



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

**Date of Meeting: October 25, 2018  
1:00pm – 2:00 pm**

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**Co-CHAIRS:** Olga Diaz & Izabel Solis

**MEMBERS PRESENT:** Judy Harris, Lori Meyers, Christopher Moore, GI Wilson,

**MEMBERS ABSENT:** Melissa Grant, Nicole Roe, Sherry Titus, Kathy Young

**Guests:** Shauna Moriarty

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**I. Approval of Draft Minutes – September 13, 2018**

MSC – Harris/Meyers

**II. BHWC Membership Update – Diaz**

Olga informed the committee that SSPC approved the following two positions to be included in the BHWC Membership: Supervisor, Office of Student Affairs and Behavioral Health Manager.

Discussion was held regarding the addition of the DRC Director to the BHWC Membership. This item will be addressed at the next meeting.

**III. Red Folder Update – Diaz/Solis**

Olga reported that she met with Shawna Cohen and reviewed the contents of the Red Folder. A few edits still need to be made, such as the font, folder color and the elimination of some of the wording. Olga shared the importance of all District employees receiving a copy of the Red Folder. In addition, a flyer listing support services in the local area should be designed which would then be included in the folder to be distributed to students as needed. Izabel offered to work with Jim Coil on the Student Handout. The committee will have the opportunity to provide feedback on the Red Folder before going to print. The goal is to have it ready by the spring 2019 semester. The committee also discussed the importance of providing “crisis” training to all employees. The Red Folder would then be used as a tool to supplement the training.

**IV. Mental Health Grant Update – Harris**

Judy reported that Jim Coil sent an email to individuals across campus that may be interested in serving on the CARE Network Team which would meet on a monthly basis. The Care Network team will apply a coordinated approach to tackling Palomar College’s student mental health needs aimed at fulfilling six key objectives outlined in the Mental Health Services Program grant. Details to follow once the team is formed and meeting dates are established. Judy also reported that we are still waiting on funding from the Chancellor’s Office.

**V. Behavioral Health Counseling Update – Harris**

Judy informed the committee that Health Services is currently conducting interviews to hire another part-time Behavioral Health Therapist. There is a two-week wait time for appointments on the main campus for students to see a Behavioral Health Therapist. The Escondido and Rancho Bernardo Centers have more availability. Students should be referred to these Centers if possible so they can meet with a therapist sooner.

Behavioral Health Therapists will be available M – W, Nov. 19 – 21, during the Non-instructional Days.

Beginning Dec. 17 through Dec.19, 2018, the Behavioral Health Offices will be closed. Students should be referred to off campus resources.

**VI. Online Student Health Fee – Young**

Judy provided a brief synopsis on the history of the online student health fee waiver. In 2017 VP Kahn recommended to the Governing Board that students exclusively taking online classes should not be required to pay the student health fee on the premise that they are not on campus and would not use the service of the Health Centers. The Governing Board approved the recommendation. Professor Young had contacted Judy regarding her concern and that of other faculty regarding this policy. Discussion was held on the concern of

students only taking online classes possibly needing services from the Health Center, especially Behavioral Health Services since many of these students are isolated and could benefit from the help. Some other concerns Professor Young shared with the committee via email are:

- 1) There are Faculty who teach online that were NOT aware about the new policy: that their online students were exempt from the student health fee (and thus, should not be advised to seek health or mental health services on campus when appropriate). They had never heard of such a thing. So clearly there is some communication breakdown somewhere.....
- 2) Neither Lilian Payn (who was the former faculty Distance Education Coordinator in Academic Technology ) nor Steve Perry (who is the current faculty Distance Education Coordinator) appeared to know anything about the recommendation to the Board that online students be exempt from paying the student health fee, and the impact that may have to their use of services. This suggests that faculty from ATRC were not consulted.
- 3) There are Faculty who teach online classes that have stated that they did not think exempting online students from the health fees was appropriate if it meant that their potential health or mental health needs might not be met (or, if services were requested and then provided, would go unfunded).

One suggestion was to make the Health Fee optional. The College cannot deny services to students in crisis. In an effort to help the BHWC make a decision on how to best handle this issue. Olga suggested that Judy work with the Institutional and Research Planning Office and with Connie Moise, Director, Information Services to gather data to share with the Committee.

## **VII. Other – All**

The committee discussed the definition of “crisis”. Further discussion will be held at the next meeting.

Discussion was held regarding the Mental Health Intake Form that Counselors use when meeting with students. Jim is working on a revision of the form. Judy will bring the form to the next meeting for review.

Lori shared that a new Club has been created. Patrick O’Brien and Lori Meyers are Co-Advisors of a student-driven Club “In The Zone” which supports “Neurodiversity”. A flyer was distributed to the Committee.

Discussion was held regarding the various mental health and student support programs available on campus. A suggestion was made that a list be created of what they are and who runs them. Further discussion will be held at the next meeting.

**The meeting adjourned at 2:00pm.**