



Executive Meeting Wednesday, July 23, 2013 Minutes

Executives: Rebecca Davidson, President
Brad Johnson, VP Finance & Administration
Yasamin Alami, VP Campus Life
Mike Hanson, VP External Affairs
Eirene Cloma, VP Student Affairs
Ramiza Rafeeq, Transportation, Construction & the Environment Chair
Hung Le, Computing & Academic Studies Chair
Daniel Sumano, ATC Chair
Jay Jung, Business Chair
Tariq Shobab, Energy Chair
Alicia Parayno, Health Sciences Chair
Emilio Da Silva, DTC Chair

Staff: Caroline Gagnon, Director

2.1. Meeting Called to Order

The Chairperson, Rebecca Davidson, calls the meeting to order at 6:11 pm. (11 voting members).

2.2 Acceptance of the Agenda

The Agenda was approved as presented.

Moved by: Ramiza Rafeeq

Seconded by: Yasamin Alami

11/0/0 Carried

2.3 Approval of the Minutes, June 26, 2013

Be it resolved that the minutes of June 26, 2013 be accepted as distributed.

Moved by: Yasamin Alami

Seconded by: Ramiza Rafeeq

11/0/0 Carried

2.4 Old Business

2.4.1 Goard Way Follow Up

Rebecca reminds the Board that an email was sent regarding the follow up to the presentation made by BCIT regarding Goard Way. As of today, only 4 people had responded to the email. All other executives have until Monday July 29th, at 12:00 to respond the email.

2.5 New Business

2.5.1 Trip to the legislature and involvement in ABCS

Rebecca and Eirene attended numerous meetings with MLA as part of the Alliance of BC Students groups. An email was sent to all executives describing the events. In general, the meetings went very well and the group was able to meet Ministers from different ministries.

The ABCS represents over 180 000 students and their mandate is to advocate and discuss issues regarding students. It is not to campaign and rally. Some of the issues presented to these meetings are as follow:

- Needs base grants
- Lowest interest rate on student loans (BC has the highest interest rate in Canada)
- Core funding freeze; government has frozen core funding going to PSIs
- Differed building fund; funds to be used on maintenance and repairs for building are not available for PSIs, therefore the infrastructure of some PSIs are falling apart
- Public Transit
- Accessible childcare offering

Rebecca proposes that BCITSA continues to participate in the ABCS as a member, and continue to attend their regular meetings. Eirene concurs with this proposition and states that it is important to be part of this group to represent our students' issues.

Tariq joins the meeting, while Mike Hanson, VP Externals, takes over the chairing of the meeting as Rebecca brings a motion to the floor.

2.5.2 My Wellness – Plan Enhancement

Motion:

Be it resolved that the BCITSA implement a plan enhancement “My Wellness” focusing on mental health at a cost of \$5 per eligible student per year.

Moved by: Rebecca Davidson

Seconded by: Ramiza Rafeeq

9/1/2

Carried

Rebecca introduces a new mental health plan enhancement that could be offered through the BCITSA via the Extended Health and Dental Plan – “Feeling Better Now”. See attached presentation.

The plan would not cost more to students. The cost of \$5 would be taken from the existing fee that students are paying.

Comments/Questions:

- Have other schools participated in such programs? One school has and 8 are joining this year.
- Will the \$5.00 impact the reserve? It should not. It was verified that the amount charged to students will be covering all expenses associated with the health plan office and being able to pay for the new program.
- It is important that we offer programs for mental health. Is this the only one out there? There are other programs but only this one is offered by our health provider.
- Can we sign up for only one academic year? Yes.
- Some of the funds from the health plan were scheduled to be used for the student services coordinator? Yes some of the funds are still going for the student services coordinator, but there should be enough left to pay for the plan.
- How useful is the program? It is a step in the right direction. It has been an issue for students to gain access to counsellors on campus, so this program would be a tool that could assist students.
- Would it be better to hire more counsellors instead?
- For the school that has used it, do they have statistics for usage? Apparently it was well used.
- How are we going to let students know about this program? Gallivan will assist in developing a marketing campaign and through our own network.
- I don't have enough information to vote on this issue today. Did we run this program by BCIT? Still waiting for Larry Vezina's response.
- Limited use for International Students since they may not get access to further counselling assistance.
- It is all depends on the International Students' health insurance plan.
- When would Gallivan need to know? Soon. We want to ensure that marketing material is developed on time for September.
- When can we go to competition? We are locked in our contract until 2015, so next year will be negotiating for a new health and dental contract.
- Can we start this in January instead for September? Not certain but believe that we could start this program whenever.
- It is a little rush but the price is low. Would like to do something about mental health.

