

Ana Gonzalez
Director of Health and Human Services

To: ASI Board of Directors

From: Ana Gonzalez
Director of Health and Human Services

Subject: October 2025 Board Report

General Information

Office Hours:

Tuesdays: 12:30 pm, to 2:00 pm
Fridays: 9:00 am to 11:30 am

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University Union, 3rd floor, 3250

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A Special Note to Our Hornets

Hi Hornets,

As we move through this month, let's take a moment to reflect, learn, and stand together. October is a time of recognition and awareness. We honor Domestic Violence Awareness Month, LGBTQ+ History Month, Down Syndrome Awareness Month, and continue the celebration of National Hispanic Heritage Month and Filipino American History Month. We also look forward to the beauty and light of Diwali, a reminder that hope and kindness shine brightest in times of challenge. With midterms upon us, remember to take care of yourselves mentally, emotionally, and physically. Reach out for support when you need it, take breaks, and celebrate your progress. You've worked hard, and you deserve care and compassion along the way.

As I like to say, "¡Sigue adelante!" — keep moving forward, Hornets. You've got this.

With pride and encouragement,

- Ana Gonzalez

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Internal Committee Updates

ASI Finance & Budgeting Committee

Points of Discussion: Elected a Vice Chair and continues to actively serve with the presented numerous legislative items related to ASI elections, grants, and expenditures.

Health and Human Services Joint Council

Points of Discussion: Elected new members during the first meeting on October 2nd and are currently planning the second meeting for early November (date TBD). Collaborating with HHS departments to identify key discussion points and initiatives to bring forward to the Joint Council.

University Committee Updates

Diversity and Equity Committee

Points of Discussion: Discussions are ongoing regarding the Land Acknowledgment and how to ensure it reflects inclusive representation. The committee aims to find common ground and clarify the historical context, intent, and policy framework behind the acknowledgment. Collaboration with Inclusive Excellence (President's Office) and consideration of Faculty Senate recommendations will help guide a unified and meaningful approach.

Community Advisory Council Health and Human Services

Points of Discussion: The Doctor of Audiology (Au.D.) Program at Sacramento State officially opened on October 1, 2025. The program expands health sciences offerings and strengthens interprofessional training within the College of Health and Human Services.

Student Health Advisor Committee

Points of Discussion: : Upcoming SHAC meetings: Incentive: Free parking pass for attending a meeting. Nov 5 | 1–2 PM, Dec 3 | 1–2 PM. Basic needs resource center, assists students facing food or financial insecurity; averaging 91 appointments per day to prevent student dropouts due to basic needs hardships. Actively accepting donations and recently featured in a Telemundo interview highlighting student support services.

Sexual Violence Awareness Team

Points of Discussion: October is Domestic Violence Awareness Month. Upcoming events include Love Fest on October 20th (11 a.m.–2 p.m.) at the Quad, a Sexual Awareness Lunch on October 30th, and a Teaching Safety Issues During These Political Times discussion to promote education, awareness, and prevention across campus.

Strategic Priority Updates

Strategic Priorities:

To better serve you, the student body of Sacramento State, I am committed to focusing on these priorities this semester. As the semester goes on, I will be providing updates on my progress with the following:

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1.0: Innovation & Career Readiness

- Collaborating with the Sacramento Hispanic Chamber of Commerce & Alpha on *“Empowerment Through Connection: Community Leaders in Business & Culture.”*
- Goal- Connect Latinx and first-gen students with business leaders for mentorship, networking, and professional growth.

2.3 Promote Mental and Emotional Wellbeing

- In progress: *Campus Vision Screening Initiative* offers potential free, quick eye exams between classes to make preventive care accessible and affordable for students. Partnering with medical clubs boosts outreach. Filling a current service gap at The WELL, it aligns with ASI’s wellness goals and creates a visible, measurable impact on student health and engagement.
- *“Letter to Your Future Self”* wellness initiative invites students to engage in mindful reflection by writing personal letters addressed to their future selves. Centered on the themes of reflection, growth, and self-compassion, this self-guided activity encourages students to express their current thoughts, goals, and emotions.

Office Hours

- *Sent and respond to emails*
- *Reached out to HHS Department Chairs to set up meetings*
- *Research opportunities for students within College of HHS*
- *Researched and chose committees to serve on, as well as strategic priorities to focus on*
- *Promoted ASI resources and Events on social media platforms*

Meetings, Events, & Presentations

September 2025

09/25- *SVAT Committee Meeting*
09/25- *Native American College Opening*
09/30- *F&B Committee Meeting*

October 2025

10/8 - *ASI Board Meeting*
10/2- *1st HHS Joint Council Meeting*
10/15 - *ASI Working Board Meeting*
10/22 -*ASI Board Meeting*
10/21 - *Meeting w/SOL Ashley Torres*
10/22 - *ASI Pumpkin Painting Contest*
10/1 - *ASI Bingo w/the Board*
10/1- *SHAC Planning Committee Meeting*
10/1- *ASI Working Board Meeting*
10/6 -*CODE Committee Meeting*
10/7 - *1: Meeting Associate Dean Robert*
10/14 -*F&B Committee Meeting*

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10/14 - 1:1 Aran Meeting Strategic Priority Planning

10/17 - Meeting w/Member Jorge Macias -Sacramento Hispanic Chamber of Commerce

10/8 - ASI Board Meet and Greet Faculty

10/15- Pre-Health Fair