

Student Health & Well-Being Mission, Goals, & Services

The Holistic Well-Being Pillar is a pillar that is part of the Student Affairs division and includes the offices of Wolfpack Wellness Center, Counseling Center, Student Health & Well-Being Initiatives, and the Student Recreation Center. For the intent of the report the areas covered is the area of Student Health & Well-Being to include Wolfpack Wellness Center, Wolfpack Counseling Center, and Student Health & Well-Being Initiatives.

Mission of Student Health & Well-Being

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

Supervision of Pillar

The pillar is supervised by the Associate Dean of Holistic Well-Being. Currently the Wolfpack Wellness Center has welcomed a new Director of Health Services. The person that has accepted this position will begin January 2025. The Wolfpack Counseling Center is currently concluding a search process for a Clinical Director of Counseling Services. Updates on this position will be given upon completion of this process. During this time of growth and transition, each office practice is independently run by field experts to ensure compliance with medical and mental health laws and statutes.

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.”

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

Expanding the appeal of campus: The Wolfpack Wellness Center offers no-cost or at-cost services for students and limited low-cost services to faculty and staff. 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.

Enhancing student success: 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 hand-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.

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".

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 Training and Workshops
- Tapping
- Auricular AcuWellness/AcuPressure Seeds
- Trauma Informed Care
- The Counseling Center also has a quiet, decompression room available for student use. AcuWellness, aromatherapy, music, and meditation are modalities utilized in stress reduction.

University Goals

Expanding the appeal of campus: The Counseling Center participates in Discover Days and other events to market to potential students.

Enhancing student success: The Counseling Center strives to provide resources and support to help students grow and succeed. By helping students progress through treatment goals, the 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 increased their tabling and events to reach students who may not come for individual sessions.

The Counseling Center also offers opportunities for experiential learning and supervision required for licensures. Social Work students can complete internship hours in the Center. The Center also has staff that can provide supervision for professionals who have completed their academic requirements for Social Work but need to have supervised clinical hours to receive a license.

Developing our people: 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 Mental Health First Aid and QPR (suicide response training).

Student Health & Well-Being Initiatives

The mission of Student Health and 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 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 2023, and the next review will be due in 2025. 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 in recovery. The program also trains peer mentors and encourages other opportunities for students to become involved in supporting other students.

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. The Well-Being Initiatives program offers experiential learning opportunities to Global Health Nursing students, internships for Social Work and Health Sciences students, and training for Certified Peer Educators. The department provides

numerous tabling and events. Many of the programs are grant funded. This area partnered with Colorado Health Network to provide funds for the JED Foundation to complete an assessment for mental health needs and develop a strategic plan and guidelines to ensure Colorado State University Pueblo meets regulatory requirements arising from the BIG (Behavioral Intervention Guidelines) Act. The Act was passed by Congress in January 2023. These regulations mandate national guidelines for mental, emotional, and behavioral care in the next few years.

The American College Health Association - National College Health Assessment was completed in 2023, and the Well-Being pillar has been integrating this data into daily practices within the Student Health and Well-Being areas. The area of Well-Being Initiatives is currently beginning agreements between the American College Health association and the IRB of Colorado State University Pueblo to implement the survey to the entire student population in Spring of 2025.

This area has maintained its campus cohort status with the Colorado Coalition of Campus and Drug Educators (CADE). The maintenance of this partnership has allowed Student Health & Well-being to receive funding opportunities for the 5-year grant block CADE facilitates funded by the Colorado Office of Behavioral Health. Through the funding of this grant block, key initiatives have been formed and implemented such as the introduction of the TIME to UNGRIND social norming campaign, the inaugural ACHA-NCHA survey, and the 2025 ACHA-NCHA survey.

- JED Taskforce to create and implement the strategic plan: Chaired by Gwen Young (Associate Dean Holistic Well-Being), Halle Medina (Residence Life & Housing), and Kayliegh Traverso (Health & Well-Being Manager)
- Coalition of Colorado Campus Alcohol & Drug Educators (CADE): Grant requirements facilitated by Kayliegh Traverso (Student Health & Well-Being)
- Peer Educators: Certification and supervision by Kayliegh Traverso (Health & Well-Being)
- Biennial Review: The 2025 will be completed by Kayliegh Traverso (Health & Well-Being)
- 360 Proof Personal Feedback Inventory (PFI) and Conduct completion: Facilitated by Kayliegh Traverso (Health & Well-Being) and Justin Spaulding (Student Conduct)
- Spiritual Well-being Coordinator: Supervised by Kayliegh Traverso. This temporary position was created in hopes to coordinate all spiritual life activities that would come out of the Well-being Initiatives area as well as align with the Center for Student Support and Advocacy to support any efforts regarding this subject matter to further support our student population.

