

Student Behavioral Health

UW-Eau Claire: <i>Art Therapy: A Creative Alternative to Traditional Therapy</i>	
Funding Amount: \$3,000	Use of Funding: <ul style="list-style-type: none"> • Art materials (paint, brushes, art cart, storage bins, etc.) • Educational materials, such as books, that provided ideas and art directives and for strategies for use of art therapy in groups and individuals
<p>Summary: The project aimed to offer art therapy processing groups, drop-in open studio, and workshops in collaboration with other offices. The art therapy processing group was well attended and received positive feedback, and the art therapy workshops in collaboration with offices and faculty were also well attended and received. Drop-in sessions had the lowest and most inconsistent attendance. Moving forward, an art therapy group will be offered in the coming year. Other offices and departments have also expressed an interest in future collaborations. Workshops will continue to be offered as an outreach option.</p>	

UW-Green Bay: <i>Funding HeartMath Biofeedback Software</i>	
Funding Amount: \$3,266	Use of Funding: <ul style="list-style-type: none"> • Purchase of the HeartMath software • Training for 7 staff members
<p>Summary: UW-Green Bay's mini grant funds were used to purchase and utilize the HeartMath Software and provide staff training to use with their counseling clients experiencing anxiety, depression, and/or other related stressors as a supplemental counseling treatment option. Upon completion of training, counselors will begin offering this tool to appropriate clients. The number of individual clients utilizing the HeartMath tool will be tracked, as well as the total number of HeartMath sessions.</p>	

UW-Milwaukee: <i>A Sensory Space at UW-Milwaukee</i>	
Funding Amount: \$3,000	Use of Funding: <ul style="list-style-type: none"> • Sensory space items (chairs, weighted blankets, white noise machines, lava/bubble lamps, light coverings, noise cancelling headphones, tactile/sensory wall lights, adult coloring books, etc.) • Safety items (sanitizer, disinfecting wipes, and facial tissues) • Vinyl stickers and wall graphics
<p>Summary: The Accessibility Resource Center at UWM, through consultation with a student task force and a review of current best practices for meeting the needs of autistic/neurodivergent students, decided to create a sensory space where students could go to self-regulate, de-stress, and have their sensory needs met. By year-end, a dedicated space was acquired, and items were purchased. Next steps for the project include staging the sensory space, creating marketing material, inviting campus partners for an early look, and officially opening the space for the fall 2024 semester. Utilization will be tracked, and a survey will be developed to assess satisfaction with and efficacy of the space in meeting student needs.</p>	

UW-Oshkosh: <i>Self-Care Spaces (Create, Comfort, Calm)</i>	
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Funding Amount: \$3,200	Use of Funding: <ul style="list-style-type: none"> • Massage chair, decorations, lighting, craft supplies, sensory tools, and mindfulness supplies
Summary: This project created three new self-care spaces within the Counseling Center for students to utilize as a part of their treatment. The Create space provides an environment to tap into creativity and expressive techniques, including journaling, watercolors, mindful coloring, mosaics, letter writing, etc. The Comfort space provides an environment to explore ways to self-soothe (e.g. sensory tools such as brushing, fidgets, weighted blankets, shoulder and eye masks, noise cancelling headphones, essential oil clay, etc.). The Calm space focuses on ways to support relaxation (e.g. massage chair, essential oils, white noise machine, etc.). All three spaces were completed by the end of the 2023-24 academic year and were being actively used by students attending counseling. Future plans include adding distress-tolerance and emotion regulation resources to the Comfort space in 2024-25.	

<i>UW-Parkside: Art Therapy: Health and Counseling's Zen Den</i>	
Funding Amount: \$1,500	Use of Funding: <ul style="list-style-type: none"> • 2 virtual reality headsets, yoga mat, essential oils, wireless Bluetooth speaker, self-guided journals, gratitude journals, inspirational décor, colored pencils, string lights, door sign, yoga and stretching posters, and wall art
Summary: UW-Parkside used mini grant funds to create a Zen Den to provide a space for students to relax, listen to music on headsets, meditate using Virtual Reality headsets, sit in a massage chair, journal, or use a fidget device to help them to decompress. The space was completed in February 2024, and 20 students visited the space during spring semester, some multiple times. Future plans include enhanced marketing of the space, including advising staff tours, using Navigate to advertise the space during stressful times each semester, and creation of posters and digital promotion materials.	

