

Health, Wellness, and Safety Committee

End-of-year report, May 2019

Members: Joe Slama (chair), Caroline Costello (Sexual Assault Prevention Designee), Kathleen Placke, Colby Cook

The Health, Wellness, and Safety committee this year accomplished two of its long-term goals from past years: establishing Mental Health Week as a university-wide observance, and participating in the opening of a student food pantry.

Additionally, the committee this year established the annual Faculty Mental Health Honoree of the Year Award, presented at the Academic Accolades banquet.

All three of these projects merit improvement (as any good work ever does). This document contains advice on how to execute these in the future. As is always the case, we did not have the time to address every issue that concerned us this year. We list some top-priority issues here that future committees should turn their attention to.

We wish the future HWS committee the best of luck in its endeavors bettering the environment of our university for the good of all its members.

Mental Health Week

This week should be held sometime between the beginning and end of February, and the committee should begin planning for it at the start of the Fall semester. This week should aim to educate and inform the Truman community about mental health and its relationship to campus.

Collaboration with other organizations has worked well in the past to put on a variety of fun and informative events; a list of suggested organizations to work with may be found in Student Government Resolution 118.012 (which has not been posted online at the time of this report's submission, so ask the secretary where you can read this).

Events during Mental Health Week in the past have included screenings, suicide prevention training, presentations on Truman's mental health culture by the JED group, faculty talks on how to live healthier lives, information nights for campus health groups, and stress relief events.

It is good to provide the organizations you are working with some funding to help put on their events, as Student Government is typically better-funded than they are. I recommend a line item in the budget for Mental Health Week of \$200 for use by you and your collaborators.

Some suggestions from this year's committee:

- Plan on collaborating with UCS to host a day of drop-in sessions with a counselor somewhere prominent on campus (like the SUB). They have told us that this is what students really express would be helpful.

