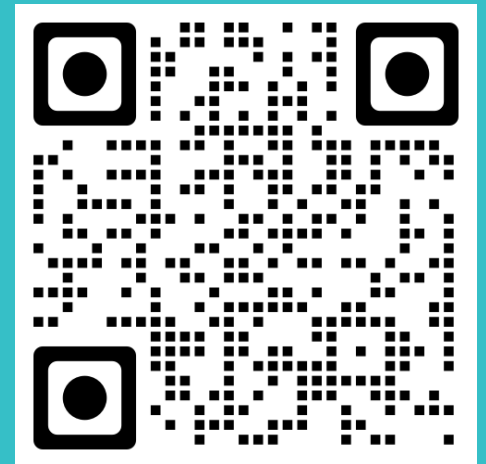




INSTITUTIONS OF HIGHER EDUCATION TELEBRIEFING

April 11, 2023

Please take a moment to scan the QR code or click on the
link in the chat to respond to a short evaluation form.
We appreciate your feedback.



A few reminders before we begin:



This webinar
is being
recorded.



Your lines are muted
and will remain so
throughout the
webinar.



Please enter
your questions in
the Q&A box.

Please enter
your comments
in the chat box.

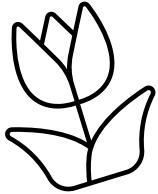
AGENDA



LIVE WELL
SAN DIEGO

Agenda item	Speaker
Announcements	Nicole Villa
Child Health and Disability Prevention Program Update	Mireya Bañuelos
Mental Health Panel	Sandhya Muthuramalingam, Christopher Olfato, Tiffany O'Meara, Bryan Balvaneda
Evaluation	Nicole Villa
Medical & Epidemiology Updates	Nicole Villa
Live Q&A Session	All Panelists

NEXT TELEBRIEFING



IHE Telebriefings are held every other month.
The next telebriefing will be on **June 13th**.



JUNE 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13 Next Telebriefing	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1



CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

Mireya Bañuelos
Community Health
Program Specialist





Help children get back on track! Stay up to date with COVID-19 vaccines, and other recommended pediatric vaccines.

The [Child Health and Disability Prevention](#) (CHDP) Program can help parents and guardians:

- Keep track of their child's developmental milestones
- Schedule vaccinations
- Link them to ongoing healthcare coverage

For more information, call 619-692-8808.

UPDATE ON THE CHDP PROGRAM



Senate Bill 184 was recently passed which authorized the State to discontinue the Child Health and Disability Prevention (CHDP) Program effective July 1, 2024.

This will allow the State Department of Health Care Services (DHCS) to simplify and streamline the delivery of services to children and youth under the age of 21.

The CHDP Gateway will continue as “Children’s Presumptive Eligibility Program (CPE)” and services provided by current CHDP providers should continue seamlessly. Details regarding the transition will be posted on the CHDP Transition webpage: [CHDP Transition](#) as they become available.

MENTAL HEALTH DISCUSSION PANEL



Sandhya Muthuramalingam
President
Students 4 Public Health at SDSU



Christopher Olfato
Co-Public Relations Officer
Students 4 Public Health at SDSU



Tiffany O'Meara, PhD
Director of Outreach Services
UCSD CAPS



Bryan Balvaneda, PhD
Staff Psychologist
UCSD CAPS

SDSU Students for Public Health

April 11, 2023



**STUDENTS 4
PUBLIC HEALTH**

SAN DIEGO STATE
UNIVERSITY

Students 4 Public Health is a student organization at dedicated to **PREVENTING, PROMOTING, & PROTECTING** the students of San Diego State University, as well as the community at large. Our goal is to raise awareness of disease by promoting healthy behaviors, preventing illnesses, and protecting the members of the community through volunteering and community service outreach.

In 2021, we launched a series of mental health workshops titled "Art 4 Healing: Your Mind Matters" funded through the SDSU Student Success Fee.

