LAS POSITAS COLLEGE

Campus Safety and Security Services

M E M O R A N D U M

TO: Health and Safety Committee

FROM: Sean Prather, Campus Safety Department Supervisor

DATE: October 12, 2015

SUBJECT: HEALTH AND SAFETY MEETING AGENDA

The Las Positas Health and Safety Committee will meet on Monday, October 12, 2015 at 12:30 p.m. in the 2411A conference room of the Multi-Disciplinary Building. This is the regular scheduled time for our standing committee.

A G E N D A

1. Summary of Crimes - (Sean Prather)
2. Health Center Report- (Dayna Barbero)
3. Round Table - (all)

Las Positas College
Safety Committee Minutes
Monday October 12, 2015

To: Las Positas Committee Members

Chair: Sean Prather, Dayna Barbero

Members Present: Students Present: Frankie Danner, Ana Del Aguila, Melissa Korber, Jeffrey Nelson

Guest: N/A

Student Representation: Mayeli German

Charge:
Studies, reviews, and recommends regulations and procedures relating to the physical safety (to include environmental and physical hazards) of staff and students.

I. Summary of Crimes
Campus Safety-

Status will be updated at the next meeting

II. Health Center Report (August and September 2015)

Total Medical visits: 220
Number of wellness contacts:550
Number of MFT Intern Visits:60

Upcoming Events

- **Chill Time with Therapy Dogs**
  - Thursday, August 20th - 1600 SSA building Terrace 10:30 am - 1:00 pm
  - Wednesday, September 30th - 1600 SSA building Terrace 10:30 am - 1:00pm
  - Wednesday, December 9th - 1600 SSA building 10:30 am - 1:00pm
  - Thursday, December 10th - 1600 SSA building 10:30 am - 1:00pm
- **Chill out with Chair Massage**

- Wednesday, September 2nd 10-12
- Tuesday, December 8th 10-12
- **Escalation Workshop Training**
- Tuesday, October 20th 4-6 room 801
- **American Red Cross Blood Drive**
- Wednesday, November 11th 9:00am - 4:00pm
- Location 1700 building

III. Roundtable

The health center has seen a 20% increase in patients with the flu or flu like symptoms. Students can get a free flu shot and staff for $25.00.

One love is an organization similar to sex signals in that they travel around to various institutions to inform and teach the students about unhealthy relationships and noticing the signs of an unhealthy relationship. The organization was created by a parent whose daughter was killed by her partner in an unhealthy relationship.

Karen Kit at the District office is revising the "Smoke Free" policy to a tobacco free campus.

LAS POSITAS COLLEGE

Wellness Coaching

STUDENT HEALTH and wellness center

Have you ever wanted support to eat healthier, exercise more, reduce stress, sleep better, or reach some other health-related goal? Wellness Coaching can be that support to meet your goal that may lead to living a healthier life!

Individual Well Coaching

-Wellness Coaching is a one-on-one collaborative conversation where a certified or interning coach will partner with you to help you achieve personal physical and mental well-being goals relating to your overall health.
-The conversation is determined by the goals of the individual and can include a variety of health-related topics, including exercise, nutrition, sleep, stress, life satisfaction, healthy behaviors that can lead to weight management, and many others.
-Wellness coaches are trained to help clients develop and implement personal wellness plans by:
-Guides you in doing the mindful thinking and work that builds confidence
-Helping you define a higher purpose for wellness and uncover your natural impulse to be well
-Helps you tap into our innate fighting spirit

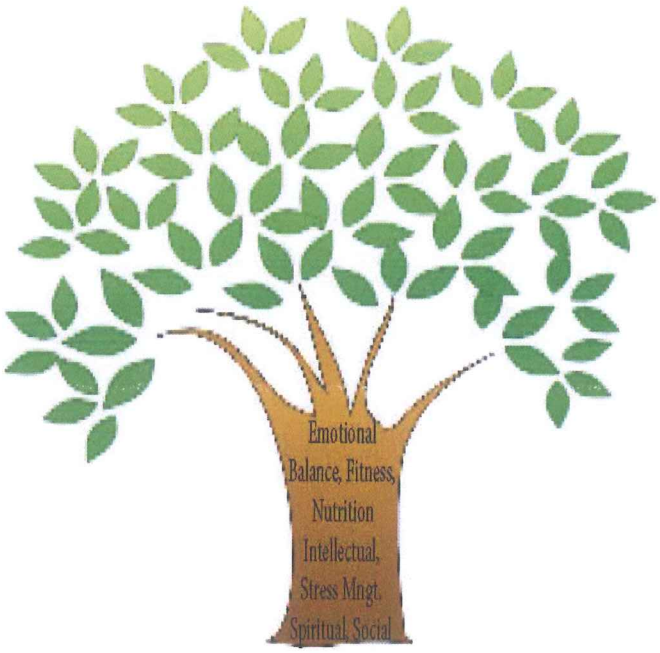
What to expect from your first session:

The first session (about 45-60 minutes long) This visit will include The Health and Wellness Assessment (http://www.wellcoach.com/standAloneWellbeing/tabber.cfm) and VIA (http://www.viacharacter.org/www/) character assessment you will work with your coach to begin building a vision, plan, be given a description of the coach approach, be informed of the confidentiality policy, and receive a worksheet to have a written summary of goals to be completed at the end of each session.

- At each subsequent session (lasting 30 min.) we will review the reason that you chose to come for Wellness Coaching, review goals, and assess your wellness progress.
- Next, your Wellness Coach will facilitate a conversation where you will discuss your goals, any relevant obstacles, and possible options for ways to accomplish the desired goal. Both the coach and the individual will be involved in the process.
- Finally, you and your coach will determine a way forward. After exploring options for accomplishing a goal, a specific and measureable goal will be decided upon, and carried out by the client. The interest for future sessions can also be discussed.

TO PREARE FOR YOUR FIRST SESION YOU WILL NEED TO COMPLETE:

1. The Wellness Assessment –Please print and bring results to first session.
2. VIA Character Assessment- Please print and bring results to first session.
   Preassure



LPC ACHA
Healthy Campus Partner 2020

- Healthy Campus 2020 provides 10-year national objectives for improving the health of all students, staff, and faculty on campuses nationwide. To determine the success of Healthy Campus on your campus and nationally, it is important to measure and track progress over time.

- The objectives in Healthy Campus 2020 are derived from Healthy People 2020 and were selected based on their relevance to college health and the existence, with rare exception, of a national data source to measure and benchmark. Paralleling Healthy People 2020, national Healthy Campus 2020 targets were established based on 10% improvements.

- Healthy Campus 2020 is intended to provide institutions of higher education with a framework by which to identify priorities and mobilize action. Priority areas, objectives, and targets should be tailored to the specific needs of your campus community; they do not need to be exactly the same as Healthy Campus 2020