

SAF Annual Proposal Form for the 2015- 2016 Academic Year

The SAF Committee will be accepting applications for the annual budgeting cycle from November 24, 2014 until 5:00pm on January 14th, 2015. The intent of the annual operating budget is to support on-going student activities, services, and programs. Services and Activities Fees are defined in RCW 28B.15.041 to mean "fees, other than tuition fees, charged to all students registering at the . . . state universities . . . The legislature also recognizes that Services and Activities Fees are paid by students for the express purpose of funding student activities and programs" of their particular institution. These funds will be available for the 2015 to 2016 academic year.

A member of your group must be available to attend a hearing with the SAF Committee tentatively scheduled for Friday, February 6, 2015 and February 13, 2015. Please include a regularly checked email in the application, as that will be the main form of communication between SAF and the requesting group. The SAF Liaison will contact the requesting group to notify them of a hearing time.

Please ensure that your request is in accordance with SAF Bylaws, which are available at the following website: <http://www.uwb.edu/studentlife/safc/safbylaws>. Please note the SAF Committee will be coordinating with Club Council to develop an efficient funding model.

The Committee will hold an open forum and appeals, tentatively scheduled for on Friday, April 3, 2015. Requesting groups will be notified of a preliminary budget before the open forum and appeals date.

Late applications will not be accepted, except at the discretion of the Committee. Adjustments to the final total requested by any club, group, organization, or department will not be accepted. After a request has been submitted, it may not be reopened for alterations or changes.

SUBMITTED BY
Nicole S. Lapurga
nlapurga@uwb.edu
Jan 13, 2015, 01:07PM PST

SAF Annual Proposal Form

[Required] Proposing Group Health Educators Reaching Out (HEROs)

(i.e. Career Center, Sustainability Club, Campus Events Board, etc.)

[Required] Department/Organization Recreation and Wellness

(i.e. Student Services, CUSP, Student Life, Student Clubs & Organizations, etc.)

[Required] Contact Person Nicole Lapurga

This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal.

[Required] Contact Email nlapurga@uwb.edu

This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal. Please include a regularly checked email as the SAF Committee contacts groups primarily through email.

[Required] Contact Phone 425-352-5266

Please include the phone number of the contact person. This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal.

[Required] Faculty/Staff Member Julia Leavitt

Please discuss your request with a staff or faculty member (i.e. Student Life Staff or faculty advisor) before submitting your request and include the name and title (i.e. John Smith, Club Advisor) of that individual.

[Required] Faculty/Staff Member Email jleavitt@uwb.edu

Please provide the email of the faculty or staff member you discussed your request with.

[Required] Executive Summary of Your Proposal

Please provide a concise overview of the program, activity, or service for which you seek funding.

Please reference the University of Washington Bothell's 21st Century Initiatives at the following website and, if and where appropriate, please refer to the applicable initiatives: <http://www.uwb.edu/21stcentury>

