

## UH Wellness

### FY2023 Base Request- Cougar Peer Educators (Influencers Group)

Cougar Peer Educators (Influencers Group) is one of three sections of CPE are a best practice among employee wellness but colleges and universities are infusing this concept into student health and well-being departments. Different from peer educators, these influencers are creators and innovators of health and well-being information, communication and events within their community. They serve as role models and an upstream health promoting resource, inspiring their peers to live their best lives as an individual and the community. They are also a two-way conduit of information between their peers needs and services, resources, initiatives, and education provided by the DSAES and the Health and Well-Being portfolio. These students will develop leadership skills, communication skills, be the “first to know” about the latest health and well-being happenings on campus, gain knowledge and training on current health and well-being trends affecting college students, across a variety of dimensions, and gain access to a strong cross campus peer network. They will coordinate with the Health Communication Specialist to plan, develop and implement health and well-being communications through various channels across the campus. The continued development of recruiting and training cougar peer influencers will greatly influence how health and well-being information such as mental health awareness and education, resiliency, life enhancing skills, work/life balance just to name a few is embedded into everyday activities, programs, operations and student organizations on campus building a culture of care. The work done by the influencers helps UH Wellness lead the effort in UH becoming a Healthy Campus eventually becoming a Health Promoting University.

#### DSAES Strategic Initiative

- Student Success: Champion exceptional opportunities and services to support all UH students.
  - SS 2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
  - SS 3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
  - SS 5: Enrich the sense of connection, belonging, and shared UH identity among all students.
- Division Cohesion: Evaluate, actively pursue, and leverage resources to enhance the UH experience.
  - DC 1: Foster collaborative divisional processes focused on common goals
- Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.
  - R1: Evaluate resources to identify opportunities for efficiency, improvement, and transformation.
  - R2: Pursue and develop resources to address identified gaps and needs.
  - R3: Leverage and adapt resources in innovative ways to increase effective utilization.
- Partnerships: Forge and strengthen partnerships to expand our reach into the university and greater community.
  - P1: Educate and empower campus partners to be our advocates.
  - P2: Enhance students’ educational experience by expanding partnerships with academic affairs.
  - P5: Promote alumni engagement and support for division initiatives in cooperation with Advancement.
  - P6: Raise the profile of the division through regional, national, and international involvement.

<b>FY23 Base Request</b>	<b>Amount</b>
Student meals for training sessions	\$1000
Polo Shirts	\$1500
Adobe Software	\$500
Programming	\$2000
Subtotal	\$5,000
Admin Fee	\$300
<b>Total</b>	<b>\$5,300</b>

**Well-Being- Living our best selves, by being, doing, connecting, caring and learning.**  
**Defining Statement-We cultivate a community of care to promote and enrich the health and well-being of students to become successful scholars and global citizens.**

A systematic review and meta-analysis published in Public Health Nutrition journal found there is a positive relationship between food insecurity and mental health (depression, stress, and anxiety)<sup>1</sup>. To help UH students who may face this, the Cougar Cupboard opened in January 2020 serving close to 70 students per week until COVID. Fast forward to today, a little over to 200 students per week receive up to 30 pounds of food a week adding to the total of 95,369 pounds of food distributed since opening. The number of students picking up food is steadily rising resulting in more food needed to be ordered and stored. As a result, the cupboard has outgrown its current space and has secured a new space at the University Lofts entering into a partnership with Student Housing and Residential Life. As this space is separate from UH Wellness, a full-time Cougar Cupboard Program Manager II is needed for the supervision of staff, volunteers and managing the day-to-day operations. In addition to the day-to-day operations of the cupboard, primary duties include ordering food, managing budget, volunteer coordination, training of staff and volunteers and development with a focus on increasing access to fresh fruits and vegetables along with providing educational opportunities to teach life-enhancing skills like preparing and cooking food. The manager will work to develop the Health and Well-being education focus of the cupboard through cupboard design and client activities and co-lead the Nutrition Collective that is a group consisting of various staff, departments, academic partners synthesizing efforts to increase the availability of resources related to nutrition and well-being and expand endeavors for a system change.

