<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am – 9:15am:</td>
<td>Welcome, Intros and Overview</td>
<td>Dr. David Salafsky/Tim Gustafson, Chair</td>
</tr>
<tr>
<td>9:15am – 9:30am:</td>
<td>H&amp;R Student Fee Increase Discussion &amp; Review</td>
<td>Dr. David Salafsky and Troy Vaughn</td>
</tr>
<tr>
<td>9:30am – 11:00am:</td>
<td>FY21 Finance Report - Campus Health Services</td>
<td>Sheila Soto, Campus Health</td>
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<tr>
<td></td>
<td>FY21 Finance Report - Campus Recreation</td>
<td>Alicia Roberson, Campus Recreation</td>
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<td>Department Presentations</td>
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<td></td>
<td>Campus Health Services: Plans and Challenges</td>
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<td></td>
<td>CHS Medical Services</td>
<td>Dr. Michael Stilson</td>
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<td></td>
<td>Counseling and Psych Services (CAPS)</td>
<td>Dr. Matchett-Morris/Dr. Barnes</td>
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<td></td>
<td>Health Promotion and Preventive Services (HPPS)</td>
<td>Dr. David Salafsky</td>
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<tr>
<td></td>
<td>Campus Recreation: Plans and Challenges</td>
<td>Troy Vaughn</td>
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<tr>
<td>11:00am – 11:10am:</td>
<td>Additional Discussions, Questions and Answers</td>
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<tr>
<td>11:10am – 11:20am:</td>
<td>Covid Updates</td>
<td>Dr. David Salafsky</td>
</tr>
<tr>
<td>11:20am – 11:30am:</td>
<td>UA Student Representative/Board Member &amp; Ex-Officio Board Member Positions &amp; Review</td>
<td>Dr. David Salafsky</td>
</tr>
<tr>
<td>11:30pm – 11:40am:</td>
<td>Discussion/Elections for open Student Board Position</td>
<td>Tim Gustafson, Chair</td>
</tr>
<tr>
<td>11:40am – 11:50am:</td>
<td>Plans for the Year –Looking at Schedules &amp; Calendars for Future Possible Meetings</td>
<td>Troy Vaughn</td>
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<tr>
<td></td>
<td>1) Later in November, 2021</td>
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<td>2) Late January/early February 2022</td>
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<td>3) Late April 2022</td>
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<tr>
<td>Noon</td>
<td>Adjournment</td>
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Health and Recreation Fee Advisory Board
Fall Orientation; Saturday, October 2, 2021
Via ZOOM; 9am – Noon
Start Time: 9:02am
End Time: 11:41am

1. Welcome, Intros and Overview
   Dr. David Salafsky/Tim Gustafson, Chair

2. H&R Student Fee Increase Discussion & Review
   Dr David Salafsky and Troy Vaughn
   a. The Health and Recreation Fee is $425 p/yr per enrolled student that is divided between campus health, recreation center, and some dean of students
      i. The H & R fee was implemented due to budget cuts and more student enrollment demanding more need for Campus Health and Rec services
      ii. This previous academic year it was discussed raising this fee for the best needs of the UA campus and this topic continues to be discussed
      iii. The H & R fee first started in 2010 with $300 → increased to $425 in 2017 → this upcoming increase proposal would be the third
      iv. Planning has gone into this decision such as discussing this topic with H & R fee members for over a course of several meetings and giving presentations to different groups of students to explain the rationale of this increasement
      v. The increased fee would only affect the new upcoming classes

3. Budgetary Reports
   a. FY21 Finance Report - Campus Health Services
      i. FY21 (ended 6/30/21) had a net gain of 1.1m → this net gain goes into fund balance used when there is a year that has net loss
         1. FY21 is the 1st year that the H & R fee is supporting most of the revenue which is mainly due to COVID (42% auxiliary revenue, 58% H & R fee, and 0.1% UAEMS)
         2. Furlough program: this program was mandated by the university which made employees who made under a certain dollar amount subject to pay a reduction → this resulted in temporary salary savings and the furlough program was able to end earlier than anticipated due to the good salary savings
      ii. FY22: Projecting 7.5m revenue, 9.05m expenses → projecting to end the year in a negative net change that will require the fund balance to be used
      iii. FY23: Overall will be in deficit
      iv. FY24: Overall will be in deficit
      v. Prior to COVID most years used to finish with positive net gain and there was enough fund balance to offset any negative year

   b. FY21 Finance Report - Campus Recreation
      Alicia Roberson, Campus Recreation
FY21 ended with a net gain (7.36m revenue, 4.78m expenses) → this does not reflect a typical year due to salary reductions, furlough program, rec center being closed for certain part of the pandemic, and debt holiday not getting charged in 2021

1. Most of FY21 expenses where from salaries for faculty and student staff

FY22: Projecting 7.16m revenue and 9.28m in expenses → starting to normalize

FY23: Projecting 7.10m revenue, and 8.3m in expenses

1. If H & R fee stays the same FY23 starts having financial difficulties and will result in a negative fund balance

FY24: Projecting 7.10m revenue, and 8.86m in expenses

Important to know that this is not the most updated information due to the rec not being fully operational during covid and student success districts opening this year that added to expenses

