

## Husky Health Coalition Meeting Minutes

Monday, January 8, 2024

10:00am - 11:00am

WCG 322

### Members in attendance:

Madie Brown

Amanda Enlow

Erin Cousins

Conor Leary

Chris Barrans

Kara Peters

Susan Wagshul-Golden

Nicole Jordan

Janelle Hawes

Juanita Murillo Garcia

### Minutes

- The Husky Health Coalition's working definition of well-being was finalized: Well-being is a balance of the eight dimensions of health through learning and advocacy to contribute to a resilient community.
  - The website will be updated to reflect the definition.
- The Coalition's mission statement is on the [website](#): Enhancing holistic student health and well-being by promoting healthy choices and behaviors through collaboration, evidence-based initiatives, and harm reduction.
- Working group descriptions:
  - Mental well-being: Understand NCHA data and develop a campaign to increase positive and hopeful messaging and education around mental health, coping, and help seeking on campus.
  - AOD: Using evidence-based strategies, identify new or unique ways to bring the dynamic conversation around harm reduction and safer drug use to UW Tacoma.
  - Basic needs insecurities: Paint a comprehensive picture of UWT student basic needs challenges and identify evidence-based opportunities to fill in gaps in UWT resources.
- Reviewed working group details:
  - Groups will begin to meet starting the week of 1/15 or 1/22, based on a meeting time decided by group availability. Working groups will meet monthly or biweekly.
  - For those on a working group, please provide your general availability to find the regular working group meeting times by this Friday, Jan 12th:
    - AOD: <https://lettucemeet.com/l/ne1o5>
    - Mental Health: <https://lettucemeet.com/l/73jxY>
    - Basic Needs: <https://lettucemeet.com/l/N8K1X>
  - At the first meeting, each group will review more in-depth the NCHA data specific to the group's work and discuss objectives through June 2024.
- Working group members:

- AOD: Madie (lead), Holly, Patricia, Susan
- Mental Health: Madie (lead), Holly, DJ, Erin, Nicole, Janelle
- Basic Needs: Holly (lead), Madie, DJ, Gen, Christine, Juanita, Kara, Conor, Amanda, Andrea
- Our next meeting is Monday, February 5<sup>th</sup> from 10am-11am in WCG 322. The Coalition will briefly review the model for a comprehensive college health program and conduct a SWOT analysis for Tacoma's current program.
- Around the table updates:
  - Student Health: Submitted a grant application in partnership with CSI Sustainability for a well-being vending machine, including emergency contraception. Encourage students to sign up for [Student Health Services, TimelyCare](#), and be entered to win a \$50 amazon gift card.
  - ASUWT: Continue to promote [ASUWT surveys](#) – students are entered to win a Macbook Pro
  - Campus Safety and Security: Emergency preparedness resources, including PDFs, are now available on the website for download. Learn more and increase your personal preparedness.
  - Center for Equity and Inclusion: Promote and attend Welcome Receptions January 16<sup>th</sup> from 12:30-2:30pm in CEI and January 23<sup>rd</sup> from 12:30-3:00pm in CEI.