

# Mandatory Student Fee Advisory Committee

STAMPS HEALTH SERVICES  
HEALTH INITIATIVES

NOVEMBER 27, 2017

CREATING THE NEXT®

- The Office of Health & Well-Being is comprised of:
  - Stamps Health Services
  - Campus Recreation Complex
  - Health Initiatives
    - Although separate from an organizational perspective, Health Initiatives is located in Stamps and is primarily funded by the health fee.
- Our goal is for the three units to work collaboratively to promote, nurture and enrich the diverse Georgia Tech community of health, well-being and caring.

# INTEGRATION ACROSS HEALTH AND WELL-BEING-MENTAL HEALTH



## Environment

- Rigorous Academic environment that also encourages good mental health
- Academic policies
- Sick policies
- Academic Support
- Assessment of curriculum
- Elimination of unnecessary stressors



## Student

- Health Initiatives
- CRC
- Stress management
- Social support
- Exercise
- Adequate sleep
- Mindfulness
- Time Management
- Wellness activity
- Self care
- Access to health services



## Mental Health Treatment

- Psychiatry
  - Access to care
  - Quality of care
  - Timeliness of care
- GTCC

# STAMPS CORE SERVICES



- Primary Care
- Women's Health
- Psychiatry
- Laboratory & Radiology
- Pharmacy
- Travel/Immunization/Allergy

# SERVICES COVERED BY THE HEALTH FEE



- Unlimited visits to physicians, nurse practitioners, physician assistants and nurses in Primary Care and Women's Health
- Two full hours of psychiatric care every calendar year
- \$25 annual contribution towards eye care at Depoe Optical (\$35,000 maximum)
- Flu shots
- X-ray/interpretation by a board certified radiologist
- Some lab tests
- Pregnancy testing
- STD testing (gonorrhea and chlamydia)
- Blood pressure screening
- Nurse Advise Line
- Health Initiatives

# SERVICES COVERED AT A LOW COST



- Subsequent psychiatry appointments
- Laboratory testing sent to our reference lab
- Allergy Injections
- Immunizations
- Prescriptions (including travel and contraception)
- Travel visits
- HIV testing
- Gynecological testing
- Medical/orthopedic supplies
- Dietician consultations

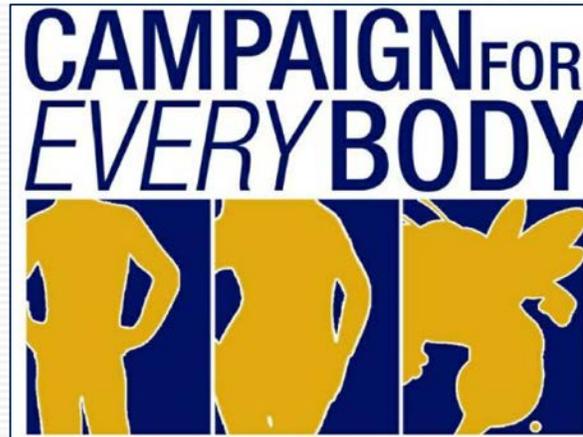
# SERVICES PROVIDED BY HEALTH INITIATIVES



