



# UH Wellness: FY20 SFAC Presentation

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DR. PATRICK LUKINGBEAL, DIRECTOR



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Do WELL

Be WELL

# UH Wellness



**MISSION:** To empower the campus community to make healthy choices across all dimensions of wellness through evidence-based programs and services that contribute to student success.



Occupational



Environmental



Social



Financial



Emotional



Cultural



Physical



Intellectual



Spiritual

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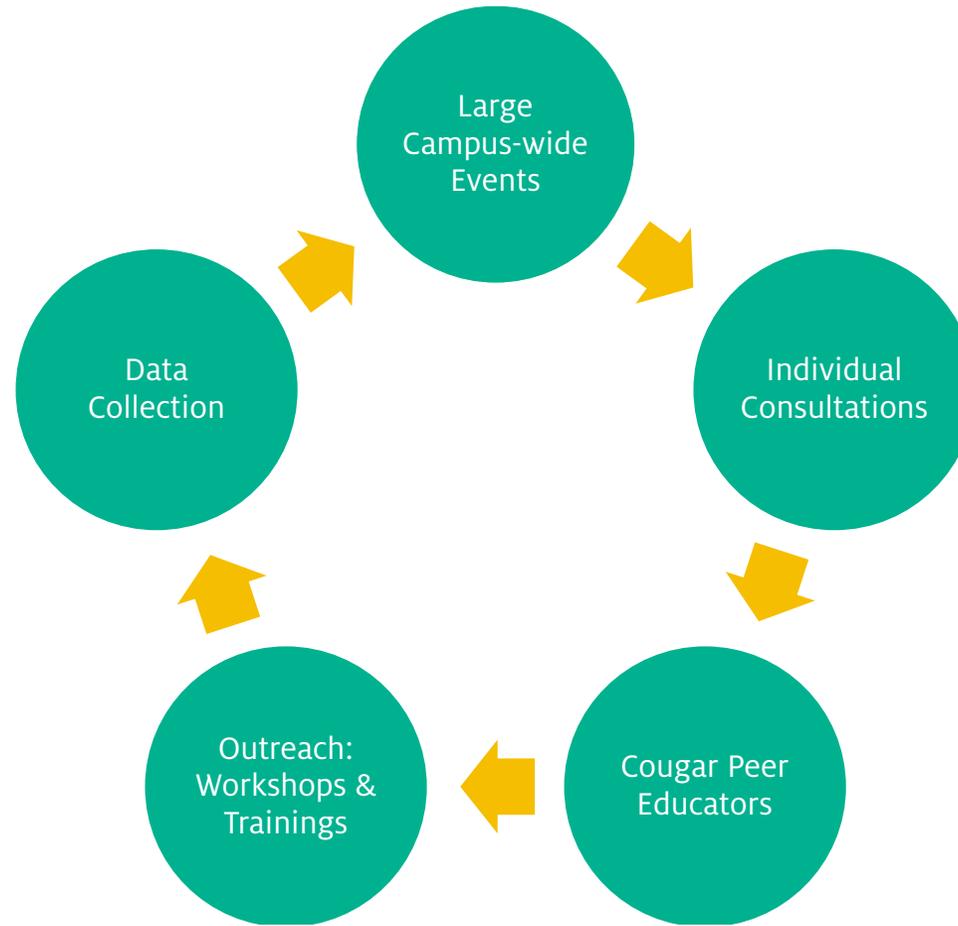
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# Our Foundation

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# How We Accomplish This



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# FY19 Strategic Initiatives

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- ***Strategic Initiative 1:*** To facilitate student development and the student learning process through education on alcohol and other drugs, mental health, sexual violence and sexual health (UH 1,2; DSAES Student Success 1 & 3).
- ***Strategic Initiative 2:*** Expand collaboration and networking within the university by sharing the message of who UH Wellness is and what we offer through increased programming and campus involvement that appeal to a wider audience (UH 2, 5; DSAES Partnerships 1 and Division Cohesion 1).

# FY19 Strategic Initiatives

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- ***Strategic Initiative 3:*** To increase the use of programs that use research based, theory driven prevention models from three to four (UH 2, 4; DSAES Student Success 1 & 3).
- ***Strategic Initiative 4:*** To promote comprehensive campus wellness by offering a variety of programs and services that seek to educate and develop the nine dimensions of wellness (UH 2, 3; DSAES Student Success 1 & 3).

