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Student Wellness, CSUF

Health Center Fee & Health Facilities Fee

“Providing the Services and Support to Achieve Your Highest Potential”

STUDENT WELLNESS

Overview

- ▶ Governance
- ▶ Health Center Fee History
- ▶ Fee Proposal Fall 2011
 - What was Proposed
- ▶ What We Have Accomplished
 - Mental Health Services
 - Education and Prevention
 - Integration of Services
- ▶ Revenues and Expenditures
- ▶ Health Facilities Fee
- ▶ The Future
 - Integration and Utilization of Space
 - Continued Integration of Services
- ▶ Questions & Discussion

Governance

Executive Director

Director of
Counseling and
Psychological
Services

Director of
Disability Support
Services

Director of
Health Services

Coordinator of
TitanWELL

Student Wellness



Governance

(Applies to both Health Center Fee and Facilities Fee)

- ▶ SWET (Student Wellness Executive Team)
- ▶ Management Team
 - Directors and Leads from all areas of Student Wellness
 - SHAC President
- ▶ SHAC (Student Health Advisory Committee)
 - Students
 - Faculty
 - Staff
- ▶ Executive Orders 943 and 1053
 - AAHC Accreditation (Accreditation Association of Ambulatory Health Care)

Health Center Fee History



Nurse Couper

- ▶ The *Policy of the Board of Trustees on Student Health Services* was adopted initially as a comprehensive system-wide policy in 1977. This original policy was revised in May 1988 and required that basic student health services, covering treatment for illnesses and injuries, family planning services, health education, and counseling for individual health problems, be available to all regularly enrolled students at no additional charge. In addition, the policy allowed campuses to offer additional elective, “augmented” services free of charge or for a fee.

From 2001 Audit Report

More History

- ▶ In the early 1990's, a dramatic change to the fiscal climate prompted a reevaluation of the existing policy. Several CSU campuses reported an inability to provide basic health services without additional revenue. Accordingly, in November 1992, the Board of Trustees delegated to the Chancellor the authority to approve exceptions to the fee restrictions of the policy. Such exceptions were permitted with the understanding that a task force would undertake a comprehensive review of the provision and financing of student health services.
- ▶ 1994 – CSUF Students Voted for a Mandatory Health Fee of \$40 per year

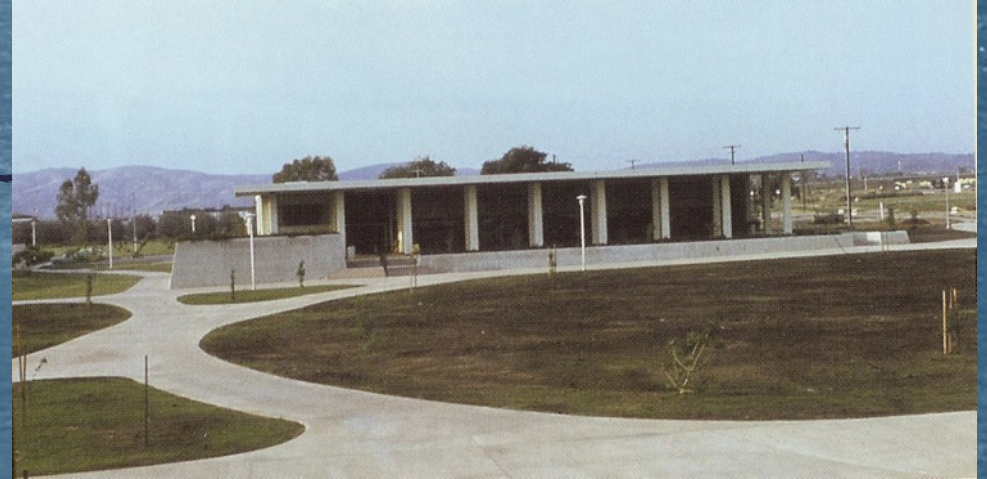
Even More History

- ▶ 1997/98 Fee was \$50 per year
- ▶ 10 Year Health Center Fee History

CAMPUS BASED FEES

Health Services	\$85	\$90	\$90	\$90	\$90	\$140	\$148	\$156	\$160	\$160
FISCAL YEAR	06/07	07/08	08/09	09/10	10/11	11/12	12/13	13/14	14/15	15/16

