



Student Health Fee FY27 Proposal

Topic: Student Health Fee FY27 Request

Department: Student Health & Well-Being

Submitted by: Kayliegh Traverso, Student Health & Well-Being Manager

Request: Current Rate: \$162.60 flat rate per Residential Instruction Student/Hybrid Student,
NO INCREASE REQUESTED

Student Health & Well-Being

The Student Health & Well-Being pillar is part of the Student Affairs division and includes the offices of Wolfpack Wellness Center, Counseling Center, and Health Education and Promotion.

Mission of Pillar

“To provide integrated care and comprehensive well-being education that meets the needs of our diverse population.”

Supervision

The Student Health & Well-Being Area is part of the Holistic Well-being pillar. This area is supervised by the Vice President of Student Affairs who continues. Each office clinical practice is overseen by directors/Coordinator of Clinical Services of each respective field to ensure compliance with medical and mental health laws and statutes.



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Wolfpack Wellness Center

The Wolfpack Wellness Center's mission is "to provide holistic care that promotes wellness and encourages resiliency, agility, growth, and success in the student population."

The Wolfpack Wellness Center clinical services were led by Chalanne Stockman, MSN, APRN, FNP-c. Upon her departure from the University, Carlotta Fendrich, MSN, FNP-C is now assuming Clinical oversight of the area.

Services Provided

Well-being has many facets and the Wolfpack Wellness Center strives to provide integrated services that allow students to achieve overall well-being. Services at the Wolfpack Wellness Center include the provision of acute, chronic, and preventative care to the university population. These services include but are not limited to:

- Acute visits for illness or injury.
- Preventative visits such as physical examinations, well woman exams, and sports physicals.
- Health promotion procedures such as vaccination clinics, screening for illness/disease, CLIA Waived testing in the clinic, simple office procedures, laboratory/diagnostic specimen collection and referrals for a higher level of care.
- On-campus pharmacy which is able to dispense some prescription medications at cost.
- E-prescribing to any pharmacy located in the state of Colorado.
- Education to support well-being in the campus population.
- Collaboration with academic programs to provide experiential education and hands on clinical practice.
- Collaboration with public health entities to ensure safety for students and staff of Colorado State University Pueblo.
- Opportunities for students to be involved in research and projects that further their academic goals and impact future career options.

University Goals

Impact on Students: The Wolfpack Wellness Center's mission provides foundational support to students, so they are able to take care of themselves and focus on academic pursuits. Whether physical health concerns are acute or chronic, they can derail a student's academic path. With access to health care providers, vaccinations, medicine, and education, students can prioritize their health in a convenient, no-to-low-cost environment.

In addition to meeting the basic health care needs of students, the Wolfpack Wellness Center offers hands-on learning for students in the nursing program. Students have opportunities to assist with flu vaccinations and health fair events, internships within the clinic, and research projects for academic pursuits.

Impact on Employees: The Wolfpack Wellness Center offers services for students that range from no-cost to very low cost and limited low-cost services to faculty and staff. The Wolfpack Wellness Center participates in Student Affairs development opportunities and supports staff involvement with regional and national organizations.



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Impact on Community: In addition to marketing these services to potential students, the Center collaborates with Pueblo area non-profit and health organizations to expand services to students, staff, and faculty. These collaborations positively impact the CSU Pueblo brand with Pueblo area providers and volunteers.

Accomplishments and Impact

Continued Review of Expenses: The Wolfpack Wellness Center continues to perform careful review of needs through historical information and current market rates of supplies and medications. Since last year, the Wolfpack Wellness Center has reduced spending related to medications and supplies by streamlining the inventory process for both pharmacy inventory as well as clinic supply stock. The Center continues to be committed to finding additional savings related to what and how much medicine and medical supplies are ordered and stored.

Health Fair: The Wolfpack Wellness Pillar hosted the annual Health and Wellness Fair October 2025. This event is done in collaboration with the School of Nursing to help facilitate clinical practice time as well as enhance student knowledge about wellness initiatives. At the event this year we hosted 7 community partners, gave 100 flu shots, and had 220 participants in the program.

Students Served: The Health Center Saw a total of 417 individual students for a total of 782 appointments.

Expanding Access to Care: The clinic is collaboratively working with the Pueblo Department of Public Health & Environment to expand outreach of public health topic as well as expanding services available to the students of CSU Pueblo. We have also included services for well-being monitoring such as offering EKGs in the office as well as Blood Pressure Checks on a walk-in basis.

We have also added the tab for the Thunderwolf Health Portal to the Student PAWS Portal. This has increased the accessibility of the portal to further support the upgrades that have been made to PyraMED that will be implemented this summer 2026.

