



University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

2024 Annual Report

Equitably Weaving Health and Wellbeing
into All Aspects of Spartan Life

About University Health and Wellbeing

At University Health and Wellbeing (UHW), we firmly believe in the collective responsibility to advocate for the wellbeing of students, faculty, and staff. We aim to create an environment where all members of the MSU community can thrive and flourish in all aspects of their lives.

To guide our work, we have adopted the Inter-Association Definition of Wellbeing, which defines wellbeing as **“an optimal and dynamic state that allows people to achieve their full potential”**.¹ This year we also adopted a more inclusive definition of health from the Disability and Health Journal: **“Health is the dynamic balance of physical, mental, social, and existential wellbeing in adapting to conditions of life and the environment. Health is dynamic, continuous, multi-dimensional, distinct from function, and determined by balance and adaptation.”**²

Together, the UHW team is taking a data-driven approach to support the university’s [Strategic Plan 2030](#), [Relationship Violence and Sexual Misconduct Strategic Plan](#) and [Diversity, Equity, and Inclusion \(DEI\) plan](#).

Purpose Statement

MSU UHW supports a university community with health and wellbeing equitably woven throughout all aspects of Spartan life, enhancing accessibility and safety through a culturally sensitive and holistic lens.

Guiding Principles Informing Health and Wellbeing Work

- Align with existing MSU strategic priorities and values
- Engage, empower, and elevate the Spartan voice
- Demonstrate good stewardship of university resources and other available funds
- Use a data-informed approach to care and service offerings
- Center equity, allocating resources in areas of most need, prioritizing underserved/ minoritized groups
- Provide easy and convenient access for all Spartans
- Utilize a compassion-centered, trauma-informed approach to care
- Serve the entire campus community including all physical locations and online community members.

¹NIRSA: Leaders in Collegiate Recreation, NASPA - Student Affairs Administrators in Higher Education & ACHA - American College Health Association (November 2020). Inter-association definition of well-being. Retrieved from www.nirsa.org/hands-in

²Krahn, G. L., Robinson, A., Murray, A. J., Haverkamp, S. M., Haverkamp, S., Andridge, R., Arnold, L. E., Barnhill, J., Bodle, S., Boerner, E., Bonardi, A., Bourne, M. L., Brown, C., Buck, A., Burkett, S., Chapman, R., Cobranchi, C., Cole, C., Davies, D., . . . Witwer, A. (2021). It's time to reconsider how we define health: Perspective from disability and chronic condition. *Disability and Health Journal*, 14(4), 101129. <https://doi.org/10.1016/j.dhjo.2021.101129>

Message from Assistant Provost and Executive Director of University Health and Wellbeing

As I reflect on 2024, I'm immensely proud of what we at UHW have accomplished in collaboration with our campus partners, working together as one team. From hosting Fresh Check Day focused on mental health resources for students, to providing grants for substance free on-campus events through the State After Dark program, and launching online scheduling for primary care appointments, we have demonstrated a commitment to bold, strategic, and student-focused initiatives.

UHW is at the forefront of U.S. college campuses in advancing innovative, integrated strategies to promote health and wellbeing initiatives for the MSU campus. By completing our reorganization this year into a unified division that serves all students, faculty, and staff, we have made a significant shift to comprehensive, holistic care. MSU is one of the few higher education institutions in the nation with this progressive structure.

Among our most significant accomplishments this year has been our emphasis on collaboration to make our vision of comprehensive, holistic care a reality.

By fostering strong relationships between UHW pillars and among campus partners, we have continued to embed ourselves in campus life, ensuring that Spartans have access to resources they need to thrive academically and professionally. These relationships and partnerships highlight the importance of collective responsibility in advocating for health and wellbeing on campus.

With these innovations and initiatives in mind, I am pleased to share UHW's second annual report. It takes a collective effort from our entire team and the campus community to support Spartans – and we wouldn't have it any other way! While we know there is plenty of work ahead, we are excited to continue our journey together towards achieving recognition as a premier health promoting university by 2030.

Go Green!

