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WSU Wellness Initiative



 WICHITA STATE UNIVERSITY



Objectives

- Support student and employee retention specifically SEM 2025 Strategy 3.9 to foster a culture of wellness and belonging across the University that contribute to optimal academic performance
- Enhance, promote and celebrate existing important work being done to foster community wellness at WSU
- Establish WSU as a leader in the promotion of community wellness both on and off campus



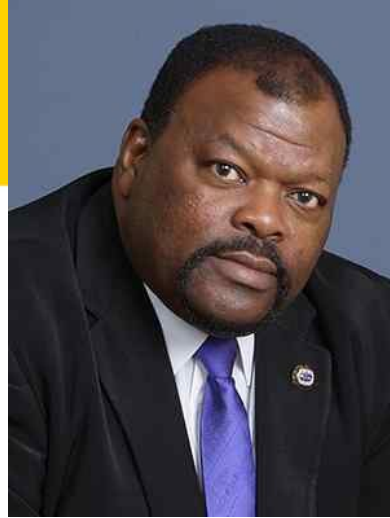
Strategy 1

- *Strategy #1 – Create a wellness executive steering committee with the goal of enhancing, promoting, and celebrating wellness activities being conducted by the University*
 - Engage campus leadership and key stakeholders with departmental efforts
 - Conduct a process of discovery to identify and coordinate campus wellness activities, which have often been siloed
 - Advocate for community wellness efforts to be adopted and resourced
 - Engage University Senates and gather student and employee input
 - Host a recurring semester professional development and awards event to promote and celebrate individuals and programs championing wellness on and off campus
 - Explore University support for adopting the Okanagan Charter as a framework for campus wellness initiatives

Wellness Executive Steering Committee



Jessica Provines,
AVP for Wellness
and Chief
Psychologist



Larry Burks Sr.,
Director Military
and Veteran
Services



Linnea GlenMaye,
Associate Vice
President for
Academic Affairs



Sara Mata,
Executive Director,
Hispanic Serving
Institution



**Lainie Mazzullo
Hart,** Director of
Communications

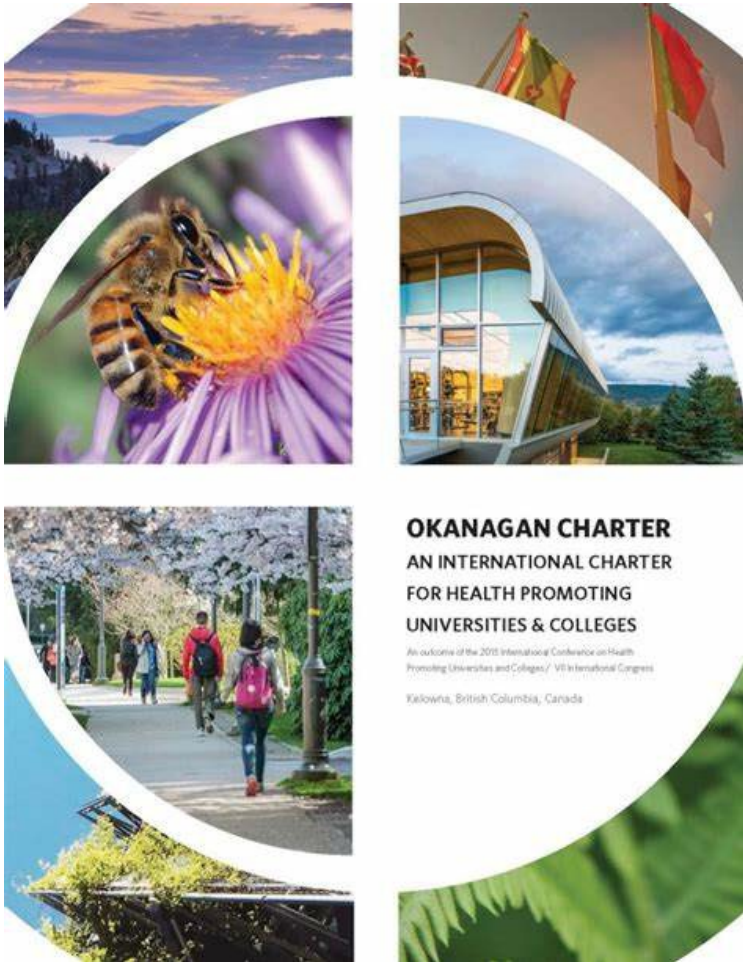
**Sarah Stephens
Selmon,** HOPE
Services Project
Specialist



Vicki Whisenant,
Executive Director
for Human
Resources

Vision

Health and well-being promoting post-secondary campuses transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet



Two Calls to Action

- 1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates
- 2. Lead health promotion action and collaboration locally and globally

Does your department engage in

health & wellness activities

either on campus or
in the community?



