



COMMITTEE MEETING

JANUARY 26, 2024

Please Sign In



Agenda

Wellness Goes to Therapy

3 Ways to Access Therapy

Chair Updates

Subcommittee Updates

Voting Members

New Committee Members



Wellness Goes to Therapy



Megan Hsu



Carolina Rodriguez



Nathaniel Tsai



An Ta



Kat Arnott



Dr. John Chuck



4 Ways to Access Therapy / Support

1

SSVMS Joy of Medicine

2

CNU Community Counseling and Psychological Services

3

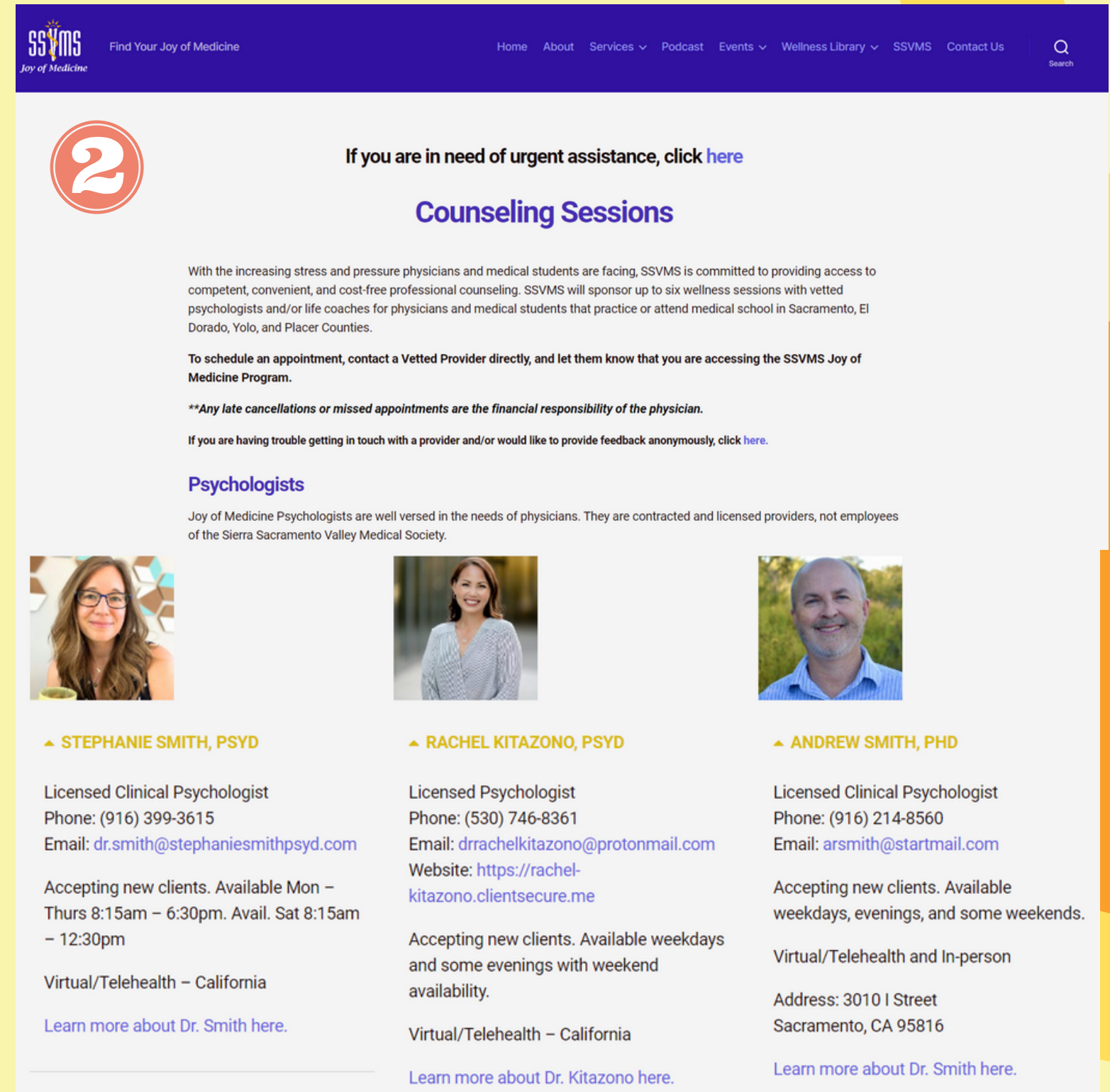
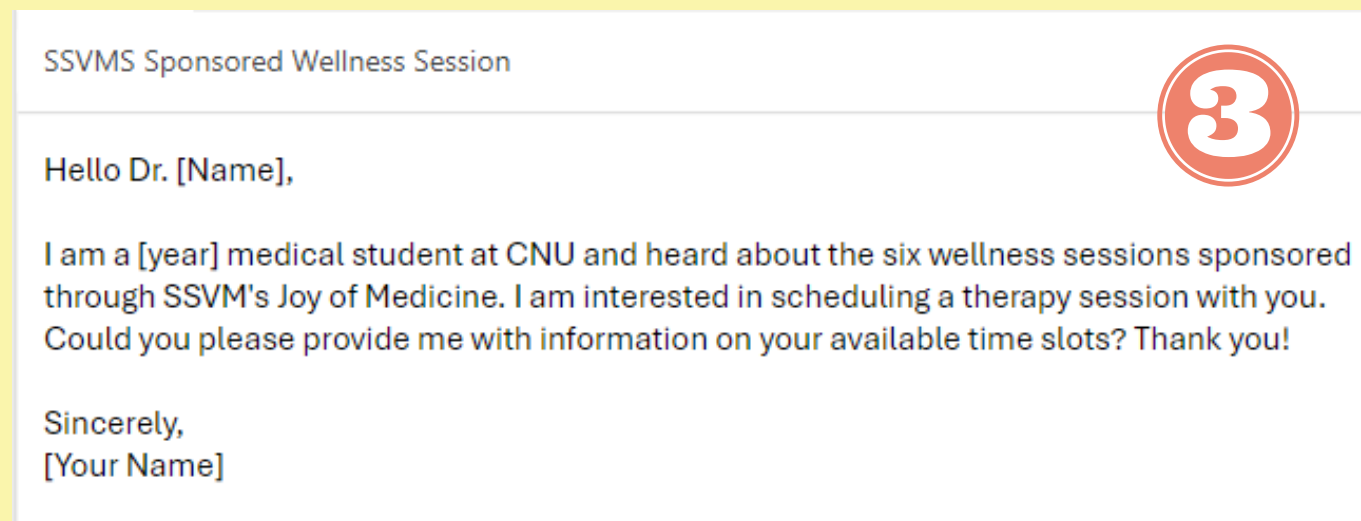
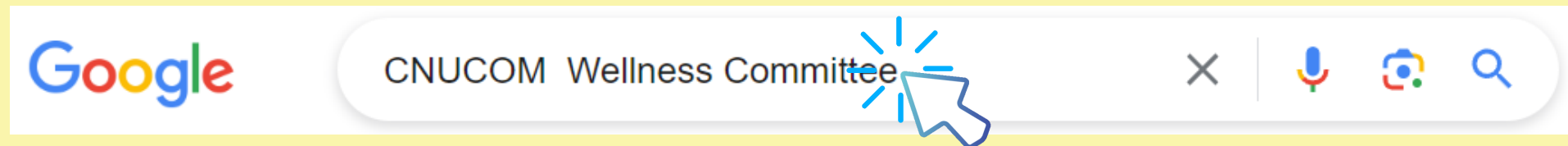
Timely Care

