# Health and Recreation Fee Advisory Board

**Fall Orientation; Saturday, October 3, 2020**  
**Via ZOOM; 9am – 11:45am (approx.)**

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<td>9:00am – 9:15am:</td>
<td>Welcome and Introductions</td>
<td>Dr. David Salafsky/Tim Gustafson, Chair Kendal Washington-White</td>
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<td>9:15am – 9:30am:</td>
<td>COVID Updates</td>
<td>Dr. David Salafsky</td>
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<td>9:30am – 9:50am:</td>
<td>Virtual Team Building Activity</td>
<td>CREC Challenge Team (Devon Chapman &amp; Andrew Huff, Campus Recreation)</td>
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<td>9:50am – 11:00am:</td>
<td><strong>Department Presentations</strong></td>
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<td><strong>Campus Health Services: Plans and Challenges</strong></td>
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<td>CHS Medical Services</td>
<td>Dr. Michael Stilson</td>
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<td>Counseling and Psych Services (CAPS)</td>
<td>Dr. Aaron Barnes</td>
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<td>Health Promotion and Preventive Services (HPPS)</td>
<td>Dr. David Salafsky</td>
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<td><strong>Campus Recreation: Plans and Challenges</strong></td>
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<td>Programs and Services</td>
<td>Troy Vaughn &amp;</td>
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<td>Bear Down Gym project</td>
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<td>FY20 Finance Report - Campus Health Services</td>
<td>Shiela Soto, Campus Health</td>
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<td>FY20 Finance Report - Campus Recreation</td>
<td>Alicia Roberson, Campus Recreation</td>
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<td>11:00am – 11:10am:</td>
<td>Discussions, Questions and Answers</td>
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<td>11:10am – 11:20am:</td>
<td>UA Student Representative/Board Member</td>
<td>Troy Vaughn</td>
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<td>&amp; Ex-Officio Board Member Position review</td>
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<td>11:20pm – 11:30am:</td>
<td>Discussion of open position(s) &amp; Elections for</td>
<td>Tim Gustafson, Chair</td>
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<td>Open Student Board Positions</td>
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<td>11:30am – 11:40am:</td>
<td>Plans for the Year –Looking at Schedules &amp;</td>
<td>Troy Vaughn</td>
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<td>Calendars for Future Possible Meetings</td>
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<td>1) Later in November, 2020</td>
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<td>2) Late January/early February 2021</td>
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<td>3) Late April 2021</td>
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<td>11:45am</td>
<td>Adjournment</td>
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Welcome – David Salafsky - Some background on the Health and Recreation Fee (H&R Fee). We're just under 10 years old so it's been implemented nine years here at the University of Arizona. At this meeting, you're going to hear more about the operations that it supports, you're going to hear more about the financials for both operations and you really I think hopefully get a good picture of how critical to health recreation fee is to all of our operations and all the different services that we provide for students. I think, from the very beginning. And you may have seen this from some of the governing documents that were sent out the number one priority for all of us as ex officio members and staff members is really to be good stewards the health and recreation funds and we can't do that without openness and without transparency and without really a student voice. That is why this board, this committee was created in the first place. And it's really informed, a lot of the work that we do both that Campus Health and Campus Recreation over the year. You're going to hear more about the different areas within Campus Recreation and you're going to hear about Campus Health medical services counseling services. What we're doing around Covid Health promotion and other services, but I really want to invite you to kind of use. This is your time as students to kind of learn more about the operations, ask questions of us and offer feedback. We really feel like this foundational time to spend together to kind of get to know the operations, a little bit more depth is really helpful and informs all the subsequent meetings. This committee shouldn't just be restricted to the time that we spend on the zoom. You know, I know. Troy and you know everybody in both operations. We're, we're accessible. If you have questions, outside of the meetings that we have, we typically have three meetings per year plus this this orientation and we want to be accessible to you and we really welcome your feedback and your thoughts and ideas.

Welcome - Tim Gustafson – I like welcome everyone here today, I'm Tim Gustafson the current chairperson. If I could give one piece of advice to everyone, especially to a new members; as we're going through this board meeting you hear a lot of terms, especially in the finance reports and as the plans and challenge as a campus and Campus Recreation and Campus Health that are new and may be difficult to understand. It takes a lot to get just what the terminology is, but I just encourage everyone to just ask open questions and to engage a discussion because the board really can't function without everyone's participation.

