

## Student Services Council Meeting

Tuesday, September 1, 2015

2:15 p.m. – 4:15 p.m.

Room 10-468

### Minutes

#### Attendees:

Jennifer Hughes	x	Michael Mitchell	x	Laura Skaff	
Sylvia Aguirre-Alberto	x	Eileen O'Brien		Niruba Srinivasan	
Sharon Bartels	x	Charles Phan		Dennis Tordesillas	x
Karen Chadwick	x	Louise Piper		Brian Tupper	
Gloria D'Ambra	x	Marsha Ramezane	x	Ruth Turner	x
Catherine Firpo	x	Danni Redding-Lapuz	x	Makiko Ueda	x
Estela Garcia	x	Krystal Romero	x	Carol Ullrich	x
Fauzi Hamadeh	x	Michele Rudovsky		Henry Villareal	x
Claudia Menjivar	x	Aaron Schaefer	x		

**Guests:** Interim Vice-chancellor of Educational Services and Planning, Dr. Jamilla Moore and Molly Henricks of PREP and BEAM, San Mateo

The meeting was called to order at 2:20 p.m.

#### **Prevention and Recovery in Early Psychosis (PREP) and Bipolar Disorder Early Assessment and Management (BEAM)**

Documents: Brochures in English, PREP Brochure in Spanish, Molly Henricks Business card

Krystal Romero invited Molly Henricks, LMFT to speak about the PREP program which is a partnership between Family Service Agency of SF, UCSF and San Mateo Behavioral Health Services. It focuses on the diagnosis and treatment of early psychosis with early intervention. BEAM is also partnership between Family Service Agency of SF and San Mateo Behavioral Health Services. It is committed to early-intervention treatment of recent onset of Bipolar I and II Disorder.

#### **Welcome and Introductions**

Documents: Students First – SMCCCD Strategic Plan

Jennifer introduced Dr. Jamillah Moore who is the interim vice chancellor of Educational Services and Planning Office for the district.

Dr. Moore briefly discussed the district strategic plan and stressed the importance of understanding how students are getting into and staying in the classroom. Dr. Moore would like each SSC member to send her information about how their office serves students so that she can ascertain where the service and office fit into one of the four

strategic plan goals. Jennifer would like SSC members to send all information to [csmvpss@smccd.edu](mailto:csmvpss@smccd.edu) so that all information can be compiled and sent to Dr. Moore together. Jennifer also added that it is important to review CSM's Institutional Priorities that are connected to program review when reviewing the district's strategic planning goals so that any gap(s) that exist may be identified.

### **Program Review Update – Planned Changes in Process**

According to Jennifer, CSM academic senate president David Laderman received feedback from faculty about the program review (PR) process. The feedback is that the short time frame with annual reviews does not allow PR writers to report new material. As a result, there are two propositions being considered:

- 1) Divide all program review reports into two groups and have every department from each group submit their report bi-annually. The two groups will report alternately. Every department will be able to submit resource requests on a yearly basis.
- 2) Change the PR deadline to late fall and have everyone submit their report in a bi-annual basis. If selected, the March 2016 deadline will be bypassed and the new deadline will be on fall 2016. Every department will be able to submit resource requests on a yearly basis.

The change in rotation will not affect accreditation reporting.

Jennifer will report back to SSC when a new rotation has been selected.

### **Livescan**

Jennifer went over the new Live Scan fingerprint services. There needs to be clarification if student assistants need to pay for the service. Makiko Ueda expressed concern that psychological services interns, who perform services pro bono, have to pay under the new policy. Aaron Schaefer offered to pay for intern live scan fees, if approved by the student senate.

### **New Personnel Action Form Signature Process**

The new process is that the college president's signature will only be required for new hires.

### **Renaming Psychological Services**

The name Psychological Services receives a mixed reception from students and most of the time generates negative perceptions. Makiko Ueda asked SSC to email her ideas for a new department name. Two names she proposed are Personal Counseling and Life

Resources Center and Personal Counseling and Wellness Center. Once a new name is chosen directories and marketing materials will be updated.

### **Recognition Ceremony for Certificate Recipients**

There has been some discussion that students who completed their program requirements for a certificate are not being recognized for their achievement. Jennifer informed SSC that there are plans to hold a reception for these students during the same week as graduation. The ceremony will only include programs that do not have their own exclusive pinning or recognition ceremony and will only recognize Certificate of Achievement recipients. More details to follow.