4

Mental Health

SSVMS Joy of Medicine

- Sierra Sacramento Valley Medical Society offers Counseling and Life Coaching services
 - Availability dependent on psychologist or life coach



- Simple Practice (HIPAA compliant web service)
 - review/fill out forms + background information

CCAPS

- **CNU Community Counseling and Psychology Services**
 - **CNU College of Psychology** in **Rancho Cordova**
- **How to Access: Google “CNU CCAPS”**
 - <https://www.psychology.cnsu.edu/ccaps>
 - **Email: cnu_ccaps@cnsu.edu**
 - **Call: (916) 378-3581**
- **Mode:**
 - In person or virtual, Individuals or Groups
 - Seen by **Students, M-F 9am - 8pm**
- **Cost:**
 - **FREE** for **CNU Students**
 - **\$20 per session** for anyone else (no insurance necessary)



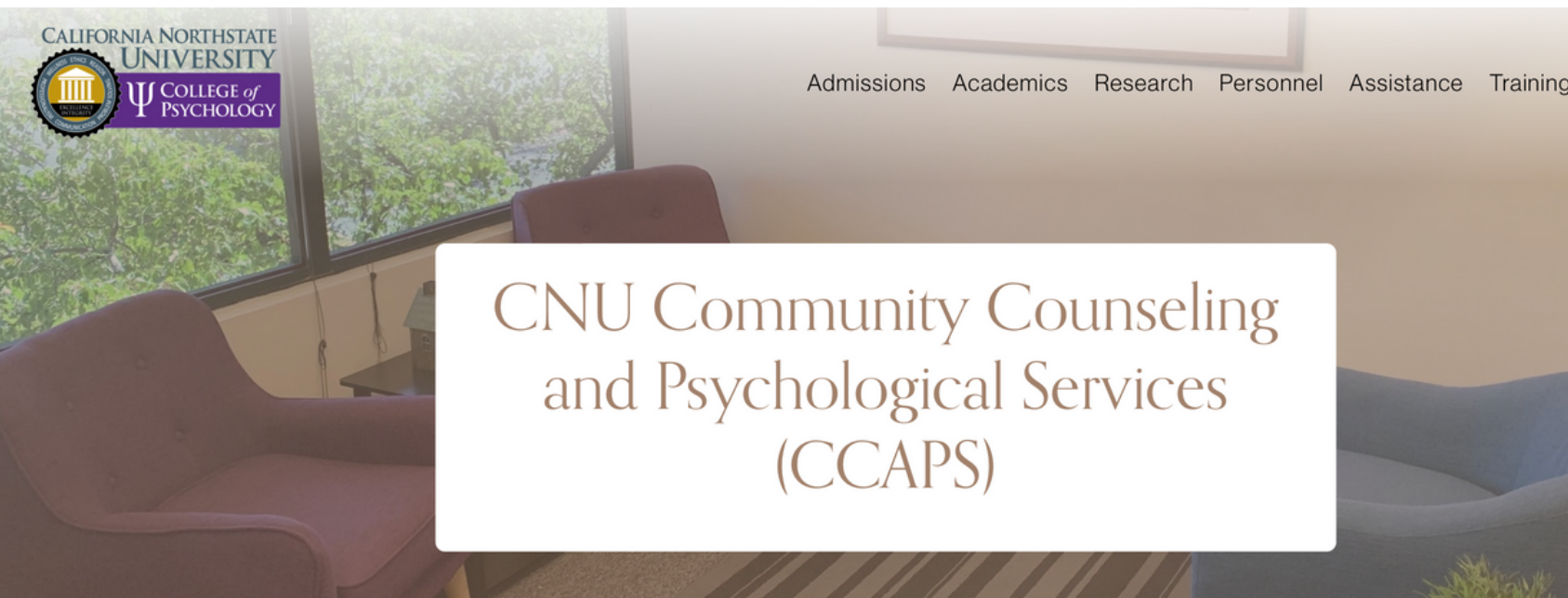
To: cnu_ccaps@cnsu.edu

Subject: CNU Student Seeking CCAPS Therapy

Hi CCAPS,

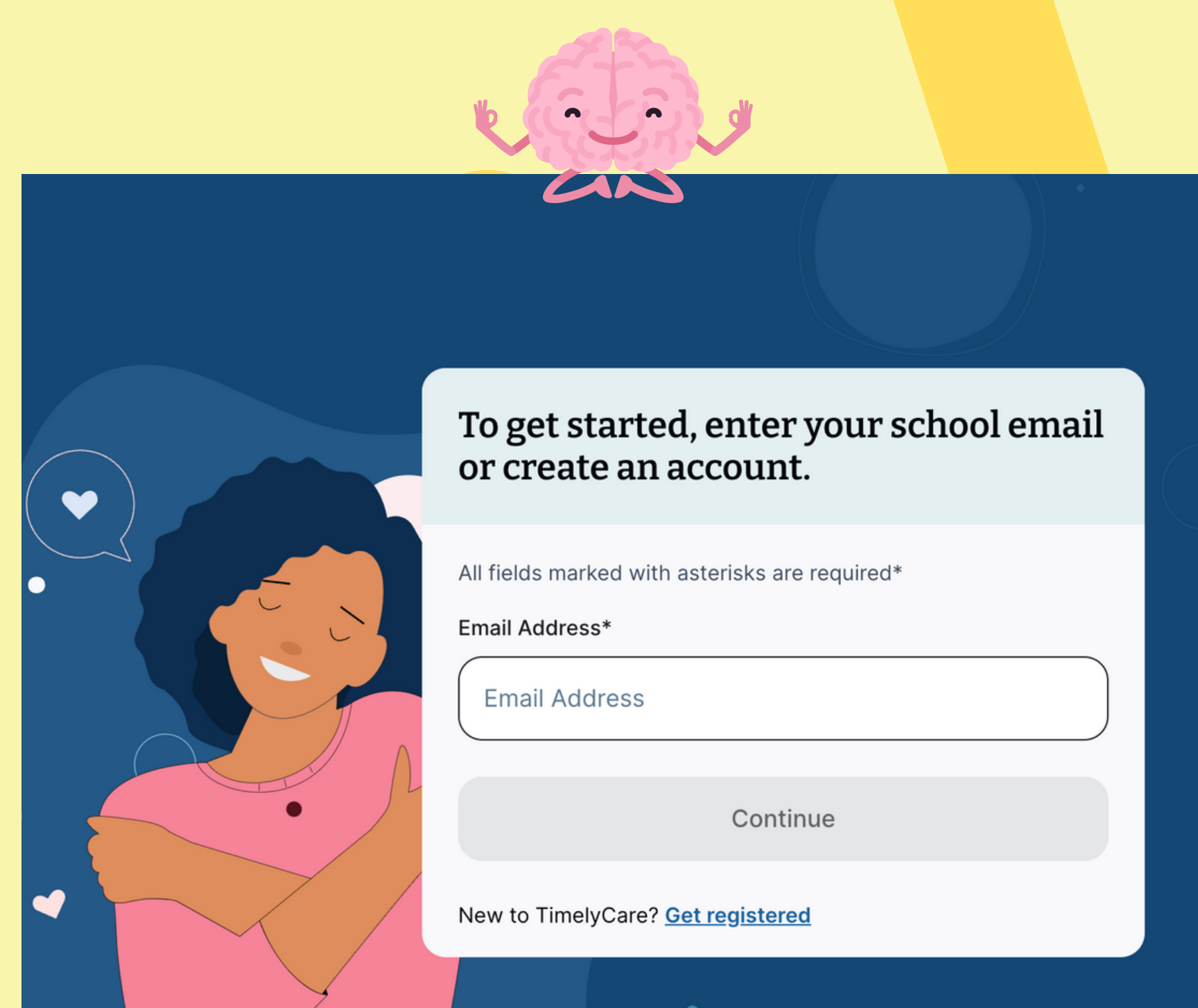
I am a current CNU College of Medicine student, and am interested in starting therapy through CCAPS. Can I please schedule a session?

