



I NOTICE OF SPECIAL MEETING OF STUDENT GOVERNMENT OF CSU C/HANNEL ISLANDS, INC.

NOTICE IS HEREBY GIVEN, to the general public and to all members of the CSU Channel Islands Student Government that:

A regular meeting of the Student Government Senate will be held on Wednesday, October 28, 2020 at 9:00 a.m. on <https://csuci.zoom.us/j/96458424516> to consider and act upon the following matters:

- 1) Call to Order: 9:04 am
 - 2) Roll Call:
 - a. Executive Branch: Emily Quinonez, Beatriz Espinoza, Isaiah Ball, and Aurora Rugerio.
 - b. Legislative Branch: Nicole Bernal, Violeta Murillo, Ashley Cruz, Ayleen Trejo, and Wendy Villafuerte.
 - c. Advisors: Annie Block-Weiss
 - d. Members of the Public: Maggie Domingo, Lieutenant Chriss Jetton, and Angel Chika.
 - 3) Approval of Agenda:
 - I. M/S/P A. Trejo/ N. Bernal 5/0/0 Motion Passed
 - 4) Approval of Minutes: None
 - E. Quinonez: Shared to senate that Angel Chika cannot stay for the entire senate meeting which is why she is recommending the senate to skip to agenda item C.
 - II. A. Trejo: I move to suspend the orders of the day to move to agenda item C.
- *Harmony Blackwell arrived.
- III. M/S/P A. Trejo/ V. Murillo 6/0/0 Motion Passed
- 5) Public Forum: None
 - 6) Reports:
 - a. Legislative Reports:
 - i. Senator of Academic Affairs (*N. Bernal*)
 1. Shared that the resolution of the suspension of student rating on teachers was passed. If anyone is interested to push to support for students, please contact them.
 - ii. Senator of Social Justice (*H. Blackwell*)
 1. Shared that the police search committee will have interviews during November 2nd- 6th.
 - iii. Senator of Student Engagement (*V. Murillo*)
 1. No Report.
 - iv. Senator of Sustainability & Technology (*A. Cruz*)
 1. Has received question from students whether the spaces for students to study were going to open up such as the library. Contacted the Dean of the Library

and gave the different point that students have made. The email replied that a re-opening of the library would require an approval from the Chancellor's office.

v. Senator of Wellness & Recreation (*A. Trejo*)

1. Reminded senate that the food pantry is doing drive-through food pantry every Tuesday.
2. On November 16th -20th hunger and homelessness awareness week will take place. Basic needs program is coming up with an event. More information will be coming soon.

vi. Senator of Veterans & Non-Traditional (*W. Villafuerte*)

1. Connected with the assistant director at the veteran's center to get more ideas on how to get students more engaged. Also planning to write some content for their newsletter to get students more engaged.

b. Executive Reports:

i. Vice President's Report (*E. Quinonez*)

1. Shared that the Student Advisory Board committee, has moved on and will be holding two sets of interviews for applicants. Hopefully, we will be reaching out to the students that are going to be in the committee. First goal is to host a student forum that will be student centered.
2. Today is the third day of Civic Engagement with Chief of Staff Ball. Event will be in collaboration with Black Brown Healing Project, please come out.
3. Announced that Rebecca Laurence is the new Title IX director.

ii. Chief of Staff (*I. Ball*)

1. President have selected new provost, Mitch Avila.
2. There will be a segment today through Instagram Live today with Isaac Alferos founder of Black Brown healing project.
3. SRPC had a meeting, some big topics that were discussed was enrollment for CI for 2020-2021 enrollment period, projecting out that we will see reduction. For the following year it is predicted a 2% loss in students. This is caused due to more and more students choosing to go to a Community College first. A better visual of what enrollment will look like can be seen after December 4,2020. Fall 2021-2022 there will be a slight drop off. We need a certain number of students enrolled in order to secure funds to create a better environment for our students. There are many factors that play into the student reduction

iii. Director of External Affairs (*B. Espinoza*)

1. Shared that Ballot Bowl results came in this Monday, CSU Fullerton took the lead followed by UC San Diego and CSU Sacramento.

2. In response to Senator Cruz's report, CSU Eastbay shared that they opened up their library. If we need more information, she could contact CSU Eastbay to asked what steps they took to get the library to re-open for students.
3. Lunch with Lobby Corps was yesterday. Thank you for attending and if you missed the event you can watch it on the Student Government Instagram.
4. CSSA will be having a special meeting. Special meetings are usually intended to focus on one agenda item that is very important. Meeting will take place this Friday, October 30th from 3-4pm. Action Item that will be discussed is the Resolution in support of the Philippine Humans Rights Act.

iv. Director of Operations (*A. Rugerio*)

1. No Report.

c. Judicial Reports:

- i. None

d. Advisor Reports:

i. Advisor (*A. Block-Weiss*)

1. Thanked A. Cruz, about the information regarding the re-opening of the library. However, things to note is that Eastbay has dropped in Covid Cases and we, Ventura county are still in the red zone. If a possible re-opening were to happen, we would need to get approval from the Chancellor office and health officials and county officials.
2. Tomorrow, ASI board of directors meeting is taking place from 7:40 to 9am via Zoom. Link meeting can be found on the ASI website. Student Union two events going on this Thursday, craft studio on origami from 3-5pm and game room tournament super smash from 10-11:30 am. Programing board, is hosting a haunting game night Friday 6-8pm. The CI View is hosting an event where journalist out in the field come talk to students about what it is like to work in the journalism field, see flyer below. Also please check out their weekly Friday email, which includes a video on racial injustice: lived realities. Intern Angel Chika is in this video so please go out and support.
3. There is a commencement committee, student representative are Jazzminn Morecraft, Trang Lee, and Daomary Rodriguez they are all ASI student leaders. Let them know any thoughts on commencement. Also consider what can be done for class of 2020. Please sent them any thoughts.
4. Reminded everyone about the email that Advisor Alatorre sent out regarding the GE and Gloria Romero Act. Please send back feedback out. GE feedback is needed today.
5. Reminder that Student Government still has open positions that need to fill.
6. Division of student affairs sent out an email.