Please refer to this link https://academicadmin.arizona.edu/university-and-student-fees/student-fees/health-recreation-fee/documents-finances to see previous year trends prior to COVID

4. Department Presentations

- Campus Health Services: Plans and Challenges

  a. CHS Medical Services

  i. Campus Health response to COVID-19

  1. Telehealth visits

  a. Telehealth option has continued through Fall 2021 even with transitioning students back to in person

  b. For in person options screening is being done prior to appointments

  2. COVID-19 Testing

  a. Provided options of rapid antigen, PCR, and now Test and Go providing no contact option

  3. Test All Test Smart Team → UA provided additional nursing help during this time due to the high demand

  4. Daily well checks on COVID-19 positive students in isolation dorms

  5. COVID-19 Vaccine clinics → soon to be expanded from 2 to 5 days a week to provide booster vaccine for those available

  a. In Spring 2021 Campus Health was the main medical supervisors of the state POD which worked for 6 months

  ii. Services Offered

  1. Walk in Clinic

  a. Students required to call ahead of time in case symptoms of covid present → have been aggressively testing → seeing low number of positive over last few weeks → trending down in positive cases

  2. General Medicine - for students who need follow up care and underlying chronic conditions

  3. Sports Medicine - Offer a clinic everyday for musculoskeletal, concussion care, etc.

  4. Travel and Immunization Clinic

  a. Ramping back up now with study abroad opening up again

  b. Flu shot clinics also offered during fall

  iii. Support Services

  1. Laboratory

  2. X-Rays (recently purchased latest equipment)

  3. Physical Therapy (2 physical therapists available along with 4 athletic trainers → athletic trainers come from groups around campus such as ROTC, school of dance, etc.)

  4. Pharmacy

  5. Referral Office
iv. Integrated Model
   1. Medical and counseling teams working together to provide coordinated care
   2. Teams include eating disorders, substance abuse, human sexuality, etc.

v. Surveys → ongoing yearly surveys being completed with results showing that campus health has contributed to student retention

vi. Staff → there has not been any significant hiring medical staff aside from extra nurses needed during state POD

b. Counseling and Psych Services (CAPS) Dr. Matchett-Morris/Dr. Barnes
   i. There was an increase in mental health services fees in 2019 due to increment in tuition which required support from Campus Health since extra funding was needed for added counselors
   ii. CAPS has continued to grow over the last years with a total staff of 60 → newest staff is life management counseling
   iii. Survivor Advocacy Program moved under CAPS past September
   iv. Student focus groups where held in spring and summer and made website more user friendly → https://caps.arizona.edu/
   v. Transitioned to all virtual services during pandemic → took a while to take off due to students not knowing they were open and students who went back to other states were not able to use services since license is needed for counselors to practice outside of state
   vi. Surveys have shown that student enjoy virtual services and CAPS plan to continue offering virtual and in person → 70% of students who used CAPS said they were helped to get through the pandemic
   vii. Locations
      1. CAPS Main (@ Highland Commons)
      2. CAPS North (Inside North Rec)
      3. Yuma Satellite
      4. Embedded Counselors (dean of students, 4 cultural centers, 4 life management counselors)
         a. For the 4 added cultural counselors ½ is funded by president and other ½ by campus health
   viii. Outreach - different amount of programs such as:
      1. Presentations/Trainings offered
      2. Overview of how to access CAPS
      3. Responsible to respond to significant campus events
      4. QPR (question, persuade, refer)
   ix. Different amounts of options available to students from meeting one on one with a counselor, group workshops, online services, etc.
   x. Due to black lives matter there has been made an agreement with residential life to call CAPS first instead of UAPD in any related tragic events

c. Health Promotion and Preventive Services (HPPS) Dr. David Salafsky
   i. Focused on prevention to support student health and success
   ii. Services offered have been smaller than past years due to covid
   iii. There are grant funded initiatives where federal and local staff help HPPS with their work
   iv. Involved in marketing around campus in areas such as (COVID testing, promoting flu shots, and different topics of health)
   v. Outreach -- continuously working on presentations to student groups around campus such as clubs, greek life, etc.
   vi. HPPS magazine sent out to students with a variety of information on Campus Health, Rec, etc.
   vii. Programs HPPS is involved with include:
1. Cats After Dark Program
2. Nutrition Navigators
3. Cooking on Campus
4. Body Positive
5. The Buzz (started at the UA and now being used across multiple universities)
6. Free Condom Friday
7. Stressbusters (currently on hold due to COVID)
8. Passport Health (promotes students to attend presentations and related events)

viii. Award in Active Minds Campus (being one of few universities in the country with this award)
ix. Impact: Over 20,000 students reached per year