- Plant Care as Self-Care with Rachel Cohen**
- Mind Over Mat(ter) with Danna Yunis**
- Pillars and Portraits of Mental Health with Colleen Veltz**

Plant Care as Self-Care with Rachel Cohen



**Plant Care
as Self Care**
with Rachael Cohen

TUESDAY, MARCH 8TH

🕒 11 AM to 12:30 PM

📍 SDSU Scripps Cottage & Patio

📄 RSVP at: [Bit.ly/S4PHplants](https://bit.ly/S4PHplants)
Event capacity: 40 attendees

Event sponsored by Student Success Fee
students4publichealth.weebly.com

STUDENTS 4
PUBLIC HEALTH

- Students were able to make their own plant terrarium while learning about how to boost creativity and reduce stress/anxiety.
- Had about 40 students attend (had to cut off at this point due to limited resources our organization could provide)
- Was voted the best event our organization put together in 2022

Mind over Mat(ter) with Danna Yunis



- Zoom yoga session where students learned the basics of Vinyasa yoga
- Could not provide yoga mats so made sure stretches and poses could be done on any surface
- About 20 people participated

Pillars and Portraits of Mental Health with Colleen Veltz



- Art session where students were students used water-based paint to describe their current mental state
- Learned about different mediums that any person would have access to
- About 25 students participated

Looking Ahead...

In the 2023-2024 academic year, we are looking to launch a similar series of workshops emphasizing work-life balance called, "Balancing Act: Navigating Work-Life Balance," funded through the SDSU Student Success Fee.

- Canvas and Care: A Tote Bag Painting Self-Care Event with Colleen Velts**
- Succulent Self-Care: A Planting Party for Mind and Body with Rachael Cohen**
- From Clay to Calm: Exploring Pottery as a Tool for Mental Health with the SDSU School of Arts and Design**
- Design Your Dreams: Vision Boarding for Goal Setting**
- Public Health Futures: Discovering Your Career Adventure in Healthcare**

Canvas and Care: A Tote Bag Painting Self-Care Event with Colleen Velts

- **Designed to let students find healing through art painting tote bags.**
- **Students will paint individually to reflect on their mental health.**
- **Students will paint collaboratively to find a middle ground and be heard.**

Succulent Self-Care: A Planting Party for Mind and Body with Rachael Cohen

- **Students will be guided in constructing their own terrariums.**
- **Our speaker will share her story of transformation through plant interaction.**
- **Students will reconnect with wellness, wholeness, and spirituality through nature**

From Clay to Calm: Exploring Pottery as a Tool for Mental Health with the SDSU School of Arts and Design

- **Students will work with the Ceramics Department at SDSU to explore the calming effects and health benefits of pottery.**
- **This will occur amidst midterms so students can destress.**

UC San Diego CAPS:

Where Tritons Can “Flourish”

Institutions of Higher Education Sector Telebriefing 2023

Bryan Balvaneda, Ph.D. and Tiffany O’Meara, Ph.D.



UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



T R I T O N S
FLOURISH



TRITONS
FLOURISH



RISE Workshops

RISE Workshop Offerings

- SunRISE Session
- Performance Lab
- Mindfulness Studio
- Joyful Movement
- Sleep Reset
- Social Justice and Self-Compassion
- Stress Better: Skills for Managing Stress



CAPS Community Forums

Forums for all Students:

- ADHD Support
- Black Connections
- Cafecito Hour
- Grief and Loss Support Forum
- ICA Injury Drop-in Support Forum
- International Student Support
- Military-Connected Student Support
- Muslim Community Support Hour
- Nurturing Ourselves Together (APIMEDA)
- Trans and Gender Diverse Group

- Experience and Identity Based
- Weekly Offerings
- Drop-in*

Graduate/Professional Student Forums:

- ADHD Support
- Grief and Loss Support Forum
- Latinx Support Forum
- LGBTQ Community Forum
- WISE: Graduate Women in Science and Engineering

Outback Adventures - Tritons Flourish



Weekend Camping Trips

- Collaboration with Outback Adventures
- “Wellbeing in the outdoors” - Facilitated by CAPS therapists and Outback Wilderness Guides

Sample Itinerary

- **7:00 AM** - Tritons awaken
 - **TF ACTIVITY - Sunrise Yoga/Mindful Movement**
- **8:00 AM** - Breakfast
 - **TF ACTIVITY - Values**
- **10:00 AM** - Pictograph hike
 - **TF ACTIVITY - Mindful Hike**
- **1:00 PM** - Back at camp, Lunch
- **2:00 PM** - Hot springs!
- **5pm** - back to camp
- **5:00 PM** - DO potluck dinner
 - **TF ACTIVITY - Reflection - Connection Activity**



