

Strategic Plan – Initiative Work Plan FY2015

Initiative Name Student Wellness Initiative (SWI) Date 05/14/2014

Goal # One Goal Chair(s) John Beacon, Carmen Tillery, Josh Powers

Initiative # 10 Initiative Chair(s) Joni Clark and David Stowe

Thesis Statement Develop a comprehensive student wellness program

1. Introduction/Background – What?

The vision behind a comprehensive wellness program is to have vibrant healthy students who are ready to learn. This initiative reflects a preventative college health agenda as opposed to a treatment agenda since health is much more than the absence of disease and there are proven strategies for promoting health and preventing disease.

The outcomes of this initiative will offer and support opportunities for students to connect holistically with, and participate in university. Furthermore, students will more *effectively* be educated and motivated with best practices for developing and achieving a healthy lifestyle. The techniques in a comprehensive wellness program are from sources such as the American College Health Association, Healthy Campus 2020, and American College of Sports Medicine.

2. Proposal/Purpose/Justification – Why?

According to the 2012 National College Health Assessment, students report the top three impediments to academic performance are stress, anxiety, and difficulty sleeping. This is in keeping with Indiana State University students who reported that stress, sleep difficulties, and anxiety are their top three impediments to academic performance (source) from preliminary data from the needs assessment conducted in January 2012. The comprehensive wellness program will work to address these impediments to academic performance using Health Campus 2020 as a guide.

3. Discussion of Past Years Results – Benchmark Successes?

A. Graduate Assistants – During the transition period between Aimee Janssen-Robinson's promotion to Assistant Dean of Students and Joni Clark coming on board as the Interim Associate Director for Student Health Promotion (SHP), the graduate students handled the majority of the presentations and handled much of the day-to-day operations. Their continued participation in SHP programming is vital to fulfilling our goals and objectives. Cali Moore, who will be a graduate student in Exercise Science, was hired. This is a two-year assistantship and the funds allocated in February, 2013 cover both years of the assistantship (\$40,000). Calie has created and implemented ReZercise, an exercise program designed to show students how to exercise indoors with a focus on students living in the residence halls. Calie also trains students on using the desktop treadmills on campus.

B. MyStudentBody – We have reached the end of our five year contract with Hazelden. The decline in the number of unique visits suggests that a new venue may be needed to recapture student attention. Our work with the Office of Student Conduct affirms the viability of continuing with online programming for drug and alcohol, sexual assault, and other forms of misconduct among ISU students. As of April 8, 2014 there have been a total of 797 visits to the program, 289 of those were

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unique visits. Currently the committee is reviewing three online programs (including MyStudentBody to determine the best fit for our student population and budget. We are researching two other programs, 3rd Millennium and CampusClarity. While changing to a more interactive program is desirable, at this juncture it may be cost prohibitive.

C. SoberRide and Designated Walkers – There is a possible correlation between the number of rides given and the number of designated walkers this year. The number of walkers doubled from 2012 while the number of SoberRides decreased to less than half. There were approximately 250 rides given and 308 students served as designated walkers.

4. Work Plan, Next Fiscal Year – Action Steps – Process – How?

National research (Dewita, Woolsey & Walsh 2009; Kuh, Kinze, Schuh, Whitt & associates, 2010; NESSE, 2013) indicates that there is a correlation between levels of engagement a student has with peers, faculty, and staff and his/her chances of being retained through graduation, demonstrating greater potential for higher academic achievements, and experiencing a more balanced, holistically positive college experience.

With that in mind, during FY15, the Student Wellness Initiative (SWI) will provide and support programming focused on:

1. Nurturing students' capacity for achieving stronger, more positive self-efficacy; and
2. Support campus-wide efforts to increase retention rates by offering opportunities for building and reinforcing healthy relationships between students and other members of the ISU and Terre Haute communities with an emphasis on programming promoting holistic well being for ISU students.

