

College of Health Professions Executive Committee – Meeting Record

DATE	October 27, 2016	FACILITATOR	Douglas Murphy	LOCATION	Winters Conference Room, Administration West Building
TIME	8:30-9:30 am	RECORDER	Deborah Taylor	GUESTS	Dr. Puru Thapa

ATTENDEES (✓ INDICATES ATTENDANCE)

✓ Amyr Amlani	Lori Williamson Dean	✓ Suzanne Hansen	✓ Susan Long	✓ Mark Wallenmeyer
✓ Tony Baker	✓ Mitzi Efurd	✓ Karen Hunter	✓ Douglas Murphy	✓ Edward Williams
✓ Danny Bercher	✓ Phyllis Fields	✓ John Jefferson	✓ Cindy Saylor	✓ Bill Woodell
✓ Erna Boone	✓ Reza Hakkak	✓ Tom Jones	✓ Kathy Trawick	

AGENDA

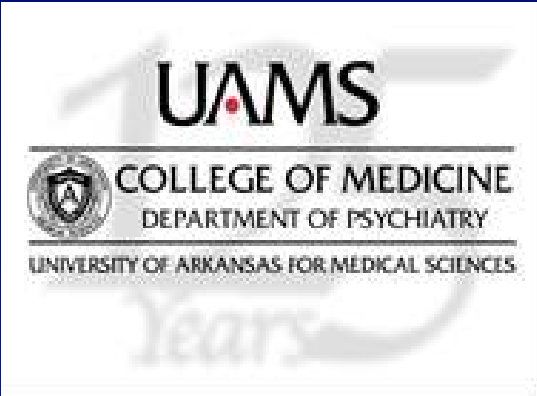
MEETING RECORD

Time	Item	Presenter	Main Points / Discussion
8:30	I. Announcements	Varies	<ol style="list-style-type: none"> Promotion and Tenure Town Hall Meetings – Friday, October 28, 1:00-2:00, and Friday, November 4, 12:00-1:00. Chairs and program directors, please encourage faculty members to attend. Reminder: Political activity – It is unlawful for employees to use university facilities, equipment, or services for political purposes, and employees may not identify themselves as UAMS employees when participating in political activities. Allied Health Professions Week is November 7-11 Donuts with the Dean will be held on Tuesday, November 8, 7:00-9:00 am Scholarship Reception will be held on Thursday, November 10, 5:00-6:30 pm; department chairs/program directors and scholarship recipients to attend. Dates of Importance for Spring 2017 (included in "Dates to Remember" found at: http://healthprofessions.uams.edu/faculty-and-staff/dates-to-remember/) Early registration: November 14-22, 2016 Regular registration: December 12, 2016 through January 3, 2017 UAMS official first day: January 3, 2017 Late registration: January 4-9, 2017
8:35	II. Student Wellness Program	Dr. Puru Thapa, Director	<p>Dr. Puru Thapa, director of the UAMS Student Wellness Program, presented on services offered by the program and provided information about utilization and how to access services. To make an appointment, students call 501-686-8408 during regular business hours; after hours students call 501-686-7000. Students at UAMS Northwest are instructed to contact the UAMS Employee Assistance Program in Fayetteville to access services. In addition, students at UAMS Northwest or other locations outside of central Arkansas may be able to meet with a therapist our counselor by Skype. Usually, appointments can be made 2-3 days in advance; in crisis or emergencies a same-day appointment can be scheduled.</p> <p>The program offers complete mental health services including evaluation, therapy, medication, etc. The two major factors influencing students' accessing services are: (1) awareness and (2) willingness to access services. Faculty can have a positive impact on both factors by informing students of services offered by the program and by assuring students that the services are confidential. Dr. Thapa and other staff members are willing to publicize the Student Wellness Program at student orientations, meetings of student organizations, etc. They are also willing to provide lectures in courses on such topics as burn-out, mindfulness, stress, etc. [Dr. Thapa's slide presentation is attached.]</p>

