



# Long Range Development Plan Advisory Groups

## Health and Wellness

Meeting #1 – November 10, 2015

# Agenda

1. Introductions / warmup
2. Review advisory group assignments
3. Recommendations from Campus Expansion Advisory Committee (CEAC) and task forces
4. Advisory group discussion
5. Public comment (signup to speak)
6. Advisory group observations
7. Review agenda for next meeting: Dec. 7, 1:00-4:00 p.m.

# Introductions

- Name
- Organization
- What words come to mind when you think of health and wellness?



## Health and Wellness Words

mental health   emotional security   mindfulness  
mental clarity   good coping strategies   resilience  
stress management   social support   positive relationships  
encouragement   work-life balance   excellent child care  
basic needs are met   access to services & people who help  
Nutrition   means to store and prepare healthy foods  
Play   rejuvenation   nature connection   spiritual  
physical fitness   physical ease   personal self-care   sexual health  
community care   culturally-specific   well-being   happiness  
Contentment   hopefulness   wellness occurs on a continuum  
wellness is a process, not an outcome  
all aspects of wellness are interconnected  
access to lifelong learning

# Long range development plan: Process and timeline

Sept 2015

Oct 2015

Dec 2015

Finalized  
Planning and  
Engagement  
Process

- OSU  
Steering  
Committee
- City Staff
- City  
Council/  
Planning  
Commission

Academic, research and student life

Arts, culture, and enrichment

Community integration

Sustainability

Health and wellness

Design Team RFQ/RFP

OSU | Cascades

# Health and Wellness Schedule

**November 10** Health and Wellness Advisory Group Meeting

**November 18** Advisory Groups Joint Orientation Session

**December 7** Health and Wellness Advisory Group Meeting

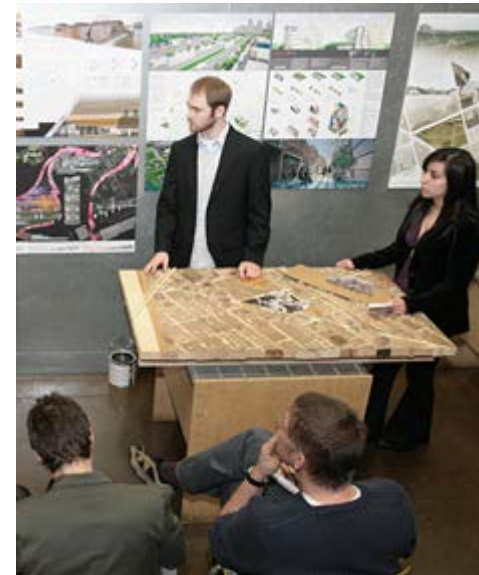
**January 21** Advisory Groups Joint Sharing Session

# Long range development plan: Process and timeline

Jan 2016

## Selection of design team

- Top design teams present high level approach
- Community groups provide input on teams and concepts



# Long range development plan: Process and timeline



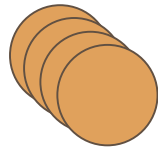
Jan 2016

Mar 2017



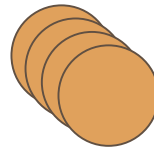
**Design**

Kick-off



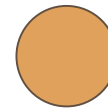
**Design I**

Site  
Program



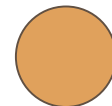
**Design II**

Site and  
Buildings



**Design III**

LRDP  
Draft



**Design IV**

LRDP  
Final  
Draft



# Health and Wellness Strategic Questions

1. What **emerging trends** will shape the future for health and wellness?
2. How can the campus **design contribute to a culture of health and wellness**? What are the **key components** necessary to promote wellness? (programs – not facilities)
3. What **promising collaborations or community partners** could help OSU-Cascades promote health and wellness?
4. What **barriers confront OSU-Cascades for health and wellness**, and how can they be overcome?