Best,
[NAME]

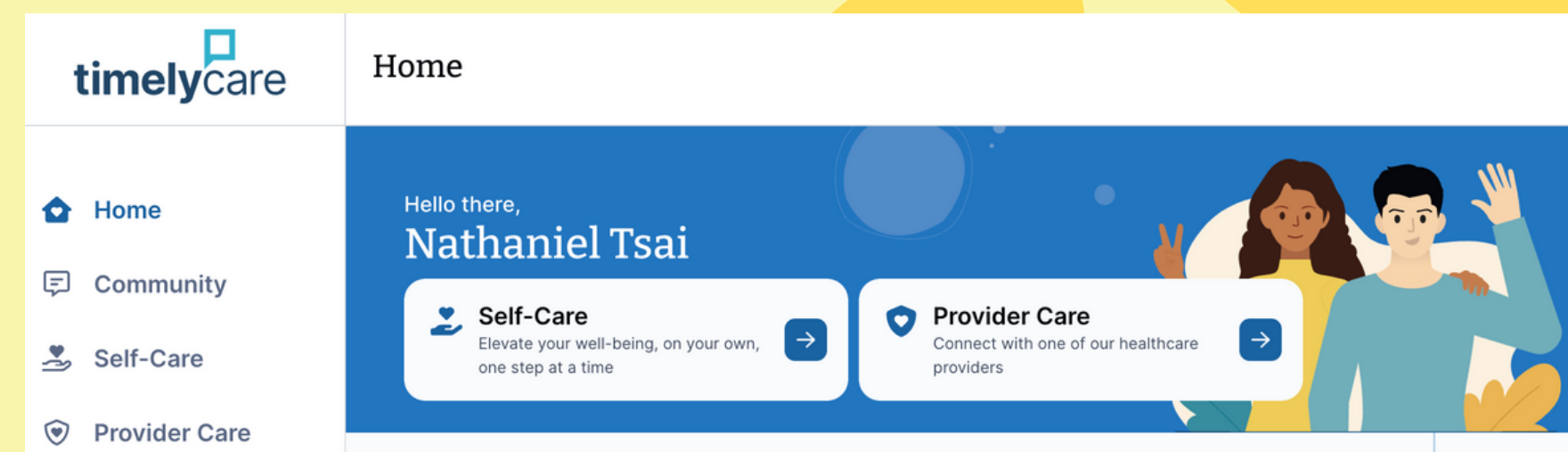


TimelyCare

- The leading virtual health and well-being provider among higher education programs
- Free counseling
 - On-demand support
 - Scheduled Counseling
 - Health Coaching and Nutrition
- How to access:
 - Download TimelyCare App or visit <https://timelycare.com>
 - Login with student email and set up your account!
 - Begin exploring options for care



The registration screen features a pink brain character with arms and legs at the top center. On the left, there is an illustration of a woman with dark curly hair, wearing a pink shirt, with her arms crossed and a heart icon above her head. The main content area is a white card with a blue header that says "To get started, enter your school email or create an account." Below this, a note states "All fields marked with asterisks are required*". The "Email Address*" field is a white input box with a blue border. Below the input box is a grey "Continue" button. At the bottom of the card, it says "New to TimelyCare? [Get registered](#)".



Medtal Health

- *Peer support **not** professional help*
- Offered **every Sunday** from **6-7 PM**
- **Zoom link:** on Canvas #**m1-m2-m2-announcements**
- Join the Zoom with an **anonymous screen name**
- Get placed in a breakout room with a volunteer
- You stay muted with your video off and talk via the chat



MEDTAL HEALTH
STUDENTS HELPING STUDENTS

Hey everyone! Here is the link to the Medtal support chat session today from 6-7 pm! We are not affiliated with CNU in any way. Please use an anonymous username to provide yourself with the most amount of privacy. Once in the meeting, you will be placed in a breakout room with one of our volunteers, please use the chat function to talk about what is going on with you today. If you have any questions about the program, please feel free to reach out about anything!

Zoom link:

