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COMPLETE

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Page 1: I. Program Overview and Update

Q1

1. Department(s) Reviewed:

Cuyamaca College Health and Wellness Services

Q2

2. Lead Author:

Julia Priscilla Chavez, MSN-Ed, RN, PHN, PCCN

Q3

3. Collaborators:

Rieko Suto, BSN-RN, Rogelia Becerra, Supervisor Personal Counseling Team, Kaylin Rosal, MPH, Cuyamaca Cares Coordinator

Q4

4. Dean/Manager:

Dr. Lauren Vaknin

Q5

5. Initial Collaboration Date with Dean:

Date your program met with your dean to discuss your vision, goals, and resource needs/requests:
10/18/2023
MM/DD/YYYY

Page 2: II. Service Area Reflection and Description

Q6

6. Provide your program's mission statement. If your program does not have a mission statement, what is your timeline for creating a mission statement?

The Cuyamaca Health & Wellness Center is committed to enhancing the educational process by reducing or modifying health related barriers to learning. Optimal wellness is achieved by encouraging students to be self-directed individuals who make informed decisions about health related concerns. Health Services facilitates learning by empowering students to be well informed consumers of health care services.

The Health & Wellness Center is committed to fostering health enhancing behaviors within social, physical, intellectual, emotional, and spiritual dimensions of student life.

Q7

Yes

7. Is the service area description in the current college catalog up to date and accurate?

Q8

8. Describe how your program advances the College's new vision of equity, excellence, and social justice through education? How does the program reflect the College's mission and values?

The Health and Wellness Services Center is in direct alignment with Cuyamaca College's vision of equity, excellence, and social justice, by promoting access to Health and Wellness services through community and or campus resources. The Health and Wellness Center views student health, as a three dimensional realm, where physical, emotional, and social components are instrumental and directly play an important role in meeting academic objectives and achievements'.

The Healthy Campus Framework incorporates six areas of focus to include: Nursing Services, Personal Counseling Services, Campus Resources, Public Health Guidance, Health Care Advocacy and Community Resources and Referrals in meeting the overall goal of Health Promotion. Promoting the overall well-being of our students physically, emotionally, and socially is very important and is directly tied to meeting academic achievements. When a student feels well, thinks well, and is supported they are more likely to reach their academic goals.

Page 3: III. Student and Instructional Service Area Assessment & Data Analysis

Q9

9. Student Services areas collect data in many different ways. This may include the number of students, employees, or community members served, survey results, or other reports prepared by the department and external organizations. Which data was used for your service area?

A variety of collected data will be provided in supporting Health and Wellness Services to include the following:

1. Service Utilization Data from SARS: Unduplicated Student Count for Drop In's. Code Reason Summary Report.
 2. Covid 19-Data: Positive Cases, Potential Exposures, Covid 19 Antigen Testing Kits Released to Students versus Employees, Vaccine Participant Data
 3. Tabling Event Numbers with Family Health Centers of San Diego
 4. Health and Wellness Center Survey Results
-

Q10

10. How do the students served by the service area differ from the College's overall student population, if at all?

Demographic Data from the Health and Wellness Student Survey 2022-2023, provided the following analysis:

The Health & Wellness Center's in-reach and outreach efforts to serve Latino/a/x students made a positive impact: Approximately 44% of the students who received these services identify as Latino/a/x, compared to 34% of our college population. Similarly, efforts to serve students with at least one disability made a positive impact: Approximately 12% of the students who received these services have at least one disability, compared to 7% of our college population.

