



February SGA Meeting



02.26.18



Agenda

- Today's Speakers:
 - Habitat for Humanity
- Volunteer Coordinator Check-In
- Committee Meeting Reports
- PAL Representative
- Announcements
- Fundraiser
- Next Meeting Dates

February Guest Speaker (Postponed)

Michelle Carty, Director of Volunteer Services

New Orleans Area Habitat for Humanity



Volunteer Coordinator Check-In

- Brittney Harbin & Yasmin Davis



Habitat for Humanity ReStore



Committee Meeting Reports



- Evaluation Committee
 - Congratulations to Caroline Gilchrist!
- Research Committee
- Grievance Committee
- Curriculum Committee

Let's talk Suicide Awareness

Nathan Yoguez, BA

PAL Representative | HPSM

LSUHSC | School of Public Health

About suicide

- There's no single cause for suicide
- Most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition
- Depression is the most common condition associated with suicide: often undiagnosed or untreated
- Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide

Facts

Suicide is the
second
leading cause of
death among

15-29
year-olds



Over
800 000
people die by **suicide**
every year

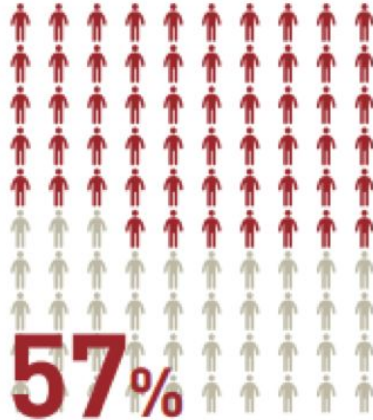
1 death
every
40
seconds



Facts



There are more
deaths from
suicide than from
war and homicide
together



**Pesticides,
hanging and
firearms**
are the most
common methods
used globally



Personal Reflection



What can you do?



Look out for warning signs

- First signs of trouble include:
 - Depressed Mood
 - No interest in activities
 - Changes in appetite
 - Changes in sleep patterns
 - Social withdrawal
 - Impulsive, reckless behavior
 - Uncontrollable anger
 - Increased alcohol or drug use
 - Anxiety and agitation
 - Fatigue
 - Inability to concentrate
 - Dramatic mood swings
 - And more

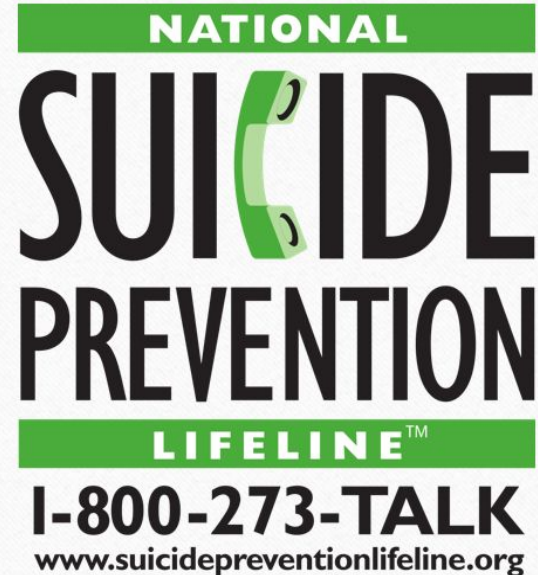


Kunal Nagi

Stay Kool Photography

Take action

- Express your concern
- Listen, offer support and understanding – don't worry about saying the wrong thing
- Don't judge, argue, or act shocked by their plans
- Your genuine interest and support are what matters
- Learn how to intervene
- Express concern



Campus Assistance Program (CAP)

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

The Campus Assistance Program is a free service provided by LSU Health Sciences Center at New Orleans to assist faculty, staff, residents, students and their immediate family members in resolving personal, academic or work related problems. Faculty, staff or residents who are enrolled or employed with LSUHSC-NO programs in other cities are also eligible for CAP services.

LSUHSC-NO recognizes that everyone, at sometime, needs a "helping hand" or assistance. Whether you have a simple or a complex problem, the Campus Assistance Program can help.