9:00	III. Spring Registration	Clinton Everhart	<p>Mr. Clinton Everhart and Ms. Patti Hamilton, from the University Registrar's office, gave dates and processes for spring 2017 registration:</p> <p>Early Registration..... November 14-23, 2016 Regular Registration December 12, 2016 – January 3, 2017* UAMS Official First Day January 3, 2017 Late Registration January 4-9, 2017**</p> <p>* The last official date of regular registration is the UAMS Official First Day of Classes (listed above). Actual regular registration for each individual college ends after the 1st class day for the college/program, which may fall after the end date listed above. Students in the Colleges of Pharmacy and Medicine are administratively block enrolled and may not register on the same schedule as listed.</p> <p>** Late registration officially begins the day after the UAMS Official First Day of Classes (listed above) and runs through the 5th business day. Actual late registration for each individual college occurs from the 2nd through 5th business days following the start of classes for the college and requires department/college approval.</p> <p>These dates will be posted on the Registrar's webpage and on the students' portal within the next week or so.</p> <p>Other information was provided:</p> <ul style="list-style-type: none"> • Faculty need to check course rosters to ensure that students who should be registered are registered and vice versa • The Registrar will send information about registration deadlines with instructions on how to register; departments will need to send department-specific information separately. • Holds, or "service indicators," will be placed on students who owe money to the university or must fulfill other requirements before they can register for spring 2017. Students are required to clear the holds before being allowed to register. • The deadline for submitting fall 2016 grades is December 16; degrees will be conferred on December 17. • Faculty who have undergone GUS training by November 15 and have GUS access will be able to enter fall 2016 grades directly into GUS. Instructions for submitting grades into GUS were provided in the instruction guide used during GUS training. [<i>The instructions are available on request from the Registrar.</i>] Faculty members who have not undergone GUS training will need to request a roster from the Registrar and submit grades to the Registrar. Grade rosters will be created later in November. Instructions
9:30	Adjourn		

ACTION PLAN

Action Item	Owner	Target Date
Promotion and Tenure Guidelines – Incorporate suggestions into revised guidelines for additional review by the P&T Committee, EC, information sessions for faculty, and final vote by the end of the fall semester	Douglas Murphy	December, 2016
Introduction of the OSPAN (Office of Sponsored Programs Administrative Network) Team 1	Renee Rains	After July 1
Collect information on CHP's diverse and unique needs for the new UAMS Faculty Service Center	Jan Shorey	TBD



Student Wellness Program (SWP)

Puru Thapa, M.D., Director
UAMS Student Wellness Program
Professor, Department of Psychiatry

**Mediplex Office Building
227 S. Jack Stephens Dr.
501-686-8408**

<http://studentwellness.uams.edu/>

SWP - Program Staff

- Puru Thapa, M.D., Director, Professor of Psychiatry (1.0 FTE)
 - Thapapurushottamb@uams.edu
- Angie Moore, LCSW, Therapist (1.0 FTE)
 - ADMoore2@uams.edu
- Jim Holland, LCSW, Therapist (1.0 FTE)
 - JAHolland@uams.edu
- Meshelle Helms, Program Manager (1.0 FTE)
 - MRHelms@uams.edu
- Tareana Jackson, Administrative Assistant (1.0 FTE)
 - TOJackson@uams.edu

Tareana Jackson, AA

Jim Holland,
LCSW

Meshelle Helms,
Program Manager

Angie Moore,
LCSW

Puru Thapa, M.D.
Director



Student Wellness Center, Mediplex Building, First Floor



Location:

- Behind Burger King on Markham
- Near the Fire Station

Student Wellness Program

- Preventative service created to provide assistance to students of UAMS in a safe, supportive environment
- Goal is total wellness: mind and body
- **No cost to student**, except for the medications
- Medical Records kept **confidential** – they are paper records kept in locked cabinets or password protected computer files. **NOT part of the hospital medical records system!**

Confidentiality Components

- Absolutely Confidential

Exceptions:

Imminent Suicide

Homicidal / Impaired provider

Child abuse

Patient permission

How SWP Works

- If a student needs services, he/she calls 686-8408, and makes an appointment. **Please note that the student should make the appointment.**
- One of our therapists will do the intake interview. The therapist will refer the student to the psychiatrist if he/she feels it is clinically warranted, i.e. if the symptoms are more significant and pharmacological management is needed.
- If the student is in “**crisis**” and needs to be seen emergently, the student will be seen the same day. The MD will be notified.
- For after hours emergencies, the students can go to the ED. Alternatively, students in “**crisis**” can call Dr. Thapa, 501-920-3952

