



# Student Health Fee FY26 Proposal

**Topic:** Student Health Fee FY26 Request

**Department:** Student Health & Well-Being

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

**Request:** For an expected 73,000 hours, Student Health & Well-Being requests **up to a \$0.65 increase** from the \$13.55 student health fee to \$14.20 or to move to a flat rate for all residential instruction students.

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## Student Health & Well-Being

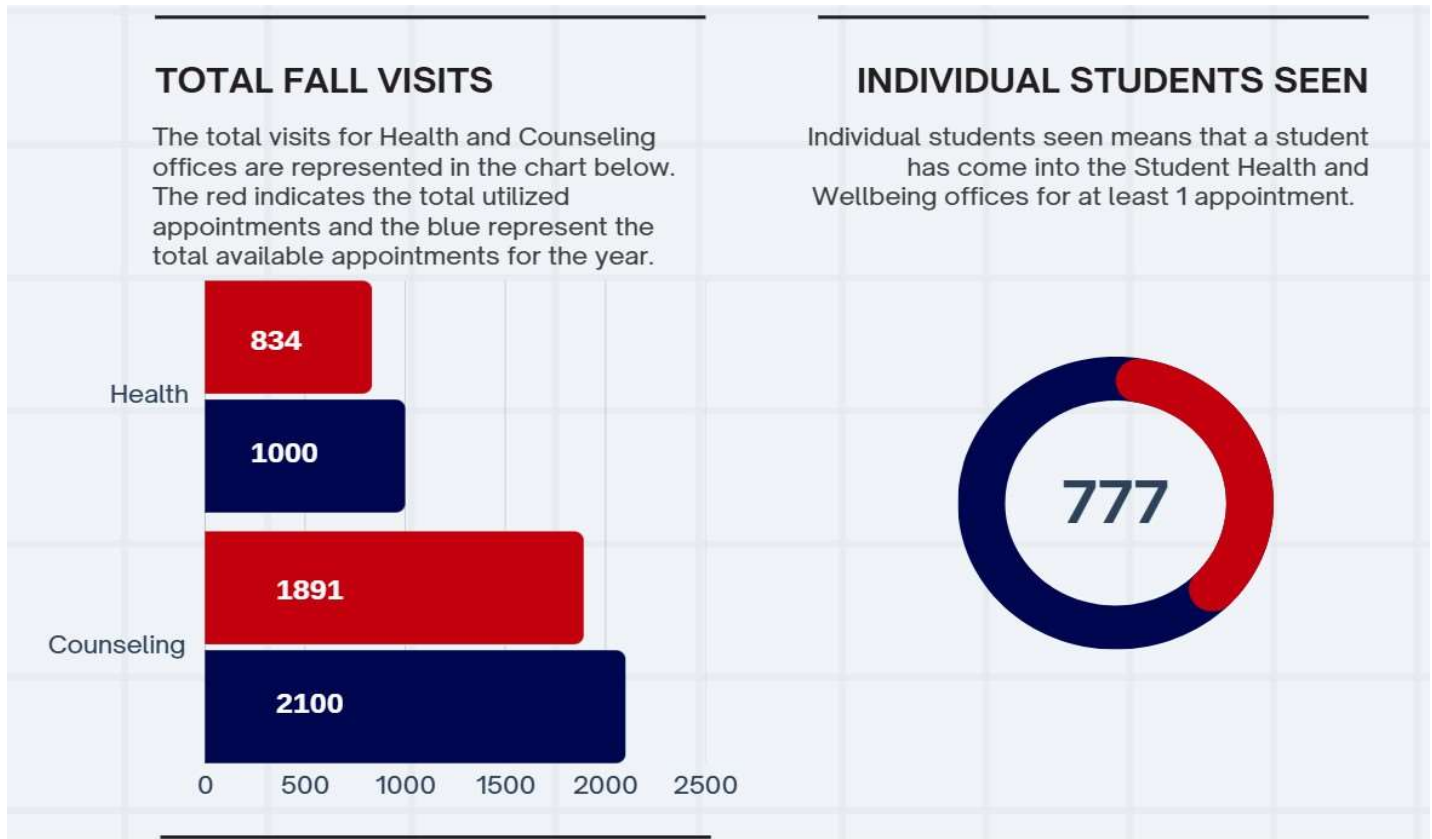
The Student Health & Well-Being pillar is part of the Student Affairs division and includes the offices of Wolfpack Wellness Center, Counseling Center, and Well-Being Initiatives Health Education.