Graduation initiative 2025 Preliminary Progress Update is aimed to help students graduate at a higher rate. As a CSU whole the graduation rates are low. However, looking at current data we are not doing that bad.

Espinoza: Encourage senate to join the ASI Board of Directors to be a part of conversations that affect students.

I. Ball: Asked if there is a CI report for our Graduation rates.

A. Block-Weiss: Shared that there is.

e. Committee Reports:

i. None

7) Outstanding Business:

a. None

8) New Business:

a. INFORMATIONAL ITEM: Mental Health & Wellness (A. Trejo)

i. Shared presentation to bring awareness to Mental Health and the effects it has on College students.

*Trejo yields time to I. Ball

I. Ball: Thanked presenter, asked information about the mental health survey that will take on this year.

A. Trejo: Wellness Promotion and Education is still crafting the survey. As soon as the survey is ready, information will be shared sent out to the team.

Senate: Shared that information was very insightful and maybe Student Government can do something to encourage students and improve the number of students who are going through tough times.

b. INFORMATIONAL ITEM: Transportation & Parking Services (M. Domingo/ C. Jetton)

i. Shared presentation about the Transportation and Parking Services.

c. DISCUSSION ITEM: The Right to Take Up Space (A. Chika)

i. Had a discussion with Dr. Davis she is professor at the nursing program at CI. Interested in having discussion of race and health care and people of color and their perspective spaces and careers. Asked professor Davis to give advice to students and wants to create a video that highlights students of color and what their passion for the major or future. Wants Student Government to be a part of this due to how diverse the group is. If you are interested please email your pictures to angel.chika678@myci.csuci.edu All pictures must be submitted by next senate meeting November 4, 2020.

ii. Senate asked presenter to clarify whether the submissions were going to be pictures or videos.

iii. A. Chika: submission will be pictures not videos.

IV. N. Bernal: I move to resume to the orders of the day.

V. M/S/P N. Bernal/ A. Trejo 6/0/0 Motion Passed.

9) Closing Comments:

- a. A. Rugerio: Please apply to Lobby Corps, application is available in the Student Government Instagram bio, priority deadline is October 30th.
- b. I. Ball: Encouraged senate to Join the Civic Engagement Instagram Live from 1pm-2pm.

10) Adjournment: 10:59 am

Next Student Government Senate meeting is scheduled for Wednesday, November 4, 2020 at 9:00 a.m. on <https://csuci.zoom.us/j/96458424516>

Minutes Respectfully taken by Aurora Rugerio, Student Government Director of Operations.



Mental Health


VERSUS

Mental Illness

Mental Health

A PERSON'S CONDITION WITH
REGARD TO THEIR
PSYCHOLOGICAL AND EMOTIONAL
WELL-BEING.

Quick Facts

- Everyone has mental health!
 - Mental health can come under strain from various life events – **we all have different thresholds** for how much we can cope until our mental health suffers
 - You can have **good or poor mental health regardless of** the presence of a diagnosed **mental illness**
- 

Mental Illness

INCLUDES A RANGE OF HEALTH CONDITIONS FOR WHICH THERE ARE STANDARD CRITERIA USED (DSM-5, DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS) TO DIAGNOSE THEM; INCLUDES CHANGES IN EMOTION AND BEHAVIOR

Quick Facts

- **~40% of college students** screen positive for **clinically significant symptoms** of major depression, generalized anxiety, or eating disorders (Center for Collegiate Mental Health)
- In the US, **psychological disorders** account for almost **50% of the disease burden** for young adults (World Health Organization, 2008)

Common

Disorders

Among College

Students

1. ANXIETY DISORDER

2. DEPRESSION

3. SUICIDE

4. EATING DISORDERS

5. ADDICTION

Anxiety Disorder

CHARACTERIZED BY A GENERAL FEATURE OF EXCESSIVE FEAR AND/OR ANXIETY AND CAN HAVE NEGATIVE BEHAVIORAL AND EMOTIONAL CONSEQUENCES

- 41.3% OF COLLEGE STUDENTS EXPERIENCE ANXIETY
- 11.9 % OF COLLEGE STUDENTS SUFFERING FROM AN ANXIETY DISORDER
- INCLUDES GENERALIZED ANXIETY DISORDER, OBSESSIVE-COMPULSIVE DISORDER, PANIC DISORDER, POST-TRAUMATIC STRESS DISORDER, SOCIAL ANXIETY DISORDER

Signs To

Look For

LIVES IN CONSTANT
FEAR OF FAILURE —
ACADEMICALLY OR
SOCIALY

UNCOMFORTABLE
AND EXTREMELY
ANXIOUS IN SOCIAL
ATMOSPHERES

TROUBLE
CONCENTRATING

PLAGUED WITH
GUILT OR STRESS

HAS VISIBLE PANIC
ATTACKS

Depression

- CAUSES SEVERE SYMPTOMS THAT AFFECT HOW YOU FEEL, THINK, AND HANDLE DAILY ACTIVITIES
- SYMPTOMS MUST BE PRESENT FOR AT LEAST 2 WEEKS.
- NOT EVERYONE EXPERIENCES THE SAME SYMPTOMS.
- NO TWO PEOPLE ARE AFFECTED THE SAME WAY BY DEPRESSION & THERE IS NO “ONE-SIZE-FITS-ALL” FOR TREATMENT