Outback Adventures - Tritons Flourish



On-Campus Day Activities

- Increase accessibility to wilderness recreation and wellbeing content through on-campus activities
- Align well-being content with features of the activity
- Outback Climbing Center
 - a. Building Relationships, Trust, and Teamwork

Outback Adventures - Tritons Flourish



On-Campus Day Activities

- Black Canyon Trail,
 - a. Awe, mindfulness, and movement

Outback Adventures - Tritons Flourish



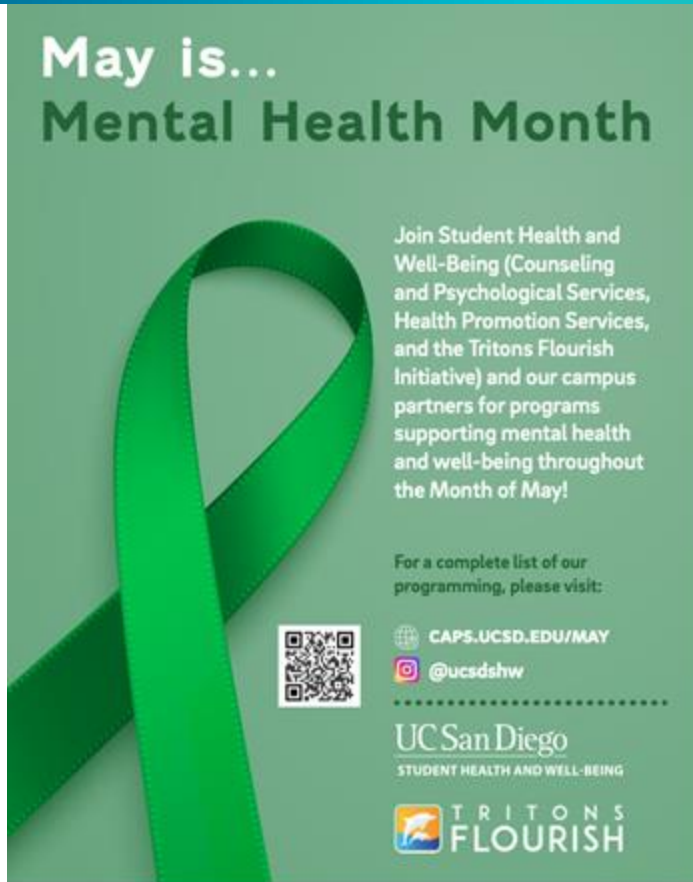
On-campus Day Activities

- Challenge Course
 - a. Grit, Goal-Setting, and Self-Compassion

Wellness “Pop Ups”: Yoga, Mindfulness, and Flourishing



May is Mental Health Month



- Website with Calendar and Resources caps.ucsd.edu/may
- Move for Mental Health
- Tritons Flourish @ UC San Diego
- Collaborations w/ CAPS, Case Management Services, HPS, Recreation, and other Campus Partners

Questions? Final Comments?

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



T R I T O N S
FLOURISH

CAPS.UCSD.EDU

Follow us! @ucsdshw

Mahalo

cảm ơn bạn

ﻻ ﺋﺸﻜﺮ ﺑﻪ

Grazie благодарю вас

Merci Danke

謝謝

감사합니다 Dank U Wel

धन्यवाद **Thank You**

謝謝

Obrigado ありがとう

භව්‍යකූෂ්

Terima kasih

teşekkür ederim

תודה **Gracias**



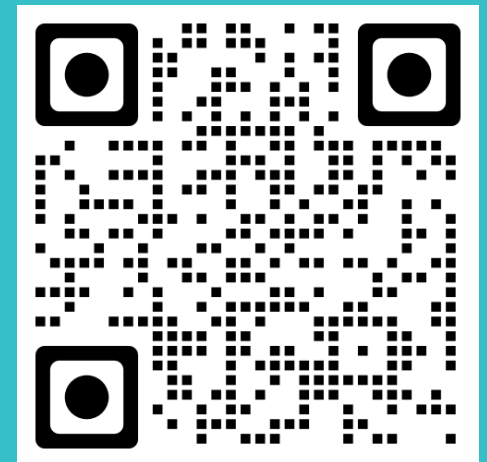
DISCUSSION





WE WANT TO HEAR FROM YOU!