**CHOCOLATE & MEDITATION:**  
a mindful approach to nutrition

Friday, November 17th | 12:30 to 1:30 pm  
Instructional Center (IC), room 105

Georgia Tech Health Initiatives



**TOBACCO-FREE  
SMOKE-FREE  
CAMPUS**

Georgia Tech Health & Well-Being

**AlcoholEdu** FOR COLLEGE

**Haven** UNDERSTANDING SEXUAL ASSAULT

# IMPACT OF STAMPS AND HEALTH INITIATIVES

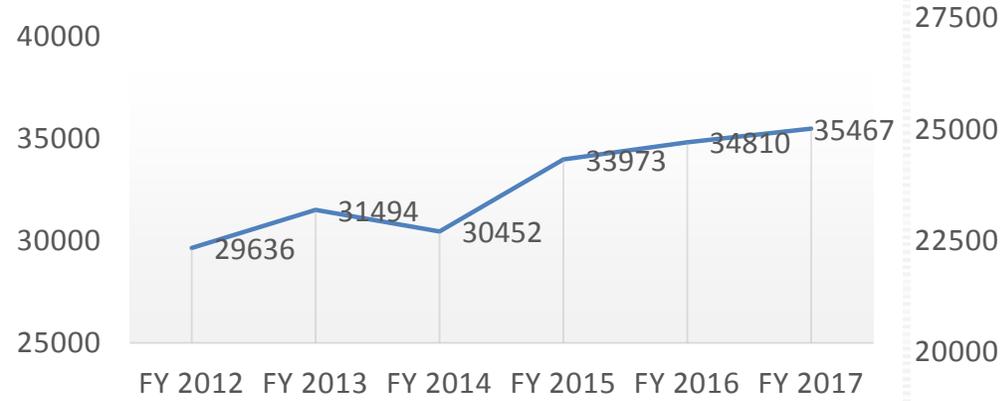


<http://www.pcspicycle.com/impact/>

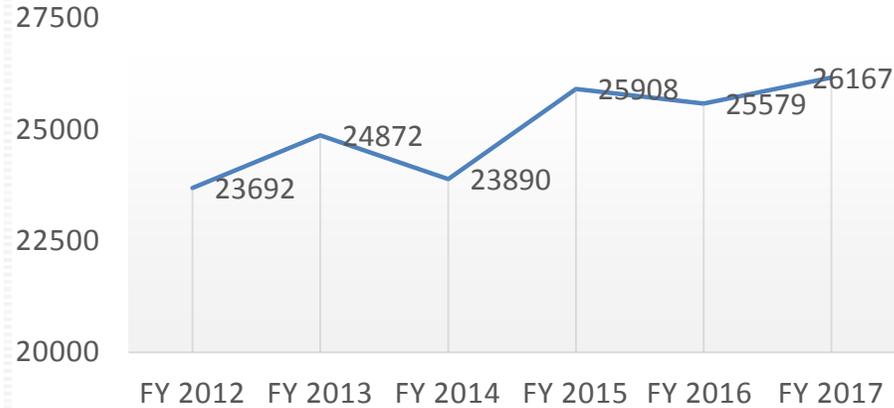
# FY17 RESULTS



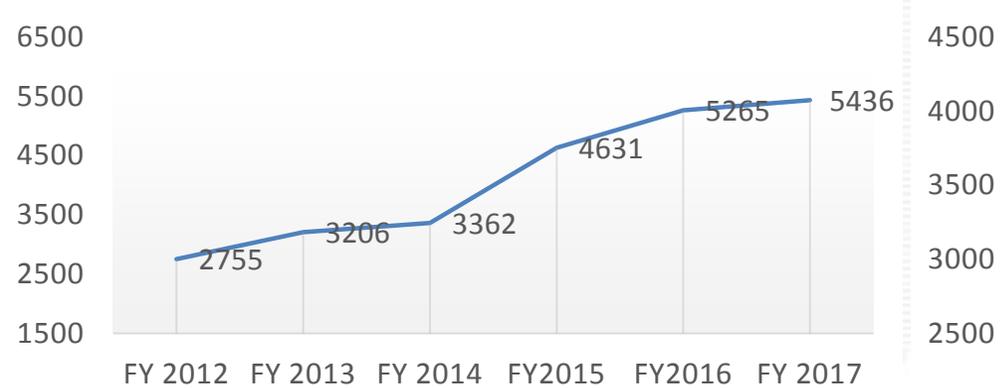
### Total Appointments



### Primary Care



### Psychiatry



### Women's Health



# FY17 RESULTS

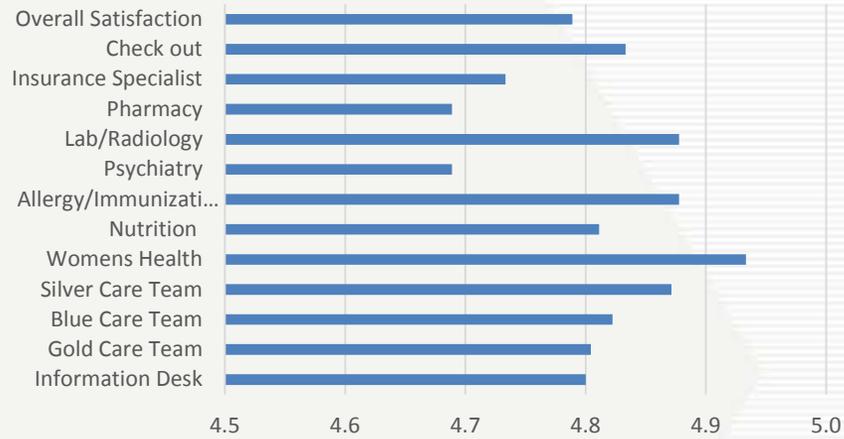


<b>Productivity</b>	<b>FY17</b>	<b>FY16</b>
Patient Visits	35,467	34,810
Flu Shots	4000	3,373
Pharmacy Fills	26,544	20,858
Immunizations	6156	5,929
Allergy Visits	1844	1,628
Lab Tests	30,839	28,759
X-rays	2,466	2,606
<b>TOTAL</b>	<b>107,316</b>	<b>97,963</b>

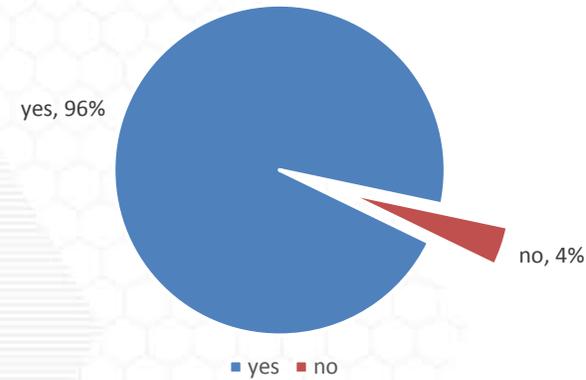
# HOW DO STUDENTS FEEL ABOUT STAMPS?



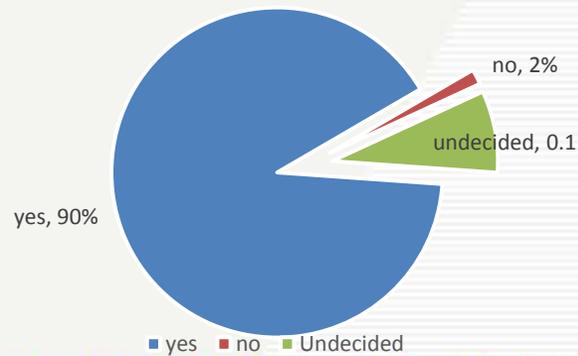
Patient Satisfaction-Stamps Health Services  
2017



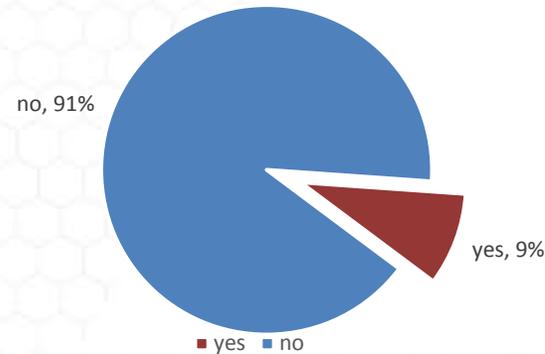
Would you recommend Stamps to Another Student?  
2017



Do you feel that Stamps Health Services contributes to  
your academic success and overall health and well being?  
2017



