



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

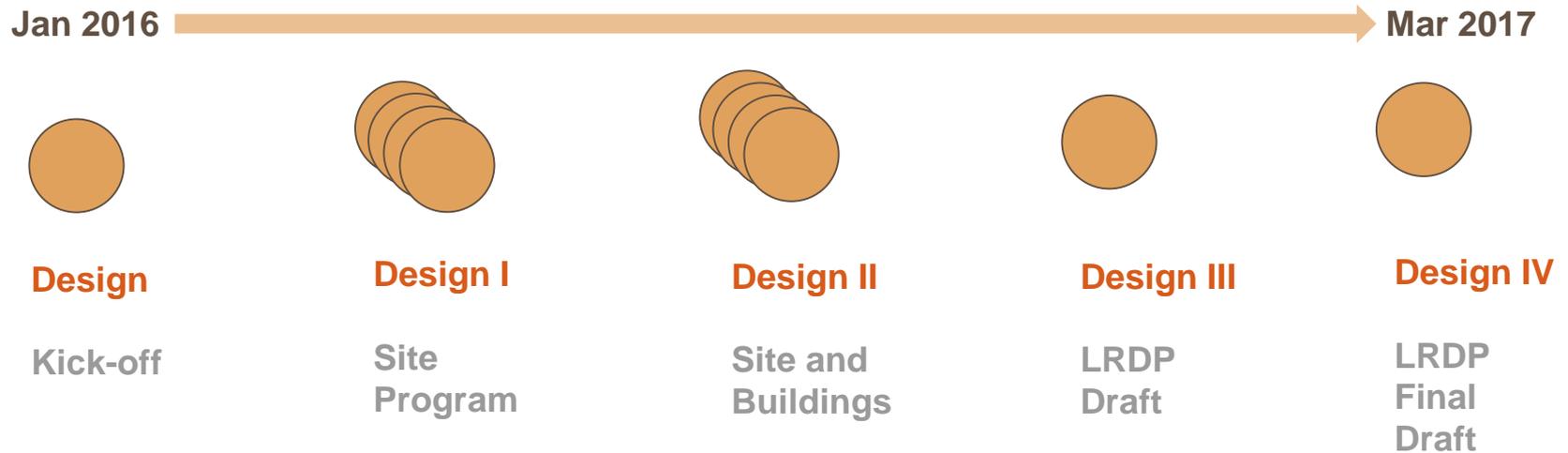
Jan 2016

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



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



Within 5 miles of campus



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!