Kendal Washington White - Good morning, everyone. I'm just wanted to say hello to each and every one of you and thank you for your service on the health & Rec board. It's really important for us to have input from you in your voice in perspective are critical as we consider our student needs finances and resources. You know, right now we are in a very challenging era in higher education and we're not unique. Lots of universities and colleges are dealing with the same issues that we are here at the University of Arizona, in particular, about covid 19 issues that we're all dealing with but, there's a lot of other issues that of that virus has us put in focus such as digital divide, we've been talking about that for decades. But this is the first time that I think in higher ed that we are addressing those issues around the digital divide. There's too many of our students on campus who don't have access to Wi Fi or even have the equipment to get their work done. We also know that students and staff members are feeling isolated because we miss the opportunities to be able to walk from building to building and having in person meetings. I know, as Tim already said, and David is that we're all tired of zoom very tired of it. But if that's what it takes for us to get things done that, we will do it. Um, and, again, the fellowship that we all expect when we came to the university as students as well as staff members. I just want to acknowledge and share how proud I am of the campus life area, particularly Campus Rec and Campus Health; the leaders and the staff members of those two areas are phenomenal and they have done Herculean things in order for us to continue to operate and I don't know that it's always noticed or appreciated. But I certainly do because everyone has been working incredibly hard to keep things running. So thank you to the staff members of Campus Health and Campus Rec
Covid Update – everybody knows how difficult things have been, certainly since March Campus Recreation and Campus Health and everybody in campus life has been working very hard this whole year to try to continue core operations of the university. I know Mike and I are just really proud of all the work that's been done across all the units and you know campus health has been really, very central to a lot of the test trace and treat initiatives that you have seen firsthand and heard about through the President's updates. You know, we've been testing for code since March 12 here at the U of A. Covid kind of came in February, March, and actually we were talking about it here at Campus Health as early as January, I think we had stuff on the website and we were thinking about how we would respond to these things back when we were looking at cases internationally and you know how we would maybe you know look at how we were preparing for that here in the US and obviously we had no idea what the impact would be, but I just bring that up because I want you know the students and everybody to know that you know campus health. We spent a lot of time preparing for these types of things, and nobody can fully prepare. But in terms of getting the right people in the room thinking about, you know, how we respond to different scenarios and the team has just been, outstanding in terms of, multi-disciplinary physicians, nurse practitioners, nurses, medical assistants and people in public health. Aaron's going to talk about all the great work that caps and counseling is doing, because this is this is obviously we had a huge mental health impact as well. So we're doing all these things really in the support of our students and our employees here on campus but um you know i campus health for now for quite a long time now, we've been testing with both the rapid antigen tests which gives you know same day results as well as the PCR tests which we've been doing for for quite a while and working closely with our campus partners to try to ensure that all the different elements of this response, whether it's, testing, contact tracing, isolation housing.

Department Presentations –
   Campus Health, CAPs, Campus Recreation Overviews – see attached presentations.

Financial Presentations –
   Campus Health and Campus Recreation – see attached presentations

Elections of positions
   Vice Chair – Abhijay Murugesan
   Secretary – shared position – Haley Kenner and Zul Santiago
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<tr>
<td>Aaron T Barnes</td>
<td>CAPs</td>
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<td>Abhijay Murugesan</td>
<td>UEMS</td>
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<td>Alicia Roberson</td>
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<td>Anastasia Taylor</td>
<td>Residence Hall Assoc.</td>
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<td>Andrew Huff</td>
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<td>David Salafsky</td>
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<td>Garrett Miller</td>
<td>ASUA RAC</td>
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<td>Haley Kenner</td>
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<td>Harry McDermott</td>
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<td>James Foster</td>
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<td>Janelle E Holyoak</td>
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<td>Joy Kinko Luzingu</td>
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<td>Kendal Washington White</td>
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<td>Matthew Kennedy</td>
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<td>Michael Stilson</td>
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<td>Michele Schwitzky</td>
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<td>Skyler Kopit</td>
<td>Fraternity / Sorority</td>
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<td>Teresa Whetzel</td>
<td>SAEM / AISS Admin Services</td>
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<td>Tim Gustafson</td>
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<td>Troy Vaughn</td>
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<td>Yi Zhang</td>
<td>GPSC</td>
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<td>Zul Santiago</td>
<td>Campus Health Student Staff</td>
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<td>Natalniel Tsai</td>
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<td>Tala Shahin</td>
<td>GPSC</td>
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<td>Izzy Thesa</td>
<td>Off-Campus Housing</td>
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<td>Veronica Chu</td>
<td>Budget Office</td>
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<td>Glenn Matchette-Morris</td>
<td>CAPs</td>
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Medical Services