Was there anything we could have done to make your visit  
better? 2017



# HEALTH INITIATIVES IMPACT



- 150+ programs and outreach events
- 13,000+ students and employees reached (or engaged)



fees

caps lock

A

S

Z

X

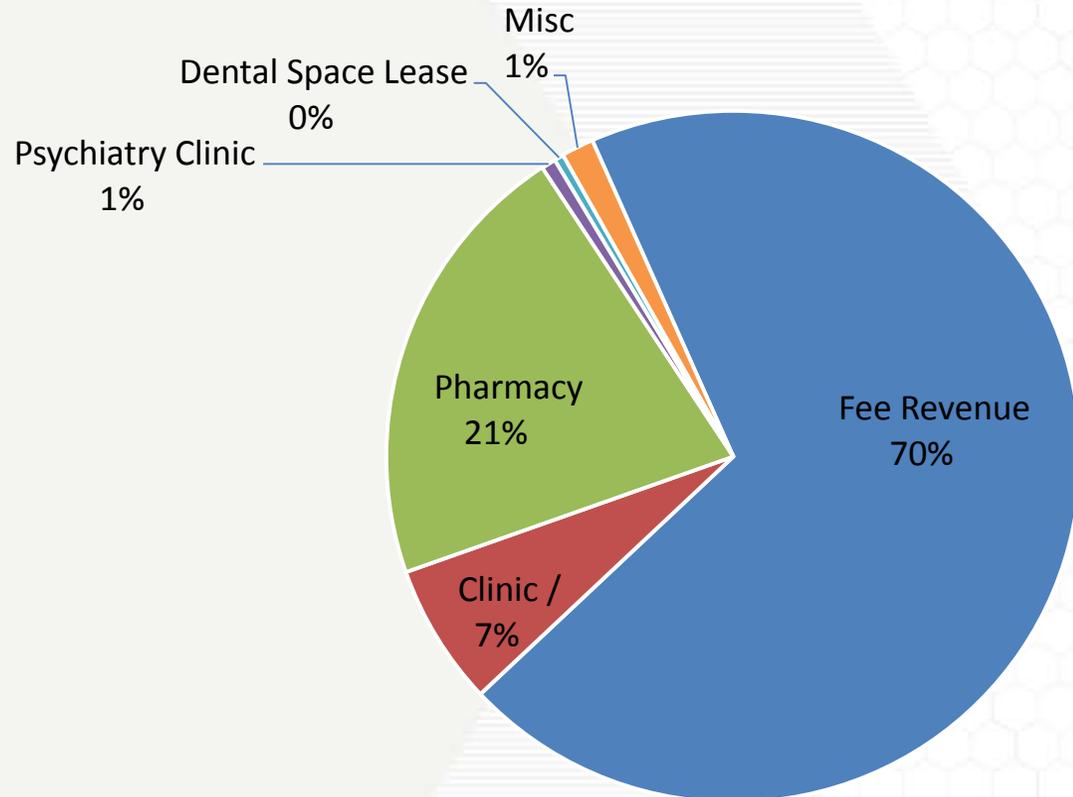
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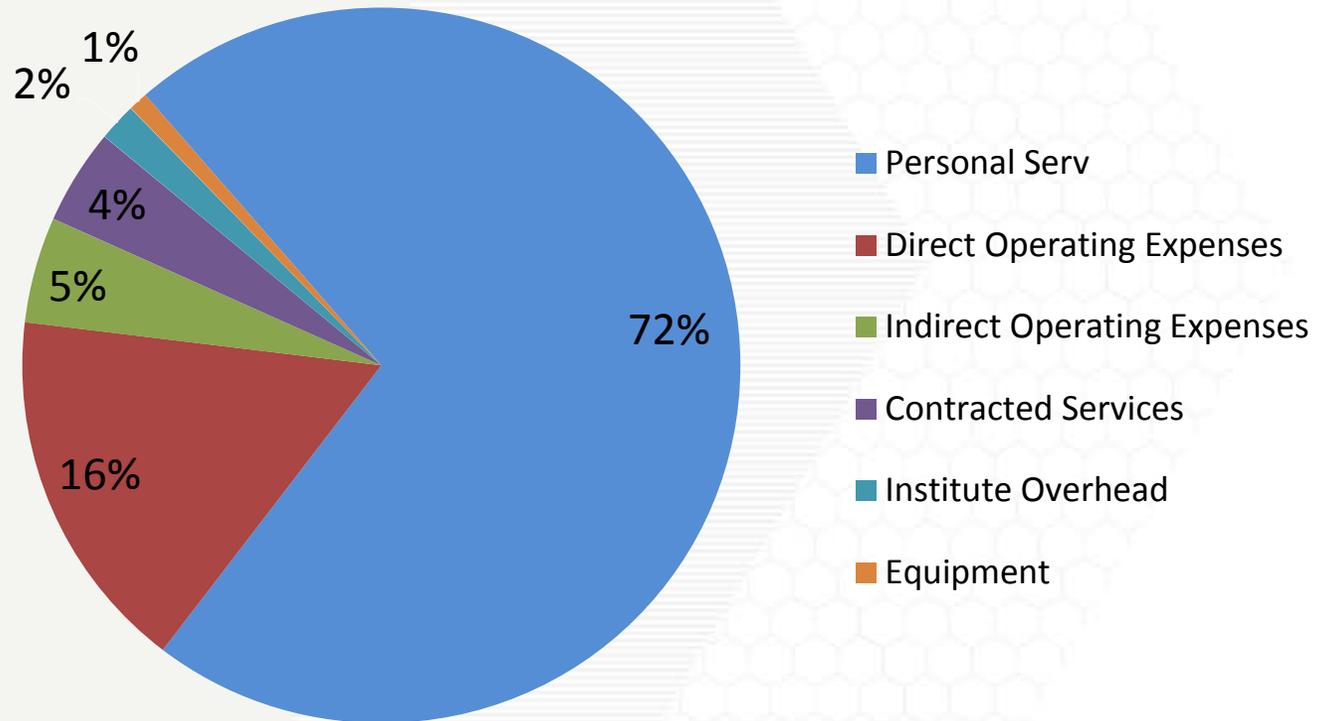
command

