



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

**Date of Meeting: February 13, 2020  
1:30pm – 3:00 pm**

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**Co-CHAIRS:** Olga Diaz

**MEMBERS PRESENT:** BreeAnna Dail, Pippa Pierce, Loren Pope, Shauna Moriarty, Nicole Roe, Patrick Savaiano, Gary “GI” Wilson, Angelica Yanez, Kathy Young

**MEMBERS ABSENT:** Lorrena Harvey, Chief Moore, Izabel Solis, Sherry Titus

**Guests:**

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**I. Approval of Draft Minutes – November 14, 2019**

MSC – Wilson/Yanez

**II. Mental Health Grant Update/Comets CARE Workgroup - Savaiano**

Dr. Patrick reported that the first grant ends June 30, 2020 and all objectives have been met. The new grant begins on May 1, 2020 – December 31, 2021.

Fall 2019 highlights include: **Plenary QPR Training, 250 students participated in the Week of Welcome, NAMI, Check Your Mood Day, Basic Needs Awareness, Love on a Leash, Film Screening/Trauma & Trauma Informed Care.** 1169 students were reached during the fall semester.

To date, 200+ students have been served in the spring 2020 semester. May is Mental Health Month. There are several events scheduled for this semester which include: **QPR Suicide Preventive Training, Mental Health First Aid, Love on a Leash, Skills Shops offered through the TLC Center.**

Yesterday Comets CARE had its first meeting for the spring semester. The team will be looking at persistence, retention and onboarding. In addition the team will be offering an event in May for Mental Health month.

An individual has been hired, using the grant money to work on the Comets CARE website.

### **III. Behavioral Health Counseling Update – Savaiano**

During the 1<sup>st</sup> and 2<sup>nd</sup> weeks of the semester the office has been busy with student intakes; many more than in the previous semester. Routine Care appointments are booked out for 6 business days. Urgent Care appointments are available daily. There were 585 appointments during the fall 2019 semester with most students only coming in for 1 appointment.

Dr. Patrick is looking at starting a training program for 2 providers in the fall 2020 semester for Doctoral or Master level students that could offer therapy under supervision at no cost for Palomar students. Space is an issue.

Dr. Patrick reported that the Student of Concern Team wanted to remind all staff to report campus incidents on the Incident Report Form. The Form's intent is to help students and make the campus safe.

### **IV. SWAG Update - Savaiano**

The Student Wellness Advocacy Group (SWAG) is led by Alexis Garcia and currently has 6 mentors for this semester. Activities they offer are: **classroom presentations, depression awareness and wellness topics**. On April 11, 2020 the Group will participate in a NCHEA sponsored Wellness and Sexual Assault Conference along with CSUSM and MiraCosta which will be held at MiraCosta College.

### **V. Red Folder Update – Diaz**

Olga asked the committee to review the Red Folder for missing information and/or changes needed which will be discussed at the next meeting.

## **VI. Other**

- a. Loren reported that the Nursing Program currently has 144 students. 92% of the students are participating in the Retention & Recruitment/Peer-to-Peer Program which connects 1<sup>st</sup> semester nursing students to 3<sup>rd</sup> semester nursing students.
- b. BreeAnna reported that the ASG is providing an event on 3/31/2020, Our Minds Our Bodies, which is based on sexual assault. BreeAnna will be participating as a student survivor panelist.
- c. Professor Yanez reported that she is coordinating the Celebrating Ethnic Studies Event scheduled for March 13, 2020. Everyone is invited and anyone that wants to include flyers, brochures etc. to be disbursed or speak at the event can contact her.
- d. Olga reported that the Jewish Family Services MOU which will assist DACA & AB540 Palomar College students with immigration legal services, was approved at the 2/11/2020 Governing Board Meeting. The services will be provided to Palomar College students free of charge starting in mid-March 2020.

**The meeting adjourned at 2:40pm.**