HEALTH & WELLNESS

SANTA ANA COLLEGE

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

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.

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
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.)
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**

<table>
<thead>
<tr>
<th>Student Type</th>
<th>Quarterly</th>
<th>Per Semester</th>
<th>Annually</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community College</td>
<td>NA</td>
<td>$21.00</td>
<td>$42.00</td>
</tr>
<tr>
<td>Cal State Fullerton</td>
<td>NA</td>
<td>$81.50</td>
<td>$163.00</td>
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<tr>
<td>UC Irvine</td>
<td>NA</td>
<td>$585.00</td>
<td>$1751.00</td>
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</tbody>
</table>

SAC Health Fees have remained $19 since 2007
Student Resources

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!

SANTA ANA COLLEGE

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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