control

## Where does the money come from?



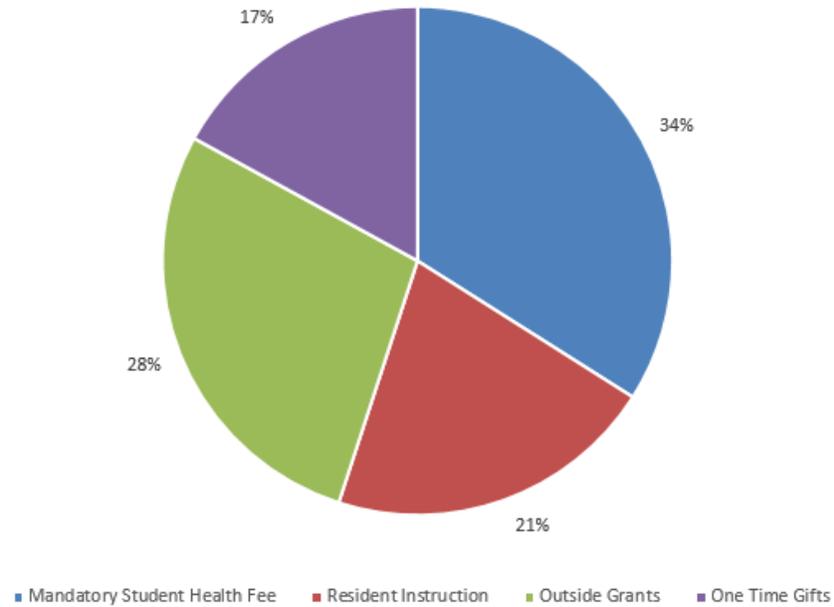
## How do we spend the money?



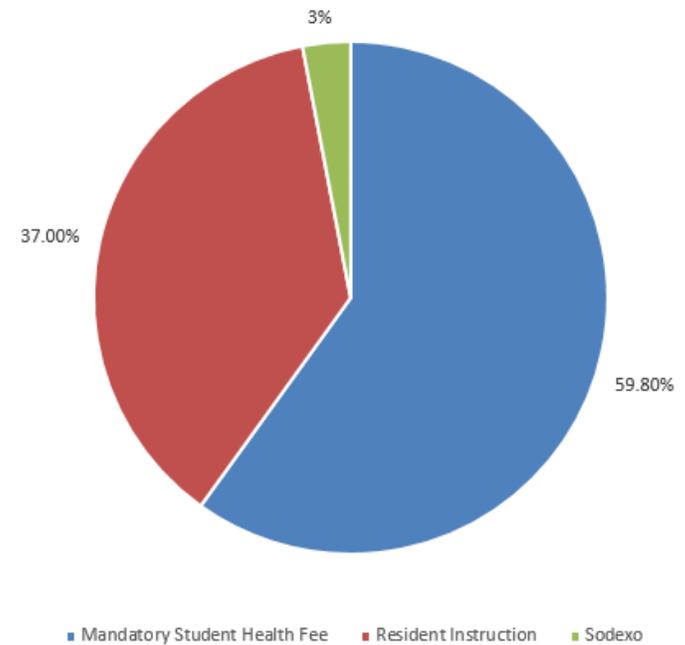
# HEALTH INITIATIVE FY18 BUDGET



Health Initiatives Operating Budget Sources



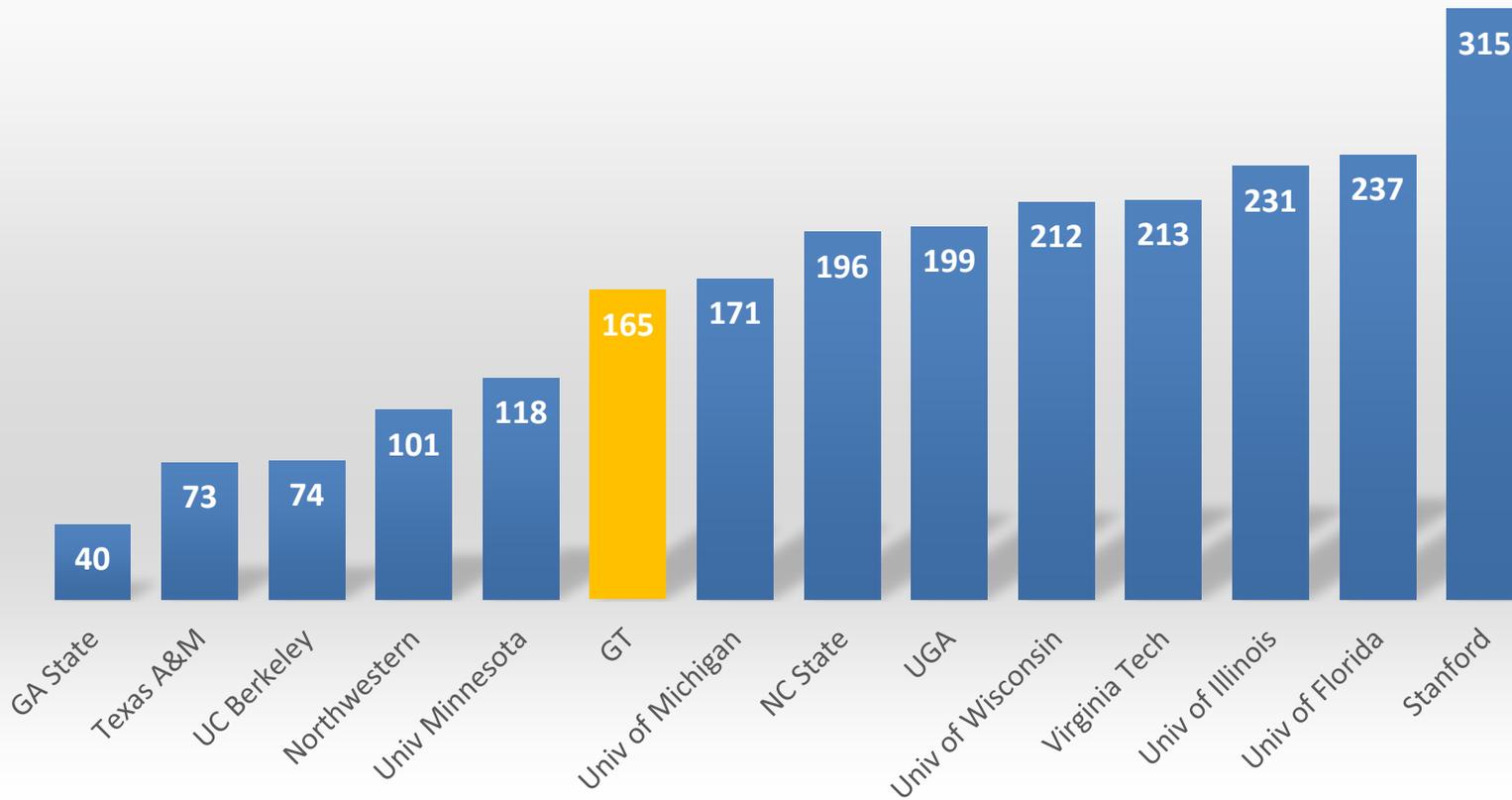
Health Initiatives Salary Funding Sources