Q11

11. Please discuss any equity gaps in access or success.

Additional analysis through the Office of IESE via the Health and Wellness Center Survey demonstrated the following:

Compared to our student population in 2022-2023, the following groups are slightly underrepresented in the Health Services data:

- Female students (female students comprise 53% of students who used Health Services, compared to 55% of our student population)
 - Black students (Black students comprise 5% of students who used Health Services, compared to 6% of our student population); please note that your in-reach and outreach efforts to serve Black students made a positive impact—in 2021-2022, only 3% of students who used Health Services identified as Black, and this increased to 5% in 2022-2023.
 - Native American students (no Native American students used Health Services in this time frame, even though they comprise 1% of our student population)
 - Students who identify with two or more races or ethnicities (these students comprise 4% of students who used Health Services, compared to 5% of our student population)
 - Students who are less than 20 years old (students <20 years old comprise 22% of students who used Health Services, compared to 27% of our student population)
 - Students who are 25+ years old (these students comprise 32% of students who used Health Services, compared to 41% of our student population)
 - Students who are first-generation college students (these students comprise 31% of students who used Health Services, compared to 34% of our student population)
-

Q12

12. What action will the service area take to address these equity gaps? If equity gaps have been reduced or eliminated, please share what your area did to achieve this. If equity gaps still exist, consider the specific steps your service area will take to address equity gaps.

Additional in-reach and out-reach efforts are needed with the above identified groups to include females, African Americans, Native Americans, to include targeted age ranges of students younger than 20-years of age, and students who are greater than 25 years of age. In addition, efforts to reach first generation college students has also been identified. In-reach and Outreach efforts consist of tabling events, workshops promoting health and wellness, and bringing local health care resources to campus supporting health care that is available locally. The Health and Wellness Services Center supports access to care, and providing venues to bring these resources to students on campus will be adopted. According to the National Institute of Health, health care disparities are rising especially in the African American and Native American population. Health care topics of Interest include:

Health-Care Disparities among African Americans and Native Americans and the Importance of Accessing Health Care in Bridging the Gap

Heart Health: As cardiovascular disease is a major source of concern in all minority groups

Brain Health: Cerebrovascular health is also a major concern as the risk of stroke rises in those that are not treated with cardiovascular disease

Reproductive Health: An important topic for the age range of 18-45, to include preventative care and management of diseases associated with this age group.

Q13

13. How has this data impacted the goals set in your previous comprehensive program review?

Compared to the spring 2020 Comprehensive Program Review, robust data to include both qualitative and quantitative is available, as a result of a newly developed Health and Wellness Center Survey, and an Electronic Medical Health Record (MediCat) where data can be further accessed based on nursing diagnosis. Prior data was limited to Code Reasons accessed via SARS; however, this data is still vital in assessing overall student drop-ins to Health and Wellness Services.

Q14

14. Please describe the most significant or impactful ways your service area worked across the college to advance the college's vision of equity, excellence and social justice through education over the past year.

Health and Wellness has established solid partnerships with the County of San Diego to include local health care organizations as Family Health Centers of San Diego, OPSAM Health, Champions for Health, Paws to Share, San Diego Blood Bank, and a contracted physician, Dr. Flora Danque, M.D. who oversees the Health and Wellness Registered Nursing Staff. Such partnerships only solidify further excellence and the vision of equity in providing health care resources on campus. Further, the partnership with Dr. Flora Danque, M.D. aligns with safe nursing practices and relevancy of care as it related to evidenced-based nursing protocols and processes.

Q15

15. What challenges is your service area still experiencing due to the disruption of operations caused by the pandemic and the need to offer services in various modalities?

Our service area is directly impacted by the Covid 19 pandemic in that an increase in use of services to include guidance for Covid 19 care, Covid 19 Testing Kit Access, and exposure notices to students with coordination of care in keeping professors aware of medical excuses can be a challenge with one RN currently practicing out of Health Services. Despite the limited number of current nurses, campus safety is of the utmost priority and safety measures have always been managed successfully.

Q16

OPTIONAL UPLOAD 1: Please upload any supporting documentation related to this section. You can upload PDF, Word, and image files

Fall%202023%20Comprehensive%20Program%20Review.docx (1.5MB)

Q17

OPTIONAL UPLOAD 2: Please upload any supporting documentation related to this section. You can upload PDF, Word, and image files

Student%20Learning%20Objectives%20Service%20Area%20Objectives%202023.2026.docx (11.8KB)

Q18

OPTIONAL UPLOAD 3: Please upload any supporting documentation related to this section. You can upload PDF, Word, and image files

Cuyamaca%20College%20Health%20Services%20Student%20Demographics%20%20-%202022-2023%20(1).pdf (85.6KB)

Page 4: IV. Student Learning Outcome and Service Area Outcome Assessment

Q19

16. Please upload an updated, current version of your SLO/SAO assessment plan. Ideally, the updated plan should specify assessment semesters for all outcomes over the next 4 years, between this comprehensive program review and the next. See a sample Assessment Plan Template.