### **Fall Retreat Date**

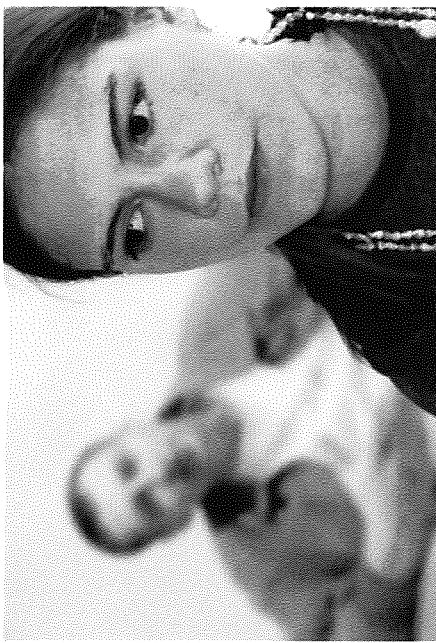
This agenda item has been moved to the next SSC meeting.

### **Program Updates**

**Documents:** See attached

### **Next meeting:**

Wednesday, October 14, 2:15 – 4:15 p.m., 10-401



## *Get answers...with PREP*

If your family member is behaving differently, experiencing things like unusual or disorganized thoughts, has lost pleasure in everyday life, or is seeing and hearing things that no one else can, they may be experiencing the first warning signs of early psychosis.

Diagnosed in the early stages, psychosis can be a manageable and treatable condition, but the longer it goes untreated, the more severe it can become. That's why the sooner you know what is happening, the better.

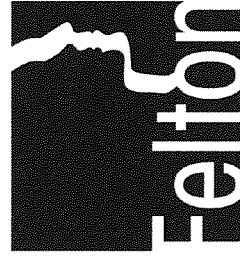
Targeted for San Mateo County residents between the ages of 14-35, the PREP program provides services to youth who are experiencing an onset of psychosis within the last two years.

PREP offers services to people regardless of insurance status.

The PREP program is a community partnership between Family Service Agency of San Francisco, the University of California San Francisco, and San Mateo County Behavioral Health Services.

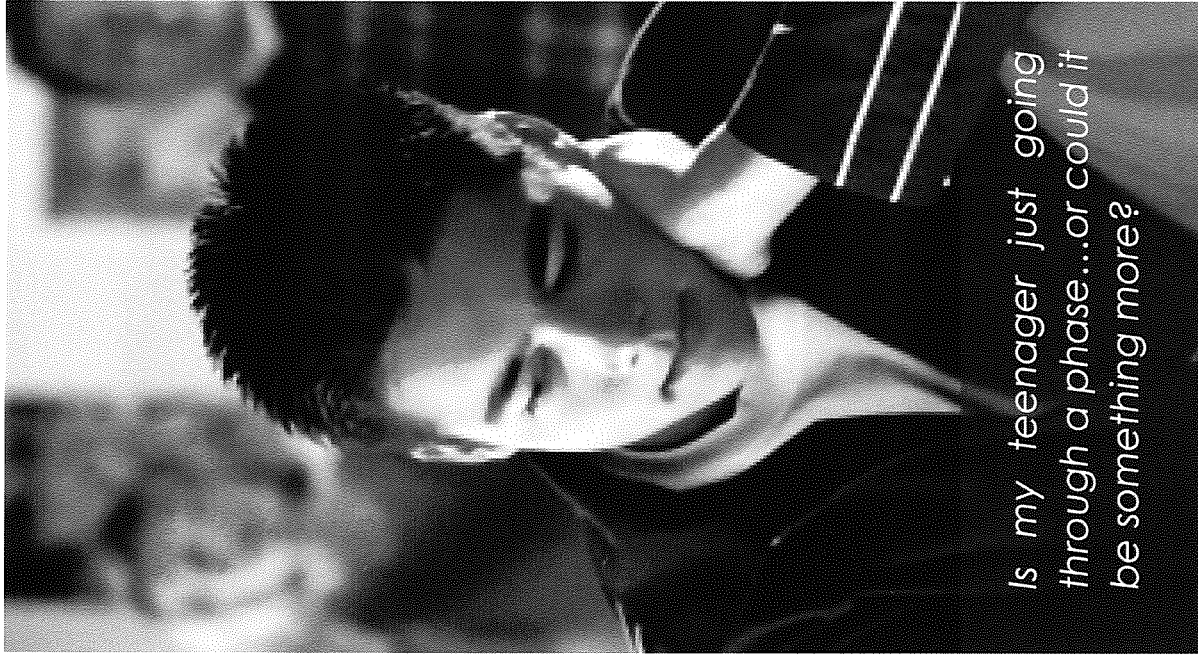
PREP is committed to transforming the treatment and perception of early psychosis by intervening early, with evidence-based, culturally-competent assessment and diagnosis, so that in 2 years most cases of psychosis are treated to remission. Our mission is to deliver comprehensive, conscientious, and multi-faceted treatment grounded in wellness, recovery, and resilience to people experiencing signs and symptoms of psychosis, as well as their families.