### 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 Associate Dean of Holistic Well-being Operations who continues to ensure the development and improvements of the business functions within the area. Each office clinical practice is overseen by directors 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 are led by Chalanne Stockman, MSN, APRN, FNP-c. This position is included in the current budget.

### **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 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.

*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. 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 8 community partners, gave 65 flu shots, and had 150 student participants in the program.

*Students Served:* For most of this fiscal year the clinic remained at low staffing numbers while Student Health and Well-Being was completing the search and screen process to hire a Director of Clinical Services. As of January 2024, the clinic welcomed Chalanne Stockman, MSN, APRN, FNP-C as the new Director of Health Services. This onboarding has increased student appointment capacity by an additional 30 clinical hours a week. Since the new director's on-boarding, the clinic has seen a significant increase in availability and utilization of student appointments. We are excited to be more available for the students of CSU Pueblo.

*Expanding Access to Care:* The new Director of Health, clinic staff, as well as the Health and Well-Being Manager, have already begun to implement new practices into the clinic to increase access to services, strengthen community ties, and continue collaborative programming across the campus as well as with community partners. The clinic is collaboratively working with the Pueblo Department of Public Health & Environment to expand outreach of public health topics as well as expanding services available to the students of CSU Pueblo.

We will also be expanding the limitations of the Thunderwolf Health Portal. This portal currently lives on the Student Health Services website and is utilized for paperwork completion and select document upload. However, as of February 2025, we have entered into an expansion of services addendum with PyraMed Health (the Electronic Healthcare Record services provider) that will allow for online scheduling of acute care appointments, full patient document upload, text message reminders/appointment confirmations, and eventually, secure one-way portal messaging.

The Wolfpack Wellness Center is also looking to procure a 12 lead EKG machine. This is a service that is able to be completed by our current staff without incurring an increased training cost. This addition to the clinic will further expand the diagnostic capacities of the Wolfpack Wellness Center. Obtaining an EKG is a common health care diagnostic tool that is ordered during healthcare visits and is often a requirement for starting certain medications. EKGs provide vital diagnostic information that expedites improved health outcomes. Currently, when a student needs this vital test, they are expected to make an appointment with a local area hospital where transportation or cost of procedure could be barriers to access to care. The Wolfpack Wellness Center is looking to remove those barriers.

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



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adjustments of supplies/fees per service, and continued training.

## 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 not funded by the current budget. This is a grant funded position that has an appointment of 3 years. Sustainable funding will need to be considered.

### **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 Acu-Wellness/Acu-Pressure Seeds
- Trauma Informed Care

The Counseling Center also has a quiet room available for student use. Acu-Wellness, 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 Acu-Wellness services. The Counseling Center also provides consultation time with staff and faculty in the instance that an employee of the university would have questions about students or situations that could use a mental health professional lens.

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

## **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. Since the start of this practice in early 2024, the Counseling Center has had over 89 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 MAPS, SEAL, Residence Life and Housing, the Counseling Center has done over 230 AcuWellness treatments. In addition, Counseling personnel have placed 150 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 2023. The next review is set to be completed in Fall 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 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.

*Time to Ungrind:* Through a grant facilitated by CADE, Well-Being Initiatives has continued the Time to Ungrind campaign on campus. Utilizing the data from the ACHA National College Health Assessment, the program utilizes the Logic Model to influence social norming of positive health and mental health practices. This area has completed 2 focus groups with CADE to understand data points that matter to the student population and how to create programming that allows for self-care thus reducing harmful behaviors such as substance use.

