

# Mandatory Student Fee Advisory Committee

Stamps Health Services



November 17, 2016



# Health & Well-Being

# Georgia Tech Health & Well-Being



# 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

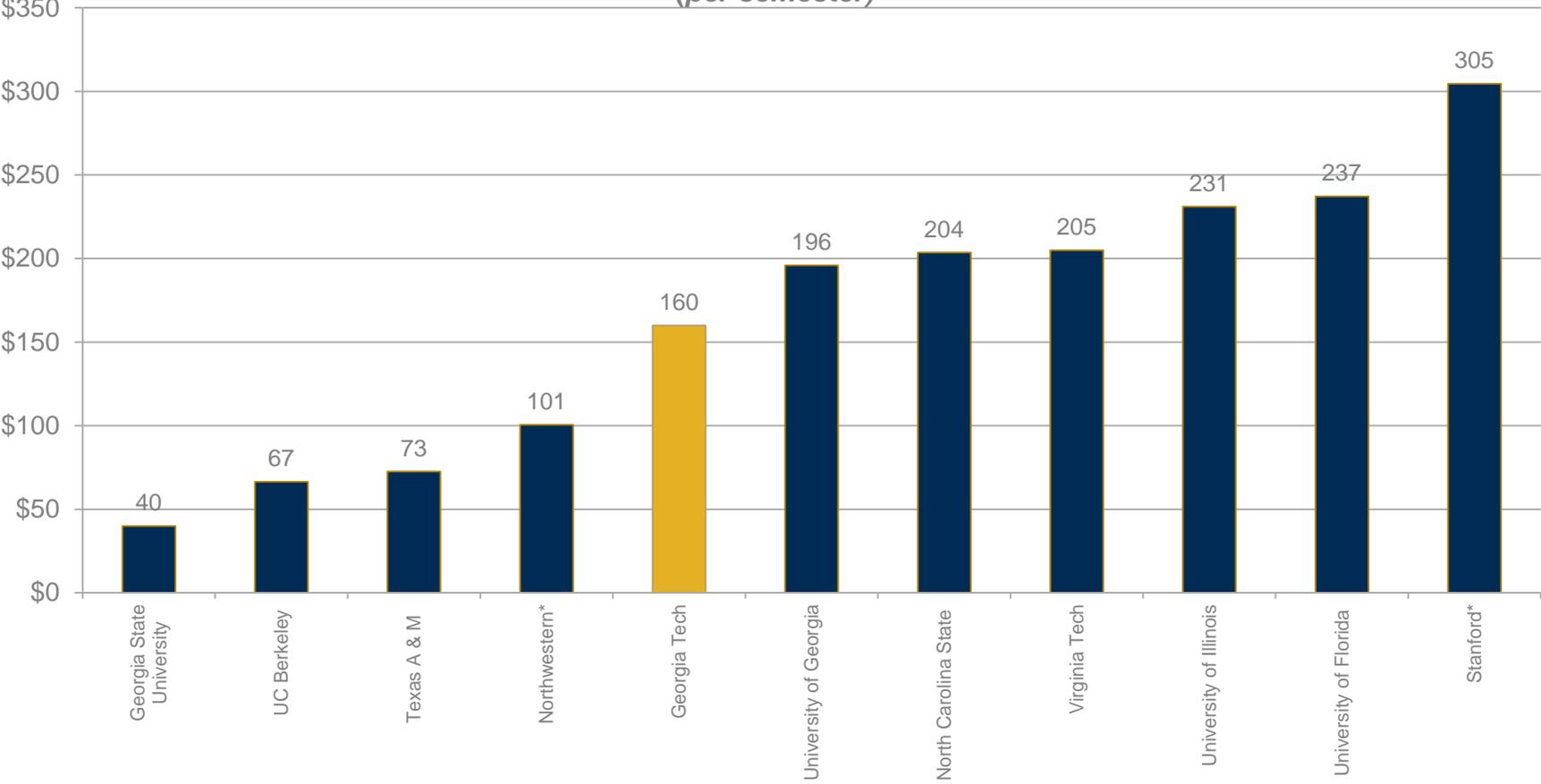
# Health Fee

## Stamps Health Fee History



# Health Fee

## Mandatory Health Fee (per semester)

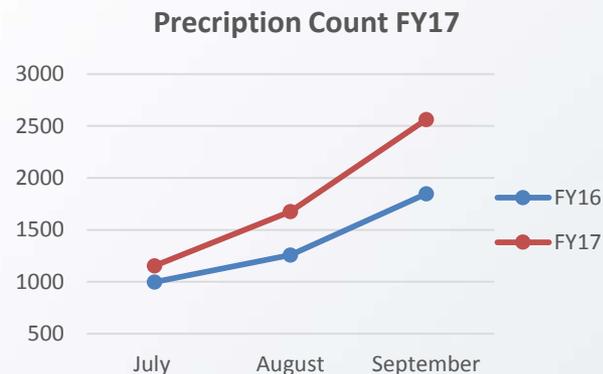
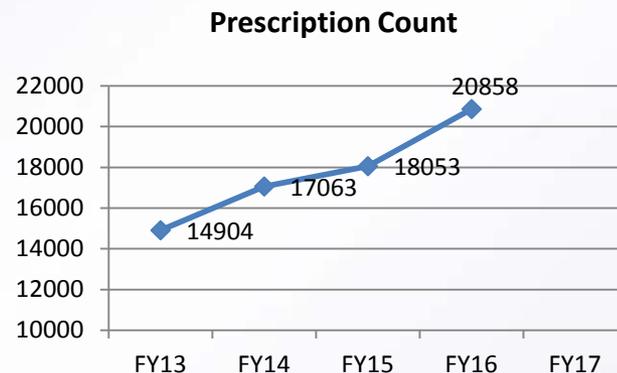


# Challenges

- 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

How can Health Promotion help you succeed at Georgia Tech?