Services

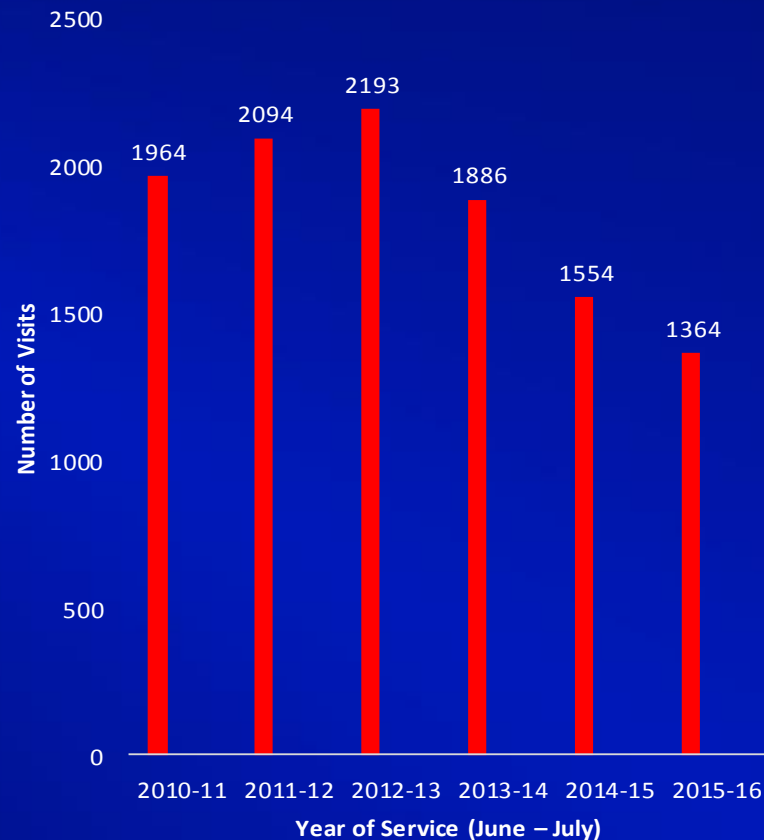
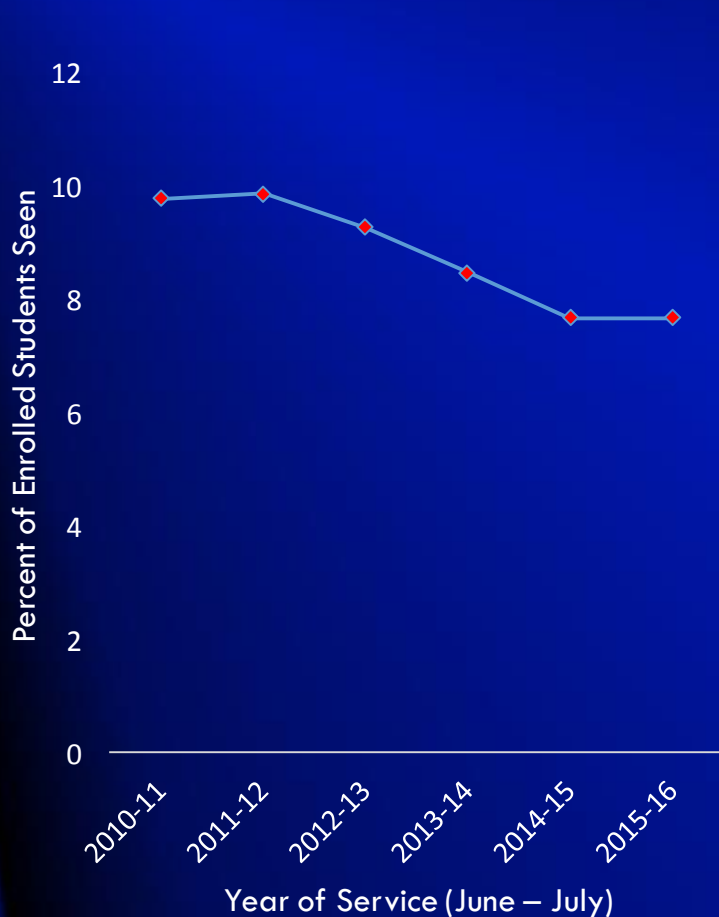
- 1:1 services provided by:
 - MD faculty providers
 - Experienced masters level therapists
 - Upper level psychiatric residents (?)
- Consultation, Evaluation/Assessment, Psychiatric Evaluation, Individual and/or Couples Therapy, Referral, and Medication Management

Common Presenting Problems

- Adjustment Disorders: Depressed, Anxious
- Depression
- Anxiety: GAD, Panic DO, Social Anxiety Disorder, OCD
- Trauma and other stress related disorders
- Substance abuse
- Grief
- Relationship problems
- Test taking/Performance anxiety
- Board preparation
- Academic difficulty

