



## Health and Recreation Fee Advisory Board Fall Orientation; Saturday, October 5, 2019 9:00am – 1:00pm Sunset Room: NorthRec

9:00am – 9:15am: Welcome and Introductions David Salafsky/Lily Katz

9:15am – 9:45am: Team Building Activity (gym space) CREC Challenge

Program

9:50am – 11:00am: <u>Department Presentations</u>

**Campus Health Services Plans and Challenges** 

CHS Medical Services Dr. Michael Stilson
Counseling and Psych Services (CAPS) Dr. Marian Binder

Counseling and Psych Services (CAPS)
Health Promotion and Preventive

Services (HPPS) Dr. David Salafsky

**Campus Recreation Plans and Challenges** 

Programs and Services Troy Vaughn &

Natalie O'Farrell

Finance Report - Campus Health Services Shiela Soto
Finance Report - Campus Recreation Alicia Roberson

11:00am – 11:10am: BREAK

11:10am – 11:30am: Additional Discussions, Questions and Answers

11:30am – Noon: Lunch Break (lunch provided)

Noon – 12:20pm: UA Student Representative/Board Member David Salafsky

and Ex-Officio Board member Position review

12:20pm – 12:30pm: Elections for open student board positions Lily Katz

12:30pm – 12:45pm: Review Governing Document Lily Katz

12:45pm – 1:00pm Plans for the year – looking at schedules & Troy Vaughn

Calendars for future meetings:

1) Later in November, 2019

2) Late January/early February 2020

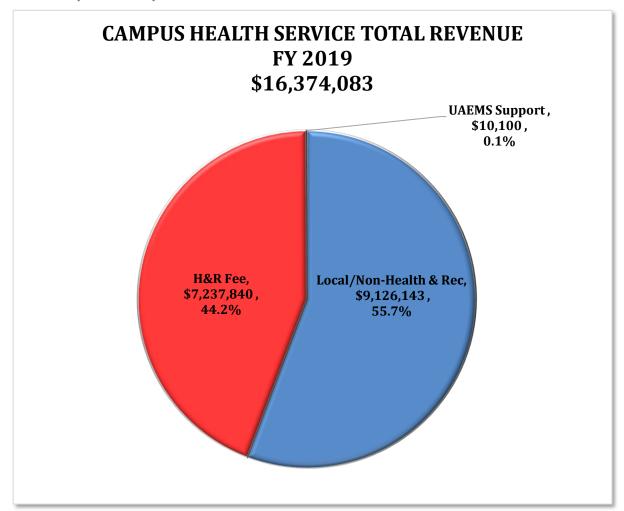
3) Late April 2020

NAME	
Allison Schoenike	NOT ABLE TO ATTEND
Nikita Noronha	
Tim Gustafson	
Jameson Shaffery	NOT ABLE TO ATTEND
Rachel Abraham	
James Foster	
Lily Katz	
Kayla Beard	
Arindam Sengupta	
Joy Luzingu	
Izzy Thesz	NOT ABLE TO ATTEND
Danielle King	
Abjijay Murugesan	
Harry McDermott	
Dave Salafsky	
Michael Stilson	
Troy Vaughn	
Alicia Roberson	
Natalie O'Farrell	
Miguel Larios	NOT ABLE TO ATTEND
Carol Corry	NOT ABLE TO ATTEND
Adriana Prado	NOT ABLE TO ATTEND
Sheila Soto	
Teresa Whetzel	NOT ABLE TO ATTEND
Janelle Holyoak	
Marian Binder	

#### **CHS FY 2019 Total Revenue**

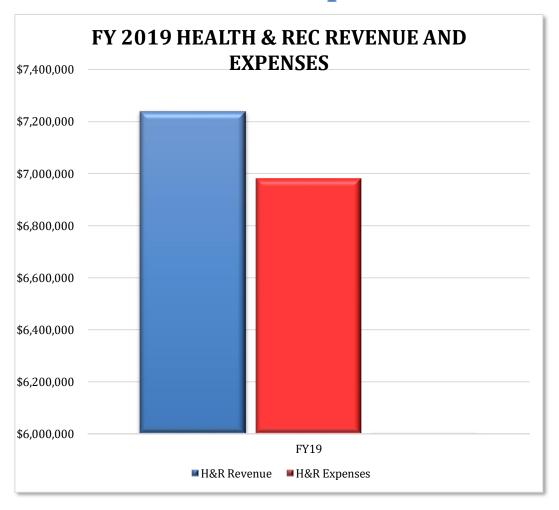


\$16,374,083



#### **Total CHS Health & Rec Fee**

#### **Revenue & Expenses**



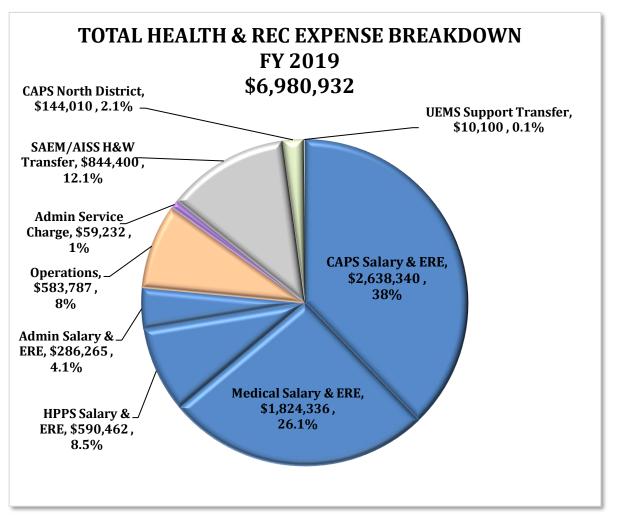


	H&R	H&R	
Fiscal Year	Revenue	Expenses	<b>Net Change</b>
FY19	\$7,237,840	\$6,980,932	\$256,908

#### **CHS Health & Rec Fee**

#### **Expenses**







## **Medical Services**

Michael Stilson, M.D. Director of Medical Services

www.health.arizona.edu



## **Services Offered**

- Walk-In Clinic additional staffing and patient processing has significantly decreased waiting time for students seeking same day care.
- General Medicine for students requiring follow-up, and care for chronic and non-acute conditions.
- Women's Health for acute, chronic and preventive care (Annual exams, birth control)



### **More Services**

- Sports Medicine Staffed by five Board Certified Sports Medicine physicians. Clinics offered daily
- Travel & Immunization clinic
  - for individual needs
  - UA study abroad
  - Flu shot clinics during the fall

## **Support Services**



- Laboratory
- X-ray
- Physical Therapy
- Pharmacy
- Referral office

## **An Integrated Model**



- Medical and Counseling teams working together to provide coordinated care
- Eating Disorder Team, Substance Abuse Team, Human Sexuality Team

## By the Numbers



- 51% of UA students have used CHS<sup>1</sup>
- 73% of UA students said CHS helped them remain a student at the UA<sup>1</sup>
- 37% of ALL students at the UA state that Campus Health Services helped them remain in school
- 99% of students seen at Campus Health would recommend us to a friend<sup>2</sup>

<sup>&</sup>lt;sup>1</sup>2019 Health and Wellness Survey, n= 4,879

<sup>&</sup>lt;sup>2</sup> 2019 Patient Satisfaction Survey, n=472

## **Questions?**





# Counseling & Psych Services (CAPS)

Marian Binder, Ph.D. Director, CAPS

www.health.arizona.edu

# Mental Health needs among UA Students



The 2019 Health & Wellness Survey (n=4,879) found that:

- 59% felt overwhelming anxiety in the last year
- 55% experienced more than average or tremendous stress in the last school year
- 54% felt things were hopeless in the last year
- 53% of undergraduate students indicated anxiety or depression made it difficult to work, study, go to class or get along with people
- 12% experienced relationship abuse in the last year

# CAPS: Counseling & Psych Services







Oasis: Sexual Assault and Relationship Violence Services







### Who we are



CAPS is a fully licensed professional MH team that now operates on campus from two comprehensive outpatient mental health clinics. Permanent staff consist of:

- Clinical and Counseling Psychologists
- Masters level Counselors
- Clinical Social Workers
- Psychiatrists
- Psychiatric Nurse Practitioners

# CAPS/Oasis: What We See



- Anxiety
- Depression
- Sleep Issues
- Food/Body Image Concerns
- Self-Harm
- Suicidality
- Sexual Assault and Relationship Violence
- Substance Abuse

- Identity Issues
- Family Issues
- Relationship Issues
- Stress Management
- Sexuality Issues
- LGBTQ Concerns
- ADHD/Attentional Issues
- Academic/Career Concerns
- Other Behavior Concerns, Life Issues or Crises

## **CAPS Clinical Services**



- Triage Same day walk-in (no appt needed) to talk with a CAPS counselor. Appointments can now also be made up to 3 days ahead, if preferred.
- Counseling Individual, group and couple counseling and support; Referral for other care, as needed
- Psychiatric Services Evaluation, medication prescription and management
- Clinical Care Coordination Assistance with referrals and other continuity of care needs
- After hours Phone Crisis Line Staffed by licensed counselors whenever CAPS is closed

# CAPS/Oasis: Locations 2019-20



Main Clinic @ Campus Health Service Hours: M-F 8 a.m. – 6 p.m.

