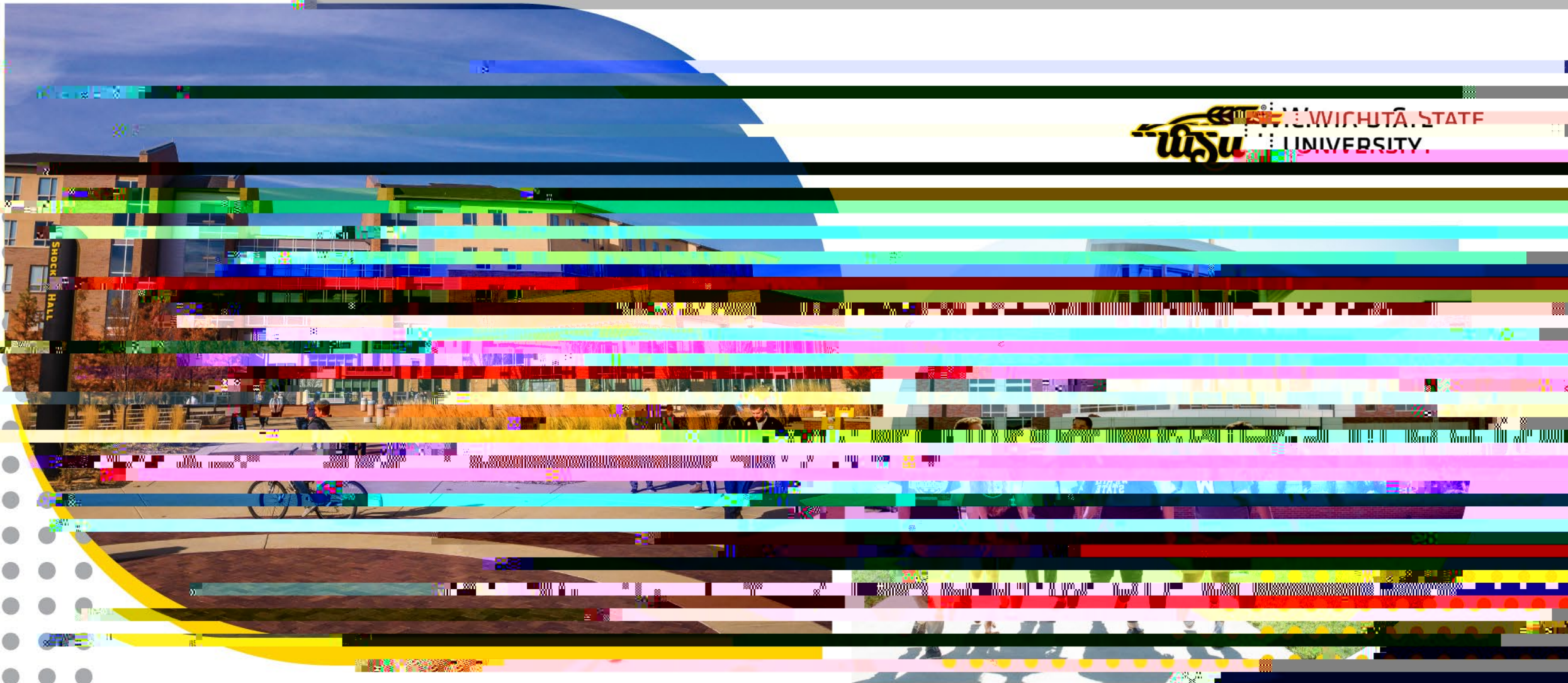


→
→ **WSU Wellness Initiative**
→



Strategy 1

- Strategy 1 – ~~Community~~
~~Engagement~~
~~by~~

- Engage campus leadership and key stakeholders with departmental efforts
- Conduct a process of discovery to identify and coordinate campus wellness activities, which have often been siloed
- Advocate for community wellness efforts to be adopted and resourced
- Engage University Senates and gather student and employee input
-