- ▶ In August 1995, Executive Order 637, *CSU Policy on Student Health Services* was issued
- ▶ Updates to the Executive Order
 - 2002 - EO 814
 - 2005 - EO 943



What Was Proposed and Approved in Fall 2011

Health Center Fee



Increase Fee Incrementally from \$45/sem. to \$80/ Sem. (\$2 increments/Fall 2015)

- ▶ Increase number of Mental Health Counselors to from 10-14
 - 3500/3600 to 1 ratio
- ▶ Case Manager
- ▶ Increase Psychiatric Care
- ▶ Additional Receptionist
- ▶ After Hours Phone Crisis Service

Health Center Fee Purpose

- ▶ International Recommendations for Counselor to Student Ratio – 1 to 1000/1500
- ▶ Growing Nation-wide Mental Health Crisis on Campuses
- ▶ Data From our Campus
 - Health Minds Survey
 - National College Health Assessment (NCHA)
 - Major Depression
 - Aggressive Behavior
 - Considered Attempting Suicide (9% - 3,240)
 - Made a Suicide Plan (3% - 1,080)
 - Attempted Suicide (1% - 360)

Health Center Fee Rationale and Purpose

- ▶ Increased Demand
- ▶ Increased Severity
- ▶ Increased Housing On Campus
- ▶ Barrier to Access in the Community/Cost
- ▶ Training for Faculty, Staff & Students
- ▶ Campus Resource for a Safer Campus Community



What Has Been Accomplished

- ▶ 16 ½ Counselors
 - Including 1 full time person at the Irvine Campus
 - Plus 3 Doctoral Interns from our APA Accredited Internship Program
- ▶ 1 Case Manager
- ▶ Receptionist
- ▶ Ratio Change: 1 to 2,285 With Interns: 1 to ~2,000
- ▶ Increased Psychiatric Services
 - Addition of Full Time Psychiatric Nurse Practitioner
- ▶ After Hours 24/7 Call Service ProtoCall



More Accomplishments

- ▶ Addition of Pharmacist
- ▶ Addition of 2 Nurse Practitioners in Health Services
- ▶ Expanded Campus Support and Training
- ▶ Expansion of Titan WELL/Health Education and Prevention
 - HUT – On campus 4 hours a day, in different locations, Monday-Thursday
 - BACCHUS Peer Health Educators
 - Nutrition Advocates/Peer Program
 - Active Minds
 - Addition of Health Educator and Dietician



And There's Even More!



▶ Wellness Classes

- Art of Wellness
- Mood Wellness
- Stress Wellness
- Thought Wellness
- Yoga as Healing

▶ Student Wellness Without Walls

- The TitanWELL Hut
- Collaboration with many areas on campus
- Fullerton Flu Fighters

▶ Student Wellness Integration

- Addition of Wellness Integration Specialist
- Space Renovations for additional Offices
 - Central Nursing Station
 - Medical Records conversion to Administration



Ongoing Basic and Augmented Services

- ▶ Primary Care Medical Visits
- ▶ Radiology
- ▶ Pharmacy
- ▶ Family PACT Family Planning Services
- ▶ Laboratory Services
- ▶ Immunization Services
- ▶ Counseling
- ▶ Psychiatry
- ▶ Physical Therapy
- ▶ Chiropractic
- ▶ Acupuncture
- ▶ Optometry
- ▶ Walk-In Care



2016-17 System-wide Health Center Fees

Long Beach	\$90*	San José	\$290*
Northridge	\$120	Bakersfield	\$296*
Dominguez Hills	\$150	San Diego	\$300
Fullerton	\$160	San Marcos	\$302
Los Angeles	\$165	San Luis Obispo	\$308
Monterey Bay	\$186	San Francisco	\$314
Channel Islands	\$190	Stanislaus	\$376
East Bay	\$225*	Sonoma	\$388
Fresno	\$226	Humboldt	\$428
Sacramento	\$232	Maritime	\$680
San Bernardino	\$247		
Pomona	\$265		
Chico	\$270		