North Clinic @ North Rec (Honors District)
Hours: Tues, Wed, Fri 8 a.m - 6 p.m
Mon & Thurs 8 a.m. - 8 p.m

Yuma Hall Satellite – M-F, by appt only

# Other Campus Services

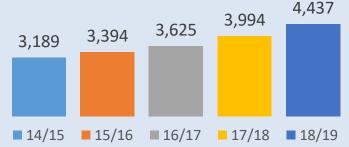
- Crisis intervention: Provide support and follow-up for individuals, departments and groups in response to campus tragedies
- Consultation: Provide assistance on how to identify and provide relevant assistance to students who appear to have mental health &/or safety related concerns
  - Dean of Students Office
  - Housing and Residential Life
  - CHS medical staff
  - UA departments; Individual faculty, staff and students
  - Parents and families
- Outreach: Campus education offered in person and online to address a variety of mental health and safety issues

# CAPS/Oasis: Utilization

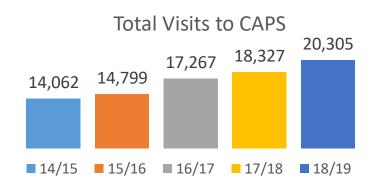


More students use CAPS every year

Unique Students Served at CAPS



Total Visits to CAPS have increased 44% since 14/15



## CAPS/Oasis: Utilization



Walk-In Triage visits were at an all-time high last year

CAPS Walk-In Triage Visits
3,344

2,272

2,475

2,716

3,009

14/15

15/16

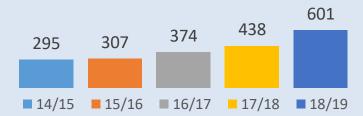
16/17

17/18

18/19

Same-Day Crisis visits were also at an all-time high

#### **CAPS Same-Day Crisis Visits**





# 2019 CAPS/Oasis Satisfaction Survey Results

- 97% of students rated CAPS as critically important
- 97% felt that their counselor was genuine/sincere, accepting, listened to them, and created a confidential atmosphere
- 92% would recommend CAPS to a friend
- 75% experienced improvements in feelings of distress or hope which they directly attributed to CAPS services



# 2019 CAPS/Oasis Satisfaction Survey Results

"I was going through an emergency and CAPS got me in the day of... they went above and beyond helping me out and made sure my situation was taken care of. They gave me hope for the future and I am forever thankful."

"The counseling I received here has saved my life."

"After having been to multiple counselors throughout my life, no one has come close to being as supportive and as understanding as the one I have found here."



### **Future Directions**

- Complete previously planned staffing increases and assess future staff and programming needed to meet steadily growing demand
- Increase resources to support access to services for underrepresented populations
- Enhance consultation and treatment options utilizing a Stepped Care model
- Expansion of ADHD assessment and treatment services
- Continued collaboration with existing and emerging campus stakeholders





**Questions?** 



# Health Promotion & Preventive Services

David Salafsky, DrPH, MPH





## Why Prevention?

- Support student health + success
- Foster a culture of health and wellbeing
- Behavior today becomes health of tomorrow

#### Our Goal:

Make UA the healthiest campus in the nation



## **Scope of Services**

- Alcohol and Other Drugs
- Nutrition Services
- Sexual Health and Relationships
- Sleep and Stress
- Suicide Prevention/Mental Health
- Research and evaluation of programs + trends
- Grant-funded initiatives to support our work
- Promote Campus Health offerings

# Thank Us Later



leek, discrete, and spiked with enticing flavors such as mango, cool mint and crème brulee – JUULS seem to be the hipper, 2.0 version of smoking – without the risk.

But as the vape cloud clears, the reality isn't quite that rosy.

Yes, e-cigarettes, including JUULS, are safer than lighting up a cigarette, but that doesn't mean there's no cause for concern.

For example, if you've heard that e-cigs help smokers quit, <u>one recent study</u> showed that only happened for 10% of individuals who tried (i.e. 90% didn't quit). Furthermore, the study found that smokers who didn't vape were more than twice as likely to quit, compared to those who did.

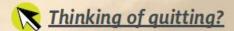
Keep that in mind next time you hear someone (including yourself) hit a JUUL and say "I'm using this to quit smoking."

More often than not, it's the other way around. Users start with e-cigs and then get hooked. Many then move on to cigarettes, which is still the leading cause of preventable death.

Ask anyone who uses JUULS and they will tell you: 1) the devices are very effective at delivering nicotine, and 2) nicotine is addictive.

If you are among the 76% of UA students that did not use JUULS, e-cigs or vape in the past 30 days, don't start. Stopping may be harder than you think.

JUUL thank us later.



12018 Health & Wellness Survey, n=5,438

## for a better **BU77**\*



d, interactive, and engaging approach to alcohol education



HEALTH

HEALTH.ARIZONA.EDU • 520.621.6490



in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.





3.

## **WANT CONDOMS?**

wildfact

According to one survey, are currently in a relation

#### What do I need about dating a

When it comes to online dating, everyone seems to have an opinion. But whether you think swiping right is the ultimate way to meet a bae, or the end of dating as we know it the reality is that it's here to stay. The following tips can help keep you safe and may even increase your odds of finding love in the time of Tinder:

- 1. Do your homework Remember how you had to cite multiple sources in that last paper you wrote? Take the same approach with your potential dates by cross-referencing them on social media to avoid reeling in "catfish." Check out their Facebook, Twitter, and Instagram profiles to see if things check out, and pay attention to their posts.
  - come to light in the period between when you "meet" someone online and before sharing your number, but not before. As the Tinder website states, "We don't conduct criminal background checks







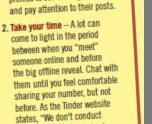


















**CAMPUS** HEALTH



Have a question?



SexTalk is written by Lee Ann Hamilton, MA, CHES, David Salafsky, DrPH, MPH, and Carrie Johnson, MEd, CHES, health educators at the UA Campus Health Service.



L'L. HEALIN

www.health.arizona.edu



# RESENTATION MENU



## WILDCATS! 55. stay active. It also monns Stressbusters. EE 5-minute backrub! Want UA Counseling & Psy National Suicide Prevente Community Wide Cris Suicide Prevention at Crisis Text Line: Text





**UA Campus** 





Creating a the Minefi With: Megan Knis







**FALL 2019** 

# **Nutrition Navigators** *Spotlight Series*

Join experts in FREE seminars on popular food and nutrition topics

FREE SNACKS PROVIDED!



## THURSDAY, SEPTEMBER 12 Navigating Nutrition at the UA

Speakers: Christine Carlson, MS, RD, CSSD, CDE and Caitlyn McKenna, BS, Nutrition Coordinator



#### **THURSDAY, OCTOBER 10**

Health for EVERY body: Exploring Health at Every Size® & Advocating for Weight Inclusivity on Campus

**Speakers:** Lisa MacDonald, MPH, RDN, Jan Courtney, MA, MEd, LPC, C.E.D.S. and Ashley Munro, RDN, CDE



#### **THURSDAY, NOVEMBER 21**

Closing the College Hunger Gap: Activation and Activism at the UA

Speakers: Melanie Hingle, PhD, MPH, RD

UA Campus Health • 5-6:15pm

(DeArmond Room, 3rd Floor, B307)





#### **UA CAMPUS HEALTH PRESENTS**



#### Enroll in Passport to Health on D2L!

- Learn more about living healthy in college
- Earn badges for each presentation you attend
- Receive a Passport to Health certificate

▶ Login to D2L ▶ Click on "Self Registration" ▶ Choose "Passport to Health



#### **Male/Female Comparisons**





#### FTER CONSUMING ANY ALCOHOL

Health and Wellness Survey 2019

4) Classification

Freshman

Sophomore

3) Race/ethnicity (please select

Black/African American

Asian/Pacific Islander

all that apply)

#### MENTA

ervices

Charges, Billing & Payment Colleges of Medicine, Nursing, and

**Counseling & Psych Services** 

General Medicine

Pharmacy - UAHS

Health Promotion and Preventive Services

Alcohol

Cats After Dark

Friend 2 Friend \

Health Media Online

lust for RA's

Living Wild E-Magazine

Marijuana

Nutrition

#### We've Got Data

#### www.health.arizona.edu

6) Which of the following extracurricular activities

<u>₩</u> |||\ 🗓

are you involved in? (mark all that apply)

#### Health & Wellness Survey

The Campus Health Service has been surveying UA students on a range of health indicators since the 1990s. Our current Health & Wellness Survey (HWS) and methodology was developed in 2002. We use data from the HWS to help improve programs throughout Campus Health, to share with other departments throughout campus, and to see where the needs are for students to better improve the health of our community.

