

Q15. Proposing Group Information

Q1. Proposing group name (examples: Career Services, Student Diversity Center)

Health and Wellness Resource Center (HaWRC)

Q2. Department/Organization (examples: Student Engagement and Activities, Student Affairs, Academic Affairs)

Student Affairs

Q3. 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.

Rosemary Simmons

Q4. Contact Email

- 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.

res2014@uw.edu

Q5. Budget owner

- Before submitting, you must discuss and receive approval on your request from a staff or faculty member (i.e. Student Affairs Staff or faculty adviser) who will agree to be the budget owner and responsible for managing this allocation. Include the name and title (i.e. John Smith, Club Adviser) of that individual below. **IMPORTANT:** Please ensure the faculty or staff member understands they will be the budget owner and responsible for managing a SAF allocation. This person must be authorized in UW procurement and fiscal systems and familiar with university purchasing policies and processes, and have approval from their supervisor.
- If you are a registered student club, you may email the Student Engagement and Activities Director and Assistant Director, Sam Al-Khoury at sea2@uw.edu and Carla Christensen at carla24@uw.edu as a resource for your request by December 29, 2020.

Rosemary Simmons

Q6. Budget owner email

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

Q14. Proposal Information

Q7. Executive Summary

- Please provide a concise overview of the program, activity, or service for which you seek funding. This summary should explain what you're requesting funding for. (1600 character limit, approx. 250 words or less)

The HaWRC opened fall 2018 to advance health equity for UW Bothell & Cascadia community. 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: FAFSA/WASFA & scholarships, healthcare insurance enrollment, food and utility, reduced fare bus pass, budgeting, homelessness prevention & housing navigation, financial emergency funds & free tax prep. Benefits Hub staff also coordinate the Husky Pantry. While classes have been remote, Husky Pantry has moved fully into the HaWRC to continue to serve students using an RSVP and curbside pickup model. The Health Educators Reaching Out (HEROs) are 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. The HERO program provides important opportunities for on campus health promotion jobs. The HaWRC invites community organizations to provide on-campus health services directly to students, including: immunizations such as flu vaccine; sexual and reproductive health services including HIV testing, sexual health education, and safer sex supplies; health fairs and screenings; blood drives. Referrals for on-line and in-person medical services is provided for a wide variety of needs.

Q8. Need for Program

- Please describe the need for this program or service. Explicitly describe how this program directly and/or indirectly benefits the campus community, i.e., what student opportunities would be absent without funding. This section should explain why you're requesting funding. (1600 character limit, approx. 250 words or less)

HaWRC is a student-initiated program & service delivery department. From 2015 – 2018, students requested health services on campus, completed needs assessments, & gathered signed petitions regarding healthcare services. These actions led to the 2018 ASUWB & Chancellor Healthcare Services Task Force recommending the creation of the HaWRC. Health research has identified health disparities due to institutional barriers to help-seeking for health services & education for minority & low-income individuals in the USA. Over fifty percent of UWB students are people of color, first generation college students or Pell-eligible students. In March 2020, UWB campus took part in the National College Health Assessment. In the 12 months prior to the survey, 80% of UWB students reported moderate or high levels of stress. 43% reported some food insecurity, with 18% reporting high levels of food insecurity. Additionally, a 2018 HOPE study on campus found that 52% of students reported housing insecurity & 12% were homeless. This current data provides insight into the wellness needs of UWB students. The HaWRC programs directly address these needs. HaWRC shifted operations to provide all services virtually. The Benefits Hub coaches provide zoom or phone meetings, HEROs provide health and wellness education through social media, website posts, live & virtual events. HEROs created sexual health supply kits for restrooms in the ARC which remains open for student use. Additionally, HaWRC has increased collaboration with campus partners such as ASUWB, Kodiak Cave, and a UWS student group.

Q9. Is this a new request?

(Partial means that one or more-line items of the submission is new but not necessarily the program or submission itself. Select No if the request is not new but was previously submitted under a different name; i.e., Student Assistants have a title change to Student Associates.)

- Yes
- No
- Partial

Q10. What on your request is new or has changed?