**Does not include Counseling services*

CSU Average
Health Center: \$269

Health Center Fee Revenue

\$160 X 40,000 students = \$6,400,000

Summer Fees \$80 X 4,500 students = \$ 360,000

Total Estimate = \$6,760,000

Total Revenue Actually
Collected Last Year = \$6,773,445

Health Center Fee Expenses

▶ Salaries \$6,385,050

- Management Salaries
- Counseling
- Psychiatry
- Health Services
- TitanWELL
- Benefits

▶ Supplies \$275,677

- Promotional Items
- Supplies & Services

Total: \$6,660,727

The Numbers!

TitanWELL 2015-16



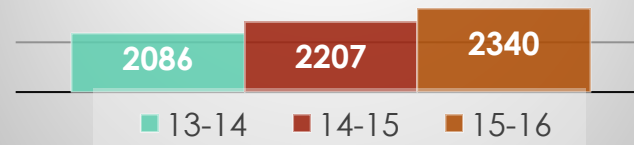
- ▶ The total attendance for workshops, individual appointments, campus events, and the PHUN Hut was **39,424**
- ▶ Presented 4 different sessions at the national BACCHUS Convention:
 - Geek Up the Party
 - Sleep Eazzzy
 - Dog Therapy Pilot Program
 - Nutrition Advocates
- ▶ Programming included:
 - Sleep Health
 - Stress Management
 - Nutrition Workshops
 - Step Up Bystander Intervention for Sexual Assault
 - Sexual Health
 - General Wellness – Find Your Balance
 - Alcohol and Other Drugs
- ▶ Collaborations:
 - University 100, New Student Programs, American Language Program, Fraternity and Sorority Life

More Numbers!

CAPS 2015-16

- ▶ 6% of the CSUF student body used services at CAPS
- ▶ Provided 9,983 counseling and 1,829 psychiatric appointments which were utilized by 2,340 students
- ▶ Each semester, CAPS offered 6 weekly psychotherapy groups to provide students with added counseling support
- ▶ Case Management was provided for 222 students with 311 case management appointments
- ▶ Participated in 201 Outreach Events, serving 4,081 students

Students Served



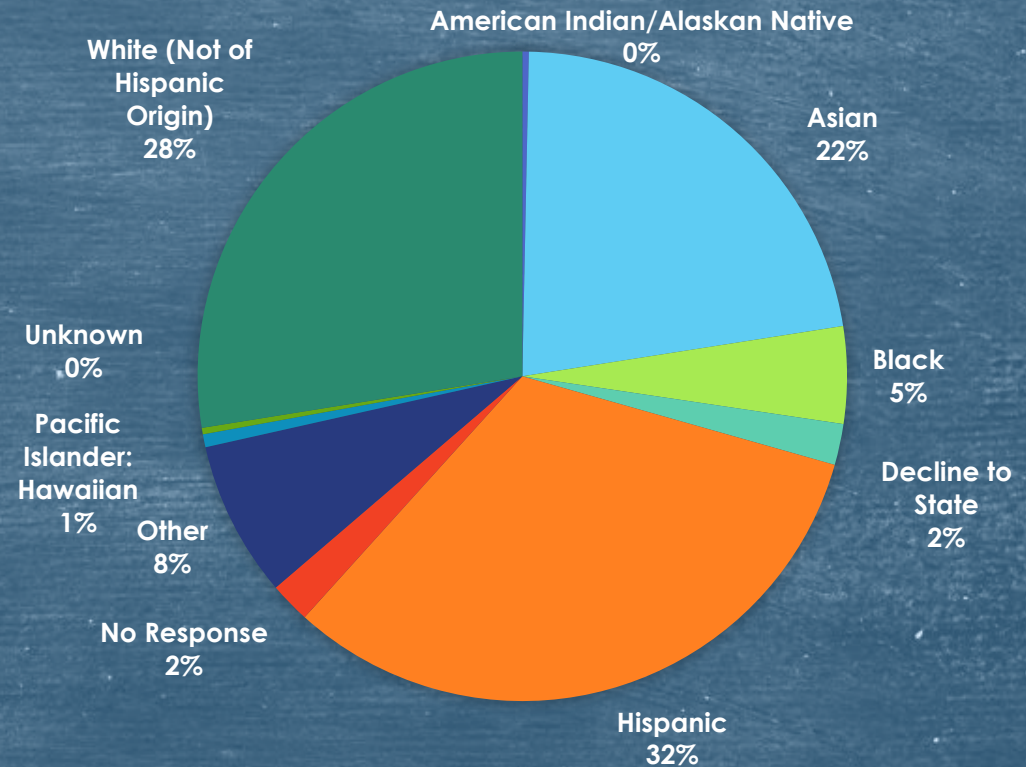
- ▶ Yoga as Healing and Eating Task Force Added
- ▶ 59 Wellness Workshops were offered
- ▶ **Daily Walk-in/Crisis** : 464 appointments for 437 students – Up from 378 last year
- ▶ **Irvine Campus**: 1 Full time counselor provided 471 psychotherapy appointments to 99 students—a 61% increase from the previous year