Please take a moment to scan the QR code or click on the link in the chat to respond to a short evaluation form.
We appreciate your feedback.





GENERAL MEDICAL UPDATES

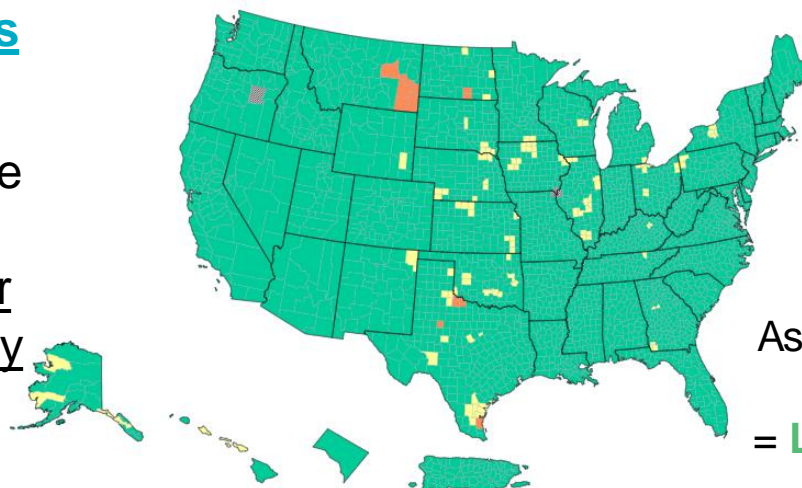


CDC DATA BY COUNTY



COVID-19 Community Levels

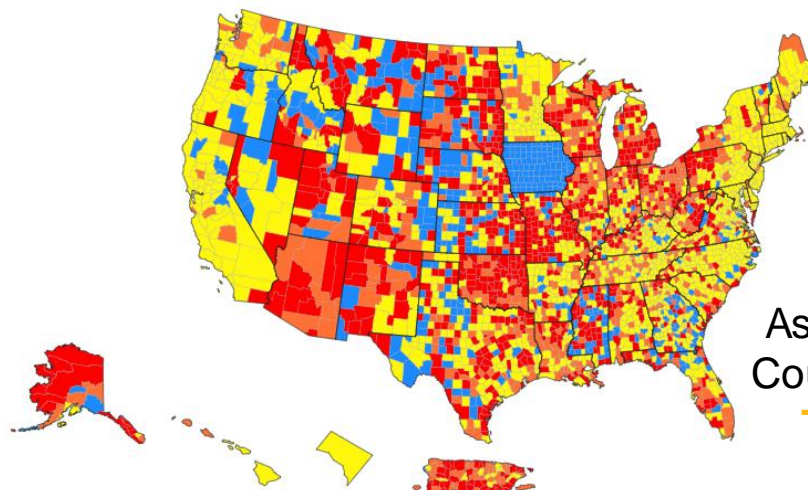
Levels represent COVID-19 hospitalizations, intensive care unit staffing, and COVID-19 case rates. Reflects how your community will be impacted by COVID-19.



As of 4/7, San Diego County
= **LOW COMMUNITY LEVEL**

Community Transmission

Levels represent COVID-19 transmission and cases in the county. Reflects your risk of getting COVID-19.

