

# PRESIDENT'S COMMITTEE/TEAMS ANNUAL REPORT

## 2021-2022 Academic Year

Committee Name: Wellness Committee

Number of meetings held: 0

Meeting Dates:

Briefly summarize primary activities and accomplishments for the year (2021-2022):

The committee was not formally authorized/approved and all committee member positions filled until May of 2022. With the interruption of summer and the need to perform more preparation before the committee could meet, the first meeting was not held until August 2022.

Briefly summarize goals for the 2022-2023 academic year:

The Wellness Committee is meeting bi-weekly during the 22-23 Academic year on Wednesday's at 2:00pm. The committee has voted to work toward improved well being of the entire Sul Ross community including faculty, staff and students. The substantive work will be based on the 8 dimension model of wellness provided by NIRSA and NCHA that includes: physical, spiritual, financial, psychological, social, environmental, occupational, intellectual. The committee further intends to create a mission and vision statement to guide the group and operational goals with target KPI's. A logo is being developed by Bobby Greeson to support the "Whole Pack" campaign to promote the 8 components of wellness. For employees we are working on a leave time policy, Catapult Wellness Exams onsite, and participation in group accountability health challenges. For students we working towards compiling a list of current services, programs and initiatives and categorizing them according to the 8 dimensions. Next we will work to create campus partnerships to promote the 8 dimension model and enhance awareness on the topic. A wellness fair will be held in November. Additionally, the committee has determined that a needs assessment is necessary to determine further action. A campus survey will be completed this AY.

Prepared by committee/team member: Dr. Shanna U. Moody

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