### DSAES Strategic Initiative

- **Student Success: Champion exceptional opportunities and services to support all UH students.**
  - SS 2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
  - SS 3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
- **Division Cohesion: Create and foster a cohesive division identity, culture and community.**
  - DC 4: Foster collaborative divisional processes focused on common goals.
  - DC 5: Promote and create initiatives that support a healthy work/life balance while contributing to division success.
- **Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.**
  - R1: Evaluate resources to identify opportunities for efficiency, improvement, and transformation.
  - R2: Pursue and develop resources to address identified gaps and needs.
  - R3: Leverage and adapt resources in innovative ways to increase effective utilization.
- **Partnerships: Forge and strengthen partnerships to expand our reach into the university and greater community.**
  - P1: Educate and empower campus partners to be our advocates.
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  - P5: Promote alumni engagement and support for division initiatives in cooperation with Advancement.
  - P6: Raise the profile of the division through regional, national, and international involvement.

<b>Funding Request</b>	<b>Amount</b>
<b>Salary- 109</b>	<b>\$60,564</b>
<b>Benefits</b>	<b>\$21,197.40</b>
<b>Professional Development</b>	<b>\$2,500</b>
<b>Subtotal</b>	<b>\$84,261.40</b>
<b>Admin Fee</b>	<b>\$5,055.68</b>
<b>Total</b>	<b>\$89,317.08</b>

1. Pourmotabbed A, Moradi S, Babaei A, Ghavami A, Mohammadi H, Jalili C, Symonds ME, Miraghajani M. Food insecurity and mental health: a systematic review and meta-analysis. Public Health Nutr. 2020 Jul;23(10):1778-1790. doi: 10.1017/S136898001900435X. Epub 2020 Mar 16. Erratum in: Public Health Nutr. 2020 Jul;23(10):1854. PMID: 32174292.

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**Defining Statement-We cultivate a community of care to promote and enrich the health and well-being of students to become successful scholars and global citizens.**

UH Wellness contributes to student success by promoting health, well-being, and resiliency through education, outreach, and prevention. Our multi-faceted office implements health- and wellbeing- up stream approach initiatives including life enhancing skills building, outreach, events, professional development, and program assessment and evaluation. Our efforts help in achieving the cornerstone phase of the three phases in establishing a Healthy Campus eventually becoming a Health Promoting University. **To be successful in this phase and others UH Wellness professional staff need to focus on efforts to guide vision and strategy, support aligned activities, establish shared measurement practices, cultivate community organization and engagement, advance policy, and mobilize resources.**

**A full-time Administrative Assistant position will help assume some of the responsibilities that the professional staff have been spending time.** This position will manage the day-to-day activities for the department as well as administrative duties for the Cougar Cupboard that include general office duties, checking in students to the office or cupboard, processing workshop and consultation requests, scheduling student sanctions and maintaining related records. In addition:

- Purchases office supplies, make travel arrangements, coordinates mail, shipping and receiving, and coordinating reservation paperwork.
- Assists with implementing events such as Unwind with Wellness, Tea Tuesdays, Meditation.
- Able to support the needs of UH Wellness professional staff, graduate assistants, interns and well-being influencers.
- Able to work at the front desk in a busy center with considerable activity and noise by students and groups that frequent the office.
- Responsible for monitoring student visitors in the office to maintain a safe inclusive environment for all UH community members.

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- Student Success: Champion exceptional opportunities and services to support all UH students.
  - SS 2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
- Division Cohesion: Create and foster a cohesive division identity, culture, and community.
  - DC1: Implement staff communications strategies that promote a mutual understanding of who we are and what we do.
- Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.
  - R2: Pursue and develop resources to address identified gaps and needs.
  - R3: Leverage and adapt resources in innovative ways to increase effective utilization.
- Partnerships: Forge and strengthen partnerships to expand our reach into the university and greater community.
  - P1: Educate and empower campus partners to be our advocates.
  - P2: Enhance students' educational experience by expanding partnerships with academic affairs.