<https://us02web.zoom.us/j/87975921601?pwd=WHNoT3N1VU5rRmpEYzVIMmppakd5UT09>

Meeting ID: 879 7592 1601

Passcode: 746498

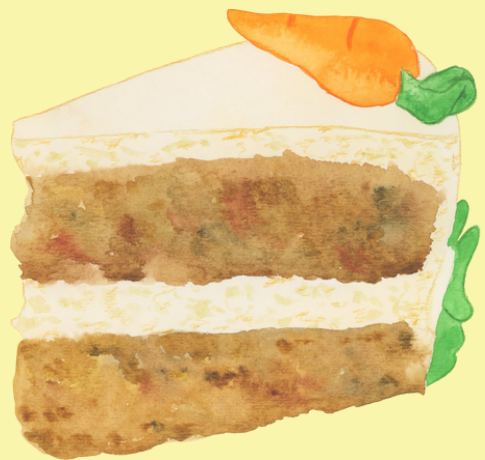
Student Chair Updates

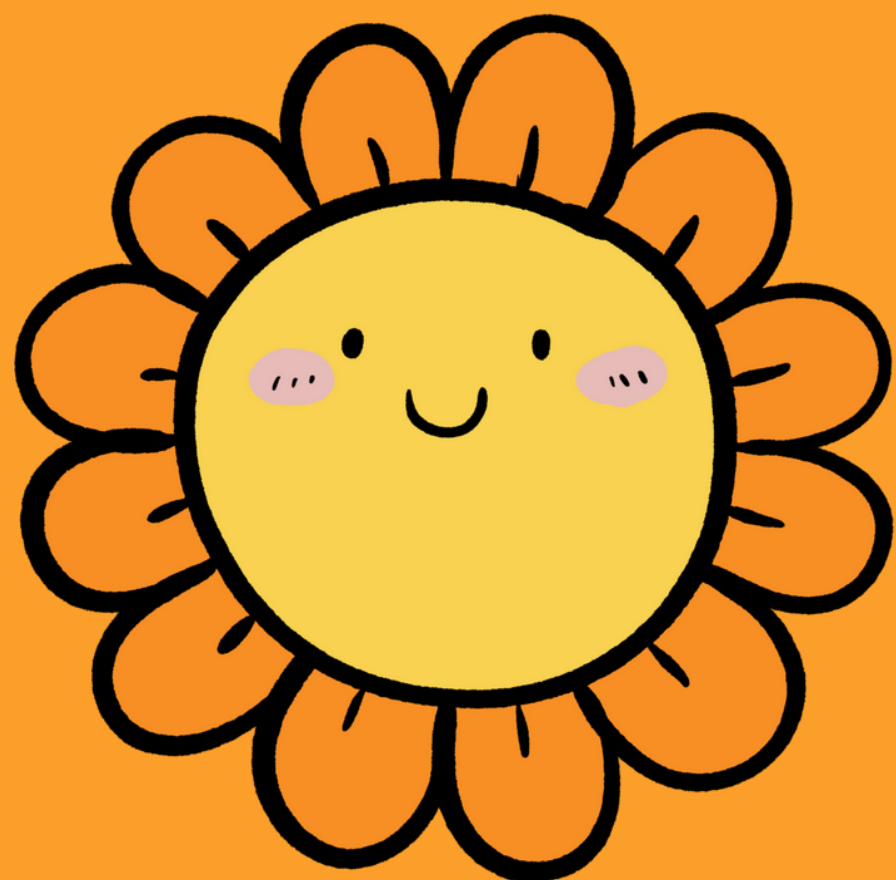


Board Transition

It has been a pleasure being your Wellness Board!
We are gonna throw a lit retirement party for our
February meeting on **Feb 16th**! Save the date!

Official transition date: Feb 7th





SUBCOMMITTEE UPDATES



Diwali

Nov 29th

Special shout out to Prithvi and Adan!