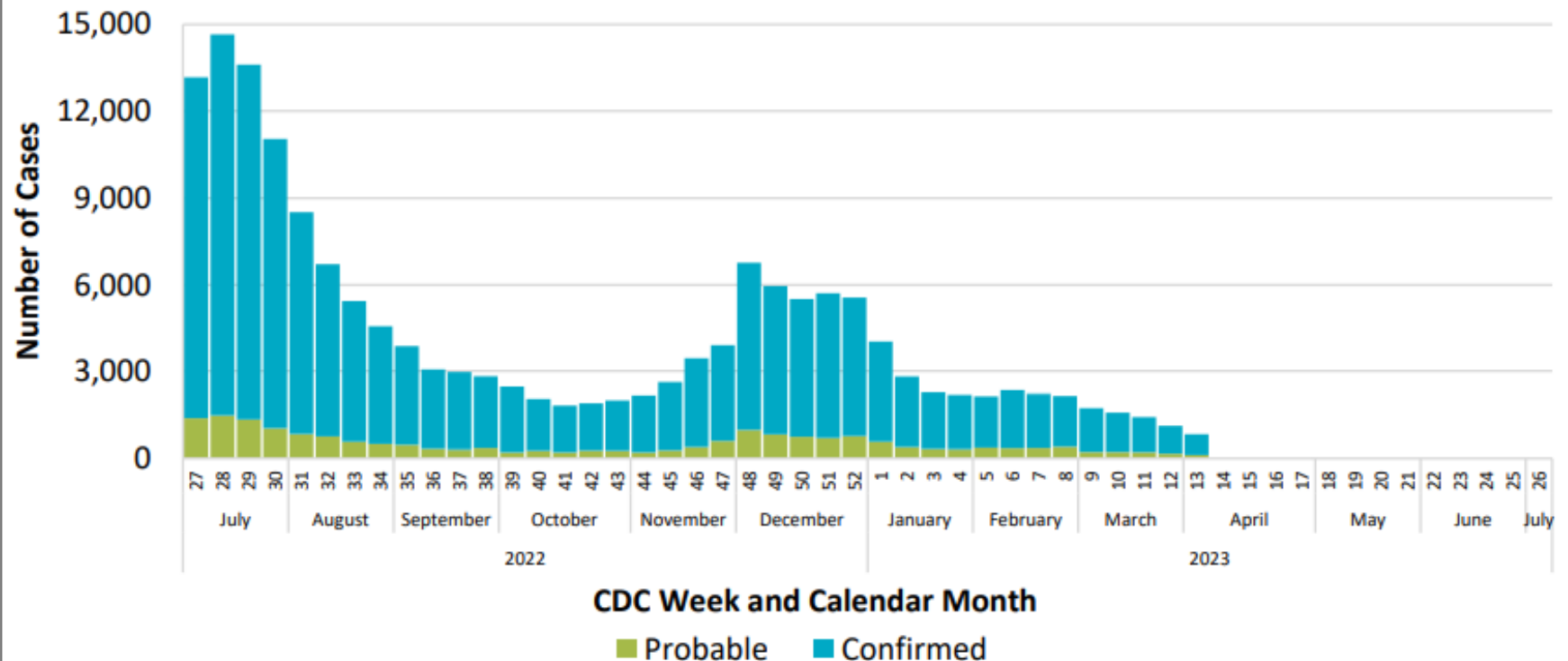


As of 4/7, San Diego County = **MODERATE TRANSMISSION**

COVID-19 Confirmed and Probable Cases



Figure 2.1. San Diego County COVID-19 Confirmed and Probable Cases by CDC Episode Week*, 2022-23 Fiscal Year-to-Date (N=169,045)