Alexis Travis, PhD

Assistant Provost and Executive Director
of University Health and Wellbeing
February 2025



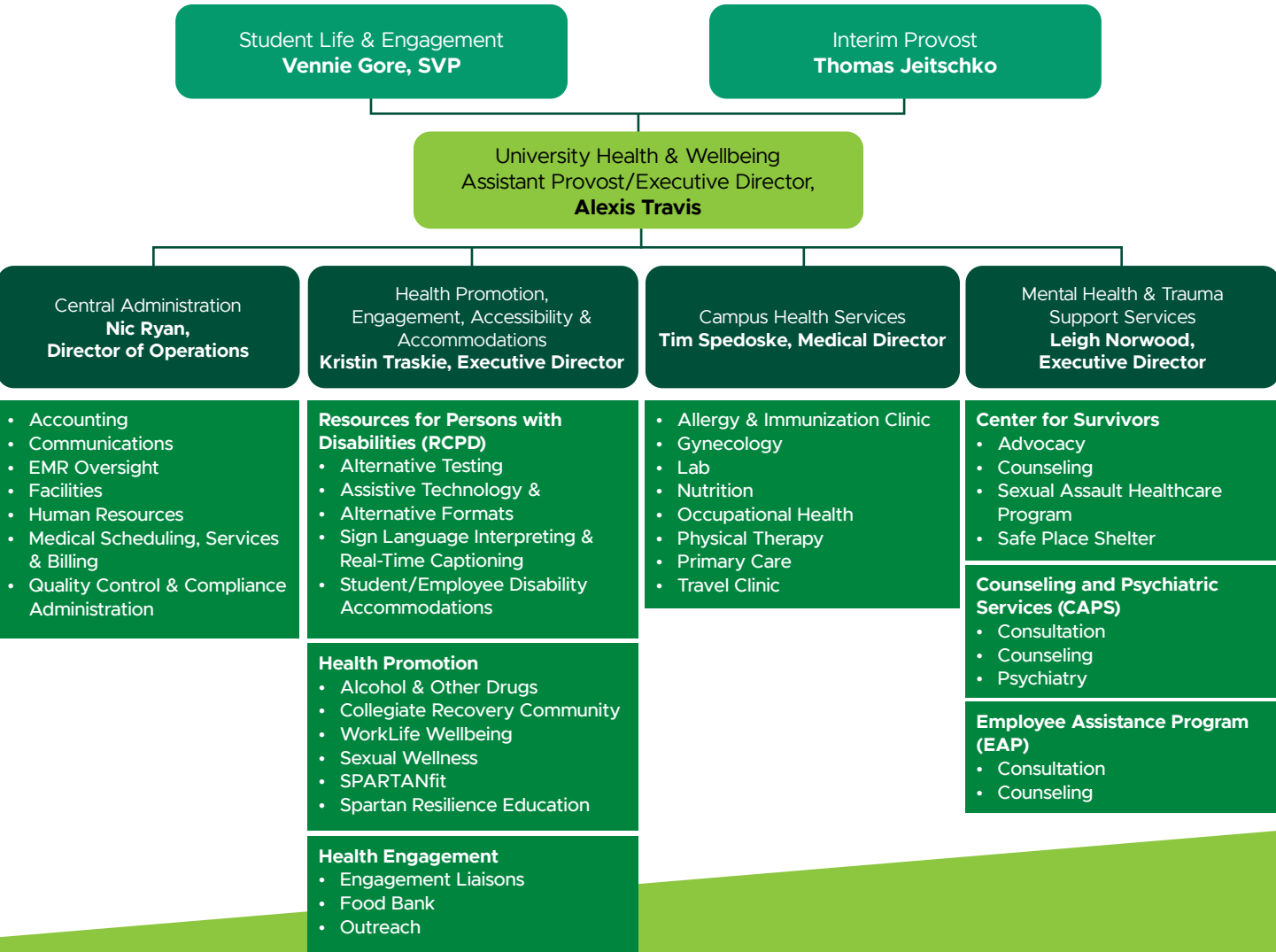
University Health and Wellbeing Organization

University Health and Wellbeing supports the Spartan community including students, faculty, staff, and in some cases, retirees and children under 18. Our structure includes four pillars:



University Health and Wellbeing Organizational Chart

(as of 2024)



Executive Leadership Team



Alexis Travis, PhD

She/Her
Assistant Provost/Executive
Director of Health and Wellbeing



Jamie Lynn Kasicky

She/Her
Executive Assistant to
Assistant Provost



Elizabeth King, MPA

She/Her
Quality and Compliance
Coordinator



Leigh Norwood, LCSW

She/Her
Executive Director of Mental
Health and Trauma Support
Services



Courtney Placinta, MPH, RD

She/Her
Communications Director



Nicolas Ryan

He/Him
Director of Operations



Tim Spedoske, MD

He/Him
Medical Director,
Campus Health Services



**Kristin Traskie, MPH,
CHWP, NBC-HWC,
ACSM-CPT**

She/Her
Executive Director of Health
Promotion, Engagement,
Accessibility and
Accommodations

Senior Leadership Team*



Tana Fedewa, LMSW

She/Her
Director of MSU Center
for Survivors



Shelby Gombosi

She/Her
Associate Director of
The Resource Center for
Persons with Disabilities



Swapna Hingwe, DO

She/Her
Director of Counseling and
Psychiatric Services (CAPS)