In addition to the annual Health & Wellness Survey, we also collect data on a number of our programs. If you are interested in learning more about our program evaluation efforts, get in touch with us through the contact information below.

All of these evaluation activities are conducted in the Health Promotion & Preventive Services unit of the Campus Health Service.

#### Our Methods

We collect the HWS survey in person, in randomly selected classrooms each spring semester (mid-February to early March), with the support of UA faculty. This format is more time and labor intensive than web-based surveys, but ultimately helps to minimize the kinds of selection bias sometimes found in online health surveys, which can attract participants who happen to be more interested in health matters. An in-person, paper and pencil survey, we believe, offers a truer cross-section of the health behaviors of UA students.

But wait - you didn't survey everyone! How can I believe the data if only a small percentage of UA students take the survey?

In fact, the sample size we attain each year is well above what is needed to tell us, with good confidence, that what students are reporting reflects the behaviors of the student body as a whole. A quick sample size calculation ▼ shows that at a 95% confidence level, plus or minus 3% for margin of error, we would only need a sample of 1,042 for a population of 43,000.

The Results





#### **Our Impact**



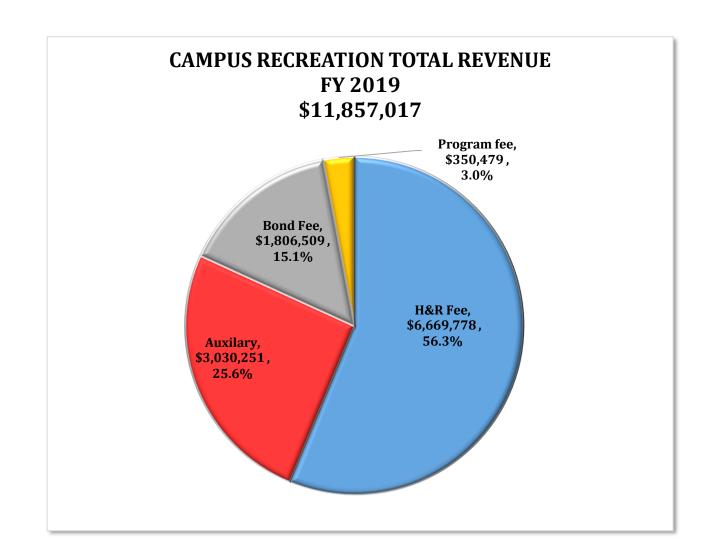
- Our reach = approx. 20,000 students/year
- Reach students in classes, dorms, at events + online
- Recognized as a model program by federal agencies (U.S. Dept. of Education and SAMHSA)
- Awarded for both print and digital programming
- Students are a big part of what we do!
  - Student employees, volunteers and interns

## Arizona alumni are healthier, happier and more successful than their peers nationally.

— 2017 Gallup Poll



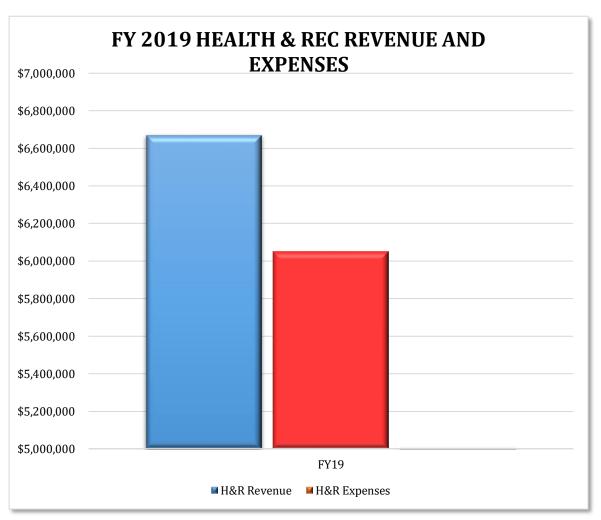
# CREC FY 2019 Total Revenue \$11,857,017





#### **Total CREC Health & Rec Fee**

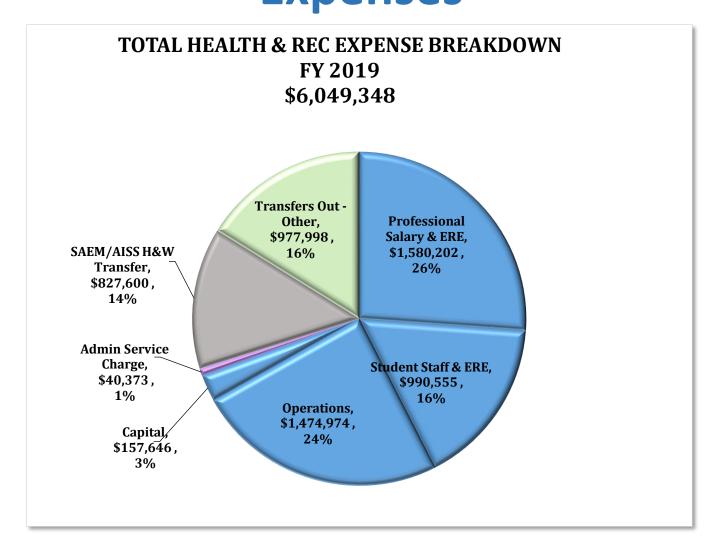
#### Revenue & Expenses



Fiscal Year	H&R Revenue	<b>H&amp;R Expenses</b>	Net Change
FY19	\$6,669,778	\$6,049,348	\$620,430



# CREC Health & Rec Fee Expenses









#### The Role of Campus Recreation

- WHO does it support?
- WHAT do students get?
- WHY is the fee important?
- HOW fee impacts students?





### WHO does it support?

#### The Students...

Student usage (Membership fees) covered by the H&R Fee

#### 2018-2019 Academic Year:

- 1,185,236 recorded Rec Center visits (up 8%)
- Approaching 1.5 million total participants (all events/activities within Campus Recreation)





#### **H&R** Fee provides:

- Access to Campus Recreation facilities
- Operational expenses
- Maintenance costs
- Subsidized costs for programs





#### The REC (Student Recreation Center):

- 35,000 sf Weight Room
- 6 Basketball/VB Courts
- Olympic-sized Pool
- Racquetball/Squash Courts
- Golf Simulator (NEW!)
- Additional Student Services
  - Think Tank
  - OSCR Lab
  - Threads
  - Shake Smart

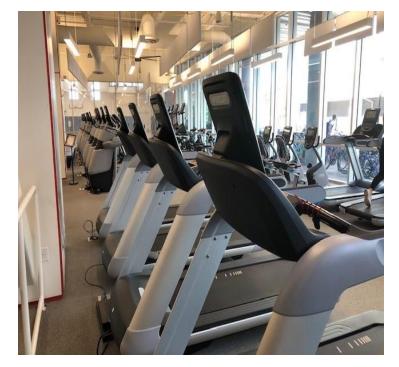




#### **Open Recreation:**

- The REC (Student Recreation Center)
  - Weekdays, 6a-midnight
  - Weekends, 8a-midnight
  - Closed fewer than 10 days/year!
- Sitton Field, Weekdays, 3-6p
- Robson Tennis Courts, Daily, Sunrise-10p







#### **NorthREC** is Here!!

- Opened August 2019
- 50,000 sf over 3 floors
- CAPS embedded offices, basketball/activity court, fitness classes, cabanas (24), lockers, equipment desk services, Shake Smart
- Over 200 pieces of free weights, selectorized, Queenax, cardio machines
- Services to Everyone; emphasis on "North of Speedway" (intentional for students in Eller, Rogers Law School, Banner Hospital, Medical school, Greeks, Honors Village)
- Remains OPEN for home football games, holiday break!

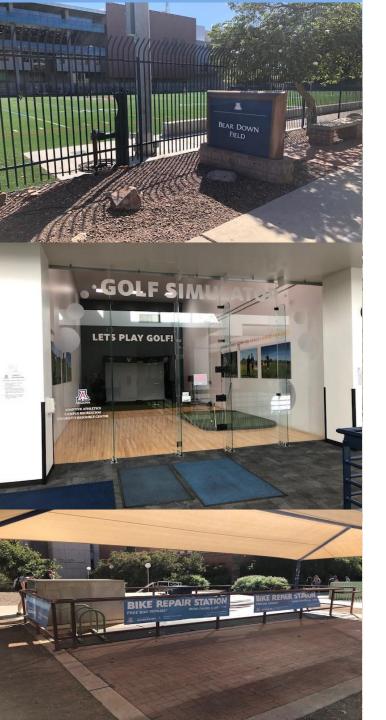




#### **Other Facilities:**

- Rincon Vista Fields & Pavilion
- Robson Tennis Center
- Bear Down Field
- Sitton Field





#### **Affordable Programs:**

- Group Fitness & F45
- Personal Training
- Activity & Specialty Classes
- Outdoor Trips & Rentals
- Swim Lessons & Classes
- Certifications
- Intramural Sports
- Golf Simulator
- Bike Repair Station on Mall
- Hockey





#### **Special Events:**

- Bash @ the Rec (6,500+ attendees last 2 years)
- Rec on the Mall
- Opportunities for student group use of facilities and field spaces
- Much more!