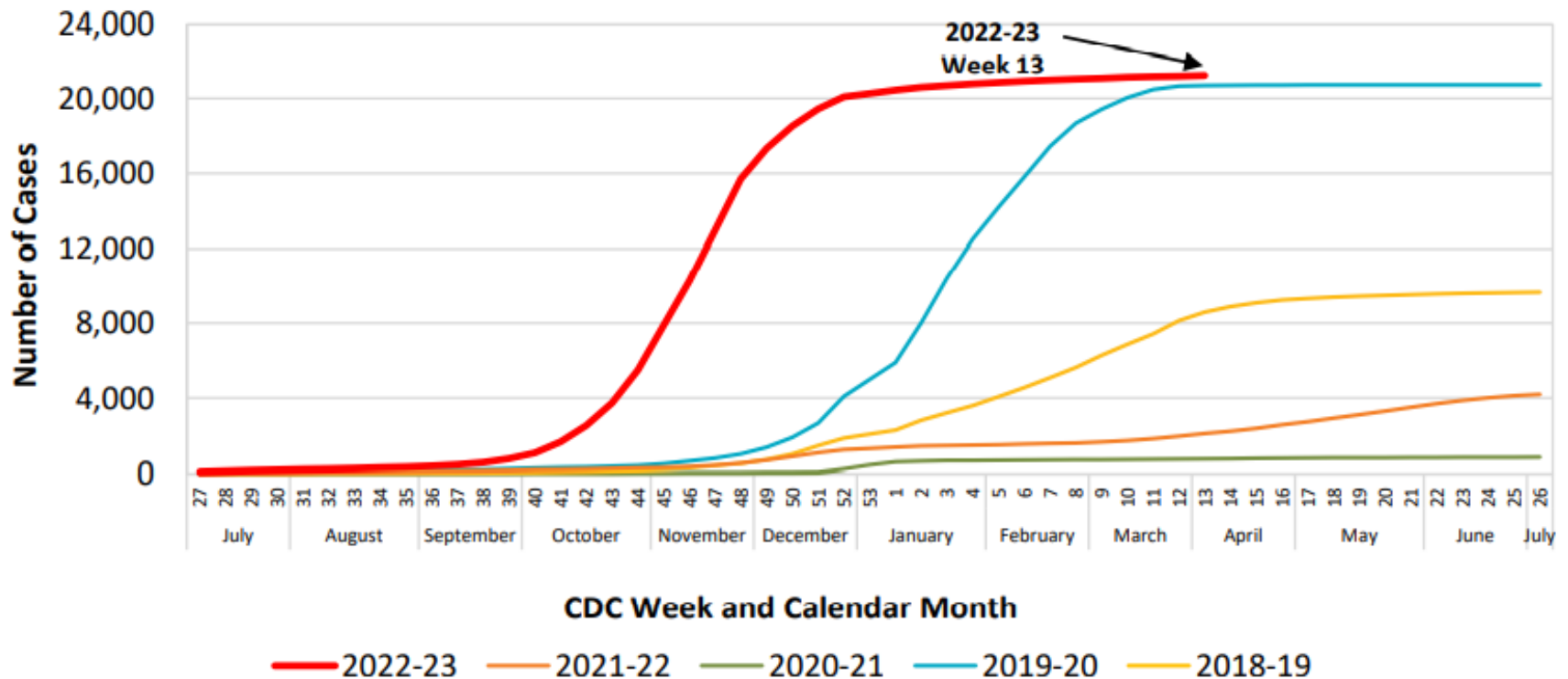


*Episode date is the earliest available of symptom onset date, specimen collection date, date of death, date reported. Data through 4/1/2023

CUMULATIVE INFLUENZA CASES



Figure 3.2. Cumulative **Influenza** Cases by CDC Episode Week* and Fiscal Year



*Episode date is the earliest available of symptom onset date, specimen collection date, date of death, date reported. Data for the most recent week may be incomplete.

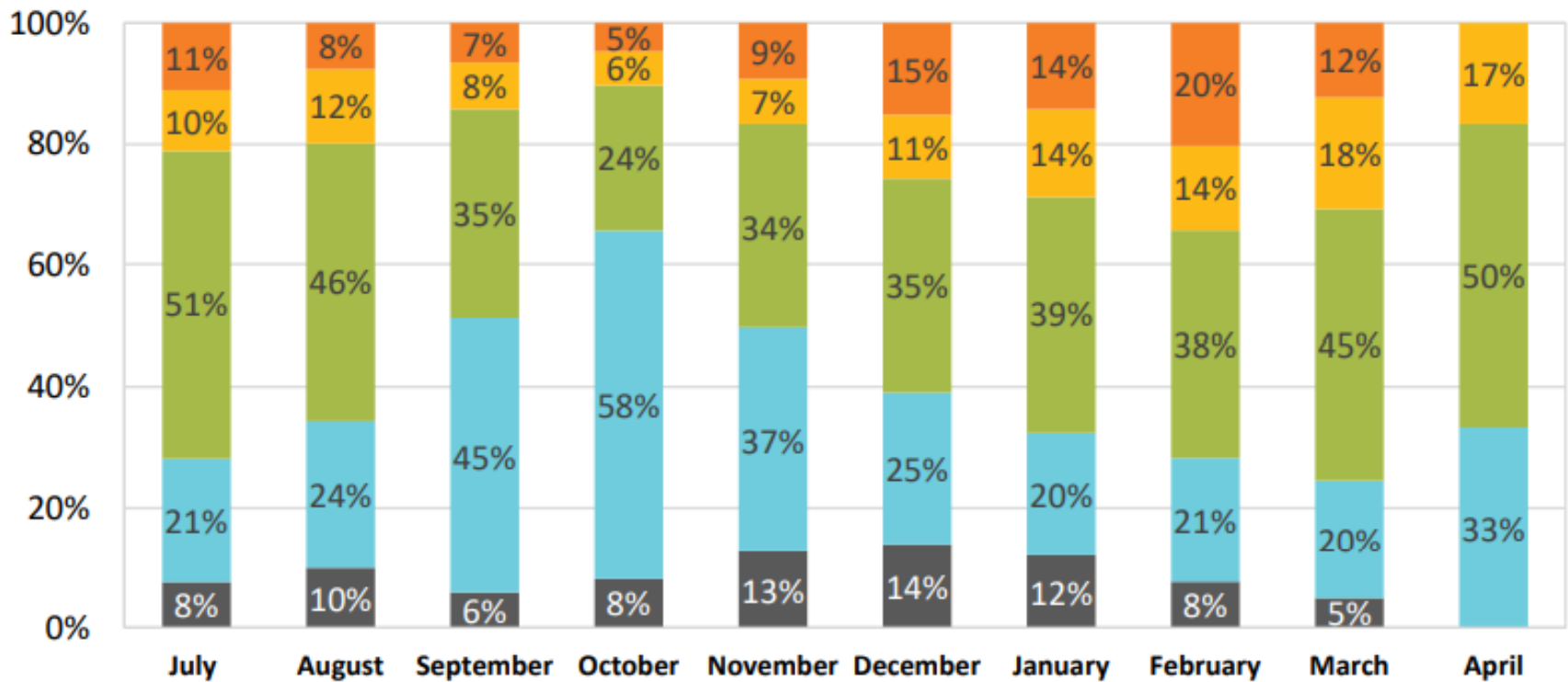
*Probable COVID-19 cases are antigen positive tests received since August 1, 2020.