The Wolfpack Wellness Center is committed to providing quality health services and education to the students of CSU Pueblo through continued modernization of technology integration, continued careful review and adjustments of supplies/fees per service, and continued training.



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Counseling Center

The Counseling Center's mission is "to provide a professional and confidential setting that meets the psychological, emotional, and developmental needs of students as they pursue their academic goals".

The Wolfpack Counseling Center clinical services are led by Candace Brandenburg, LPC, ATR. This position is funded by the BOG Mental Health Initiative account.

Services Provided

The Counseling Center provides individual counseling services for students. The individual counselors provide assessment, diagnostic impression, treatment goals, and progress toward goals in a variety of therapeutic modalities.

These services include but are not limited to:

- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Stress Reduction
- Mindfulness
- Tapping
- Auricular AcuWellness/AcuPressure Seeds
- Trauma Informed Care

The Counseling Center also has a quiet room available for student use. AcuWellness, music, and meditation are modalities utilized in stress reduction.

University Goals

Impact on Students: The Counseling Center strives to provide resources and support to help students grow and succeed. By helping students progress through treatment goals, the Counseling Center directly and indirectly supports their academic success. In addition to individual sessions, the Center is very active with outreach and meeting the students where they are. While not every student may need individual sessions with a treatment plan, all students can benefit from education and social norming related to stress reduction, health habits, mindfulness, and similar for self-care. The Counseling Center has continued their tabling and events to reach students who may not come for individual sessions.

The Counseling Center offers opportunities for experiential learning and supervision required for licensures. Social Work students can complete internship hours in the Center. The Center has staff that can provide supervision for professionals who have completed their academic requirements for obtaining a LCSW (Licensed Clinical Social Worker) and LPC (Licensed Professional Counselor) designation but need to have supervised clinical hours to receive licensure.



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Impact on Employees: The Counseling Center participates in Student Affairs development opportunities and supports staff involvement with regional and national organizations. Counseling Center staff have certifications that allow for training staff, faculty, and students in nutrition in mental health, art focused stress reduction programming, Acupressure Seeds Training, and QPR (suicide response training). Employees can reserve the quiet room and utilize the AcuWellness services.

Students Served: The Counseling Center has seen 275 *individual* students with a total of 1,453 counseling impacts. This includes individual therapy, acuwellness, support sessions, and student interactions in the counseling center.

Accomplishments and Impact

Athletic Outreach: In collaboration with the Department of Athletics, the Counseling Center has been able to continue providing a standing time and location to have drop-in sessions with a counselor. During the 25/26 academic year the Counseling Center has had over 100 student contacts through this collaboration. The Counseling Center will continue this partnership to increase access to the student population.

Art Integration: C. Brandenburg now serves as the Director of Clinical Services within the Counseling Center. Even while serving in this expanded role, Brandenburg continues to focus on programmatic outreach. The Counseling Center offers art-focused pop-up events reaching students with interactive and passive programming. By reaching out to students and touching on topics that relate with promoting interactions that focus on positive mental health outcomes, The Counseling Center continues to integrate programs that create a larger scale more immersive/interactive student experience.

AcuWellness: The Counseling Center currently offers the 5 point auricular acupuncture protocol called AcuWellness. Since last year, the Counseling Center now has 3 staff members that are available within the clinic, and 1 staff member who works in Well-Being Initiatives who are fully trained and certified to practice AcuWellness. Between appointments within the Counseling Center, as well as various events in collaboration with other departments the Counseling Center has done over 320 AcuWellness treatments. In addition, Counseling personnel have placed 110 sets of acupressure seeds. These are commonly utilized by students for stress reduction, ease test anxiety symptoms, and grounding exercises. Counseling Center staff continue to seek departments and areas where students may find these services beneficial but do not otherwise have time to visit the Counseling Center. This supports our ongoing commitment to meet students where they are at.

Expanding Access to Care: The Wolfpack Wellness Center and Counseling Center are considered an integrated care clinic. Meaning that both areas of the larger clinic have access to the same Electronic Healthcare Record, collaboratively care for students when needed, and share vital resources. As previously mentioned, the technological expansion that the Wolfpack Wellness Center will be undergoing will be a shared experience with the Counseling Center as well. The Counseling Center will also be soon implementing online appointment scheduling, text message reminders, one-way portal messaging, and so on. This is an exciting venture for the entire area of Student Health and Well-Being as we strive to remove barriers to quality care.



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Well-Being Initiatives

The area of Well-Being Initiatives mission is “to provide prevention and promotion education, health living and learning opportunities in order to sustain a wellness focused environment that further develops academics and success for students at Colorado State University Pueblo”.

