



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

**Date of Meeting: April 9, 2020
1:30pm – 3:00 pm**

Co-CHAIRS: Olga Diaz, Izabel Solis

MEMBERS PRESENT: BreeAnna Dail, Lorrena Harvey, Pippa Pierce, Chief Moore, Loren Pope, Nicole Roe, Patrick Savaiano, Gary “GI” Wilson, Angelica Yanez, Kathy Young

MEMBERS ABSENT: Shauna Moriarty, Sherry Titus

Guests:

I. Approval of Draft Minutes – February 13, 2020

MSC – Dail/Pierce

II. Online Mental Health Options for Students & Staff – Diaz/Savaiano

Discussion was held regarding the various ways to provide online mental health options for Palomar students and staff and the importance to meet with staff during this time either via Zoom or phone meetings not only to check in on work status but also for individual needs. The committee discussed the Zoom and Email fatigue that individuals are experiencing. Some alternative forms of communication include:

- Zoom Workshops on Stress Management for staff and students
- Schedule fun zoom meetings such as “ show your pet day” or “costume day”
- General Counseling can assist with personal counseling. Refer students to counselingdepartment@palomar.edu to schedule an appointment with a counselor.
- Telehealth Mental Health Sessions for students via phone or video meetings

III. Other –

- Loren reported that students were requesting the possibility of getting refunds for classes. It was suggested that students be referred to the Admissions Office for assistance.

- Olga informed the committee that on Palomar's main website there is a COVID-19 link to "Frequently Asked Questions". Students can be referred to this site to answer many of their questions.

- Dr. Patrick reported that Steve Salter, EOPS Director, has a lot of good information that he shared during the Comets Care meeting. Steve will forward the information to Dr. Patrick who will then share with the BHWC.

- Olga reported that Palomar is trying a variety of ways to assist and notify students. Recently an email blast went out to students using the various email addresses they have on file which informed them that they should refer to their Palomar email address for all College related information.

- Olga reported that a new approach is being used for Starfish Early Alert and faculty have been notified.

- BreeAnna reported that ASG hosted a general online assembly which was successful.

- Pippa shared that Kelly Donaghy, Student Activities Coordinator, is working closely with ASG and the Student Clubs to sponsor an online dance party and karaoke event.

- Pippa reported that the Office of Student Life and Leadership is committed to students and are keeping in high touch with them and working with various off-campus agencies such as the North County Food Bank to assist with students' needs. Their office will gather information on the various resources off campus and will create a "Community Corner" on their website which will list the resources available.

- Olga suggested that the BHWC in collaboration with the ASG assist in hosting a dance party for the Palomar College Community. Olga will contact the College's Radio Station to see if they can help with a playlist and she will create a meme for the ASG to post on social media.

The meeting adjourned at 2:30pm.