

FALL REPORT 2025



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

The Holistic Well-Being Pillar, housed within the Division of Student Affairs, plays a critical role in advancing the universities' strategic priorities such as student success, campus safety, retention, and community engagement. The pillar includes the Wolfpack Wellness Center, the Wolfpack Counseling Center, Student Health & Well-Being Initiatives, and the Student Recreation Center. This report highlights the three operational areas directly connected to Student Health & Well-being.

Mission of Student Health & Well-Being

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

This mission directly supports CSU Pueblo’s commitment to removing barriers, promoting health equity, enhancing academic persistence, and sustaining a healthy campus community.

Supervision of Pillar

The pillar is supervised by Dr. Maire Humphrey, due to losing the role of Associate Dean of Holistic Well-Being. Wolfpack Wellness Center welcomed a new Director of Health Services, Chalanne Stockman MNS, APRN, FNP-C. Chalanne accepted this position started in her role January 2025. Since her onboarding She has implemented new Standard Operating Procedures in the Wolfpack Wellness Center, modernized paperwork and clinical processes to align with current state and regulatory standards as well as aligning with the larger CSU System.

The Wolfpack Counseling Center also appointed a Clinical Director of Counseling Services. Candace Brandenburg, LPC was brought into this role and has since been directing further outreach of the Counseling Center. Each area continues to operate effectively under the leadership of qualified professionals who ensure adherence to all medical, psychological, and regulatory standards.

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 Wellness Center is essential to the university's ability to support student retention and holistic health. It provides both direct health care and educational outreach that reduce preventable disruptions to students' academic progress.

Services Provided

The Wolfpack Wellness Center delivers a full spectrum of medical and wellness services, including:

- 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 services with cost savings to students.
- 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.

University Goals

Expanding the appeal of campus: The Wolfpack Wellness Center enhances CSU Pueblo's Valus Proposition through no-cost or low-cost services to students, as well as affordable options for university employees. Partnerships with local health organizations strengthen community relationships and extend valuable resources.

Enhancing student success: Health issues are one of the most common factors leading to academic interruption. By providing accessible care, the Wolfpack Wellness Center enables students to maintain academic momentum. The Center also plays a key role in experiential learning through internships, health fairs, community collaborations, and campus outreach with measurable learning objectives.

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 Counseling Center directly supports student retention, crisis prevention, and overall mental health. This is an increasingly critical component of national student success trends.

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 engages prospective students through Discover Days. The Center continues to hold multiple on campus events to enrolled students

that promote awareness of both clinical and non-clinical resources that highlights CSU Pueblo's position as a student-centered institution.

Enhancing student success: Mental health is closely related to academic performance. The Counseling Centers' clinical support, outreach programs, and flexible engagement strategies ensure broad student access.

Examples of flexible engagement strategies: Embedded therapist in athletics, student outreach tables that are based on therapy modalities such as Art Therapy/Art Connections. Acuwellness services taken to the student population such as Veterans Success Center, the OSC where there are high volumes of student interaction, and student events where students request the Counseling Centers presence.

Developing our people: Staff members participate in ongoing professional development and provide campus-wide training on a multitude of mental health topics, strengthening institutional capacity for crisis response and early intervention.

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 office manages key federal compliance obligations, including the **Drug-Free Schools and Communities Act (DFSCA)** Biennial Review, required to maintain eligibility for federal funding.

- Last completed: **2025**
- Next due: **2027**

Additional responsibilities include:

- Substance use prevention and harm-reduction programming
- Collaboration with Student Conduct for student assessments and recovery support
- Alternative activities and wellness education
- Peer educator training and student leadership development
- Needs assessments and data-driven programming

- Strategic planning and implementation of the adoption of the System-Wide requirement of the Okanagan Charter.

