Mandatory Student Fee Advisory Committee

Stamps Health Services

November 17, 2016
Last Year- MSFAC Decision

- Support a $3 increase in the health fee toward increasing the quality of Georgia Tech’s mental health services. However, the request was ultimately not approved.
- Stamps agreed with MSFAC that the request will help move Georgia Tech towards a mental health program that adequately fits the needs of a student population whose size and stress levels have far exceeded the recent increases in the Health Services Fee.
- Stamps hired (2) care coordinators and fully funded our communications officer. The positions are funded from current operations and our reserves if needed.
Care Coordinators-Outcome

• Care Coordinators began Fall 2016
  – 85 students sent for therapy referrals
  – 72% patients provided referrals are engaged or planning to engage in therapy

• Care Coordinators have positively impacted “time to service.”

• Care Coordinators provide a lower cost approach to providing service versus a Psychiatrist ($65K versus $215K)
Care Coordinators-Feedback

Students are speaking to MH professionals within days or even hours of first contacting Psychiatry

Overwhelming positive feedback about the professionalism and warmth of the care coordinators

They have streamlined the process of admitting patients to the hospital when needed

Students are thrilled with the support of a care coordinator helping them navigate the MH referral process
Health Fee

Mandatory Health Fee
(per semester)

- Georgia State University: $40
- UC Berkeley: $67
- Texas A & M: $73
- Northwestern*: $101
- Georgia Tech: $160
- University of Georgia: $196
- North Carolina State: $204
- Virginia Tech: $205
- University of Illinois: $231
- University of Florida: $237
- Stanford*: $305
Challenges

• Board of Regents
  – No fee increase for 4 years

• Mental Health
  – Two case managers hired in August are already managing 50 patients each.
  – Psychiatry appointments are full with a new appointment wait time of 30 days.
  – Increased campus awareness of mental health will drive the need for additional resources.
Challenges

- Pharmacy
  - Prescription volume has increased significantly over the past four years.
  - Current staffing model is not adequate to maintain and safe (error free), efficient and effective dispensing of prescriptions.
Health Promotion

Mission: To provide learning opportunities, services, and programs designed to empower students to make healthy lifestyle decisions and create a campus culture that promotes respect, communication, and equity.
## Health Promotion: FY16 Programming

<table>
<thead>
<tr>
<th>CONTENT AREA</th>
<th># of Programs</th>
<th># Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol &amp; Other Drugs</td>
<td>22</td>
<td>2,743</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>22</td>
<td>1,547</td>
</tr>
<tr>
<td>Sexual Violence</td>
<td>57</td>
<td>6,280</td>
</tr>
<tr>
<td>Nutrition</td>
<td>14</td>
<td>2,488</td>
</tr>
<tr>
<td>General Wellness</td>
<td>25</td>
<td>5,352</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>140</strong></td>
<td><strong>18,410</strong></td>
</tr>
</tbody>
</table>
Challenges

• Health Educators
  – Increased demand for prevention-related activities to support mental health, resilience, and stress management
  – Current staffing model is not adequate to support increased demand for services
  – Increased staff capacity allows for expanded service delivery model addressing issues such as:
    • Sleep
    • Time management
    • Financial wellness
Challenges

Health Promotion Participants

FY2013 | FY2014 | FY2015 | FY2016
---|---|---|---
5 FTEs | | | 5 FTEs

5 FTEs
Challenges: Health Education

Risks:

• Sleep deprivation
  – Linked to lower GPAs
  – Increased risk of depressive disorders

• Financial concerns & debt
  – 32% students reported neglecting studies
  – 3 of 10 students reduced class load
  – 7 of 10 students stressed over personal finances

• Continued decreases in stress tolerance
  – Associated with increased anxiety, exhaustion, substance abuse

Benefits:

• Provide Sleep Health programs
  – Improved sleep knowledge
  – Increased sleep efficiency
  – Effective in improving other health behaviors (e.g., alcohol, depression)

• Support Financial Wellness services
  – Financial literacy campaigns
  – Budgeting/personal finances

• Develop programming on resilience & coping skills
  – Mindfulness education series
  – Reductions in depressive symptoms
New Request-Care Coordinators

• Add (2) additional care coordinators
  – Address increasing need for mental health care for students

<table>
<thead>
<tr>
<th>Position (Incl. benefits)</th>
<th>Cost</th>
<th>Fee Needed</th>
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<tr>
<td>Care Coordinator</td>
<td>$65,000</td>
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New Request-Pharmacy Technician

- Add (1) additional Pharmacy Technician
  - Address significant increase in prescriptions
  - Ensure safe (error free), efficient and effective dispensing of prescriptions

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<th>Position (Incl. benefits)</th>
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<th>Fee Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pharmacy Technician</td>
<td>$46,800</td>
<td>$1.00</td>
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New Health Educators

- Add (2) Health Educators
  - Provide Sleep Health programs
  - Support Financial Wellness services
  - Develop programming on resilience & coping skills

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# Health Fee Summary

## Fee Request Position Detail

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<tr>
<td><strong>Total</strong></td>
<td>$306,800</td>
<td>$7.00</td>
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</table>

*Includes benefits*
Risks if no action taken

• Care Coordinators
  – Increased wait times to service
  – Reduced ability to refer students at risk to community providers

• Pharmacy Technician
  – Staff burnout/turnover
  – Increased risk of errors
  – Delay in getting prescription
  – Increase in price of drugs to fund position
Health Promotion:

- **Sleep deprivation**
  - Linked to lower GPAs
  - Increased risk of depressive disorders
- **Financial concerns & debt**
  - 32% students reported neglecting studies
  - 3 of 10 students reduced class load
  - 7 of 10 students stressed over personal finances
- **Continued decreases in stress tolerance**
  - Associated with increased anxiety, exhaustion, substance abuse
Questions