

SFAC Spring Meeting #8
6/1/15 8:00AM-10:00AM
SSC 400

Call to Order

Present: Paul Tchir, Jackie Markt-Maloney, Mihiri Ukuwela, Darlene Nguyen, Akshay Tangutur, Mukanth Vaidyanathan, Jennifer Huerta, Norienne Saign, William McCarroll, Sylvia Lepe-Askari, John Hughes

Absent: Prasad Radhakrishna, Ellen Kim, Andrew Thai, Ashraf Ramzy Beshay, Ivan Evans

Approval of Meeting 5-7 Minutes: Motion by Mukanth, second by Akshay

Dyad Updates

1. SLS – dyad complete
2. ICA/Sports Facilities – met with ICA on May 22nd, interesting to see their perspective on how they contribute to health and wellness
Guiding questions for the meeting - General statement of difference. What other sources of income do they have? How they feel about their involvement in wellness? What are their out looking goals towards the future?
Draft of the report will be finalized during the summer along with clarifications on questions about Sports and Recreation.
 - a. Regarding basic distinctions – as SFAC, we’re familiar with how the distinctions are amongst the units of Sports Facilities; however, we want different perspectives on it and different ways of explaining it to our constituents
 - b. With 500 student athletes under ICA, Recreation’s objective is to provide programs and services for everyone. Sports Facilities’ objective is to provide spaces and the services that each unit offers
 - c. ICA has three levels of sporting competition – recreation (amongst students), clubs (at a higher level), athletics (highest skill level, i.e. NCAA, etc.)
 - d. Of the budget for all three units, SFAC was \$800,000 out of \$5.7M – funded student based and impactful programs, 400+ student employee wages, equipment and supplies for programs
 - e. Self-generated income comes from recreation card memberships
 - i. Summer months and holiday break periods generate income from youth camps and sports.
 - f. Sports Facilities upkeep perimeter facilities such as fields, tennis courts, irrigation
 - g. Scholarships make up a big portion of the budget - being Division 2 makes it harder to fundraise
 - h. Perspectives of Health and Wellness
 - i. Recreation – keeping active and healthy, removing stress with services such as the Zone, CAPS (free recreation classes that are covered by mental health fees)
 - ii. Collaboration between Outback Adventures and Academics
 - iii. Sports Facilities – safety, in the sense of renovating Muir field to be less hazardous/worn out

- iv. ICA – holistic approach towards education, physical activity and balance in life, work more individually with students than CAPS can, family away from home, sports psychologists, laboratory for personal development, community building
- i. Future outlooks
 - i. Recreation – referendum to support free programming and lower activity costs by removing the burden of self-generating income, expand student wellness, spaces, leadership programs, marketing
 - ii. Sports Facilities – exterior stage on the edge of RIMAC field, funding priority for getting the stage because of the costs of renting a field
 - 1. Spanos donation center – the main concern is income being diverted to deferred maintenance
 - iii. ICA – Spanos expansion, nutritional program with athletes, use funds to expand and spread the idea of health and wellness across individuals
- j. There’s an expectation that Sports Facilities, Recreation, and Athletics have common and competing interests – most of it comes down to facilities, issue of using self-generated dollars through camps and other outside activities to maintain the costs of these facilities
 - i. One of the concerns is that athletics and recreation are competing for the exact same field times. Sports Facilities wants to cut further into that for concerts, such as an additional concert along with SGF,
 - ii. Points of view:
 - 1. To deny access to those fields for two days to put on a major concert isn’t fair to some of our student body
 - 2. On the other hand, it generates income and will allow them to not divert student fees
 - 3. The “break” is that they’re generating dollars of student fees being directed to field maintenance rather than programs and services that should be supported
 - 4. An outdoor stage could support Commencement, SGF, other major concerts throughout the year
 - iii. Model system of block scheduling – premium scheduling system of always knowing where you are
 - 1. Is it worth it to have a more complex scheduling issue to be able to have these other events?
 - iv. How long does it take to plan these concerts?
 - 1. Sports Facilities carves out the whole calendar with competition dates, while major concerts would be on the block schedule before everything else – recreation doesn’t like it because it’s an unbearable inconvenience to the students and will be taking away field access from the students
 - v. Recreation and Athletics don’t see this stage addition as beneficial
 - 1. It doesn’t affect other athletic facilities, it only affects RIMAC
 - 2. The ripple effect would be that other facilities would be filled
 - vi. Flexibility and balance – if there’s a short term opportunity reschedule those games elsewhere

- vii. Concerts help build community
 - 1. If it were to get proposed, it would resonate well with the students – it's the nature of the student body
 - viii. It's a way to generate more revenue
 - 1. Depends on how many large scale concerts would be held
 - 2. Cost savings in addition to revenue generation, attract maybe 3-4 concerts that could attract 10,000 individuals (not necessarily students)
 - ix. Allocation is short of the need, and student affairs has been asked to find a solution
 - 1. One possible solution is new revenue generation, which comes at the cost of students, meant to offset a cost/siphon off other programs and services
 - x. Bigger issue than just Athletics and Sports Facilities – there should be a wider comment on whether this makes sense for the campus rather than just the three aspects
 - xi. Student Life, ASCE, KP – all support this opportunity to have more smaller scale regular events
 - xii. Cost of construction is from RIMAC – no cost impact to SSF, but SSF is still connected
3. Food Insecurity
- a. Triton Food Insecurity Advisory Committee Meeting - working with Jeremy Snyder to address the Food Pantry and the broader issues behind it, discussing methods of gathering data, other issues related to the pantry
 - b. Exciting campus wide movement to address the issue
4. Safety
- a. Talk about developmental strategies and how students feel
 - b. In order to start the working group with FVDP and on campus police, it would occur in the Fall
 - c. Follow up regarding the lighting changes in Warren, involve a recommendation to continue this effort next year