Michael Stilson, M.D.
Director of Medical Services

www.health.arizona.edu
Campus Health Response to COVID-19

• Telehealth Visits
• COVID-19 Test: Rapid Antigen, PCR
• Test All Test Smart positive COVID-19 test results
• Daily Well checks on COVID-19 positive students in Isolation Dorms
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

- 52.6% of UA students have used CHS\(^1\)
- 81.7% of UA students said CHS helped them remain a student at the UA\(^1\)
- 43% of ALL students at the UA state that Campus Health Services helped them remain in school
- 92% of students seen at Campus Health would probably or definitely recommend us to a friend\(^2\)

\(^1\) 2020 Health and Wellness Survey, \(n=4,808\)
\(^2\) 2020 Patient Satisfaction Survey, \(n=224\)
Questions?
Mental Health needs among UA Students

The 2020 Health & Wellness Survey (n=4,808 undergraduates) found that:

- 60% felt overwhelming anxiety in the last year
- 55% experienced more than average or tremendous stress in the last school year
- 50% felt things were hopeless in the last year
- 58% indicated anxiety or depression made it difficult to work, study, go to class or get along with people
- 13% experienced relationship abuse in the last year
- 13% have seriously thought about suicide in the past year
CAPS: Counseling & Psych Services

Oasis: Sexual Assault and Relationship Violence Services
CAPS is a fully licensed professional MH team operating from comprehensive outpatient mental health clinics. Licensed staff includes:

- 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, currently zoom only) to talk with a CAPS counselor. Appointments may be prescheduled up to 3 days ahead, if preferred.

- **Counseling** - Individual, group and couple counseling and support; Referral for other care, as needed

- **Workshops** - New addition to CAPS services: Psychoeducational workshops focused on coping skills and distress tolerance

- **Psychiatric Services** - Evaluation, medication prescription and management

- **Clinical Care Coordination** – Assistance with comprehensive referral support and other continuity of care needs

- **After hours Phone Crisis Line** – Staffed by licensed counselors whenever CAPS is closed

- **ADHD Clinic** – AMP workshop, psych evals, med management
New! CAPS Care Pathways

“The right care, for the right people, at the right time.”

- **Overview** - Delivers and monitors mental health treatment so that the most effective, yet least resource intensive treatment is delivered first. Progress in treatment is monitored and intensity of treatment is increased or decreased depending on need. Founded on the following beliefs:
  - People should not have to wait for psychological service
  - Different people require different levels of care
  - Finding the right level of care often depends on monitoring outcomes
  - Moving from lower to higher levels of care based on client outcomes often increases effectiveness and lowers costs overall

- **How it works** - (1) Student completes MH measure (BHM-43) (2) Student completes triage (3) Counselor and student complete the CCP “Custom Care Plan” based on need and BHM-43 results (4) BHM-43 issued periodically to monitor treatment outcomes and informs revisions to the Custom Care Plan
Main Clinic @ Campus Health Service
Hours: M-F 8 a.m. – 6 p.m.

Marian Binder Center (North Clinic) and Yuma Hall currently closed due to pandemic.

Binder Center @ 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.
- **Cultural Center Liaisons**: Counselors offering formal consultation times to Cultural and Resource Centers.
More students use CAPS every year

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

Despite COVID-19, Walk-In Triage visits were at an all-time high last year were nearly as high as the year prior (an all-time record high)

Same-Day Crisis visits also remained high despite COVID-19
Between March 18th and Sept. 23rd, 38% of students screened for the first time at CAPS had **moderate** or **severe** scores for Global Mental Health on the BHM-43 screening.

**89%**
Of undergraduate students report having one or more symptoms of depression or anxiety in the past 30 days.

**31%**
Of undergraduate students report feeling isolated or lonely most or all of the time in the past 2 weeks.

52% of undergraduates said that health related stress (theirs or a loved one’s) reduced their ability to perform in remote classes.