# HEALTH FEES



Health Fee Comparison 2017



# FY18 BUDGET



	FY2018 Budget
Total Revenue (Health fee, clinic revenue, pharmacy, dental lease)	10,241,105
Total Personal Services (Salaries and Benefits)	7,102,339
Other Operating Expenses (Supplies, Drugs, Repairs, Institute Overhead, Contracts)	3,407,081
Total Operating Expenses	10,509,420
<b>Net Income (before depreciation)</b>	<b>(268,315)</b>

# HEALTH FEES

RECOMMENDATIONS



	Fee Requested
(1)-0.75 FTE psychiatrist	\$3.30
(1)-1.0 FTE care coordinator	\$1.50
(1)-0.75 FTE primary care provider	\$1.70
(1)-1.0 FTE Medical Assistant	\$1.00
(1)-1.0 FTE Coordinator for Well-Being Engagement	\$1.50
<b>FEE REQUEST FY19</b>	<b>\$9.00</b>

# RESPONSE TO MENTAL HEALTH ACTION TEAM

## RECOMMENDATIONS



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- **Student Mental Health Action Team** -Recommended Actions to Improve Student Mental Health at Georgia Tech
  - Add an additional **full-time psychiatrist** to Stamps Psychiatry Clinic to meet increasing demand for services.
  - Increase “**case manager**” staff at GTCC to follow up on student-to ensure they are receiving the support they need, continuing verification of referral network.

## STUDENT MENTAL HEALTH ACTION COMMITTEE RECOMMENDATIONS:

Recommendation #5: Broaden the “community of care” to build resilience and address student mental health concerns before they intensify.

- Increase and enhance peer education strategies
- Expand peer coaching, wellness activators and “buddy escorts to GTCC” for broader mental health support
- Publicize and expand Health & Well-Being scope: helping students with multiple strategies to **build stress resilience and emotional regulation**; offering more de-stress activities, exercise, Strengths Finder, and coping strategies to the students at CRC and in **other places that may be more inviting** (e.g., in their dorm, at Clough Commons, etc.)



## COORDINATOR, WELL-BEING ENGAGEMENT: TWO GOALS, ONE POSITION

1. Upstream **peer health education** program that promotes health and well-being for student success within the diverse Georgia Tech community.
2. Create a **group well-being coaching program** that provides education, support, and encouragement to develop healthy behaviors and life skills needed to flourish and be fulfilled individually and within their communities where they live, learn, work and play.

Healthy Behaviors & Life Skills: chronic disease management, time management, stress management, **resiliency**, nutrition, social support, activity/fitness, **self-reliance**, **goal-setting**, monitoring and adjusting, sleep, financial literacy, **happiness**, kindness, **mindfulness**, connectivity, educating and empowering students to establish and maintain healthy behaviors.

# RESPONSE TO INCREASING DEMAND

## RECOMMENDATIONS

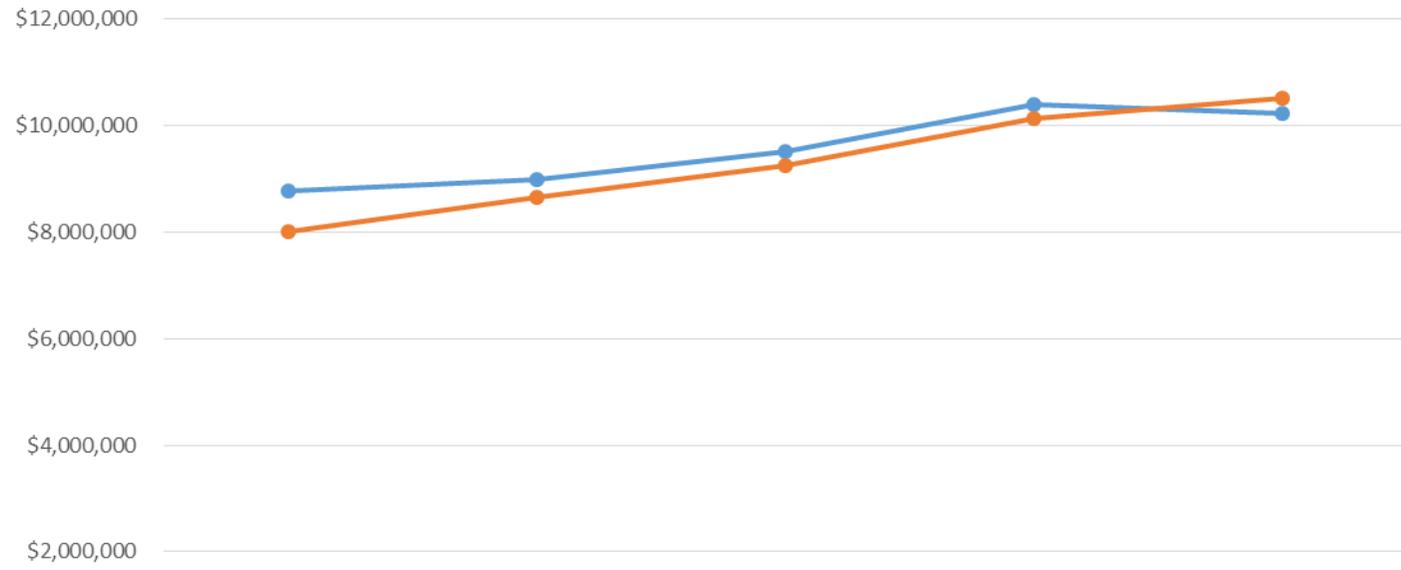


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<b>FEE REQUEST FY19</b>	<b>\$9.00</b>