#### **Affordable Programs:**

- Group Fitness & F45
  - Queenax, Spivi
  - Mind/Body, Dance, Strength
- Personal Training InBody Assessment
- Intramural Sports
  - Recreational, Competitive
  - Pay Per Player
- Activity & Specialty Classes Martial Arts, Dance
- Swim Lessons & Classes
   Private, Semi-Private

- Outdoor Trips & Rentals
  - Black Canyon, Lake Powell
  - Grand Canyon
  - Lake Patagonia
  - Cooper Center Sunset Hike and Yoga
  - Bike Repair Shop
- Certifications
  - CPR/AED/First Aid
  - SCUBA
  - Personal Trainer, Group Fitness





#### **Wellness Programs:**

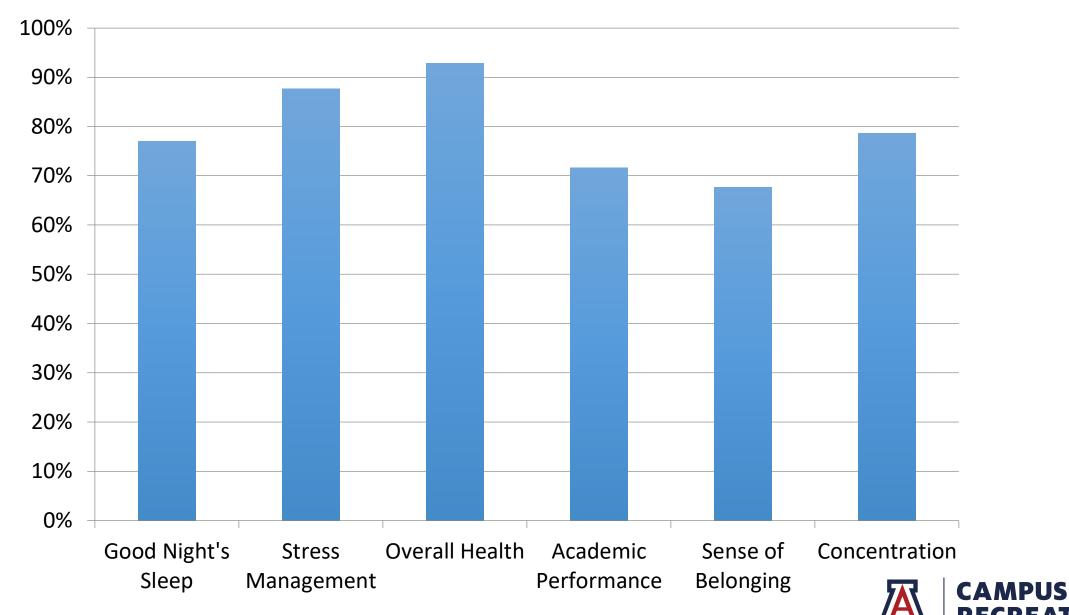
- Eight Dimensions of Wellness
- Yoga Nidra
- Rest, Nest, De-Stress
- RecPals

**Weight Room Orientations** 

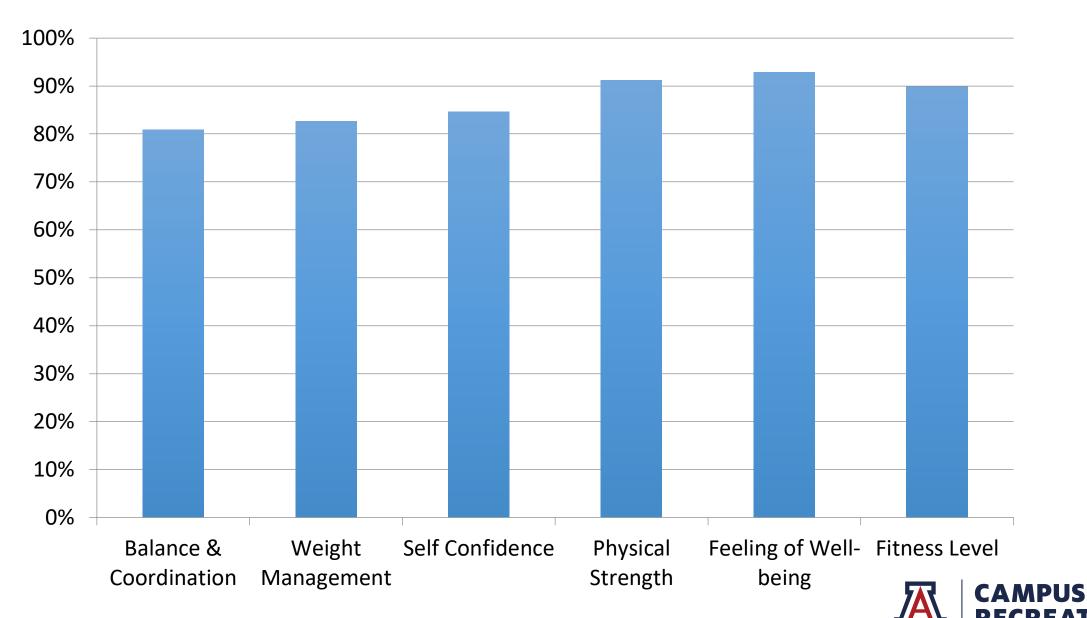
**Equipment Check Out Services** 



#### **WHY...Academic Success**



#### WHY...Health & Wellness





### **HOW** fee impacts students?

#### **Student Employment:**

- 460 student employees; 20+ ancillary
- Over \$1.2 million in student wages (FY19) with projected rise (FY20)
- Over 40 different student jobs
- Competitive pay and paid training!



### **HOW** fee impacts students?



## "Campus Recreation has played an important role in my life."

"As a student struggling to feel connected, Campus Recreation became a place of where I felt as if I mattered and belonged. Many of my friendships grew out of the REC, and my time as a student employee impacted my personal and professional growth more than any other aspect of university life."

—Cory Eiffert '14 & current Assistant Director, Facilities





## **HOW** fee impacts students?

"Thanks to Campus Rec's Professional Development Fund, I was able to become a Wilderness First Responder and trip leader."

"I started working at Outdoor Rec first semester of my freshman year. I've been able to lead backcountry trips. I've had the opportunity to intern as a reporter and photographer in Skagway, Alaska because of the technical skills working Outdoor Rec gave me."

—Tobey Schmidt '17







#### **Our Commitment to Diversity**

- Inclusivity Work Team within CREC
- Cabanas in both recreation centers
- Native Nations Tribute
- Flags of our students
- Collaborations with Disability Resource Center for Adapted Athletics and students with disabilities



## 2018 National Benchmarking CREC Survey Results

- 81% of Arizona students use CREC facilities and/or programs
- **65**% of Arizona students think CREC facilities are important
- Arizona students indicated that CREC programs (57%) and facilities (71%) impacted their decision to enroll at Arizona
- Weight rooms usage is the leading reason why students enter CREC facilities
- 67% of Arizona students indicated CREC programs and facilities impact their interest in staying fit and healthy
- 82% of respondents say CREC impacts their quality of life in a positive way







## Recent Accomplishments and Future Projects

- Our strategic plan through 2024
- Replacement of field lighting at Rincon Vista
- Design work on 7<sup>th</sup> Street entryway
- SCUBA improvement
- Elimination of student summer fees (Summer 2020)
- Lacrosse netting at Rincon Vista
- Office build-out (October 2019)
- Front desk reconfiguration/new turnstiles (Winter 2019)
- F45 Studio (January 2019)



