Mental health is becoming a greater issue within the undergraduate population. An estimated 26% of Americans ages 18 or older, live with a diagnosable mental health disorder. Furthermore, untreated mental illness in the college student population is associated with a lower grade point average and higher probability of dropping out of school.

Mental health illnesses are an especially complex issue in the college atmosphere, as students are often experiencing a new challenging environment. In addition, many schools report that many students seeking active mental health counseling have long standing histories of mental health issues. This trend has caused institutions to reevaluate the quality and accessibility of mental health services.

With this greater need for mental health services in mind, UCLA started offering incoming students free online screenings for depression. The
The aim of the program is to reduce the impact of depression by 50% globally by the year 2050. In addition, the program aims to eliminate the burden of untreated depression by the end of the century. The program is headed by Jonathan Flint, who has recently started his career at UCLA from Oxford University. The program aspires to combat depression through five distinct approaches. These approaches include conducting a research study on depression, uncovering the origins of depression, changing diagnostic methods, creating new treatments and increasing understanding of depression. Flint states that to better understand the basis of depression the team will use a multidisciplinary approach, integrating basic brain science, genetics, social sciences and clinical research. The team aspires to implement new protocols on the UCLA campus and on the patient population served by UCLA Health. Furthermore, UCLA has screenings aid in the larger effort of creating better methods of evaluating and treating depression within undergraduates.

In 2015, UCLA began the Grand Depression Challenge. “If students can support one another and feel like they can talk about these issues, perhaps we can get them to comfort one another at least.”
-
(modernhealthcare.com)

(continued)
An issue within college campuses is the ratio of counseling staff to students. According to Association of University and Collaging Counseling Center Directors, on average there is one mental health professional for every 1,737 students.

The professor of psychology at Rockhurst University, Risa Stein, suggests that student members should promote professional services offered on campus and help students identify when they may need those services. She believes that “If students can support one another and feel like they can talk about these issues, perhaps we can get them to comfort one another at least”.

Yerba Mate is prepared by steeping the leaves of the yerba mate tree, which is the descent of the Holly tree and is found in the rainforests of South America. Once the leaves are steeped in hot water, the tea is traditionally served in a calabasa gourd with a metal straw, otherwise known as a bombilla.

What are some of the benefits of Yerba Mate?

Drinkers of Yerba Mate claim that the drink has increased their mental awareness without causing the “jittery” side effect associated with caffeinated beverage. The drink enhances mood, memory, and alertness. It is known to stimulate the production of dopamine, a neurotransmitter that is thought to control motivation and productivity. The drink is also useful for those who suffer from mental or physical fatigue. It contains about 85mg of caffeine per 8 ounces, which is relatively
The disposal of corpses has been a notoriously controversial topic as corpses are handled differently between religions. Advancement in the biocontainment community, has led to the creation of a new method of corpse disposal known as alkaline hydrolysis. The idea of alkaline hydrolysis was first formulated by Albany Medical College in the mid 90s.

Alkaline hydrolysis serves to be a more environmentally friendly method for corpse disposal. The process produces less carbon dioxide and pollutants than cremation. Standard cremations require the burning of natural gas, and therefore release not only greenhouse gases but also other harmful chemical such as mercury, dioxins, and furans. Similarly, burials require large amounts of lands which can cut into the habitats of surrounding wildlife.

The alkaline hydrolysis decomposition process works by having the corpse placed inside a high-pressure chamber (pictured above). Within in the chamber potassium hydroxide is mixed with water and then heated to 302 degrees Fahrenheit. Once these conditions have been achieved, a biochemical reaction begins to take place. The strong alkaline bases begin to break down all components of the corpse except for the skeleton into their original components. These components are usually sugar, salts, peptides, and amino acids. In fact, DNA itself begins to unzip into the nucleobases it is composed of, cytosine, guanine, adenine, and thymine. The components form a sterile liquid that is eventually cooled and buffered to a safe pH. The total process utilizes 90 kW-hr of electricity which is approximately one quarter of the energy utilized in flame based cremations.

The method is gaining acceptance throughout the nation. Alkaline hydrolysis

(continued)
has been legalized in fourteen states including, Oregon, Minnesota, Maryland, Maine, Kansas, Illinois, Florida, Colorado, Georgia, Wyoming, Idaho, and Nevada.