*Get more information at  
[prepwellness.org](http://prepwellness.org)  
or call us at 650.458.0026*



# FSA

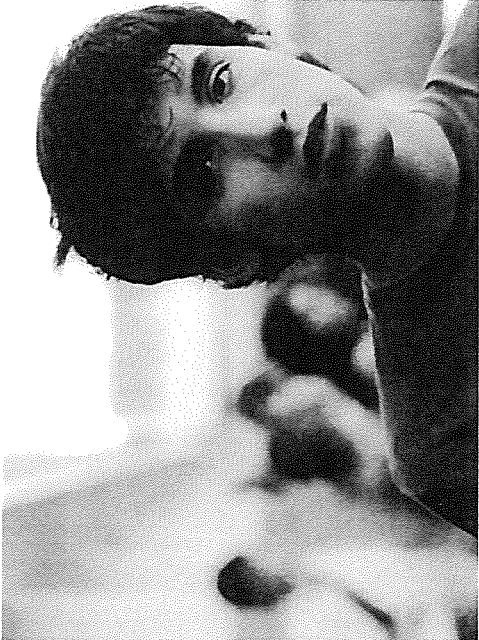
Family Service Agency  
of San Francisco



*Is my teenager just going  
through a phase...or could it  
be something more?*

# PREP

Prevention and Recovery  
in Early Psychosis  
SAN MATEO COUNTY



# The Road to Recovery Begins with PREP

Prevention and Recovery in Early Psychosis – The PREP Program

PREP is a comprehensive, early-intervention treatment program for early psychosis, which uses a strength-based collection of services to create a plan designed specifically to put you and your family member back on track.



## Services include:

- Outreach & Engagement
- Multi-Family Group Therapy
- Individualized Medication Management
- Cognitive Behavioral Therapy for Early Psychosis
- Educational & Vocational Support
- Integrated Substance Abuse Treatment



A PREP assessment will provide the answers you need



It begins when you contact PREP for a phone screen. A clinician will tell you whether or not we recommend setting up an assessment for you and your family member.

If so, you and your family member will then sit down with a clinician who will conduct a thorough diagnostic review of the symptoms he or she is experiencing. If you are unable to make it to the office for an assessment, a clinician can schedule an appointment at a convenient location.

PREP understands early psychosis and is here to support you and your loved ones through the entire process. Help us get you the help you need.

***The road to recovery begins with PREP.***



# PREP

Prevention and Recovery  
in Early Psychosis  
SAN MATEO COUNTY

Get more information at  
[prepwellness.org](http://prepwellness.org)  
or call us at 650.458.0026

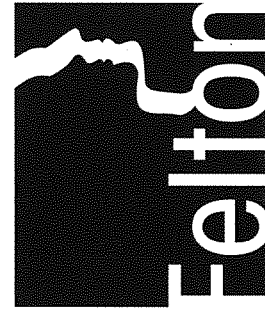


El programa PREP es una asociación comunitaria entre FamilyService Agency de San Francisco, la Universidad de California en San Francisco y los Servicios de Salud Mental del Condado de San Mateo.

PREP se compromete a transformar el tratamiento y la comprensión de la psicosis precoz por medio de intervención preventiva, la evaluación y el diagnóstico basado en la competencia cultural y las prácticas basadas en evidencia, de modo que en 2 años la mayoría de los casos de psicosis son tratados para la remisión.

