

**SHAB  
MINUTES**



**UCCS SHAB Minutes**

Meeting Name: **SHAB**

Date: 5.1.23

Time: **4:30 PM**

Location: Rec and Wellness Center

Call to Order

Time: 4:33 PM

Roll Call

<i>Member Name</i>	<i>Present</i>	<i>Absent</i>	<i>Excused (Y/N)</i>
<b>Isabella P.</b>	<b>X (4:37)</b>		
<b>Aiyanna Q.</b>		<b>X</b>	<b>X</b>
<b>Courtney S.</b>	<b>X</b>		
<b>Chrissie B.</b>	<b>X (online)</b>		
<b>Stephanie H.</b>	<b>X</b>		
<b>Madeline M.</b>	<b>X</b>		
<b>Benek A.</b>	<b>X</b>		
<b>Hazel R.</b>		<b>X</b>	<b>X</b>
<b>Kim B.</b>	<b>X</b>		
<b>Victoria V.</b>	<b>X</b>		

### Call to Order at

- I. Gratitude opener
- II. Motion to Approve Removal of Introduction of Billie Baptiste, Director of Health Services from agenda. Isabella motion, Victoria 2<sup>nd</sup>. Unanimous consent.

Approval of Minutes

Motion to review minutes from March 6 by Aiyanna Q., seconded by Victoria V.

Approval of Minutes from April 3, 2023

- A. Isabella motion to approve. Kim 2<sup>nd</sup>. Approved by unanimous consent

### Unfinished business

- I. None

### New business

- i. Heart Math with Lindsey Visscher

- a. Demonstration of program provided with meditation activity
- ii. Introduction Billie Jo Baptiste, Director Health Services- (deferred to fall meeting due to conflict with schedule)
- iii. NCHA Survey Update
  - a. Chrissie provided general overview of executive summary results, next steps on what questions will be doing a deeper dive into to gather more information, timeline for presentation on that data in the fall, and partners working together on this.
- iv. Budget Update
  - a. Stephanie provided overview of progress on use of fee increase to add online tele mental health vendor for the fall, extension of SilverCloud contract, keeping current positions at risk of being cut, addition of mental health and wellness promotion positions after July 1<sup>st</sup>, and expanded operating expenses.
- v. Feedback of Wellness Center Services
  - a. Discussed request for feedback from SHAB on areas of improvement for the Wellness Center. Would like to review this further in the fall when have more time to discuss in detail. Open to suggestions similar to previous meeting about adding back online scheduling for some appointment types. Will also share patient satisfaction survey for feedback.
- vi. Future Meeting Schedule
  - a. Stephanie will schedule a meeting with Benek and the SHAB executive committee in August to outline meetings for fall semester. Once class schedules finalized will find a meeting time that works for everyone.

### Discussion items

None

### Adjourn

- I. Meeting adjourned at 5:39pm
- II. Next meeting will be in Fall '23 after schedules determined.