- Campus Recreation: Plans and Challenges
a. Programs and Services
   i. Student membership fees are covered by H&R fee → Over 1 million visits in 2021-2022 academic year → 75% of students utilize CREC services
   ii. Locations include North Rec and Main Rec
   iii. Off site Facilities
      1. Rincon Vista Fields
      2. Lee & Sandy David Bear Down Field
      3. Robson Tennis Center
      4. Sitton Field
      5. Challenge Course
   iv. Additional services include shake smart, wildcat threads, think tank, and RecSpa
   v. Programs Include: group fitness, personal training, wellness workshops, golf simulator, intramural, outdoor rec rental → additional costs for these programs are covered by H & R fee
   vi. Special Events - H & R fee allows these events to be provided for free
      1. Bash at the Rec
      2. Splash at the Rec
      3. Fremont Freebies
      4. Bear Down Dash 5k
      5. Hall of Freebies
      6. REC on the mall
   vii. Impact to students
      1. One of the largest student employment on campus → 500+ student employees projected for Spring 2022
   viii. The Rec and COVID
      1. Ramifications
         a. Facilities closed in mid march of 2020
         b. Reduced Revenue → money reimbursed back to students/members for programs they had paid for
         c. Reduced Wages → Furlough Program
         d. Limited hours, capacity, and program opportunities
      2. Accomplishments
         a. Student employees were paid through closure
         b. Developed online and virtual programming
         c. New protocols where started to ensure patron safety
         d. No student staff was terminated!
   ix. Committed to diversity, equity and inclusion by providing all gender cabanas, arizona sovereign native nations tribute, international flags celebrating students nations, etc.
x. Coming Soon
   1. Bear Down Gym → Aiming to open in January 2022 same time as start of Spring semester
   2. Funded by H & R fee along with private funds
   3. Services will include areas for campus health, amenities like fitness room, club house, cabanas, etc.

5. Additional Discussions, Questions and Answers
   a. Requested from Heidi if it is possible to be provided with longitudinal trends other than FY21 to fully understand budget projections
      i. Can refer to this link https://academicadmin.arizona.edu/university-and-student-fees/student-fees/health-recreation-fee/documents-finances and further documents will be provided by Janelle
   b. Requested by Abhijay to have past documents submitted to board of regions be shared with new H&R fee members for them to review and better understand all the process

6. Covid Updates
   Dr. David Salafsky
   a. No current vaccine mandate but still high percentage of vaccination
      i. This year have seen a slow burn with number of cases but still manageable and this allowed them to put more focus on booster shot clinic starting next week
   b. Cases have remained low and compared to the rest of pima county the UA is doing better with vaccines
   c. On campus dorm student have around 70% vaccinated (this is only from records, percentage can be possibly in the 80s)

7. UA Student Representative/Board Member & Ex-Officio Board Member Positions & Review
   Dr. David Salafsky
   a. Looking to add one at large member to board
      i. Board previously greed to have 3 at large members → David has 3 students who have shown interest and possibly can take part of this

8. Discussion/Elections for open Student Board Position
   Tim Gustafson, Chair
   a. No current open board members positions

9. Plans for the Year –Looking at Schedules & Calendars for Future Possible Meetings
   Troy Vaughn
   a. Tim will be sending out information for next meetings which are planning to be around:
      - Later in November, 2021
      - Late January/early February 2022
      - Late April 2022

10. Adjournment
    - The H&R fee committee is open to meet with anyone who has any questions if needed
    - Thanks for joining us!

Attendees
1. Troy Vaughn
2. Michael Stilson
3. Swathi Ramkumar
4. Janella E Holyoak
5. Sheila Soto
6. Scott Mohajeri Norris
7. Natalie O’Farrell
8. Michele Schwitzky
9. Matthew Kennedy
10. Marilyn Taylor
11. Harry McDermott
12. Han Duc Minh Dinh
13. Glenn M M
14. Dominique Milligan
15. Bianca Crrasco
16. Arjun Sall
17. Andrew Stafford
18. Alicia Roberson
19. Abhijay Murugesan
20. Heidi Steiner
21. Tim Gustafson
22. David Salafsky
23. Zul Santiago
Campus Health Service
Health and Rec Fee Revenue and Expenses
for FY 2021

**Campus Health Service Total Revenue**
*FY 2021*
$13,518,899

**FY 2021 Health & Rec Revenue and Expenses**
- **H&R Revenue**: $7,837,182 (58%)
- **H&R Expenses**: $6,694,233

Net Change: $1,142,950

*The net gain was added to our fund balance*
Campus Health Service
Health and Rec Fee Revenue and Expenses
for FY 2021

FY 2021 HEALTH & REC EXPENSE BREAKDOWN
$6,694,233

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th>Amount</th>
<th>% of Expenses</th>
</tr>
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<tbody>
<tr>
<td>CAPS Salary &amp; ERE</td>
<td>$2,962,449</td>
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<tr>
<td>Medical Salary &amp; ERE</td>
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<tr>
<td>Student Success District</td>
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<tr>
<td>CAPS North District</td>
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</tr>
<tr>
<td>Total H&amp;R Expenses</td>
<td>$6,694,233</td>
<td>100%</td>
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</table>
## Campus Health Service
**FY21-24**
**Health and Rec Fee Revenue, Expenses, and Fund Balance**

<table>
<thead>
<tr>
<th>Account</th>
<th>FY21 Actual</th>
<th>FY22 Budget</th>
<th>FY23 Proposed</th>
<th>FY24 Proposed</th>
</tr>
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<td>Revenues</td>
<td>Expenses</td>
<td>Revenue</td>
<td>Expenses</td>
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<td>H&amp;R Fee</td>
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<td>$1,142,950</td>
<td>($1,503,122)</td>
<td>($1,867,783)</td>
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<th>Fund Balance</th>
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<th>Ending</th>
<th>Beginning</th>
<th>Ending</th>
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<tbody>
<tr>
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<td>$1,764,190</td>
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<td>($3,651,032)</td>
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Campus Recreation
Health and Rec Fee Revenue and Expenses for FY 2021