Q11. Strategic Plan

- How would you like to see this program grow/change/adapt, and what role does funding play into this vision? Please describe some key goals you are hoping to accomplish, now and in the future. (1000 character limit, approx. 150 words or less)

Strengthen Diversity & Equity: Increase access to wrap-around support services for students to address health inequities •HEROs: culturally informed health education workshops •Benefits Hub: individual appointments & workshops for public benefits, health insurance, financial resources (emergency funds, housing assistance, tax prep) •Husky Pantry Curbside Pick Up & Hopelink Mobile Market addresses food insecurity •Violence Prevention & Advocate Program workshops on violence prevention and advocacy for students experiencing violence Enhance Community and Campus Engagement: Increase access to health services for students •Increase knowledge of HaWRC services by students, faculty & staff to increase student utilization •Coordinate on-campus access to health services in collaboration with community partners (e.g. vaccine clinics, health fairs, etc.) •Expand on-campus sexual health resources Foster systems-level culture shift that advances student wellbeing •Orientation, CBLR Internship

Q12. Assessment

- Estimate how many currently enrolled students will likely benefit from your proposed service or program. If you have previous statistics from past programs, please feel free to include for comparison.
- What is the impact of your program and how do you measure the affects?
- If a new program, describe how you plan to assess the proposed service/program. Describe any metrics or operational targets your unit uses to assess its financial and operational health.
- (Supporting documents or materials are not required but may be presented in the hearing if desired.)

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

•Implement comprehensive data collection and assessment around student wellbeing strengths and challenges. *ACHA National College Health Assessment administered to students' winter quarter 2020 *The Healthy Minds Study (mental health) will be administered to students' winter quarter 2021 •Use social norming data and campaigns to increase students' awareness of peer behavior, reduce stigma, and promote help-seeking behavior • Collect service utilization data • Collect student feedback regarding services received Data •Student Emergency Funds: 149 students were awarded a total of \$99,616 in 2020. This is a 186.5% increase of students served and 155% increase of funds awarded in comparison to 2019. •Food Pantry: The main Husky Pantry location shifted entirely to the HaWRC when campus closed, and has served 78 students since May 2020 using a curbside pickup model. Additionally, Husky Pantry in Husky Village was accessed by residents 33 times during fall 2020. •Hopelink Mobile Market: 158 individuals received canned goods and perishables (produce, milk, proteins) on campus through HaWRC partnership with Hopelink. •Benefits Hub: The Benefits Hub coaches had individual appointments with 265 students from 2020-2021; 149 of these were virtual. •HEROs: The HEROs had 67 students attend in person health education events during winter 2020. The Wellness Fest in spring quarter went virtual with 77 attendees. During remote learning, the HEROs and HaWRC grew their online presence with a new website, and increased the HaWRC's Instagram following from 170 to 622 people.

Q13. Funding Categories

For these responses, please do not show the math on this proposal. Use the excel sheet for the actual math. Instead, in these sections, tell SAF about the category funding needed and provide the 'why' for the request. There is no character amount but you are asked to be concise in your response.

Q16. Salary Positions

Please briefly describe the positions you are requesting funding for. If there are differences or distinctions in positions, please explain what they are and do.

HaWRC manager - This position provides oversight of day to day operations. Supervises HERO's, Benefits Hub AmeriCorps Associates, and CBLR field placement students. Coordinates collaboration with on-campus and community based organizations to bring health care services to campus. Supervisor of HaWRC Manager - This position works on obtaining outside financial resources such as contract with United Way King County for the College Benefits Hub, Advancement & External Relations for funding for Student Emergency Funds & Evergreen Health for Wellness Fair and mental health funds. Oversight of all Emergency Grants (read student applications, determines eligibility, communicates directly with student, and works with financial aid to have award provided in a timely manner. Works with UWB Vice Chancellors for ongoing support of research regarding student well-being and external contracts and MOUs such as the one with the Hopelink Mobile Market. HERO's - student employees of the HaWRC. All four HEROs receive training to be Certified Peer Health Educators. The HEROs provide educational workshops and health information to students, with a focus on mental health, sexual health, and violence prevention. Research supports the efficacy of college students receiving education by their peers.

Q17.

Programming/Events

- Please briefly describe the program(s) you are requesting funding for. This also includes needs relating to security, honorarium, hospitality, and contracts, etc. Specify what programs are virtual.

All programs and services have moved to remote services since UWB went to remote learning. These programs and services will continue to be remote until UWB makes decision it is safe for such services and programs to be in person. Programming includes educational workshops offered by HEROs on mental health, sexual health, violence prevention and other general health education. Funds are used to buy supplies for workshops such as stress management supplies - art materials, make your own stress balls, aroma therapy, etc. Workshops addressing nutritional health and cooking on a budget or cooking from the food pantry. Food is provided to student participants so they can replicate recipe in their own home. Alcohol Awareness - mocktails are created and participants are provided ingredients to make at home even during virtual service provision. Sexual Health and other health related supplies so students have the necessary supplies to prevent or treat illness. Additional funds are being requested since the HaWRC was being environmentally and fiscally responsible by using items stored in the ARC which were purchased by HERO programming when it was part of the recreation program. Those supplies have now been depleted so all supplies for FY22 will have to be purchased.

Q18.

Facilities & Equipment Rentals/Set-Up/Purchases

- If you require facilities or equipment rentals/set-ups/purchases, please indicate that need here.

