Student Regent Update

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#HealthyCougS

Student Health and Wellness across the WSU System
System-Wide Strengths

Caring for Cougs when and how they need it

Community members can share concerns about students they see are struggling. Interdisciplinary teams coordinate care and connect students to services and networks which will help them succeed. Referrals come from a variety of sources, including faculty, staff, and students. *AWARE Network, Cougar Care, CARE Team*

Ensuring access for Cougs in every aspect of our learning environment

Students, whose documented disabilities (chronic or temporary medical conditions) may impact their experience on campus, receive accommodations to provide access to the educational experience. Staff on each campus advocate for inclusive learning environments and provide disability-related information to faculty, staff, and the larger community. *Access Center*

Providing contemporary education and training to the Coug community

Faculty and staff need on-going training to meet the evolving and emerging needs of current and future students. Students need training which reflects their learning environment and addresses their developmental concerns. Training varies depending on the campus community and the needs determine what is offered on each campus.
EVERETT CAMPUS

Mental Health
• Contract with a mental health counselor in Downtown Everett.
• Provides three 1-hour sessions at no cost to students, subsequent sessions are at cost to student.

Physical Health
• Students may elect to purchase ($25/quarter) access to the Everett Community College Fitness Center.

Education and Training
• In Spring 2018, provided first all staff and faculty training focused on assisting students in distress, geared to the specific needs of the small, commuter-campus student population.
SPOKANE CAMPUS

Mental Health
• Two full-time and one part-time counselor(s) are available in Spokane and one part-time counselor is available in Yakima. Provides personal counseling, couples counseling, and psychological testing (as determined by a counselor). WSU Health Sciences Spokane Crisis line is available to students outside of business hours and weekends.
• Faculty and staff can consult for crisis intervention when concerns are identified or when a student needs immediate help.
• A full-time counselor leads the Reducing Sexual Assault, Domestic Violence, Dating Violence, and Stalking on Campus grant secured in 2017.

Physical Health
• Conducts HealthyU programs, in partnership with EWU, which includes multi-dimensional and holistic education related to health and self-care.
• Utilization of fitness center continues to increase. Students and employees are eligible for subsidized memberships to select local fitness centers.

Financial Health
• Offers monthly financial workshops with internal and external professionals. In Fall 2017, held the first Financial Wellness Fair with community partners.
• Launched new Cougar Money Management Website with links, videos, and resources for students.

Education and Training
• Provides training to faculty and staff on suicide prevention strategies, responding to students in distress, recognizing signs of depression, or other mental health topics.
TRI-CITIES CAMPUS

Mental Health
  • Access to free, on-campus mental health counselor.

Physical Health
  • Provides programs and services including outdoor recreation rentals, intramural sports, and club sports.
  • Recreation Center feasibility study is being conducted.

Financial Health
  • Partnered with Second Harvest to expand the Cougar Cupboard, an on-campus food bank which includes refrigeration and fresh produce.
  • Created the Student Emergency Hardship Fund to support students in crisis.

Education and Training
  • Offers Mental Health First Aid Training and student success workshops including mastering blackboard, time management, how to get and keep financial aid, and coping with stress.
  • The Dreamers Club invited State Attorney General, Bob Ferguson, and attorneys who specialize in immigration law to inform the community and provide insight on DACA.
GLOBAL CAMPUS

Mental Health
- Reimbursement up to $360/year.

Physical Health
- Specific on-line portal for global campus students which includes resources on all dimensions of health and wellness. Collaborative programs with the Pullman campus such as Crimson and Gray Virtual 5K, healthy budget eating, plant-based diet, and de-stress yoga as well as virtual experts from Wellbeing Online.
- Reimbursement of $100/semester for gym membership.

Financial Health
- Reimbursement up to $50/year for hygiene products and $100/month for childcare expenses.
Clinical Services
• A nurse practitioner provides basic health services.
• Offers collaborative, jointly developed programming with student advisory boards including spring health week, finals week and end of semester events.

Mental Health
• Students have access to two clinical psychologists and four doctoral trainees. Counseling appointments have steadily increased since 2014.

Physical Health
• Fitness center provides group fitness classes, personal training, challenges, intramurals, outdoor trips, and equipment rentals.
• In partnership with the Student Wellness Center, conducts workshops related to nutrition and cooking, and mental health.

Education and Training
• Unique outreach and presentations specific to academic advisors, faculty as well as new and current students regarding self-care, stress, mental health, and peak performance.
PULLMAN CAMPUS

Clinical Services
- Comprehensive medical clinic including primary care, sports medicine, trans* health, women's health, internal medicine, travel clinic, and allergy clinic as well as a vision clinic and pharmacy.

Mental Health
- Counseling and Psychological Services includes individual and group counseling, workshops and biofeedback. Behavioral Health covers psychiatry, health psychology, and tobacco cessation.
- Implemented an online screening tool for mental health concerns which allows students to get personalized feedback and connect with resources.

Physical Health
- Offers programs and services including aquatics, bike share, fitness classes, group and personal training, intramural sports, outdoor recreation trips, equipment rentals, safety education, and sport clubs. Operates 3 recreational facilities and exterior playfields.
- Collaborates with Global campus, external agencies, and departments for events such as Mental Health Awareness Week, National Hazing Prevention Week, Exercise is Medicine, Movember, and Pac-12 Fitness Challenge.

Education and Training
- Numerous departments conduct faculty, staff and student-centered education and training workshops including Mental Health First Aid, Campus Connect (2 hour suicide prevention training), stress reduction, decision making, and healthy choices. Paraprofessional training and education for resident assistants, peer mentors, peer tutors, fitness assistants, dining and housing student employees.
- Health Promotion offers violence prevention, suicide prevention, and substance abuse prevention education and training.
- Developed a reference guide for faculty and staff to support students in crisis specific to each campus.
#HealthyCougs2030

• System-wide and campus-specific holistic and integrated health services that meets the needs of individual students on each campus.

• System-wide and campus-specific training and education options which are effective, proven, and national exemplars.

• Student-centered and streamlined communication about available health services on each campus and system-wide.

• Flexibility to adapt to the changing needs of current and future students with professionally trained and dedicated staff.

• Student-led and driven peer-based programs, activities, and services which address their health needs.
Questions?