# BUDGET SUMMARIZED



Stamps Health Services  
Total Revenues & Expenses (FY14-FY18)



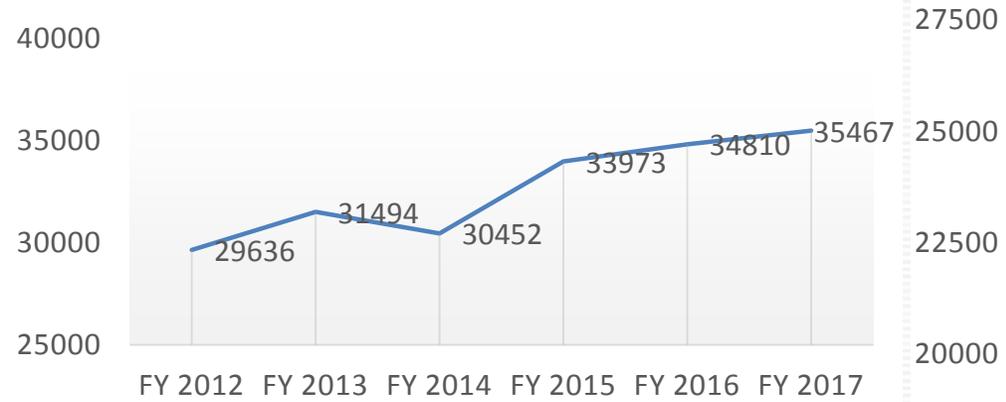
	FY 2014	FY 2015	FY 2016	FY 2017	FY 2018
Total Revenue	\$8,785,928	\$8,979,415	\$9,511,746	\$10,409,648	\$10,241,105
Total Expenditures	\$8,015,371	\$8,650,613	\$9,247,016	\$10,136,034	\$10,509,420