<i>UW-Stevens Point: Utilizing Peer Educators to Implement the Make It Okay Program</i>	
Funding Amount: \$3,000	Use of Funding: <ul style="list-style-type: none"> • Program incentives including food and t-shirts • Swag and giveaways (tumblers, stress toys, magnets, etc.) • Promotional materials (handouts, stickers, and posters)
Summary: UW-Stevens Point used peer-to-peer education to implement the Make It Okay program for student leaders. Program goals included reducing stigma related to seeking mental health treatment, increasing awareness of self-care resources, reducing barriers to using mental health services, and creating a culture of support for mental health and well-being. Peer educators were trained as Make It Okay ambassadors and implemented program content to student leaders in housing, athletics, Greek Life, and student organizations. Peer educators also advertised the campaign through tabling, promotions, and outreach events. Outcome surveys showed that program participants felt more confident about what to say to students who talked about their mental health, how to recognize signs of concern, and what resources were available for self-care and treatment. They also reported improved ability to manage their own stress.	

UW-Stout: Expanding Mental Health Resources at UW Stout

Funding Amount: \$2,475	Use of Funding: Certified QPR instructor training for 5 individuals
<p>Summary: UW-Stout's mini grant project identified and trained five staff members to deliver the Question, Persuade, and Respond (QPR) suicide prevention training on campus. Professional staff from counseling (2), housing, student health promotion, and advising attended QPR training in January 2024, added Stout-specific resources to the presentation, and then provided four training sessions during spring semester, including two for faculty and staff and two for students, for a total of 35 participants. Future trainings were scheduled in the summer, as well as for faculty/staff professional development week in Fall 2024. Additionally, approximately 60 professional and student managerial staff in dining, and approximately 120 housing resident assistants and academic resource coordinators will attend QPR training in August. A special effort will be put toward training student employees in 2023-24, and partnering with faculty involved in mental health and wellness related workgroups to advertise the training more broadly.</p>	

<i>UW-Superior: Well-Being Virtual Speaker Series</i>	
Funding Amount: \$2,500	Use of Funding: <ul style="list-style-type: none"> • Speaker fees
<p>Summary: UW-Superior's Pruitt Center for Mindfulness and Well-Being organized two nationally-known speakers during the 2023-2024 academic year, offered to all Universities of Wisconsin faculty and staff. The topics were "Sleeping Well in the 21st Century" by Roxanne Prichard and "Unwinding Anxiety" by Jud Brewer. Total fall registration was 217 people, and spring registration was 367. Of those attending, approximately 40% were faculty or staff from a UW university other than UW-Superior. Presentation evaluations were overwhelmingly positive, with attendees highlighting practical strategies they can apply to their daily lives to improve well-being. The speaker series will continue, and Universities of Wisconsin administration will consider future support outside of the mini-grant, given the attendance and impact.</p>	

<i>UW-Whitewater: Warhawk PATH (Promoting Awareness Through Health)</i>	
Funding Amount: \$3,000	Use of Funding: 126 Kwik Trip gift cards (program incentives)
<p>Summary: The goal of this project was to influence students to take steps to stay healthy, become aware of potential physical and mental health issues, learn about resources on campus for support, and develop a sense of belonging. Using \$25 Kwik Trip cards as incentives, students were asked to complete five items to promote student wellness including a blood pressure screening, flu injection, creating a profile with YOU.uww.edu, completing three self-checks in the YOU portal, and identifying a campus activity in which they were involved. Due to delays in implementation, only 35 students completed the steps to earn the incentive in 2023-24, and 72 additional students completed some of the steps. Survey responses from students who completed all steps were highly favorable, with students indicating they improved self-awareness about personal health issues and resources to address them. Also, 100% of those completing the steps said they would do it again. Unused funds will be carried over and additional funds from other sources will be added to enhance the program and reach more students in 2024-25.</p>	