

## Husky Health Coalition

Tuesday, November 7<sup>th</sup>, 2023

10:00am - 11:00am

WCG 322

### Members in attendance:

- Madie Brown
- Holly Wetzel
- Christine Stevens
- Gen Conley
- Amanda Enlow
- Stephon Harris
- DJ Crisostomo
- Juanita Murillo Garcia
- Susan Wagshul-Golden
- Angel Reddy

### Agenda

- Welcome and Icebreaker: What's something about your program, service, or office that you wished more folks across campus knew about?
  - **Madie Brown:** Is the UWT Confidential Sexual Violence Advocate. Advocacy is not connected to Title IX because of confidentiality. UW is moving towards becoming a mandatory reporting campus, however still also refer students to the Advocate when making a report of an incidence of sex/gender-based violence to Title IX.
  - **Holly Wetzel:** Students want to help and be involved, we need the help and guidance of the professionals in the room to be the most useful with our advocacy.
  - **Stephon Harris:** New Student and Family Orientation team is shifting to Enrollment Services. The support of new students as they transition to UWT is *everyone's* ongoing role.
  - **Christine Stevens:** Has been doing student food insecurity research over the last 12 years. Christine emphasized that she wants to get faculty on-board with student support. Wellness extends into the classroom.
  - **Gen Conley:** Manages the Husky Sustainability Fund. HSF doesn't just fund environmental projects, they fund a wide range of projects through a sustainability lens. Gen advocates for collaboration.
  - **Amanda Enlow:** A new social work intern at OSAS, would love to have all faculty on board with getting students informed about resources available on campus. Sees student hesitancy to use resources due to internalized stigma.
  - **DJ Crisostomo:** First Generation Initiatives offers free professional headshots for students, staff, and faculty.
  - **Juanita Garcia:** The VMRC is more than just the VA benefits office, they provide a community.

- **Susan Wagshul-Golden:** Campus Safety often supports students after hours, practices food recovery in partnership with the WCG. Campus Safety also oversees emergency preparedness for UWT.
- **Angel Reddy:** Study Abroad Coordinator, OGA offers a lot of identity-based resources, especially for students who are studying abroad.

- **UWT National College Health Assessment (NCHA) presentation** - [Presentation slides attached to this email](#)
  - **NCHA is an anonymous, nationally recognized research survey that assists intuitions in collecting precise data about their students' unique habits, behaviors, and perceptions.**
    - NCHA was conducted for the first time at UWT in Spring 2023.
    - It is recommended to conduct this survey annually or biannually; Madie plans to conduct this survey biannually due to funding constraints.
    - N=506; completion rate of 13%. Survey responses are considered to be statistically representative and therefore generalizable to the UW Tacoma student body of spring 2023. Madie verified through UWT Institutional Research and consulted with the UWT Statistics Consulting Group.
  - **Data Takeaways:**
    - 60% of students feel like they belong at UW Tacoma; similar to the national statistic, and 46% of students agree or strongly agree that UWT, we are a campus where we look out for each other.
    - Rates of mental related challenges or concerns equivalent to or greater than the national rates in comparison. Over half of students screen positive for loneliness.
    - Seriously considering suicide as an alcohol related harm is double the national rate (3% at UWT vs. 6% nationally). Stress, anxiety, and depression are the top three mental health concerns.
    - Alcohol use is more responsible and less frequent than student alcohol use nationally. Rates of driving under the influence of alcohol and cannabis are 10-15% higher than national rates.
    - Rates of relationship violence and sexual assault and harassment at UWT are comparable to rates nationally. 7% of UWT students reported experiencing stalking in the past year (4% nationally). These figures are likely much higher as students often don't know how to name/label what's happening/happened to them.
    - 46% UWT students experienced food insecurity in the last 30 days, 4x the rate of US household food insecurity.
- **Working Groups Sign Ups**
  - Working groups are opportunities for hands-on involvement in health promotion work and will work towards short-term, specific objectives in the topic area. They are led by Madie and/or Holly. They promote collaboration and idea sharing; they are not required but encouraged as all perspectives are needed.
  - Working Groups include:
    - Mental Well-being

- Mitigate loneliness by strengthening the sense of belonging on campus and social connection to peers.
      - Develop a campaign to increase positive and hopeful messaging and education around mental health, coping, and help seeking on campus.
    - Alcohol and Other Drugs
      - Identify new or unique ways to engage in the harm reduction conversation on campus and implement skills-based alcohol and cannabis education and NARCAN promotion.
    - Basic Needs Insecurities
      - Paint a comprehensive picture of student basic needs challenges and identify evidence-based opportunities to elevate UWT resources.
      - Topics this group could focus on are food and housing insecurity, access to transportation, childcare and health insurance
  - Susan Wagshul-Golden had a question about how each working group will operate – will there be a SWOT analysis, how will data be compared, etc.
    - Madie and Holly will provide the structure, support, research and expertise in health promotion as needed to support working group members as they decide next steps for addressing the health concern/topic of their working group.
    - Working group members will engage directly in whatever actions or measures need to be done to address the respective objectives of their working groups, for example, research, assessment and information finding, strategic planning, implementing pilot programs, etc.
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- Complete the Lettucemeet poll so we can find a time when most are available
    - <https://lettucemeet.com/l/OpGdA>
  
  - Next meeting is first week of December
    - Defining 'well-being focused' UWT