

STUDENT FEES ADVISORY COMMITTEE (SFAC)
FY2026 PROGRAM QUESTIONNAIRE

INSTRUCTIONS: *Please respond to all questions. An electronic copy of your responses in PDF format should be sent to the SFAC Committee via the Dean of Students Office, at dlyoung4@central.uh.edu by 1:00 p.m., Friday, October 18, 2024. It should be noted that only electronic submissions will be considered. Only those requests submitted by 1:00 p.m., October 18, 2024 will be guaranteed full consideration.*

1. Please provide a one-page executive summary of your questionnaire responses. This summary should include, in brief terms: your unit's mission, goals that support your mission, and a justification of your unit's student fee allocation in terms of benefits for students.

Our mission in The unit is **to promote health, wellness, and the pursuit of self-actualization through education, outreach, and prevention.** We accomplish that by empowering to students to be proactive in improving their lives to Be Well to Do Well. As the health education unit of the Health and Wellbeing team, we incorporate a holistic approach using the wellness model (physical, occupational, social, spiritual, intellectual, emotional, environmental, financial, and cultural) in encouraging students to take action in improving their well-being by exploring who they are, **Being**, start to participate in events and programming on campus, **Doing**, finding friends and resources, **Connecting**, start focusing on bettering themselves and others around them, **Caring**, and as they do the first four, students are **Learning** about how to be an adult, who they are, and how to live to Be Well to Do Well.

In saying that, the year started with the unit in a temporary location due to renovation of the Campus Recreation and Wellness Center providing a challenge to provide some services and program efficiently and effectively to accomplish our goals of contributing to a culture of change, increasing student engagement in the units' offerings, and developing necessary skills and behaviors to incorporate into their lives. In office utilization decreased significantly not being able to have some of our weekly programming like Tea Tuesdays, relaxation station, office consultations, and providing various resources. However, the team pressed on the best they could and still provided some excellent programming across campus. Outreach is a cornerstone of the department which was enhanced during this time. This challenge forced us to be more collaborative and seek out new partnerships like (on campus-Hines College of Architecture and Design, College of Engineering, College of Pharmacy, Office of Sustainability, UH Dining Services, Off Campus- American Foundation for Suicide Prevention, MD Anderson Cancer Center, Houston Human Society, and Allies in Hope) just name a few and modify some programming.

Staff continued leading or assisting on many campus wide committees like the Substance Use Disorder Advisory Committee, JED (mental health initiative) and Cultural of Respect (sexual assault prevention initiative) committees accomplishing several of the strategic initiatives like establishing recovery support group, implementing strategically timed messaging about the risks and consequences of substance use/misuse just to name a few. In addition, expanded services to Sugarland instructional site.

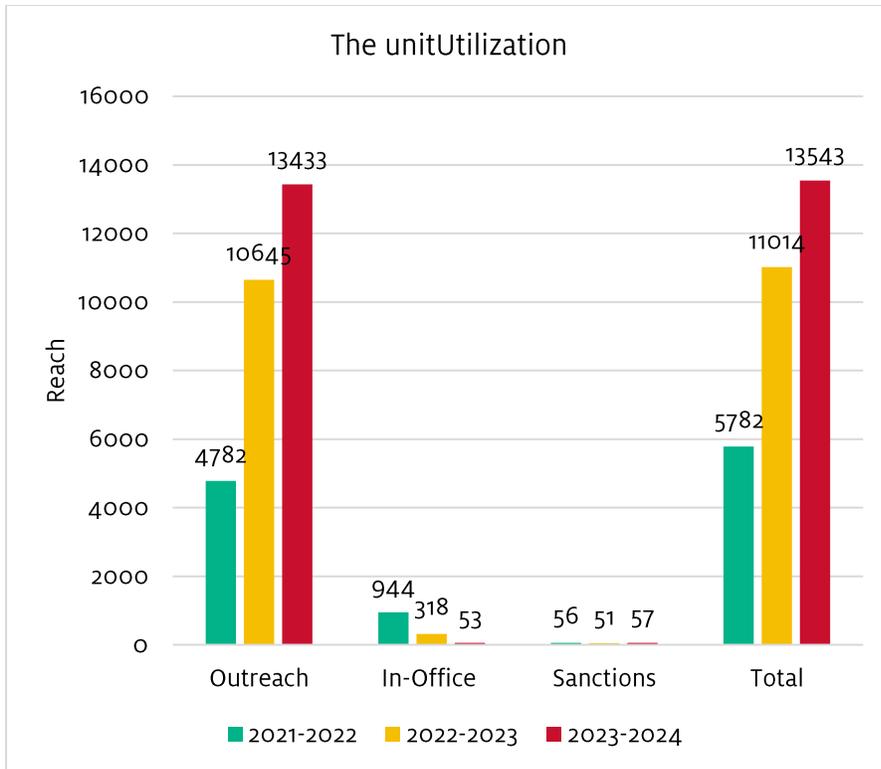
2. Please discuss the means that you are utilizing to evaluate both your success in achieving the DSA strategic initiatives and/or action steps and their importance as compared to others that you might pursue. Where data exists, discuss any assessment measures and/or learning outcomes used to evaluate program success. Please provide the method for collecting this data.