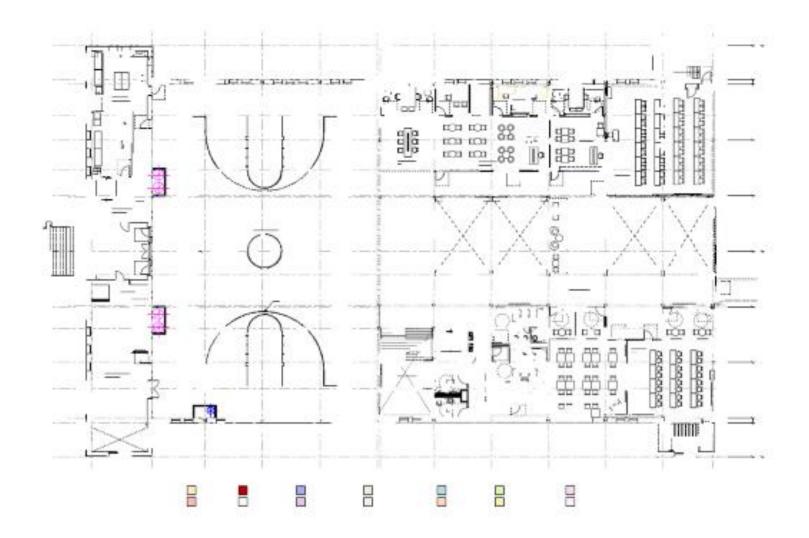


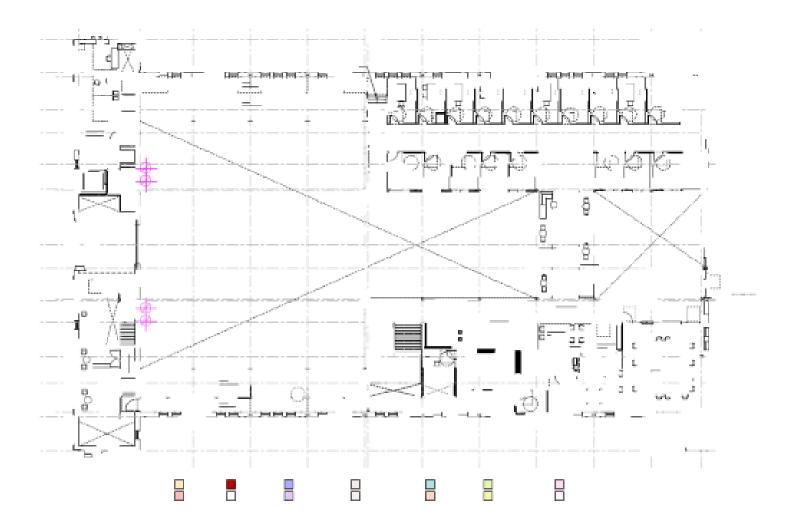
#### Coming January 2022: Bear Down Gymnasium

- Part of the Student Success District project; Campus Recreation presence on the Mall
- Funded partially by the Health and Recreation Fee,
   University contributions, private funding
- Amenities to include 2,600 sf fitness room, 4 cabanas, "clubhouse" locker area, meditation rooms, offices/ registration desk, healing garden, much more
- Campus Health Services presence with health promotion, office spaces, classroom







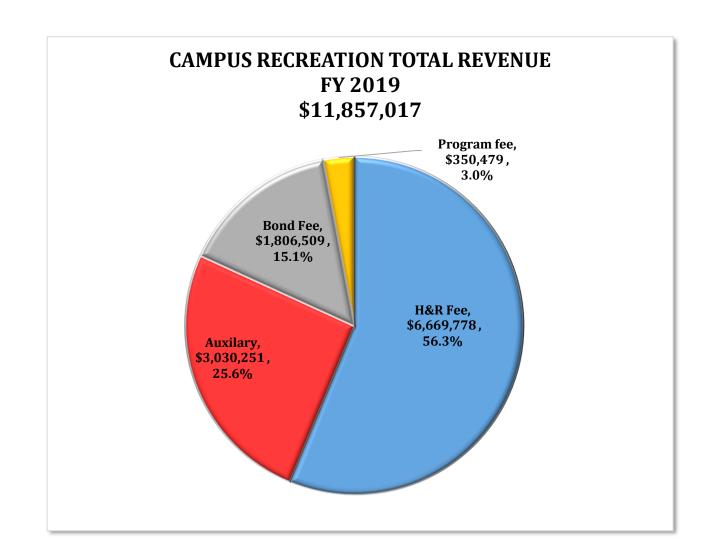




#### **Questions/Comments?**



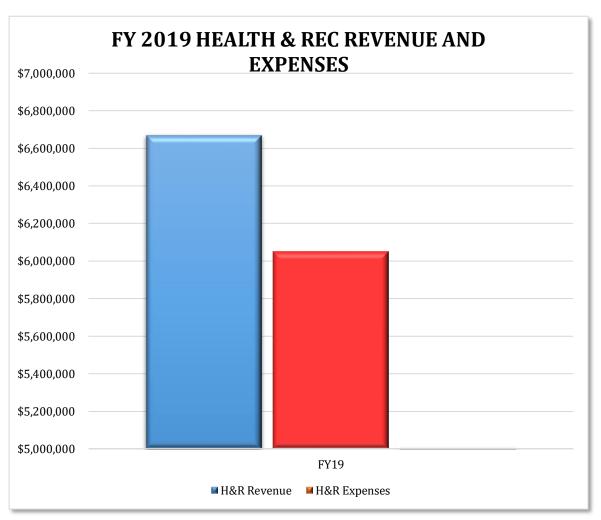
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#### **Total CREC Health & Rec Fee**

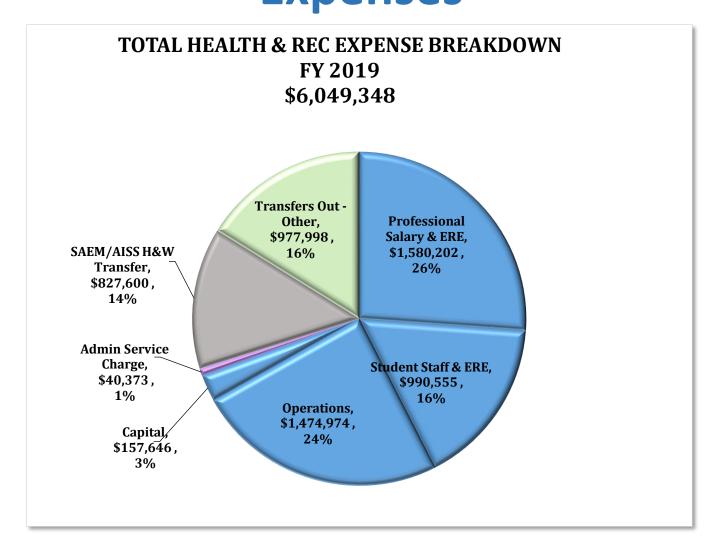
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# CREC Health & Rec Fee Expenses





#### Health & Recreation Fee Student Advisory Board (H & R Fee Committee)

By-Laws - updated July 2011 October 2019

#### Introduction:

Initially, on March 11, 2010, the Arizona Board of Regents approved a revised proposal from UA President, Dr. Robert Shelton, to phase in a new \$306/year mandatory fee over a two---year period beginning in FY 2011 to help support the UA Campus Health Service and UA Department of Campus Recreation. Then, on April 7, 2011, the Arizona Board of Regents approved a revised second phase Health & Recreation Fee proposal from UA President, Dr. Robert Shelton. The second phase of the mandatory Health & Recreation Fee request was revised to \$150/year for a total of \$300/year. The second phase amount was split \$79/year for the Campus Health Service and \$71/year for the Department of Campus Recreation.

The first year of the two---year phase in provided for a mandatory Health & Recreation Fee of \$150/year with a larger proportionate share of the Fee being directed to the Campus Health Service. A subsequent agreement was reached within the Division of Student Affairs that directed \$80/year of the \$150/year Health & Recreation Fee to the Campus Health Service and the remaining \$70/year to the Department of Campus Recreation. In full, the revised \$300/year mandatory Health & Recreation Fee is effective beginning fall semester 2011 and \$159/year will be directed to the Campus Health Service with the remaining \$141/year going to support portions of the Department of Campus Recreation.

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By-Laws - updated July 2011 October 2019

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# Health and Recreation Fee Student Advisory Board Agenda 11.18.19

### **Location – Campus Health**

- 1. Budget
  - a. Campus Health
    - i. Proposed / actual FY20
    - ii. FY21
  - b. Campus Recreation
    - i. Proposed / actual FY21
    - ii. FY21
- 2. Budget Questions
- 3. Final enrollment numbers compared to last year and anticipated/projected
- 4. Program updates
  - a. Campus Rec
    - i. North Rec
    - ii. Closures
    - iii. Free programs
  - b. Campus Health
    - i. North Rec
    - ii. Closures
    - iii. CAPS
      - 1. Yuma
- 5. Bear Down / Success District Update
- 6. Questions / Open discussion
- 7. Next meeting updates / questions from each person on the board from their constituents
- 8. Other?