Nuestra misión es ofrecer un tratamiento completo, fiable y avanzado, basado en el bienestar, la recuperación y la resistencia para la gente que sufre de signos y síntomas de la psicosis, además apoyando a sus seres queridos.

Obtenga más información en [www.prepwellness.org](http://www.prepwellness.org) o llámenos al 650.458.0026.



**FSA**

Family Service Agency  
of San Francisco

*Sé que algo en mi mente ha cambiado, pero me preocupa que nadie vaya a entender.*

**PREP**

Prevention and Recovery  
in Early Psychosis

SAN MATEO COUNTY



## PREP Entiende

Si usted—o alguien que le importa—tiene pensamientos inusuales, dificultad para concentrarse o está escuchando cosas o ve cosas que otros no experimentan, PREP quiere ayudar. Estos tipos de síntomas son más comunes de lo que piensa—1 de cada 5 adolescentes se ven afectados por ellos. Pero si han sido persistentes durante un período prolongado de tiempo o empeora, pueden ser una de las primeras señales de alerta psicosis precoz. Diagnosticado en sus primeras etapas la psicosis puede ser una condición manejable y tratable.

Por eso es importante buscar ayuda y saber lo que está pasando con usted lo más pronto que sea posible. Anime a sus amigos a hacer lo mismo.

Fuente: "Teens Disproportionately Affected by Mental Disorders" by Traci Pedersen, *Journal of the American Academy of Child and Adolescent Psychiatry*, October 2010.

## Sepa que está pasando—obtenga una evaluación de PREP



Prevención y Recuperación de la Psicosis Prematura es un programa comprensivo de tratamiento para la intervención preventiva de la psicosis precoz que utiliza una colección individualizado de servicios para crear un plan diseñado para poner a las personas que experimentan estos síntomas de nuevo en marcha.

Comienza cuando se ponga en contacto con nosotros al 650.458-0026 para saber si nuestros servicios son adecuados para usted. Si es así, usted y sus seres queridos hablarán con un terapeuta que llevará a cabo una revisión completa de los síntomas que ha estado experimentando. Incluso, un terapeuta podría ir a usted si usted no puede venir a vernos por alguna razón. Después de eso, usted sabrá si necesita tratamiento.



PREP trabaja con usted y sus seres queridos para crear un plan de tratamiento que funciona con sus habilidades y necesidades individuales. Está diseñado para ayudarle a recuperar su salud mental, y asegurarse de que usted y las personas que se preocupan por usted, tenga el apoyo que necesitan durante todo el proceso de tratamiento.

El camino de la recuperación comienza con PREP.

**Cuanto más pronto usted sabe lo que está pasando, mejor.**

**Puede obtener más información en**

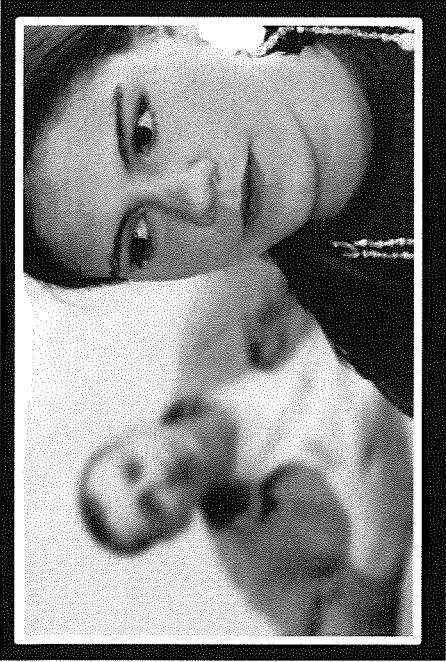
[www.prepwellness.org](http://www.prepwellness.org)

650.458.0026

# PREP

Prevention and Recovery  
in Early Psychosis

SAN MATEO COUNTY



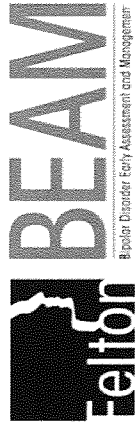
## The Road to Recovery begins with BEAM

Bipolar Disorder Early Assessment and Management – The BEAM Program

BEAM is a comprehensive, early-intervention treatment program for Bipolar I & II Disorder which uses strength-based services to create a two-year plan designed specifically to put individuals and families back on track.

