

## Student Success Priority Implementation Plan

### Wellness

Priority Group Recommendations	Implementation Dates		Responsible Office/Individual	Action Steps or Notes on Implementation
	Begin	Complete		
<u>Infrastructure</u>				
1. Chose an office name within Student Health Services reflective of wellness services	In progress	12/1/04	SHS	1. Change the department name from Health Education to the Wellness Resource Center within Student Health Services
2. Enhance marketing of the office and its services	12/1/04	3/31/05	Each SS Unit, Student Health Services	1. Create a wellness network by appointing a representative from each Student Success area
	7/1/05	6/30/06	Student Health Services	2. Create a Wellness website 3. Include wellness information in faculty/staff orientation programs 4. Use publicity networks in Department of Student Housing and Student Involvement and Leadership Center 5. Assign a <i>University Daily Kansan</i> reporter to cover wellness issues 6. Recognize faculty who are involved in health-related programs that affect the KU community
3. Enhance office staffing	3/1/05	4/15/05	VPSS	1. Hire an additional Wellness Coordinator to focus on implementation of the priority plan

4. Create progress reports on the implementation and challenges of the Wellness Plan	7/1/05	6/30/06	Student Health Services, OIRP	1. Collect data on process, intermediate, and ultimate outcomes as laid out in the group report from participating departments
<u>Alcohol</u>				
5. Utilize technology to give feedback to students on their alcohol use choices	1 <sup>st</sup> phase completed	Ongoing	Wellness Resource Center, PRE 101, DSH	1. Develop an interactive web program 2. Use campus resources to distribute and market it
6. Prevent alcohol use in student organizations and encourage dry events for students	(In progress, RJ)	6/30/06	Greek Panhellenic, Student Involvement & Leadership Center, Wellness Resource Center, PSO, Dean of Students Office	1. Review and stiffen penalties for organizations involved in hazing or giving minors access to alcohol 2. Educate organizations on what constitutes hazing 3. Increase the number of dry Greek chapters 4. Develop alternative events 5. Require increased security and training for alcohol events
7. Prevent unhealthy 21 <sup>st</sup> birthday behavior	2/1/05	8/31/05	Student Health Services, SUA, SILC	1. Update 21 <sup>st</sup> birthday card 2. Offer alternative 21 <sup>st</sup> birthday activities 3. Publicize consequences of 21-shot tradition
8. Develop campus/community coalition to address alcohol issues	2/1/05	8/1/07	Legal Services for Students, PSO, Student Senate, DSH, Greek Life, Sports Clubs, Lawrence Community, LSS, DOS, Student Health Services	1. Address <i>University Daily Kansan</i> alcohol ads and drink specials 2. Coordinate efforts to prevent sale to minors 3. Identify and utilize fake ID prevention programs 4. Improve vendor responsibility 5. Review and enhance city alcohol policies

9. Encourage students to establish a healthy behaviors contract	7/1/05	6/30/06	CAPS, Student Health Services, AAAC, FSAC	1. Utilize Student Success units to encourage health goal setting and attainment, particularly regarding alcohol use
10. Collect data on and incentive program for designated driving	10/1/05	6/30/06	Student Involvement & Leadership Center, Wellness Resource Center	1. Collect data on drunk driving rates at KU 2. Publicize this norming data 3. Create incentives to use SafeRide
11. Gather annual data on KU community drinking patterns and perceptions	3/1/06	6/30/06	Wellness Resource Center, OIRP	1. Develop survey for students and employees 2. Utilize survey data for future program development
12. Encourage healthy drinking behaviors in student-athletes	7/1/06	6/30/07	Student Health Services, Athletics	1. Collaborate with athletics staff on prevention programs 2. Identify high-risk populations and time periods 3. Provide alternative programs and education
13. Collaborate with faculty to prevent alcohol abuse	7/1/06	6/30/07	Student Health Services, CLAS, VPSS, Provost Office	1. Establish guidelines for Saturday classes, Friday tests, and mandatory attendance 2. Provide faculty with resources to include alcohol education into course content
14. Encourage all units to include alcohol education programs in their areas	7/1/06	6/30/07	Student Health Services, All SS Units	1. Develop an incentive program for units that complete alcohol prevention/education programs 2. Include alcohol information for students and parents through NSO 3. Include alcohol information in admissions information to change incoming students perceptions about KU student drinking
15. Provide alcohol skills training program for students	7/1/06	6/30/07	Wellness Resource Center	1. Develop a program to teach alcohol moderation and resistance skills
16. Encourage students to self-monitor drinking patterns	7/1/06	6/30/07	Wellness Resource Center	1. Develop an incentive program that will encourage students to avoid binge drinking