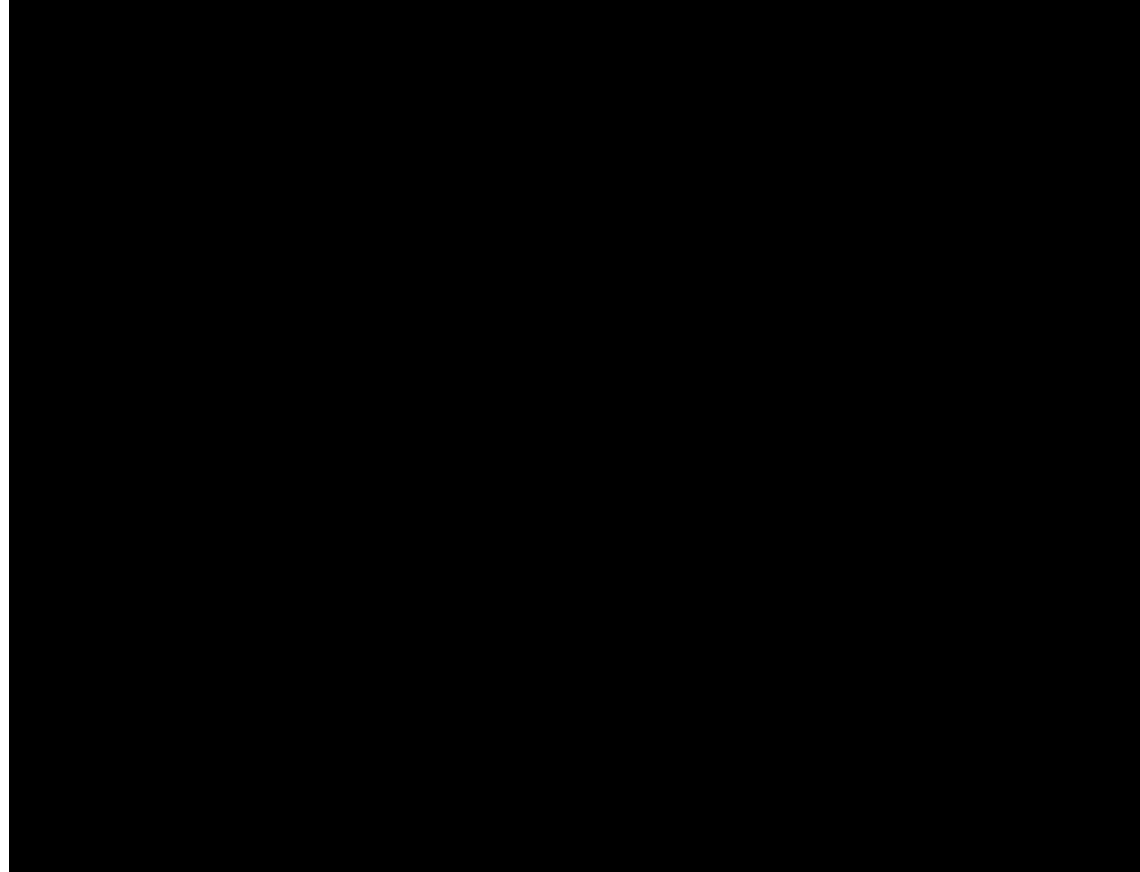
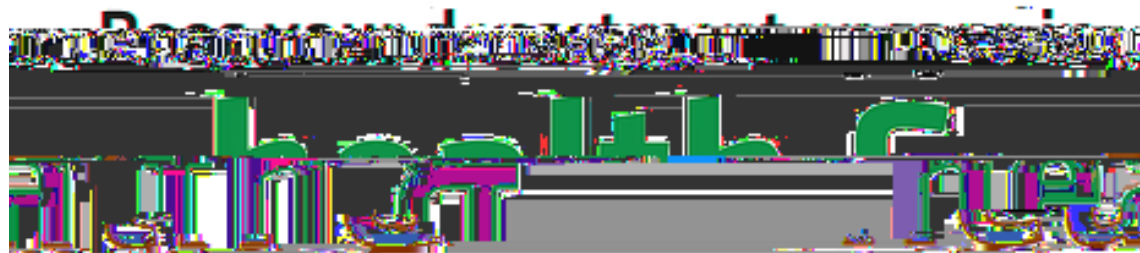
Vision

Health and well-being promoting post-secondary campuses transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet



Two Calls to Action

- 1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates
- 2. Lead health promotion action and collaboration locally and globally



Strategy 2

- Strategy 2 – Prevention Initiatives

On-Campus (HOPE) System

- Promote health and wellness and prevention of suicide, substance misuse, and sexual violence on and off campus through strategic initiatives, education and community outreach
- Partner with academic units to enhance community wellness by expanding the Wellness Faculty Fellows program and developing a multi-disciplinary Prevention Sciences and Community Wellness academic program creating the only pipeline for Certified Prevention Specialists in the state expanding on the prevention ambassador training

HOPE Services Advisory Board

- Fraternity & Sorority Life

- WCU Police Department

- Academic Affairs

Strategy 3

- Strategy 3 – Clearing the path

- Review student and employee policies and procedures impact on wellness and provide recommendations

-

4-part approach

Awareness Campaign

Not just a t-shirt,
Suspenders4Hope helps build
awareness for mental wellness

Wellness Curriculum

Mental wellness exercises
that are easy to incorporate
into small groups

Strategy 4

- Strategy 4 - End Use of Health

- Unite education, health care, businesses, non-profits, government, and faith communities to address the mental health of our community

Suspenders4Hope Kits

- Bridging the “Lethal Gap”
- Transforming emergency mental health services
- DBT Skills
- Distress Tolerance Skills
- Peer Supports
- Making Environments Safer



Register for the

3rd Annual  Suspenders

5K & 1-Mile

Memorial Walk

to receive a **FREE**

**Suspenders Hope
T-shirt**

First 300 registrants receive
the T-shirt in their race packets.

Packet pick-up: Thursday,

September 24, 6 PM - 8 PM

Steve Clark YMCA. Register and

fundraise: www.signup.com