Through this grant and in conjunction with NASPA, the overarching entity of CADE, Well-Being Initiatives has received one time funding to pay for materials to expand our Certified Peer Educator cohort. This has led to important collaborations with MAPS, NAMI on Campus, and most notably the creation of the Student Health and Well-Being Certified Peer Educators. These students are matched with our program through internships requirements from the Health Sciences Program.

This area now has 1 funded student hourly position that helps the Health and Well-Being Manager coordinate internship hours and program execution. In addition, the program now has 6 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.





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This will be an ongoing program now that proper scaffolding has been established. The hope is to increase capacity through a part-time position as well as a student worker position to ensure the continued forward momentum of this Well-Being program.

In the past Well-Being Initiatives 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 ACHA National College Health Assessment was completed in 2023, and the Well-Being pillar has begun to use the data to inform practice.

- JED Taskforce to create and implement the strategic plan: Chaired by Gwen Young (Holistic Well-Being), Halle Medina (Residence Life & Housing), and Kayliegh Traverso (Student Health & Well-Being)
- Coalition of Colorado Campus Alcohol & Drug Educators (CADE): Grant requirements facilitated by Kayliegh Traverso
- Peer Educators: Supervised by Kayliegh Traverso
- 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 currently \$13.55. At this rate, the Well-Being pillar (under current staffing patterns and funding sources) anticipates ending this fiscal year with a small rollover. However, this will not be enough to cover next year's expenses unless we are allowed to keep the rollover.

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

### Budget Needs and Assumptions

*Staffing:* Utilizing the FY25 rollover, the area of Well-Being Initiatives requests to create a part-time position (Well-Being Program Coordinator) to support the areas of Health and Well-Being and assure continued growth of outreach programming as well as strategic departmental and community collaborations. This is supported by the Health Fee Sub-committee.

*Overhead costs:* The pillar is charged G&A allocations each year. These costs have been decided by the Office of Financial Management and are projected to total \$62,739.00 for FY26.

*FY25 End of Year statement:* With the current staffing patterns with no change in funding sources for any roles, assuming changes in contracts for software to increase services (such as online scheduling for PyraMed and contractual increase on ProtoCall), and steps taken to reduce spending, we anticipate rollover of around \$60,000 to end FY25.

### Future Needs

*Staffing:* The Well-Being pillar includes Wolfpack Wellness Center, Counseling Center, and Well-Being Initiatives Health Education. In the last FY request, the area requested funds to restructure the staffing in these areas as well as look at how roles impact the student contact hours. The Well-Being pillar was later directed to appoint Clinical Directors of both the health and counseling areas.

The Director of Counseling Services position was created and is currently funded by grant funds. This is a 3-year appointment. This position currently does not impact the student-fee funded budget; however, the area has been asked to institutionalize this position (remove it from grant-funded). This position was funded by four grants. Two of those grants have unexpectedly ended or will not be renewed as expected. The Assistant Provost has found grants to replace the two grants that have or will end soon. However, this area will have to absorb the cost of this position after next year. Our request is to increase the fee to save for this expense, so the following year's increase isn't so significant.





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## Assumed Expenses

FY2026	
Well-Being Pillar	
Staffing Costs	\$164,139
Overhead	\$62,739
Facility Needs	\$10,000
Software Costs	\$28,110
Total =	\$264,988
Wolfpack Wellness Center	
Staffing Costs	\$290,153
Office Operating Costs	\$2,000
Medical Operating Costs	\$28,000
Software Costs	\$0
Total =	\$320,153
Counseling Center	
Staffing Costs	\$432,273
Office Operating Costs	\$2,000
Software Costs	\$18,000
Total =	\$452,273
<b>Combined Expenses: \$1,037,414</b>	

## Student Fee Request Impacts if NOT Saving for the Director Position

Scenario	Increase	Fee	Revenue	Estimated EOY Impact/Reduction Required
Scenario 1	\$0.00	\$13.55	\$989,150	(\$48,264) Use FY25 rollover
Scenario 2	\$0.65	\$14.20	\$1,036,600	(\$814) Absorb through other savings
Scenario 3	\$0.00	\$162.60	\$1,040,965	(\$3,550) Flat rate for all residential students



### **Scenario 1: No Increase**

With the assumption of 73,000 hours, the \$13.55 Health Fee would net \$989,150 in revenue.