PRINCESS MONONOKE



UPCOMING EVENTS

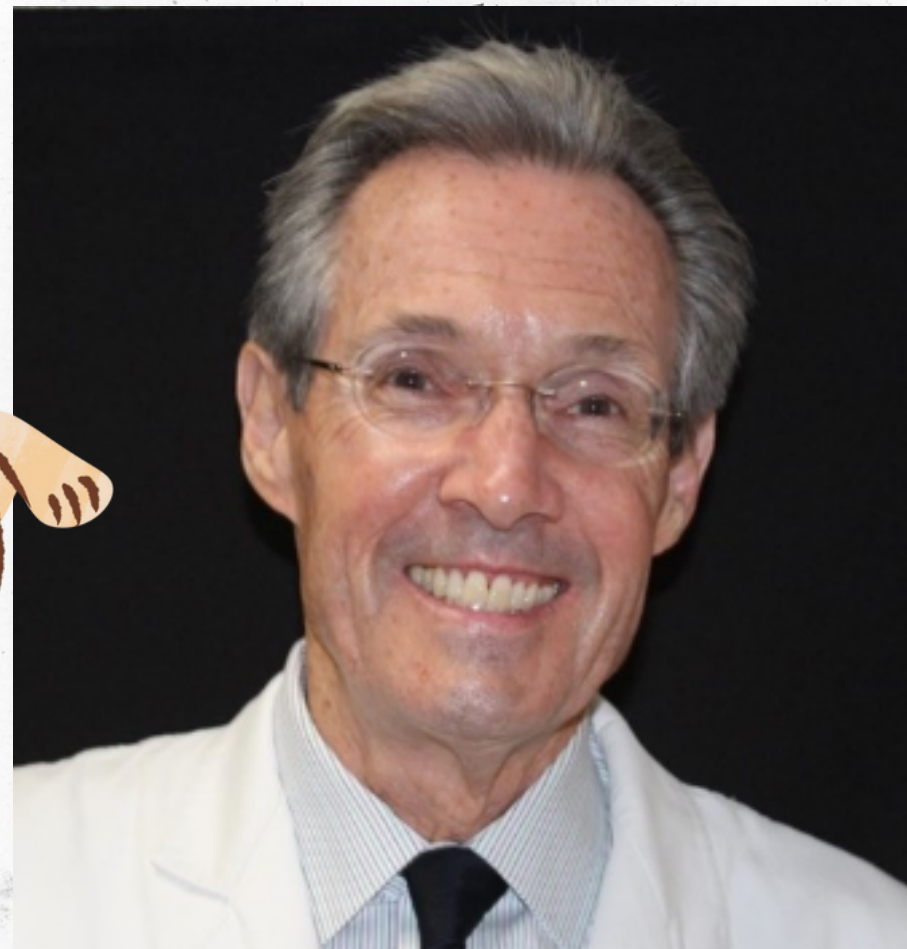


Walk With a Doc

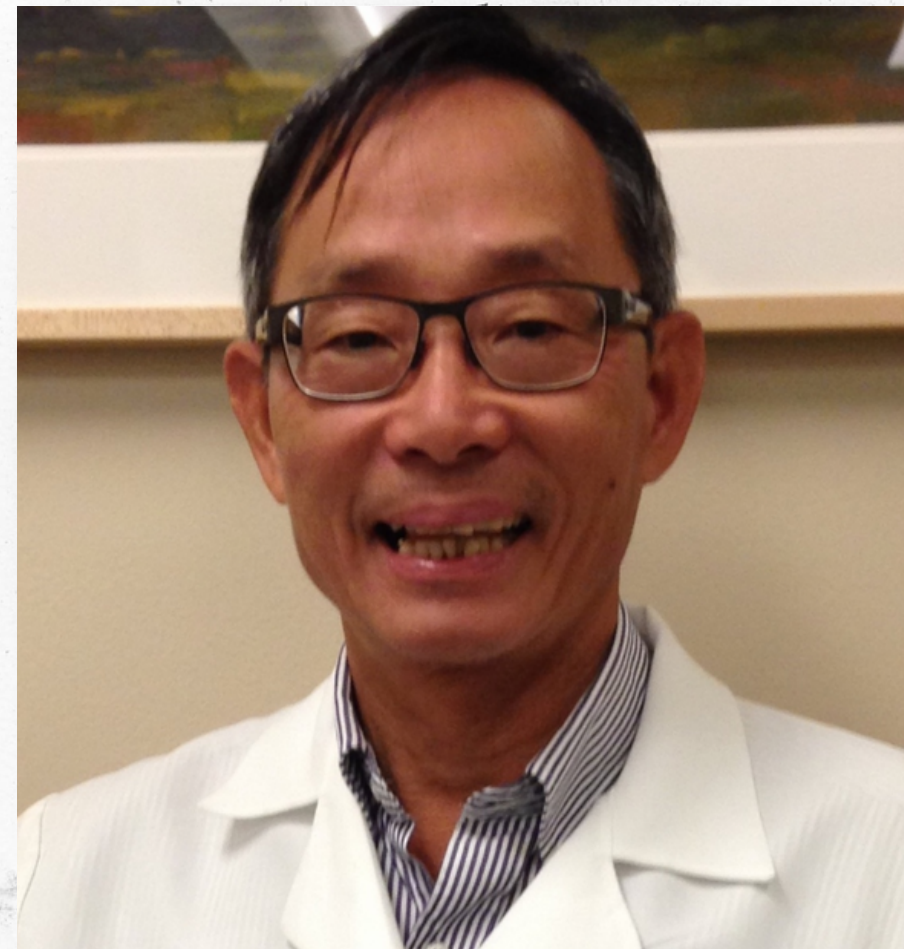
February 3, 2024

9:00 - 10:00 AM at Bartholomew Park

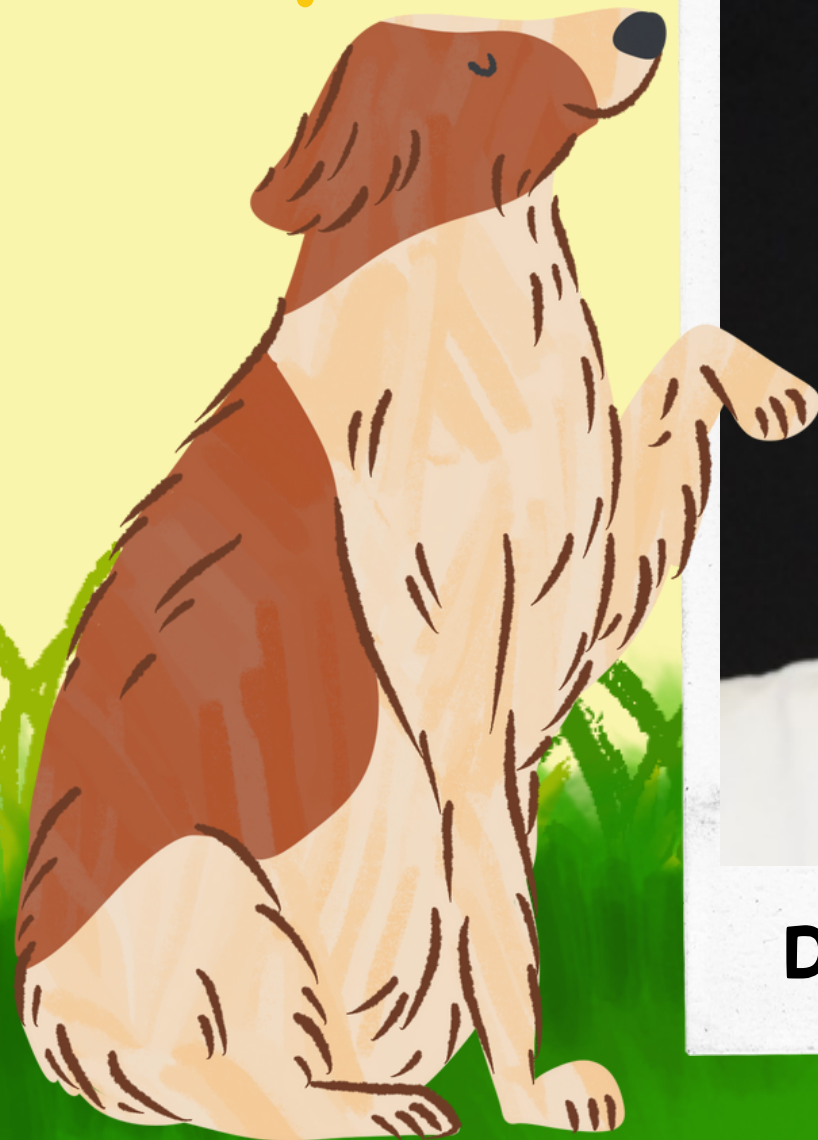
*So easy,
isn't it?*

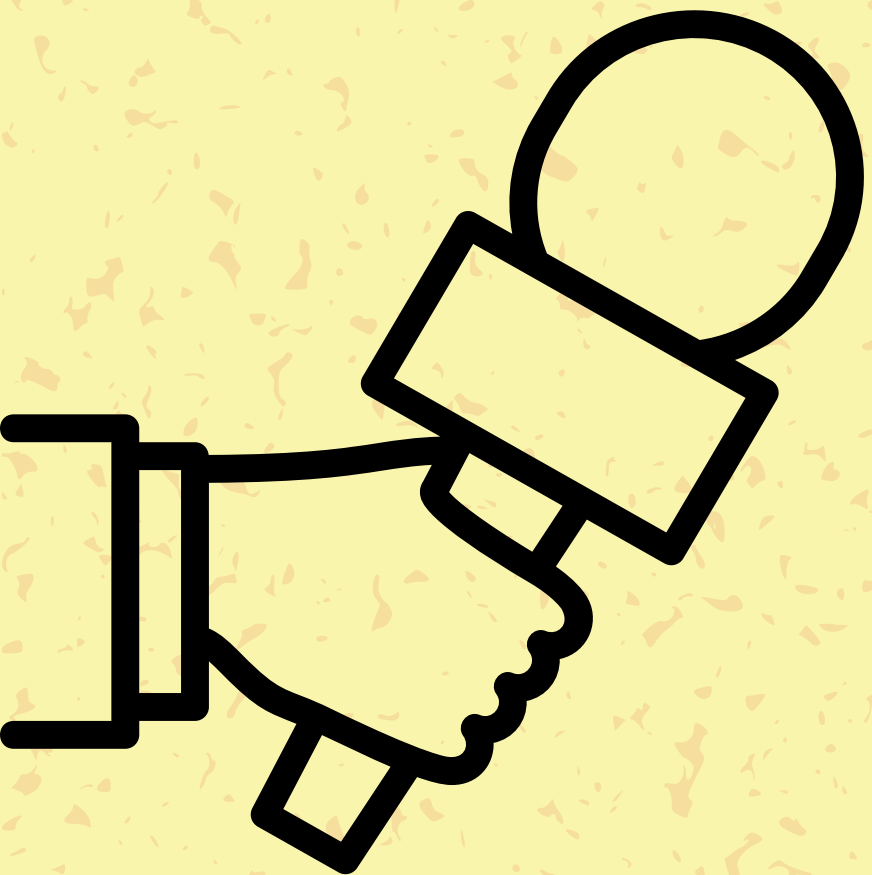


Dr. Scott Wiggington



Dr. Forshing Lui





COM X CHS MOCK INTERVIEW WORKSHOP

