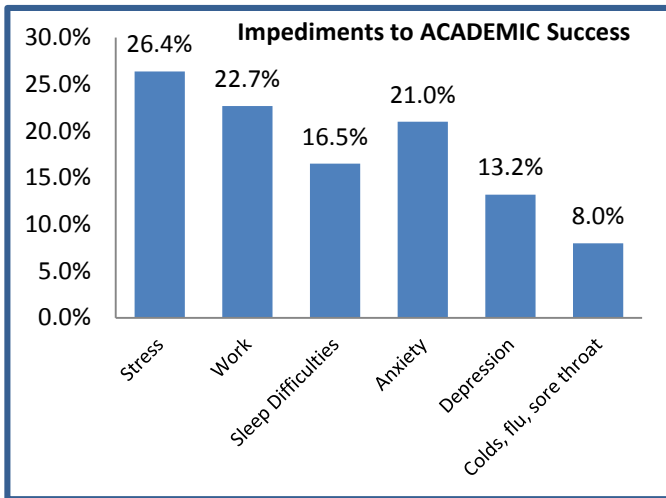


Student Health Services Educational Master Plan 2015-2016

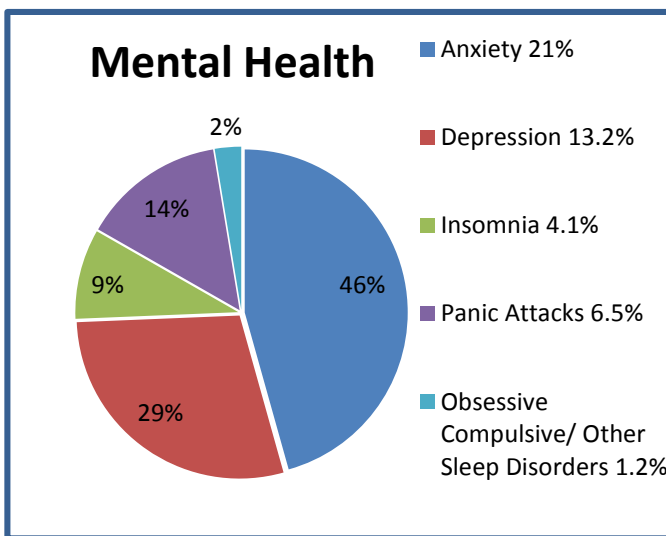


Description:

Student Health Services at SBVC keeps our community of diverse learners healthy so they can achieve their academic goals and fully engage in their education. The department is comprised of nursing professionals, family nurse practitioners, mental health counseling professionals, and support staff. All members of our staff are dedicated to assisting students in accomplishing their personal and educational goals. We assist students in achieving optimal health by providing mental health, physical health, strengths development, and health education services.

Assessment:

The American College Health Association; National College Health Assessment II was administered during Spring semester 2016 and revealed the most prevalent Physical and Mental Health issues at SBVC. A representative sample of SBVC students completed the survey. Some of the most prevalent findings are displayed in figures 1, 2, and 3.



Program Goals:

- Improve the overall health and quality of life for SBVC students through healthy lifestyle changes.
- Continue to refine targeted services to meet the most prevalent needs.
- Facilitate access to needed emotional health and medical health care services for SBVC students.

Challenges & Opportunities:

- Creative and effective use of physical facilities to meet the increased demand of students for services during peak hours.
- Incorporating the campus community in the early identification and referral of students in need of our services.
- Acquire full-time support staff to address the high volume of calls, administrative paperwork, and the competing demands of a blended health office.
- Acquire full-time faculty licensed mental health provider to plan mental health services, be a consistent presence on the campus, respond to mental health crisis, and supervise trainees and interns.

Action Plan:

- Sustain activities such as Strengths, Kognito, and Mental Health Fairs, begun in 2012 to encourage a campus climate of caring, early identification, and referral for suicide prevention and reduction of stigma.
- Begin offering individual Gallup strengths coaching services
- Expand strengths based student success offerings to support student success, equity, and reduce mental health risk.
- Pilot "Stress Solutions-Student Sessions" to assist student in managing stress and begin to learn self-compassion and care.
- Develop key staff positions to enhanced student success and access to services. (FT Nurse Practitioner and MH Counselor)
- Continue "PHQ-4" early identification screening, of students visiting SHS, for symptoms of depression and anxiety.