Jaimie Hutchison, MA, LPC

She/Her
Associate Director of
Engagement



**Jonathon Novello,
LMSW, ACSW**

He/Him
Director of the Employee
Assistance Program



Hannah O'Mara

She/Her
Human Resources



Julia Popenoe, MD

She/Her
Assistant Medical Director,
Campus Health Services



**Anne Thompson, MA,
RDN, CSSD, CEDRD**

She/Her
Associate Director of
Health Promotion



Synita Turner

She/Her
Fiscal Officer

*Senior Leadership Team also includes members
of the Executive Leadership Team

UHW is led by core values centered on inclusion, curiosity, collaboration, integrity, and compassion

Values in the workplace are meant to embody what matters most to our employees, and they serve as a guiding framework for our beliefs, attitudes, and behaviors.

UHW is grateful that UHW employees played a crucial role in shaping these values. The senior leadership team ideated an extensive list, which was then refined through valuable feedback gathered from UHW staff. This collaborative effort culminated in this focused set of values, including several of which align with the University values of collaboration, equity, excellence, integrity, and respect.

As an institution of higher learning, Michigan State University is committed to the highest ethical and academic standards. As a public institution, MSU is committed to transparent decision making and accountable governance. As a community, MSU is committed to living these values.

Within UHW, the core values support the purpose and articulate how we interact with those we serve, our partners, and each other. These core values act as inspiration on the journey to achieving recognition as a leading health promoting university by 2030.