Data through 4/1/2023

FLU CASES BY AGE & EPISODE MONTH



Figure 15. Proportion of **Influenza** Cases by Age Group and Episode Month, 2022-23 Fiscal Year-to-Date



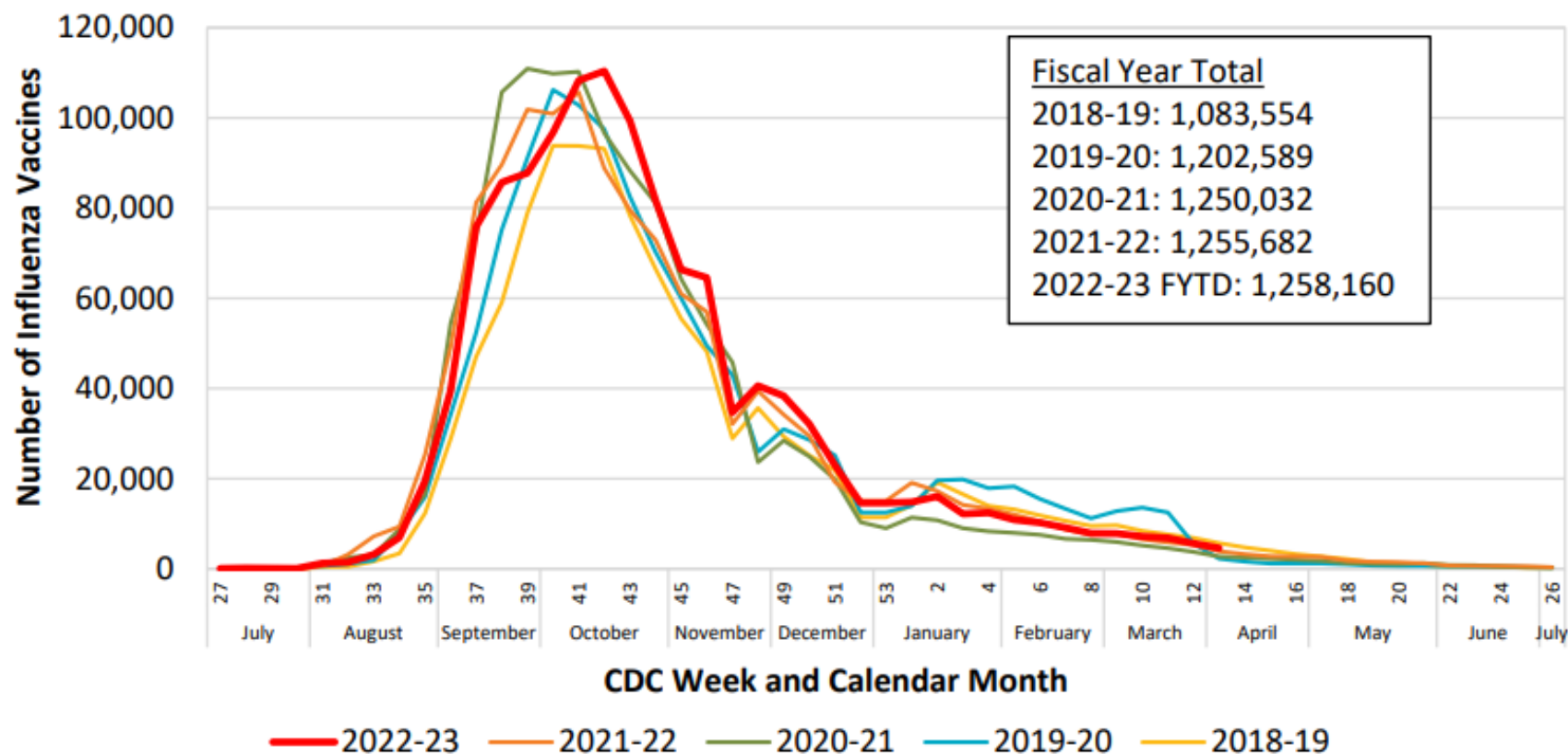
■ 0-4 yrs ■ 5-17 yrs ■ 18-49 yrs ■ 50-64 yrs ■ 65+ yrs