CAMPUS RECREATION TOTAL REVENUE
FY 2021
$10,430,387

- H&R Fee, $7,360,563, 70.6%
- Auxiliary, $1,003,495, 9.6%
- Bond Fee, $1,719,379, 16.5%
- Program Fee, $346,950, 3%

Campus Recreation All Accounts FY 2021

<table>
<thead>
<tr>
<th>FUND</th>
<th>Total Revenue</th>
<th>% of Revenue</th>
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<tbody>
<tr>
<td>H&amp;R Fee</td>
<td>$7,360,563</td>
<td>70.6%</td>
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<tr>
<td>Auxiliary</td>
<td>$1,003,495</td>
<td>9.6%</td>
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<tr>
<td>Bond Fee</td>
<td>$1,719,379</td>
<td>16.5%</td>
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<tr>
<td>Program Fee</td>
<td>$346,950</td>
<td>3.3%</td>
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<tr>
<td>Total Revenue</td>
<td>$10,430,387</td>
<td>100%</td>
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</table>

FY 2021 HEALTH & REC REVENUE AND EXPENSES

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<tr>
<th></th>
<th>H&amp;R Revenue</th>
<th>H&amp;R Expenses</th>
<th>Net Change*</th>
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<tr>
<td>FY21</td>
<td>$7,360,563</td>
<td>$4,781,587</td>
<td>$2,578,976</td>
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* The net gain was added to our fund balance
Campus Recreation
Health and Rec Fee Revenue and Expenses
for FY 2021

FY 2021 HEALTH & REC EXPENSE BREAKDOWN
$4,781,587

<table>
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<tr>
<th>EXPENSES</th>
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<td>Student Success District</td>
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<td>0.0%</td>
</tr>
<tr>
<td><strong>Total H&amp;R Expenses</strong></td>
<td><strong>$4,781,587</strong></td>
<td>100%</td>
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## Campus Recreation
### FY21-24
#### Health and Rec Fee Revenue, Expenses, and Fund Balance

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<td>Expenses</td>
<td>Revenue</td>
<td>Revenue</td>
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<tr>
<td>H&amp;R Fee</td>
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<td>$2,504,798</td>
<td>$782,550</td>
<td>$782,550</td>
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Net Change: $2,578,975  ($2,120,132)  ($1,722,248)  ($1,760,737)
• **Telehealth Visits** in addition to in-person visits

• **COVID-19 Test: Rapid Antigen, PCR** provided by Campus Health through Provider contact and PCR tests through Cats TakeAway Testing

• **Test All Test Smart** positive COVID-19 test results

• **Daily Well checks** on COVID-19 positive students in Isolation Dorms

• **COVID vaccine clinics.** Soon to be expanded from 2 to 5 days a week to provider Booster vaccines to those eligible
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

- 47% of UA students have used Campus Health\(^1\)
- 71% of UA students said CHS helped them remain a student at the UA\(^1\)
- 57% of UA student said our Medical Services helped them remain a student at the UA\(^1\)
- 33% of ALL students at the UA state that Campus Health helped them remain in school\(^1\)
- 98% of students seen at Campus Health would recommend us to a friend\(^2\)

\(^1\) 2021 Health and Wellness Survey, n= 4,129
\(^2\) 2021 Patient Satisfaction Survey, n= 310
Questions?
The University of Arizona
Campus Health Service

Counseling & Psych Services (CAPS)
520-621-3334 (CAPS Main)
520-626-3100 (CAPS North)

Glenn Matchett-Morris, PhD - Director

www.health.arizona.edu
Today’s Agenda - CAPS:

- Annual Report 2020/2021 Data
- Who, What, When, Where
- Routine Access to CAPS
- Crisis Access to CAPS
- Client Feedback
- Questions
Annual Report 2020/2021

- **17,913** Total Visits
- **3,355** Students Served

- **9,193** Counseling Visits
- **4,376** Psychiatry Visits
- **2,324** Triage Visits
- **1,147** Group Visits

- **54%** of students served had never been to CAPS before
- **10%** of visits were completed by international students (4% of students seen)
- **23%** of students were First Generation College Students
CAPS Visit Trends:

TOTAL

- 2016/2017: 17,257
- 2017/2018: 18,319
- 2018/2019: 20,297
- 2019/2020: 20,164
- 2020/2021: 17,637

Previous 4-year average (16/17-19/20): 18,735

Counseling

- 2016/2017: 9,614
- 2017/2018: 9,326
- 2018/2019: 9,593
- 2019/2020: 10,404
- 2020/2021: 9,193

Previous 4-year average (16/17-19/20): 9,626

Psychiatry

- 2016/2017: 3,763
- 2017/2018: 4,544
- 2018/2019: 5,289
- 2019/2020: 3,815
- 2020/2021: 4,376

Previous 4-year average (16/17-19/20): 4,357

Triage

- 2016/2017: 2,715
- 2017/2018: 3,006
- 2018/2019: 3,343
- 2019/2020: 3,283
- 2020/2021: 2,324

Previous 4-year average (16/17-19/20): 2,934
70% of students said CAPS services helped get them through the pandemic*

- CAPS went fully virtual within a week of the COVID-19 pandemic
- While CAPS visits decrease slightly during the pandemic, the decrease was minimal (6%)

92% of students were somewhat or very satisfied with the accessibility of CAPS’ services during the pandemic

"The CAPS staff are AMAZING and they deserve all the recognition, and praise possible for their service to the UA community. I don't know if I would have made it without them."

www.health.arizona.edu
Satisfaction Survey – July ‘21

57% of students with 2 or more visits improved in their Global Mental Health scores.

