



FERRIS STATE UNIVERSITY
COLLEGE OF ARTS AND SCIENCES

Biological Sciences

March 6, 2015

To: Dr. Charles Bacon and Members of the Academic Senate

RE: Status of the Health Promotion Committee as an Academic Senate subcommittee.

Dear Dr. Bacon,

I am writing this letter on behalf of the Health Promotion and Substance Abuse Prevention Subcommittee of the Ferris State Academic Senate. I have been a member of this committee for three years, and during this time we have struggled with how to best address the goals set forth in our mission statement. Attached, you will find a letter written by Tom Liszewski, a long-time ex-officio member of our committee, that details the history of this committee since it was founded. It is worthy to note that the Health Promotion Committee was originally funded by a grant that was approved in 1996. Since this grant has expired, the committee has continued to meet, but with little to no productivity. Many committee members have had excellent ideas to promote health-related issues (e.g. sexual health awareness, substance abuse prevention, managing stress and anxiety), but as a whole, we feel that the current structure of the committee does not empower or enable us to achieve our goals or carry out our ideas to promote health on campus.

Recently, in an effort to better understand how we might better address our mission statement, the members of our committee investigated the roles and duties of health-related committees at 17 comparable institutions. Attached, please find a report that details our findings. Briefly, we found that the majority of institutions investigated do not have a faculty senate committee devoted to Health, Health Promotion, or Substance Abuse Prevention. Therefore, we recommend that the Academic Senate consider the removal of the Health Promotion Committee as an Academic Senate sub-committee. In addition, we support the founding of a related task force, comprised of students, faculty, and health support staff, to be modeled after the "Student Health Advisory Committee" at the University of Wisconsin, Oshkosh, and the "Student Health Care Committee" at the University of Wisconsin, Platteville. The Director of the Birkham Health and Counseling Center, Renee VanderMyde, also willingly supports the founding of such a task force and is open to serving as chair if requested.

Thank you for your time and consideration. We look forward to discussing this further.

Sincerely,

Anne Spain
Associate Professor of Biology

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FERRIS STATE UNIVERSITY

COUNSELING CENTER

February 18, 2015

To: The members of the Health Promotion and Substance Abuse Prevention Sub-Committee of the Ferris State University Academic Senate

RE: The history and future of this committee

In our last meeting of the Health Promotion and Substance Abuse Prevention committee it was decided to request of the Academic Senate that this committee would no longer be a sub-committee of the senate so that it could open up the membership of the committee to other staff who have association to other health related areas of the campus community. For example, the Director of the Birkam Health & Counseling Center has indicated an interest in chairing this committee (it currently has no chair) and would like to invite other health providers who are not faculty to join the committee such as the physician, physician assistant, and nurses of the Health & Counseling Center. In addition, perhaps staff & faculty of the College of Allied Health Science.

To this end I agreed to write a brief history of the committee as its longest standing member of fifteen years. I believe that this committee was formed as a requirement of a FIPSE grant that was approved in 1996 (and implemented in 1998/99) by the U.S. Department of Education (Drug and Violence Prevention Program). This grant was written by a former faculty member Lenny Shibble of the Birkam Health & Counseling Center. The grant was called "GOTCHA-Groovy Option to Chillin' without Having Alcohol". This grant basically provided 'Alcohol Free Karaoke' on ('thirsty') Thursdays in the Rankin Student Center.

Lenny Shibble left the university in 1999 to become the health educator at Northern Michigan University. I was hired in 2000 as primarily a mental health and substance abuse counselor with some health education responsibilities to replace him. In the academic year 2000-2001 I was assigned as the Ex-officio member of this committee. The grant had expired but there remained some momentum from the grant and the committee continued doing some good work with some projects that included encouraging more Friday classes, curriculum infusion, and some 'social norming' projects. In the mid 2000's the committee partnered with a RSO 'Campuses against Cancer' and helped promote the 'Great American Smoke-Out' events. Then that RSO pretty much took over that event due to their growing membership. For the last ten years or so it has not had much direction or traction as evidenced by attendance and minutes and lack thereof. For the past five years there has been perennial discussion about disbanding or restructuring this committee. This committee only meets about a half-dozen times during the academic year so it is difficult to accomplish much. At present the current committee feels it could still be relevant if restructured to include other health related professionals in the campus community to join its membership. I support this idea.