The Health & Well-being area can absorb the End of Year (EOY) deficit (\$48,264) with the expected rollover. The remaining \$10,000 in FY25 rollover will be saved for the next year.

#### **Impact to Students**

No immediate impact to students – will maintain current services and programs.

Future impact to students is an increase of at least \$2.25 to the FY27 student health fee for a total of \$15.80

### **Scenario 2: \$0.65 Increase**

With the assumption of 73,000 hours, the \$14.20 Health Fee would net \$1,036,600 in revenue.

Health & Well-being can absorb the End of Year (EOY) deficit (\$814) with the expected rollover. The remaining \$59,000 in FY 25 rollover will be saved for FY27 to help cover a portion of the Director's salary and benefits.

#### **Impact to Students**

This will increase the student health fee for \$14.20 per hour and will maintain current services and programs.

Future impact to students is an increase of at least \$1.60 to the FY27 student health fee for a total of \$15.80 (up from the FY26 total of \$14.20).

### **Scenario 3: Move to a Flat Rate for all RI students**

We would appreciate any increase that would allow us to save for absorbing the Director position. However, we also will be collecting data next year to propose a flat rate for all residential instructions students. Many of the universities in CO already charge a flat rate, so all students have the same access to physical and mental health services.

If SFGB is comfortable transitioning to a flat rate this next year, it would provide an additional \$51,815 without raising the hourly rate. Using this year's registration data, we would anticipate 3,201 students paying \$162.60 (\$13.55 x 12) each semester, totaling \$1,041,965 in revenue.

This would provide the financial support needed and remove barriers for students with less than full-time hours. However, this would mean students with less than 12 hours would be charged at the 12-hour rate, which would be higher than the hourly rate. But it would mean savings for students taking more than 12 hours.

### **Request Summary**

We have provided a foundation of information so the SFGB can make the best decision for the student population. While we have been fortunate to secure new grant funding, we must plan for the absorption of a position that is required by Vice President of Student Affairs.

In FY25's proposal and presentation, we requested the SFGB consider providing a 3% increase each year to the Health Fee due to the rising cost of medical supplies and procedures. The 3% expense increase can be absorbed by our FY25 rollover. However, it will need to be considered for next year's request.



## Appendix A

### Colorado Four-Year Universities FY25 Health and/or Counseling Student Fee

University	Rate	Total	Notes
CSU Ft. Collins - Health	\$213.67	<b>\$272.62</b>	Flat rate at 6 hours, charge rate if used by those with <6 hours
CSU Ft. Collins - Counseling	\$58.95		Flat rate at 6 hours, charge rate if used by those with <6 hours
CU Boulder - Health	\$97.09	<b>\$204.49</b>	Flat rate – all students
CU Boulder - Counseling	\$107.40		Flat rate – all students
CU Denver - Health	\$24.00	<b>\$220.80</b>	Flat rate
CU Denver - Counseling	\$3.00		Flat rate
CU Denver - Wellness	\$193.80		Hourly
UCCS - Wellness	\$138.77	<b>\$138.77</b>	Flat rate – all students
CO School of Mines	\$281.00	<b>\$281.00</b>	Flat rate – 6 hours+
Fort Lewis	\$159.75	<b>\$159.75</b>	Hourly
Metro - Health	\$108.60	<b>\$108.60</b>	Flat rate – all students
Colorado Mesa	\$27.30	<b>\$27.30</b>	Hourly
Adams	DNE	DNE	Do not provide services
UNC	% of \$664.60		Counseling only
CO Western	unsure		use TimelyCare and contract with local medical provider