At the start of FY2024, we had to pivot programming due to the temporary displacement to Student Housing and Residential Live Cougar Village 1 during the renovation of the Campus Recreation and Wellness Center. As a result of this displacement, the unit face many challenges to operate normally. The usual in office programming like Tea Tuesdays, Consultations, Mediation, and workshops had to be tabled or find alternative locations on campus. The staff met the challenge and excelled in doing so. The unit strives to provide the opportunities for students through a variety of ways as our mission states. The units goals this past year contributing to a culture of change, increasing student engagement in the units' offerings, and developing necessary skills and behaviors aligns with few of the division's goals increasing student engagement on the main campus as well as the instructional site UH Sugar Land, and helping in lowering costs for economically disadvantaged students.

The outreach programming increased to areas of the campus forming new partnerships that ranged from academic colleges (Hines College of Architecture and Design, College of Engineering, College of Pharmacy, Office of Sustainability, UH Dining Services, UH Law Center, College of Liberal Arts and Social Sciences, Graduate School, Graduate College of Social Work, College of Global Hospitality and Leadership, College of Natural Science and Mathematics, Undergraduate Admission, Off Campus- American Foundation for Suicide Prevention, MD Anderson Cancer Center, Houston Human Society, and Allies in Hope) to name a few as well as outside the university (Houston Humane Society, MD Anderson, reaching those students who normally may not come over to the rec center. As a result, we modified the way we tracked and collected data. Our assessment person developed a more streamlined survey that captured similar data at majority of the units' offerings. Students participating only had to change one question for us to know what event, program, or workshop they attended. Get Involved program was also used in specific programs to help not only tracking but marketing efforts.

The unit success is measured in many ways but what student's say regarding our services and programs is more than everything. For example, one student commented on a follow up survey, "I liked how the people were very welcoming and encouraging to participate. It made you feel a part of the program. Doing the small activity, made me relax and enjoy the moment instead of stressing. It improved my mood the whole day." This statement and many more are what students are saying as they participate in the units' offerings.

Office utilization is separated into three distinct categories: outreach, in-office services, and sanctions. The unit reached 13,543 contacts this past academic year. That is a 134% increase from 2021-2022 and a 23% increase from 2022-2023. This trend in increased utilization since 2021 is likely due to the addition of 4 full-time staff members and thus greater human resource capacity to implement programming, particularly outreach.



In looking at the in-office services (ie. free supplies, lounge space, consultations, Tea Tuesdays, etc.) seen a decrease of 94% since 2021-2022. This is due to closure of the units suite because of renovations to the Campus Recreation and Wellness Center and restructuring of the Cougar Cupboard to the Center for Student Advocacy and Community which decreased office traffic. The amount of sanctions stayed consistent since 2021.