To be eligible for the BEAM program, participants must:

- \*Have a diagnosis of Bipolar I or II Disorder
- \*Have experienced no more than three manic episodes; and
- \*Be 14-35 or younger;
- \*Be a San Mateo County Resident
- \*Have Any health insurance (or uninsured)



Bipolar Disorder Early Assessment and Management

The BEAM program is a community partnership between Family Service Agency of San Francisco, a division of Felton Institute, and San Mateo County Behavioral Health Services.

BEAM is committed to transforming the treatment and perception of recent onset Bipolar I & II Disorder.

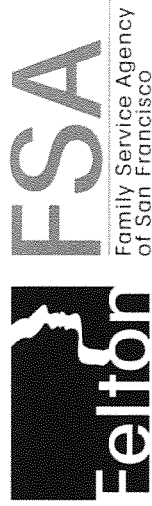
By intervening early with evidence-based, culturally-competent assessment, diagnosis and interventions so that the teen or young adult and their family learn skills to manage the episodic nature of Bipolar I & II Disorder.

Encourage teens, young adults and their families to get much more information at:

[prepwellness.org](http://prepwellness.org)

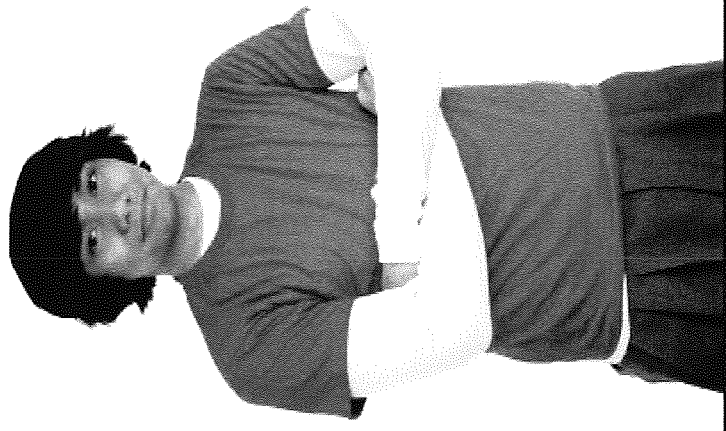
**BEAM San Mateo**  
1180 S. El Camino Real  
San Mateo, CA 94401

**For referrals, please call**  
**650.458.0026 ex. 2654**



Family Service Agency of San Francisco

Follow BEAM on:



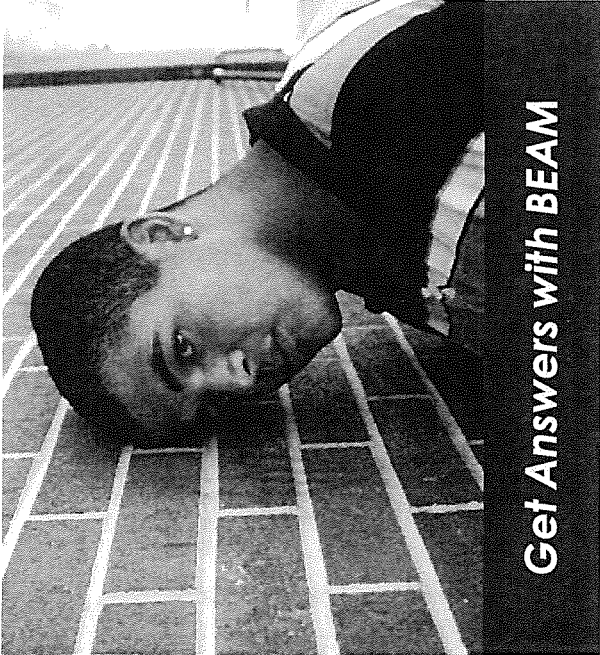
*"Is this just a phase... or could it be something more?"*

# BEAM

Bipolar Disorder  
Early Assessment  
and Management

SAN MATEO





## Get Answers with BEAM

If a teen or young adult you know is behaving differently—experiencing things like irritability or an elevated mood, decreased need for sleep, racing thoughts, more talkative than usual, excessive involvement in pleasurable activities that have a high potential for painful or negative consequences—the teen or young adult may be experiencing mania/hypomania, which is one aspect of Bipolar Disorder.

Bipolar Disorder is an illness in which the person cycles through states of mania and/or hypomania, normal mood and depression.