- 1/3 OF COLLEGE STUDENTS REPORT THEY FEEL SO DEPRESSED THEY COULD NOT FUNCTION

=

Signs To

Look For

NO LONGER ENJOYS
ACTIVITIES THEY
ONCE LOVED

NO LONGER
ATTENDING
CLASSES OR SOCIAL
OUTINGS

EXPERIENCING
EXTREME SADNESS
OR HOPELESSNESS

REACTS NEGATIVELY
OR WITH APATHY TO
MOST THINGS

TALKS ABOUT
DEATH OR SUICIDE

Suicide

DEATH CAUSED BY INJURING ONESELF WITH THE
INTENT TO DIE

- SUICIDE ATTEMPT IS WHEN A PERSON HARMS
THEMSELVES WITH THE INTENT TO END THEIR LIFE,
BUT DON'T DIE AS A RESULT OF THEIR ACTIONS

- SECOND LEADING CAUSE OF
DEATH AMONG COLLEGE
STUDENTS

SUICIDAL PEOPLE MAY TALK ABOUT FEELING TRAPPED, FEELING AS IF THEY ARE A BURDEN TO OTHERS, FEELING LIKE THEY HAVE NO REASON TO GO ON, AND ENDING THEIR LIVES.

INDIVIDUALS EXPERIENCING SUICIDAL IDEATION OFTEN DISPLAY A VARIETY OF MOODS, INCLUDING ANXIETY, IRRITABILITY, LOSS OF INTEREST IN ACTIVITIES THEY ENJOYED BEFORE, HUMILIATION, RAGE, AND DEPRESSION.

GIVING AWAY POSSESSIONS THEY ONCE PRIZED, ISOLATION, INEXPLICABLY VISITING PEOPLE TO SAY GOODBYE, AND SEARCHING ONLINE FOR MEANS OF COMMITTING SUICIDE; SLEEP POORLY OR TOO OFTEN, BEHAVE RECKLESSLY, DISPLAY AGGRESSION, AND INCREASE THEIR USE OF DRUGS AND ALCOHOL.

Signs To

Look For

Eating Disorders

"ILLNESSES IN WHICH THE PEOPLE EXPERIENCE SEVERE DISTURBANCES IN THEIR EATING BEHAVIORS AND RELATED THOUGHTS AND EMOTIONS. PEOPLE WITH EATING DISORDERS TYPICALLY BECOME PRE-OCCUPIED WITH FOOD AND THEIR BODY WEIGHT."

- AN ESTIMATED 10% TO 20% OF WOMEN AND 4% TO 10% OF MEN IN COLLEGE SUFFER FROM AN EATING DISORDER, AND THE RATE IS RISING (NATIONAL EATING DISORDERS ASSOCIATION)

