

Student Health Advisory Committee (SHAC)

Stony Brook University

Friday, April 1st, 2022 Zoom Call

Meeting called to order at 12:00pm

Attendance Taken:

- **Kerri Mahoney (Assistant Director of Center for Prevention & Outreach)**
- **Juliana Hise (Student Health Advisory Intern for CPO)**
- **Aisha Sadiqa (joined at 12:12pm)**
- **Alexa Rinaudo**
- **Christine Wang (GSO)**
- **Cindy Baez (GSO)**
- **Gaurav Sharma**
- **Jasmine Ting (SBVAC)**
- **Joanne Saldanha (PhD candidate)**
- **Julian Pessier (Director of Counseling & Psychological Services)**
- **Marisa Bisiani (AVP of Student Health, Wellness & Prevention Services)**
- **Nistha Boghra (GSO) (joined at 12:30pm)**
- **Rachel Bergeson (Medical Director Student Health Services)**
- **Raymond Leveille**
- **Samantha Warren (Health Promotion Specialist, CPO)**
- **Tracy Liang**

I. Welcome: Kerri Mahoney welcomed everyone.

A. Introductions: Kerri introduced herself, and all of the leadership members. Thanked everyone for attending today's meeting.

II. Vote into record SHAC Meeting Minutes from February, 2021.

- Juliana motioned to approve the minutes, Joanne seconded

III. Student Health Services (Marisa Bisiani)

A. Domestic Student Health Insurance Renewal 2022-23

1. SBU offers United HealthCare to domestic students and international students

- a) International students are automatically covered. Domestic students can use their own insurance, but if they do not have insurance, they are automatically enrolled as well.
2. Costs usually increase moderately, however this year the number of enrolled students was more than the insurance was able to recoup, resulting in a significant loss ratio.
3. About 1,055 domestic students enrolled on this plan, where some also have their families or spouses on this plan as well.
4. 2022-23 Renewal Options:
 - a) Option 1: **“As Is Renewal”**
 - *Benefits do not change*
 - \$4355.50 Annually (9.4% increase in comparison to 2021-2022 / current rate)
 - b.) Option 2:
 - Introducing **4 benefit modifications** to reduce annual cost to \$4160.50
 - I. **Update Deductible from \$200-\$300 per member**
 - Student would then pay \$300 out of pocket until the plan “kicks in” rather than \$200
 - II. **Out of pocket max would be updated from \$3K to \$4K**
 - This is the most the student would have to pay out of pocket per year if they were catastrophically ill or hurt and were in the hospital and/or for a long period of time
 - III. **Update RX from \$30/\$50/\$50 to \$30/\$50/\$75**
 - For the highest tier three specialty drugs such as name-brand insulin or a name brand HIV medication, a student would have to pay \$25 more per refill
 -
 - IV. **Update physician copay from \$35 in-network to \$50 in-network**
 - This includes primary doctors, urgent care and specialist appointment
5. These modifications would only affect domestic students

B. Introduction of New Role: *Patient Satisfaction Coordinator, Laura Zappia*

1. A message leaving based system where students can express **any** concerns, questions or comments about their personal CAPS experience, including but not limited to:
 - a) Frequency and quantity of CAPS visits
 - b) Referrals

- c) Copays on psychiatric prescriptions
- d) Anything unsatisfactory about their visit
- 2. Patient Satisfaction Coordinator will respond within 48 hours
- 3. The goal is to provide outside and unbiased liaison to help coordinate any solutions necessary, from outlining policies to helping patient find new a counselor
- 4. Phone number for Patient Satisfaction Coordinator 631-632-6111 & more information can be found on the CAPS website.
- 5. Our hope is to implement this sort of role within Student Health Services and Student Accessibility Support Center

C. COVID Updates (Marisa Bisiani / [Rachel Bergeson](#))

- 1. Slightest uptick in positive cases due to arrival of students back from Spring Break. Nothing different than the surrounding community of Stony Brook, Brookhaven and Suffolk
- 2. Still operating COVID Booster Pods on Thursdays from 11:00AM - 12:00PM and 1:00PM - 3:00PM

IV. CPO Updates (Kerri Mahoney)

A. Non-clinical, Peer-Led Recovery Support Group is underway in CPO

- 1. Partnered with a local community recovery center called Thrive. Thrive joins CPO every Friday at 3 PM
- 2. Open to anyone who is in the process of recovery or interested in the topic of what recovery is.

B. CPO Mental Health Team Screened 50 students using the PHQ-9

- 1. PHQ-9 is a self-administered, screening tool for assessment of the severity of depressive symptoms. In doing this, CPO Mental Health Team was able to help multiple students reach out to CAPS to get set up with counseling
- 2. April 6th, Spring Health and Wellness Fair
 - a. About 35 on and off campus resources ranging from all forms of “health and wellness”

C. EVENT Update from Samantha, Health Promotion Specialist

1. CPO will be hosting "Study Break Cafe" Monday, May 9th (reading day)
 - a. 10-3 pm in the Union Rehearsal Space
 - b. Food provided (breakfast in the morning, pizza in the afternoon)
 - c. Therapy dogs from 12-1 pm
 - d. Games, snacks to go, guided meditations
2. CPR Classes offered by SBVAC
 - a. Tentative Date: Saturday, April 23rd
 - b. 1 Class that day
 - c. Capped attendance, waitlist, and low cost
3. Menstrual Hygiene Event
 - a. Monday April 4th
 - b. Educational program in the SAC 169 to educate people about the Menstrual Hygiene Products that are provided to students
 - c. From 6-9 PM
 - d. Will be creating homemade heating pads

V. CAPS Update (Dr. Julian Pessier):

- A. This summer, CAPS will be able to reoccupy the second floor of the Student Health Services Building**
- B. Multiple events planned for PALS to promote stress relief**
 1. PALS events information are available on Corq
- C. Group attendance has been down due to zoom fatigue, so CAPS is looking forward to having a space in person for students to attend to**

VI. Next meeting: Friday May 6th

- A. Last meeting of the semester**

Meeting adjourned at 12:32 pm.