Student%20Learning%20Objectives%20Service%20Area%20Objectives%202023.2026.docx (11.8KB)

Q20

Respondent skipped this question

17. What are your department's key assessment findings over the past 4 years? Please include data and reflection pertaining to each of your current SLOs/SAOs in your response.

Q21

17a. Please upload relevant assessment data, including reports, supporting documents, descriptions of methods of assessment, etc.

Key%20Assessment%20Findings%20Comprehensive%20Program%20Review%20Health%20Services..docx (13.7KB)

Q22

18. Overall, what do your SLO/SAO data suggest about student experiences, successes, and challenges in your service area?

SAO#1: Employ effective referral practices that promote student follow through with local health service providers in meeting each students' individualized health care needs.

SLO#1: Students will engage in wellness promotion practices available through the Health and Wellness Services Center, which will contribute to their overall well-being in alignment with a healthy campus framework further enhancing their academic journey at Cuyamaca College.

Please note SLO's and SAO's were updated to reflect the current needs of the Health and Wellness Service Department and student needs in the fall of 2022.

With SLO#1: Students will engage in wellness promotion practices available through the Health and Wellness Services Center, which will contribute to their overall well-being in alignment with a healthy campus framework further enhancing their academic journey at Cuyamaca College, supports that students are accessing wellness promotion resources available to include access to free Covid 19 at home testing antigen kits and vaccine participation for both Covid-19 and influenza vaccines. Although, the numbers early on in the pandemic with mandated vaccination efforts, reflect three times higher values with the total number of participants, students continue to have the opportunity to receive a vaccine for Covid 19 or influenza based on their personal choice.

In addition, with the data of Covid-19 antigen testing kits supplied to 786 students in the summer of 2022, 700 kits supplied in the fall of 2022, and lastly 817 kits supplied during the spring semester of 2023 to students, this suggests that students have utilized available resources on campus in promoting safe health care practices. Furthermore, with the data from the Reason Code Summary Report from SARS, of 821 students have been guided regarding Covid-19 care in accordance with our local public health department and the second highest value at 162 students have followed up for care with nursing for various health care concerns.

The third highest number of student contact was related to TB Risk Assessments in accordance to the California Department of Public Health at 105 participants. Of special note, 93 students have been assessed by nursing for some form of illness or injury, and 22 have been seen for either a first aid injury or an emergency response need, where 911 services has been activated.

With SAO#1: Employ effective referral practices that promote student follow through with local health service providers in meeting each students' individualized health care needs, such an objective has been met and reflective through the data with tabling events provided by Family Health Centers of San Diego, and referral processes documented through SARS, and data collected from Medicat EHR. Tabling events where Family Health Centers directly books appointments or assists with the referral process for enrollment for Medical and or Covered California has ranged from two to thirty one participants. Data from SARS reports that seven referrals have been made within the campus and nine referrals have been outsourced to local health care organizations. In addition, with the implementation of a new electronic health record, Medicat EHR, in March of 2023, 75 students have been provided with nurses recommendations as it relates to recommendations for health care.

With the initiation of both a paper survey and live link survey in March of 2023, titled "Health and Wellness Center Survey" a ten question survey was created with the assistance of the Offices of Institutional Effectiveness, Success, and Equity. This survey consisted of both demographic and Likert scales for the student to reflect on services received through the Health and Wellness offices. Of this data, 56% of the respondents accessed personal counseling services, with the second ranking of 15% of respondents accessing some form of wellness promotion to include blood pressure screening, height and weight measurements, body composition analysis and Tuberculosis Testing. Approximately 7% of respondents had accessed non-prescriptive medications for simple aches, pains, or minor illnesses. Positive feedback was received in areas of recommending the Health and Wellness Service Center to others at 82% and the comfort level of returning to Health and Wellness Services for additional services or care ranked at 82%. Approximately 79% of respondents felt welcomed at Health and Wellness Services with 73% of those respondents feeling their questions and or concerns were adequately addressed. Such data supports SLO#1 whereby students will engage in wellness promotion practices available through campus support services.