Throughout the past four years, the Health Educators Reaching Out (HEROs) have developed into a self-sustaining collective of certified peer health educators and student programmers. Some of their most successful events include: Mocktails, poster campaigns on sexual health and consent, Drag Bingo, A Tippy Perspective (alcohol abuse awareness), Domestic Violence Awareness Month, Nutrition Workshops with Resident Assistants, Finals Stretch Week, and Happy Hour with the HEROs. The HEROs have developed into a strong programming entity, and are really beginning to focus on our strategic direction. SAF awarded us funding for 6 HEROs during 14-15, and we plan to keep the same number of HEROs this year. We plan to strategically hire 6 HEROs for 2015/16 to focus on 5 areas of health that are most pertinent to UW Bothell students. The intention of the following areas is representative of data from the American College Health Association-National College Health Assessment (ACHA-NCHA). The NCHA reported that many college students feel uninformed and want more information on stress reduction, healthy sleep, balancing nutrition, and sexual health information. Here are descriptions of our focus for 15-16: 1. Sexual communication: According to the ACHA, 44.9% have reported that they have not received information on sexually transmitted disease/infection prevention. The HERO assigned to this role will be responsible for programming events around safe sex practices, consent and communication, STI prevention and education. 2. Bystander intervention and sexual violence prevention: 59.8% of college students have not received information on violence prevention. Due to the sensitivity of this topic two HEROs will be hired to help facilitate bystander intervention presentations. They will also contribute to research and other program initiatives that work to raise awareness of sexual assault prevention. 3. Stress/sleep: 39% of college students are not educated on stress prevention techniques, and 73% feel uninformed on sleep difficulties. This HERO will be tasked with the responsibility of educating the campus on stress reduction and healthy sleeping habits. They will provide stress-reduction workshops and sleep tips during Boot Camp, Finals Stretch Week/ Cram Nights. 4. Nutrition: 45% of college students are uninformed about the benefits of nutrition. This HERO programs events with educational curricula that informs students on how to maintain a balanced and affordable meal plan while on a budget and a busy schedule. 5. Alcohol safety education: 21% of college students do not drink alcohol while socializing. This HERO will provide programs that break down cultural myths about alcohol consumption. In addition, they will assist alcohol sanctioning workshops, and help facilitate Happy Hour with the HEROs. In collaborations with other student organization, this HERO provides Mocktails and educational material. This is an intentional initiative for HEROs that will require more intensive training in 2015/16, so you will see training dollars and a regional conference accounted for in our budget request, that was not included in 14/15. Part of this training includes The BACCHUS Network, a higher education organization promoting health and safety initiatives through peer education, explains that student leaders like the HEROs have a campus wide impact that is greater than that of a professional health educator. Students are more receptive to peer educators because there is a foundation of trust and support and no hierarchy of authority. Because we know this peer-to-peer education works, we also ask for an increase in our programming dollars for the 2015/16 year, so we have funding to put on more health promotion initiatives. Our goals are to provide new programs that tailor to our peers and meet their needs.

[Required] Need for this Program/Service

In 200 words or less, please do the following:

- Describe the need for this program or service.
- If possible, include any data that might support your proposal (i.e. surveys indicating a need for your initiative).
- If you have tracked the success of this program or service in the past, please provide that information here.

This year students wanted more programming on stress/anxiety, fitness, nutrition/diet, school/work balance, and sleeping habits. HEROs are working to address those needs with their current funding.

We know there is a real need for our programming because students show up to our events and many programming boards continue to ask for collaborations. Here a few examples of programs we have been a part of this year: A Tippy Perspective: 50 participants learned about alcohol safety and prevention. Masquerade Ball: 415 attendees learned about alcohol safety, Boot Camp: 70 students learned ways to de-stress, Healthy Breakfast: 30 housing students learned how to prepare a healthy meal, Final Stretch Week Study Tips had 115 participants.

[Required] Estimate number of students that will benefit from your proposed program/service.

In 200 words or less, please do the following:

- Indicate the benefits of your proposed program for students.
- Estimate how many currently enrolled students will likely benefit from your proposed service or program.
- Estimate the number of any other individuals (and indicate their affiliation) that might benefit from this service or program.

The HEROs' programs are inclusive to all students of the University of Washington Bothell campus. We estimate that nearly all of the student body benefit from our programs, or are at least exposed to our programs and educational material. Every first-year and transfer student is introduced to the HEROs during Happy Hour with the HEROs and Do Something: Bystander Intervention workshops. We also do not just put on events that require students to show up (and we know many students come to UWB and never go to a program or event outside of class), so we are intentional about making poster campaigns and doing passive events that do not require students to show up to anything. Because we focus on a number of different health topics, such as stress management, alcohol awareness, nutrition, and others, students have many options of learning about different health topics – we know health is defined differently by every student. These areas provide educational components and resources for students to apply in their everyday lives. We can relate to students on a peer level and help them become more knowledgeable about health and wellness topics that impact their daily lives and student development.

[Required] How do you plan to assess the program or service?

How do you plan to track the effects of this program or service?