The road to recovery begins with BEAM

## A BEAM Assessment Will Provide the Answers You Need

Encourage teens and young adults experiencing these types of symptoms, or their families, to call or email us to set up an initial screening.

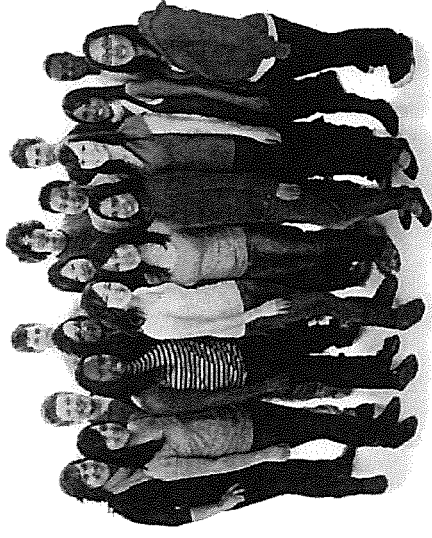
If the screening criteria is met, the teen, or young adult, and their loved ones will speak with a clinician who will conduct a thorough diagnostic review of the symptoms he or she is experiencing. A clinician will even go to them if they can't come in for any reason.

BEAM understands Bipolar I & II Disorder and is here to support teens, young adults, and their loved ones through the entire process. Help us get them the help they need.

Diagnosed in the early stages, Bipolar Disorder is a manageable and treatable illness.

BEAM's Target Population:

- \* Diagnosis of Bipolar Disorder
- \* Have experienced no more than three manic episodes
- \* Ages 14-35
- \* San Mateo County resident
- \* Any health insurance (or uninsured)



BEAM Services include:

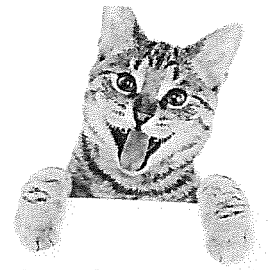
- \* Outreach and Engagement
- \* Thorough Early Detection of Bipolar I Disorder through Rigorous Assessment
- \* Individual Care Management
- \* Medication Management
- \* Cognitive Behavioral Therapy for Bipolar I Disorder
- \* Educational & Vocational Support
- \* Integrated Substance Abuse Treatment Support Groups
- \* Involvement of Family in Assessment, Feedback and Treatment





Molly Henricks, LMFT  
Clinical Program Manager  
PREP and BEAM San Mateo

prepwellness.org | mhenricks@felton.org  
p: 650.458.0026 x2655 | f: 650.458.0027  
1108 S. El Camino Real | San Mateo, CA 94402



**Did you know?!**

Taking a study break is *vital* to retaining all that information.

Avoid a *cat*astrophe. Take a break.



*Try a healthy snack*



STUDENT **health101™**

TEXT **CSM**  
TO **71441**

**WELCOME TO the College of San Mateo**

# **Annual Student Connections Fair**

**Wednesday, September 2, 2015**

**College Center QUAD**

**9:00 am – 1:00 pm**

*Let us help you make connections to campus staff and resources!  
Meet staff & faculty. Learn about on-campus programs and services.  
Go to GREAT workshops. Enjoy free snacks.*

**WHEN STUDENTS MAKE CONNECTIONS AT COLLEGE THEY SUCCEED!**

## **INFORMATION TABLES:**

Counseling, Transfer, Career Services, Health Center, UMOJA Program, PUENTE Program, Multicultural Center, The Learning Center / Tutoring Assistance, Financial Aid, EOPS (Extended Opportunity Program & Services), CARE, DSPS (Disabled Students Program & Services), Academic Success Programs, Honors Project, Peer Educators, Real Estate Program, Cosmetology Program, Electronics Technology, and more!

Meet the Community Relations and Marketing Department



## **DON'T MISS THE WORKSHOPS!**

Each 30 minute workshop is offered at 10:15 am, 11:15 am, and 12:15 pm at the location listed below! Do not sign in at the Learning Center but go directly to the workshop!