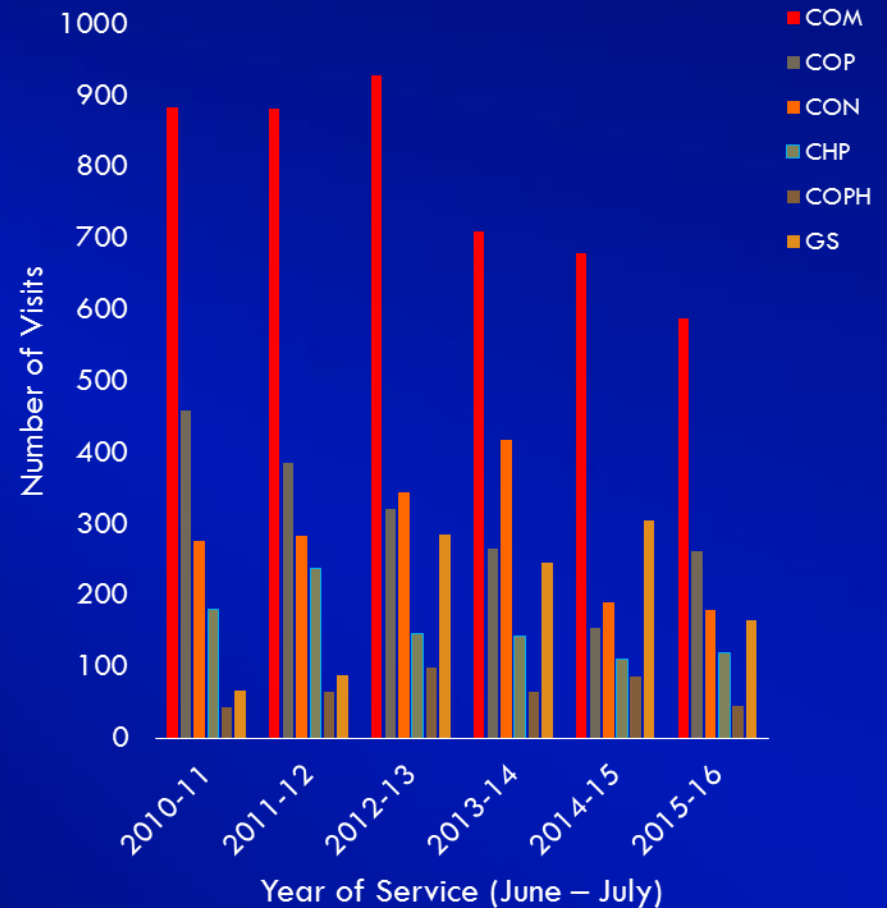
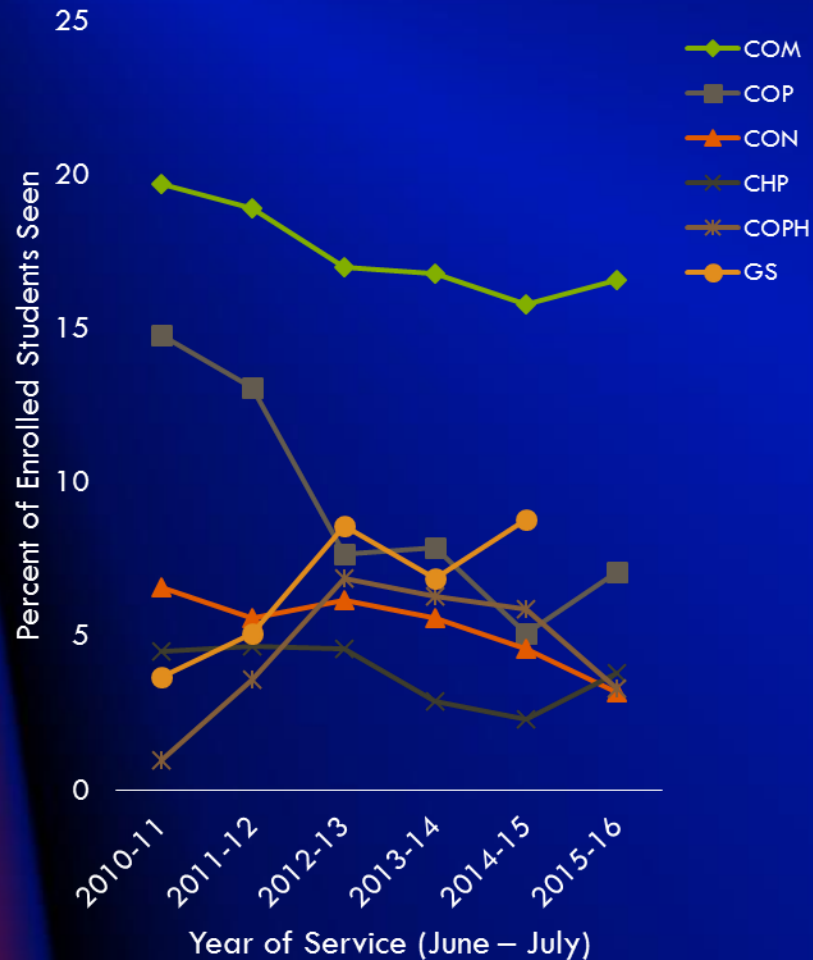
**UTILIZATION TRENDS, JULY
2010 – JUNE 2016**