Services Provided

Strategic Initiatives and Grant-Supported Work

The office maintains strong partnerships and external funding relationships:

- Collaboration with the **Colorado Health Network** enabled a **JED Foundation assessment** and development of a strategic mental health plan aligned with the 2023 **Behavioral Intervention Guidelines (BIG) Act**.
- Administration of the **American College Health Association–National College Health Assessment (ACHA-NCHA)** in 2023, with preparation for full student administration in Spring 2025.
- Active membership in the **Colorado Coalition of Campus Alcohol & Drug Educators (CADE)**, ensuring eligibility for a five-year grant cycle supporting major initiatives such as:
 - TIME to UNGRIND social norming campaign
 - ACHA-NCHA implementation
 - Ongoing prevention education and training

Key Assignments and Roles

- **JED Taskforce:** Kayliegh Traverso, Halle Medina, Precious Molina, Gwen Young
- **CADE Grant Management:** Kayliegh Traverso
- **Peer Educator Training:** Kayliegh Traverso & Precious Molina
- **2025 Biennial Review:** Kayliegh Traverso
- **360 Proof PFI & Conduct Collaboration:** Kayliegh Traverso, Precious Molina, and Justin Spaulding

Conclusion

Student Health & Well-Being plays an essential role in advancing CSU Pueblo's strategic priorities. Through integrated medical care, mental health services, prevention initiatives, and compliance leadership, the Holistic Well-Being Pillar strengthens:

- Student retention and academic success
- Campus safety and risk mitigation
- Community and clinical partnerships
- Experiential learning and workforce preparation
- Institutional compliance with federal guidelines
- The university's overall appeal to prospective students and families

This collective work positions CSU Pueblo as a leader in holistic student support and reinforces the university's commitment to fostering a healthy, thriving, and resilient campus community.

To aid with the upcoming adoption of the Okanagan Charter, the Student Health & Well-Being Initiatives area onboarded Precious Molina. Precious has spearheaded the Key Progress Indicator (KPI) of becoming an Okanagan Charter Adoptee by 2030. This directive was given to our campus by the Board of Governors. This KPI stated that we as a campus would hold that designation as well as the holding designations of a Healthy Minds Campus and JED Campus. The latter requirements of that KPI have been satisfied as of October 2025.

Precious Molina has since secured Colorado State University Pueblo's official place as in Institutional Member of the U.S. Health Promoting Campuses Network as of Fall 2025. This action puts us on the fast track to receiving our official adoptee designation.

Part of the ongoing efforts will be to further engage with student leadership on campus to further disseminate the information to the student population about this exciting and important development in Colorado State University Pueblos future in the Health Promotion space.

<http://ushpcn.org/network/>

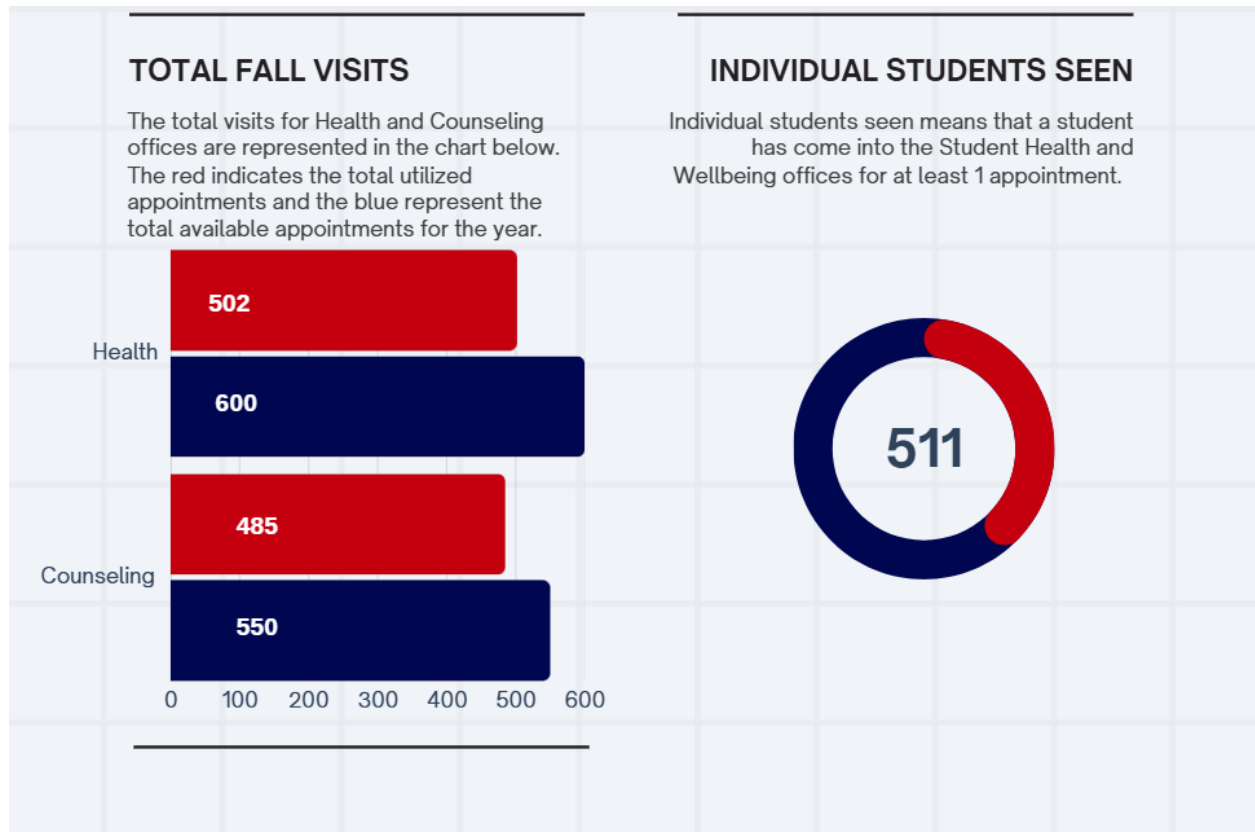
Student Health & Well-Being Totals:

Wolfpack Wellness:

Wolfpack Wellness have served a total of 309 individual students in the clinic from August 1 to October 31, 2025:

Wolfpack Counseling:

The Wolfpack Counseling Center has served a total of 202 individual students in the clinic from August 1 to October 31, 2025.



- The Wolfpack Wellness Center has been marketing services to students in a more effective manner. On top of increasing their student appointment availability with the onboarding of the new clinical director, they have also expanded available services, such as providing EKGs. The Center pioneered the addition of the Thunderwolf Health Portal being available to students through their PAWS account. This has allowed for continued work in modernizing the clinic services to the students of CSU Pueblo by eventually rolling out online scheduling by Summer 2026.
- The Wolfpack Counseling Center has continued to “meet students where they are at” by providing services outside of traditional spaces. This has been a continuous request from students both past and present. Student needs have been recently evaluated as well as wait times for first appointments. Staff of the Counseling Center continue to find innovative ways to meet student's immediate needs while taking counselor case load into account.

Student Health & Well-Being Subcommittee Members:

The members that serve on this subcommittee are as follows:

Karmen Autobee

Izzy Durgan

Adrian Sanchez

Subcommittee Duties for Fall 2025

The sub-committee will collaborate with the representative from the Student Health & Well-Being area (Kayliegh Traverso) and intermittently with other content specialists from the department to provide informed feedback on current operations. Through a student-led lens, the committee will offer valuable insights into the effectiveness, accessibility, and impact of existing services. This feedback will be essential in refining and optimizing practices to better meet the holistic needs of our student population.

Financial Statement:

Area Expenses

Wolfpack Wellness Area:

Staffing Costs	\$333,000.00
Office Operating Costs	\$9,000.00
Medical Supply Costs	\$20,500.0
Software Costs	\$38,000.0

Wolfpack Counseling Center:

Staffing Costs	\$300,700.00
Office Operating Costs	\$14,000.00
Software Costs	\$20,180.00

Staffing patterns continue to change for this fiscal year. The Student Health Services area is seeing a stabilization in available appointments, which is a positive mark for student appointment availability. The Counseling Center lost some staff this year and has had to bring on temporary staff to help fill gaps. With continued monitoring of student appointments, both on the need and utilized scales, it will help us develop a plan for constant continued staffing pattern improvements in the Counseling Center. The Student Counseling Center also saw a setback because the Director of Counseling Services pay line was on a grant funded account and that no longer is available to our area. Therefore, we had to move that position (that is not yet institutionalized) to the Student Health Services account. This caused a few setbacks as far as spending and available balances. However, we are looking to move this counselor or the director of Counseling Services. To a BOG initiative account soon.

With developing Prices on medical supplies. As well as prescription services, the Student Health Services area is selective to which medications and services we purchase and when. This is only to reduce spending and has not yet had an impact on the overall services available to our student population.