nice it helped out thank you
5	anonymous	I love it
6	anonymous	I absolutely love this clinic
7	anonymous	I love how it made me feel so much better
8	anonymous	awesome
9	anonymous	Wow! Thank you so much.
10	anonymous	Very healing
11	anonymous	Awesome service. Thank you!!
12	anonymous	I love it
13	anonymous	Really nice people and 100% recommend
14	anonymous	Thank you
15	anonymous	Accupunture really really helps
16	anonymous	Very friendly and caring
17	anonymous	I feel much more relaxed!
18	anonymous	Everything was great! Vanessa did a wonderful job
19	anonymous	I loved it !
20	anonymous	It was good
21	anonymous	Herb is great
22	anonymous	Thank you so much!
23	anonymous	Very mellow and warm energy! Loved spending time here today!
24	anonymous	I love this clinic 
25	anonymous	Wow! This was the first time I tried massage and it was very helpful. Thank you 
26	anonymous	This is an amazing resource on this campus, connecting students to themselves and each other in ways only ancient medicine can do. Thank you!
27	anonymous	This helped me relax and release tension on my back
28	anonymous	It was amazing

29	anonymous	Thank you
30	anonymous	Great
31	anonymous	Awesome! Works with your time
32	anonymous	I think I might come again next session
33	anonymous	It was amazing, I felt the release and tension that was released
34	anonymous	Acupuncture helps greatly with my anxiety!!!
35	anonymous	Very helpful and relaxing
36	anonymous	Excellent use of hands
37	anonymous	It was great, thank you!
38	anonymous	Neck and hip pain
39	anonymous	Very interesting experience. Would like to receive acupuncture regularly to note effectiveness.
40	anonymous	It is fantastic that acupuncture is offered on campus! I am so grateful. I could feel my body unwinding.
41	anonymous	Very relaxing and friendly staff.
42	anonymous	THANK YOU
43	anonymvous	Good enerav aood people equals less stress highlv recommend
44	anonymous	really nice and quick work. Accurately put pressure on stressed points. felt really relaxed.
45	anonymous	Grateful
46	anonymous	This helped a lot. Thank you
47	anonymous	Im so grateful for these treatments. Really helps with stress.
48	anonymous	Thank you for bringing this service to Hancock
49	anonymous	I feel relaxed
50	anonymous	Awesome. I didn't realize how much I had been missing. Doctor Kendall and Alex.
51	anonymous	The massage helped alot thank you
52	anonymous	Appreciate having this services. Maybe an afternoon in the week will work for other students.
53	anonymous	Thank you!
54	anonymous	Man it helped a whole lott
55	anonymous	Herb was great. Or helped a lot
56	anonymous	Herb was great. Thanks alot
57	anonymous	Amazing services

58	anonymous	Feels very good
59	anonymous	Great experience
60	anonymous	Very relaxed 😊
61	anonymous	Angel
62	anonymous	Amazing
63	anonymous	Cupping is AMAZING
64	anonymous	Supper nice people
65	anonymous	Love this service!
66	anonymous	3 weeks of acupuncture treatment shows improvement. Thank you
67	anonymous	
68	anonymous	Great staffs and treatment
69	anonymous	I appreciate it ! I think if I have a chance I m coming again to improve the best results
70	anonymous	It really did feel amazing. Thank you !
71	anonymous	First time feel like i need to do it again. Ty
72	anonymous	Pretty good

73	anonymous	I love u guys so much thank u for all that you do you have no idea how much you help us in relieving our stress and keeping us focused and well rested 🍷 🍷
74	anonymous	I feel so much better.
75	anonymous	Buen trabajo ayuda mucho
76	anonymous	Amazing thank u!
77	anonymous	I felt really relaxed after and it helped get me a sleep
78	anonymous	This is a fantastic opportunity. I hope that this is able to continue to help the student population and create other healing modalities and supports for us.
79	anonymous	It was very enjoyable, and it opened myself up to a new great experience. Will possibly aquire in the future.
80	anonymous	This is my first acupuncture treatment for current problems and it seemed to help.
81	anonymous	Thank you so much for the massage. It was key in pain relief!
82	anonymous	I love these services, they're the absolute best and I look forward to Wednesday. Thank you . You're awesome
83	anonymous	The treatment was outstanding, I will return
84	anonymous	Amazing people. I felt so calm and peaceful

85	anonymous	We love you guys
86	anonymous	I love this service . It is amazing ! Thanks a lot
87	anonymous	Grateful!
88	anonymous	Very respectful, relaxing
89	anonymous	I've never had any massage or acupuncture done before, so I was incredibly surprised when I participated in both at how amazing it feels. Almost immediate results.
90	anonymous	Lovely people and an overall relaxing service
91	anonymous	thank you
92	anonymous	So good at massaging
93	anonymous	This is a very good program. I loved it when I was attending Allan Hancock and it is so relaxing. Thank you for everything you do for the students
94	anonymous	So thankful for this!
95	anonymous	Alex was wonderful and she listened to my concerns.
96	anonymous	Excellent and beneficial treatment
97	anonymous	This service is wonderful for students. I'm so glad it's here.
98	anonymous	Amazing, glad we have these services

99	anonymous	Great experience. Thank you for your service. Will visit again.
100	anonymous	Love this service
101	anonymous	Thank you so much
102	anonymous	I'm so happy for this
103	anonymous	I got ear seeds to try out.
104	anonymous	Thank you
105	anonymous	Amazing work, felt relaxed and ready to tackle on today's classes and study time.
106	anonymous	Thank you for your services
107	anonymous	Thanks for the therapy.
108	anonymous	Best service ever!!
109	anonymous	It was the day amazing
110	anonymous	The massage help me relax. Thank you Ms Alex
111	anonymous	Thank you for the magical healing hands
112	anonymous	Thank you I Am feeling very Good

113	anonymous	Good fillfelling
114	anonymous	I liked the acupuncture a lot and the massage, it worked very well.
115	anonymous	I feel more relaxed thank you.
116	anonymous	You guys are amazing
117	anonymous	Amazing experience!!!!
118	anonymous	Wonderful experience. Very relaxing
119	anonymous	Thanks for this service
120	anonymous	Best services ever
121	anonymous	Thank you for offering this service for us
122	anonymous	Loved it !
123	anonymous	No comments
124	anonymous	awesome!
125	anonymous	I felt better
126	anonymous	Thanks for the opportunity
127	anonymous	Great session
128	anonymous	I appreciate the treatment
129	anonymous	Thank you
130	anonymous	Excellent service. Thank you
131	anonymous	Really enjoy this opportunity
132	anonymous	Best services ever
133	anonymous	thanks for having for the students
134	anonymous	No complaints
135	anonymous	This helps so much I'm so thankful for these services. Everyone is friendly and knowledgeable
136	anonymous	First time participating
137	anonymous	Amazing!
138	anonymous	The massage and acupuncture made me feel so relaxed. It feels like I'm floating.
139	anonymous	Great variety of different forms of relaxation, always super friendly people
140	anonymous	Awesome service
141	anonymous	Love these services

142	anonymous	Thanks
143	anonymous	Such kind and caring people.
144	anonymous	This really helped me out today
145	anonymous	Always a great experience
146	anonymous	Excellent resource for a curious student like myself!
147	anonymous	Thank you!
148	anonymous	Please student need to know this
149	anonymous	Great service from Mary, Dr Herb and Alex
150	anonymous	Great work cupping now that I can lay down on the blanket! Also did jaw acupuncture it was all very relaxing and awakening! Thanks health team!
151	anonymous	Great source to have..... more often please!!!!
152	anonymous	Felt great I recommend this a lot