# Health and Recreation Fee Student Advisory Board Agenda 11.18.19

### **Location – Campus Health**

### 1. Budget -

- a. Campus Health
  - i. Proposed / actual FY20 Difference is the cost of 9 councilors and 1 support staff for North Rec and UCAP mapping pay structure changes were not factored into the budget for the rest of FY20. There will be a budget cut coming to assist one of the academic units that is having a short fall. Most of this is from the fund balance that is from the non H&R accounts. The SSD is transfer will be higher than what was estimated for this year. SAEM/AISS transfer is supporting DRC, Dean of Students and Union (nutritionists) positions - - when the H&R fee was set up \$17% went to support Financial aid then dropped it to 14% - in 2016 it was redirected to help support areas that directly impact students
  - ii. FY21 not available at this time
- b. Campus Recreation
  - Proposed / actual FY21 original budget from February 2019 did not include UCAP pay restructure and cost of running North Rec. The transfer out is supporting the same as CH
  - ii. Expenses will exceed revenue but it will be covered by our fund balance.
  - iii. FY21 not available at this time
- c. University Staff: UCAP Mapping
  - i. Condense all the positions
  - ii. Compare to market data annually
  - iii. We currently do not have accurate data for positions and salary
  - iv. In effect this January
  - v. If positions fall below the minimum line the departments are responsible for bringing them up to that point
  - vi. Goal of the University: bring everyone up to a medium range to make salaries competitive

### 2. Budget Questions

- a. What is the reason for the split of the fund balance?
  - i. Those are the accounts we use Auxiliary supports personnel and the H&R Fee supports Students
- b. Question: Where is the money going for the SAEM/AISS?

- i. It supports the Dean of Students, DRC and positions in the Student union for nutritionist. All money supports positions that impact the students.
- c. Question: For the Sonora Quest labs that are sent out are those covered by students?
  - i. Paid by patients and insurance.
- d. Question: What is the bond fee?
  - i. We received a loan to build the expansion of the Rec and it will go through to 2035. We borrow money from other departments on campus to do programs. No fees or interests to borrow from campus departments. (Bookstore, Housing, etc.)
- 3. Final enrollment numbers compared to last year and anticipated/projected enrollment is about 45,000 (about 4000 is online the rest is distant learners) 38,600 is required to pay for the H&R fee and what the collection rate is to be able to project our revenue. Enrollment is pretty flat and with the increase of online potentially will decrease in revenue. We are focused on retention and graduation / success over enrollment increase. The university is looking at access for online students to have counseling services but it is not through CH exceptions of when students to pay fees online other than that it is looked at on an individual basis but it have a very good reason so exceptions are very rare.

Question: Are there plans to have online services for online students?

- They are looking at some vendors so that online students can have access to some online resources and some in person resources.

Question: What students don't pay the fee?

- Online students don't. There is more information on the Bursars website. Students can also request not to pay the fees but those are looked at on an individual basis.
- Collaboration with ASU so that Phoenix students are able to get a reduced cost to use their services.
- 4. Program updates
  - a. Campus Rec
    - i. North Rec formal dedication on 11/4 still working on fixing things less than 20 out of starting with over 500. Main Rec is down in usage but NRec is taking those numbers so the overall numbers are up. Everyone North of Speedway is using NRec. NRec is open during football games. Both facilities will be closed Thanksgiving & Day after but 12/26 12/20 NRec will be open 8am 1pm (main rec will be closed) all members will be able to use NRec during that time
    - ii. Closures see above
    - iii. Free programs See website for list
  - b. Campus Health
    - i. North Rec Mirroring what is at Main CAPs total visits see handout have Dave email
    - ii. Closures -12/24 1/1 will remain open at the main but the NRec will close both will be closed for Thanksgiving and Day after
    - iii. CAPS

### 1. Yuma

- 5. Bear Down / Success District Update since the October meeting Campus Rec was asked to manage both Bear Down and the Student Success Bldg. working on how that will work. In the spring will have some revisions to the plan. The SS building will open August 2020 then Bear Down Gym will go offline for renovations and will come online Fall of 2021.
- 6. Next meeting updates / questions from each person on the board from their constituents
- 7. Other?

### **Attendees**

Lily Katz
David Salafsky
Michel Stilson
Alicia Roberson
Shiela Soto
Kayla Beard
Rachel Abraham
Tim Gustafson
Arindam Sengupta
Carol Corry
Issy Thesz
Niki Noronha
James Shaffery
Miguel Larios
Janelle Holyoak

Troy Vaughn





**BEAR DOWN BUILDING - LEVEL 1** 



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Polson Building 71 Columbia, Sixth Floor Seattle, WA 98104 206.682.6837 www.millerhull.com

STUDENT SUCCESS DISTRICT BEAR DOWN BUILDING

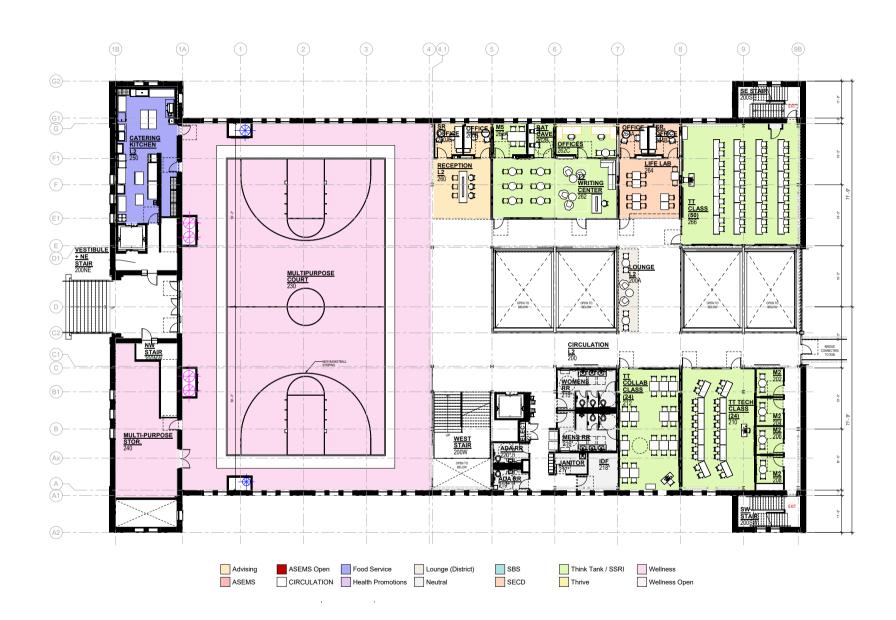
65% CD SUBMI∏AL

65% CONSTRUCTION **DOCUMENTS** 

NOT FOR CONSTRUCTION 7/31/19

Α1

LEVEL 1 COLOR PLAN



**BEAR DOWN BUILDING - LEVEL 2** 



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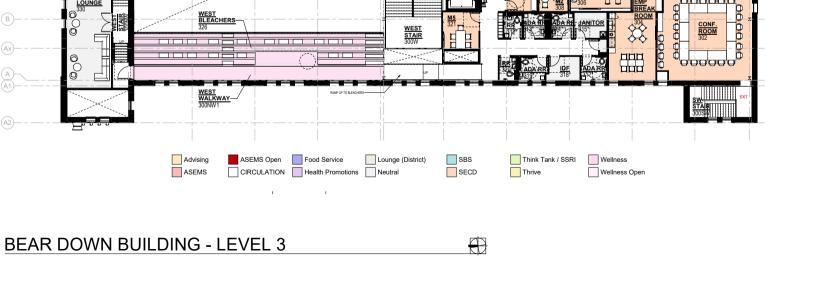
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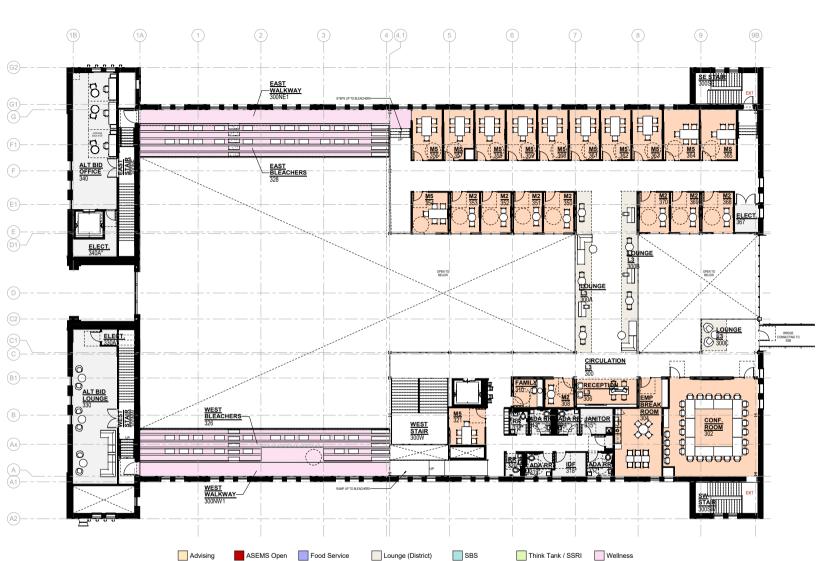
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A2