Sincerely,

Thomas R. Liszewski

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Report Title: Health Promotions on Peer Campuses
Compiled by: Academic Senate Health Promotion Committee Members
Date: February 10, 2015

Objective: To examine mission statements and goals of Health Promotion Committees (or similar) at comparable institutions

Summary of Findings: The majority of institutions investigated do not have a faculty senate committee devoted to Health, Health Promotion, or Substance Abuse Prevention.

Committee Recommendation: To remove the Health Promotion Committee as an Academic Senate sub-committee. We believe we lack the support to carry out the committee's mission statement. In addition, we support the founding of a related task force, comprised of students, faculty, and health support staff, to be modeled after the "Student Health Advisory Committee" at the University of Wisconsin, Oshkosh, and the "Student Health Care Committee" at the University of Wisconsin, Platteville.

Assigned Peer Institutions:

- 1) Austin Peay State University (Anne Spain)
- 2) Clarion University of Pennsylvania (Anne Spain)
- 3) Indiana University Purdue University Indianapolis (Anne Spain)
- 4) Troy University (Teresa Bailey)
- 5) University Central Missouri (Teresa Bailey)
- 6) University Wisconsin Whitewater (Teresa Bailey)
- 7) Weber State University (Tom Liszewski)
- 8) Youngstown State University (Tom Liszewski)
- 9) Cameron University (Tom Liszewski)
- 10) Saginaw Valley State University (Ali Konieczny)
- 11) University Southern Indiana (Ali Konieczny)
- 12) University Wisconsin, Oshkosh (Ali Konieczny)
- 13) University Wisconsin, Platteville (Ali Konieczny)
- 14) University Wisconsin, River Falls (Marie Yowitz)
- 15) Western Michigan University (Marie Yowitz)
- 16) Central Michigan University (Marie Yowitz)
- 17) Grand Valley State University (Marie Yowitz)

Findings from Anne Spain:

Health Promotion Committee – Description of Committee Mission at Comparable Institutions

1. **Austin Peay State University**
 - a. No Health Promotion Committee (or similar) found.
 - b. For a list of university committees, see: <http://www.apsu.edu/governance/stand>
2. **Clarion University of Pennsylvania**

- a. No Health Promotion Committee (or similar) found.
- b. For a list of university committees, see: <http://www.clarion.edu/about-clarion/leadership/faculty-senate/Senate-Committee-List-2013-14.pdf>

3. Indiana University Purdue University Indianapolis

- a. No Health Promotion Committee (or similar) found.
- b. For a list of university committees, see:
<http://www.iupui.edu/~fcouncil/committees/>

Based on the above, I would say having a health promotions committee at the faculty level is not the norm, and that perhaps the mission of our committee could be absorbed by another group, e.g. Student Affairs.

Findings from Teresa Bailey: Teresa contacted her peer institutions and received the following responses:

University Wisconsin Whitewater: We do not have any standing committee on this issue. The topic is primarily addressed by the university health center and the division of student services.

In reviewing your link I did wonder about other related health issues such as mental illness, depression and disorders such as obsessive compulsive disorders. The issue of sexual assault and more important prevention of sexual assault also may be considered.

A few links from our web site
<http://www.uww.edu/uwcs/wellness-information>

(above information came from the Chair of the Faculty Senate)

Findings from Tom Liszewski:

No information was found regarding Health Related Committees at the three universities, Weber State University, Youngstown State University, and Cameron University.

Findings from Ali Konieczny

10) Saginaw Valley State University: SVSU has *Student Wellness Programs*:
<http://www.svsu.edu/phe/>

This program has a Director of Student Wellness, and looking at the list of Staff, it appears that she is the sole employee, but there are numerous interns listed on the staff page, including:

- Environmental Sustainability Intern
- Sexual Responsibility Intern
- Wellness Intern
- Tobacco and Other Drug Prevention Intern
- Sexual Assault Prevention and Education Intern
- Alcohol Prevention and Education Intern

University Health is a MedExpress operated by Covenant Health Care Systems.