Challenges noted were related to the ease of finding information about Health and Wellness Services, which was ranked at 77% and the ease of scheduling an appointment was ranked at 72%. Such data demonstrates the need to utilize more in-reach efforts within various departments of Student Services at Cuyamaca College, and perhaps, updating the Health and Wellness Webpage with a more simplified version of what services are available, to include how to access these services. After analysis of the student feedback survey results from spring 2023, the Health Services RN Supervisor met with Research Analyst Katie Cabral from the Offices of IESE in the summer of 2023, to further modify the student survey to include additional data specific to student needs was identified; hence, three additional questions have since been added to the survey to capture specific data related to student needs and what was identified as the best experience to include areas needed for improvement:

1. What did you like the most about the services you received at Health and Wellness Center
2. What could the Health and Wellness Center do to improve your experience today
3. What educational topics related to health and wellness would you like to see provided. Please select all that apply:

Heart Health

Mental Health

Women's Health

Men's Health

Another Topic

In summary, all of the aforementioned data supports the objectives of student engagement in wellness promotion practices that are available through the Health and Wellness Services Department at Cuyamaca College to include access to referral practices that support individualized health care needs of our diverse student population.

Q23

19. Share an example of meaningful, innovative, equitable, and/or student-centered SLO/SAO assessment happening in your program.

Without affecting HIPAA policies regarding student/patient medical confidentiality, students have been reporting that access to both physical and mental health resources on campus have positively impacted their college experience. Students are known to come to Health and Wellness Services as a safe zone simply to de-stress, re-align, and gain knowledge on better advocacy and coping skills in such demanding times. With housing, and food known as a basic right on campus, students are learning that health care access is also a basic right, and feel better equipped to utilize available resources. Granted, Health and Wellness Services is supportive in nature, students have identified that Health and Wellness Services is a location to access further guidance in health care access with confidentiality in mind.

Q24

20. Discuss how your SLO/SAO data are being used for service area and/or course improvements to advance student retention, success, and/or goal achievement.

Without data to include the Student Health and Wellness Survey, SARS, Mediat EHR, and the data tracked via tabling and vaccine events, Health and Wellness would not be able to identify specific student needs and requests. One can't improve, what is not measured, and data is central to our improvement of services to include the specific wants of our student population. As mentioned prior, the Student Health and Wellness Survey has since been modified in early summer 2023, to capture specific educational topics the student is interested in and what is and what is not currently working best in accessing care and services through Health Services.

Q25

21. Please describe your service area strengths.

With supportive data from the Cuyamaca Health and Wellness Center Survey from the spring of 2023, nearly 80% of our students utilizing services from Health and Wellness Services felt welcomed by staff, in addition, 73% percent of our students felt that questions and concerns were adequately addressed and 76% of students felt that resources and referrals provided from staff of the Health and Wellness Services Center were appropriate and useful. Hence, our service area strengths are that of a welcoming, trustworthy, and reliable health services department. In addition, approximately 82% of our students would strongly agree in recommending the Health and Wellness Services Center to others for their supportive health service's needs. Furthermore, the partnerships developed with Champions for Health and Family Health Centers for San Diego, further solidify the importance of establishing ties with the community in assisting our students in accessing further health care needs. Therefore, additional strengths lie in our community partnerships in assisting student's access to further care. Overall, our strengths include reliability, trust, welcoming safe environment, and useful and appropriate available resources with growing partnerships in the community. An additional service area strength is the ease at which Registered Nursing staff have access to a contracted physician for further supervision and guidance in meeting evidenced-based safe nursing practices.

Q26

22. Please describe your service area challenges.

Some of our service area challenges include the ease of accessing services to include student awareness of the services offered. This has been directly voiced by students with comments such as "I didn't know a Health Services area existed" or "I tried to make an appointment via SARS and it would not allow me to book an appointment, so that is why I'm calling."