Global Mental Health Score Comparisons between:

- **Severe at Intake:** 14% - 86% improved
- **Moderate at Intake:** 12% - 70% improved
- **Mild at Intake:** 3% - 46% improved

Key:
- Severe
- Moderate
- Mild
- Recovered

www.health.arizona.edu
Satisfaction Survey – July ‘21

- **496** Students participated in psychoeducational workshops
- **146** Students participated in groups

81% of attendees* said that group improved their **overall wellbeing** ‘extremely’ or ‘very much’

75% incorporated the skills they learned in group into daily life

81% said that they were **less stressed** compared with before they started the group

**Workshop Evaluation Findings**

- 95% were confident they could better manage the issues they came in with
- 91% had a greater understanding of how to manage the stress and anxiety
- 88% were satisfied with their referral to a workshop
Satisfaction Survey – July ‘21

High or Very High Distress:

Before CAPS: 75%
Now: 13%

High or Very High Hope:

Before CAPS: 23%
Now: 55%

70% of students said the changes in distress and hope were directly related to CAPS services.

87% of students said they would recommend CAPS to a friend.

81% of students said that CAPS met expectations.

Students reported an 83% decrease in distress and a 139% increase in hope after using CAPS’ services compared with when they first presented.

www.health.arizona.edu
Interdisciplinary Team of Licensed Professional Staff and Support Staff:

- MD - Psychiatrists
- NP - Psychiatric Nurse Practitioners
- PhD/PsyD - Psychologists
- LPC - Licensed Professional Counselors
- LCSW – Licensed Clinical Social Workers
- LMFC – Licensed Marriage & Family Counselor
- LISAC – Licensed Independent Substance Abuse Counselor
- Trainees – Masters & Doctoral Level Counselors, NP
- Support Staff – Medical Assistants + Administrative Support
- Survivor Advocates
CAPS - Where We Are:

- **CAPS Main:** At Highland Commons, 3rd floor of Campus Health Service

- **CAPS North:** Inside North REC, 2nd floor

- **Yuma Satellite:** Behind Yuma Dorm, Separate Entrance

- **Embedded Counselors:**
  - Dean of Students
  - 4 Cultural Centers
  - 4 Life Management Counselors
CAPS - What We Do:

Three Service Lines:

- Consultation
- Outreach
- Clinical Services
CAPS - What We Do Con’d:

Consultation:

✓ Survivor Advocates – University Community
✓ In House – Campus Health Medical Providers
✓ Friend to Friend – Website
✓ Parents Matter – Phone & Email
✓ Call & Consult – University Community
✓ Life Management Counselors – Location Staff
CAPS - What We Do Con’d:

Outreach:

- Presentations / Trainings — e.g., Stress Management, Working w/ Distressed Students, Test Anxiety, Sleep Hygiene
- Overview of CAPS Services / How to Access
- Responses to Significant Campus Events
- QPR (Question, Persuade, Refer) — Suicide Prevention Training – In collaboration with HPPS and LWC
Clinical Services: Common Presenting Concerns

- Anxiety/Stress/Panic
- Depression/Sadness
- Relationship Difficulties
- Family Problems
- Adjusting to College
- Academic-Studying, Learning, Grades
- Sexual Orientation & Gender identity
- Sexuality Issues
- (Excessive) Compulsive Behaviors
- Trauma (past or recent)
- Food and Body Image Concerns
- Alcohol/Drug Concerns
- ADHD
- Life Crises
Clinical Services: Overview

- Self-Help
- Workshops
- Support / Psychoeducational / Therapy Groups
- Short-Term Counseling – Individual & Couple
- Psychiatry
- Crisis Response
- Clinical Care Coordination
- Referral Support
CAPS - What We Do Con’d:

Clinical Services:

✅ Self-Help
  - Welltrack
  - TAO – Therapy Assisted Online
  - Calm, Headspace
  - Pathways to Wellness and robust self-help tools on the website

✅ Workshops
  - Getting Unstuck
  - Sailing Through the Storm
  - RIO – Recognition, Insight, Openness
  - Anxiety Toolbox

www.health.arizona.edu
CAPS - What We Do Con’d:

Clinical Services:

☑ Support Groups
  ☑ Gender Spectrum
  ☑ Grief & Loss
  ☑ Students of Color
  ☑ LGBTQIA+
  ☑ Graduate Students
  ☑ Campus Eating Disorder Awareness & Recovery
Clinical Services:

- Psychoeducational Groups
- Tips & Tricks for Better Sleep
- Guided Meditations
- Yoga for Grief
- AMP – Attention Management Program
- The Art of Thriving as a Grad Student
Clinical Services:

✓ Therapy Groups
  ✓ Finding Your Center
  ✓ Making Sense of It All
  ✓ Mental Health Master Mind
  ✓ Mental Health Master Mind – Grad Students
What We Do:

Specialty Services:
✓ ADHD Clinic – Assessment & Treatment
✓ Oasis – Sexual Assault, Relationship Violence, and Trauma Services
✓ Wildcats Anonymous / Recovery Community
✓ Mindful Ambassadors
✓ Stronger Than Initiative - Resiliency
✓ Crisis Response to Res Life Dorm Staff
Routine Access to CAPS:

- 1st Visit = Triage
- Triage = Approx 30-Minute Assessment Session
- How To Access Triage
  - Call (520) 621-3334 or (520) 626-3100
  - or -
  - Virtual “Walk-In” Triage via CAPS website: [https://health.arizona.edu/getting-started-caps](https://health.arizona.edu/getting-started-caps)
- Outcome = Custom Care Plan =
  Detailed Description of Next Steps
CAPS Custom Care Plan:

- Every client receives a Custom Care Plan
- Created at conclusion of Triage collaboratively with student
- Student keeps a copy
- Updated as necessary
- Available for all CAPS providers to see, as necessary
Crisis Access to CAPS:

- **24/7 Access**
- **8am-5pm, M-F**
  - Call (520) 621-3334 or (520) 626-3100
  - “Walk-In” via Virtual Triage at CAPS Website
  - Emergency - Physical Walk into CAPS
- **After Hours, Weekends, and Holidays**
  - Call CAPS – Speak w/ On-Call Counselor

[link to website: www.health.arizona.edu]
CAPS Client Feedback:

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

“I think CAPS is a wonderful service, whether something is seriously wrong or you simply just need someone to talk to and help make sense of what’s going on in your life.”

“I am very grateful for all the CAPS counselors. They did amazing bringing me out of a very dark place.”
Contact Information:
https://caps.arizona.edu
(520) 621-3334

Glenn Matchett-Morris, PhD
glennmm@arizona.edu

Questions?
Health Promotion & Preventive Services

David Salafsky, DrPH, MPH
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

- COVID-19 related response
- Alcohol and Other Drugs
- Suicide Prevention/Mental Health
- Nutrition Services
- Sexual Health and Relationships
- Sleep and Stress
- Research and evaluation of programs + trends
- Grant-funded initiatives to support our work
- Promote Campus Health offerings
Waiting to get your COVID-19 vaccine?

It’s not too late!

COVID-19 vaccines are safe, effective, and free.

COVID-19 spreads indoors. Avoid crowds and poorly ventilated spaces.

Additional info and updates:
HEALTH.ARIZONA.EDU • COVID19.ARIZONA.EDU

Cover your mouth & nose with a cloth face covering when around others.

(Covered on back)
About The Buzz

The Buzz is a fun, highly praised, spirited, informative, connecting, meaningful and relevant alcohol education/prevention program.

Program evaluation shows that The Buzz is not only very well received by students, but also makes a difference in their alcohol use.

Who can use it?
Health educators, Residence Life staff, counselors, Greek Life staff, peer educators, and other Student Affairs
What do about dating?

When it comes to online dating, everyone seems to have an opinion on how to do it. But whether you think it’s the ultimate way to meet people or the end of dating as we know it, the reality is that it’s here to stay. The following tips can help you keep your safety and even increase your odds of finding love in the time of Tinder.

1. Do your homework — Research the people you meet. If you do have to cite multiple sources in that last paper you wrote, take the same approach here. Look for multiple dates and cross-referenced them. Social media is a great tool in “catfish.” Check out Facebook, Twitter, and other platforms to see if there’s a profile and pay attention to the details.

2. Take your time — It’s not a good idea to get too close too fast. Set a time limit between when you “meet” someone online and when you finally meet in person. Make sure you’re comfortable with the location and time before you meet. Be mindful of your safety.

Birth Control Methods

CAMPUS HEALTH

WANT CONDOMS?

www.health.arizona.edu
Join your peers in free (virtual & in person) courageous conversations exploring self-worth and body image.

THURSDAY, SEPTEMBER 16 • 6-7PM (ZOOM)
COME AS YOU ARE: Re-entry in the Time of COVID

WEDNESDAY, SEPTEMBER 29 • 6PM • Highland Bowl
WEIGHT STIGMA AWARENESS WEEK
Southern Arizona Academy of Nutrition & Dietetics in partnership with Body Positive Arizona presents:
Weight Stigma in Healthcare: How It Shows Up and What We Can Do About It
Facilitated by: Ashley Munro, MPH, RDN, CD-CES

THURSDAY, OCTOBER 28 • 6-7PM (IN PERSON)
Campus Health, DeArmond Room (3rd Floor, B307)
Thinking, Feeling, Eating

THURSDAY, NOVEMBER 18 • 6-7PM (ZOOM)
Bringing Body Positivity Home for the Holidays

REGISTER HERE: bit.ly/UABodyPositive
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”
Insight: Most respondents (82%) report that they have gotten \textbf{at least one} dose of the COVID-19 vaccine, and 44% indicate that they have been fully vaccinated.

