

Campus Forum

Student & Employee Well-being

February 23, 2024

Forum Topics

- **Employee Well-being Resources, presented by:**
 - **Vice President of Human Resources Kelly Avila**
- **Student Well- being Resources, presented by:**
 - **Vice President of Student Services Mike McCandless**
 - **Director of DSPS & Support Services Estelina Munoz**

Employee Well-being

- **Well-Being Initiative**
- **Employee Assistance Program Access and Offerings**
- **Health Screenings**
- **Blue Devils' Sporting Events**
- **Add-on & Supplemental Benefits**
- **Fitness**


Employee Well-being: Well-Being Initiative (Permanent Employees)




Merced College Employee Well-Being Initiative


PROFESSIONAL AND PERSONAL DEVELOPMENT CLASSES FOR MERCED COLLEGE EMPLOYEES

The Well-Being Institute at Merced College is made up of a series of dynamic classes that will equip you with actionable skills to help you increase your well-being. From resilience, mindfulness, and gratitude, to sleep, exercise, and nutrition, this program will deliver valuable support for your total well-being. The research is clear: Investing in employee well-being creates greater workplace cohesion, engagement, and fulfillment. Over the next two years, Merced College will offer this powerful initiative for you to invest in yourself and improve your well-being!




"During the height of the COVID pandemic, I enrolled in the Well-Being class. While I received flex credit for the class, it provided me with so much more. Not only did I learn the meaning and importance of 'resiliency' with great clarity and compassion, we also learned a number of techniques that are very helpful to anyone trying to deal with the inevitable stresses of everyday life. I still use one of these, 'walking meditation,' on my many strolls around campus."

MAX HALLMAN, PROFESSOR OF PHILOSOPHY



"The innovative approach of the Well-Being Institute allowed me to explore various mindfulness practices, cultivate inner peace and gratitude, and gain valuable tools to enhance my overall well-being. I couldn't recommend it enough!"

JOSEPH LARA, COMPUTER TECHNICIAN SPECIALIST





"The course I took in the Well-Being Institute was interesting, engaging and a great opportunity to interact with and listen to coworker's as they expressed their thoughts on the topics."

DELIA ESQUIVEL, STUDENT FEES MANAGER

ALL CLASSES CAN BE USED FOR FLEX OR PAY SCALE ADVANCEMENT

TO REGISTER CONTACT
 Email: mikayla.carey@mccd.edu
 Phone: 209.769.0645


Fall 2023
73 participants

Merced College Employee Well-Being Initiative


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"The Well-Being Institute is an interactive and engaging class. It's a class designed so that you get to know colleagues from all over campus. You gain insightful tips that you can use during your time in class and into the future. You build skills that are meant to help with your own well-being. Three good things about the class: 1) getting to know campus folks, 2) many well-being tips and tricks, and 3) campus investment."

MICHELLE GREENWOOD, ASSISTANT DIRECTOR RISING SCHOLARS



"My experience with the Well-Being Institute has been transformative. I'm learning tools and techniques for managing stress, strategies for creating a healthier work-life balance, and the importance of caring for myself mentally, emotionally, and nutritionally, so I can be the best version of myself in all aspects of my life."

JEANETTE MARTIN, DIRECTOR OF ADMISSIONS, RECORDS AND FOLLOW-UP SERVICES



"In the Well-Being Institute I had the opportunity to learn all about what contributes to my well-being. I really enjoyed the Nutrition class and learning about the importance of gut health. I look forward to incorporating all that I have learned into my day to day life."

MICHAEL SANCHEZ, GROUNDSKEEPER

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TO REGISTER CONTACT
 Email: mikayla.carey@mccd.edu
 Phone: 209.769.0645

Spring 2024
75 Participants

Employee Well-being: Well-Being Institute

Courses

Select the individual classes that best meet your needs or take all 5 classes and earn a Certificate of Recognition!

Foundations of Well-Being in the Workplace

Gain an understanding of the five foundations of wellbeing. Explore the relationship between employee well-being and how it ties in with employee engagement, productivity, customer service and team work, and your health. The practice of gratitude will be explored along with the science behind how it impacts your well-being.

Building Resilience

Discover strategies for building resilience to stress and strengthening your well-being in the face of challenges. The practice of Mindfulness will be covered as well as an exploration of how resilient mental habits are foundational to well-being and productivity.

Fuel Your Body for Success

Learn how healthy eating and quality sleep can help your energy level, work performance, and overall health. You will have an opportunity to evaluate your own eating and sleep habits and strategize on how to make improvements. (Materials fee may apply.)

Finding Your Purpose - Leading with Strengths

Research says when we know our purpose and use our strengths every day, we have higher well-being. Using Gallup's Clifton Strengthsfinder, you will find out what your unique strengths are and how to be intentional to use them in every area of your life.

The Science of Happiness

Explore why happiness matters and how to increase it within yourself and others. Learn actionable strategies for boosting happiness, leading to better performance, innovation, higher productivity and well-being.

