

## Project Report

<b>Project Name</b>	Wellness Center
<b>Description</b>	The Wellness team is responsible for designing and recommending a comprehensive wellness center which incorporates existing health services, external partnerships, on-site and referral support for medical and mental health services for the Spring 2019 semester.
<b>Project Sponsor</b>	Operations Council
<b>Team Leads</b>	Parrish Geary, Dean of Student Services, Admissions and Transition Services Breanne Holland, Student Services Supervisor, CalWORKs/Career & Pathways Support Services
<b>Team Members</b>	Clint Allison, Counseling Center Supervisor Michele Arnott, Faculty Nurse Lori Beccarelli, Instructional Faculty, Nutrition Matthew Blevis, Facility Supervisor Jan Delapp, Instructional Dean of Allied Health Martina Molina-Kanae, CalWORKs Counselor Kolleen Ostgaard, Dean of Student Services, Support Programs Pamela Whipple, Faculty Nurse
<b>Date</b>	November 26, 2018

## **Project Design Recommendations**

The Wellness Center Project Team charge and objectives are focused on the service offerings for the Spring 2019 semester in response to the new Student Health Fee approved May 2018 by the LRCCD Board of Trustees. In addition, the team recommended the floor design that will replace the current E-Service lab designated for the new Wellness Center location.

Success Indicator #1: Physical space for the first semester is fully defined

During the Spring 2019 semester, remodeling of E-Services lab will be underway. The team has agreed to the Floor Plan - Option 2B with some modifications (see attached floor plan for design). Therefore, for the Spring 2019 semester, health services will remain in the current space located in the Administration Building until the new location is available. The space will continue to host WEAVE; however, the team has concerns about the availability of space for mental health services as details of the grant-funded WellSpace partnership with Los Rios Community College District have not been completely outlined.

Success Indicator #2: First semester service offerings are established and expanded

The Wellness Center will continue to provide the same services that it currently offers, along with ongoing support for the WEAVE partnership.

The team recommends the use of a student survey to explore the need for extended service hours. The team also recommends that the college engage with the LRCCD District Office to determine the shared understanding of “baseline services” as related to sexual health services, other medical services and implementation of Mediat, an electronic medical records system to be shared amongst the four colleges.

The team recommends the use of Kognito, an online service that is currently free to American River College. Kognito is an interactive role-play simulation for students that builds awareness, knowledge and skills related to mental health and suicide prevention. The program prepares users to lead real-life conversations with fellow students in distress and connect them with support services. Additionally, WellSpace will provide mental health services through a 2-year district-coordinated grant. WellSpace has agreed to provide the following:

- 1 Mental Health Provider 10 hours/wk
- 1 Health Educator 10 hours/wk

The implementation date is still unknown at this time.

The team recommends the use of Student Health 101/Campus Well and eCHECKUP To Go online programs. Student Health 101/Campus Well is an online health magazine that provides relevant information regarding health and wellness for college students. The magazine can be personalized to reflect current services and events at the college. eCHECKUP To Go is a substance abuse assessment program with alcohol, tobacco and marijuana modules designed to motivate individuals to reduce their consumption using personalized information about their own use and risk factors. The programs are updated with the most current and reliable research available. The cost associate with each online program can be shared with the District or incurred at American River College only.

The team supports the Nursing Faculty's desire to explore the use of Clinical Laboratory Improvement Amendments (CLIA) waived tests. Waived tests include test systems cleared by the FDA for home use and those tests approved for waiver under the CLIA criteria. This would allow the Nursing Faculty to perform simple lab testing such as pregnancy testing, urine testing for certain infections, throat swabs for certain infections and initiate treatment for those infections. In order to apply for a CLIA waiver, the district medical director must sign off and approve protocols. Therefore, a collaboration with the District Office and the contracted Doctor is required for implementation.

The team encourages the American River College community to collaborate with the Wellness Center to provide centralized information associated with campus wellness activities. American River College has currently started the redesign of the college website. This is a perfect opportunity to create a space on the Wellness Center website to capture campus events and programs that target student health/wellness. The same information can be shared in hardcopy form in the Health Center.

The team supports a potential partnership with the campus community that creates a week dedicated to wellness activities. Departments that were suggested to participate are; Athletics, Nutrition, Culinary Arts, Janice Klar (mindfulness workshops) and community partnerships such as WellSpace.

Finally, the team recommends the hiring of a Center Coordinator to monitor contracts and overall center needs, an Adjunct Nurse to assist with center needs, and a front office Clerk to support the increased collaboration with the campus community and outside partnerships as needed.

Success Indicator #3: A flexible structure for the Health Center has been developed which can evolve over time in response to student needs

The team has developed a survey that will be distributed to the student body to inform services offered in the Wellness Center. Additionally, the team recommends the creation of an ongoing "Student Health Services Advisory Committee" to continue the work after the Project Team disassembles.

The team is waiting for the completed survey to be sent by our research team.

The Student Health Services Advisory Committee would be established to act as a recommending body to assist Student Health Services in providing high quality, appropriate services to the college community. This committee will evaluate current services relative to college needs, review available funds generated by the health fee and other resources, review expenditures, approve student charges within the health center, and make recommendations to the Operation Council and other college administrations as required.

The team designed the repurposed location to be as flexible as possible in providing health and wellness services; however, there are limitations in the overall space.

Success Indicator #4: A process has been established to onboard future partners

The team recommends the use of cost-effective contract agreements to onboard future partners as it has been communicated that permanent staffing options for providers are not currently supported by LRCCD. It is suggested that the college use one of the contracts and approval processes utilized at the Los Rios Community College District office (i.e. Service Agreement, Professional Service Agreement, or Purchase order if required). It is important that consideration be placed on what services will be

provided, what level of quality, what time frames, the ability to select provider and terminate/replace service if it isn't working, and possibly build in an interview process for selection of actual service provider(s). The Provider(s) should be insured, and the scope of deliverables should be well outlined.

The team recommends that the college engage with other Los Rios Colleges to discuss feasible contracts/services that can be shared with long term agreements.

The team recommends the following providers be sought out for contract consideration:

Consulting Physicians

Nurse Practitioners

Mental Health Therapists

## Timeline for Wellness Center Development

### Building of Wellness Center Space

#### Spring 2019

- E-Services lab to vacate current location
- Repurpose lab for Wellness Center

#### Summer 2019

- Move Health Center to new location

#### Fall 2019

- Open new space to campus

\*Health Center will be available to campus in current location with no lapse in coverage while being moved. The relocation of the Health Center is currently scheduled to occur between the Summer and Fall semester.

### Hiring of Wellness Staff

#### Spring 2019

- Job Description of Wellness Center Coordinator
- Adjunct Nurse
- Clerk II (as need upon expansion)
- Exploration of onboarding partnerships
- Health Educators

## Lessons Learned

<b>Description</b>	<b>Recommendation</b>
The project is charged to establish medical needs for a large campus community. Establishing a baseline funding amount is imperative to determine what medical options are feasible. The team made decisions on what services the Wellness Center could immediately provide with current funds and staff.	We recommend that the college establish a way to inform the Wellness Center of a baseline amount they will be awarded for the academic year.
Equity is imperative when providing services to a campus as large as American River College. Assuring various groups receive appropriate services can be a challenge.	We recommend the college utilize the recommended Advisory committee and assign members that mirror our campus community. In addition, trainings be provided to ensure equity is incorporated in the medical services model.
The project team had concerns on what approach to take when establishing a contract with a medical provider. Lack of expertise in this field limits the decision making.	We recommend the college have the assigned district contact employee meet with the team regularly to participate in contract procedures.