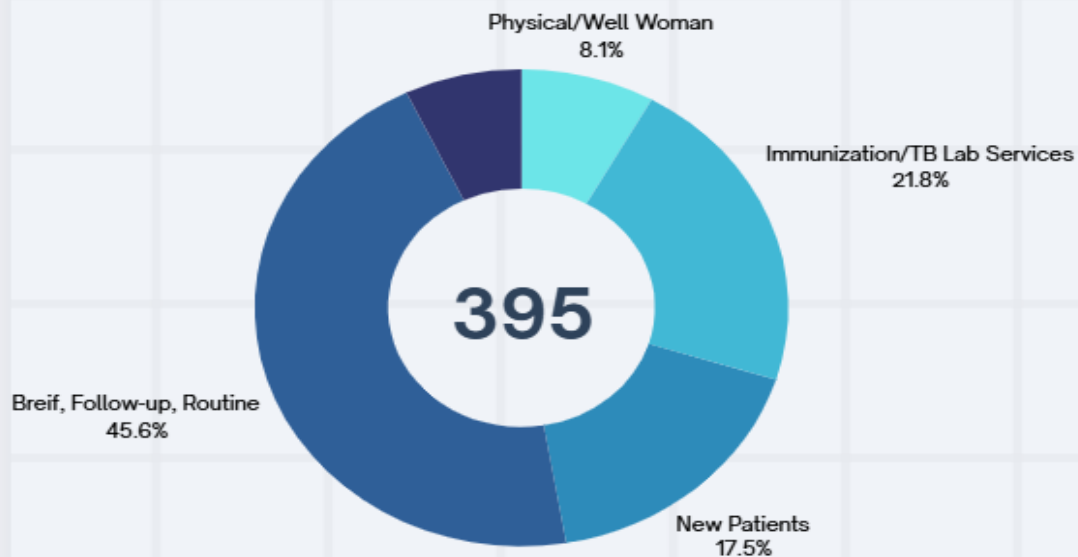
Student Health & Well-Being Totals:

Wolfpack Wellness:

Wolfpack Wellness have served a total of 395 students in the clinic from August 1 to October 31, 2024:

TOTAL FALL VISITS

The total visits for the Wolfpack Wellness Office for the fall semester to current date of publication (10/31/2024)



The Wolfpack Wellness Center continues to operate at less-than-ideal staffing patterns. With the onboarding of the new Director of Health Services in January 2025, the total of available appointments will grow by about 30-40 percent. This will boost the availability of appointments to the student population.

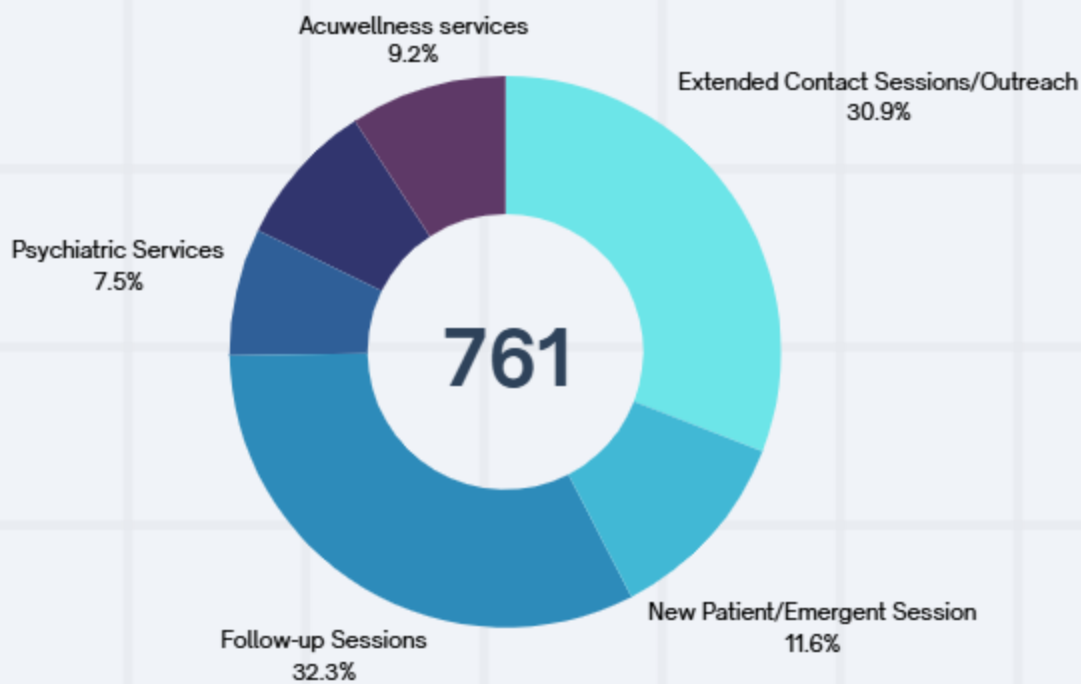
The current interim Director of Clinical Services has helped to continue critical partnerships on campus that allow the continued facilitation of cross-campus collaborations. This critical link allows internship opportunities that strengthen the ties between student services and academia.