- AlcoholEdu® / Haven
- Condom Availability Program
- Dietitian Consultations
- Eating Disorder Treatment Team
- Free HIV Testing
- Health Educator Consultations
- Online Mental Health Screening
- Sexual Violence Victim-Survivor Advocacy
- Tobacco Cessation
- Yoga for Everybody

@buzzonhealthGT



www.healthpromotion.gatech.edu  
404-894-9980

Georgia Tech 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

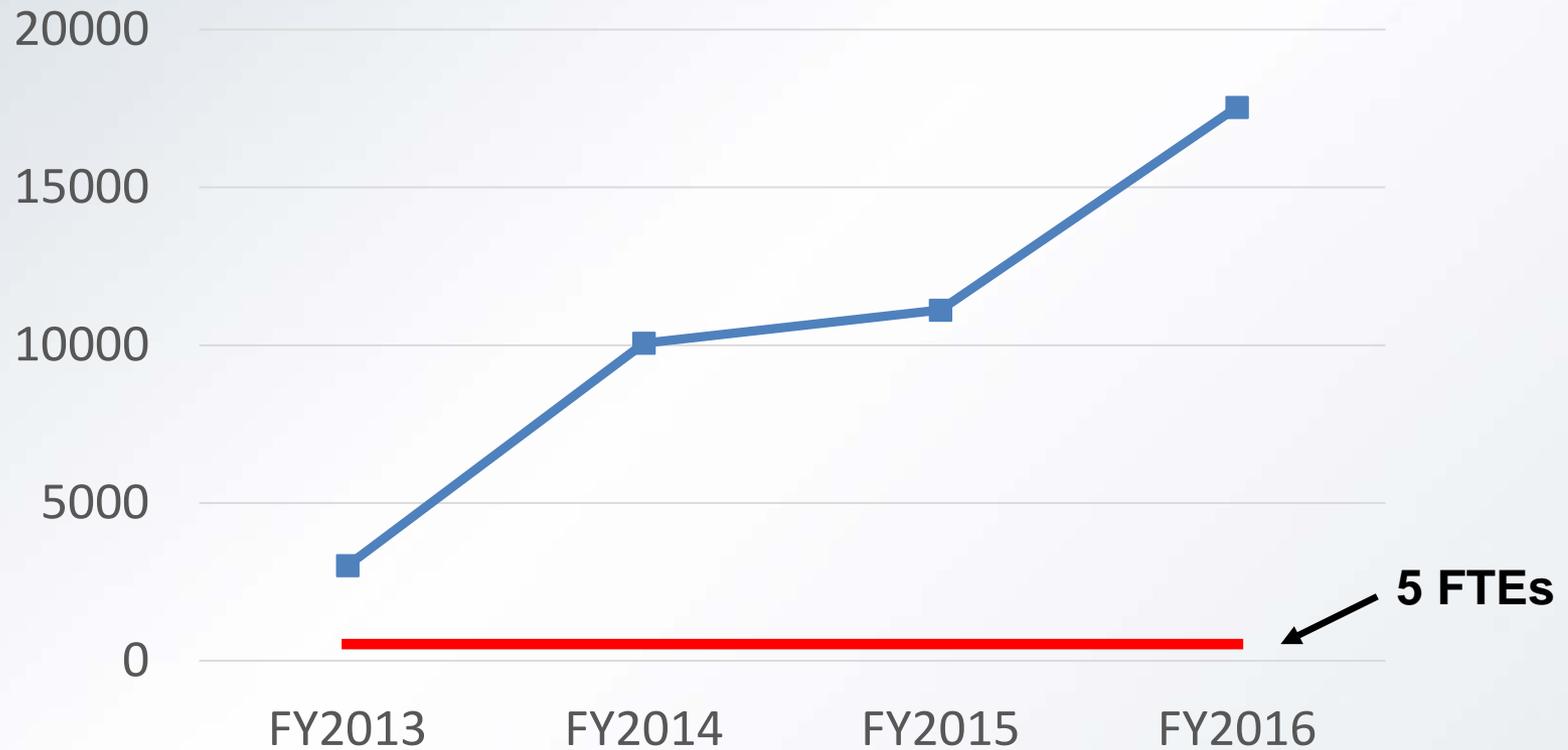
CONTENT AREA	# of Programs	# Participants
Alcohol & Other Drugs	22	2,743
Sexual Health	22	1,547
Sexual Violence	57	6,280
Nutrition	14	2,488
General Wellness	25	5,352
<b>Total</b>	<b>140</b>	<b>18,410</b>

# 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



# 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 (eg. 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

Position (Incl. benefits)	Cost	Fee Needed
Care Coordinator	\$65,000	\$1.50
Care Coordinator	\$65,000	\$1.50

# New Request-Pharmacy Technician

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

Position (Incl. benefits)	Cost	Fee Needed
Pharmacy Technician	\$46,800	\$1.00

# New Health Educators

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

Position (Incl. benefits)	Cost	Fee Needed
Health Educator	\$65,000	\$1.50
Health Educator	\$65,000	\$1.50

# Health Fee Summary

## Fee Request Position Detail

	Request	Cost	Fee Needed
New Positions*	Care Coordinator	\$65,000	\$1.50
	Care Coordinator	\$65,000	\$1.50
	Pharmacy Technician	\$46,800	\$1.00
	Health Educator	\$65,000	\$1.50
	Health Educator	\$65,000	\$1.50
	<b>Total</b>	<b>\$306,800</b>	<b>\$7.00</b>

\*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

# Risks if no action taken

## 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
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# Questions

