

Health, Wellness, and Safety Committee End-of-Year Report

Respectfully submitted by Esther Fox (Chair) and Tori Woods (Chair) 2021-2022

Members:

Esther Fox (SAPD), Lizzie Cremer (DRA), Oscar Martinez, Katrina Parks, Joshua Grandstaff
(former)

Projects:

Wellness Brochure

Status: Completed July 2021

Description: The wellness brochure is a year and a half long project in the process of completion. The brochure was developed in response to analyzing the areas of improvement in the student population in regards to wellness standards. In the brochure, the 8 dimensions of wellness (found and developed for Health Science students) are outlined with a description, ways to improve that said area, and providing resource options on and off campus. The 8 dimensions of wellness include Financial, Social, Spiritual, Occupational, Emotional, Physical, and Intellectual wellness. Each of these areas greatly affects a person's overall wellness, and balancing all these areas while being in college is difficult. The plan for these brochures is to be given out by Student Government members to incoming freshmen during Truman Days in the Fall. The brochures have faced some issues, especially with printing services and edits that have to be remedied before proceeding with publishing. The brochures will be monitored and finished by present Co-Chair Tori Woods. All information present on the brochure will be as basic as possible to ensure no immediate revisions must occur in the coming year. In collaboration with the authors and moderators of Truman's Wellness Index, a page on the site will directly be connected to the brochures, via a QR code printed on the back. The Wellness Index author has been in contact with us in the development of a page on the Index, providing greater details and information not present on the brochure. The goal is to have the brochures ordered and paid for by June 1st, with time after for printing. Once printed, the brochures will be kept in the Student Government office to be distributed during Truman Days. All extra will remain in the office and distributed during future events presented by the Health, Wellness, and Safety Committee.

Budgeted amount to be spent before June 1st, 2021:

\$600 for printed brochures

Medical Marijuana Policies

Status: In progress, Ongoing

Description: Members of the committee began researching the implications and consequences of marijuana on campus. With the legalization of medical marijuana in Missouri, several students who utilize this program for pre-existing conditions have questions about what that means on campus. This needs to be further discussed, especially with the storage of medical marijuana on campus and use (for those who are allowed to smoke in their living space i.e. the dorms). DPS

and administration may have a good place or idea for what that means on the campus and for students with legal licensing.

Wellness Committee Representative Position

Status: In progress, Ongoing

Description: With the development of the Wellness Committee, led by Lance Ratcliff, it is extremely important to include a representative from the Health, Wellness, and Safety Committee be present at meetings. The representative would communicate the thoughts and suggestions from Student Government to the Wellness Committee and vice versa. This will allow for increased collaboration with other organizations across campus for joint events and promotional activities. This position would be necessary over the summer and during the academic year.

Disability Rights Advocate Position

Status: In progress, implemented position 2020

Description: The Disability Representative was developed by Katie Alexander, Josh German, Shania Montifur, and Tori Woods with the plan of having this individual on the Health, Wellness, and Safety Committee. There are areas at Truman that could be improved for the betterment of students with disabilities, specifically regarding accessibility at Truman. Furthermore, safety and accessibility should be available to all students and faculty alike. Locations on campus may lack certain accessibility entrances or areas in academic buildings, and an advocate to serve students will bring those possible issues to light. Thus, a representative was developed to advocate for these changes and bring attention and acceptance of any disability hardships or struggles in the college experience. While the advocate has finished their term at the moment, the advocate position will be filled promptly to continue serving students. Several discussion plans for the future of the position include:

1. Reviewing legislation and appropriations on the agenda to provide a critical perspective
2. Reporting on events, initiatives, and concerns of Disability students and student organizations
3. Communicating relevant Student Government business with regards to Disability student's concerns and questions
4. Bringing general feedback and suggestions on Student Government business to the body
5. Work on the Health, Safety, and Wellness Committee as an associate senator to aid in serving Disability needs
6. Work on projects or policies that directly support Disability personal needs and desires to improve their time on campus, such as ADA accessibility and accommodations
7. Work with the Student Access and Disability Services Office for guidance on Disability issues

Amnesty Policy Review

Status: In Progress, Ongoing

Description: Worked alongside Ryan Neely, to overview the amnesty policy present in the Truman State Title IX Policies and Procedures. The Amnesty Policy is not prevalent alone, yet through a revised Amnesty Policy it would be more clear on how amnesty applies to those at Truman. The Biden Administration will be reviewing the Trump Administration's policy of Title IX so revision work is postponed until those future legal changes will be made.

Opening Communication with Title IX

Status: In Progress, Ongoing

Description: Similar to the Amnesty Policy, there is open discussion on how Title IX could be revised for the future. Aside from structural rearrangement, there is ongoing work to create more student involvement within Title IX such as how it is communicated to the university body as well as how resources are provided.

Resolutions:

Resolution 121.007 - A Resolution Supporting Survivors, Protests, and Action List of University of Missouri

Resolution 121.002 - A Resolution Encouraging a COVID-19 Vaccination Mandate at Truman State University and Supporting an AAUP Petition

Events:

Due to COVID-19, we did not have many in person events.

Wellness Week:

- March 21st (Monday): event advertising day, stickers, stress balls, handouts for events
- March 22nd (Tuesday): Nutritional Tabling and Mindfulness with Dr. Dickson
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- March 23rd (Wednesday): Sexual Health Day
- March 24th (Thursday): UCS Counselor Presentations
- Mental Health First Aid (MHFA) Capstone tabling and UCS Counselor presentations
- March 25th (Friday): Goats and Rabbits on the Quad + Coloring

Tabling:

- We tabled for our Sexual Assault Prevention campaign, giving away stressballs and stickers.
- Epilepsy Awareness Day
- (see wellness week)

Future Project Ideas:

- NAMI partnership, student-led Mental Health support group
- Denim Day-work with Title IX office for helping with event
- Attendance Policy- follow up on current attendance policy ad how to account for the mental health of students
- Wellness Fee Proposal
- Continued work with the Wellness Committee
- Develop a wellness week with the aid of other organizations
- Work with Disability advocate and Diversity for Invisible Disabilities and Wellness campaign
- More building of the Sexual Assault Prevention campaign and working with the Women's Resource Center
- Continue having open discussions with UCS, CFM, and the Student Health Center
- Safety on campus- follow installation of security cameras
- Continue to print and distribute Wellness Booklets
- Know your Title IX event