Percent of Enrolled Students Seen at the SWP and Number of Visits by Year – UAMS



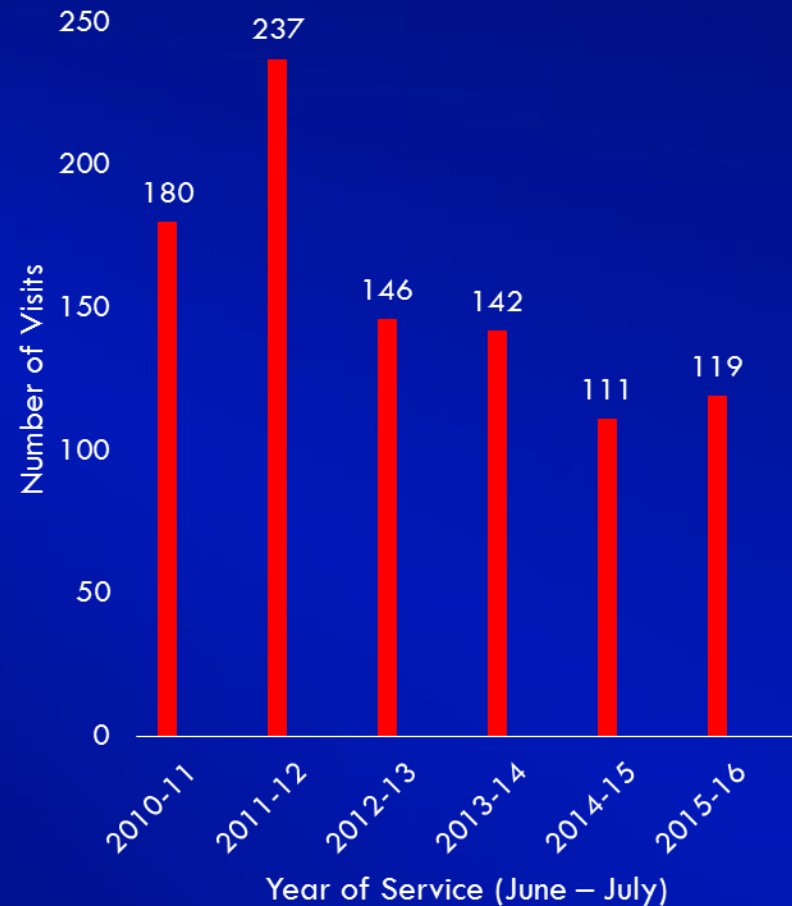
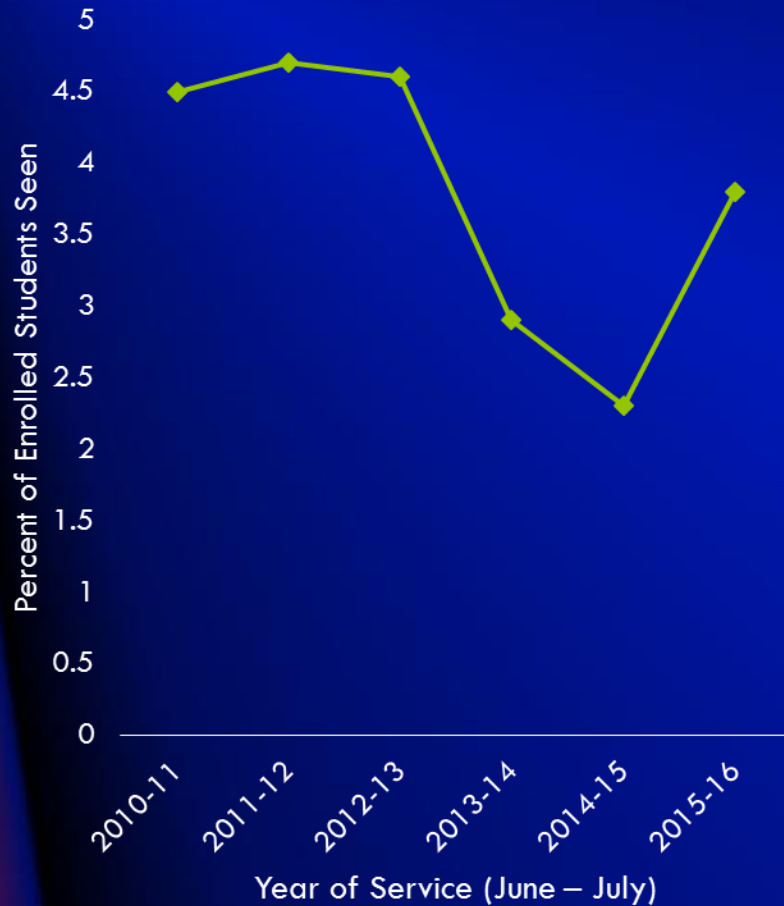
Year	# Enrolled	# Seen at SWP	% of Enrolled Seen at SWP	# of Visits	Average # Visits
2010-2011	2960	290	9.8	1964	6.8
2011-2012	2835	282	9.9	2094	7.4
2012-2013	2809	261	9.3	2193	8.4
2013-2014	2867	245	8.5	1886	7.7
2014-2015	2890	222	7.7	1554	7.0
2015-2016	3021	233	7.7	1364	5.9

