



Set Rep Meeting
School of Health Sciences
April 24, 2019 – 2:30 pm

Chairs: Sasha Voznyuk – Chair of Health Sciences

Staff: Kelsey Nikl, Health and Wellness Coordinator

Guest Speakers: Jimmy Kim, Corporate Services; Craig Larson, Associate Dean; Alayna Kruger, Counsellor

1. Meeting Called to Order

2. New Business

2.1 Food Services Discussion

2.2 Health Sciences Centre Update

2.3 Meet and Greet with Alayna from Counselling

6. Open Forum

7. Reminders

8. Meeting Adjournment

1.0 Meeting Called to Order 14:34

2.0 New Business

2.1 Food Services/Textbook Discussion with Jimmy Kim

- The goal for food services is to be fully sustainable by next June using on-campus greenhouses, aim is for farm to table products
- Currently 90% of products sold in BCIT run food service operations are made on campus
- Beginning to bring in not-for-profit food services that benefit local communities (Burnaby Family Life)
- Food services for new HSCI building (NE1) will be similar to Gateway Café (coffee shops, booster juice etc)
 - Aim is for DT Vancouver style food, mini Starbucks, carvery, grab n go, Whole Foods/Meat and Bread inspired
 - Will be open for longer hours to cater to part time studies students = more hot food selection earlier and later
- Working with SA for the first time on summer project updating SE2 building, potentially salad bar
- Hoping to bring in food truck festivals next school year
- New pre-order app in development for on-campus food services – save students time
- Question to Jimmy regarding the possibility of having more lactose free/dairy free options on campus (through BCIT & SA vendors)
 - May be an issue of labelling products, but also looking into getting more vegan, GF, dietary restriction options
 - Goal is to have vegan/ gf options offered at same price point as other items
 - Request to have veggie dogs at the Stand
- All-day breakfast prices have increased drastically since last year (2-3\$ jump in price) and are getting less product now
 - May be due to increase in minimum wage
 - 4th item at buffet costs \$4 extra (vs \$1 extra for the 3rd item), not cost effective for students who eat a lot
 - Jimmy has said he will look into this
- Concern that ehPod is lacking food options
 - Currently have vending machine, instant noodles, and hot water
 - Limited as to what can be put in this space due to building structure
 - Suggestion of having refrigerated vending machine with sandwiches etc. (similar to what you would see in a hospital), maybe use sandwiches made in campus to put in vending machine to keep sandwiches fresh and high quality?
 - Booster juice is looking to sell wraps, salads etc.
 - Need is for students who are there over during late hours as Booster Juice and other nearby options have limited hours
 - Food services needs to consider things like space, electricity, budget, priority of projects etc. when implementing new food options
- Textbooks
 - Currently creating more online options
 - Aiming to match Amazon price point, BCIT first school to have own Amazon store (reach other markets and offset other costs)
 - Students want a widened buy-back period at the bookstore
 - i. Many students aren't able to come back to campus after their program ends and therefore lose out on lots of money and are stuck with a textbook they may have barely used/have no future use for

2.2 Health Sciences Centre Update: Craig Larson (Associate Dean of Health Sciences)

- Pipes are being laid/moved in June and deeper excavation will hopefully start in September/October
- The goal is still to move in by Fall of 2021
- Currently in the process of refining list of equipment and will be updating old equipment at the latest by the time of moving into the new building
 - Department heads providing input onto which equipment to purchase so students practice on what they would be using in a clinical setting
- Planning for interior finishes: will have meaningful input from indigenous services (earthy tones).
 - Was thought to be an issue for top floor to be blue as this is commonly associated with males, most set reps (predominantly female group) disagree as they feel blue is no longer tied to 'boys' in the current day/age
- Gender neutral washrooms, will this be an issue for those with religious concerns who may want a separate space?
 - Each floor will have at least one self-contained washroom
 - Aim to have them simply labelled as "washroom" not "gender neutral washrooms" as this is more inclusive
- Same architects as those designing HSCI center at Camosun – Craig had a chance to visit it and said it looks great so hopefully BCIT will look as good
- Due to budget constraints not all HSCI programs will be in new building (originally wanted to have 6 floors but will have 5 instead)
 - Some labs (radiation therapy and others) weren't able to fit due to equipment constraints
 - Cardio-perfusion program will hopefully be moving to the new HSCI building (currently at ATC)

