

Governors State University

Student Affairs and Enrollment Management: Reaching Vision 2020

Focus Area: **Student Wellbeing**

Leader(s): **Erica Wade**

Implementation Year: **2018 - 2019 Results and Findings**

Goal 2: Promote a residential community focused on personal health and emotional strength strategies in order to develop sustainable practices that enhance personal wellbeing.

Objective 1:	Develop and implement outreach programming that focuses on mental and physical health needs of the GSU community, including Prairie Place residents and student-athletes.
Action Items	Place online form on Counseling Center website requesting outreach programs; outreach programs will distribute an evaluation form after each session/program; offer workshops and programs that address stress, self-care and health relationships (i.e., organize annual depression screening/health and wellness workshop events, create and facilitate mental health outreach programs (i.e., support groups) for residential community; Partner with Career Services to create a De-Stress Fest for finals week
Responsible Person and/or Unit (Data collection, analysis reporting)	Katherine Helm-Lewis, Clinical Psychologist/Supervisor of Clinical Training, counseling interns and staff
Milestones (Identify Timelines)	At least two outreach programs are conducted per semester, number and variety of programs offered throughout the academic year; number and results of evaluations from each outreach session/program
Achieved Outcomes and Results	We did informative (psychoeducation; 50), preventative (screenings and trainings; 24), and consultative (staff and faculty consultations; 26) services.
Analysis of Results (Where outcomes met? Exceeded? Progress towards goal. Implications for AY20 Objectives.)	Continue outreach programming surrounding treatment options and resources about depression, anxiety, bipolar and PTSD diagnoses. Future efforts will explore findings from the Wellbeing Assessment Survey (provided during the spring semester) and the Healthy Relationship Quiz to inform additional programming to address relational concerns in counseling. In addition, programming will focus on providing substance use psychoeducation and prevention efforts for residential students.

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Objective 2:	Coordinate sexual violence prevention awareness and educational programs in the residence hall.
Action Items	Develop programs/workshops on sexual violence prevention and distribute an evaluation form after each session/program
Responsible Person and/or Unit (Data collection, analysis reporting)	Erica Wade, Director Counseling & Wellness, Advocating for Sexual Assault Prevention (ASAP) team, and counseling interns and staff
Milestones (Identify Timelines)	At least two outreach programs are conducted per semester, number and variety of programs offered throughout the academic year; number and results of evaluations from each outreach session/program
Achieved Outcomes and Results	We provided bystander intervention training for 14 students within Prairie Place.
Analysis of Results (Where outcomes met? Exceeded? Progress towards goal. Implications for AY20 Objectives.)	Are evaluations were inconclusive and we determined that the evaluation process/procedures need to be implemented and improved at future outreach events.