And Even More Numbers!

Health Services 2015-16

- ▶ 47,268 medical appointments up from last year by over 10,000 visits
- ▶ **53% of all CSUF students or 20,906 individual students** accessed medical care at Health Services

▶ Patients by Ethnicity



Health Facilities Fee History

- ▶ History:
 - Started Early 1970s to pay for new building
 - Cost \$1.75 Million
 - \$3 per semester/\$6 per academic year
 - Has never increased
- ▶ The development and operation of health center facilities, on CSU campuses, has been authorized as a self-supporting program. Education Code statutory authority permits the trustees to establish a mandatory facility fee for the construction and maintenance of health center facilities. The statutes in the California State University Bond Act of 1947 permit the Board of Trustees to use an established mandatory health center facility fee as a revenue source to repay bonds issued by the Trustees in order to fund the construction of health center facilities on CSU campuses.



2016-17 System-wide Health Facilities Fees

Monterey Bay	\$0	Los Angeles	\$8
Bakersfield	\$6	San Luis Obispo	\$10
Channel Islands	\$6	Stanislaus	\$18
Chico	\$6	Maritime	\$21
Dominguez Hills	\$6	San Bernardino	\$26
East Bay	\$6	Sonoma	\$34
Fresno	\$6	Sacramento	\$44
Fullerton	\$6	San Diego	\$50
Humboldt	\$6	San Marcos	\$50
Long Beach	\$6	San José	\$118
Northridge	\$6		
Pomona	\$6		
San Francisco	\$6		

CSU Average
Health Facilities: \$20

Health Facilities Fee Revenues & Expenditures

▶ Estimated Budget:

Revenue:	\$6 x 40,000 =	\$240,000
Expenses:	State Pro Rata	\$11,407*
	Chancellor's Office	<u>\$28,571*</u>
		\$200,022

* The greatest portion of the State Pro Rata, which is the health benefits costs, is passed on to campuses based on what retirement expenses were recorded two fiscal years ago.