2.3 Meet and Greet with Health Services Counsellors

- There are 5 full-time counsellors, 1 at DTC 4 days a week
 - Available to all students
 - Virtual appointments available for students at satellite campus
 - Focus is on wellbeing and preventing crisis/being proactive, as well as helping those in crisis
 - Offer educational activities/workshops in classrooms on stress management, anxiety, depressions, how to refer students, as well as workshops with faculty on how to support students
 - Takes about 1-3 days for a student to get in to see a counsellor at Burnaby campus (dependent on student's schedule)
 - i. Crisis situations -> same day appointments available
- Counsellors work closely with student health services
 - Have psychiatrist on campus 2-3 days a week
- Hoping to reduce stigma (seeing a counsellor should be like servicing your car)
 - They are seeing trends in BCIT students that they would feel comfortable accessing counselling services -> barrier is decreasing
- Do you find that students are coming to you for support/resources regarding mental health issues as a set rep? generally no, everyone is friends with each other in the smaller sets, so they work together and talk things through
 - Lots of nursing students are proactive about seeking help and open to talking about seeing counsellors and their problems
 - i. True for many HSCI programs -> may not say WHY but are ok acknowledging it

- Student schedules often don't align with health and counselling services hours, especially those in clinical or working off campus which is acting as a barrier to receiving service
 - Counselling clinic operates 8:30-4:30 (operate same as institute hours)
 - Unionized work limits flexibility of time
 - Stretching resources would mean taking hours away from earlier in the day when there may be more students and more demand
 - No firm understanding of the demand for afterhours services (anecdotal reports only), currently no hard data on the demand
 - i. Counsellors operate on a flexible basis if needed (staying slightly later, working through lunch etc.)
 - ii. Student suggested shifting schedule by even ½ an hour or an hour to have the option of coming in after class, or having one day a week where evening appointments are available
 - Many feel that students will make the time if they know they need to see a counsellor, mental health comes before studies
 - i. Many programs also have days/afternoons/mornings off
 - ii. Those students missing class might be adding to their stress by missing class -> academics are one of the main causes of stress
 - iii. Suggestions of having a survey for students coming in for appointments to see if they would prefer an evening appointment
 - iv. Touches on a bigger issue that BCIT pushes students too hard and places too much stress on them, not allowing for time to take care of wellbeing
- Using set reps may be an avenue for collecting data on student preferences for operating hours
- Do students get booted from their counsellor as soon as they graduate?
 - Counselling services recognizes importance of continuity of care -> best practice
 - Counsellors try to start talking about what will happen when the student leaves BCIT BEFORE they actually leave -> acknowledge endings and strategizing how to deal with them provides the student with life skills
 - Towards the end of their program the counsellor makes plans for ending the relationship
 - Most students don't want to come back to campus after convocation anyways as they move on to jobs, move out of town
- When and through what system are workshops offered?
 - Usually offered on a request basis (by students or staff), crafted based on the population requesting it
 - Students can contact counselling directly, or have staff contact them on their behalf
 - Have offered drop in workshops in the past (Wednesday afternoons) but had low attendance as students wanted an actual break not more learning
 - Currently offer the mindfulness workshops which have good attendance due to them being experiential, not "teachy" in nature
- Currently offer virtual appointments
 - Most students preferred in person delivery
 - Having video chat or phone call in the evening may be good for the few who aren't available during the day and aren't on campus
 - Other organizations already offer online chat support, phone calls may be anxiety inducing for some

- Students would like online self-booking system, would alleviate stress around making an appointment
- Important to know other services available for those who have friends/ other students that are struggling (early assist etc.), as it can be a lot of extra stress helping support other students

6. Open Forum

7. Reminders

8. Meeting Adjournment 16:10

11/62 set reps present