**Key assessment findings over the past four years include Cuyamaca College students have readily utilized Health and Wellness Services as noted by the steady increase in numbers of students accessing various health services offered through our Health and Wellness Department. The primary accessed service is that of health care guidance as it relates to Covid-19 care, such guidance has been coordinated with our local public health department and totaled approximately 821 interactions.**

**A second key assessment finding, is that students have directly been impacted by the Covid-19 pandemic and have sought out additional resources to include** **assistance with primary care referrals, local health care referrals, and an increase in services as it relates to mental health needs. These needs have been met with outreach efforts to include the following organizations:**

* **Family Health Centers of San Diego: Both physical and mental health care need referrals.**
* **Champions for Health: Vaccination events to include both monovalent and bivalent Covid 19 vaccines, and annual influenza/flu vaccines on campus.**
* **Say San Diego: Education on smoking and vaping cessation during annual health fairs on campus**
* **Kickstart: Mental health resource referrals.**
* **Department of Public Health San Diego: All Covid 19 guidance for isolation and home care, to include exposure notifications**
* **OPSAM Health: Physical health referrals.**
* **YMCA McGrath Location: Local resources in promoting optimal health through exercise, socialization, and nutrition.**
* **San Diego Blood Bank: Blood donations via the bloodmobile parked on campus.**
* **Paws to Share: Emotional canines to support the student during crucial time periods on campus (midterms, finals.)**
* **McAlister Institute: Substance misuse referrals.**

**A third key finding is that of the need for mental health support through the use of supportive services offered through our Personal Counseling Department. With the Covid-19 pandemic and return to campus services, students have expressed the need for emotional, social, and mental support, in acclimating to new standards and navigating new processes that are required in both their academic and personal lives.**