For example, how would track how the event/program/service went? How would you track how successful it was and what you could change in the future?

As part of Recreation and Wellness, HEROs assess programs by the number of participants in each event. We will continue to record individual participants that attend every event by using tally counters. In an effort to stay up-to-date with the wants and need of students, the HEROs will implement post event evaluation/assessment surveys for participants to fill out. Surveys will include satisfaction rating on a Likert scale, feedback for improvement, and student wants for future programs.

Perhaps most importantly, the HEROs always look to the American College Health Association-National College Health Assessment (ACHA-NCHA) to inform their events. We use this research because it represents trends from colleges and universities across the nation. Using this data helps to inform our focuses so that we are addressing the most pressing health concerns for college students.

Additional Information

If needed, please include any other information you feel is relevant to your request. (There is no character limit on this field.)

I appreciate the work provided by the HEROs because they provide health-positive education. They also facilitate a safe space so that students can feel comfortable to share and grow with their peers. From healthy relationships to healthy eating habits, the education provided by the HEROs includes many aspects of student life.

-Anna Martinez, Outdoor Wellness Leader

There are two benefits I can see that participants might gain by attending HEROs events. First, they learn more and better things about the different aspects of their health, such the body image event will help students understand mental and physical aspect of health. Secondly, it supports student engagement on campus in a fun learning way.

-Armaan Singh, Student Assistant

Students that attend any HERO program gain the opportunity to expose themselves to an extraordinary team that advocates and embodies the 5 Act of Wellness created by the HEROs: emotional, intellectual, spiritual, physical, and social health. Every event the HEROs provide is a fun and inclusive reminder to all students of the available resources that UW Bothell provides. The resources that the HEROs advocate are free, easy to access, and most importantly, tailored for students to access within their personal schedules. HEROs provide a safe space or students to thrive in order to learn and maintain knowledge that will benefit the students for success both on and off campus.

-Jamie Kim, Marketing Assistant

Attending sessions and programs run by the HEROS is great for all students at UWB. Coming to these various events provides students with the ability to learn about topics they may not have been aware of before. The different areas of health that the HEROS cover are extremely important to understand in the college environment.

-Taylor Sims, Orientation Coordinator

HEROS are important for college students because it allows students to get information on health and safety from reliable, but not intimidating sources. Sometimes students can feel intimidated or preached at by adults, but by having their trained peers be the source we can get information from, students are more likely to listen to the information and apply it. The HEROS events are helpful because they allow you to be social while still getting helpful information in a fun and positive environment.

-Channi Jones, University of Washington Bothell Student

Salary/Wages

Describe the funds you are requesting in detail below.

Please put total dollar amount of salary/wages in the bottom of this box.

Total Request For 6 HEROs: \$44,278

38 weeks of programming - 6 staff x \$13/hr x 12 hrs/week x 38 weeks=\$35,568.

2 weeks of training - 6 staff x \$13 x 2 weeks x 40 hours=\$6240

Orientation: Happy Hour w HEROs: 3 HEROs x \$13 x 6hours x 5 days=\$1170, training for Happy Hour: 3 HEROs x \$13 x 10 hours = \$390 Bystander Presentation (first years): 2 HEROs x \$13 x 3 hours x 5 days=\$390, training for Bystander: 2 HEROs x \$13 x 10 hours = \$260 Bystander Presentation (transfer): 2 HEROs x \$13 x 10 hours=\$260

Benefits Total: \$7,305.87

Describe the funds you are requesting in detail below.

Benefits paid to regular employees working at least .50 FTE should be calculated at 34.0% of earnings. Benefits paid to hourly employees should be calculated at 16.5% of earnings.

Please put total dollar amount of benefits in the bottom of this box. If you included salaries/wages in the above field, you must calculate the applicable benefits.

Programming/Events

Describe the funds you are requesting in detail below.

Please put total dollar amount of programming/events in the bottom of this box. Please include in this box costs relating to security, honorarium, hospitality, and contracted costs, etc. If your request includes security and you would like an estimate, please contact UWB Security at 425-352-5359.

