



## **SB #008: Updating the Health and Wellness Center**

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**WHEREAS:** The Health and Wellness Center is a great resource for students seeking mental health support. In recent months an increase of students have entered the center looking for help. This increase in demand for help should be met with an increase of supplies and resources that can satisfy the needs of our students. A lack of monetary resources is holding the center back in their efforts of going above and beyond when caring for every student that walks into the center. Ultimately, the problems the Health and Wellness Center faces daily includes, but is not confined to: outdated biofeedback software, too few bi-tapp devices, too few de-stress items, no more medication lock boxes to hand out, and no devices that could supply a need for anxiety release apps.

**THEREFORE, LET IT BE RESOLVED:** A total funding amount of \$12,345 will be given to the center to purchase the following: biofeedback computer software, nine new bi-tapp devices, fidget/stress items, 500 medication lock boxes, five iPad minis, five sets of noise cancelling headphones, five downloads of an anxiety release app.

**LET IT BE FURTHER RESOLVED:** A funding amount of \$1,350 will be given to the center to purchase the biofeedback computer program. This program, along with finger sensors (included in the price) works to track heart rate, stress, coherent spectrum, and temperature in order to increase energy levels, combat depression, and help students take control of their response to stress.

**LET IT BE FURTHER RESOLVED:** A funding amount of \$1,800 will be given to the center to purchase nine new bi-tapp devices. (The cost of each device is \$200/unit.) Currently, the center has five available for checkout and one that is kept in the center at all times. The center has had

to turn away students needing the device because they are always checked out. Bi-tapp devices are typically worn and work to decrease stress, increase focus, and ground those who use them.

LET IT BE FURTHER RESOLVED: A funding amount of \$300 will be given to the center to purchase fidget/stress items. Some of these items will be kept in the office and some will be given out to students who use them often.

LET IT BE FURTHER RESOLVED: A funding amount of \$6,500 will be given to the center to purchase 500 medication lock boxes. (The boxes requested cost around \$13/unit.) Medication lock boxes would be given out to students upon request. These lock boxes keep individuals, their roommates, and friends safe from easily obtaining all different kinds of pills/medications.

LET IT BE FURTHER RESOLVED: A funding amount of \$2,395 will be given to the center to buy five mini iPads, five sets of noise cancelling headphones, and five downloads of an anxiety release app. iPads (\$399/unit) will be used for zooming in with a counselor and utilizing the stress app. Noise cancelling headphones (\$75/unit) will help with privacy and peace in the center when using the iPads. Apps (\$4/ download) will focus on anxiety release, helping the user control stress levels.

**Student Body President, Nouman Kante:** \_\_\_\_\_