While these numbers are possibly higher than the actual vaccination rates, of note is that the 82% who said they have had at least one dose of the vaccine mirror the 82% of students from the February survey who...

Insight: most students support a COVID-19 vaccine requirement for in-person classes, while 12% oppose it.

\textbf{77\%} supported requiring COVID-19 vaccination for in-person classes

Perhaps related to the large number of respondents who had already had at least one dose of the vaccine, most students supported a vaccine mandate for in-person classes.

\textbf{3\%} Strongly disagree
\textbf{57\%} unvaccinated

Support for vaccination mandate:

\begin{itemize}
  \item Strongly agree: 60\%
  \item Agree: 17\%
  \item Neutral: 8\%
  \item Disagree: 4\%
  \item Strongly disagree: 12\%
\end{itemize}

there were significant differences in support for the mandate between vaccinated and unvaccinated respondents.
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
Good Health Goes Beyond Graduation

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
H&R Fee

Who does it support?

Why is the fee important?

What do students get?

Campus Rec's Impact
Who Does it Support?

Students

Student membership fees covered by the H&R Fee

2021 –2022 Academic Year

75% of students utilize CREC facilities, programs or services! Over 1 million visits!
Why is the Fee Important?

- Finances Student Memberships to All Recreation Centers
- Covers Operational Expenses
- Covers Maintenance Costs to Run Facilities
- Subsidizes Costs for Some Programs
What Do Students Get?
Hours of Operation

The REC
- Mon – Thu: 6a – 12p
- Fri: 6a – 11p
- Sat: 8a – 11p
- Sun: 8a – 12a

NorthREC
- Mon – Fri: 6a – 10p
- Sat – Sun: 8a – 10p
The REC Student Recreation Center

Sand Volleyball

Olympic-Sized Pool

Bouldering Wall

NorthREC Recreation & Wellness Center

CAPS Offices

Queenax

3 Stories | Intimate Setting
Offsite Facilities

- Rincon Vista Fields*
- Lee & Sandy Davis Bear Down Field
- Robson Tennis Center
- Sitton Field*
- Challenge Course
Additional Services

- Shake Smart
- Wildcat Threads
- Think Tank
- RECSpa
Programs and Activities

Additional Cost Subsidized by H&R Fee

Group Fitness & F45

Personal Training

Wellness Workshops

Golf Simulator

Intramural & Club Sports

Outdoor Rec Rental Center & Trips

Aquatics Swim Lessons, Safety Classes, & Professional Certifications
The H&R Fee allows us to provide student events for free!

Special Events

**Fall**
- Bash at the REC
- Splash at the REC
- Fremont Freebies
- Bear Down Dash 5K

**Spring**
- Hall of Freebies
- REC on the Mall
Campus Rec's Impact
Student Employment

- Large Student Employer
  - 500+ Student Employees
- Over $1 Million Paid in Student Wages
- Variety of Student Positions
  - Professional Development
  - Flexible Hours
  - Competitive Pay
  - Training and Certifications
### Ramifications

- **Facility Closure Mid-March**
- **Reduced Revenue**
  - Student Fee Refunds
- **Reduced Wages**
  - Furlough and Work Reductions
- **Limited Hours, Capacity, and Program Opportunities**

### Accomplishments

- Student Employees Paid Through Closure
- Developed Online/On Demand Programming
- New Protocols to Ensure Patron Safety
- NO Elimination of Student Staff!
Our Commitment to Diversity, Equity, & Inclusion

We believe a healthy, active, and engaged lifestyle is a right afforded to everyone.

Collaboration

- Disability Resource Center
- Campus Partners
- Tucson Community

- All Gender Cabanas
- Arizona Sovereign Native Nations Tribute
- International Flags Celebrating Students' Nations
Campus REC Achievements

- Improved Security Protocols
- Management of Bartlett Academic Success Center
- Implemented Sustainable Energy Efforts
Coming Soon!
Bear Down Gym

- Opening January '22
- Partially Funded by H&R Fee | Private Funds
- Areas for Campus Health and Campus Recreation
- Amenities Include
  - Fitness Room
  - Multi-Purpose Spaces
  - Cabanas | Community Clubhouse
  - Meditation Rooms | Lounge Areas
# Health and Recreation Fee Student Advisory Board - 2021-2022

