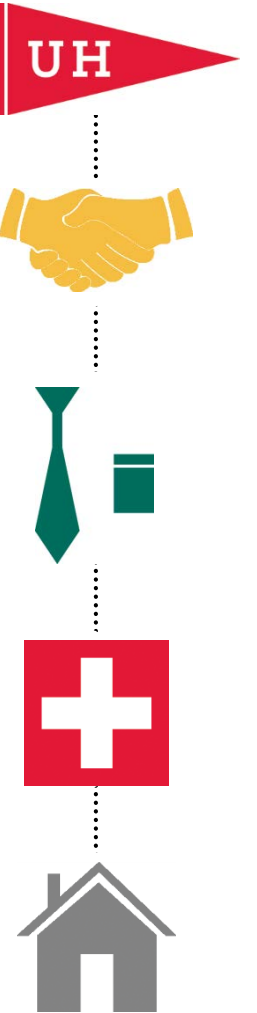


# UH Wellness: FY19 SFAC Presentation

*Dr. Patrick Lukingbeal, Director*



UNIVERSITY of  
**HOUSTON**

STUDENT AFFAIRS & ENROLLMENT SERVICES  
UH Wellness

# Our Mission and Foundations

*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.*





Social



Financial



Environmental



Emotional



Occupational



Intellectual



Cultural

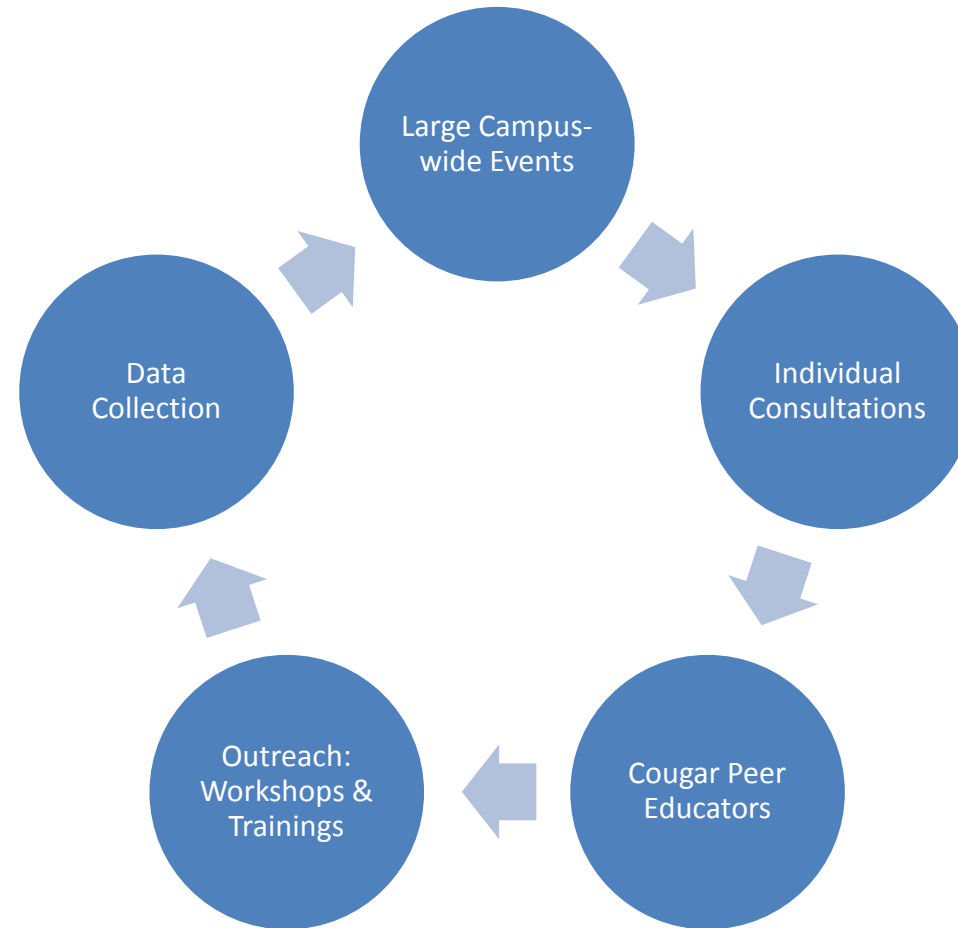
Physical



Spiritual

# Nine Dimensions of Wellness

# How We Accomplish This



# FY18 DSAES/UH Strategic Initiatives

- *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 Empowerment)
- *Strategic Initiative 2:* Expand collaboration and networking within the university and surrounding community by expanding the message of who UH Wellness is and what we offer through increased programming and campus involvement and that appeal to a wider audience (UH 2, 5; DSAES Collaboration)