Don't miss your chance to join the Fall 2024 cohort!

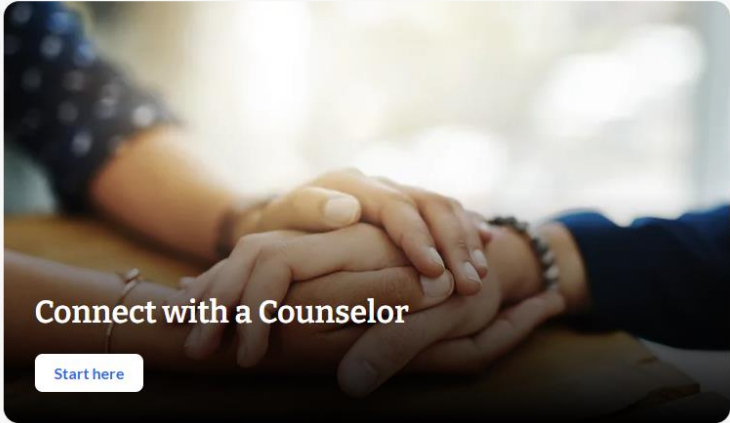
Employee Well-being: EAP (All Employees)

COVID-19 Info Search Language

Anthem | SISC Sign in/Sign up


Assistance Program (EAP) Urgent Assistance

How can we help you?




Connect with a Counselor


[Start here](#)



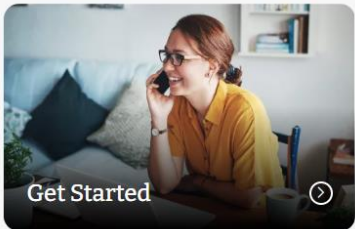
Legal Resources




Financial Planning



Work-life Resources



Get Started



Seminars

24/7 Access
 anthem.eap.com/sisc
 (800)999-7222 Critical Event Support

Urgent Assistance

<p>1/16/24 - Money Matters: Navigating Emotions for Financial Wellbeing</p> <p>Discover how emotions can influence spending, trigger procrastination in challenging decisions, and impact your long-term financial health.</p> <p>Read now →</p>	<p>2/20/24 - Positive Impact: Become the Influence</p> <p>Read now →</p>	<p>3/8/24 - International Women's Day</p> <p>Read now →</p>
<p>3/19/24 - Best (Furry) Friends</p> <p>Read now →</p>	<p>4/16/24 - Food for Thought</p> <p>Read now →</p>	<p>5/21/24 - Balancing Act: Strategies for Mental Health</p> <p>Read now →</p>
<p>6/1/24 - Pride Awareness Month</p> <p>Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.</p> <p>Read now →</p>	<p>6/18/24 - Living Well 365: Igniting Motivation for a Fulfilling Life</p> <p>Read now →</p>	<p>7/16/24 - Parenting Adolescents: Understanding Gen Z in Your Home</p> <p>Equip parents and caregivers with insights and practical strategies to navigate the unique challenges and opportunities with teenage children.</p> <p>Read now →</p>

Employee Well-being: Health Screenings (Benefits-Eligible Employees)

No walk-ins available: Make an appointment online today!

Merced Campus	Merced Campus	Los Baños Campus
<p>Tuesday, March 5, 2024</p> <p>12:00 PM - 3:00 PM</p> <p>Innovation Classroom 3600 M Street, Merced</p>	<p>Wednesday, March 6, 2024</p> <p>12:00 PM - 3:00 PM</p> <p>Innovation Classroom 3600 M Street, Merced</p>	<p>Once the date/time is determined, we will send an update</p>

- **Schedule an appointment at My.QuestForHealth.com**
- **Use Registration Key: SISC2024**
- **Can also “attend” before June 30, 2024 by visiting a Quest Patient Service Center**

Employee Well-being: Sporting Events (All Employees)

- Come enjoy the comradery of cheering on our Blue Devils athletes: free of charge! See HR for your pass.

Employee Well-being: Add-on Benefits (Benefits-Eligible Employees)

- **Maven – 24/7 one-to-one maternity and postpartum support**
- **MDLive – 24/7 virtual access to a physician**
- **HINGE Health – Digital Care for Back & Joints**
- **VIDA – Virtual health coaching**
- **Teladoc – Second opinion**
- **Carrum Health – No cost hip, knee, and spine care concierge**
- **Eden Health – 24/7 primary care through the app**

Employee Well-being: Supplemental Benefits (Permanent Employees)

American Fidelity

Health Flex Spending Account



Dependent Care Account



Disability



Term Life



Whole Life



Cancer



Accident



Group Critical Illness



More American Fidelity Benefits

- Hospital Indemnity
- Fixed 403b
- Variable 403b
- Accidental Death & Dismemberment
- Voluntary Employee Life
- Voluntary Spouse Life
- Voluntary Child Life

Tax Deferred Solutions (TDS)

- 403(b) Providers

Employee Well-being: Fitness (All Employees)

