



**SANTA ANA**  
**COLLEGE**

# *HEALTH & WELLNESS*

# *SANTA ANA COLLEGE*

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*Santa Ana College inspires, transforms, and empowers a diverse community of learners.*



# Our Commitment

## CCC Chancellor's Office

Health Services primary goal is to provide a **scope of services** to meet the student's physical, social, and mental health needs necessary to facilitate a successful completion of their academic goals and objectives. This is accomplished through provision of **first aid, health assessment and treatment, psychological counseling & crisis intervention, health education, and community partnerships.**

## RSCCD - BP 5200

Student Health Centers shall be operated to provide **nursing, medical consultation, mental health services** and **accident insurance** for injuries incurred on campus or at any scheduled college-related activity, to all college credit students in Rancho Santiago Community College District in accordance with prevailing law.

## RSCCD – AR 5200

In accordance with Board Policy 5200, the following services will be provided within the confines of the Student Health Center:

- 1) **Medical Care**
- 2) **Mental Health**
- 3) **Health Education**



# *Student Health Services*

- MD examinations and drop-in nurse evaluations
- Therapy provided by on-site Clinical Psychologists
- Diagnostic blood tests drawn on-site sent by courier to lab
- Birth Control: PAPs, NuvaRing, Ortho Evra Patch, free condoms, emergency contraception
- STI testing, HIV testing, UTI testing, pregnancy testing
- Smoking cessation services, community referrals
- Dispense antibiotics for treatment of UTIs and strep throat
- Screening for eye exams, referral for low to no cost glasses
- Vaccines for flu, tetanus, TB Screening, alcohol use screening



# *Hours & Clinical Staff*

- Hours of Operation

**Mon 8am - 5pm**

**Tues 8am - 6pm**

**Wed 8am - 6pm**

**Thurs 8am - 5pm**

**Fri 8am - 12pm**



- Drop-in nursing evaluation at any time!
- Medical exam (14) hours weekly by appointment
- Psychologist (38) hours weekly by appointment <sup>4</sup>

# *Expanded Services*

- Electronic Medical Record (Point and Click)
- Family PACT - Birth Control Services
- Healthy Snacks for Food Insecure Students
- Hygiene Kits for Homeless Students
- Insurance Eligibility Representative on Campus for Insurance Enrollment
- Urine Drug Screening for Pharm Tech Students
- Expanded Hours
  - Nurses & Psychologist (until 6PM on Tues. & Wed.)
  - Physician (until 6PM on Wed.)

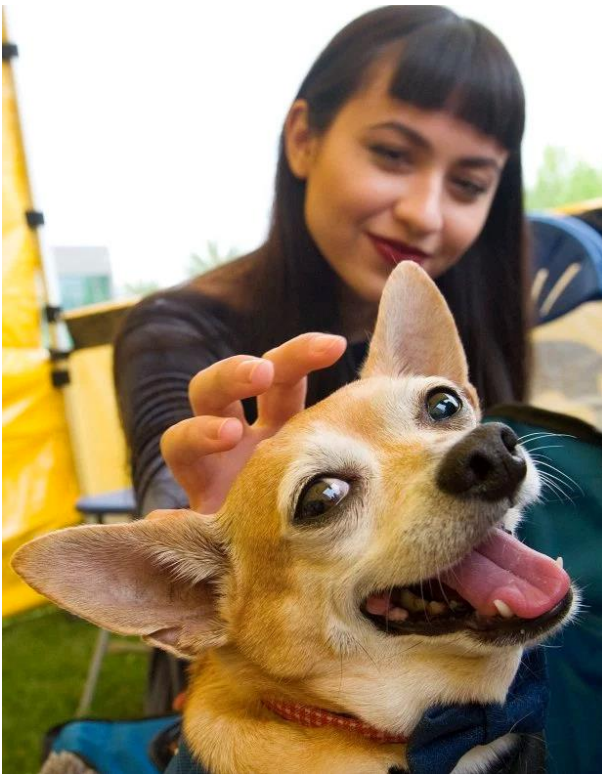
# *Programs & Outreach*

Since the last Student Health Fee increase, HWC has increased activities and services:

- Dental Services
- Fresh Check Day – Mental Health Awareness Program
- Mindfulness Workshops
- Paws for Stress
- Smoking/Vaping Cessation Services
- Vision Clinic
- Workshops – Psych Educational, Stress Management, Work/School Balance

# *Paws for Stress Relief*

In partnership with ASG, the Health and Wellness Center supports student success by recognizing that total wellness is essential to academic success.



# *Mental Health Support*

## Staffing

- 1 Fulltime Psychologist
- 3 Part time Psychologist
- 1 Student Mental Health Ambassador (2018-19)

## Activities to destigmatize mental health

- Individual therapy sessions
- Outreach workshops to
- 5 Group counseling sessions
- Fresh-check Mental Health Day







# *Fee Comparison*

Student Health Services fees in California's public Institutions of Higher Education

<b>Student Type</b>	<b>Quarterly</b>	<b>Per Semester</b>	<b>Annually</b>
Community College	NA	\$ 21.00	\$ 42.00
Cal State Fullerton	NA	\$ 81.50	\$ 163.00
UC Irvine	NA	\$585.00	\$1751.00

**SAC Health Fees have remained \$19 since 2007**



# *Student Resources*

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## July 1 to TODAY

- Psychological Services=2,330
- Medical Services=3,110

## Referrals

- 2-1-1
- No cost or low cost providers in the community

# THANK YOU!

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## SANTA ANA COLLEGE

[www.sac.edu/StudentServices/HealthCenter](http://www.sac.edu/StudentServices/HealthCenter)

Dr. Linda Rose, SAC President

Dr. Vaniethia Hubbard, Vice President, Student Services

Dr. Rebecca Barnard, Health & Wellness Coordinator

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