Signs To
Look For

SKIPPING MEALS OR
EATING SMALL
PORTIONS

TAKING EXCESSIVE
DIET PILLS OR
MEDICATION THAT
SUPPRESSES
HUNGER

GOES TO THE
RESTROOM TO
THROW UP AFTER
MEALS

COUNTS CALORIES
EXCESSIVELY

OBSESSED OR
DISSATISFIED WITH
WEIGHT OR BODY
SHAPE

CI ACHA–National College Health Assessment Results

Spring 2016
692 students participated

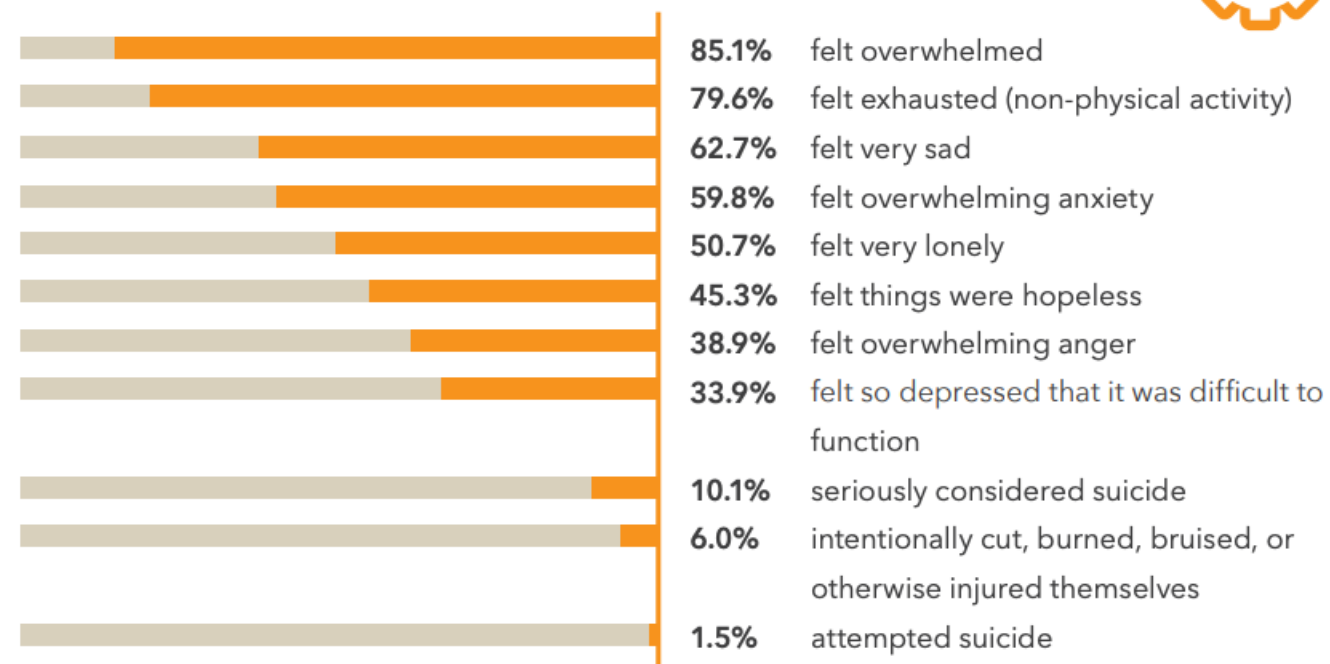
Wellness
Promotion &
Education

Spring 2018
292 students participated

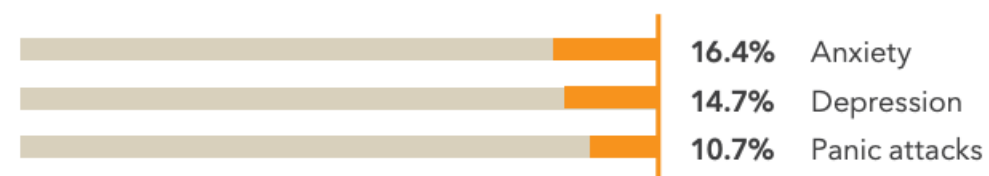
MENTAL HEALTH



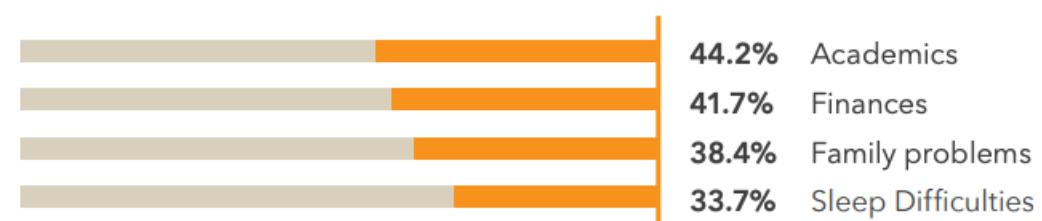
Within the last 12 months, students reported feeling the following:



Within the last 12 months was diagnosed or treated by a professional for the following:



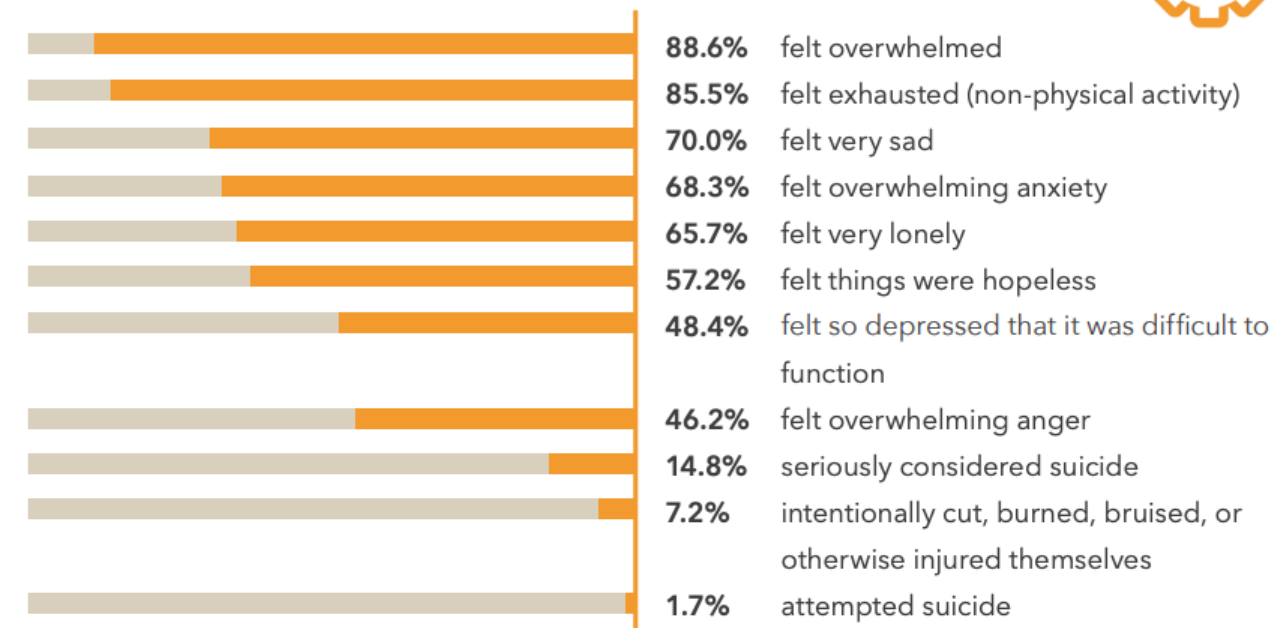
Within the last 12 months, the following was traumatic or very difficult to handle:



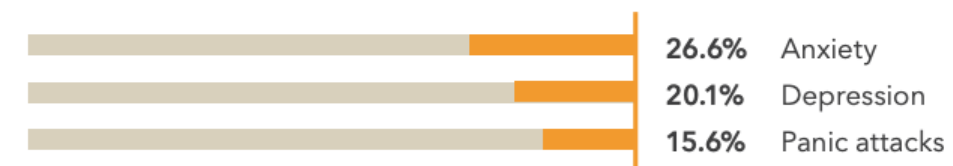
MENTAL HEALTH



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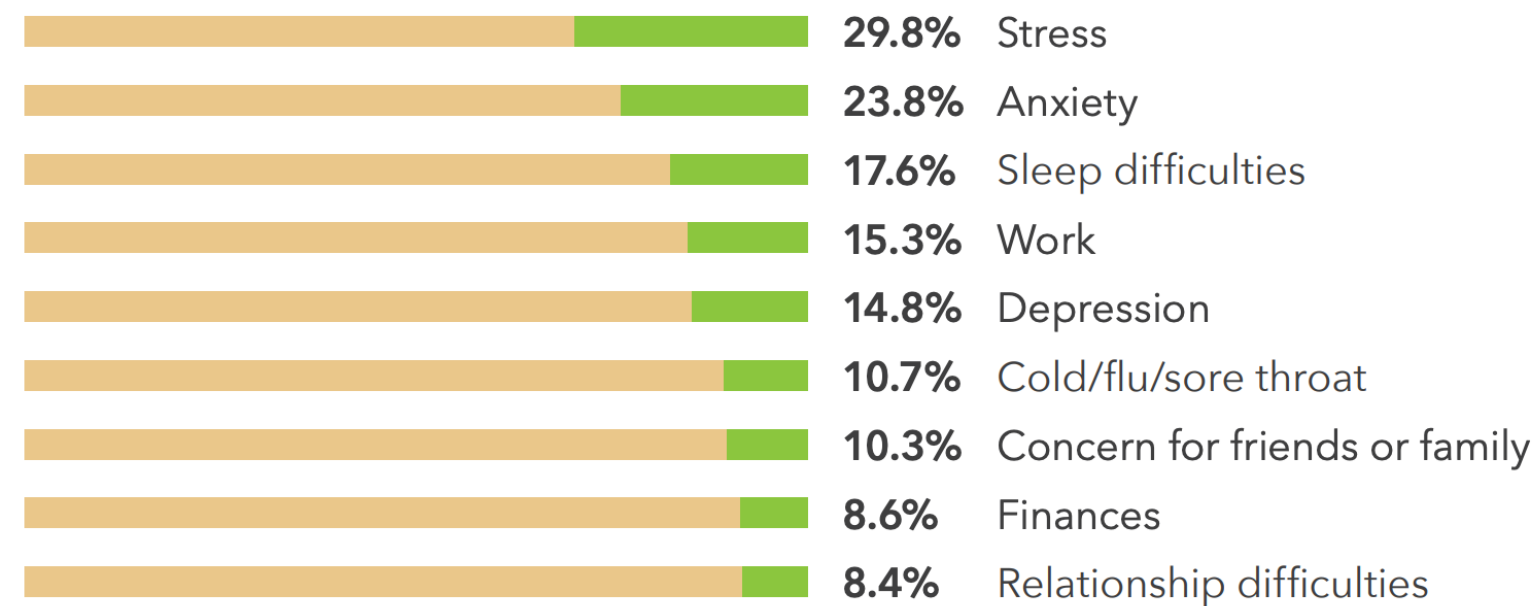
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HEALTH & ACADEMIC IMPACTS

TOP TEN IMPEDIMENTS TO LEARNING



Health problems that negatively impacted students' academics in the last 12 months:

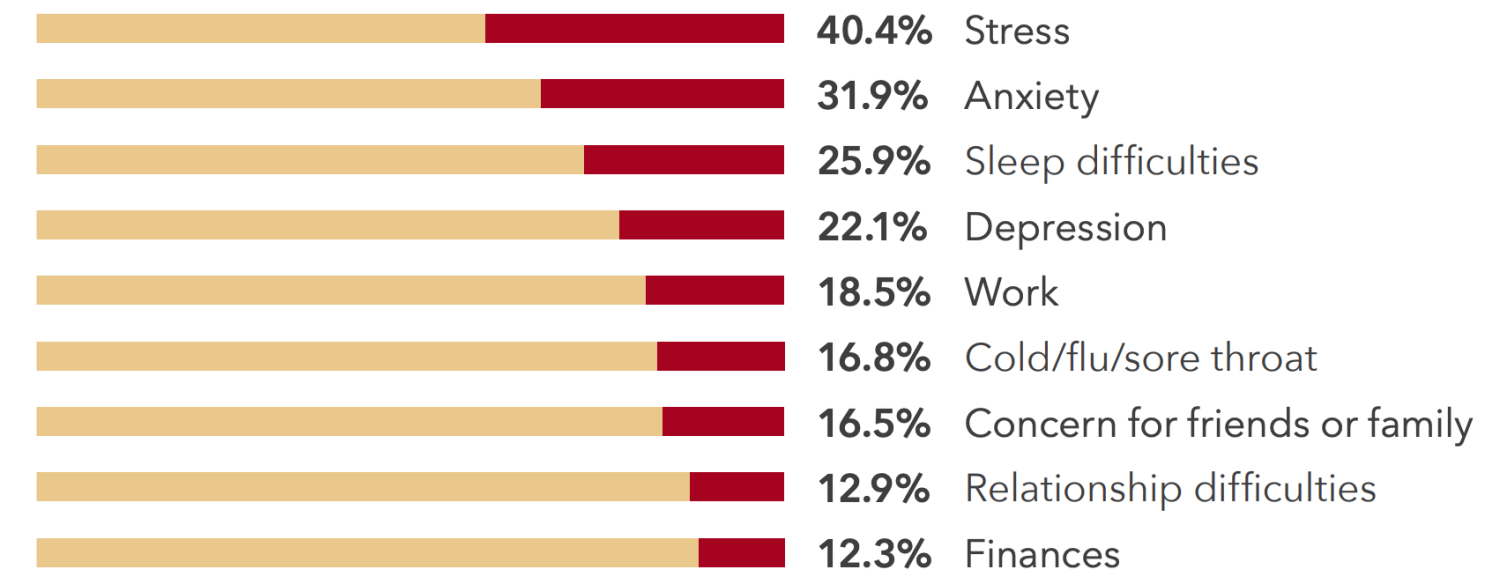


HEALTH & ACADEMIC IMPACTS

TOP TEN IMPEDIMENTS TO LEARNING



Health problems that negatively impacted students' academics in the last 12 months:



What Do

These Stats

Mean

8.5% INCREASE OF
STUDENTS THAT
FELT
OVERWHELMING
ANXIETY

15% INCREASE OF
STUDENTS THAT
FELT VERY LONELY

10.6% INCREASE OF
STUDENTS THAT
FELT STRESS

7.3% INCREASE OF
STUDENTS THAT
FELT DEPRESSED

7.3% INCREASE OF
STUDENTS THAT
FELT VERY SAD



The Importance of Self Care!

CAPS

**(Counseling and
Psychological Services)**

[HTTPS://WWW.CSUCI.EDU/CAPS/TELEMENTAL-
HEALTH-AND-COVID-19.HTM](https://www.csuci.edu/caps/telemental-health-and-covid-19.htm)

- **INDIVIDUAL COUNSELING**
- **GROUP COUNSELING**
- **COUPLES COUNSELING**
- **PSYCHIATRIC CONSULTATION**
- **CRISIS INTERVENTION 24/7 PHONE COUNSELING**
- **CONSULTATION WITH FACULTY, STAFF, AND LOVED ONES**
- **OUTREACH**
- **RELAXATION ROOM**
- **PSYCHOEDUCATIONAL RESOURCES**
- **EMOTIONAL SUPPORT ANIMALS (CAPS POLICY)**

Counseling Meetings

- GENERAL ANXIETY SUPPORT GROUP
 - WEDNESDAY; 1:30 - 2:45 PM
- SOCIAL ANXIETY SUPPORT GROUP
 - THURSDAY; 11:30 AM - 12:30 PM
- MINDFUL RELATIONSHIPS: CREATING HEALTHIER CONNECTIONS
 - TUESDAY; 1:30- 2:45 PM
- “BE YOU” SUPPORT GROUP
 - MONDAY; 2:00-3:15 PM
- WORKING THROUGH GRIEF & LOSSES SUPPORT GROUP
 - MONDAY; 10:00 - 11:15 AM (BEGINS OCT. 12)
- MINDFULNESS FOR WELLNESS SUPPORT GROUP
 - THURSDAYS; 3:00 - 4:15 PM (BEGINS OCT.8)

Recreation Center

- **VIRTUAL FITNESS CLASSES:**
 - **ZUMBA**
 - **WEDNESDAY, 2:00 - 3:00 PM**
 - **STRENGTH AND CARDIO BOOTCAMP**
 - **TUESDAYS 11:00 - 11:30 AM**
 - **WEDNESDAYS 9:00 - 9:30 AM**
 - **HIGH-INTENSITY INTERVAL TRAINING**
 - **10:00 - 10:30 AM**
 - **GROUP/PERSONAL TRAINING**
- **EVENTS**
 - **VIRTUAL MARATHON CHALLENGE**
 - **NOVEMBER 2ND-NOVEMBER 30TH**
 - **OUTDOOR ADVENTURES:**
"BACKCOUNTRY SKILLS"
 - **NOVEMBER 11TH, 12:00 - 12:45 PM**

Student Programming Board

- EKHO'S SPRIT WEEK:
- HAUNTED GAME NIGHT
 - OCTOBER 30TH 6:00 PM - 8:00 PM
- FAMILY FEUD GAME NIGHT
 - NOVEMBER 13TH 6:00 PM - 8:00 PM

Esports League

- **FIFA 20**
 - **OCTOBER 30TH @5:00 PM**
- **MARIO KART**
 - **OCTOBER 30TH @5:00 PM**
- **CALL OF DUTY WARZONE**
 - **NOVEMBER 20TH @5:00 PM**
- **MADDEN 20**
 - **NOVEMBER 2ND @8:00 AM-**
NOVEMBER 13TH @5:00PM

Bible Study

(InterVarsity Christian Fellowship)

- **WEDNESDAY BIBLE STUDY**
 - 3:00PM-4:30PM
- **THURSDAY BIBLE STUDY**
 - 5:30PM-7:00PM & 8:30PM-9:30PM
- **SUNDAY BIBLE STUDY**
 - 1:00PM-2PM