In addition, limited resources with the personal counseling department in having the SDSU graduate interns available only available certain days of the week and hours can directly impact the student with limitations in accessing services for those who take evening or weekend classes.

Financial constraints also impact our service area in that we are budgeted for a ten-month RN and a twelve-month RN Supervisor, the reduced hours for the ten-month RN affects both in-reach and outreach efforts, as care for students must be prioritized and triaged; hence, outreach and in-reach efforts move to the lower priority level as students with illnesses, guidance needs, and or referrals must be seen first. Moreover, our department does not currently have a full-time licensed LMFT. Personal Counseling services are provided through student externs from SDSU, and supervised by a contracted LMFT with limited hours per week.

An additional external challenge has been the request from the California Department of Public Health for CLIA certification. CLIA stands for Clinical Laboratory Improvement Amendments which would allow Health and Wellness Registered Nursing staff to perform Point of Care Blood Glucose levels if needed when an individual presents with signs or symptoms of either hyperglycemia or hypoglycemia, Covid 19 Rapid Antigen Testing, and HCG Urine Pregnancy Testing. A new application with the license request was placed in November of 2022, and several changes have been made to the application as requested by CDPH; however, processes have been delayed due to requests for changes that need to be approved by the Contracts and Purchasing Department. Despite such, the application remains under review by CDPH and we remain hopeful that it is just a matter of time when the certificate will be approved.

External influences that directly affect our service area are that of community partnerships. Having a solid relationship with various constituents in health care locally is very important. Currently, our partnerships with Champions for Health, Family Health Centers of San Diego, McAlister Institute, Paws to Share, Kick Start, Say San Diego, San Diego Blood Bank and the Public Health Department of San Diego for Covid 19 Guidance are very important. However, further robust efforts are needed in the mental health arena and with efforts to bring services directly onto campus. More awareness is needed in the area of mental health wellness and to reduce the negative stigma associated with those with mental health needs. Goals for the future involve partnerships with outreach and in-reach in educating our community college population on the importance of well-being in the three dimensional realm, where physical, emotional, and social components are instrumental and directly play an important role in meeting academic objectives and achievements'.

Q27

23. Please describe external influences that affect your service area (both positively and negatively).

External influences that directly affect our service area are that of community partnerships. Having a solid relationship with various constituents in health care locally is very important. Currently, our partnerships with Champions for Health, Family Health Centers of San Diego, McAlister Institute, Paws to Share, Kick Start, Say San Diego, San Diego Blood Bank and the Public Health Department of San Diego for Covid 19 Guidance are very important. However, further robust efforts are needed in the mental health arena and with efforts to bring services directly onto campus. More awareness is needed in the area of mental health wellness and to reduce the negative stigma associated with those with mental health needs. Goals for the future involve partnerships with outreach and in-reach in educating our community college population on the importance of well-being in the three dimensional realm, where physical, emotional, and social components are instrumental and directly play an important role in meeting academic objectives and achievements'.

Q28

24. Given these factors, what opportunities exist for the service area to advance the College's goals in the next 4 years?

Opportunities lie both within our local community and our own respective student services departments. All available resources need to be advertised in a central hub, with ease in access for our students. In addition, in-reach efforts need to be tailored for the student who attends classes in the evening or weekend classes. Robust relationships with local health care organizations need further attention and access to local mental health resources are needed. Furthermore, an advanced health care model is needed in keeping with the overall mission of Health and Wellness Services.

The Education and Training Group, a non-profit organization referred to as ETR has established a Well-Being & Resilience Model, which strives in improving health outcomes for college campuses, and this model has excellent strategies that I recommend be adopted in keeping our campus community in alignment with practices of optimal wellness.