Furthermore, alkaline hydrolysis is being greatly utilized within in the scientific community. The University of Florida utilizes alkaline hydrolysis to dispose of cadavers that have been donated for research. Similarly, the University of California, Los Angeles utilizes the process on donor bodies.

Dean Fischer, the director of the Donated Body Program at UCLA utilizes a machine named the Resomator to carry out the alkaline hydrolysis process. Fischer makes the analogy that the technology is similar to that of an autoclave, an apparatus commonly used in research laboratories for sterilization. The Resomator heats up for a minimum of one hour at 302 degrees farhenheit, this allows pathogens to be destroyed 60,000 times more greatly than the sterilization that occurs in the doctors office. Fischer also explained that UCLA is allowed to utilize the Resomator within California as the institution holds a medical waste permit, separate from the funeral and cemetery industry.

Although the machinery itself is more expensive than traditional burial methods the actual cost of running the equipment is very comparable to current methods.

Another obstacle in the acceptance of the method has been the funeral industry. Big corporations that organize caskets, and other funeral related tasks would no longer be required with the acceptance of alkaline hydrolysis. This lack of utilization leads to a slower adoption and awareness of alkaline hydrolysis.

However, the method has gained more popularity as many have started to view the method as a gentler alternative to cremation. The term gentler comes from that fact that the process is less invasive in comparison with the disturbance that takes place with a regular cremation. Fischer believes that there will be a greater acceptance of alkaline hydrolysis in the coming future.
Christine Chung is a third year UCLA student, who has been a Care Extender for over 2 years. Christine recently started volunteering for the Music at the Bedside Program, where volunteers provide music to patients.

How did this program first develop?
I had been playing cello for a very long time and had played cello for seniors at a retirement center during high school. I was curious to see if there was a program offered at the hospital where musicians could play music for patients. With the help of volunteer services, I was able to start a similar program at the Ronald Regan Hospital. The program is young as it was just launched this school year.

What role does a volunteer play in this program?
We distribute flyers to the patients and have the nurses make announcements about the program. The patients can then contact their nurses with a time and date upon which they’d like to be played for. This information is then received by the Volunteer Services Director, Carey McCarthy, who then passes the information on to me and I try to schedule myself or other volunteers who have corresponding availabilities. The volunteer can then play music for the patient during their assigned shift.

What does the program look for in volunteers?
We would like to eventually grow the program but are waiting to further develop the program first. Patient interaction is a skill that is pivotal to volunteers in this program. Often the patients we play for are terminally ill and require a greater deal of sensitivity.

What has been a memorable experience for you in the program?
One of my first experiences was playing for a liver transplant patient. The patient was enthusiastic about music and started to talk about their love for the Beatles. Coincidentally, I happened to have a lot of Beatles songs to play. It was really rewarding to see the patient’s happiness in the music I played. I found this kind of patient interaction to be very different from the patient interaction I usually experience at the hospital. Through music I was able to experience healing within the patient. Another equally memorable experience was with a younger patient. The patient was on the verge of being paralyzed and their family was worried that this news was causing the patient to become depressed. Initially it was hard to communicate with the patient and their family members as they did not speak English. However, as I began to play music the patient’s mood brightened up. Music is something that I personally use to relieve my stress. Through this program I can combine my interest in medicine with my personal hobby. I feel that this aspect is what makes the program so unique to me.
The National Basketball Association Cares program is the league’s global social responsibility program that builds on the NBA’s mission of addressing important social issues. Every year NBA Cares holds an event known as the All Star Day of Service, in which athletes, coaches, and volunteers help rebuild communities in the All-Star Game’s host city. As part of the 11th NBA Cares All-Star Day of Service, the L.A. Regional Food Bank aspired to shine light on the city’s struggle with food insecurity. The food bank helps to serve and support over 300,00 individuals each year. One in seven people living in L.A. County are still struggling with hunger. The food bank sources and acquires food and other products and distributes them to those in need through charitable agencies or directly through the program. In addition, the organization conducts hunger education, awareness campaigns, and advocates for public policies that alleviate hunger.

Volunteers participating in the All Star Day of Service were asked to sort and repack food donations which were then distributed to seniors in need. The L.A. Regional Food Bank has the largest senior distribution program in the United States to help seniors live longer, happier lives.