LEVEL 2 COLOR PLAN







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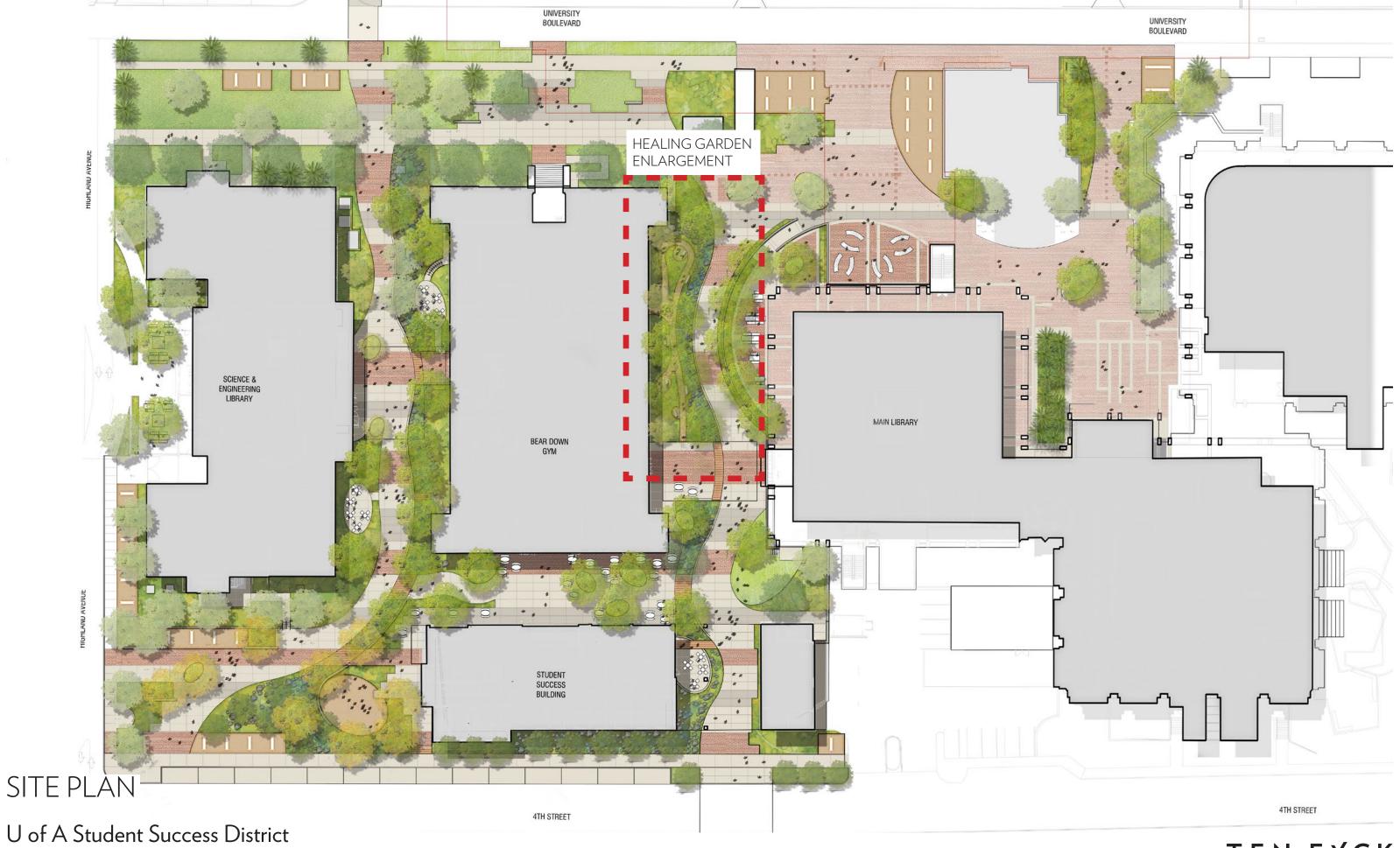
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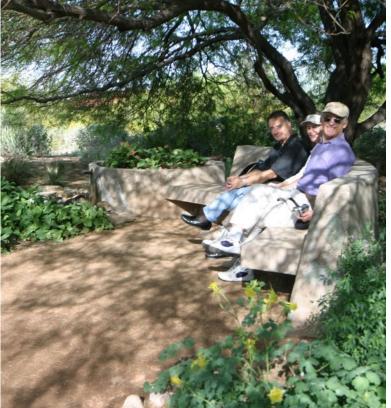
Α3

LEVEL 3 COLOR PLAN























## HEALING GARDEN - PLANT PALETTE





Deergrass / Muhlenbergia rigens

## HEALING GARDEN - PLANT PALETTE

Button Bush / Cephalanthus occidentalis

U of A Student Success District

Yellow Monkey Flower / Erythranthe guttata



Blue Nolina / Nolina nelsonii



## HEALING GARDEN - PLANT PALETTE





## HEALING GARDEN - SECTION





HEALING GARDEN - PERSPECTIVE 1





HEALING GARDEN - PERSPECTIVE 2





HEALING GARDEN - PERSPECTIVE 3





HEALING GARDEN - PERSPECTIVE 4





HEALING GARDEN - PERSPECTIVE 5



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The first year of the two---year phase in provided for a mandatory Health & Recreation Fee of \$150/year with a larger proportionate share of the Fee being directed to the Campus Health Service. A subsequent agreement was reached within the Division of Student Affairs that directed \$80/year of the \$150/year Health & Recreation Fee to the Campus Health Service and the remaining \$70/year to the Department of Campus Recreation. In full, the revised \$300/year mandatory Health & Recreation Fee is effective beginning fall semester 2011 and \$159/year will be directed to the Campus Health Service with the remaining \$141/year going to support portions of the Department of Campus Recreation.

The institution of a mandatory Health & Recreation Fee directly results from the need to move from a less predictable funding model associated with State and Retained Fees to a UA student enrollment based fee funding model to ensure a greater degree of predictability. Both UA students and parents of UA students were surveyed and supported (64% and 78%, respectively) the institution of a mandatory Health & Recreation Fee. The institution of a Health & Recreation Fee will help to assure that services associated with the Campus Health Service and the Department of Campus Recreation are in place and available to the UA student population.

Very importantly, the Health & Recreation Fee approval also includes a provision to have in place a Student Advisory Board that will serve to offer input and perspectives concerning the use of the Fee funding for both the Campus Health Service and Department of Campus Recreation. In turn, key members of the Campus Health Service and Department of Campus Recreation leadership will be present during Health & Recreation Fee Student Advisory Board meetings and will share financial and relevant operational information concerning the planned use of the Fee funding to keep the advisory board well informed.

### **Health & Recreation Fee Student Advisory Board**

#### Student Advisory Board Role:

The Health & Recreation Fee Student Advisory Board is advisory only and will work with the leadership of the Campus Health Service and the Department of Campus Recreation to offer UA student input and perspectives. Should any issues arise that require further UA administrative consideration, the Vice Provost, Campus Life; Dean of Students will have final decision---making authority.

Throughout the Health & Recreation Fee Student Advisory Board meeting cycle, questions will be answered and information shared so as to provide clarity and understanding relative to how the units are funded and how the Fee dollars are being applied.

### Student Advisory Board Membership Composition/Selection:

In order to ensure a good cross---sectional representation of UA students and to assure that definitive information from the Campus Health Service and Department of Campus Recreation leadership is available for the Advisory Board, the following Advisory Board composition is recommended:

<u>UA Student Composition</u> — 1-ASUA (1---SHAC and 1---RAC), 2---GPSC, 1---RHA, 1---International, 1---Off Campus Housing, ≩ 3- At Large, 1--- Fraternity and Sorority Programs, 1 Cultural Centers student, 1 EMS, 1---CHS Student Employee, and 1---CRC Student Employee.

<u>Ex---Officio Members</u> – 1---Campus Health Service Director, 1---Department of Campus Recreation Director, 1--- UA Budget Office professional and the Student Affairs Division Business Manager.

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- Designated Directors of Campus Recreation, Campus Health, The Business Manager Sr. from Campus Recreation, The Director of Administrative Services at Campus Health, a representative from the Budget and Planning office and A representative from the Provost Finance and Administration office will serve as ex---officio members of the group.
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- Attendance will be taken and Minutes of these Board meetings will be constructed by the Secretary, approved by the Board and distributed to the Health & Recreation Fee Student Advisory Board members, appropriate UA leadership and placed on The Campus Recreation websites for public viewing.
- It is further recommended that Health & Recreation Fee Student Advisory Board meetings take place at either the Campus Health Service or Department of Campus Recreation facilities.