Total Request: \$20,000

HEROs are asking for a lump sum of \$20,000 towards programming, as our programs change every year based on student needs. Below you will find some examples of programs for 2014/15:

Nutrition lunch \$200

Nutrition Breakfast \$200

Pub Trivia \$200

Masquerade Mocktails \$400

Domestic Violence Awareness month \$125

A Topsy Perspective \$305

Finals Stretch Week \$1,000

Body Image Art Gala \$8,000

Dine n' Dialogue \$300

Healthy Hobbies \$100

Healthy Food Shopping \$200

Fixed Film-Disabilities Awareness \$2,000

Welcome Back Fortune Cookies \$70

Drag Brunch \$2,000

Contingency for additional programs \$4,900

Facilities Rentals/Set-Ups Included in programming cost.

Describe the funds you are requesting in detail below.
If you require facilities rentals/set-ups, please indicate it here. Take into account custodial fees and clean up. If you need assistance with estimated costs, please speak to a staff/faculty member.
Please put total dollar amount of facilities in the bottom of this box.

Printing & Photocopying Included in Recreation and Wellness Operations.

Describe the funds you are requesting in detail below.
Please put the total dollar amount of printing/photocopying in the bottom of this box.

Office Supplies Included in Recreation and Wellness Operations.

Describe the funds you are requesting in detail below.
Please put the total dollar amount of office supplies in the bottom of this box.

Food/Refreshments N/A

Describe the funds you are requesting in detail below.
Please put the total dollar amount of food/refreshments in the bottom of this box.
Please review the food policy/food form for the University policies before submitting your request at the following link:
<http://www.uwb.edu/getattachment/admin/services/fuac/foodapprovalform.pdf>

Equipment Rentals/Purchase N/A

Describe the funds you are requesting in detail below. Include information on the purpose/need for this equipment as it relates to your program or service.
Please put the total dollar amount of equipment rentals/purchase in the bottom of this box.

Transportation N/A

Describe the funds you are requesting in detail below (indicate in state/out of state, as well as type of transportation). Please note that flight bookings are done through the University.
Please put total dollar amount of transportation in the bottom of this box.

Meals and Lodging for Travel N/A

Describe the funds you are requesting in detail below. Please insure that you are in compliance with applicable per diem rates for meals. The rates are available at the following link: <http://www.gsa.gov/portal/category/21287>
Please note that hotel bookings are typically done through the University.
Please put the total dollar amount of meals and lodging in the bottom of this box.

Telecommunications Included in Recreation and Wellness Operations.

Describe the funds you are requesting in detail below.
Telephone equipment should be estimated at \$35 per handset, per month (this includes only one extension).
Please put the total dollar amount of telecommunications in the bottom of this box.

Other

Please include any other expenses that don't fall under any of the above categories in detail.
Please put the total dollar amount of other in the bottom of this box.

Continuing Education Requirements For All 6 HEROs Plus Advisor:

Red Watch Band CPR \$114.00
BACCHUS Annual Membership \$500.00
BACCHUS Certification \$120.00
BACCHUS Conference \$665.00
Travel Fees \$2,128.00
Lodging \$1,966.30
Per Diem meals \$1,491.00
Misc. for Conference \$749.7

Grand Total: \$7,734

[Required] Total Amount Requested \$79,317.87

Please take the time to carefully add all of your figures from above. Please note that adjustments will not be made to the total amount requested in the event of an error.
Round your final total up to the nearest dollar.

[Required] Terms and Conditions I Agree

-I have read and agree with the terms and conditions of the SAF Bylaws: <http://www.uwb.edu/studentlife/safc/safbylaws>

-I understand that once submitted, adjustments cannot be made to the total amount requested above.

-I understand that hearings will be held between 8:00am and 11:00am, tentatively scheduled for Friday, February 6, 2015 and Friday, February 13, 2015. Someone from my group will be available to attend a brief hearing scheduled during that time frame.