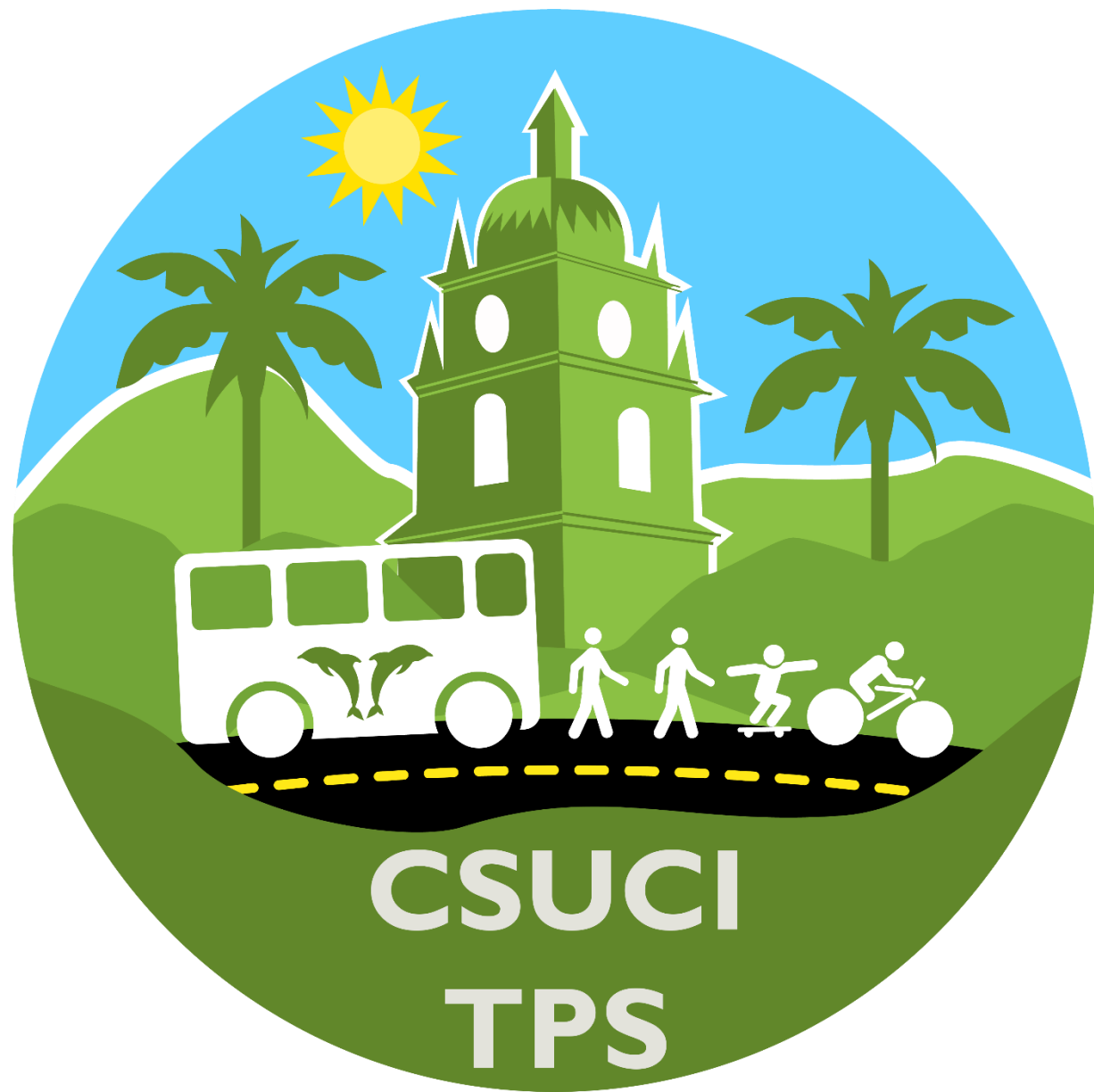
Brené Brown on Empathy

RSA
Watch later Share



Shorts

Questions?



2020 Transportation & Parking Services (TPS)

Maggie Domingo
Lt. Christopher Jetton

Points to Cover



Meet Our Team



TPS Operations



COVID-19 Effects



Moving Forward

- Parking Lots
- Transportation Programs

Meet Our Team



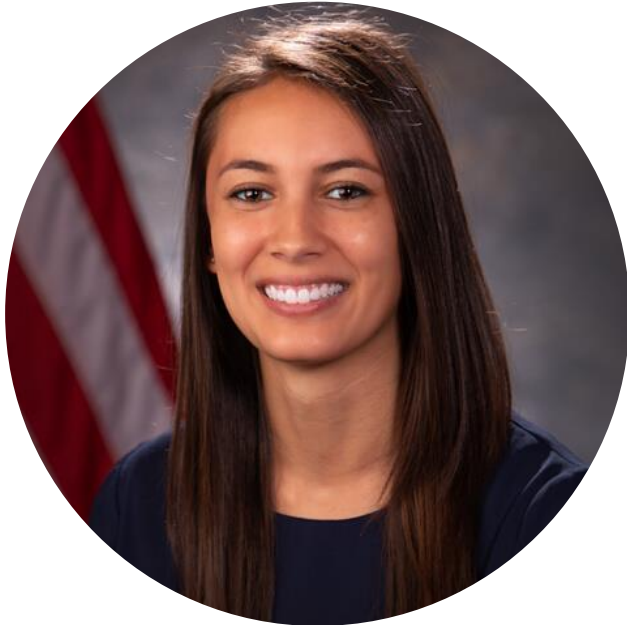
Christopher Jetton

Lieutenant
Police Administration



Colleen Haws

Public Safety
Business Analyst



Maggie Domingo

Parking & Trans. Demand
Management Specialist



Karly Ibrahim

Customer Service
Coordinator



Department Operations

UNIVERSITY AUXILIARY

We are a self-funded auxiliary department of the University.

We receive **NO** money from the state general fund.

HOW ARE WE FUNDED?

All our operational costs are covered with revenue from the sale of parking permits on campus.



Why does a parking permit cost \$195?

The cost of a parking permit is determined by the amount of revenue required to cover all department operational costs.



What are TPS operational costs?