Data through 4/1/2023

INFLUENZA VACCINATIONS ADMINISTERED



Figure 21. Number of Influenza Vaccinations Administered*
by CDC Week and Fiscal Year



*Week 52 data are repeated for week 53 for years that do not include week 53.



AS OF APRIL 3, 2023, CDPH:

- **Removed masking requirements in high-risk settings**, with recommendations based on the [CDC COVID-19 Community Levels](#)
- Permits local healthcare facilities and health jurisdictions to customize and recommend or require universal masking based on risk of exposure for high-risk individuals and settings.
 - **County Public Health Services strongly recommends masking** in acute healthcare settings (i.e., hospitals, psychiatric hospitals, and long-term care facilities) when engaged in direct patient care.
 - Healthcare Settings may apply a hybrid approach in setting their own guidelines (i.e., Masks may be required for healthcare workers but not necessarily visitors, or any combination thereof)



NARCAN DISTRIBUTION



LIVE WELL
SAN DIEGO

- [FDA approved on 3/29/2023](#) OTC naloxone spray (Narcan), the first naloxone product approved for use without a prescription.
- Price has not been determined.
- FDA approval will help improve:
 - Access to naloxone
 - Increase the number of locations where it's available
 - Help reduce opioid overdose deaths throughout the country
- Helpful resource: [Get Naloxone](#)





Q&A





ANNOUNCEMENTS





FREE EVENT



Mental Health Matters Month

COMMUNITY KICK-OFF

Saturday, April 29, 2023, 7–11 AM

**Preble Field in NTC Park @ Liberty Station
2455 Cushing Road, San Diego, CA 92106**

**19th Annual San Diego
NAMIWalks**



◀ Scan code for **FREE**
NAMIWalks Registration

**Community Expo for
Mental Wellness**

**Open to the Public • All Ages Welcome • Free Parking
Fun Family Activities & Mental Health Resources**

FOR ADDITIONAL NAMIWALKS INFORMATION &/OR TO SECURE AN EXPO BOOTH FOR YOUR ORGANIZATION, PLEASE CONTACT KATIE LOWER AT KATIELOWER@NAMISD.ORG.

03.2023

DREAMS+DUCATS PRESENTS "JOURNEY TO IMPACT"



LIVE WELL
SAN DIEGO

DREAMS+DUCATS PRESENTS
JOURNEY TO IMPACT

KILL THE STIGMA.

APRIL 15TH 2023

**10AM
QUARTYARD
1301 MARKET STREET
SAN DIEGO**

 DREAMS+DUCATS

 QUARTYARD

 Helix

[Register Here](#)



THANK YOU FOR ATTENDING

Please take a moment to scan the QR code or click on the
link in the chat to respond to a short evaluation form.
We appreciate your feedback .