Nurturing Self Efficacy:

In FY15, SWI will nurture our students' capacity detractors:

- A. **Stress and Anxiety** – According to the 2013 American College Health Association National College Health Assessment II (ACHA-NCHA II), stress and anxiety are the top two performance detractors. Therefore, SWI action steps for FY15 include but are not limited to:
 - i. Continuing to undergird the work of Student Health Promotion and the Student Counseling Center in educating the ISU student population on stress/anxiety management and life selecting healthy life choice and using coping strategies geared toward stress/anxiety reduction.
 - ii. To collaborate with departments and organizations in bringing two speakers to campus during the academic year to address these issues.
- B. **Sleep Difficulties** – The third top performance detractor according to the ACHA-NCHA II is difficulty sleeping. Action steps include but are not limited to:
 - i. Continuing to undergird the work of Student Health Promotion and the Student Counseling Center in educating the ISU student population on the correlation between sleep and academic performance. To collaborate with departments and organizations in distributing 1,000 pillows during Fall semester study week.

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- C. **Alcohol related incidents** – Reduce the number of incidents involving students during homecoming weekend.
- i. Continuing to undergird the work of Student Health Promotion and the Student Counseling Center in educating the ISU student population on alcohol and drug use.
 - ii. SoberRide is a designated driver service provided during ISU's Homecoming. The FY15 goal is to provide 250 rides and to have 350 Designated walkers. This is a collaborative effort between Student Health Promotion, the Student Wellness Initiative, University Police, and the Campus Community Alcohol Coalition.

Building and Reinforcing Healthy Relationships:

SWI will collaborate with other departments, initiatives, etc., to create/enhance a campus climate that fosters well being between community members. This is reflected in the following list of initiatives/events:

Initiatives/Events

Choose Blue

Choose Blue is a new initiative from Student Wellness Initiative, Employee Wellness and Sodexo to promote healthy eating in the commons of HMSU. Blue leaves will be attached to items that meet specific nutrition criteria. This will make it simpler for individuals to choose healthy options.

Certified Peer Educator (CPE)

A Peer Educator is a student who is a leader and role model to fellow students regarding living responsible, healthy lifestyles. Peer Educators are students that other students can feel comfortable talking to about personal issues in order to get the help/services that they need. Peer Educators have the responsibility of teaching through example, and assisting with programming across campus to educate students about relevant issues that affect our campus community (<http://www.mssu.edu/advising-counseling-testing-services/prevention-peer-educators.php>).

ISU Peer Educators are certified through The BACCHUS Network training program. Training occurs once per semester.

The ISU Black Women's Fall Summit and Spring Check In

The summit is scheduled for September 13, 2014. The purpose of the summit is to provide information on campus life outside of the classroom, creating a professional image, connecting with the Terre Haute Community, healthy living, and relationship building. It is also designed to give the students an opportunity to meet and interact with Black female staff, faculty and Terre Haute Community members. The goal is for the students to establish connections that will help keep them culturally grounded while providing the nurturing and motivation they need to be academically successful and maximize their ISU experience. Participants in this event will be encouraged to attend programming sponsored by the Charles E. Brown Cultural Center, the Office of Diversity, the Career Center and Student Health Promotion specifically as well activities and events hosted by other departments at ISU in general.

The Spring Check In will provide an opportunity for the students to reflect on their academic year as way of assessing what resources/programming was most beneficial and how or what was adjustments in this collaborative effort need to be made. Grants are being sought to help underwrite this event.

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Maria Falzone

Maria Falzone is a comedian “sexpert” who has presented her program “Sex Rules” on the ISU campus for the past 16 years. Approximately 1000 students attend this annual event. The Student Wellness Initiative will support this program in collaboration with the Programming Council. This event is scheduled for August 26, 2014 at 7 p.m. in Hulman Center.

Mini-Grant Program

The mini-grant program for student wellness programs is an opportunity for Indiana State students to develop and implement small group educational activities/events for other students. The program provides experiential learning for students through the planning, implementation, and evaluation of the event.

No One Left Behind

No One Left Behind is an annual event in April during Spring Week. The program raises awareness about sexual assault by teaching students to recognize situations that could lead to sexual violence. The event is organized by a student committee.