- ▶ Pays for building upgrades, repairs, equipment, IT and infrastructure costs

The Future

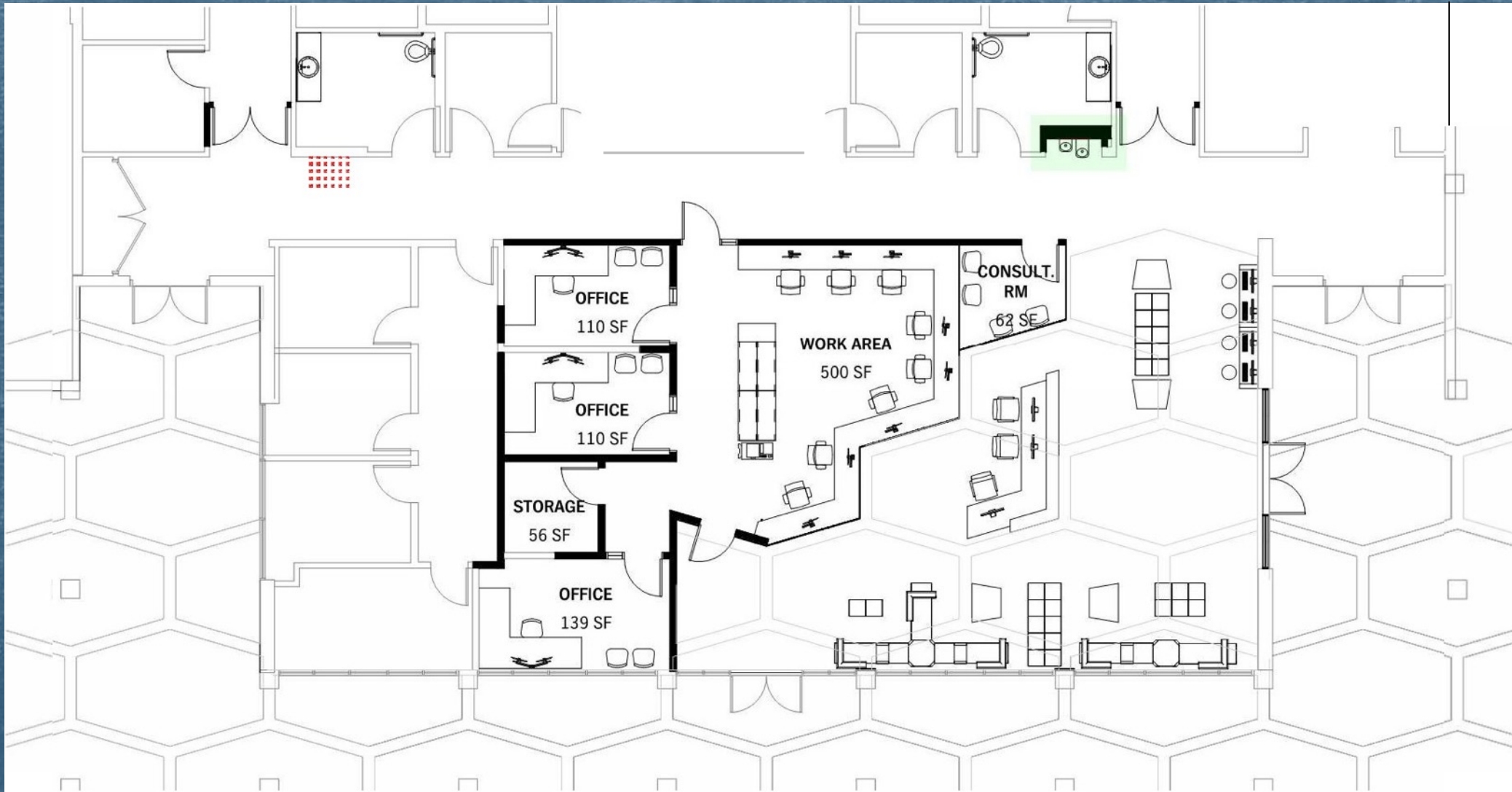
- ▶ Continued Integration of Services
- ▶ Expansion of TitanWELL with Education and Prevention
 - Expanded Wellness and Life Skills Programming and Classes
 - Collaborations Continued and Expanded!
- ▶ Continued Integration of Space for Better Utilization
 - Current Reception Integration Renovation







Concept Plan



STUDENT HEALTH FLOOR PLAN





STUDENT WELLNESS RENOVATION COMING FALL 2017

STUDENT WELLNESS

Please excuse our dust





STUDENT HEALTH & COUNSELING CENTER





Concept View



Concept View



Concept View



Questions & Discussion