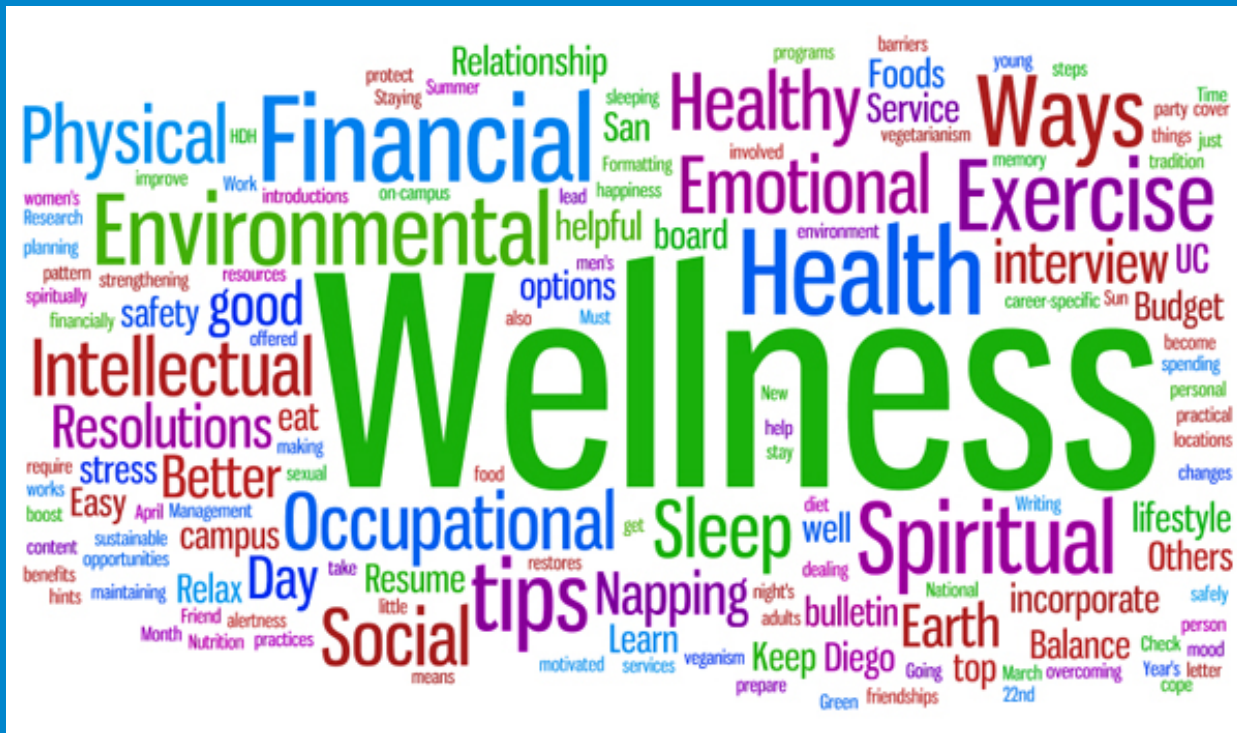


GA-ASUC Wellness Work Group

Background: ASUC and GA voted unanimously to establish a weekly wellness group to better understand gaps in wellness and inspire a cross campus wellness initiative.

Defined: Wellness is a transdisciplinary process of becoming aware of and making choices toward a healthy and fulfilling life. "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.



ASUC

THURSDAY, FEBRUARY 13, 2014

ASUC Senate seeks to promote student wellness by establishing workgroup

BY BO KOVITZ | STAFF

LAST UPDATED FEBRUARY 13, 2014

Taking a step forward in promoting student wellness, the ASUC Senate unanimously passed a bill Wednesday night to establish a new student-led wellness initiative and workgroup.

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Authored by CalSERVE senator Justin Kong, SQUELCH! senator Emily Truax and Matt Grigorieff and Janell Tryon from the Graduate Assembly, the bill seeks to create a long-term student vision for wellness, both psychological and physical, through a workgroup that would also determine preventative services for students to mitigate health care costs in the short term.

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The workgroup will be composed of two to three ASUC senators and four delegates from the Graduate Assembly, in addition to faculty from different departments and students of underrepresented communities. Together, the members will seek to cultivate a collective vision of student wellness and determine how this vision could be actualized on campus.



- Resolution # 1312B**
- Resolution to form a Student-led Wellness Initiative and Workgroup**
-
- Passed by vote of the Delegate Assembly on February 6th, 2014**
-
- Authored by GA Delegate Matt Grigorieff, GA GSSP Janell Tryon, ASUC Senators Justin Kong and Emily Truax, and Disabled Students Union Co-Presidents Desiree Robedeaux and Ann Kwong**
-
- WHEREAS** Numerous student groups and committees at U.C. Berkeley are dedicated to health, wellness, mental health, and the fees that finance health services; and
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Methodology

1) Collaboration with campus partners, groups, and admins

e.g. ASUC, GA, UHS, Rec Sports, E & I, Co-Ops, DSU, campus committees, etc.

2) Standing on the shoulders of giants; building off prior efforts

e.g. 2010 UCB Graduate Student Survey, Brianna Mullen's Mental Health Advocacy Report, 2012 UCB ASUC-GA Survey, 2013 UCB GA "How We're Doing" Survey, 2012-13 Equity and Inclusion Climate Survey, 2007 Rec Sports Campus & Needs Assessment Report, 2013 America College Health Association National College Health Assessment Survey, 2013 UC Berkeley campus replication of the National College Health Assessment Report.

3) Best practices and scholarly research on campus wellness

e.g. scholarly research highly complex with wide scope (will take years to compile), UCLA and UC David models, Johnson Research Foundation, WHO, etc.

4) Apply aforementioned to find needs and make recommendations

e.g. Academic pressures, better access to health services, sustaining and improving Rec Sport facilities / programs, student mental health, disability services in the health and rec sports areas, nutritional classes and education, alternative therapies, veteran services, and spreading wellness spaces throughout campus (not just a wellness center).

Outcomes & Recommendations

- Multi-level Wellness Initiative
 - has buy-in from all members of the campus and Office of the President: **NOT JUST STUDENTS.**
 - Five Wellness Buckets of Initiative
- **Access:** Extend UHS hours for students
- **Mental Health:** Counselors in primary care, counselors / liaisons to academic departments, outreach coordinator for minority groups, and prevention programs.
- **Wellness Center:** Changing role of Rec Sports Department to a more wellness model (versus sports), more integration with UHS (prescribing fitness, alternative therapies, etc.), nutritional classes, disability services w/UHS, universal changing areas, larger gym facilities, climbing wall, private / universal changing areas.
- **Satellite Wellness Spaces program:** Incentivize the development of wellness spaces across department and campus.
- **Prioritizing the Development Office Charter to Include the Student Experience:** Expand the development priorities from capital projects, faculty endowments, and scholarships to also support the student experience (and related services).

WE NEED YOU!

- Make the wellness initiative an advocacy item of the GA
- Please join a sub group to help with the following
 - Extending UHS Access (hours of operation, satellite offices, etc.)
 - Mental Health Services
 - Satellite wellness locations (microspaces distributed around campus)
 - Hearst Gym Renovation Project (architecture, public health, finance, etc.)
 - Develop Office (advocate with the campus fundraising office to prioritize the student experience, services, and wellness)