

ANNUAL COMMITTEE REPORT

2024-2025 Academic Year

Committee:

Student Health Advisory Committee (SHAC)

Committee Charge:

E00943: Each president or designee shall establish a student health advisory committee. The committee shall be advisory to the president or designee and the Student Health Center on the scope of service, delivery, funding, and other critical issues relating to campus health services. Students shall constitute a majority of membership and the committee may include faculty, administrative, and staff members and shall include a representative from the Student Health Center. A student shall chair the committee.

Committee Staff:

Kathy Yarmo, Co-Leader, Advisor – SHCC Staff

Jocelyn Velazquez, Co-Leader, Student

Lorena Flores, Medical Subcommittee Chair – SHCC Staff

Dennice McAlister, CAPS Subcommittee Chair – SHCC Faculty

Danielle Mendoza, Wellness Subcommittee Chair – SHCC Staff

Dr. Jenelle Gilbert, Faculty Member

Dr. Jesse Scaccia, Faculty Member

Dr. Caio Sarmento, Faculty Member

Sydney Firstman, ASI Representative, Student

Niyah Heshmati, Student

Noeleen Kitongan, Student

Victoria Lee, Student

Ivan Soto, Student

Mike Ursini, Student

Rynee Wijesinghe, Student

2024-2025 Goals:

CAPS Subcommittee Goal:

1. Create an event to focus on helping students to forge social relationships to increase healthy socialization.

Medical Subcommittee Goal(s):

1. (fall) Focus on scooter safety and how to add to what has already been done to take the education to the next level such as helping students be more aware of the rules on campus and/or rolling out a helmet campaign.
2. (spring) Continue with the scooter safety project or focus on increasing awareness of the Student Health and Counseling Center.

Wellness Subcommittee Goal(s):

1. (fall) Create a new version of *Wellness in the Classroom* and find ways to promote it to faculty.
2. (spring) Identify ways to improve the marketing of the outdoor Fitness Court and brainstorm new programming for the outdoor Fitness Court.

Accomplishments:

CAPS Subcommittee: The first speed friending event was held on December 11, 2024, at 4:00 PM at the RSU. Approximately 20 to 30 students attended, many of whom stayed through all activities, reported positive connections and engagement. The final speed friending event of the year took place on April 4, 2025, near the campus free speech area. The event was successful and drew over 100 students. It reinforced the Subcommittee's commitment to student well-being, inclusion, and connection.

Medical Subcommittee: Partially met. While not able to enact a specific intervention, the committee was able to review the Student Accident Injuries Reports provided by the Environmental Health & Safety (EHS) Department. During this time, the Subcommittee was notified that the Occupational Health & Safety Committee (OHSWC) would take on the task of submitting feedback and suggestions to the CSU Administration concerning scooter safety. The Subcommittee was given the opportunity to add feedback and suggestions to the OHSWC report and is awaiting the OHSWC review to see if SHAC can play a role in helping with those efforts.

Wellness Subcommittee: Revamped Wellness in the Classroom (added student testimonials, examples of how to implement wellness practices, etc.) The Subcommittee plans to launch *Wellness in the Classroom* in Fall 2025. In addition, possible collaborations have been planned with the Rec Center for the Outdoor Fitness Court by them possibly offering a weekly class for Fall 2025. A kickoff event at the beginning of Fall 2025 is also being planned. It was also determined that Dr. Gilbert will be meeting with the graduate students who teach the KAC21 (Strength/Conditioning course) to encourage them to use the fitness center throughout Fall 2025.

Goals for 2025 - 2026

Below please find goals submitted by each Subcommittee Chair at the end of this academic year. During May 2025 interviews for the new and continuing SHAC student leaders, each applicant will be asked for project or priorities to focus on in the upcoming year. This feedback will be integrated into the first SHAC meeting of the fall 2025 semester to help the subcommittees solidify their goals for the 2025-2026 academic year.

CAPS Subcommittee Goal(s):

1. Promote the utilization of Group Therapy.

Medical Subcommittee Goal(s):

1. Create an Emergency Action Plan Campaign for students and faculty.
2. Create classroom educational flyer/resource that can be posted in all classrooms to provide guidance on steps on how to handle an emergency in the classroom setting.

Wellness Subcommittee Goal(s):

1. Continue to identify ways to improve the marketing of the Outdoor Fitness Court and create new programming for the Outdoor Fitness Court, as well as for the Bulldog Walking Trails.
2. Expand *Wellness in the Classroom*.