<table>
<thead>
<tr>
<th>Affiliation</th>
<th>Name</th>
<th>Email</th>
<th>Telephone Number(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASUA RAC - Associated Students at the University of Arizona Recreation Advisory Committee</td>
<td>Swathi Ramkumar</td>
<td><a href="mailto:swathiramkumar@email.arizona.edu">swathiramkumar@email.arizona.edu</a></td>
<td>New</td>
</tr>
<tr>
<td>ASUA SHAC - Associated Students at the University of Arizona Student Health Advisory Committee</td>
<td>Dominique Milligan</td>
<td><a href="mailto:dominiquem@email.arizona.edu">dominiquem@email.arizona.edu</a></td>
<td>New</td>
</tr>
<tr>
<td>At-Large</td>
<td>Tim Gustafson</td>
<td><a href="mailto:tgustafson@email.arizona.edu">tgustafson@email.arizona.edu</a></td>
<td>Chairman</td>
</tr>
<tr>
<td>At-Large</td>
<td>Bianca Carrasco</td>
<td><a href="mailto:biancacarrasco@email.arizona.edu">biancacarrasco@email.arizona.edu</a></td>
<td></td>
</tr>
<tr>
<td>Campus Health Service (CHS) Student Employee</td>
<td>Zul Santiago</td>
<td><a href="mailto:zsantiago@email.arizona.edu">zsantiago@email.arizona.edu</a></td>
<td>Secretary</td>
</tr>
<tr>
<td>Campus Recreation Student Employee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fraternity and Sorority</td>
<td>Kennedy Frost</td>
<td><a href="mailto:uapanhellenic.health@gmail.com">uapanhellenic.health@gmail.com</a></td>
<td>New</td>
</tr>
<tr>
<td>GPSC - Graduate and Professional Student Council</td>
<td>Andrew Stafford</td>
<td><a href="mailto:andrewstafford@email.arizona.edu">andrewstafford@email.arizona.edu</a></td>
<td>New</td>
</tr>
<tr>
<td>GPSC - Graduate and Professional Student Council</td>
<td>Heidi Steiner</td>
<td><a href="mailto:heidiesteiner@email.arizona.edu">heidiesteiner@email.arizona.edu</a></td>
<td>New</td>
</tr>
<tr>
<td>GPSC</td>
<td>Liz Eberwein</td>
<td><a href="mailto:eberwein@email.arizona.edu">eberwein@email.arizona.edu</a></td>
<td>New</td>
</tr>
<tr>
<td>International</td>
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<td>New</td>
</tr>
<tr>
<td>Off-Campus Housing</td>
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<td>New</td>
</tr>
<tr>
<td>RHA - Residence Hall Association</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UEMS</td>
<td>Abhijay Murugesan</td>
<td><a href="mailto:abhijay@email.arizona.edu">abhijay@email.arizona.edu</a></td>
<td>Vice Chairman</td>
</tr>
</tbody>
</table>

### Ex-Officio Members / Campus Health Staff / Campus Recreation Staff

<table>
<thead>
<tr>
<th>Affiliation</th>
<th>Name</th>
<th>Email</th>
<th>Telephone Number(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Health - Public Health Officer</td>
<td>Harry McDermott</td>
<td><a href="mailto:mcdermot@email.arizona.edu">mcdermot@email.arizona.edu</a></td>
<td>520-621-8297</td>
</tr>
<tr>
<td>Campus Health - Interim Executive Director</td>
<td>Dave Salafsky</td>
<td><a href="mailto:salafsky@email.arizona.edu">salafsky@email.arizona.edu</a></td>
<td>520-626-6363</td>
</tr>
<tr>
<td>Campus Health - Interim Executive Director</td>
<td>Michael Stilson</td>
<td><a href="mailto:mstilson@email.arizona.edu">mstilson@email.arizona.edu</a></td>
<td>520-621-8707</td>
</tr>
<tr>
<td>Campus Recreation - Director</td>
<td>Troy Vaughan</td>
<td><a href="mailto:troyvaughn@email.arizona.edu">troyvaughn@email.arizona.edu</a></td>
<td>520-621-8713</td>
</tr>
<tr>
<td>Campus Recreation - Business Manager, Sr.</td>
<td>Alicia Roberson</td>
<td><a href="mailto:Arobers1@email.arizona.edu">Arobers1@email.arizona.edu</a></td>
<td>520-621-8710</td>
</tr>
<tr>
<td>Campus Recreation - Associate Director Programming</td>
<td>Natalie O’Farrell</td>
<td><a href="mailto:nfreeland@email.arizona.edu">nfreeland@email.arizona.edu</a></td>
<td>520-626-1101</td>
</tr>
<tr>
<td>Campus Recreation – Senior Associate Director</td>
<td>Michele Schweitzer</td>
<td><a href="mailto:mschwitzer@email.arizona.edu">mschwitzer@email.arizona.edu</a></td>
<td>520-621-4002</td>
</tr>
<tr>
<td>UA Budget Office - Associate Fiscal Analyst</td>
<td>Matt Kennedy</td>
<td><a href="mailto:kennedym@email.arizona.edu">kennedym@email.arizona.edu</a></td>
<td>520-621-6498</td>
</tr>
<tr>
<td>UA Budget Office – Support Budget Analyst</td>
<td>Shiela Soto</td>
<td><a href="mailto:ssoto@email.arizona.edu">ssoto@email.arizona.edu</a></td>
<td>520-621-5395</td>
</tr>
<tr>
<td>SAEM/AISS Director, Finance &amp; Administration</td>
<td>Marilyn Taylor</td>
<td>Scott Norris</td>
<td>520-621-5905</td>
</tr>
</tbody>
</table>
View the Zoom Recording

**H&R Fee Orientation Meeting, Oct. 2, 2021:**

https://arizona.zoom.us/rec/share/udqeumD15kFWdUUQNY_clpBrCcGy0Y8eV7oYSueaXJR1glo_4H9CMa_EgdZaOec.hL1nEj2sjD75DD-h