Our utilization rates started increasing once we modified our outreach programming (ie. Unwind with Wellness on Wednesdays, STI testing, Relaxation Station, presentations, tabling, etc.). This is important because it shows the adaptability and flexibility of UH Wellness. The unit no longer had their classroom or suite so staff pivoted to bring health education to the students via outreach. This resulted in an additional 2,788 students reached in this category compared to 2022-2023 and an additional 8,651 compared to 2021-2022.

Furthermore, students are highly satisfied with the units' outreach programming. In Spring 2024, 99.7% of participants who attended a presentation agreed it provided knowledge and skills to impact their well-being and 96% agreed it increased their sense of belonging to UH. The signature program Unwind with Wellness on Wednesdays also received positive feedback with 95% of participants saying the event eased their stress in Spring 2024.

A few highlights this past year, is the continuation in leading the Healthy U Committee of Weeks of Welcome. This past year, Healthy U experienced an increase in departments represented on the committee (166% increase), increase in events offered by the committee during the Weeks of Welcome (50% increase), and an increase in

student engagement (396% increase) from the 2022 Weeks of Welcome. This is significant because Healthy U exists to introduce (or reintroduce) students to UH departments and programs that support wholistic wellbeing. Over the last few semesters, students have expressed their desire for more mental health, emotional wellness, and social connectedness programming and we've listened. To accommodate students' needs, we grew and expanded our offerings. As a result, we not only saw an increase in engagement, but very positive student feedback as well.

In being present on campus wide committees like JED/SUDAC, in collaboration with UH Dining Services, the unit introduced a Safer Studying campaign in the two dining halls reaching 171 students. Students made kits that included education and items that corresponded with substance-free alternatives such as highlighters promoting study skills or eye masks promoting sleep. This program not only addressed a need of the university-wide JED Campus initiative, but also an internal goal of expanding programming to new locations such as the dining halls.

The unit was invited by UH Athletics to host an activation at the Big 12 Homecoming, specifically the Be You: Women's Empowerment event for female student-athletes. This event included major partners such as Sports Illustrated and Maybelline. The unit activation reached 88 participants and was featured on major media outlets such as the official Instagram accounts of UH Athletics, University of Houston, and Big 12 Conference which combined have approximately 427,000 followers. The unit was also featured and linked in articles on the [Yahoo](#) and Sports Illustrated websites, resulting in exposure of The unit to a national audience.

In Sexual Violence Prevention and Education, the section celebrated the 20th annual stalking awareness month with a tabling and Step UP! bystander intervention training focus on giving participants the tools to identify and "step up" and step in when they see a scenario that may need intervention. This evidence-based program educates students to safely intervene with friends and peers in instances of mental health concerns. Several workshops and presentations were conducted during the year like Consent Fries. This was an interactive presentation focusing on the ways in which consent functions by using F.R.I.E.S as an acronym where fries were given to participants. The acronym FRIES stands for Freely Given, Reversible, Informed, Enthusiastic, and Specific. In feedback for the event everyone agreed that the presentation provided them with knowledge and/or skills to positively impact their health and wellbeing. In total, 346 students participated in many of the programs and services. With another 74 students seeking resources like contraception, informational brochures, and pregnancy tests.

Finally, contributing to the efforts to improve the mental health of students, the unit had two staff members start a Integrative Health and Wellness Coaching training through UH Population Health and completed the renovation and creation of the mindfulness space and study lounge in the units' suite in the Campus Recreation and Wellness Center was completed last summer. The coach training is an opportunity for students to gain expertise in the science of behavior change, the coaching process, and approaches to support client-driven holistic well-being within the cultural context of individual lives.

The newly renovation of the space is the model of how others on campus can create a space in the respective areas in the hopes of addressing the mental health needs of students by providing a safe place on campus for students to practice healthy coping strategies and improve their sense of belonging by meeting other students in a communal gathering area.



3. Please discuss any budget or organizational changes experienced since your last (FY2025) SFAC request, their impact on your programs, and your reason for implementing them. SFAC recognizes that some programs did not receive the funds that they requested, that some programs were impacted by additional expenses after the conclusion of the budget cycle, and that some programs may be ahead of or behind their self-generated income projections.