# FY19 Strategic Initiatives

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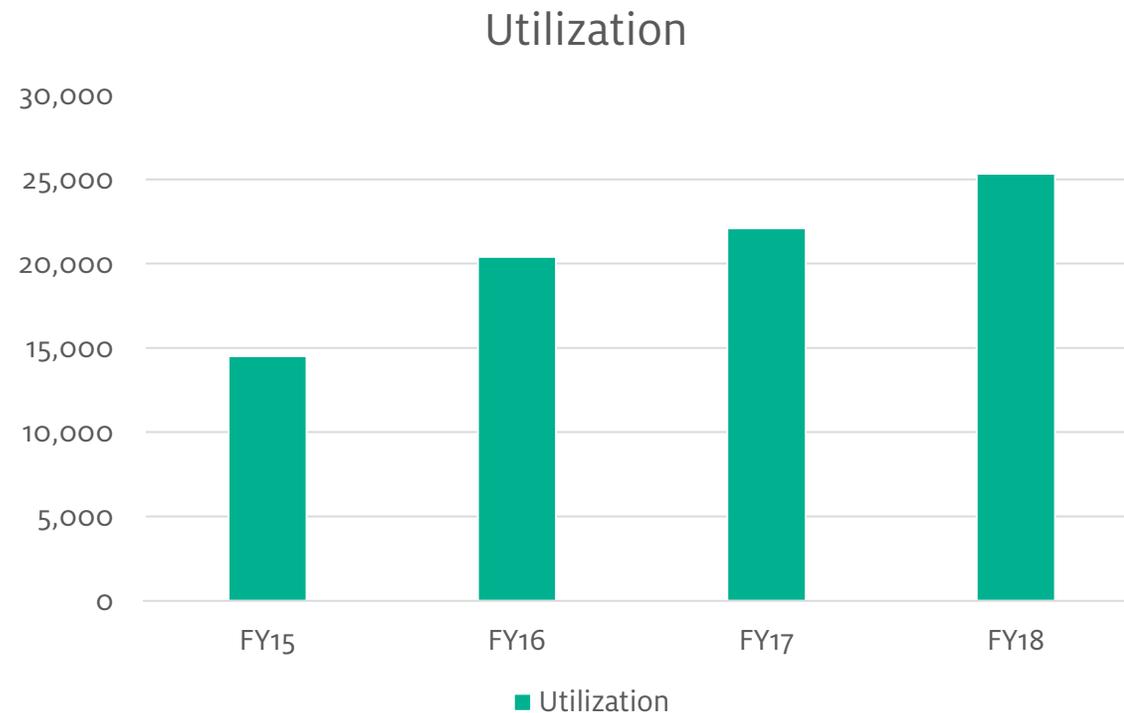


- ***Strategic Initiative 5:*** Promote professional and student staff progression toward advanced professional competencies by maintaining a culture of assessment through employment, along with an emphasis of self-care and work/life negotiation (UH 6, DSAES Division Cohesion 3 & 5).

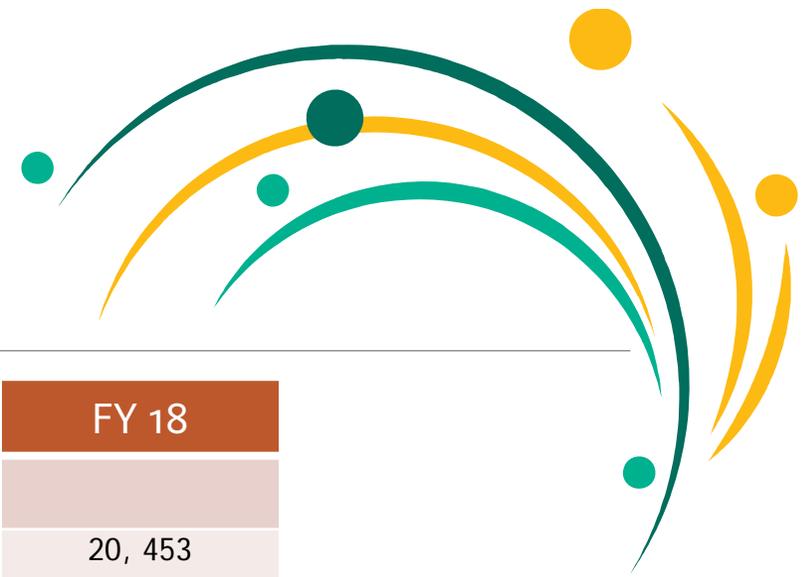
# Major Unit Successes



- Individual Utilization: Increase use of UH Wellness programs and services across the board in FY18 (25,335) from FY17 (22,102)