Get MCCD discounts are area fitness centers:



IN-SHAPE[®]



**VALLEY
FITNESS**



Student Well-being

- Personal counseling
- Group counseling
- Student mental health workshops
- Mental health partnerships
- Mental health apps
- Community resources and referrals
- Highlights
- Demographics



Personal Counseling for Students

Reasons students may seek out services:



Adjusting to college life



Time Management



Anxiety



Grief



Depression



Family relationships

Group Counseling for Students

- Identifying and Managing Substance use/abuse
- Managing Anxiety
- Managing Depression
- Safe Spaces Challenges of College Life
- Rising Scholars Recovery and Support



Mental Health Workshops for Students

- Mindfulness and Self-Care
- Mental Health First Aid
- Sleep Foundations
- The Sleep-Stress Relationship
- Men and Mental Health
- Stigma Reduction
- Mindful Focus
- Self-Care
- Take a Mindful Break
- Self-Care Mental Health and Well Being



Student Health Services Partnerships



Calm App



Art with Impact



Active Minds



timelycare

Get Virtual Care – Anytime, Anywhere!

You can access virtual health and
well-being support 24/7/365.

It's for Students.
FOR FREE.



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Medical and Mental Health Care

for Merced College



timelycare

-  MedicalNow
-  Scheduled Medical
-  TalkNow
-  Scheduled Counseling
-  Prescriptions
-  Self-Care Journeys
-  On-Demand Yoga & Meditation
-  Peer Community
-  Care Navigation
-  Basic Needs

TimelyCare Confidential, 2023

Medical Care

On-Demand, 24/7

- ▶ 24/7, on-demand medical visits with licensed healthcare providers
- ▶ Optimizes on-campus clinic flow to allow for higher acuity patients to access in-person care when needed
- ▶ Eliminates wait times with availability for virtual visits in less than 10 minutes
- ▶ Integrates seamlessly with other existing campus services
- ▶ Decreases emergency room visit costs



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TimelyCare Confidential, 2023

Emotional Support

When Your Students Need It

- ▶ On-demand 24/7 support, health literacy, and crisis management by master's-level behavioral health professionals
- ▶ Helps manage demand for counseling center services with virtual visits
- ▶ Patient records shared back to the counseling center
- ▶ Care navigators support care progression and referrals
- ▶ Less than 5 minutes wait to connect with the first available provider



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TimelyCare Confidential, 2023

Mental Health Apps for Students

- **Calm** – Meditation and sleep stories
- **Headspace** – Guided meditation and mindfulness
- **What's Up** – Addresses negative thinking patterns and feelings, habit tracker, breathing techniques, and forums
- **Mind Shift** – Learn more helpful ways of thinking, active steps to deal with anxiety
- **Breathe2Relax** – Guided breathing exercises, and stress management.
- **Self-Help for Anxiety Management (SAM)** – methods to help manage anxiety.
- **Sanvello** – Mindfulness skills and provide mood and health tracking skills.

Community Resources

- Embracing Resilience Psychological Services, Inc. Lyssabeth Mattoon, PHD
- Castle Behavioral Health
- JK Health Management Services
- Leticia Vasquez-Zunita, LCSW
- Innermost Healing Nancy Montes, LCSW
- Diana Sehnal, LCSW
- Merced Area Christian Counseling
- Merced County Behavioral Health & Recovery Services (1-209-381-6800)
- Abalance Counseling (online services only)
- National Crisis Hotlines (1-800-SUICIDE or dial 988)
- Crisis Text Line (Text “COURAGE” to 741741)



Highlights

- **358** personal counseling visits
- **50+** activities, events and trainings
 - **72** students participants
 - **98** faculty/staff participants
- MOU with VA Central California Health Care System
 - Dr. Pasion-Gonzales provides on-site and/or Telemental health services to student-veterans
 - on-campus readjustment counseling, psychological assessment, psychotherapy, and informational resources.



Demographics

Ethnicity

- Hispanic 62.50%
- White, Non-Hispanic 22.22%
- African-American 6.94%
- Asian 4.17%

Gender

- Female 69.44%
- Male 27.78%
- Non-Binary 2.78%

Age Group

- ≤19 34.72%
- 20-24 47.22%
- 25-29 5.56%
- 30-34 5.56%
- 35-39 4.17%
- 40-49 2.78%
- 50≤ 0%

TimelyCare Demographics

Ethnicity

- Hispanic or Latino 31
- White 14
- Biracial or Multiracial 5
- Asian 5
- Native American or Alaska Native 4
- Unknown 2

Gender

- Female 45
- Male 15
- Non-Binary 1

Age Group

- 18-22 35
- 30-39 15
- 23-29 7
- 40+ 4

Contact Information

Team Email: shs@mccd.edu

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Student Services Assistant

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Locations

Merced Campus

Student Union Building, Office 101

(209) 384-6045

Los Banos Campus

Student Services Building – A

(209) 386-6716

Visit the [Student Health Services](#) website

Q & A / Discussion