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<b>Funding Request</b>	<b>Amount</b>
Salary	\$45,780
Benefits	\$16,023
Subtotal	\$61,803
Admin Fee	\$3,708.18
<b>Total</b>	<b>\$65,511.18</b>

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**UH Wellness**  
**FY2023 Base Request – Health Communications Specialist**

To guide the strategic effort related to cross-functional upstream approach (primary prevention), promote a system and culture of collective health and well-being services, developing language to demonstrate well-being values, and effectively nudge health behavior choices, at an individual and population level it is necessary to have a person who can do that. A Health Communication Specialist is that person to develop and lead that effort through communications and public health messaging. The Communications Specialist position is like marketing but instead of trying to sell a product, the focus is increasing health awareness for students and the community to flourish and thrive in their academics, work and overall well-being. The specialist will also provide guidance and counsel to the Cougar Peer Educator Influencers creating, editing and reviewing accurate and timely communications and messaging which is integral in embedding health and well-being information across the campus building a culture of care.

This position comprises more than communicating and spreading information. Contributions by this individual will help UHW have an overall positive impact on the health and well-being of the university population striving to become a health promoting university. This individual effectively design materials, interpreting and disseminating health education and information to the UH community. He or she will work to streamline comprehensive multidisciplinary student health and well-being communication initiatives, strategies, and programs. Focused efforts include initiatives on **mental health, adult learning skills, resiliency, courageous conversations, sleep, purpose, values, and financial literacy.**

About UH Wellness:

UH Wellness contributes to student success by promoting health, well-being, and resiliency through education, outreach, and prevention. Our multi-faceted office implements health- and wellbeing-centered initiatives including skills building, outreach, events, professional development, and program assessment and evaluation.

**DSAES Strategic Initiative**

- Student Success: Champion exceptional opportunities and services to support all UH students.
  - SS 3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
- Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.
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<b>Funding Request</b>	<b>Amount</b>
Salary	<b>\$52,656</b>
Benefits	<b>\$18,429.60</b>
Professional Development	<b>\$2,500</b>
Subtotal	<b>\$73,585.50</b>
Admin Fee	<b>\$4,415.14</b>
<b>Total</b>	<b>\$78,000.74</b>

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Striving to become a Healthy Campus and eventually a Health Promoting University takes more than just one person but a whole team. It takes a team consisting of individuals to lead the effort in addressing health and well-being issues at the individual and community level. In comparison to other similar departments across the country at a staff ratio of 1:5000, UH Wellness staff to ratio is close to 1:16,000. UH Wellness is a small but mighty team that need a few additional key members of the team to reduce that difference. Under the direction and supervision of the assistant directors, the **Health Promotion Specialist** is one of those key members who works to mobilize, create, and sustain health promotion practices in order to create an environment that helps students, student groups and the campus community flourish in their overall health and well-being especially mental health. The specialist is highly collaborative, creative and knowledgeable of current health trends that can be developed into programs implemented at both the individual and community level.

Primary duties and responsibilities are the following:

- assist in coordinating collaboration with key campus stakeholders to develop a multidisciplinary upstream approach to health and well-being on various topics including mental health, being active, nutrition, substance use, resiliency and life enhancing skills;
- implementation and evaluation of theory-based and evidenced informed health promotion strategies;
- assist in implementing and analyzing student health surveys;
- recruit, train, supervise and evaluate volunteer peer health educators/influencers;
- incorporate diversity, equity and inclusion concepts and principles into health promotion programs and services;
- coordinate with the Health Communication Specialist to develop strategic digital and print communication for healthy campus initiatives;

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  - SS1: Engage all students to intentionally develop leadership qualities, critical thinking and communication skills, diversity competencies, and personal growth.
  - SS2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
  - SS3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
  - SS4: Enhance assessment of student success by defining measures at the departmental and divisional level with a focus on the impact of our programs and services.
  - SS5: Enrich the sense of connection, belonging, and share UH identity among all students.
- Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.
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