# Framing Principles

**Framing principles are on the back of your agenda!**

## OSU-Cascades Community Engagement

### Long Range Development Planning

#### Framing Principles

- Organize an open, transparent and well facilitated community conversation that includes a **wide range of ideas and perspectives** to contribute to long-range campus design.
- Establish a clear, **well defined assignment for the advisory groups**, clarifying their role is advisory.
- Seek broad advice rather than consensus on future development of the OSU-Cascades campus. **A range of perspectives is acceptable and valued.**
- **Build on earlier recommendations** produced by the Campus Expansion Advisory Committee and related task forces.
- Acknowledge and honor OSU-Cascades' decisions and commitments to date regarding campus planning. **Focus discussion on long range development planning for the selected site**, rather than facilities and architectural design.
- Design and conduct an **efficient process that respects time commitments** of advisory group participants and staff.

# Meeting Agendas

## Meeting #1

- Review past work
- Discuss strategic questions 1 and 2
- Advisory group observations

## Meeting #2

- Recap Meeting #1
- Discuss strategic questions 3 and 4
- Advisory group recommendations
- Closing remarks

# Campus Expansion Advisory Committee-Wellness Task Force Work Plan

- Research other institutions of higher education healthcare models
- Research health care services already available in our community
- Research impact of Obama care on potential recommendations
- Understand role of wellness vs. acute care needs in a university environment
- Research policies to promote wellness and enforcement on campus
- Evaluate financial feasibility/business case of possible options
- Prioritize needs and ideas by university population growth
- Make recommendations to present to CEAC

**Healthy Students + Healthy Campus = Healthy Community**

*Leave healthier than when you came*

# Seven Elements of Wellness



# Evaluation of Student Health Services

- Many institutions developed health services to assist with acute medical needs as a convenience to students to not miss class
- Many centers have both physical and mental/behavioral health services
- In the last 10-15 years as budgets tighten and healthcare costs increase, campus health centers began to add fees for certain services.
- In January 2014, the Affordable Care Act expands to include more university age students and details that the services covered as long as they are provided by a network provider (many university health services are not in-network for insurance providers)

## Evaluation of Student Health Services Cont.

- Most campus health centers focus on delivery of health and wellness services to students including physical and mental/behavioral counseling
- Campus health centers vary dramatically in staffing levels
- Generally all paid for by student fees; very few have small fees at time of service
- Many health centers include an academic capacity related to healthcare such as research or student staffing
- Centers tend to cater to unique student life stressors and medical conditions



# Options the Group Considered/Discussed

1. OSU-Cascades build own student services center to independently provide physical, mental/behavioral health services to students
2. OSU-Cascades build partial student services and supplement needed services with the community resources
3. OSU-Cascades provide no student health services and rely completely on community resources

# Medical Offices and OSU-Cascades Campus

Primary care, urgent care, diagnostic services



# Recommendation

1. OSU-Cascades build own student services center to independently provide physical, mental/behavioral health services to students

**2. OSU-Cascades build partial student services and supplement needed services with the community resources**

3. OSU-Cascades provide no student health services and rely completely on community resources

# Conclusion Summary

- ✓ Student Health services should be carefully planned and managed to **provide what the students need and leverage the greater healthcare system**
- ✓ Under the ACA changes implemented this year, **students will need to rely on Primary Care Providers** for preventative care, screenings and wellness
- ✓ Behavioral & Mental health needs are **essential for the student population on drop in basis**
- ✓ **Transportation vouchers/plan** for students to access acute and preventative care
- ✓ Student Health Services should be **scalable based on student population**
- ✓ **Environmental health policies are essential** to creating a culture of health and wellness

## Discussion—Question #1

What emerging trends will shape the future for health and wellness?

## Discussion—Question #2

How can the campus design contribute to a culture of health and wellness? What are key components necessary to promote wellenss?  
(programs—not facilities)

# Public Comment

- 15 minutes total for public comment
- Each person who signed up gets 3-minutes
- Additional written comments accepted

**Thank you for your feedback!**

# Advisory Group Observations

Around the table...

What struck you as the most important piece of feedback for long range planning?



# Next Meeting

Monday, December 7

Location

1:00-4:00 p.m.

# Adjourn

# Thank you!