SUNDAY
28 January 2024
9:30AM - 11:00AM

via Zoom



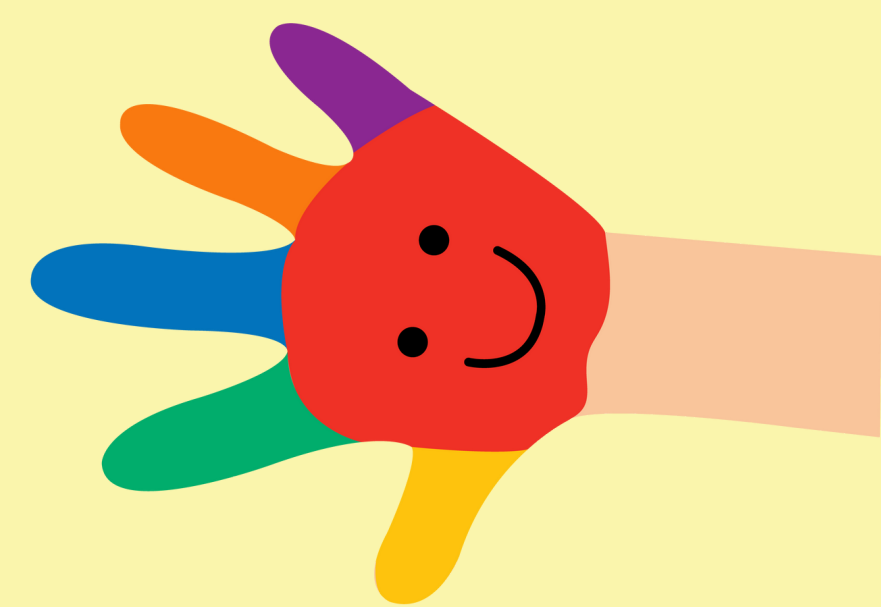
Paint Night

PAINT
NIGHT

BY WELLNESS

ACRYLIC PAINTING
MONDAY 2/12

5-7PM ROOM 1B



Other

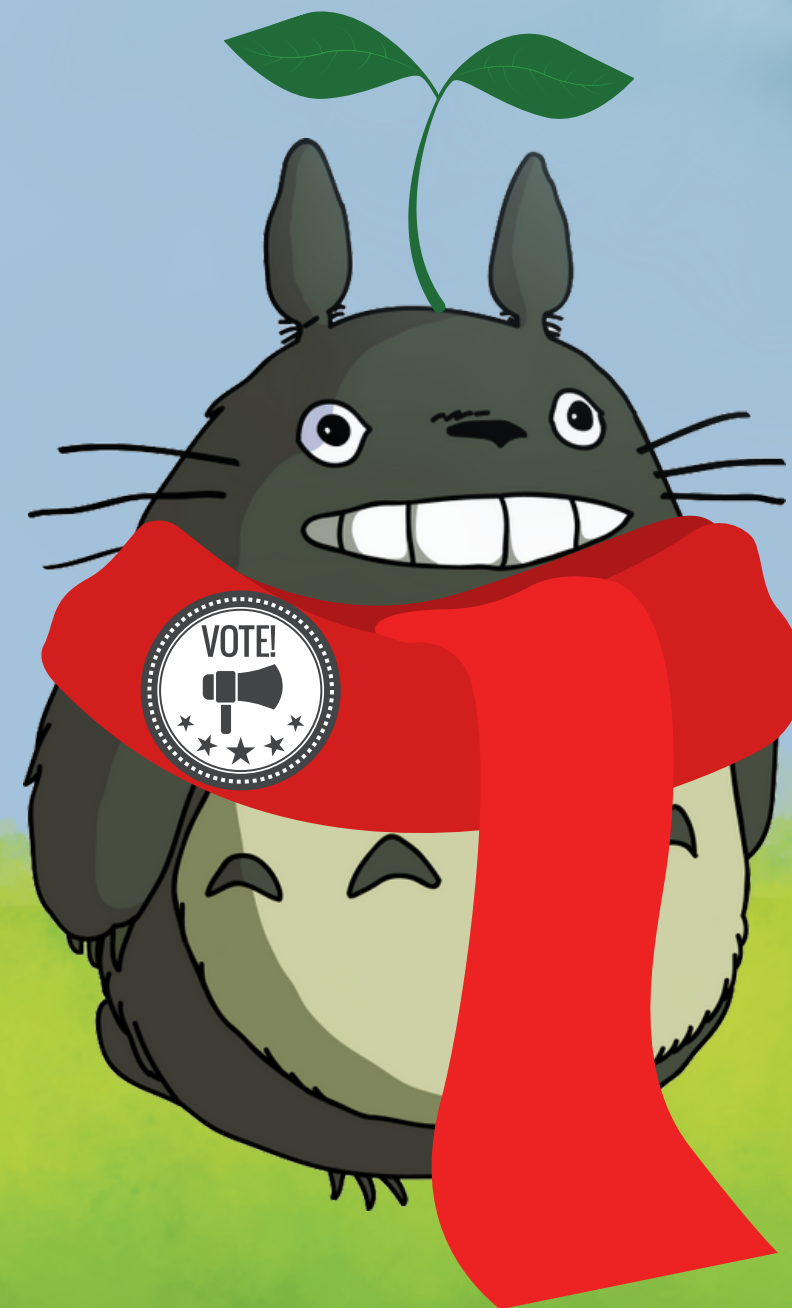
- Survey for Student Interest in attending **SP Appreciation Day!**
 - If you're interested in joining the SP Appreciation Day team talk to Megan or An!