—●— Total Revenue —●— Total Expenditures

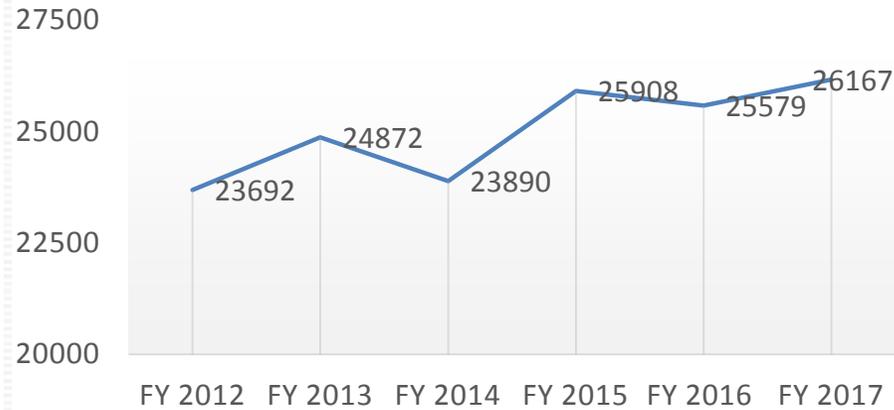
# CHALLENGES: INCREASING DEMAND



### Total Appointments



### Primary Care



### Psychiatry



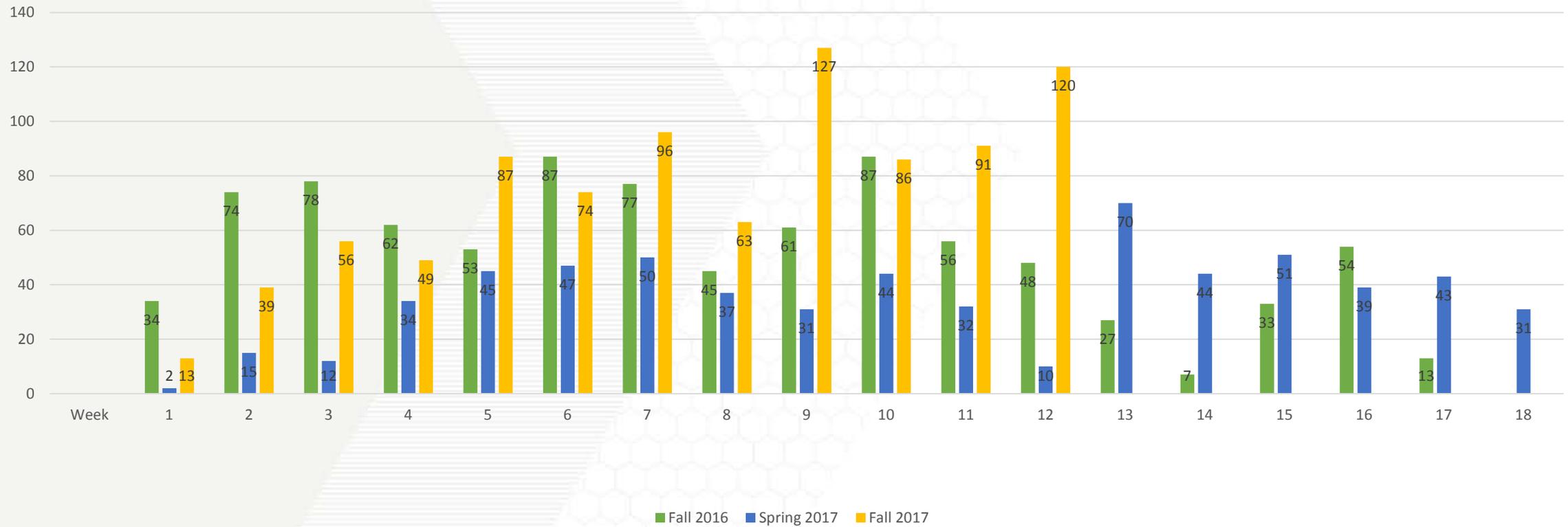
### Women's Health



# CHALLENGES: INCREASING DEMAND



Number of Walk In Patients