**66%**
Of UA students said that their mental health has gotten slightly or much worse since COVID-19.

**71%**
Felt overwhelming anxiety in the last 30 days.

**55%**

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**Data are from the COVID-19 Student Wellness Survey conducted in May 2020**
94% of students rated CAPS as critically important.
95% felt that their counselor was genuine/sincere, accepting, listened to them, and created a confidential atmosphere.
89% would recommend CAPS to a friend.
65% experienced improvements in feelings of distress or hope which they directly attributed to CAPS services.

2020 CAPS/Oasis Satisfaction Survey Results
“I really liked that there was a good match between myself and the counselor. I felt they really understood me and listened carefully to all that I needed to talk about.”

“My counselor is one of the reasons why I am still here today. I will forever be grateful for her.”

“Without CAPS I would not have been able to overcome the emotional problems I was experiencing.”
Future Directions

• Increase resources for underrepresented populations
  – New Cultural Center Embedded Counselor positions
  – Grow CAPS Cultural Center Liaison Program
• Fully implementing CAPS Care Pathways Model
• Expansion of Telebehavioral Health Services
• Continued collaboration with existing and emerging campus stakeholders
• Long term: development of a competitive CAPS training program focused on values of social justice and inclusion
Questions?
Health Promotion & Preventive Services

David Salafsky, DrPH, MPH

www.health.arizona.edu
The function of protecting and developing health must rank even above that of restoring it when it is impaired.

Hippocrates
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

JUUL

By: David Salata, DrPH, MPH, Director of Health Promotion

Sleek, discrete, and spiked with enticing flavors such as mango, cool mint and crème brûlée—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, one recent study 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 75% of UA students that did not use JUULS, e-cigs or vape in the past 30 days, don’t start.

Thinking of quitting?

1. 2018 Health & Wellness Survey, n=5,438
What do I need to know about dating and sex?

According to a survey, young people are currently in a relationship. But whether you think sleeping with someone is the ultimate way to avoid a date, or the end of dating seamless, you will need to:

1. Be proactive — Remember to have a conversation about your preferences and boundaries.
2. Be aware — Stay safe and consider different methods of birth control.
3. Be honest — Be transparent about your intentions and feelings.
4. Be respectful — Treat your partner with dignity and respect.

If you have any questions, visit the Health Services Center or contact a counselor for guidance.

www.health.arizona.edu
PRESENTATION MENU

Down on Health & Wellness .......... 45 minutes

Don’t want to be healthy? Learn the Top 10 Tips for staying healthy in college.

Buzz .......................................................... 45-90 minutes

Sips, frisbees, and game show buzzers are all used in this fun, interactive alcohol education program.

Food & Mood Connection .................. 60 minutes

What we eat influence how we feel or does how we feel influence how we eat? Explore the intricacies of the food and mood connection with Registered Dietitians.

Navigating Relationships .................. 60-120 minutes

Explore pathways to more satisfying relationships that honor the desire for intimacy and togetherness.

Nourishing Choices & Campus Life .......... 60 minutes

Establishing a healthy relationship with foods is key! Get practical tips from the Registered Dietitians for building satisfying meals, while keeping your sanity & budget in-check.

Cup Q&A .................................................. 30-45 minutes

A Q&A session of the weekly column! All your alcohol questions will be answered.

Food Myths You Swallowed .............. 45-60 minutes

Learn how to debunk common nutrition myths, offering the facts they normally hide in discussion.

Talk .......................................................... 50-75 minutes

Learn about UA student sexual behaviors and learn about performance, conception, contraception, and more.

Sip & Stress ........................................... 45 minutes

Out and sleep-deprived? This presentation offers tips to help lower stress, improve personal resilience, and improve the quality of your sleep.

Safe to Take ............. 45-60 minutes

Medication with prescription drugs have the power to help, harm, and heal.

Suicide Prevention: Question, Persuade, Refer .......... 60-120 minutes

Have you wondered what the potential to save lives. Learn the 3 simple steps anyone can use to help others from suicide.
Join experts in FREE seminars on popular food and nutrition topics

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
PASSPORT TO HEALTH

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”
We've Got Data

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
2020 awardees

Denison University

Santa Monica College

Skidmore College

University of Arizona

University of Richmond
Dear Student:

You didn’t ask for this, but you are living through a historic pandemic. Whether you are positive for the virus or not, you should consider yourself a symptom of COVID-19, not a victim. Wherever you are,Campus Health is here for you. And we hope that you are feeling better soon! This is not a guide to how to get through the illness and what you can do while you are sick. It is a guide to what you can do for your health and the health of others while you are sick.