Wolfpack Counseling:

The Wolfpack Counseling Center has served a total of 761 students in the clinic from August 1 to October 31, 2024.

TOTAL FALL VISITS

The total visits for the Wolfpack Counseling Center for the start of the fall semester to current date of publication (10/31/2024)



The Wolfpack Counseling Center has been able to take advantage of the ACAH-NCHA (American College Health Association-National College Health Assessment) Data. This has been instrumental in shaping current practices to better fit student needs. With the support of leaders in the area, Counseling has been able to provide targeted services to students that resonate with the themes and perceived gaps in topic coverage.

In addition to the in-office visits, the Counseling Center has established key out of office counseling sites to help the need of meeting students where they are at. Current partnerships are with Athletics, the Residence Halls, School of Nursing, and the MAPS/STEM areas. Various engagements throughout these locations have proven to be instrumental in the continued marketing efforts made by this area.

Student Health & Well-Being Subcommittee Members:

The members that serve on this subcommittee are as follows:

Faith Valdez
Rylie Nash
Bill Redmond-Palmer

Subcommittee Duties for Fall 2024

The sub-committee duties will consult with the representative of the Student Health Well-Being area and provide valuable feedback on current operations of the areas and provide an in-depth student-led perspective on the services provided by this area. This feedback will be instrumental in optimizing current practices to ensure they meet the holistic needs of our student population.

Financial Statement:

Area Expenses

Wolfpack Wellness Area:

Staffing Costs	\$353,314.99
Office Operating Costs	\$8,949.32
Medical Supply Costs	\$16,647.67
Software Costs	\$36,615.24

Wolfpack Counseling Center:

Staffing Costs	\$359,915.25
Office Operating Costs	\$7,446.32
Software Costs	\$34,939.62

It was stated in the 2023 Fall Report and in the following fee request for FY 25 that the area of Student Health was in the process of initiating an insurance bill back program. This process has

unfortunately hit a roadblock. During this process the Colorado statutes changed where the proposed Health Practice and affiliated National Provider Identifier (NPI) Number must be covered as a registered LLC group not as individual insured providers as previously understood when this process was initiated. This has led to the investigation of group coverage costs for the area. The cost of this group coverage at current standing of operation under the University Tax ID would mandate that ALL licensed providers be covered under the insurance plan. This would include all licensed individuals in the School of Nursing. This cost/need is disproportionate to the current operational needs of the Wolfpack Wellness Center. The next step in this process is to explore the legality and cost of forming an LLC that the Health Center would possibly operate the insurance bill back under. At this current time no further negotiations are being explored with NeoGov.

Proposed staffing patterns from the FY 25 Request have changed due to new directive by the area Vice President. The new positions include the Clinical Director of Counseling as well as the Clinical Director of Health Services. These positions change the previously projected budget for this area. With the promotion of a counselor into the Director of Counseling position there are projected cost savings that were budgeted from that position salary.

January 2025 is the Integrated Clinic Productivity Evaluation that will evaluate the time utilized by each provider as it relates to student facing services. At that time a reevaluation of the Clinical Load index for the Counseling Center as well as a time utilization report for the Health Center will be completed. This is when a reevaluation of the staffing patterns will be performed, and reallocation of staff time will be addressed.

At this time the Student Health and Well-Being area is looking into how to provide all services advertised to the student population under current staffing levels between the Health and Counseling areas. After the Productivity Evaluation with stabilized Direct Service Hour allocations, a more thorough report can be given on direct student appointment availability, with special consideration to the Health Center, as they have been operating at less-than-optimal staffing for Licensed Medical Providers for quite some time.