# FY18 DSAES/UH Strategic Initiatives

- *Strategic Initiative 3:* Increase the use of programs that use research based, theory driven prevention model (UH 2, 4; Accountability)
- *Strategic Initiative 4:* 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 Empowerment and Innovation)

# FY18 DSAES/UH Strategic Initiatives

- *Strategic Initiative 5:* Promote professional and student staff progression toward advanced professional competencies by maintaining a culture of assessment before, during and after employment (UH 6, DSAES Empowerment)

# Major Unit Successes

- Individual Utilization: Increase use of UH Wellness programs and services across the board in FY17 (22,507):
  - 10.4% from FY16 (20,394)
  - 55.1% from FY15 (14,513)





# Utilization

	FY 16
<u>Outreach</u>	
Workshops/Trainings	15,508
Informational & Events	2,687
<u>Special Programs</u>	
(Marijuana 101, MIP, BASICS)	119
<u>Walk-In/Consultation</u>	
Walk Ins	1,611
Consults	469
Total	20,394

	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>	
Walk Ins	1,149
Consults	405
Total	22,507

**A 10.4%**  
increase in  
utilization!

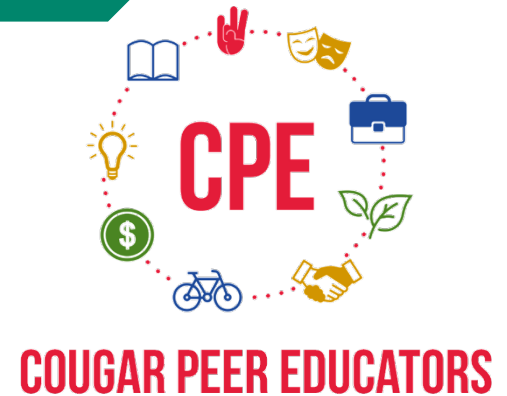
# Major Unit Successes

- Mental Health First Aid:
  - In its inaugural year, we trained 140 faculty, staff and students for a total of 1,120 hours.
- Mindfulness Meditation:
  - In its inaugural year, we held 30 weekly sessions with 286 participants.



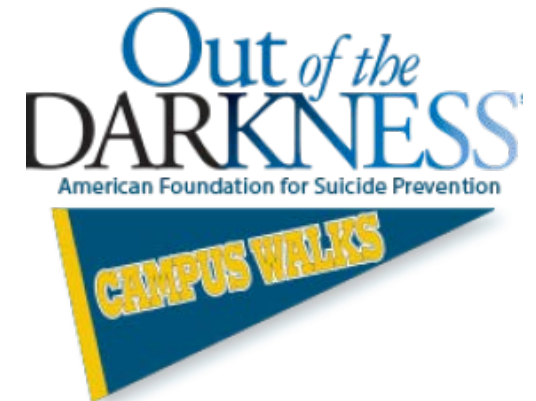
# Additional Unit Successes

- Cougar Peer Educators:
  - Expanded to 7 trained members
- BASICS:
  - Facilitated conversations with 22 sanctioned students



# Additional Unit Successes

- Sexual Violence Prevention and Education
  - New resource website and campus committee
- Out of the Darkness Walk
  - Record number of participants and fundraising



# What's New

## Fresh Check Day



# What's New

## Relaxation Station



# What's New

## World AIDS Week





# What's New

## Wellness for the Health of It

WELLNESS FOR THE HEALTH OF IT  
SPEAKER SERIES

**9/13/2017**  
4:00 PM - 5:30 PM  
Student Center South  
MIDTOWN

**STORIES of the MIND**

**Harry Lynch**  
Managing Director, Arcos Film Company  
MentalHealthChannel.tv

takes you into the lives of REAL PEOPLE, REAL STORIES, AND THE REAL IMPACT Of Mental Illness of young adults through a series of videos, and a facilitated discussion with a panel and the audience.



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UH WELLNESS



# On-going Challenges and Needs

- Physical location and visibility
  - Signage and environmental wellness
- Distinguishing ourselves from other offices
  - Orientation presentations and collaborations



# Budget Overview

Requested amount:

**\$316,622.00**

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



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