### Health & Recreation Fee Student Advisory Board --- Membership Terms/Conditions:

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**Vacancies** — Vacancies will be replaced in a manner that assures the best cross---sectional UA student representation possible.

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### **Health and Recreation Fee Student Advisory Board Agenda** 02-14-2020 **Location – Campus Recreation**

- 1. Review changes to the H & R Fee By-Laws (from October)
- 2. Program Updates
  - a. Campus Health
  - b. Campus Recreation
- 3. Update on the Student Success District (Bear Down Gym)
- 4. Questions / Feedback / Open discussion
- 5. Next meeting End of April week of 4/27 5/1
- 6. Other?





### **Health and Recreation Fee Student Advisory Board Agenda** 02-14-2020

### **Location – Campus Recreation**

1. Review changes to the H & R Fee By-Laws (from October) – approved – see below

### 2. Program Updates

- a. Campus Health
  - i. Aaron Barnes Assistant Director of CAPS the service that helps find solutions to get the students the help they need. Working with Primary Care Physicians to look for depression. Working towards a step care program which is more of a multi-track or multi-path to match students with the least resources intensive most effective resource at the start of their treatment and as needed step to more intensive resources. Building up all levels of resources in CAPS: Psycho Educational Workshops live in person, Online Self Help Resources, increasing group utilization, working with community partners to expand ability and efficiency.
  - ii. Students are more and more open to more than just individual treatment and that individual treatment isn't always the best option. By emphasizing and exploring the group program as well as digging into the group program we have increased group utilization in 1 year by 136%. By having a variety of groups that students are interested
  - iii. Hiring the last 2 of the 11 positions that were opened in the fall fully staffed therefore the utilization is trending upwards.
  - iv. Triage up 13% / counselling visits up a total of 17% / same day crisis visits are up 19% / Total visits up 9% / Unique students served up 15%. Undergraduates served 75% Graduates 25%.
  - v. The ADHD Clinic is open had we have done 29 evaluations since opening in October. Not so much to diagnose students but more to educate on what their deficits may be and how to overcome or work within them to be successful. Not a pipeline for medication.
  - vi. The breakdown of grad versus undergrad at CAPS is 25% of clients are graduates, and 75% undergraduates
  - vii. David Salafsky Coronavirus updates globally the numbers keep increasing 15 cases in the US – CH have a rapid response team .... Actively looking at how we would respond and how we can prevent - we have a response plan in place – the risk is low for the US overall Arizona very low.

### b. Campus Recreation

i. Desk downstairs redone to make more ADA compliant – and allows us to have 2 points of contact to assist patrons.

- ii. New "Campus Recreation" sign on the building at the main rec along with a big block "A"
- iii. North Rec is getting busier we are up overall by 12% even though we are down at the main rec over last year.
- iv. Still working on some issues from original construction Installed water fountain on 3<sup>rd</sup> floor at NREC working on changing the fan rotations and controls on the 3<sup>rd</sup> floor
- v. Staffing updates looking for AD Fitness Wellness / AD Sports / Outdoor Rec Coordinator leaving evaluating area / Accountant / Business Manager
- vi. Collaboration of CH and CR athletic training coverage for both areas with 3 trainers, Sports Club teams / ROTC / Dance / adaptive athletics working very well getting all students that need help get it.
- 3. Update on the Student Success District (SSD) and Bear Down Gym (BDG)
  - a. Final plans for BDG are getting closer to be finalized
  - b. To help spread out everyone moving in instead of all at once
    - i. The SS Building floors 1 & 3 will open late August
    - ii. The SS Building floors 2 & 4 will open October.
  - c. Once all areas have moved from BDG to The SS Building, then BDG will go off line late October for demo and reconstruction it will reopen February 2022
    - i. Campus Health's area hasn't changed it is still a classroom, and office space / work space for health promotion
    - ii. Campus Recreation changed from a yoga and massage area to a Weight Room / fitness room about 2600 square foot meditation rooms open locker room cabanas change room restrooms healing garden offices CR will manage both buildings.
- 4. Questions / Feedback / Open discussion

a.

- 5. Next meeting End of April week of 4/27 5/1 at Campus Health and will choose a date in early April
  - a. If you would like to continue on the Board that is awesome
  - b. If you are not going to continue on the Board please find someone to take over for you and bring them to the next meeting.
- 6. Other?

## Health & Recreation Fee Student Advisory Board (H & R Fee Committee) By-Laws – updated October 2019

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### Health and Recreation Fee Student Advisory Board Agenda 4.29.2020 – 4:00pm Virtual Zoom

- 1. Comments from Kendal Washington-White, Vice Provost/Dean of Students
- 2. The Impact of COVID-19:
  - Budget for Campus Health (staff)
  - Budget for Campus Recreation (staff)
  - What both units are continuing to do/provide to campus
- 3. Board Officer openings looking ahead to fall elections
- 4. Constituent comments/questions
- 5. Activity presented by Devon Chapman, Coordinator Campus Recreation
- 6. Dismissal





### Health and Recreation Fee Student Advisory Board Agenda 4.29.2020 – 4:00pm - Virtual Zoom

- 1. Comments from Kendal Washington-White, Vice Provost/Dean of Students.
  - a. Just learned there is a family that is providing UA with significant funds for the Student Emergency Fund that should support us for the upcoming years as well as this year.
  - b. Campus Health Staff has been working every day and many nights to insure that we have a safe community during this difficult time of Covid-19

### 2. The Impact of COVID-19:

- Budget for Campus Health
  - The budget that was submitted for FY21 was Pre-Covid-19 and is no longer workable
  - Loss of revenue due to closure for FY20 and due to projected reduction in enrollment in FY21 therefore loss of H&R Fee revenue and Auxiliary Revenue
  - Hiring freeze
  - Furlough of faculty and staff
  - Cutting expenses as much as possible
  - Finding ways to increase revenue and find a way to bring students back to campus and keeping it safe for everyone.
  - There are some services that have been temporarily suspended (the clinic is not open full time or full service – in person clinics, mental health most all done by telehealth ) but once we re-open we will provide all of the same services as we are trying to avoid cutting staff or services
- Budget for Campus Recreation
  - Same as what Shiela and Kendal has already stated that the revenue is down and will be for the foreseeable future
  - Finding different ways to add revenue sources
  - Cutting back on expenses stopped all purchases except for essential items that cannot wait
  - Hiring freeze
  - Furlough program

- We did refund locker fees / semester memberships / Fitness passes / facility reservations
- Last summer we decided not to charge the H&R Fee and the Bond Fee for the summer and still allow access to the facility (once we open)
- o Making effort to align our expenses to the current situation
- We decided very early on with support of the university we did not refunded any of the H&R Fee or Bond Fee to students – due to the services that we are still providing – see below
- What both units are continuing to do/provide to campus
  - Programming online to have students, faculty and staff can participate virtually
  - Fitness Classes online recorded and live
  - o Intramural sports e-gaming
  - Virtual hikes
  - Camps had robotics kits for AYU but are now renting them out to individual families
  - Right now everything (except the rentals) is free until the fall then we will look at other options
  - Looking now on how we can re-open safely, for everyone as soon as we get the green light from the University – working on our plan and to prepare to open as soon as we can.
  - o Please visit the following websites for more information
    - https://health.arizona.edu/take-charge-your-well-being-2020
    - https://rec.arizona.edu/about/programming-demand
    - https://businessaffairs.arizona.edu/
- 3. Board Officer openings looking ahead to fall elections
  - a. Tim G will be the Chair in the Fall
  - b. Vice Chair & Secretary open in the fall
  - c. If you are continuing in the fall please let Janelle, Troy and David know
  - d. If you are not going to continue in the fall please think of someone who can take your place and get them connected to Janelle, Troy and David
- 4. Constituent comments/questions
  - a. Do you all foresee a change to the HR fee for 20-21 year? Lowered cost? Options to opt?
    - i. Many things are being considered moving forward; however, there has been no discussion on reducing fees because those fees pay for so many things that we do as a campus and support the personnel and infrastructure of Campus Health and Campus Recreation and would put one more obstacle on top of everything else.

- 5. Congratulations to all of the graduating seniors thank you for your service on the board and good luck in your future endeavors.
- 6. Activity presented by Devon Chapman, Coordinator Campus Recreation
- 7. Dismissal

### **Attendees**

Alicia Reifer

David Salafsky

Harry McDermott

Janelle Holyoak

Joy Luzingu

Rachel Abraham

Izzy Thesz

Shiela Soto

Natalie O'Farrell

Michele Schwitzky

Danielle King

Lily Katz

Tim Gufstason

Troy Vaughn

Teresa Whetzel

Michael Stiltson

James Foster

**Abhijay Muruges** 

Garth Perry

Arindam Sengupta

Nikta Noronha

Kayla Beard

Kendal Washington White

Veronica Chu

Devon Chapman