

## Minutes

CASSC Wellness Subcommittee

Monday, November 4<sup>th</sup>, 2024 3-4 p.m. via Zoom

### Attendance

		<b>P</b>	<b>A</b>
<b>Chair</b> (Student Wellness Director or designate)	Mara Graham (Assistant Director, Health Services)	x	
<b>Faculty Representative</b>	Kelly McGuire	x	
<b>College Principal</b>	Melanie Buddle	x	
<b>Residence Life Coordinator</b>	Claudia Taylor	x	
<b>TCSA</b>	Kyra Myderwyk	x	
<b>TGSA</b>	Heather Klyn-Hesselink	x	
<b>LEC</b>	Stevie – Dee Carter Eden Cain		x x
<b>OC</b>	Jonathan Nayler Rylin Wormington	x	x
<b>GC</b>	Yugad Shivekam Nagara Phaheezat Awonuga		x x
<b>CC</b>	Shihab Islam Moksha Chopra		x x
<b>TC</b>	Bailey McArthur		x
<b>TISA</b>	Diamond Akinbaleye	x	

### 1.Approval of Agenda

### 2.Welcome and introductions

#### Land Acknowledgement

### 3. Terms of Reference – Review (Mara Graham)

#### a. Inviting other members

- Composition: Mara to take what was discussed and send e-mail out to group for comments (consider: student designate, health services staff)

instead of team lead, FPHL staff or student rep, consent@trent as invited guests).

#### **4. Student Wellness Centre Updates (Mara Graham)**

##### **Student Wellness Centre Structure**

Director of Student Wellness (reports to AVP Students)

→ Assistant Director Student Accessibility Services: Briar Jamieson

- o SAS Admin Assistant
- o SAS Team Lead
- o SAS Advisors/Learning Strategists/Adaptive Technologist
- o SAS Student Staff (2, starting soon)
- o Centre for Academic Testing

→ Assistant Director Counselling: Evan Bates

- o Counselling Admin Assistant
- o Urgent Care Coordinator
- o Counsellors
- o Therapist (Racialized Students)
- o Therapist LGBTQ focused
- o Mental Health Educator and Wellness Strategist

→ Assistant Director Health Services: Mara Graham

- o Medical Office Assistants x 3
- o Registered Nurses (1 FT, 1 PT, 1-2 casual)
- o Physicians (9)
- o Psychiatrist

## Department Specific Updates

→ SAS

- Numbers include Durham and Peterborough (database limitation)

Since Covid, there has been a **31.6%** increase in the number of active students.

Total number of active learners:

2020-2021	1354
2021-2022	1580
2022-2023	1703
2023-2024	1782

### Categories of Disability

Category	Percent
Mental Health/Psychiatric	36
Attention Deficit/Hyperactivity Disorder	29
Learning Disability	16
Chronic Illness/Systemic/Medical	7
Autism Spectrum Disorder	4
Acquired Brain Injury	3
Mobility/Functional	2
Deaf, Deafened, Hard of Hearing	1
Low Vision, Blind	1
Collapsed Categories (N too small and may be identifying)	1

### ☐ Service Delivery:

- Hybrid: learners continue to have the option to meet with an advisor either in-person or remotely via Zoom, providing greater flexibility and accessibility.
- Fast-track: Due to the rising demand for accessibility services, a pilot process was introduced in 2023 to streamline the intake of learners. This

process allowed students with completed, less complex documentation to receive accommodations without initially meeting an advisor, expediting the overall procedure. In 2024, the intake process was further refined to include a follow-up meeting with an advisor to ensure that learners' needs are being met effectively.

- Groups: Social Group for Autistic Students (Tuesdays, 1:30-2:30 p.m.); ADHD Group (Thursdays 3:30-4:30 p.m.) at Blackburn Hall, Office 135\
- Wait times: in September wait times for Intakes was 2-3 weeks; currently November within a week to see an Advisor

□ Centre for Academic Testing:

- The number of test takers at the CAT exam center has significantly increased over the years. From 2021-2022 to 2023-2024, there has been a 62% increase in the number of test takers.

→ Counselling

- Demand for counselling continues at much the same pace as last year
- Appointments typically available same-week and next-week
- Emotion regulation group upcoming in January

→ Health Services

- 2-3 doctors working each day.
- Psychiatrist 1.5 day
- Full time nurse 5 days per week, part time nurse 3 days per week, casual nurse 1 day per week – Mental Health Nursing 1 to 2 days per week
- 3 medical office assistants
- Online registration has been in place just over a year – new patients complete the registration and then call for an appointment.

- o Trying to work on website to keep it up to date with all relevant student health info
- o Some appointments available to be booked online: Mental Health Concern, Asymptomatic STI Screening, Birth Control Counselling, Immunization Form completion, Lifestyle Medicine
- o Lifestyle Medicine appointments now available – preventative approach to medicine (link on website).
- o Urgent care appointments same-day – best to call right when we open at 9 am for one of these spots.
- o Non-Urgent appointments booking as far as three weeks out - always trying to think of ways to reduce this time
- o Alternate clinics – few available in this region makes it challenging for students
- o Working with Mental Health Educator and Wellness Strategist to revamp Peer Health Educator program
- o Stats:
  - ♣ Health Services has seen 855 unique students since beginning of September (until October 31)
  - ♣ 2,027 total appointments (includes physician and nurse appointments (from Sept 5-Oct 31)
    - 844 nurse encounters
    - 50 nurse mental health appointments
    - 75 psychiatry appointments
    - 1058 physician appointments

## **Wellness Ancillary Fee**

CPI for next year not yet established.

Wellness Fee Ancillary Allocation			
		2023-24	2024-25
Total Wellness Fee Undergraduate (FT)		↑ 4.7% CPI	↑ 3.0% CPI
✓ Health	\$72.51	\$74.68	\$76.92
✓ Counselling	\$15.86	\$16.34	\$16.83
✓ SAS/CAT	\$1.17	\$1.21	\$1.25
Total	\$89.54	\$92.23	\$95.00
Per Credit Undergraduate Fee		↑4.7% CPI	↑ 3.0% CPI
✓ Health	\$14.49	\$14.92	\$15.37
✓ Counselling	\$2.81	\$2.89	\$2.98
✓ SAS	\$0.25	\$0.26	\$0.27
Total Wellness Fee Graduate (FT)		↑4.7% CPI	↑ 3.0% CPI
✓ Health	\$88.58	\$91.23	\$93.97
✓ Counselling	\$15.64	\$16.10	\$16.58
✓ SAS	\$1.16	\$1.19	\$1.22

International student wellness (Kelly McGuire)

BIPOC student wellness

LGBTQ+ student wellness

Prioritizing supports for autistic/ neurodivergent students

- Melanie: awareness of services is there but it's about making connections - possibly more direct interactions between SWC staff and students
- Kelly: How does faculty best connect students with wellness/support students?
- Jonathan: There is a SAS advisor and a Therapist who specialize in Autism

## **New Business**

### Flu Clinics / Covid Boosters (Heather)

- Wondering if clinics available on campus
- No clinics on campus this year (PPH normally hosts, they do not have the capacity this year).
- Mara explained Health Services has talked about "roaming" flu shot clinics. COVID vaccine clinics more challenging as multi-dose vials expire more quickly. Flu shots available at Health Services for International Students and Out of Province.

### HEPA Filters on Campus (Kelly)

- Noted that often these devices are not on/plugged in in rooms around campus. Outside of Wellness Centre control – Mara to inquire with Health and Safety to see what protocol is around these filters

**Next Meeting:** Doodle poll to be sent out