A counselor is on call 24 hours a day to assist in time of crisis. If you feel you have an emergency or need immediate assistance at any time, contact the counselor on call by following the instructions on the main line (504) 568-8888.

Location and Contact Information

Clinical Education Building
1542 Tulane Avenue, 8th Fl. Office 866
New Orleans, LA 70112

**Appointments also available at the Dental School location -
Call for further details.*

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Thank you



“Bowl to Feed the Hungry”

- **Where:** Rock 'n' Bowl
 - 3000 South Carrollton Avenue, New Orleans, LA 70118
- **When:** Saturday, March 3rd
- **Time:** 2PM-4PM
- **Cost:** \$10
 - Includes bowling & shoes
- <https://docs.google.com/spreadsheets/d/1GkfP0bJEor2Rqwl6uTS8bx9r3bstNtaPVJUXsQC7Xks/edit?usp=sharing>



Little Bitty Learning - Looking for our future Leadership Team!

- Only requirement is that you are a LSUHSC student for the 2018-2019 academic school year! (not graduating in May 2018 or December 2018)
- Leadership Team Roles & responsibilities:
https://docs.google.com/document/d/1C04Hnb6XU0_x_kR0Vdxx9tHVyLItClfZ-qGB2ZNcpU0/edit?usp=sharing
- Google Form Application: <https://goo.gl/forms/9aFTTrN7MDxyyAXYr1>
- Once application has been submitted, email your resume to NolaLBL4Kids@gmail.com
- Application Deadline: **Friday, March 30th, 2018**





Roles & Responsibilities:



IPSA Little Bitty Learning - Program Overview:

The goal of Little Bitty Learning (LBL) is to decrease childhood obesity through a family-based early childhood intervention. The project aims to accomplish this by improving household routines and health-related behaviors, including family meal time, screen time, and dietary (i.e. fruit/vegetable intake) and physical activity behaviors.

This is accomplished through the use of a 6-week *Cooking Matters for Parents* curriculum provided through the Second Harvest Food Bank; the *Eat, Play, Grow* curriculum through the National Institute of Health; and *Early Childhood* curriculum through the OPEN Online Physical Education. In addition, there is curriculum to support the Positive Household Routines content through the *Color Me Healthy* curriculum that goes in conjunction with the Healthy Communications Campaign for participating families.

The program for the 2018-2019 academic school year will be expanded to multiple Early Head Start Centers recruiting families and children ages 2-5 years old and their siblings. **All key responsibilities are subject to change as the program develops.** If you have any questions about the program or would like further information about what it entails, email NolaLBL4Kids@gmail.com.

LEADERSHIP TEAM ROLES & RESPONSIBILITIES:

Operations Director: Key Responsibilities

- Obtain and manage funding for the LBL program as well as manage the finances with the LSUHSC School of Allied Health business office.
- Execute the Positive Household Routines Lessons provided through the *Color Me Healthy* curriculum with the parents and manage the Health Communications Campaign.
- Oversee the execution of all areas of the LBL program.

Volunteer Coordinator: Key Responsibilities

- Recruit volunteers to participate in the LBL program by sending speaking at school-sponsored events. (i.e. recruit through a school SGA meeting)
- Direct and manage volunteers with tasks and duties during the execution of the LBL program.

Application:

IPSA Little Bitty Learning - Leadership Team Application

Please fill out this application to apply for the leadership team for the Little Bitty Learning program for the 2018-2019 school year. The only requirement that must be met by all applicants is that you will be a LSUHSC student for the 2018-2019 academic school year. Please complete your application by FRIDAY, MARCH 30, 2018. In addition, once you have completed the application, EMAIL YOUR RESUME TO NolaLBL4Kids@gmail.com. If you have any questions or concerns, reach out to that email account. We look forward to reviewing your application!

* Required

Name: *

Your answer

Email Address: *

Your answer

Which LSUHSC School(s) are you a part of? *

☐ School of Public Health

Announcements

- Amber Brown, MPH
- Martha Cuccia, MPH



Upcoming SGA Meeting Dates!

- March Meeting - 3.19.18
- April Meeting - 4.23.18
- End of the Year Social!
 - Blaze Pizza