We want to hear from you!



Please fill out this
short form to share
your contributions
with us.

https://wichitastate.co1.qualtrics.com/jfe/form/SV_bgyW7o1oRx7cNdI

 **HOPE Services**
#WSUWeSupportU

Strategy 2

- *Strategy #2 – Establish a dedicated department to promote population-based, primary prevention, community wellness efforts – unveiling the new Health Outreach and Prevention Education (HOPE) Services department*
 - Promote health and wellness and prevention of suicide, substance misuse, and sexual violence on and off campus through strategic initiatives, education and community outreach
 - Partner with academic units to enhance community wellness by expanding the Wellness Faculty Fellows program and developing a multi-disciplinary Prevention Sciences and Community Wellness academic program creating the only pipeline for Certified Prevention Specialists in the state expanding on the prevention ambassador training curriculum
 - Coordinate the Prevention Student Ambassador applied learning program
 - Assist and collaborate with the wellness executive steering committee to execute efforts as a working group
 - Manage the Suspenders4Hope Mental Wellness and Suicide Prevention Program
 - Secure a permanent space for HOPE Services, which is currently operating out of the empty Wesley space in the Steve Clark YMCA conveniently located adjacent to the Student Wellness Center in a temporary arrangement



Marci Young, Director
HOPE Services



HOPE Services

#WSUWeSupportU



HOPE Services Advisory Board

- Fraternity & Sorority Life
- Counseling & Psychological Services
- Office of Diversity and Inclusion
- Student Health Services
- Student Activities Council
- Athletics Department
- Student Engagement, Advocacy & Leadership
- Human Performance Studies Department
- WSU Police Department
- Campus Recreation
- Student Conduct & Community Standards
- TRIO
- Student Government Association
- Sociology Department
- SA Assessment and Retention
- School of Social Work
- Academic Affairs
- International Studies
- YMCA
- Housing and Residence Life
- Title IX Office
- Community Engagement Center
- Psychology Department
- Undergraduate Admissions

Strategy 3

- *Strategy #3 – Coordinate student and staff mental health programming as a comprehensive campus approach*
 - Review student and employee policies and procedures impact on wellness and provide recommendations
 - Highlight existing resources, identify gaps, and provide recommendations for additional resources
 - Partner with Human Resources to adapt and adopt the Suspenders4Hope program as part of an overall employee mental wellness initiative
 - Encourage campus leaders to host departmental installation workshops with a participation goal of 90% of campus departments hosting a workshop and providing on-going training to new members
 - Partner with academic departments to ensure the program is part of the first-year student experience for all majors and track participation including graduate programs
 - Explore resources needed to bring a staff and faculty mental health treatment clinic to campus in the CAPS department expanding on existing EAP options

4-PART APPROACH

Awareness Campaign

Not just a t-shirt,
Suspenders4Hope helps build
awareness for mental wellness



Wellness Curriculum

Mental wellness exercises
that are easy to incorporate
into small groups



Prevention Training

Online evidence-based
training developed by
psychologists at Wichita
State University

SHARE
ASK
SUPPORT

Advocacy Program

Tools to help your
organization engage
with the mental wellness
of your members



Strategy 4

- *Strategy #4 - Expand the University's Suspenders4Hope community outreach*
 - Unite education, health care, businesses, non-profits, government, and faith communities to address the mental health of our community
 - Explore partnership with the Wichita Biomedical Campus as potential Suspenders4Hope headquarters transforming health care to be more hope inspiring not only for patients but also for the future health care workforce
 - Expand the national campaign and elevate WSU's brand recognition as a leader addressing the mental health and substance use challenges facing society
 - Build a multimillion-dollar endowment that would allow WSU, with the help of donors, corporations and foundations, to expand the national campaign providing the Suspenders4Hope program and resources free to small businesses, schools, non-profits, and faith communities, in addition to providing free hope kits to patients seeking emergency psychiatric services across the country bridging the avg. 6 week lethal gap in treatment services

SUSPENDERS4HOPE KITS

- Bridging the “Lethal Gap”
- Transforming emergency mental health services
- DBT Skills
- Distress Tolerance Skills
- Peer Supports
- Making Environments Safer



Executive Vice President and Provost Dr. Lefever invites you to attend the community launch of the

WSU WELLNESS INITIATIVE

12:30 - 3:30 PM • Wed. Oct. 11
Woolsey auditorium



Come hear how you can enhance the well-being of our community. Help WSU lead in the promotion of community wellness both on and off campus. **Register here.**



Lunch provided by the Office of the Vice President for Student Affairs. Free Suspenders4Hope gear for all attendees.



WICHITA STATE UNIVERSITY
STUDENT AFFAIRS
Connecting Every Student



WICHITA STATE
UNIVERSITY



#WeSupportU
Suspenders4Hope™