We advise you NOT to do the following:

1. Stay home if you are sick.
2. Clean and disinfect frequently touched objects and surfaces.
3. Maintain good physical distance (about 6 feet) to protect yourself and others from exposure.
4. Cover your mouth and nose with a cloth face covering when around others.

What is self-isolation?

Self-isolation also means avoidance. Avoid interacting with other people. Isolation of a person or group is believed to be effective in preventing the spread of contagious disease. It is the process of separating a person or group of people from the general population to avoid the spread of contagious diseases. It is a way of life that people who are infected with contagious diseases can live when they are away from others.

How do I self-isolate?

Stay at home

- You should remain in your home and not go out in public.
- Do not go to school, work, restaurants, or any crowded area.
- Do not use ridesharing, taxis, or other public transportation until you are released by your doctor.

For up-to-date information on COVID-19:

HEALTH.ARIZONA.EDU

MEDICAL: (520) 621-9202
AFTER HOURS: (520) 570-7898
CAPS 24/7: (520) 621-3334
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
The survey found that UA alumni are significantly more likely than graduates of each comparison group to be thriving in each element of well-being.

- UA News
Campus Recreation News & Updates:
In the Age of COVID, 2020-2021

Health and Recreation Advisory Board
October 3, 2020
The Role of Campus Recreation

• **WHO** does it support?
• **WHAT** do students get?
• **WHY** is the fee important?
• **HOW** does fee impact students?
More about Campus Rec

• CREC during COVID-19
• The CREC Organization
• Our Commitment to Diversity
• Accomplishments and Future Projects
WHO does it support?

The Students...

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

2019-2020 Academic Year:

Over 1 million total participations in CREC facilities and activities

Note: All facilities closed on 3/17/2020 due to COVID
WHAT do students get?

At the REC:

• Weight Room (35,000 sf)
• Bouldering Wall
• Basketball/Volleyball Courts (6)
• Olympic-size Pool
• Racquetball/Squash Courts
• Golf Simulator
• Cardio Equipment (over 250 pieces)
• Outdoor Rental Center
• Additional Services: Shake Smart, OSCR Lab, Wildcat Threads, Think Tank
WHAT do students get?

At NorthREC:

• Recreational Space over 3 Floors (50,000 sf)
• CAPS Offices/Services
• Basketball Courts (2)
• Fitness Rooms
• Weight and Cardio Machines (over 200 pieces)
• Additional Services: Cabanas/Lockers, Desk Services, Shake Smart
• Serving “North of Speedway” since August 2019
WHAT do students get?

Informal Recreation:

• The REC
  • Weekdays: Mon-Thu 6a-10p/Fri 6a-9p
  • Weekends: Sat 8a-8p/Sun 11a-10p

• NorthREC
  • Weekdays: Mon-Thu 3p-10p/Fri 3p-9p
  • Weekends: Closed
WHAT do students get?

Other Facilities:
• Rincon Vista Fields*
• Robson Tennis Center
• Lee & Sandy Davis Bear Down Field
• Sitton Field*
• Challenge Course

*Mostly for Club Sports and Intramural Sports
WHAT do students get?

Affordable Programs and Activities:
• Group Fitness & F45 Classes
• Personal Training
• Wellness Workshops
• Aquatics & Safety Classes/Professional Certifications
• Intramural Sports; Club Sports (29 clubs)
• Golf Simulator in conjunction with Adaptive Athletics
• Bike Repair Station on Mall (with PTS)
• Outdoor Recreation Rental Gear
• Outdoor Trips
• Hockey Program at TCC
WHAT do students get?

Special Events:
- Bash @ the Rec (Wildcat Welcome, fall semester)
- Rec on the Mall (spring semester)
- Hall of Freebies (giveaways from CREC sponsorship programs)
- Blood Drives (with American Red Cross)
- Facility rentals for student groups (for special programming)
- And much more!
WHY is the fee important?

The H&R Fee...

- Provides student access/membership to two recreational centers
- Covers operational expenses
- Covers maintenance costs to run facilities
- Subsidizes costs for some programs
HOW does fee impact students?