Since the last SFAC request, there were a few budget issues experienced. During the transition of the HWB business office, a few of our charges for travel were not paid until this fiscal year. The additional charges not planned caused a depletion of our M&O funds. However, the unit at this time had the Health Communication Specialist position

become vacant mid spring. This allowed for lapse salary to cover any expenses that was still pending by the end of FY2024.

- 4. Recognizing that the potential to generate additional Student Service Fee income for FY2025 base funding is extremely limited and recognizing that it is likely that some units will not be allocated the new base budget and/or one-time funds requested. Please provide a narrative of how your unit would accommodate a reduction of 5.0% in your total FY2025 base Student Service Fee budget request and provide a line-item explanation of where budgetary cuts would be made.**

Understanding the base budget can be reduced at any time, the unit has planned several line-items to be cut at any given time no matter the percentage. As in this case, if the unit had to reduce the base budget by 5.0%, the following would be reduced within our Maintenance and Operating budget.

1. Printing- Most of the marketing and communication can be done digitally through social media, emails, digital screens, and newsletters. Printed materials can be reduced but also reused when it is a general design
 2. Uniforms- It is nice to have professional staff, interns, GAs/IAs, and student workers wearing branded gear but it is not necessary. Alternative ways could be found to show uniformity of the unit.
 3. Computers/Repairs- We have desktop computers if needed that we could use temporarily if laptops stop working.
 4. General Supplies- Reuse is the key word when it comes to supplies. For specific programming using paint brushes, paint, sand, balloons, could be used for multiple programs or events without buying more. General office supplies could possibly picked up a UH surplus if necessary.
 5. Programs- Reducing some of the cost for programs is a result of reducing some of the other areas above and modifying the program or event. Increasing collaborative efforts and in-kind asks to supplement funding.
- 5. What are the other possible sources of funding available to your unit and what efforts are being made to access them (e.g. grants, donations, etc.)? If you receive funds from other sources, please briefly describe the source, purpose, and duration of the funding and report the amounts received in the appropriate rows/columns on the SFAC Spreadsheet.**

The unit is pursuing multiple avenues of additional funding. For FY25, one of the units' goals is to apply for ACHF College Well-Being Funding through the American College Health Foundation for programmatic improvements. Another is a possible collab on a grant with the Department of Psychology to study Evaluating Telehealth Delivery of Brief Alcohol Screening and Intervention for College Students. In addition, the unit applies for grants through Coogs Moms to help cover misc. charges like room reservations, etc.

In addition, the unit generates revenue from two programs. These programs are either instructor certified and licensed facility or subscription based. Our office oversees the sanctioning of education for students using alcohol and marijuana illegally or in a harmful way. The profit margin for most years

MIP- \$40

The Alcohol Education Program for Minors (MIP) is a six-hour course (two sessions of three hours). Texas state law requires that minors who have been convicted of alcohol-related offenses complete this course, which is certified by the Texas Department of Licensing and Regulation (TDLR).

CASICS- \$30

CASICS (Cannabis Screening and Intervention for College Students) is a nationally recognized and evidence-based program to reduce smoking use. The CASICS program is open to all students but is primarily used as an educational sanction in the conduct process.

6. Please use the following file naming conventions when submitting your pdf files to the Dean of Students:

FY26Q_DepartmentName	Questionnaire
FY26AOT25a_DepartmentName	Add'l One time request - change "a" to "b", "c", etc for additional one-time requests
FY26WS_DepartmentName	Excel worksheet
FY26BA_DepartmentName	Base Augmentation request
FY26OTa_DepartmentName	One time request - change "a" to "b", "c", etc for multiple one-time requests
FY25PRES_DepartmentName	Presentation

NOTE: *The totality of your responses to these questions should give the members of the Committee a comprehensive understanding of the role and function of your unit(s). To the extent that your responses do not accomplish this, please revise them accordingly.*

Questionnaire completed by (please include name, title, email, and phone number):

Reuben Parrish, Director, rgparris@central.uh.edu, 713-743-5487