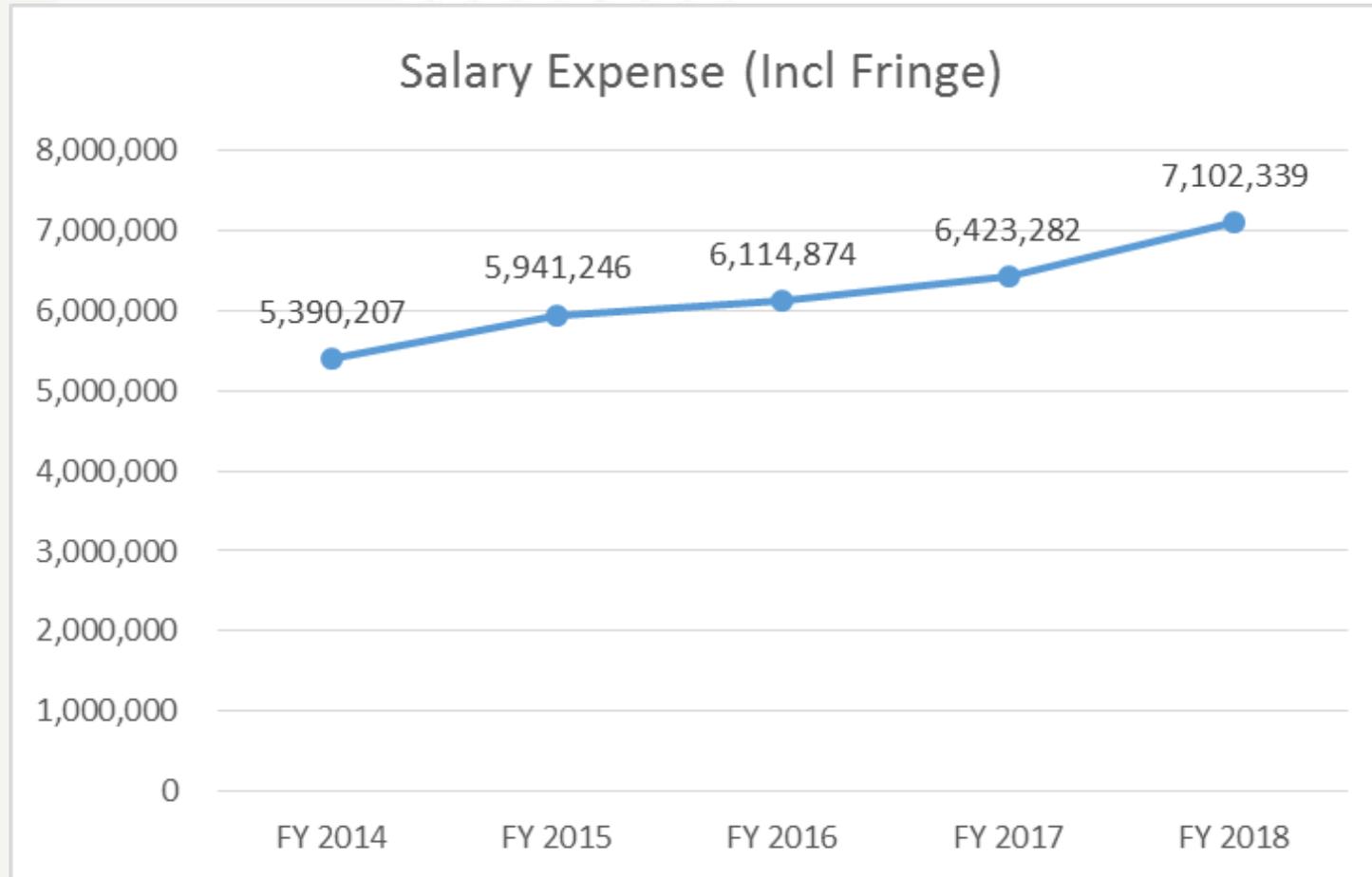


QUESTIONS

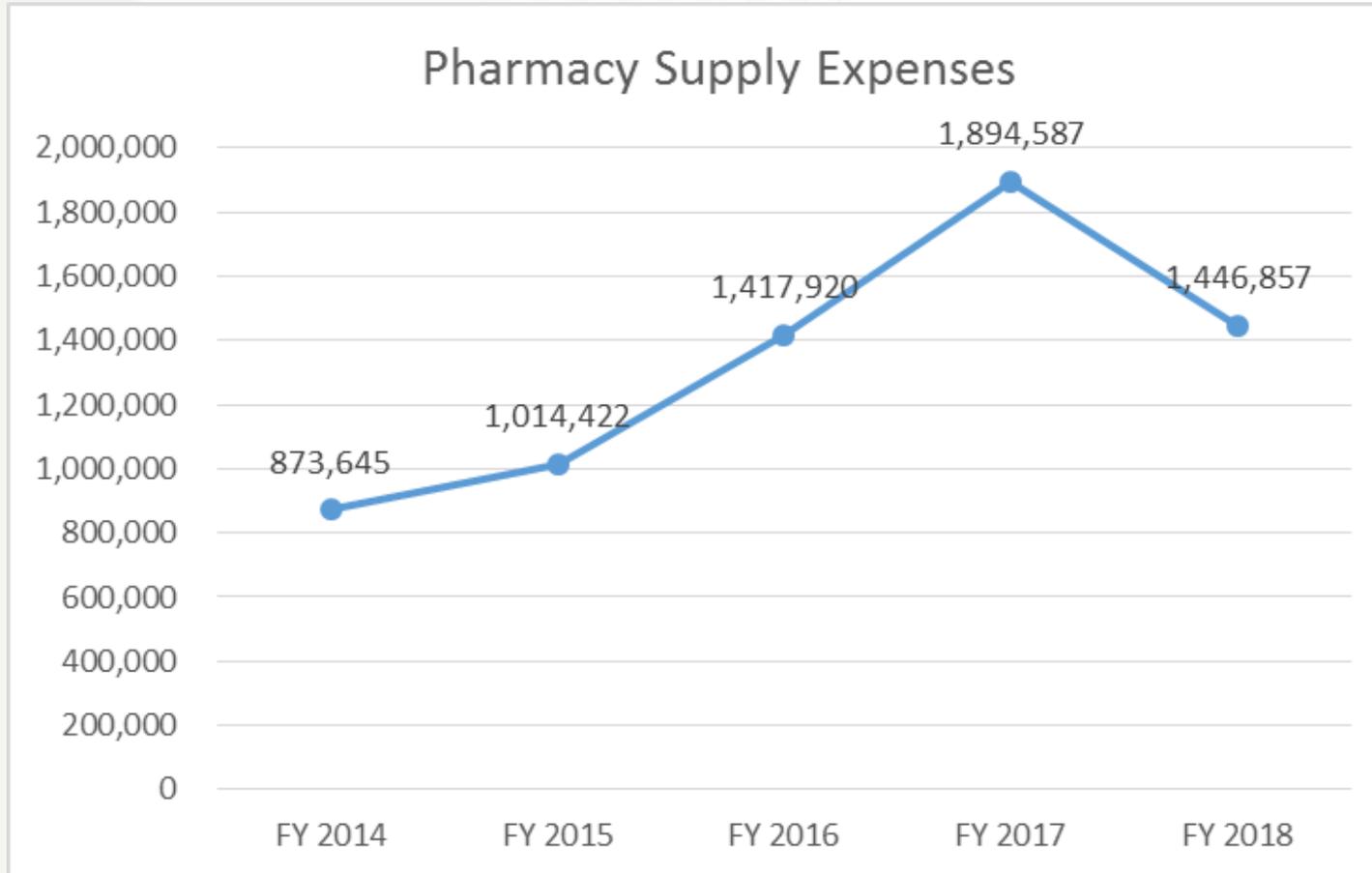
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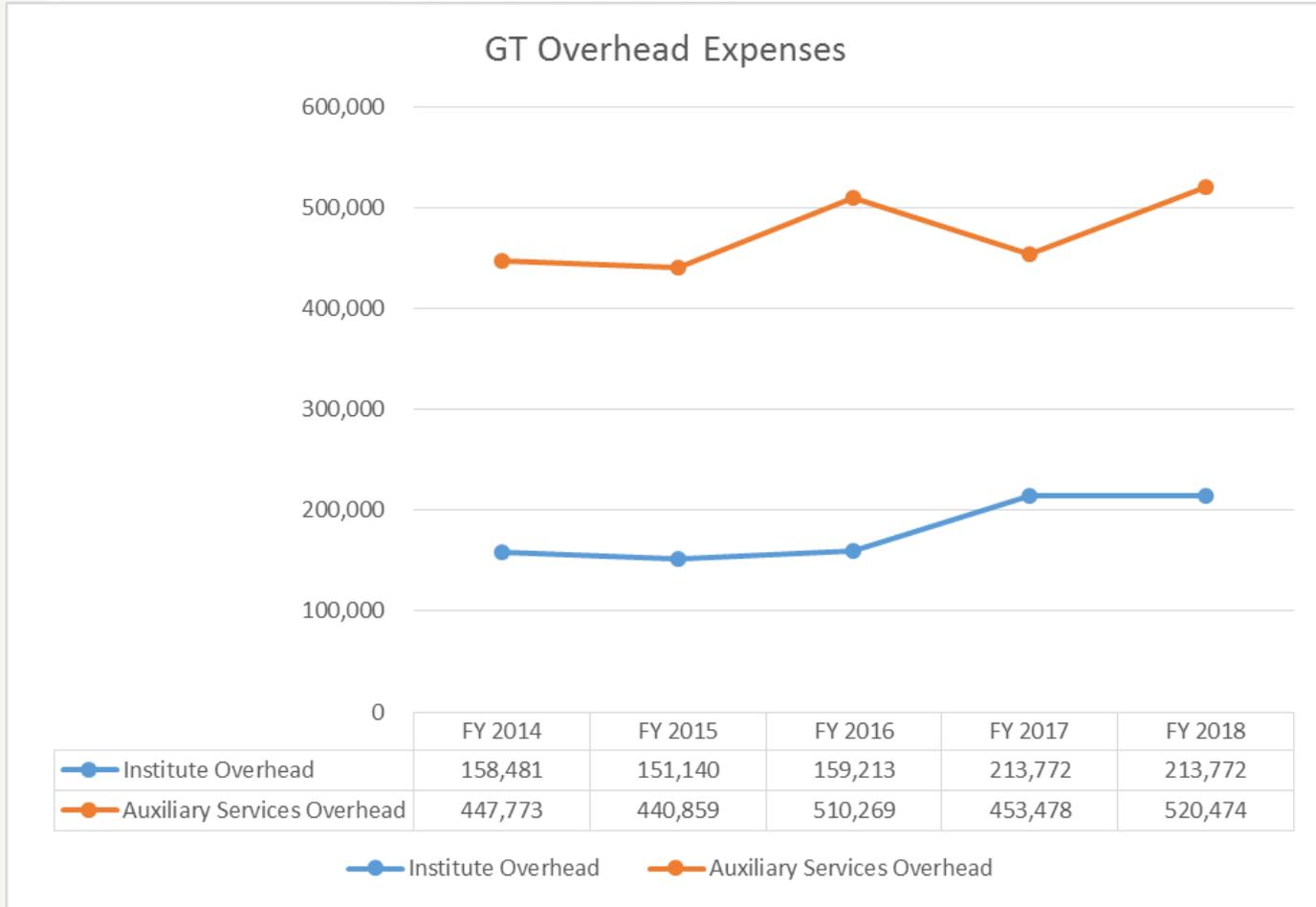
# CHALLENGES: INCREASING EXPENSES



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# HEALTH FEES



### Approved Health Fee