Student Employment:

• Top 5 employer of students on campus
• Over 500 student employees (pre-COVID vs. current staffing of 250)
• Over $1 million given back in student wages last year (included student pay through end of spring semester despite COVID closure mid-March)
• Wide selection of student positions (40+)
• Competitive pay, training, and professional development opportunities
CREC during COVID-19

• Revenue impacts
• Reduced wages for students and professional staff (furloughs and work reductions)
• Reduced facility hours, capacities, and program opportunities
• Student fee refunds
• End of ancillary employees, but
• **NO elimination of student employees!**
• Our comeback...
Our Commitment to Diversity

• Inclusivity Work Team for employees/patrons
• Cabanas in both facilities
• Arizona Sovereign Native Nations tribute
• International Flags celebrating nations of students
• Collaborations with Disability Resource Center/other departments on campus and in the community
Accomplishments and Future Projects

• 7th Street Project design work (entryway, climbing wall, classroom space, etc.)
• Rincon Vista security system improvements
• Additional offices for CREC staff
• New turnstiles for the REC (coming summer 2021)
• And...
Coming in January 2022
Bear Down Gymnasium

• Construction began in September
• Partially funded by the Health & Rec Fee, private funds
• Areas for BOTH Campus Health and Campus Recreation
• Amenities include:
  • Fitness Room (2,600 sf), Multi-purpose Spaces
  • Cabanas, Community Clubhouse (locker room)
  • Meditation Rooms, Lounge Areas
  • Desk Service
  • And much more!
Any Questions or Comments?
CHS FY 2020 Total Revenue
$15,195,029

CAMPUS HEALTH SERVICE TOTAL REVENUE
FY 2020
$15,195,029

- H&R Fee, $7,691,666, 50.6%
- Local/Non-Health & Rec, $7,493,213, 49.3%

UAEMS Support, $10,150, 0.1%
Total CHS Health & Rec Fee Revenue & Expenses

FY 2020 HEALTH & REC REVENUE AND EXPENSES

<table>
<thead>
<tr>
<th>FY</th>
<th>H&amp;R Revenue</th>
<th>H&amp;R Expenses</th>
<th>Net Change*</th>
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</thead>
<tbody>
<tr>
<td>FY20</td>
<td>$7,691,666</td>
<td>$7,761,851</td>
<td>($70,185)</td>
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* The net loss was supported by our fund balance
CHS Health & Rec Fee Expenses

TOTAL HEALTH & REC EXPENSE BREAKDOWN FY 2020
$7,761,851

- CAPS Salary & ERE, $3,269,213, 42%
- Medical Salary & ERE, $1,704,128, 22%
- HPPS Salary & ERE, $641,192, 8%
- Admin Salary & ERE, $246,046, 3%
- Operations, $458,210, 5.9%
- SAEM/AISS H&W Transfer, $844,400, 11%
- Admin Service Charge, $98,067, 1%
- Student Success District, $294,260, 4%
- UEMS Support Transfer, $10,150, 0.1%

CAPS North District, $196,184, 3%
Campus Health Service All Accounts
FY 2020
$15,195,029

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<tr>
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$15,195,029 100%

Total Campus Health Service Health & Rec Fee Revenue & Expenses
FY 2020

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Total Campus Health Service Expense Breakdown
FY 2020

**EXPENSES**

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<th>Description</th>
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Health and Rec Fee
Total Revenue and Expenses
for FY 2020

HR Fee FY20
CREC FY 2020 Total Revenue
$10,939,306

CAMPUS RECREATION TOTAL REVENUE
FY 2020
$10,939,306

- H&R Fee, $7,154,653, 65.4%
- Auxiliary, $1,644,243, 15.0%
- Bond Fee, $1,786,712, 16.3%
- Program fee, $353,698, 3.3%
Total CREC Health & Rec Fee
Revenue & Expenses

FY 2020 HEALTH & REC REVENUE AND EXPENSES

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CREC Health & Rec Fee Expenses

TOTAL HEALTH & REC EXPENSE BREAKDOWN
FY 2020
$7,203,396

- Professional Salary & ERE, $1,776,394, 25%
- Student Staff & ERE, $1,228,877, 17%
- Operations, $1,581,332, 22%
- ACC Honors College, $1,257,030, 17.5%
- SAEM/AISS H&W Transfer, $827,600, 11.5%
- Admin Service Charge, $68,985, 1%
- Student Success District, $291,026, 4%
- Transfers Out - Other, $71,937, 1%
- Capital, $100,215, 1%

TOT AL HEAL TH & REC EXPENSES
FY 2020
$7,203,396
Total Campus Recreation Expense Breakdown
FY 2020

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