Wellness Warriors

Students will be paired with an ISU staff or faculty member for the academic year. During that time they will be encouraged to hold each other accountable in initiating and maintaining healthy life choices. Sign up scheduled to begin during Welcome Week.

Wellness Bash

The Wellness Bash is the campus health fair for faculty, staff, and student featuring exhibitors from campus and the Wabash Valley community. Blood pressure, glucose, and cholesterol screenings are available as well as a flu shot clinic and much more. The event is hosted in the Student Rec Center and is free for all ISU community members who wish to participate. The Wellness Bash is scheduled for Wednesday, October 22, 2014 from 10 a.m. to 2 p.m. in the Student Rec Center.

5. Reporting and Deliverable Schedule – When?

Each event listed above has been scheduled and plans are underway. In addition to the quantitative reporting through student sign in sheets, an event journal will also be kept to track key moments and facilitator observations and notes for future duplication of the event.

6. Budget – How Much, a General Discussion of Funds Use?

The requested budget of \$74,000 will be used to implement the programming as outlined the question #9.

7. Stakeholders and Management Plan – Who?

Committee:

Joni D. Clark, Chair	David Stowe, Co-Chair
Thomas Nesser	Kathy Ginter
Kathryn Berlin	Jessica Robinson
Freda Luers	Eliezer Bermudez
Erin Miliken	

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Collaborators:

8. Outcome Assessment & Future Testing

Participants will be asked to complete a post event satisfaction survey. The results will be reviewed in order to direct future programming.

9. Line Item Budget Discussion that tracks Budget Templates ...

Line item categories and sub totals are in bold print.

GA Stipend	20,000.00
	20,000.00
Certified Peer Educator Training	
1. Updated Facilitator Manual	231.00
2. Meals (Fri. dinner/Sat. breakfast)	100.00
3. PHACT registrations	20.00
4. GA certification	40.00
5. BACHHUS & GAMMA Lapel pins	1,391.00
Choose Blue	
1. Marketing	400.00
Homecoming Tent	
1. Tent (includes tables and chairs)	230.00
2. Baesler's candy apples 400	1,300.00
3. Pens (1000 @ \$.28 each plus shipping and handling)	350.00
	1,530.00
Co Sponsorship ISU Black Women's Fall Summit and Spring Check In 200 attendees	
1. Marketing (flyers, posters)	100.00
2. Fall meals (breakfast & lunch)	1,456.50

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3. Spring meal (dinner)	500.00
4. Honorariums	1,250.00
5. Materials	250.00
6. T shirts (225)	900.00
	4,456.50

Co Sponsor Maria Falzone

1. Honorarium	4,000.00
2. Marketing (Statesman ad)	200.00
3. Tilson	
	4,200.00

Mini Grants

1. Informational session snacks	150.00
2. Grant awards - 5 @ 700	3,500.00
	3,650.00

No One Left Behind

1. Honorarium	3,500.00
2. T shirts (200)	900.00
3. Marketing (Statesman ad)	200.00
	4,600.00

Online Programing

7,000.00

Co Sponsor Pillow Power

500 Joe Boxer pillows (Kmart@ 4.49 each)	2,245.00
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SoberRides & Designated Walkers

1. Shuttle service	1,600.00
2. T shirts (500)	2,700.00

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3. Printing 300.00

Student Staff 4,600.00
2,160

Wellness Wednesday Presentations **Anxiety Presentation**

1. Honorarium 500.00

2. Materials 1,000.00

3. Refreshments 400.00

Stress Presentation

1. Honorarium 500.00

2. Materials 1,000.00

3. Refreshments 400.00

Relaxation Presentation

1. Honorarium 500.00

2. Materials 1,000.00

3. Refreshments 400.00

5,700.00

Wellness Bash

1. Publicity (Statesman) 185.00

2. T shirts (400) 1,600.00

3. Popcorn (Sedexo) 66.00

1,851.00

Wellness Warriors

1. T shirts - 125 600.00

2. Materials (pedometers, brochures) 1,000.00

1,600.00

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Collaborations and Sponsorships	5,200.00	
Promotional items	3,816.50	
Total		\$74,000.00

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