

UNIVERSITYof **HOUSTON**

**University of Houston  
Wellness**

**One Time Funding Request**

**Fiscal Year 2010-2011**

**UH Wellness  
One Time Funding Request  
Cougar Cards**

University of Houston Wellness is a campus wide education and prevention program. Given its purpose is to promote a healthier, safer campus environment, UHW finds ways to collaborate with other departments and units to bring positive programming to campus, including programs that not only benefit students, but help them make a healthy and positive connection to campus. We do this because we know that if students make positive connections on campus they are more likely to be retained and also more likely to engage in healthy rather than unhealthy behaviors. University of Houston is also becoming an increasingly residential campus while also gaining the Tier I recognition it deserves, and as such, the need to make a positive connection to campus is even more significant. We are truly becoming a model of a living, learning environment.

For the past year, UH's Cougar Success Initiative (CSI) has flourished, encouraging a strong connection for students coming to campus. One aspect of CSI is the Cougar Trading Cards program, aimed at getting students connected to campus and to the multi-programmatic nature of campus life. It is a low cost program that accomplishes two things. First, it helps get students involved in a wide variety of healthy and safe campus activities. Second, it engages the entire university community by involving a variety of departments and activities in the program. Basically, there are 55 Cougar Trading Cards associated with people of importance to the university. Students are able to collect the cards by going to different events on campus. In addition to the collection itself, students are thus encouraged to make a positive connection to campus. Events that are targeted to distribute the cards vary. You can get cards, for example, for attending UH Wellness events or Learning Support Services or University Career Services workshops. You can also get cards for going to athletic events or musical productions. Getting involved in student groups can also give you access to cards. This spring, for example, you can get cards for going to meetings for Council of Ethnic Organizations, Student Programming Board, a Pre-Med Society and nearly 50 others. In essence these are events that encourage students to participate in all six dimensions of wellness—social, physical, emotional, spiritual, intellectual, and occupational. It involves a high number of events and activities from the Division of Student Affairs, but also includes Advising and Academics. This is a positive way to encourage students to become engaged with their university home. As they do, all members of the university community as well as the individual student benefit.

In addition to its inherent benefit, students who participate can get prizes to include posters, t-shirts, and potentially a \$1,000 scholarship. UHW has been asked to collaborate with other units within the university to sponsor the program. We are glad to do this because it is not only a form of promoting wellness, but also in marketing resources available to students. Finally, it helps create a sense of pride in our university, which we believe is the best. We are asking for one time funding to cover the cost of 250,000 cards used for the program. The total request is for \$8,408. Thank you for your consideration.

TOTAL REQUEST:                    250,000 cards

Cost of Cards	\$8,000
Admin. Charge	\$ 408
<b>Total Cost</b>	<b>\$8,408</b>

UNIVERSITYof **HOUSTON**

**University of Houston  
Wellness**

**One Time Funding Request**

**Fiscal Year 2010-2011**

**UH Wellness  
One Time Funding Request  
Graduate Student**

There have been growing concerns nationally over the attitudes and environmental conditions that would lead to major alcohol or violence incidents. On this campus, as on other campuses, drugs, alcohol, and violence are a public health issue. On a national level, there are 1,700 college alcohol related deaths each year, almost 600,000 unintentional injuries, and almost 700,000 assaults. In addition, there are 97,000 sexual assaults reported and another 100,000 students who indicate they were too intoxicated to know if they consented to have sex. Accordingly, the National Institute on Alcoholism and Alcohol Abuse tells us this is also having an impact on students academically. Twenty five percent report academic consequences from drinking including lower grades, doing poorly on exams, missing class, and falling behind. At the University of Houston, we are beginning to have a positive impact on alcohol and violence. Less than 10% of our students are drinking heavily at any given time and most of our students are consuming fewer than 2 drinks per week, but even so even the small numbers who drink too much amounts to almost 3,400 students. In the most recent wellness survey, 45% of students who responded say they feel safe only some of the time or rarely. Among their concerns, 45% report concern about sexual assault, and 71% report concern about physical assault.

UH Wellness has a primary responsibility for alcohol, other drug, and violence (AODV) prevention. These issues are vital for a university, especially the size of the University of Houston, which will soon be increasing its residential population. For some time, there has been a growing sense among college administrators across the country that alcohol and violence on campuses must be addressed in a more comprehensive manner. While most University of Houston students do not drink heavily, close to 10% are still engaging in high risk drinking, and almost 8% of our students have used marijuana in the last year. In December 2006, a student at a neighboring institution, Sam Houston State University, was involved in a murder/suicide on campus, apparently the victim of at least some level of stalking behavior while neighboring Austin had an alcohol overdose. These examples, close to home, mirror a growing concern over a wide variety of incidents involving alcohol, other drugs, and violence on campuses.

As UH Wellness has taken seriously its commitment to prevention and education, we have made great strides in creating a better climate within which students would make healthier, safer decisions. We have implemented a campus wide social norms and personalized feedback small group intervention that is evidence based to address the issue of alcohol abuse on campus. Our peer educators have developed an affiliation with the State UMADD (Mothers Against Drunk Driving) chapter. We have also implemented training for our peer educators to form two new groups, One in Four: The Men's Program and One in Four: The Women's Program, both aimed at the prevention of sexual assault from a peer based model. These are major steps in moving forward on these issues. However, the resources are limited and our overall work load is challenging. Our total contacts for FY09 surpassed 53,000. This does not include the time it requires to supervise and train students who are willing and able to be involved in our programming. All students benefit from a healthy campus environment, and we do all of this with only 2.0 FTE staff, student employees, and student volunteers, but the demand is increasing each year.

We are requesting a one time funding of a graduate student to help us to address alcohol, other drugs, and violence prevention specifically. This individual would assist us in coordinating alcohol, drugs, and violence prevention activities on campus and would help us in coordinating our three student groups that address these issues. Having a graduate student designated for this purpose would allow the program to grow and continue to document the effectiveness of programming. Although there is a trend nationally to have a full time AODV staff member, we realize resources are tight this year. We are hopeful a graduate student can help strengthen programming while not placing an undue burden on the SFAC budget. We also believe this is supporting students as it provides money to a student, thus student money returning to students. We believe with the increasing AODV issues affecting college campuses, the increasing residential campus community at UH, and the growing demand of the Wellness staff to coordinate and implement AODV issues, it is a justified request. We appreciate the long standing support of the committee and hope our commitment to accountability will allow you to give this request strong consideration.

Salary & Benefits	\$14,400.00
Admin Charge	\$ 734.40
<b>TOTAL REQUEST:</b>	<b>\$14,734.40</b>