Voting Members



Nathaniel Sands



Cindy Luo



New Committee Members



Student Co-Chairs

Michelle Fernando &
Matthew Phan



Student Vice Co-Chairs

Richard Ma & Cindy Luo



Arts & Crafts

Subcommittee Co-Leads

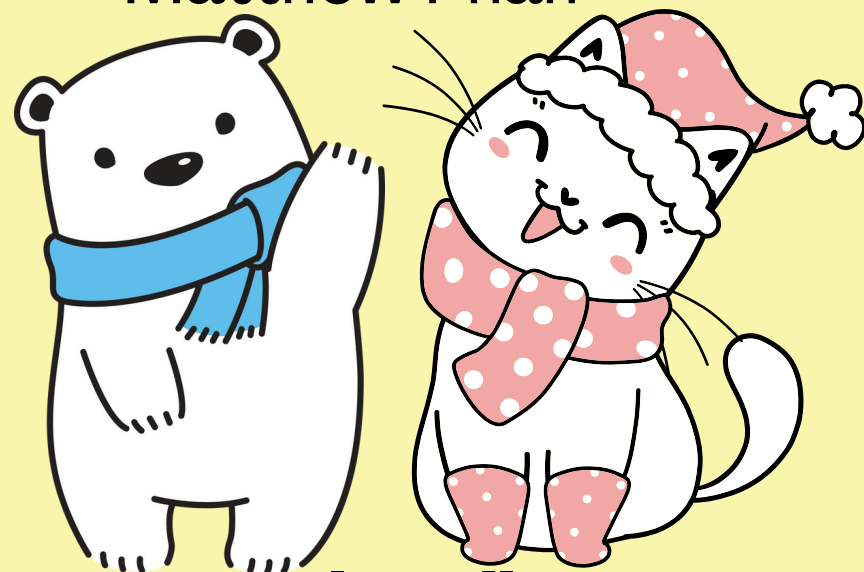
Prithvi Setty & ;)



Big/Little Subcommittee

Co-Leads

Kishore Bharadwaj & Emily Tran



Mental Wellness

Subcommittee Co-Leads

Esther Ahn & Denise Nadora



Nutrition/Gardening

Subcommittee Lead

Darin Cheung



Walk With A Doc

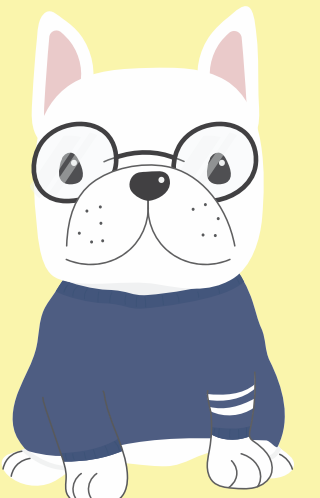
Subcommittee Lead

Carter Barnal



Wellness Officer

Won Jin Choi



Publicist

Tri Huynh

Other

Have new board members meet with retiring board member counterpart.



Please Sign In





THANK YOU

FOR COMING