N/A

Q19.

Printing & Photocopying

- Note printing and photocopying expenses

When on campus students have reported that sandwich board signs across campus, at the ARC and on HaWRC windows is the method most used to learn about HaWRC programs and services. Educational materials are created by HEROS and HaWRC staff. Examples include educational pamphlets for students such as safer sex practices and recipe cards that are inserted in workshop packages. Worksheets that are used during educational workshops and class presentations.

Q20.

Office Supplies

- Note office supply expenses

Paper to print information and forms students need for certain public health or rental assistance programs. Business cards for professional staff and College Benefits associates. Name tags for professional staff, College Benefits associates, and HERO's. Pens, pencils, clipboards, staples, facial tissue, hand sanitizer, etc. Occasionally needed supplies to organize materials in the small space of the HaWRC to offer so many diverse services and still looks visually appealing to invite students in.

Q23. Food and Refreshment

(note what and how much or often is for training and/or programming)

- Please indicate why food is necessary in your proposal. If you are requesting food for multiple/different programs, please indicate how much or how often you'll be providing food at the given programs (i.e., three staff trainings and four large scale unique events).
- Review the food policy/food form for the University policies before asking for food. The Food Policy and Food Approval Form can be found in this link: <https://www.uwb.edu/finance/food-approvals>

- Understand that food for normal meetings is not allowed. Describe below the reason you are requesting food and how it meets the food policy. Please ensure that you are in compliance with applicable health and safety and per diem rates for meals. The per diem rates are available at the following link: <http://finance.uw.edu/travel/meals#perdiem>

Nutrition, food insecurity intervention, and resources for low income students is part of the mission of the HaWRC. Having nutritional food during certain programs and workshops for students who are participating in the program is crucial to meet those goals. Nutritional, fresh food is more expensive than food that is high in sugar and other poor nutritional items.

Q25. Transportation and Travel

- Describe the type of travel you are requesting (i.e in-state/out of state, local travel, as well as type of transportation). Please note that flight bookings are done through the University. Please provide justification for out of state travel.
- Note: Include professional development related travel in the professional development category.

Parking Passes for the 3 College Benefits Hub associates. The BH associates are all AmeriCorps members. This is a federal program that requires the associates to live at poverty level and to work full-time, 40 hours per week. That means their yearly stipend is so low that they qualify for food stamps. The stipend is \$15,562 for the 11 month contract. This means they make \$8.11 per hour. Therefore, the HaWRC pays for their parking pass when the campus is offering on campus services. So all student employees at UWB are making twice as much per hour than the College Benefits Hub associates.

Q26.

Professional Development

(note items that are for certification, note if required for position)

- Please describe the professional development opportunity. Please indicate the number of students, staff participating. Indicate if a professional development opportunity will result in a certification, and whether this certification is required for a job. This should include all costs associated with registration, air or ground travel, per diem, etc.
- Please ensure that you are in compliance with applicable per diem rates for meals and lodging. The rates are available at the following link: <http://www.gsa.gov/portal/content/104877>
- Note: Student travel arrangements are made through the University.

HEROS must earn their Health Education Certification. The \$1000 pays for required educational material and the cost of the exam to become certified. HaWRC Manager professional development of \$1500 provides funds to pay for conferences and workshops that keep the person in this position current regarding professional knowledge, policies, and practices. This ongoing education allows the HaWRC to continue to offer quality, effective, and timely programs and services to students.

Q28.

Promotional Items

- Are you requesting funds for promotional items?
- Please note that promotional items are limited to a total value of \$800; see SAF bylaw 5.A.5 for more details: <https://www.uwb.edu/studentaffairs/safc/safbylaws>

N/A

Q29. Operations

- Please describe operational items. This includes telecommunications, business cards, computer purchases, equipment, new hire packages, digital resources, etc.
- Phone lines should be calculated at \$10 per line per month

N/A

Q30. Uniforms

- If requesting funds for uniforms, provide details on what the items are, who they will be used by, and for what purpose.

N/A

Q31. Other

- Are you requesting funds for any items that don't fall into the previous categories? Indicate them here.

N/A

Q32.

Total Amount (please note the total dollar value)

- Please list your total amount requested, please make sure all line items are on the spreadsheet. This total amount should match the total from the spreadsheet.

179,194

Q33.

Your application is not complete without a completed spreadsheet and may not be considered by the committee. All funding category line items and their dollar amount/cost should be listed in the spreadsheet. Please download the spreadsheet template at <https://www.uwb.edu/studentaffairs/safc/annual>. Complete the spreadsheet, save it with your proposal name and EMAIL to safuwb@gmail.com by 5pm on January 7, 2020.