As volunteers packaged food at the assembly line, players and coaches were able to share their experiences with volunteers from local schools. “No matter what level you are at, it’s all about giving back to the community”, explained NBA legend player, Tamika Catching. Catching believes that players of all generation can come together when they work to help improve the living conditions of local residents.

Anthony Davis of the New Orleans Pelicans was also present at the event. Davis’ early morning visit to the regional food bank was both fun and fulfilling as he toured the facility and then helped assemble meal baskets for senior citizens.
Davis stated that serving the community is one of his favorite things about All Star Weekend and that it is not only important to give back wherever and whenever you can but also to have fun while serving others as that allows you to nurture your love for community service. Lastly, Houston Rockets head coach Mike D’Antoni also had a rewarding time at the event. “It’s very satisfying for us to use the platform that the NBA gives us to help other people, but what’s more commendable to me, being in a place like this, is to see those high school students here helping out”.

By the end of the event more than 625,000 pounds of food was packaged. said Michael Flood, CEO of the L.A. Regional Food Bank stated, “It’s great to have the NBA here this weekend for the All-Star Game and all the festivities that go around it,” Having the spotlight on the issue of hunger and that there’s something people can do about it is very important.”

Tell us about your favorite NBA team at: www.tinyurl.com/spring18newsletter

Stay tuned for the summer newsletter to see which NBA teams your fellow Care Extenders are fans of!
Care Extenders of the Rotation

“Often times, we ourselves can rise by lifting others”
- Robert Ingersoll

Ronald Reagan Medical Center

- Faten Safadi  o  Oncology
- Sean Ezenwugo  o  Oncology
- Lilit Shishikyan  o  8N
- Elyza Do  o  8N
- Saiyada Haroon  o  ER-B
- Nathan Cai  o  ER-B
- Michelle Dela Rosa  o  ER-B
- Sophie Lee  o  ER-B

Santa Monica Medical Center

- Adrian Manuel  o  ER-B
- Abigail Brand  o  ER-A
- Ryan Beyer  o  Office Assistants
- Osnat Barazani  o  Greeters-A
- Anjelica Byrne  o  Greeters-A

If nominated by your Department Coordinator as Care Extender of the Rotation two or more times, you will be eligible for a letter of recommendation!

Miguel Gomez Jr. receiving CICARE recognition
### Important Dates

**MAY**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td>4</td>
</tr>
<tr>
<td><strong>30</strong></td>
<td><strong>7</strong></td>
<td><strong>14</strong></td>
<td><strong>21</strong></td>
<td><strong>28</strong></td>
<td><strong>1</strong></td>
<td><strong>8</strong></td>
</tr>
</tbody>
</table>

**JUNE**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25</td>
<td>5</td>
</tr>
<tr>
<td><strong>1</strong></td>
<td><strong>4</strong></td>
<td><strong>11</strong></td>
<td><strong>18</strong></td>
<td><strong>25</strong></td>
<td><strong>2</strong></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

**JULY**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
<td>4</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td><strong>9</strong></td>
<td><strong>16</strong></td>
<td><strong>23</strong></td>
<td><strong>30</strong></td>
<td><strong>1</strong></td>
<td><strong>8</strong></td>
</tr>
</tbody>
</table>

**AUGUST**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td><strong>1</strong></td>
<td><strong>6</strong></td>
<td><strong>13</strong></td>
<td><strong>20</strong></td>
<td><strong>27</strong></td>
<td><strong>2</strong></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

**Dates**

- **4/29** DCA Committee Application Closes
- **4/30** Spring Rotation Begins
- **5/4** Cinco De Mayo
- **5/7** Recruitment Committee Applications Open
- **5/9** Extension Request Form Deadline
- **5/13** Preferences Sign Up Deadline
- **5/26** Admissions Committee Applications Open
- **5/27** Preferences Sign Up Close
- **5/28** Memorial Day Holiday
- **6/2** Admission Committee Applications Deadline
- **6/13** Prospective Care Extender Orientation
- **6/14** Prospective Care Extender Orientation
- **6/17** Prospective Care Extender Orientation
- **6/17** Father’s Day
- **6/24** RRH PEDS & PICU Child Life Training
- **7/1** Summer Department Assignments and Meeting Information Posted
- **7/4** Independence Day Holiday
- **7/23** DCA applications open
- **7/26** New CE Check in Day
- **7/29** Training Day
- **7/29** Department Meeting
- **8/4** DCA applications close
- **8/5** Spring Rotation Ends