Percent of Enrolled Students Seen at the SWP and Number of Visits by Year – By College



The College of Medicine represents 21-23% of all enrolled UAMS students but accounts for 42-49% of students seen and 43-45% of all visits at the SWP

Percent of Enrolled Students Seen at the SWP and N of Visits by Year – College of Health Professions



Year	# Enrolled	# Seen at SWP	% of Enrolled Seen at SWP	# of Visits	Average # Visits
2010-2011	686	31	4.5	180	5.8
2011-2012	612	29	4.7	237	8.2
2012-2013	591	27	4.6	146	5.4
2013-2014	592	17	2.9	142	8.4
2014-2015	558	13	2.3	111	8.5
2015-2016	662	25	3.8	119	4.8

Access

- Two issues related to access:
 - Awareness of the services and **Willingness** of students to access
 - Access to services
- Awareness – increase visibility, website
- **Willingness** – students comfort level to seek care is critical. Reassurance of confidentiality, medical records not connected to hospital records system
- Access – If a student calls and depending on the urgency, we will see them within 1-3 days

Access to Services

- For students at the UAMS campus in Little Rock, access to services depending on urgency is quick; same day to 1-3 days.
- For students at the UAMS Northwest Campus, access to services is different.
 - For counseling services, students will call the UAMS Employee Assistance Program (EAP) in Fayetteville
 - If EAP therapist determines a student needs to see a psychiatrist, he/she will contact the SWP in Little Rock to be seen by Dr. Thapa via Skype.
 - If EAP therapists are backlogged and cannot see a student in a timely manner, the SWP-Little Rock therapists will see them via Skype.
 - In case of “emergencies or crisis”, the student should go to the ED and/or call SWP-Little Rock
 - We are working on getting local psychiatrist coverage in the Fayetteville area

Increasing Visibility and Awareness

- Reinstating regular meetings with Deans of Student Affairs of the COM, COP, CON, and prn with other Deans.
- Presentation at Orientation of incoming students for all the Colleges
- Actively involved in meeting with the COM Student Advisory Council, other student associations of the various colleges
- Offering to lecture on various topics as part of mental health courses in the various schools.

Outreach – on the Road to Wellness

- Start E-newsletter and/or other social media modalities to provide education on various topics related to Wellness
- Wellness Day Conference
- Developing and presenting wellness related topics in various forums: COM Academic Houses, Student Associations of the different colleges, IPE meetings
- Collaborating with associate deans of the COM to develop an wellness agenda
- Examples of Wellness Topics:
 - Stress Management
 - Burnout
 - Balancing School and Personal Life
 - Meditation
 - Mindfulness
 - Acceptance
 - Stigma and other psychiatric topics

Thank You!

My Contact Information: Puru Thapa, M.D.,
thapapurushottamb@uams.edu

Cell: 501-920-3952