11) University of Southern Indiana: USI has the *Make the First Move* program:

<http://www.usi.edu/makethefirstmove>

This program encourages students to act, and focuses on the topics of alcohol use, alcohol emergencies, anger, depression and suicide, discrimination, disordered eating, drug use, gambling, hazing, relationship violence, self-injuring, and sexual assault. USI also has the *Care Team*: <http://www.usi.edu/deanofstudents/careteam> “The University’s CARE Team is a cross-functional assessment group, chaired by the Dean of Students, that responds to students in apparent/potential distress. C.A.R.E. stands for Campus Action Response and Engagement (CARE) of students in distress. The CARE team works collaboratively to provide confidential, respectful, and proactive support, while offering resources and balancing the educational needs of students within the overall mission of the University.” Resources students are directed to involving health & wellness are the following:

- Alcohol and Drug Intervention Prevention (informational website)
- Counseling Center
- Housing and Residence Life
- Mental and Physical Health Emergency Policy
- Multicultural Center
- Office of Public Safety
- Religious life
- SAFE Ride
- Services for Students with Disabilities
- Sexual Assault Programs
- University Health Center

12) University of Wisconsin, Oshkosh: This University has the *Student Health Advisory Committee*. The below information is from the following link:

<http://www.uwosh.edu/studenthealth/additional-information/student-health-advisory-committee>

“Student Health Advisory Committee

The **purpose** of this committee is to:

- Act as an advisory committee to the Student Health Center.
- Be a liaison between students and Student Health Center administration.
- Provide feedback and input into services, programs, budget and fees.
- Provide health outreach to the campus community.

Structure:

- Meetings are held twice per semester during the academic year.
- The minutes are sent to each member, the Vice Chancellor of Student Affairs and Oshkosh Student Association (OSA) office.
- Recommendations are made based on the consensus of members.

Student Members:

- Membership is open to all registered students.
- Members are appointed annually by OSA in the beginning of the academic year.
- All student members are voting members.
- The Director of the Student Health Center serves as the chair and as an ex-officio member.

Interested in becoming a Member?

If you are interested in health or health care administration, please consider volunteering to serve on this committee. You will discuss and make recommendations about health policy, fees, marketing, the budget, etc.

It is an opportunity to network with other students interested in health. Many students have elected to stay on the committee for two or three years.

For more information about getting appointed to this committee, call Pamela MacWilliams, Director Student Health Center at (920) 424-0425 or email her at macwillp@uwosh.edu.”

Additionally, the University of Wisconsin, Oshkosh’s Student Health Center provides multiple health promotion services: <http://www.uwosh.edu/studenthealth/services/health-promotion>
Listed health promotion services include health advocates (peer mentors in each residence hall), smoking cessation, and health education on topics such as sexual health, nutrition, sleep hygiene, smoking cessation, stress/anxiety management, and general wellness.

13) University of Wisconsin, Platteville: The University has the Student Health Care Committee. Information below is from the following link: <http://www.uwplatt.edu/employee-handbook/shcc-responsibilities-and-membership>

SHCC RESPONSIBILITIES AND MEMBERSHIP**RESPONSIBILITIES**

- Evaluates current student insurance plans and recommends to the Assistant Chancellor for Business Affairs and the Assistant Chancellor for Student Affairs any change in plans or benefits involving students.

- Recommends and reviews policies regarding fees for health services, staffing of the Health Center, and procedures in the Health Center.
- Publicizes the health services available and informs the University community about current health problems.
- Evaluates the effectiveness of the health services on campus.
- Promotes a wellness-oriented life style on campus.

MEMBERSHIP

- Size (6) faculty, including one from the department of Health & Physical Education.
- One (1) academic staff.
- Three (3) students chosen by Student Senate.
- Ex-Officio (non-voting):
 - Campus Physician
 - Director of the Pioneer Activity Center
 - Chair of the AIDS Task Force
 - Student Services
 - Office of Students with Disabilities
 - Student Health Services
 - Student Assistance Program
 - Food Services

Meeting agendas and minutes are available at the following link:

<http://www.uwplatt.edu/provost/shcc-agenda-and-minutes>

Findings from Marie Yowitz:

Health Promotion Committee findings

14) University Wisconsin, River Falls

- Student Health Advisory Committee
- Comprised of faculty and staff
- Role: To serve as an advisory group regarding services and programming offered through Student Health and Counseling Services. I.e. health issues that concern students, collaborate with efforts of organizations on campus

15) Western Michigan University

- Western Wellness Committee (for employees)
- Comprised of faculty and staff

- Mission: It is the mission of Western Wellness to promote and improve the wellness of the campus community by empowering each employee to adopt and maintain healthy behaviors and create a healthy culture thereby improving productivity and reducing health care costs.
- No senate committee linked to health

16) Central Michigan University

- Health and Wellness program via HR (similar to GVSU)

17) Grand Valley State University

- Several departments to work with wellness
- Health and Wellness housed as stand-alone dept.
 - Our mission is to promote and encourage healthy lifestyles for faculty and staff to enhance the quality of life among the GVSU community and their families.
- Programming includes: ambassador program; ergonomics etc.