



**Behavioral Health and Campus
Wellness Committee Meeting
Minutes**

**Date of Meeting: September 10, 2015
1:30pm – 3:00 pm**

CO-CHAIRS: Brian Stockert & Lori Meyers

MEMBERS PRESENT: Jim Coil, Judy Harris, Mark DiMaggio, Lori Meyers, Carol Moore, Apolinar E. Mariscal, Sherry Titus

MEMBERS ABSENT: Tom Ventimiglia

Guest:

I. Approval of Draft Minutes – 05/14/2015

MSC- (DiMaggio/Moore) The minutes for May 14, 2015 were approved and accepted into the record with corrections.

II. Meeting Schedule

Dean Stockert reviewed the Spring 2016 BHWC schedule with the committee. It was determined that the Committee would be unable to meet in January, due to scheduling conflicts. The committee determined that even though February 11th is a non-instructional day, the meeting would still take place. Meetings already schedule for March 10th, April 14th, and May 12th should all be fine.

III. Change of Committee – Stockert/Meyers

Dean Stockert reported that the Behavioral Health Counseling Services program has seen 81 unduplicated students with 96 total appointments, to date. The demographic shows that a wide variety of people have been seeking services. Brian also stated that there has been a significant reduction in hospitalizations (5150s), and less escalation during crisis. General Counseling has really appreciated the support. People are using the new website, but not necessarily making appointments through it. Jane Conway stated that Health Services has received some calls from faculty regarding the referral protocol.

Lori Meyers reported that when the Depression/Anxiety and the College Student workshop took place, nobody there had heard about the BH website.

Jim Coil reported noticing a unusual trend showing that even during finals week, they are seeing a full schedule of students, with very few no-shows. Jim also reported that the most common conditions he and Ian are seeing are Depression, Anxiety, Relationship Conflict and Homelessness. Brian stated that what he sees as a common thread is the need for more “case management”.

Jane Conway advocated for the District to continue looking at purchasing tracking software, especially in light of SSSP and Student Equity development. Possible vendors are Maxient and Simplicity Advocate. Mira Costa is using Maxient, but not all colleges are using the same program, so the committee will have to discuss it further.

Dean Stockert mentioned that he believes Palomar needs more support courses that are of a cognitive nature as well as a commitment to have a DRC counselor work hours out at Camp Pendleton and Escondido sites. Brian also discussed the need to remember that we are a *community* college, not just a junior college and that there is a lot of need in N. County.

Lori Meyers advocated for peer mentors/educators to assist on campus. Went to a conference at Mira Costa and witnessed, first hand, how they are trained and can be used to present in classroom settings, peer to peer.

IV. Future Wellness Topics - Stockert

Jayne Conway: America College Health Association Behavioral Health Assessment – Palomar is scheduled to do this assessment in Spring 2016. Assessment is adjustable to fit needs of the college and the concerns that we may have. Doesn't want this to get lost in the shuffle. Health Services will pay for the materials, etc.

Dean Stockert would like to see a lot more faculty and staff training in regards to behavioral health issues and concerns.

Lori Meyers attended a live mental health fair at Mira Costa and believes it would be a good idea for Palomar to consider developing one of its own. Lori advocated that events like this are an important part of early intervention. Sherry Titus agreed and went on to state that with early intervention, we can help instructors understand what tools and help are available to them, early in the semester. Jayne Conway was also in agreement and believes it should be addressed during Dept. Chair orientations, as the topic should be regularly reinforced by the chairs of each department. Sherry Titus followed-up by commending the good cooperation happening between the Deans, Chairs and Student Affairs office.

On behalf of the committee, Dean Stockert thanked Jayne Conway for her service on the committee and to Palomar College in general.

VI. Adjournment

The meeting adjourned at 3:01pm