Executive Summary (1600 character limit, approx. 250 words or less)

The HaWRC first opened fall 2018 to advance health equity for the UW Bothell & Cascadia community. The HaWRC is a one-stop hub connecting students with on-campus and community resources to help students thrive. Through a partnership with United Way Benefits Hub, trained coaches provide assistance with a variety of financial services, such as: healthcare insurance enrollment, food and utility assistance, budgeting, homelessness prevention & housing navigation, emergency funding & free tax prep. Benefits Hub staff also help coordinate the Husky Pantry, which has been a part of the HaWRC since the 2019-2020 academic year (there is a separate budget for Husky Pantry food). In addition to the Benefits Hub, the HaWRC provides health education through the Health Educators Reaching Out (HEROs), student employees of HaWRC. All four HEROs receive training to be Certified Peer Health Educators. The HEROs provide educational workshops & health information to students, with a focus on mental health, sexual health, & violence prevention. Research supports the efficacy of college students receiving education by their peers, and the HEROs program provides the ability to provide peer health programming. When possible, the HaWRC also partners with community organizations to provide on-campus health services directly to students, including: immunizations, sexual and reproductive health services including HIV testing, sexual health education and safer sex supplies, health fairs, and blood drives. Referrals for online and in-person medical services are also provided for a wide variety of needs.

Need for Program (1600 character limit, approx. 250 words or less)

"The HaWRC is a student-initiated program. From 2015 – 2018, students requested health services on campus, completed needs assessments, & signed petitions regarding healthcare services. These actions led to the 2018 ASUWB & Chancellor Task Force recommending the creation of the HaWRC. Research has identified health and education disparities due to institutional barriers to help-seeking for minority & low-income individuals. Over 50% of UWB students are people of color, first generation, or Pell-eligible students. In March 2020, UWB campus took part in the National College Health Assessment, which found that 80% of UWB students reported moderate or high levels of stress, and 43% reported food insecurity. Additionally, a 2018 HOPE study found that 52% of students reported housing insecurity & 12% were homeless at some point in the previous year. This data provides insight into the wellness needs of UWB students. The HaWRC programs directly address these needs.

The HaWRC is also one of the only offices on campus that address wellness issues. Both our office and email field a wide variety of questions from students regarding their health – questions like how to find a primary care doctor, how to complete vaccination requirements, and
steps to take if they are at risk of homelessness. This is in addition to the proactive education that the HaWRC provides, and students have expressed gratitude in having a place on campus to have these questions answered. Having a wellness space is a necessary service on a college campus, and the HaWRC serves in that role."

**Is this a new request? No**

**What on your request is new or has changed?**

Our request is very similar to past years, covering necessary funding for continuing wellness programs.

**Strategic Plan (1000 character limit, approx. 150 words or less)**

The future plan for the HaWRC is to continue finding creative and collaborative ways to provide wrap-around services for students to address health inequities, and work towards addressing demonstrated wellness needs on campus. Through the Benefits Hub, we are continuing to improve on ways to provide financial supports for those most in need. For the HEROs, one of the primary goals for the coming year is to increase mental health supports for students. Another objective, reflected in our professional development request, would be to offer certifications for students and staff in mental health programs such as Mental Health First Aid. We are also working with Residential Life to foster new collaborations and student supports as the residential programs grow. Finally, the HaWRC is hoping to increase opportunities through the CELR office by offering additional field work options for students. This offers exciting professional experience and class credit to students on campus.

**Assessment (1600 character limit, approx. 250 words or less)**

"The HaWRC measures program success in a number of ways. One of the primary strategies is through service utilization data. We are able to track how many students are making use of the Benefits Hub financial programs During the 2021-2022 academic year, our coaches served 297 students through both virtual and in person appointments. Of those students, we know that 83% are classified as low income, 45% are POC, and 33% are first gen students. This data helps us determine if we are successfully serving our campus, and specifically serving those who would most benefit from additional supports. It also allows us to see where we may have gaps in our service usage so that we can work to adjust our programs accordingly. In addition to the Benefits Hub, the food pantry had 171 visits during the 21-22 academic year. Recently, in fall 2022, there were 153 visits. Finally, the health promotion programs from the HEROs served 82
students at in person events from 2021-2022, and the 4th annual Wellness Fest had more than 100 students attend in May 2022.

