

Husky Health Coalition Minutes

Tuesday, October 31st, 2023

10:00AM-11:00AM

Location: TPS 110

Members in attendance:

- Madie Brown
- Holly Wetzel
- Andrea Coker-Anderson
- Christine Stevens
- Gen Conley
- Erin Cousins
- Victor Flores
- Amanda Enlow
- Chris Barrans
- Stephon Harris
- Surtida Shelton
- DJ Crisostomo
- Christina Johnson
- Juanita Murillo Garcia

Agenda

- Welcome and introductions
- Introduce Co-Chairs
 - Madie Brown, MS, Health Promotion Specialist; Student Health and Psychological and Wellness Services
 - Holly Wetzel, ASUWT President
- Review Husky Health Coalition
 - The Husky Health Coalition is an opportunity to broaden communication and information sharing, foster opportunities for intentional collaboration and discussion, and integrate well-being into the student experience.
 - Husky Health Coalition Mission: Enhancing holistic student health and well-being by promoting healthy choices and behaviors through collaboration, evidence-based initiatives, and harm reduction.
 - Husky Health Coalition Goal: Establish UW Tacoma as a well-being focused campus by June 2025.
 - Members to define what 'well-being focused' looks like at UWT.
 - Coalition objectives:
 - Incorporate well-being into the student experience
 - Engage campus partners in collaborative health promotion efforts.
 - Increase opportunities for information sharing.
 - The Coalition will be rooted in the wellness wheel model and harm reduction approach, and use assessment data, including National College Health Assessment data, to drive its work.
 - Members of the Coalition have a voice in the direction of the Coalition's work.

- The Coalition will meet monthly and the working groups will meet via a schedule that working group members decide.
- The Coalition will have three working groups that encompass the hot spots of the National College Health Assessment data: Mental Health, Alcohol and Other Drugs, and Basic Needs
 - Members are encouraged to join even if their work on campus isn't directly related to the topic of the working group. All perspectives are appreciated.
 - Each working group sets their own meeting schedule, however the larger Coalition will meet monthly.
- Stephon Harris asked if there are any additional groups
 - Madie clarified that there was a desire to have a safety and belonging group but was mindful that a Safety Advisory Committee is already in place on campus.
- Discussion: what health related concerns or challenges are students experiencing in your area of work at UWT?
 - Madie begun the conversation reflecting on their experience: There is a significant problem surrounding stalking and cannabis use on campus.
 - Surtida: Unmanaged mental health illnesses, has seen a higher jump since pre-COVID. Getting students connected to resources and case management.
 - DJ: Loneliness, connected/disconnectedness on campus among students.
 - Christina agreed with DJ, loneliness and connection is huge. They reflected on multiple factors, such as students are too busy to be able to socialize or it's hard to do after COVID
 - Stephon: Seen it in my field as well, students have a hard time seeing social cues and a lack of comfort in social situations amongst each other.
 - Surtida reflected on COVID and how students now didn't get that socialization skills
 - Stephon: Our new students now were freshman/sophomores in high school when COVID hit
 - Amanda: There's no inclusivity among Master's students.
 - Amanda: Housing and food insecurity is a big thing we see in OSAS.
 - Chris: It's amazing how much basic needs issues our students in particular face. Reflected on how much case management work he has had to do in his role in addition to his other work for students.
 - DJ: Reflected on how when they did orientations with Stephon, parents were very concerned for their children going to UWT in terms of their spiritual, emotional, and social well-being.
 - Christine Stevens: Urged to get more support among faculty for this. 30% are overwhelmingly in support and push out the resources students need, 30% don't know, and 30% don't care.
 - Changing the narrative to think about food as justice. In the evening, there is no food for students. The food need for students has increased significantly
 - Madie: This is all really productive conversation, but I want to save space to acknowledge that most of us are only one person with a nonexistent budget. We can make change collectively as a group, but I don't want the members of this group to feel like they have to do more with less.
 - Andrea: I see this all in the registrar as well – especially financial challenges.
 - Juanita: We see this in the VMRC as well – students get attached to VA funds.

- Gen: We see so much relationship related challenges with students, as well as just basic needs concerns, including contraceptives and menstrual products.
 - Juanita: Many people coming into the office related to menstrual products and ended up supplying through the VMRC.
 - Holly: Can we just acknowledge how silly it is that individual departments have to fund menstrual products rather than the university?
- Preferred meeting time?
 - Lettuce meet poll to be sent via email
- Questions?
- Thank you and next meeting's agenda:
 - Review National College Health Assessment hot spots
 - Working Group sign ups
 - Share something about your office/resource/department that you want the campus to know about.