<u>Fitness/Nutrition</u>				
17. Expand healthy dining options	Near completion 10/1/04	Completed 12/1/05	Wellness Resource Center, H.O.M.E.B.A.S.E., Campus Dining	1. Expand Better Bites programs for healthier food identification and selection 2. Educate about smaller portion sizes and make them available
18. Make Recreation Center membership easier for employees	Completed	Completed	Recreation Center	1. Change the payroll deduction to 26 pay periods
19. Encourage walking and other physical activity	In progress	12/31/05	Recreation Center	1. Create a campus-wide walking incentive program 2. Establish walking routes
20. Create a website for fitness and nutrition information and support	7/1/05	6/30/06	Recreation Center, Student Health Services, ATS	1. Develop a site with information on diets, daily menus, etc. 2. Develop a website to support the walking program
21. Encourage staff to engage in fitness activities	7/1/05	6/30/06	Student Health Services, VPSS, Univ. Governance	1. Propose longer lunch breaks that would allow staff to exercise 2. Develop an insurance incentive program for staff who regularly exercise
22. Prevent eating disorders	7/1/05	6/30/06	Student Health Services, Recreation Center, CAPS, DOS, DSH	1. Create an intervention program for students with signs of eating problems 2. Create a response team to recognize and help students with problems
23. Encourage healthy food purchases and healthy cooking workshops	7/1/06	6/30/07	Campus Dining, Wellness Resource Center	1. Develop a grocery-store education program 2. Develop cooking workshops for students, staff, and faculty

Sexual Health/Healthy Relationships

24. Upgrade the Sexual Assault Coordinator position to full-time	In progress	11/31/04	Emily Taylor Women's Resource Center	1. Review the plan for responding to sexual assault 2. Develop interactive programming for living groups
25. Expand the Peer Health Educator program	In progress	6/30/06	Student Health Services	1. Secure funding to pay students 2. Change recruitment and expectation strategies
26. Publicize sexual assault response plans to university employees	10/1/04	6/30/05	Emily Taylor Women's Resource Center, DSH, LSS, CAPS, Dean's Office	1. Use communication and technology tools to inform employees on how to help students in need
27. Get baseline data on sexual attitudes and behaviors	1/1/05	6/30/05	Greek Life, DSH, Students, Student Involvement & Leadership Center	1. Create survey, distribute, collect and analyze results
28. Educate students on sexual health issues	7/1/05	6/30/06	Student Health Services, Emily Taylor Women's Resource Center, Sexual Assault Coordinator, LSS, Unions, DOS, VPSS, DSH	1. Create programs to educate students on STDs, contraception, and boundary-setting 2. Incorporate sexual health events into Hawk Week 3. Develop a campus-wide sexually transmitted infection education and condom distribution program 4. Develop a media campaign 5. Create a program that will help student find out the sexual history of potential partners

29. Expand date rape drug testing	7/1/05	6/30/06	Student Health Services, Emily Taylor Women's Resource Center, Lawrence Memorial Hospital, Headquarters	<ol style="list-style-type: none"> <li>1. Provide kits and processing systems to local agencies</li> <li>2. Create procedures for use of date rape drug testing penalties against perpetrators of sexual assault.</li> </ol>
30. Enhance Men's Outreach on campus	7/1/05	6/30/06	Student Involvement & Leadership Center, Wellness Resource Center	<ol style="list-style-type: none"> <li>1. Upgrade the Men's Outreach Coordinator position</li> </ol>
31. Promote survivor services	7/1/05 Coinciding with #28	6/30/06	Emily Taylor Women's Resource Center, Student Health Services, DSH, LSS, CAPS, Dean of Students Office	<ol style="list-style-type: none"> <li>1. Promote the Women's Transitional Care Services and the Rape Victim's Survivor Services</li> </ol>
32. Enhance students' ability to prevent rape	7/1/05	6/30/07	Emily Taylor Women's Resource Center, PSO, Wellness Resource Center, DSH, Dean of Students Office	<ol style="list-style-type: none"> <li>1. Create a defensive maneuvers program</li> <li>2. Review and enhance university policies towards sexual aggressors</li> <li>3. Increase the number of human sexuality course sections</li> </ol>
<b>Smoking Substances</b>				
33. Enhance university smoking policies	In progress	3/31/06	Wellness Resource Center, Unions, DSH, Athletics	<ol style="list-style-type: none"> <li>1. Appoint a group to review university policies and recommend changes</li> <li>2. Reject all sponsorships and donations from tobacco companies</li> </ol>

34. Encourage students to quit tobacco and drug use	In progress	6/30/06	Student Health Services, CAPS, ATS	<ol style="list-style-type: none"> <li>1. Create a counter-marketing tobacco campaign</li> <li>2. Create an on-line interactive system to address tobacco issues</li> <li>3. Provide resources and discount stop smoking aids to help students quit smoking</li> <li>4. Create buddy systems to support quitting</li> </ol>
35. Combat cigarette sales	10/1/04	6/30/06	Wellness Resource Center, Unions, Lawrence Community	<ol style="list-style-type: none"> <li>1. Work with the community to increase taxes and require licenses</li> <li>2. Discontinue cigarette sales in the Kansas Unions</li> </ol>
36. Address student drug use	7/1/05	6/30/06	Wellness Resource Center, DOS, DSH, CAPS	<ol style="list-style-type: none"> <li>1. Develop a one-on-one counseling program for students who violate campus drug policy</li> </ol>
37. Create incentives for positive choices	7/1/06	6/30/07	Student Health Services	<ol style="list-style-type: none"> <li>1. Work with the student insurance company to provide non-smoker discounts</li> </ol>