Another way that the HaWRC assesses our programs is by using student specific data to help us plan for what programs will be most needed and used by students. In 2020, we helped bring the National College Health Assessment to UWB, which gave us valuable insight into the specific needs of our students so that we could tailor our programs. We are also making use of data from the newly released Washington Student Achievement Council's Basic Needs Survey report."

Salary Positions

There are two types of salary positions serving the HaWRC, professional and student staff. Professional staff includes the HaWRC manager (assistant director role), and a percentage of the department director position. The HaWRC manager is a full-time position that oversees the HERO student staff and the Benefits Hub coaches through United Way. They also coordinate campus wide wellness programs, and act as a liaison between other areas of campus concerned about health (field work programs, health related clubs, faculty sponsored wellness programs, and wellness student clubs). The second salary position type in the HaWRC are the four student staff positions filled by the HEROs. These are academic year-long positions at 14 hours per week for each student staff, with 2 weeks of training in September of 30 hours per week.

Programming/Events

The requested $14,000 programming funds for the HaWRC support health education and promotion programs. Much of the programming funding provides materials for HERO events, educational tabling, workshops on wellness topics, and all-campus events such as finals, destress events and the annual Wellness Fest. For this year, we are continuing to make many of our events available in both in person and virtual formats to maximize accessibility. The programming funds also supply all of the free sexual health supplies provided on campus, including a variety of condoms, pregnancy tests, and emergency contraception.

Facilities & Equipment Rentals/Set-Up/Purchases

The HaWRC programs generally take place in ARC spaces, but occasionally utilize other campus locations where set up and rentals are needed. For example, in the Spring and Fall of 2021, we co-hosted a Kitchen Upcycling event, and requested support from facilities to set up tables and tents in front of the ARC for students to participate. We are requesting $1000, which would cover the standard facilities set up charge for up to 2 events per quarter if needed.
Printing & Photocopying

We are requesting $1200 for printing and photocopying costs. These costs typically cover posters and flyers for HaWRC events, as well as a wide range of handouts, educational materials, and printed wellness resources for students.

Office Supplies

We are requesting $1200 for office supplies. These are used both for office organization, employee materials, and for event promotion.

Food and Refreshment

We are requesting $1200 for food and refreshments. This will be used for both staff and programming purposes: 1 – student staff training – when the HEROs complete their trainings in September, we like to provide light refreshments (kept to "light refreshment" budget parameters) on the few days that we require them to attend 5 or more hours of training. This is not only helpful in team building, but a necessary part of keeping our staff engaged and healthy during long training days. 2 – For 2-3 workshops each year, we would like to be able to provide light snacks to participants, to include healthy items such as granola bars, dried fruit, and sparkling water and tea. This would also allow us the possibility to offer a cooking class, which has been a popular program in the past. All food used will meet food request and university guidelines.

Transportation and Travel

The only travel expense we cover during the year are parking passes for our Benefits Hub coaches. All other staffing costs for our full-time coaches are covered in our partnership with United Way of King County. Because this is an AmeriCorps position, coaches receive significantly less than minimum wage for the 39 hours per week that they staff the HaWRC. Because of their income limitations, we offer to cover parking, or they can make use of a provided Orca card. We have calculated parking at 5 days per week for 3 quarters and 3 days per week for summer quarter, for 2 coaches for a total of $1,840.

Professional Development

The HEROs participate in training each September before the start of the quarter, and part of their training is to complete the NASPA Certified Peer Educator certification. This is a national training that not only prepares them to create campus wide wellness programs on campus, but is a great career tool to add to their resume. The professional development fund covers the cost for each HERO’s materials and certification. In addition, this fund covers professional development for the HaWRC manager. This year, we are asking for slightly more funds than last year in anticipation of training a HaWRC staff member in a mental health train-the-trainer
program such as Mental Health First Aid to help meet increased mental health needs of students on our campus.

Promotional Items

We purchase promotional items each year, to help with outreach efforts for the HaWRC. We aim to keep these items to things that are useful and relevant to wellness – examples of previous year promotional items include branded band aid packages, hand sanitizer bottles, and stress balls.

Total Amount (please note the total dollar value)
$203,887

Contact Person Jo Blue

Contact Email joblue@uw.edu

Budget Owner Jo Blue

Budget Owner email joblue@uw.edu