Rebecca is taking over the chairing of the meeting.

2.5.3 FroshFest/ Orientation Information

Froshfest is moving ahead. We are looking for food options for the event. Yasamin invites all Student Executives to sell tickets, in addition to those available in the Stands. There will be 700 tickets at a price of \$12 (beer, entrance and burger), additional beers \$4 and burgers \$6.50. The event will be held from 1 to 6pm on Friday, September 6.

Orientation is going well. Yasamin invites all Student Executives to volunteer for the event.

2.5.4 Executive Retreat – Car pooling

- Rebecca departure time 2:30pm: Brad, Alicia, Yasamin
- Caroline departure time 3:30pm: Tariq, Eirene, Jay, Hung,

- Mike departure time 5:00pm: Ramiza, Emilio, Daniel

2.5.5 Set Rep Meetings

Rebecca invites all Chairs to start thinking about their set rep meetings for the Fall. Dates need to be determined a.s.a.p. to ensure that all have access to rooms and staff support. They don't have to wait until their schedule is available since they have to represent all programs. For the exception for ATC and DTC since they receive support from the Student Services Coordinator, Chairs need to come up with a time that would work for the Clubs Coordinator and that Council Chambers is available, which can be booked with Bev.

Brad brings forward that although Wednesday appears to be a popular time for set rep meetings, it is also a time when other activities such as Peak Leadership are offered.

2.6 Director's Report

- **Construction:** Everything is going well. Furniture has started to arrive. The second floor should be open to the public mid-August. New branding of the building is being discussed. BCIT Student Association Centre (SAC) has been proposed as the new building name.
- **Operations:** We are working with BCIT on how we can better cooperate between the Bookstore and Geared Up store. The new Student Services and Engagement Coordinator was hired and her starting date is August 13. The position was filled by an internal candidate.
- **Strategic Plan:** To assist executives to select their objectives, the 2012-2013 Strategic Plan was updated with everyone's status. It will be distributed to all for inspiration when choosing their own objectives.

Emilio's Report

Emilio has been working with different programs to offer certification options for students. In addition, he has connected with different companies (Samsung, Amazon, and Facebook) to link students with industry.

2.7 Next Meeting

Next meeting will be scheduled for Tuesday, August 27 at 2:00pm in the Council Chamber.

2.8 Meeting Adjournment

The meeting is adjourned at 7:24pm.

Carried

Ramiza Rafeeq

Yasamin Alami



**Executive Meeting
Agenda
Tuesday, July 23rd, 2023
6:00-8:30pm**

- 2.1 Meeting called to order
- 2.2 Acceptance of the Agenda
- 2.3 Approval of Minutes
- 2.4 Old Business
 - 2.4.2 Goard Way Follow Up: Rebecca
- 2.5 New Business
 - 2.5.2 Trip to the legislature and involvement in ABCS: Rebecca/Eirene
 - 2.5.2 My Wellness – Plan Enhancement: Rebecca
 - 2.5.3 FroshFest/ Orientation Information: Yasamin
 - 2.5.4 Executive Retreat – Car pooling: Rebecca
 - 2.5.5 Set Rep Meetings: Rebecca
- 2.6 Director’s Report: Caroline
- 2.7 Next Meeting: Monday, August 27th, 2013
Council Chambers
2:00pm – 4:00pm
- 2.8 Meeting Adjournment

Facts

- More than a quarter (26%) of students who say they experience mental health problems do not get treatment and only one in 10 use counselling services provided by their university, according to a National Union of Students (NUS) study.
 - Of the students surveyed by the union, one in five say they experienced mental health problems while at university

National Union of Students Study, reported in The Guardian, May 20, 2013



Feeling Better Now

- Professional 3rd Party Student Assessment Program, designed to provide 24/7/365 access for students mental well-being



Feeling Better Now

- Canada's only medically based and approved website for diagnosing and treating mental illness
- Helps you and your doctor identify emotional and mental health issues as early as possible
- Online 24/7/365. Simple & easy to use. Takes about 10 to 20 minutes to complete and produces immediate results
- Completely anonymous site



Feeling Better Now

GENERAL ASSESSMENT

During the past two weeks:

1. Have you done or thought about causing: Serious injury or harm to yourself and/or others?
YES NO

During the past month, have you been:

2. Feeling little interest or pleasure in doing things that you normally enjoy?
YES NO

During the past month, have you been:

3. Feeling down, depressed, hopeless, blue or sad?
YES NO

Feeling Better Now

- **Care Maps**
 - **Diagnostic Risk Maps:**
 - Indicate the level of severity of a particular condition
 - Saves student all the time & effort in trying to explain symptoms
 - Saves physician considerable time in formulating a diagnosis
 - **Care Maps:**
 - Provide student and physician with treatment guidelines
 - Provides therapeutic guidance in the form of medical care protocols
 - **Follow-up Maps:**
 - Track student's progress every three weeks
 - Provide reports regarding changes in condition & treatment
 - Assist physician in adjusting patient's treatment over time

Physician's Letter

Mensante Corporation
80 Glen Park Ave.
Toronto, ON
Canada M6B 2C4
416 927 1901
info@mensante.com
June 18, 2012

Dear Doctor,

You have just received this from your patient who has come to see you to discuss his/her mental health issues. Your patient's results indicate a risk of a DSM-IV level diagnosis. It has been generated by our website www.FeelingBetterNow.com which has been designed for use by patients and doctors as a shared tool to help address mental health concerns in an evidence-based and time-effective manner.

The College of Family Physicians of Canada has reviewed and approved FeelingBetterNow® as a practice management tool available to assist family physicians in patient care.

The FeelingBetterNow.com website generates Diagnostic Risk Assessment Maps and complementary Care Maps. The Diagnostic Risk Assessment Map indicates symptoms and severity. The Care Map provides guideline level treatment alternatives.

Both Maps were developed by leaders in psychiatry and comply with the most recent guidelines of the American Psychiatric Association (APA) and the Canadian Network for Mood and Anxiety Treatment (CANMAT).

Physician's Letter

FeelingBetterNow.com includes "Tell Me More" pages, which provide evidence-based information in lay terms, to enhance patient compliance with best practices.

Our primary purpose is to help you and your patient achieve the best clinical outcomes. You may access FeelingBetterNow.com for general evidence-based information. For information specific to your patient, you must obtain their access code, nickname and password.

We look forward to improving FeelingBetterNow.com and welcome your feedback. Please contact us at 416.928.9195 or info@mensarke.com.

Sincerely,
Clinical Advisory Board

Student Stats

- 1 in 5 people has a mental health disorder
- 10% to 15% of students go to FBN website
 - Approximately 1/3rd use website to educate themselves about mental illnesses
 - Approximately 2/3rds also register to use FBN Assessment



Student Stats

- 85% to 90% of students complete FBN Assessment
 - 50% to 55% are at High Diagnostic Risk for a clinical disorder
 - Less than 10% are previously diagnosed or treated for a mental disorder before using FBN
- Utilization continues to grow if FBN program is visible and students are reminded regularly



Value to Students

- Much more than a survey or assessment
- Self-identification of the problem
- Better articulates the problem
- Puts students and health professionals on the same Map, empowering both
- Supports inter-disciplinary, student-centric care

"Students are not alone. Help is available."



Results of Assessment

The College of Family Physicians of Canada reviewed and approved FBN as a practice management tool available to assist family physicians in patient care. Your answers indicate that you may be having problems with depression.

There is no reason for alarm. Depression affects at least 1 in 10 people and there are excellent treatments for it. In fact, over 70% of people who receive proper treatment go on to recover from the illness. So your odds are good! The sooner you get treatment, the faster your recovery.

We recommend that you make an appointment with your physician to discuss this assessment as soon as you can. Only your physician can provide a diagnosis.

If your physician diagnoses Depression, he or she can begin treatment immediately. It usually takes three weeks of treatment until improvements are noticed.

The Depression Care Map and Follow-up Map that follows, helps you and your physician manage your problem according to the current guidelines of the American Psychiatric Association and CANMAT (the leading Canadian body of mental health experts).

The best clinical evidence indicates that:

1. Anti-depressant medications can be an effective treatment for depression.
2. Structured psychotherapy such as Cognitive Behaviour Therapy (CBT) can be an effective treatment for depression.
3. Having the support of a friend, doctor or counsellor speeds the recovery process.

Choosing one or both treatments depends on your specific condition and the decisions you and your doctor will make.