Q29

Respondent skipped this question

OPTIONAL UPLOAD 1: Please upload any supporting documentation related to this section. You can upload PDF, Word, and image files

Q30

Respondent skipped this question

OPTIONAL UPLOAD 2: Please upload any supporting documentation related to this section. You can upload PDF, Word, and image files

Q31

Respondent skipped this question

OPTIONAL UPLOAD 3: Please upload any supporting documentation related to this section. You can upload PDF, Word, and image files

Page 6: V. Previous Goals

Q32

Previous Goal 1:

Cuyamaca College Health and Wellness Services; a supportive health center for students at Cuyamaca College, will collaborate with local health organizations in providing referrals based on individualized student needs to include medical care, mental health care, health insurance enrollment assistance, and wellness promotion resources.

Q33

In Progress

Goal Status

Page 7: V. Previous Goals continued

Q34

Respondent skipped this question

Please describe the results or explain the reason for the deletion/completion of the goal:

Q35

Respondent skipped this question

Would you like to submit another previous goal?

Page 8: V. Previous Goals continued

Q36

Increase persistence and eliminate equity gaps (re-enrolling the subsequent semester or year)

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q37

Action Steps for the Next Year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g., submit technology request for new laptop computers).

Although partnerships have been developed with two primary local health organizations to include Champions for Health and Family Health Centers for San Diego, other local health organizations to include mental health resources are needed. One access point is that of the San Diego Access Crisis Line and their Mobile Unit for Crisis Interventions. In addition, there are free access programs through the County of San Diego that may be accessed to include free vaccines for influenza that can be offered directly from our health services center. In essence, additional partnerships are needed with other local health care organizations and that of the Public Health Department of San Diego. The California Department of Public Health has been central in providing the Health and Wellness Center with thousands of free at home Covid 19 antigen testing kits, and we will continue to outreach bi-annually for this resource.

Q38

Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q39

No

Would you like to submit another previous goal?

Page 9: V. Previous Goals continued

Q40

Respondent skipped this question

1. Previous Goal 2:

Q41

Respondent skipped this question

3. Goal Status

Page 10: V. Previous Goals continued

Q42

Respondent skipped this question

Please describe the results or explain the reason for the deletion/completion of the goal:

Q43

Respondent skipped this question

Would you like to submit another previous goal?

Page 11: V. Previous Goals continued

Q44

Respondent skipped this question

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q45

Respondent skipped this question

Action Steps for the Next Year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g., submit technology request for new laptop computers).

Q46

Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q47

Respondent skipped this question

Would you like to submit another previous goal?

Page 12: V. Previous Goals continued

Q48

Respondent skipped this question

1. Previous Goal 3:

Q49 Respondent skipped this question

3. Goal Status

Page 13: V. Previous Goals continued

Q50 Respondent skipped this question

Please describe the results or explain the reason for the deletion/completion of the goal:

Q51 Respondent skipped this question

Would you like to submit another previous goal?

Page 14: V. Previous Goals continued

Q52 Respondent skipped this question

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q53 Respondent skipped this question

Action Steps for the Next Year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g., submit technology request for new laptop computers).

Q54 Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q55 Respondent skipped this question

Would you like to submit another previous goal?

Page 15: V. Previous Goals continued

Q56 Respondent skipped this question

1. Previous Goal 4:

Q57

Respondent skipped this question

Goal Status

Page 16: V. Previous Goals continued

Q58

Respondent skipped this question

Please describe the results or explain the reason for the deletion/completion of the goal:

Page 17: V. Previous Goals continued

Q59

Respondent skipped this question

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q60

Respondent skipped this question

Action Steps for the Next Year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g., submit technology request for new laptop computers).

Q61

Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Page 18: VI. New 4-Year Goals

Q62

New Goal 1:

Cuyamaca College Health and Wellness Services; a supportive health center for students at Cuyamaca College, will collaborate with local health organizations in providing referrals based on individualized student needs to include medical care, mental health care, health insurance enrollment assistance, and wellness promotion resources.

Q63

Increase persistence and eliminate equity gaps (re-enrolling the subsequent semester or year)

Which College Strategic Goal does this department goal most directly address? (Check only one)

Q64

Please describe how this goal advances the college strategic goal identified above:

By assisting student's access local health resources and promotion of best health care practices with education, Cuyamaca College students will be better equipped as health care consumers in addition to self-care practices that are critical for maintaining well-being in several domains to include physical, mental, social, and spiritual.