# Utilization



	FY 17
<u>Outreach</u>	
Workshops/Trainings	17,159
Informational & Events	3,633
<u>Special Programs</u>	
(Marijuana 101, MIP, BASICS)	161
<u>Walk-In/Consultation</u>	1,554
Total	22,507

	FY 18
<u>Outreach</u>	
Workshops/Trainings	20,453
Office Informational Events	1,472
Tabling or Resource Fair	1,290
<u>Special Programs</u>	
(Marijuana 101, MIP, BASICS)	178
<u>Walk-In/Consultation</u>	1,942
Total	25,335

A **14.6%** increase in utilization!

# Major Unit Successes

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- Workshop Request increase to 70+
- 424 faculty, staff, and students trained in Mental Health First Aid
- BASICS doubled participants in second year

# What's New for FY19



**Emotional Wellness Month** September 2018

Each month, UH Wellness focuses on a different dimension of wellness. For Emotional Wellness, enjoy free events and workshops focused on stress management and mental health awareness!

- Mon. 9/10** **Suicide Loss Memorial Display**  
11:00 am - 1:00 pm  
CRWC Rotunda
- Wed. 9/12** **Gratitude Takeover**  
11:00 am - 1:00 pm  
Student Center North Tables
- Thurs. 9/13** **Fresh Check Day**  
11:00 am - 1:00 pm  
Student Center Plaza
- Fri. 9/14** **Mental Health First Aid Training**  
8:00 am - 5:00 pm  
Wellness Classroom (CRWC 1038)  
*Advanced RSVP Required by visiting Wellness' website*
- Mon. 9/17** **Wellness for the Health of It: What's Sleep Got to Do with it?**  
1:00 pm - 2:00 pm  
Wellness Classroom (CRWC 1038)

## Wellness Dimension of the Month:

- Speaker Series
- Social Media
- Potty Talks
- Unique Workshops
- Interactive Tabling

# What's New for FY19

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# What's New for FY19

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# *Peer* **Body Project**

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# What's New for FY19

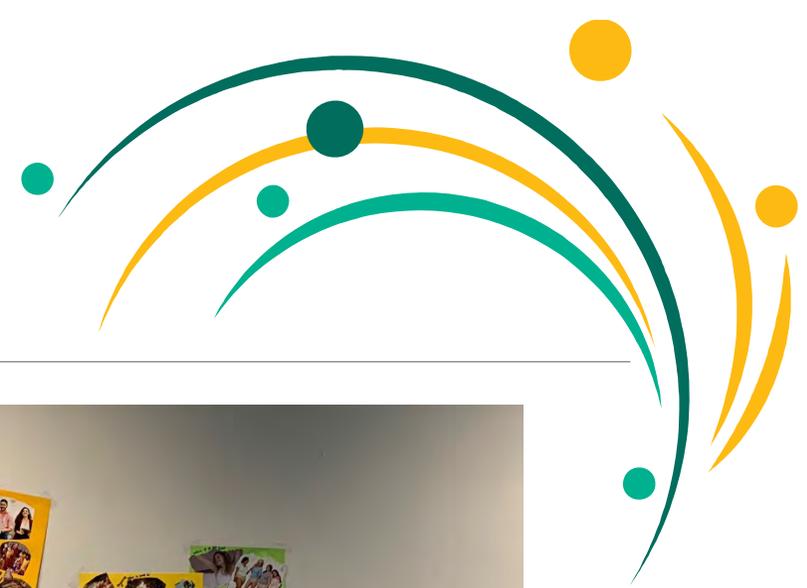
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## **DOMESTIC VIOLENCE AWARENESS MONTH**

October 1-31, 2018

# What's New for FY19



## UH Wellness Strategic Plan



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# On-going Challenge and Needs

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- Physical location and visibility
- Distinguishing ourselves from other offices
  - Orientation presentations and collaborations
  - Branding



# Budget Overview

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Requested amount:

**\$330,461.00**

This amount will help to fund three FTE positions, 1 Graduate Assistant, and 3-4 student workers.

In addition, it funds programming support through promotional items, advertising, supplies, printing and educational materials. Finally, it assists with professional development in the form of association fees, conference registration and travel expenses.



# Questions & Discussion