Minutes of the SGA Meeting on November 3rd 2016

5:33 pm Meeting called to order
- Motion made by Rep. Yvonne Rodriguez
- Seconded by Xavier Grizzelle

5:34 pm Motion to Adopt the Previous Meeting’s Minutes
- Motion made by Colin Dowling
- Seconded by Alma-Yaneth Patino-Jamiez

5:34 pm Dr. Mia Veve
Director, Student Counseling
- The student counseling center is located in the basement of the medical school
- Our services include individual, group, and couples counseling (only one member of the couple has to be a student here)
- If you are dealing with stress or decision making or any concern whatsoever please come to see us
- We have a psychologist, a licensed counselor, a psychiatrist, a psychology resident, and psychiatry residents that are available to the students
- We are going to have even more services soon including a relaxation room with massage chairs and therapy dogs, etc.
- We will have yoga on Fridays and other activities
- If you have any activities that you would like for us to look into incorporating within our clinic, please contact me and let me know
- Question from Rachel Dang: Do you make an appointment or is it walk-in?
  - Answer: You can call or email to make an appointment, that would be best as now we are very busy. However, if it is an emergency please come by and we will accommodate.
- Question from Xavier: For students like myself, what is the cost associated with the services?
  - Answer: The services are free, the only thing that goes through insurance is if you are prescribed medication.
- Dr. Mok: The student counseling center is on the first floor of the medical school building and it is included in part of the medical services fee that students pay as a part of their tuition along with the student health center. At the student health center, there is a fee for service that is insurance based. If you have the student health insurance package, your copay is waved. If you have other plans, then you are responsible for the copay at the student health center. The student health center also has practitioners prepared to provide health services however you will have to pay a fee for your services. However, the student counseling center provides free services.
- Question from Roma: Are there psychiatrists available every day for students to visit?
• Answer: No, as of now they are not present every day. However, we are looking at expanding the hours that psychiatrists are available.

• Question from Jordan Kampschmidt: For couples counseling, in order for a student and their significant other to be eligible, do they have to be a married couple?
  • Answer: No, they do not.

• Question from Daniel Chitty: Can you tell us more about the therapy dogs?
  • Answer: We are training them to be basic therapy dogs to provide stress relief, comfort, etc. and are still trying to decide how often they would be available to students.

• November 16th at the ALT-C room 208 at 1pm we will be running a mindfulness clinic, spread the word!

• Question from Evan Lucas: Do you have a website where all of this information is available?
  • Answer: Yes, visit students.uthscsa.edu and click on counseling on the left banner
  • For questions, concerns, or suggestions please contact Dr. Veve at veve@uthscsa.edu

5:47 pm Executive Discussion
• Question posed from Jordan Kampschmidt: We need to decide when to have the January meeting because we have people interested in coming to present, so we would like to know when schools will be back in session so that we can plan accordingly.
  • For the time being, we will set this meeting for January 12th unless anybody is opposed
  • Chili Cook Off was a success
  • We tentatively scheduled retreat for November 19th and are looking into going to the zoo, doing some teambuilding at the park, eating lunch next door but seeing as this is the weekend before Thanksgiving we will be rescheduling this
  • John still hasn’t received any appropriations requests; please spread the word about this to your people!

5:59 State of Affairs
• Laura Grota (nursing): Why are there no trashcans in the parking lot? There have been times when I am tempted to litter because there is no where to throw away my stuff
• Elizabeth and Nourhan Abdelfattah: Parking at the Greehey campus is a little bazaar as it is zone 3 and it fills up very quickly so that it is unavailable to us because students are parking there and walking to the dental school building.
  • All other reps report no concerns at this time

6:04 Break into Committees
6:15 Meeting is adjourned
  • Motion made by Caitlin Richards
  • Seconded by Colin Dowling