Spring Quarter Focus Groups

- 1. ERC
 - a. More beneficial to do groups like this in the future - getting that peer to peer outreach and student input was very helpful
 - b. Concerned with the hours of SHS, variety of complaints
 - c. Most significant issue was CAPS
 - d. Information on healthy relationships, information about different kinds of abuse, learning the signs of mental health issues
 - e. Financial stress, lack of study skills, grades, psychological development, struggles accessing financial aid information, little fish big pond syndrome, long term planning, feeling alone or misunderstood as causes of personal stress, mental health and the stigmas related to them, tunnel vision with academics

- f. A lot of students mentioned bad experiences with SHS and difficult hours/wait time, more information about the whole health system, commented on the CAPS wait time, concerned about CARE and publicity about it
 - g. Valuable services - Therapy Fluffies, \$5 bags at SHS with cough syrup, Kleenex, etc., RIMAC, sports, recreation facilities, water dispensers, student health advocates, campus community centers, RA's
 - h. Difficult to access programs because of wait times such as CAPS, emergency hotline, information regarding SHS and outside health care providers, education and communication and how it relates to SHIP, difficult for students who've had to see different doctors every time they visited
 - i. Increased hours and staff would increase access, substance abuse information and resources, stigma on the campus about talking about substance abuse
2. Sixth
- a. CAPS – great resource, needs the most help because of the wait time and there needs to be more staff for CAPS, understaffing issue, desensitizing the staff to students, counselors may need more training, for example, recommendation to student for mediating their stress was meditation, weren't suggested any other practice or guidance regarding the stress
 - i. Should not be promoted with negative stigmas
 - b. Triton Food Pantry – needs support, useful to a lot of students, especially when students begin to run low on dining dollars
 - c. Visibility of the programs and services that we offer – campus dietician was quite useful, but not many people knew about the service
 - d. More RA's should be hired, very useful, the student to RA ratio isn't fulfilling of the normal requirement
 - e. Rec Classes benefit both physical and mental wellbeing
 - f. Therapy Fluffies
 - g. Stress, over involvement of students, assignments and tests, depression
3. Warren
- a. Concerned with the availability of resources, trouble getting appointments with CAPS - shouldn't have to wait as long for something that significant
 - i. Not knowing that health and wellness is related to a lot more services and what it encompasses
 - b. Security - being unsure of the future in terms of career planning, classes, what you're doing with your life
 - c. Support for safe spaces for students to meet with other people - CAPS is useful, but the waitlist is extremely long, should be able to have a safe space for students to communicate; what happens in that room stays in that room
 - d. Lack of bystander intervention training and awareness, sexual assault, what you can do to prevent that, raising awareness on this issue
 - e. the Zone - helps you find the program you need if you're not sure where to go
 - f. Appointments with SHS/medical area - it's confusing, office people aren't available, especially for a freshman getting sick for the first time
 - i. SHS not available on the weekends when people get sick
 - g. Starting with taking away the stigma that mental health is not a big deal/not important - a lot of people think that, makes it a bigger issue

- h. Holistic approach towards connecting the resources with each other so that if you go to one they can direct you to another that can help you more
4. A.S.
 - a. Often times mental health and academics aren't well equipped to mitigate the stressful lives of college students
 - b. Issues with CAPS, smoking still occurs on campus even though we claim to be a smoke-free campus
 - c. Classes that are overwhelming, lots of things to study, teachers only giving overviews of concepts, time management
 - d. Ability to address well-being needs 5/10, 7/10
 - e. Improve academic resources because it's the number one cause of stress for students
 - f. Therapy fluffies
 - g. Sports facilities
 - h. Expand the Zone
 - i. Need to address issues more openly on campus
 - j. Health care is lacking in staff and resources
 5. Importance of CAPS and the need for the campus to respond more robustly to mental health issues
 - a. Stress/mental health associated and substance abuse problems
 - b. Encourage and push the university to have more open discussions regarding this issue
 - c. Student Affairs – hired (2) case managers for the colleges
 - i. See if it's an adequate response to the demand, review their effect at the end of the year
 6. Access to physical health resources such as hospitals – it's interesting that a student would rather sit through the pain rather than going the other resources
 - a. Create a relationship with the greater hospital system – hasn't been fully developed
 - b. Confusion regarding SHIP and what it covers for students
 - c. Extremely inconvenient to go to urgent care if you aren't under SHIP
 - d. Frustration with having outside insurance and working with SHS and local practitioners
 7. Continue to use this model of Focus Groups for the future because of its success

Summer CSF Meeting – UC Irvine, August 29-30

Adjournment

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