The Well-Being Initiatives Health Education office is responsible for education related to alcohol and other drugs and completes the federally required Biennial Review for the Drug Free Schools and Communities Act (DFSCA), which is one of the requirements for the university to receive federal funds. The DFSCA requires schools and universities to develop programs that prevent violence on or around campuses and to address the unlawful possession, use or distribution of alcohol and other illicit drugs. The Biennial Review is reported every other year, for the two-year period. The most recent review was completed in 2025. The next review is set to be completed in Fall 2027.

In addition to the responsibility of completing the review, the program provides alternative activities, assessment of student needs, educational opportunities and programs, and assessment of students for substance abuse risk. The program collaborates with Conduct to help students who are having issues related to alcohol or other drugs (including assessment), provides education and helps students procure wrap around services pertaining to alcohol and other drugs if needed.

Services Provided

The Well-Being Initiatives program collaborates with several campus and community partners to develop and present educational programs and alternative activities for students at Colorado State University Pueblo. This program offers experiential learning opportunities to Global Health Nursing students, internships for Social Work and Health Sciences students, and training for peer mentors.

This area now has 1 funded Non-Student hourly position that is being trained by the Health and Well-Being Manager coordinate internship hours and program execution. In addition the program now has 3 students who are receiving their field hours to help them complete their requirements for graduation.

A quickly developing facet of this partnership is the ability for the Certified Peer Educators to provide Student Led Health Coaching Sessions. This has quickly gained traction with the Peer Educators averaging about 4 clients each. The feedback from students receiving these one-to-one sessions has been overwhelmingly positive. The only set back is the program is growing quickly in popularity and could use additional support.

The proposed budget has \$2000 set aside for peer educator/internship positions to support these positions being paid via stipend rather than experience only. We feel that this adds value to the program and also helps our student population receive pay for work that usually goes unpaid.

The Non-Student hourly position is currently occupied, and our area is looking to make this a permanent position. This position is instrumental in implementing the Okanagan charter on campus. This directive comes from the Board of Governors as a strategic mental health maneuver to integrate Wellness on every facet of the campus this position is currently being funded as a non-student hourly position and is looking to be institutionalized as a permanent position as supported by our current standing budget as well as the BOGO mental health initiative monies.

- JED Program Wrap Up year 2026
- Coalition of Colorado Campus Alcohol & Drug Educators (CADE): Grant requirements facilitated by Kayliegh Traverso & Precious Molina



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- Peer Educators: Supervised by Kayliegh Traverso & Precious Molina
- Biennial Review: Completed by Kayliegh Traverso
- PROOF 360 Personal Feedback Inventory Conduct completion: Facilitated by Kayliegh Traverso (Student Health & Well-Being) in collaboration with Justin Spaulding (Student Conduct)



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Budget

The Student Health Fee is a current flat rate of \$162.60 per RI/Hybrid Student. At this rate, the Well-Being area anticipates ending this fiscal year with a small rollover of \$67,343.36. We would like to put this toward our savings to build a safety net to set the area up for financial success in the future.

The following scenarios outline the potential impact of recommendations by the SFGB.

Budget Needs and Assumptions

Overhead costs: The pillar is charged G&A allocations each year. These costs are decided by the Office of Financial Management and projected to total \$62,910.00 for FY27.



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Assumed expenses:

Absorbing Director of Counseling Position	
Well-Being Pillar	
Staffing Costs	\$84,764
Overhead	\$60,910
Office Operating Costs	\$10,000
Software Costs	\$28,110
Total = \$183,744	
Wolfpack Wellness Center	
Staffing Costs	\$307,422.99
Office Operating Costs	\$2,000
Medical Operating Costs	\$12,819.97
Software Costs	\$0
Total = \$322,242.96	
Counseling Center	
Staffing Costs	\$357,583.68
Office Operating Costs	\$8,726
Software Costs	\$19,320
Total = \$385,629.68	
Combined Expenses: \$891,656.64	

We are assuming a conservative projected budget of \$959,000. This would leave \$67,343.36 of rollover for FY27



Request Summary

FY26 End of Year statement: With the current Board of Governors, directives on strategic planning for the health and well-being area, staffing patterns will face a slight change. There will be the implementation of an online counseling platform paid for by the Board of Governors Mental Health Initiative funded account. How that changes services offered within the area, is that there will be psychiatric medication providers available to students through this platform. We currently we pay a Staff/Faculty member \$56,000 to complete this job(for 8 hours a week). The Counseling Center would be able to alleviate that staff member of their role and allow students to use this online platform to increase access to psychiatric services outside of regular times available to students.

This would allow the student health and well-being area to institutionalize the role of Director of Counseling into our current budget. This was a proposal from last year's budget request and has been able to be satisfied by changing our fee schedule to a flat rate.

In addition to these changes as well as steps taken to reduce spending, we anticipate rollover of around \$67,343.36 to end FY27.