Q65

Please indicate how this goal was informed by SLO/SAO assessment results, PLO assessment results, student achievement data, or other data:

Our data indicates that students are willing to utilize available resources in alignment with best health care practices; however, further refinement of the Health Care Center Framework is needed in meeting the various demands of the community college student. An updated framework which will outline specific strategies related to self-care efforts in the following domains will be utilized in meeting the overall strategic goal:

1. Physical
2. Psychological
3. Emotional
4. Spiritual
5. Professional

Personal practices for self-care in the five aforementioned areas will allow the student to learn coping strategies enhance social connections, and reaffirm the purpose of their overall intentions and goals in alignment with their academic journey at Cuyamaca College.

Q66

Action Steps for the Next Year:

New Goal 1:

Cuyamaca College Health and Wellness Services; a supportive health center for students at Cuyamaca College, will collaborate with local health organizations in providing referrals based on individualized student needs to include medical care, mental health care, health insurance enrollment assistance, and wellness promotion resources.

New Goal 2:

Cuyamaca College Health and Wellness Services; a supportive health center for students at Cuyamaca College, will adopt a well-being and resilience model in alignment with best practices for self-care in the areas of physical self-care, psychological self-care, emotional self-care, spiritual self-care and professional self-care. These personal practices for self-care will provide a structural framework for students to refer to with education on specific practices in meeting individual goals in improving overall health and well-being.

Q67

Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q68

How will this goal be evaluated?

The two goals will be evaluated via various instruments to include:

1. Confidential Health and Wellness Student Service Surveys

2. Data from Health and Wellness Promotion Events to include: Annual Health Fair, Heart Health Awareness Events, Breast Health Education Event, Vaccine Events, Mental Health Awareness Events, and other confidential data collected by the Personal Counseling Team.

Q69

No

Would you like to propose a new, 4-year goal?

Page 19: VI. 4-Year Goals continued

Q70

Respondent skipped this question

Goal 2:

Q71

Respondent skipped this question

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q72

Respondent skipped this question

Please describe how this goal advances the college strategic goal identified above:

Q73

Respondent skipped this question

Please indicate how this goal was informed by SLO assessment results, PLO assessment results, student achievement data, or other data:

Q74

Respondent skipped this question

Action Steps for the Next Year:

Q75

Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q76

Respondent skipped this question

How will this goal be evaluated?

Q77

Respondent skipped this question

Would you like to propose a new, 4-year goal?

Page 20: VI. 4-Year Goals continued

Q78

Respondent skipped this question

Goal 3:

Q79

Respondent skipped this question

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q80

Respondent skipped this question

Please describe how this goal advances the college strategic goal identified above:

Q81

Respondent skipped this question

Please indicate how this goal was informed by SLO assessment results, PLO assessment results, student achievement data, or other data:

Q82

Respondent skipped this question

Action Steps for the Next Year:

Q83

Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q84 Respondent skipped this question

How will this goal be evaluated?

Q85 Respondent skipped this question

Would you like to propose a new, 4-year goal?

Page 21: VI. 4-Year Goals continued

Q86 Respondent skipped this question

Goal 4:

Q87 Respondent skipped this question

Which College Strategic Goal does this department goal most directly support? (Check only one)

Q88 Respondent skipped this question

Please describe how this goal advances the college strategic goal(s) identified above:

Q89 Respondent skipped this question

Please indicate how this goal was informed by SLO assessment results, PLO assessment results, student achievement data, or other qualitative or quantitative data (from any source):

Q90 Respondent skipped this question

Action steps for the Next Year:

Q91 Respondent skipped this question

What resources, if any, are needed to achieve this goal in the next 4 years? Please select all that apply. Note that links to request forms for each request are included below. All resource requests are due on the program review deadline.

Q92 Respondent skipped this question

How will this goal be evaluated?

Page 23: Final Check

Q93

I am ready to submit my program review

Are you ready to submit your program review? To go back and review a section, select the section below and click "Next"