PARKING LOT MAINTENANCE & CONSTRUCTION

Bond debt service for existing and future parking lots, preventative maintenance, capitol construction

TRANSPORTATION PROGRAMS

VCTC Intercity Bus Service
Zipcar Program
Carpool Program
Bicycle Services

SALARIES & BENEFITS

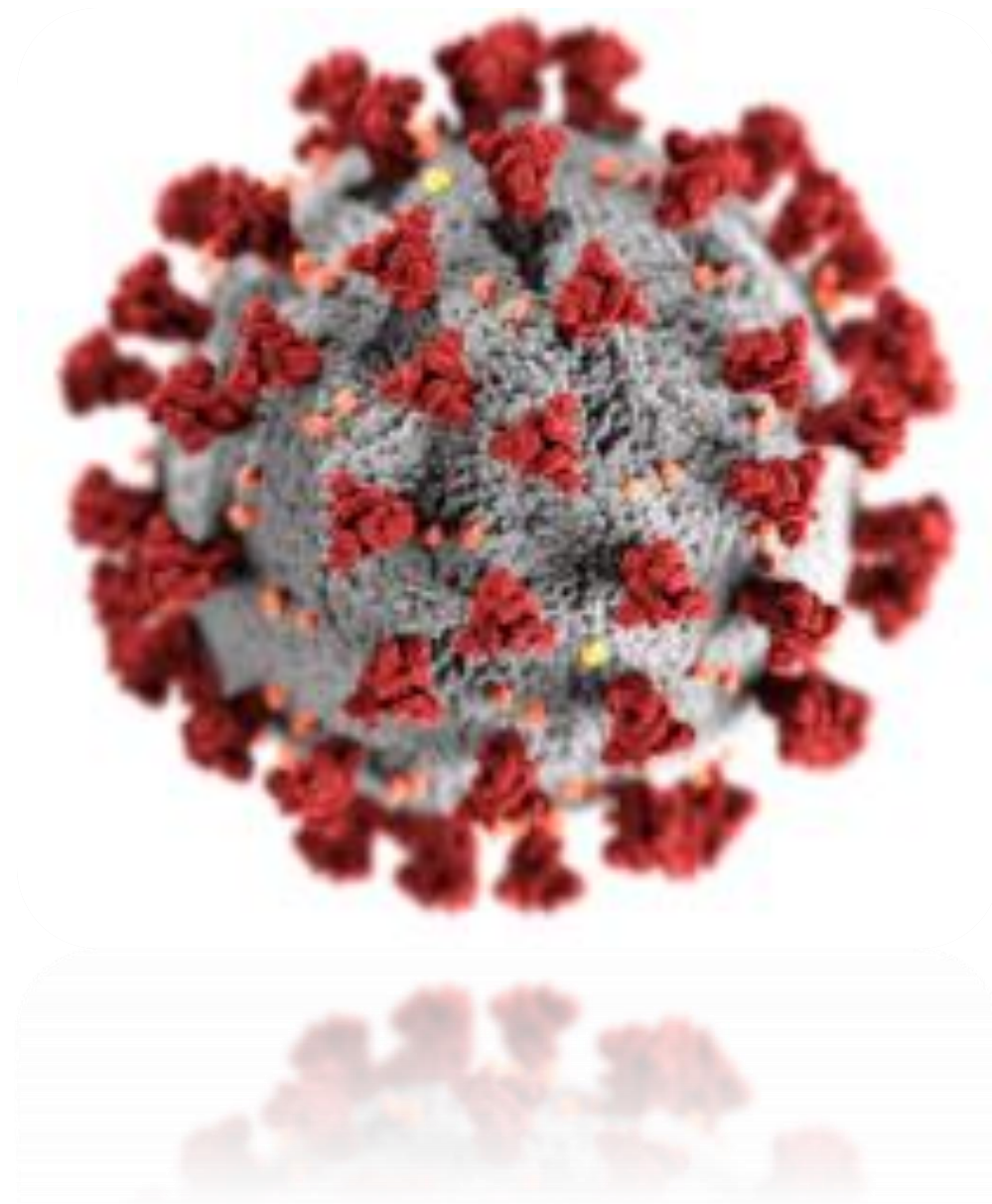
Department employees, campus and system administrative fees, other overhead costs

OTHER COSTS

Parking Management Bureau, parking permit systems, printing & mailing, other vendor services, required reserves per the Chancellor's Office



COVID-19 Effects



\$130,000

Revenue lost in spring 2020

\$79,056

Current fiscal year revenue

→ **7.36%** of last fiscal year revenue



MOVING FORWARD

Department Operations

Adjustments for financial efficiency

Parking Lots

Building and expansion will be postponed

Alternative Transportation

Programs may be reduced or be eliminated completely



WE'RE SOCIAL



@csucitps
@csucipolice



@csucitps
@csuci_police



CONTACT US

We're here for you!



Placer Hall
1 University Drive
Camarillo, CA 93012



parking@csuci.edu



(805) 437-8430

THE RIGHT TO TAKE UP SPACE



IN CONVERSATION WITH:

DR. LASONYA DAVIS
DNP, FNP, WHNP-BC
&
STUDENT NURSE,
ANGEL CHIKA

CSUCI STUDENTS OF COLOR

Our Mission:

As students of color navigating school and future careers, there may be times when we find ourselves in spaces where we are the minority and as a result, diminish our voice or lose ourselves trying to blend in.

Dr. Davis is a true testament to facing and overcoming those adversities, so she is helping me put together a video with her powerful message.

We need your help by submitting a picture to be included in a collage within the video!

Picture Submission:

Submit 1 to 2 pictures that represent your passion/major/career goals. Examples include: lab coat, scrubs, work/business attire etc. You can also send pictures of yourself at events such as a protest, beach cleanup, major fair, conference, etc. The possibilities are endless! (Deadline 11/4/20)
Email picture(s) to:

Angel.chika678@myci.csuci.edu