Learning Center Study Room 220B	Learning Center Study Room 220C	Learning Center Class Room 220M	College Center Bay View Dining Room Alcove
What is a Student Educational Plan and Why You Need One! Kathleen Sammut, Counselor	How to Choose a College Major Martin Bednarek, Counselor	How To Use Your Degree Works – Learn How To Monitor Your Progress! Alicia Frangos, Student Success	Preparing To Transfer! Plan to Make it Happen Mike Mitchell, Transfer Director



# GRAND OPENING

## CSM FOOD PANTRY

### FREE FOOD

NUTRITIOUS FOOD= HEALTH

*LOCATED IN*

STUDENT HEALTH CENTER

**WHEN: SEPT 15<sup>TH</sup>, 11-1**

**FREE PIZZA FOR THE FIRST 100  
ATTENDEES**

**FIRST 100 PEOPLE TO SIGN-UP FOR PANTRY  
SERVICES WILL BE ENTERED INTO A DRAWING  
FOR A MINI-IPAD**

AND



**TEXT CSM TO 71441 TO START  
READING TODAY. FREE!**

**HEALTHY STUDENTS = SUCCESSFUL  
STUDENTS**

**PHYSICIAN  
SERVICES**

---

**SEXUAL HEALTH  
CARE**

---

**PHYSICALS**

---

**MEDICATIONS**

---

**URGENT CARE**

**STUDENT HEALTH  
CENTER, CSM**

**BUILDING 1-147**

[WWW.COLLEGEOFSANMATEO/  
HEALTHCENTER/](http://WWW.COLLEGEOFSANMATEO/HEALTHCENTER/)

**OPEN MONDAY –  
THURSDAYS**

**8:30-6:00**



**COLLEGE of SAN MATEO**

# **Transfer Day**

**Wednesday**

**September 16, 2015**

**9:30am – 1:00pm**

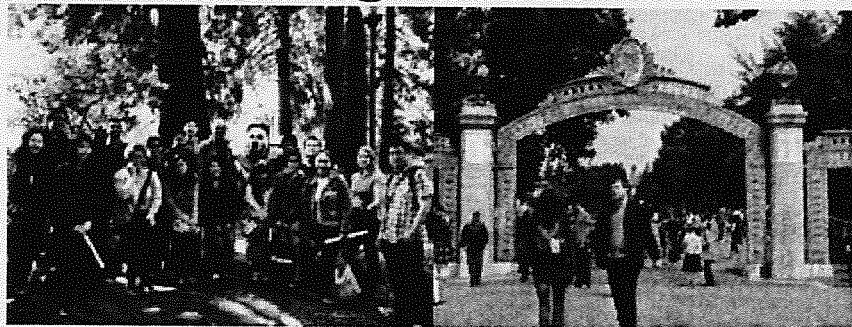
**College Center – Bldg. 10**

***Meet with Representatives from***

**University of California**

**California State University**

**Private Colleges & Universities**



**For more information please contact CSM Transfer Services in  
Building 10 Room 340**

**[www.collegeofsanmateo.edu/transfer](http://www.collegeofsanmateo.edu/transfer)**

**FAST WAY  
TO YOUR  
FUNDS**

# A FAST AND CONVENIENT WAY TO GET YOUR FINANCIAL AID



Cañada College • College of San Mateo • Skyline College

Money Network<sup>®</sup> Enabled  
Disbursement Card

5163 4700 1234 5678  
5163

VALID  
THRU 02/17

Debit

BULLDOG

MasterCard



Your Money Network<sup>®</sup> Enabled MasterCard<sup>®</sup> SMCCCD Disbursement Card has the following features:

- No risk of overdraft fees, minimum balance or monthly service fees
- It's not a credit card, so you can only spend what is available on your card
- Use it everywhere Debit MasterCard is accepted
- Get free\* withdrawals at any Allpoint<sup>®</sup> Network ATM
- Comes with Money Network<sup>®</sup> Checks that can be cashed free\* at any Walmart location
- Upgrade\*\* your Money Network<sup>®</sup> Account so it can be reloaded with other funds by your employer, you or your parents

\*While this feature is available for free, certain other transaction fees and costs, terms and conditions are associated with the use of this card. See the cardholder agreement for more details.

\*\* You must upgrade to reload your Account. Upgrade at no charge. Requires a one-time verification of your identity.

Choose how to receive your electronic financial aid or scholarship funds today.



Go to [enroll.moneynetworkedu.com](http://enroll.moneynetworkedu.com) to sign up.  
Your campus. Your funds. Your way.



Scan with your  
smartphone.

[collegeofsanmateo.edu/myfunds](http://collegeofsanmateo.edu/myfunds)