UHW VALUES



University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

INCLUSION



CURIOSITY



COLLABORATION



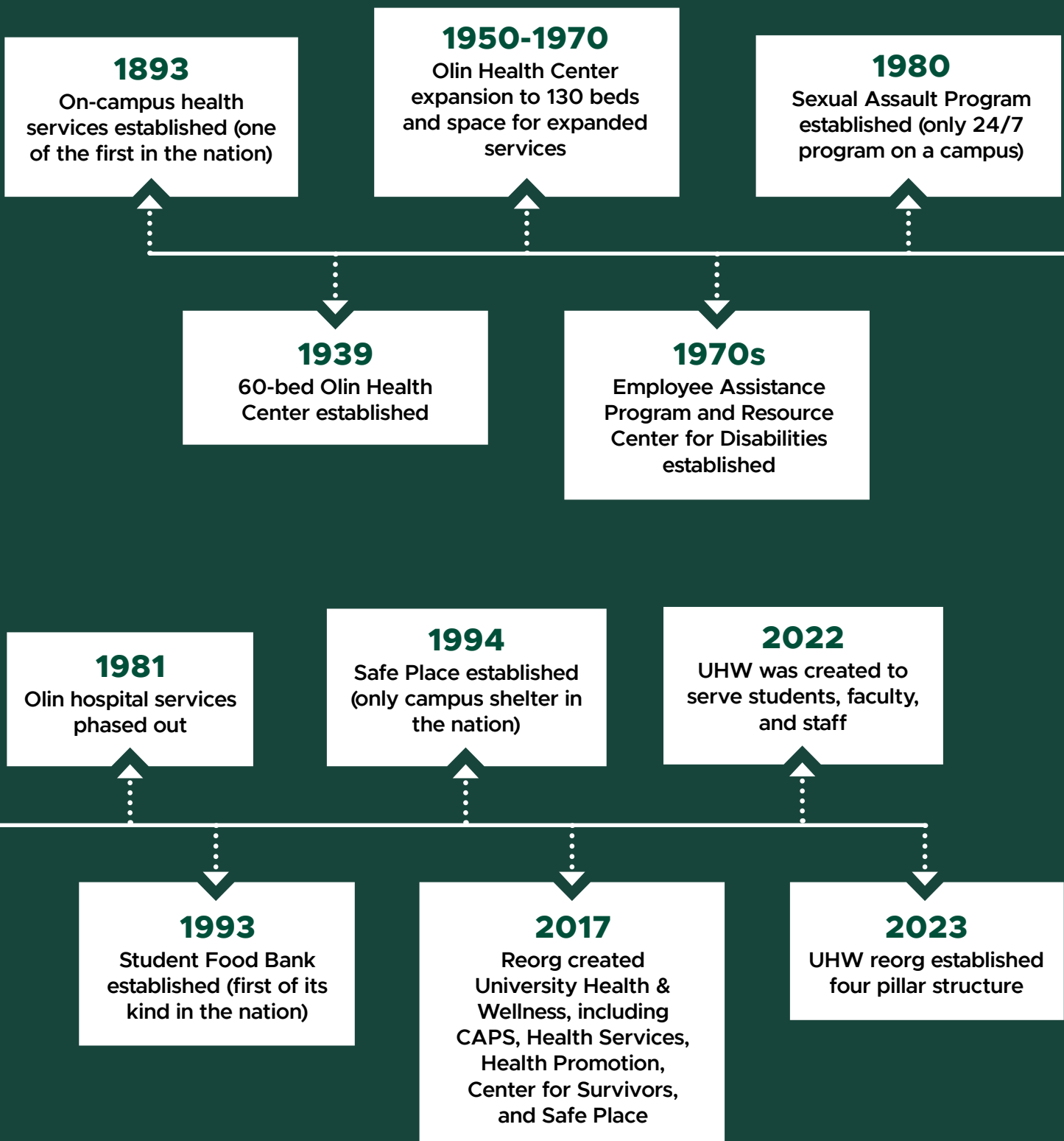
INTEGRITY



COMPASSION



UHW has a rich history



Health Promotion, Engagement, Accessibility, and Accommodations

Health Promotion, Engagement, Accessibility, and Accommodations supports individuals and communities in enhancing overall wellbeing through development and implementation of proactive, systems-level health promotion initiatives; fostering meaningful engagements; and ensuring accessibility for all Spartans.

2024 Health Promotion and Engagement Metrics

6,590 Students, faculty, and staff engaged in Health Promotion programs

560 Students, faculty, and staff reached through individual consultations

59 Presentations provided to students, faculty, and staff

2,081 Students, faculty, and staff reached through campus community engagement

3,967 Interactions at Resource Fairs/Tabling Events

6,559 Orders placed through the Student Food Bank

120,431 Pounds of free food and other items provided through the Student Food Bank

2024 Health Promotion and Engagement Highlights

Health Promotion and Engagement Team:

Formed the Health Promotion and Engagement Team by realigning Health Promotion, Health4U, and WorkLife Office units. Along with The Resource Center for Persons with Disabilities, these two teams comprise Health Promotion, Engagement, Accessibility, and Accommodations (HPEAA) within University Health and Wellbeing.

Liaison Model:

Began implementation of the liaison model in Fall 2024 between UHW and the 17 colleges to facilitate enhanced coordination between stakeholders involved in promoting health and wellbeing across campus. Benefits include tailored strategies, access to resources, reducing disparities, and building resilience and social support.

Alcohol and Other Drugs Social Norms Campaign:

Launched “We Polled And...” social norms campaign aimed at educating students on their peers’ behaviors related to alcohol and other drug use. The campaign promoted accurate perceptions of alcohol use among college students; encouraged healthier and protective behaviors surrounding alcohol consumption; and supported those who choose not to drink and those in recovery from substance use. Through a new partnership with MSU Athletics, messaging was shared on the Spartan Stadium jumbotron prior to home football games, on social media, and at a variety of events.

State After Dark Substance-Free Programming:

Launched initiative during Fall Semester to provide opportunities for more diverse late-night programs in substance-free environments to promote engagement, connection, and wellbeing. Student groups, colleges, or campus partners interested in hosting a late-night substance-free event applied for grant funding to support on campus events during the Fall semester on a Thursday, Friday, or Saturday between the hours of 8 p.m. to 12 a.m. UHW received 30 completed applications during Fall Semester 2024, awarding a total of \$6,000 to eight organizations.

Health Promotion for Faculty and Staff:

Launched a range of initiatives – such as the WorkLife Wellbeing Educational Series featuring webinars on Supporting Accessibility and Neurodivergence and Caring for the Caregiver, along with the Move More @ Work program, featuring initiatives like Movement in the Garden and Virtual Chair Yoga. Over 1,000 faculty and staff participated in these programs, fostering a culture of care on campus. Also launched a [Wellbeing @ MSU newsletter](#) during Fall Semester to share programming and events for faculty and staff.

2024 Health Promotion and Engagement Highlights

Spartan Resilience Education Program:

To amplify the importance of resilience skill-building, launched an Education Certificate initiative during Fall Semester for Spartans to earn a certificate in resilience education by attending eight live webinars or watching the recorded sessions. Nearly 30 individuals have registered to complete the certificate.

Hunger Free Initiative:

As part of the fiscal year 2024-25 state budget, MSU received an allocation of \$125,000 for the Hunger Free Campus initiative. Under this initiative, UHW is using the funding to help ensure MSU is able to provide the necessary resources needed for students experiencing food insecurity. UHW, working with campus partners, is already doing these projects or has plans underway to: provide at least one new physical food pantry on campus, establish a Hunger Free and Basic Needs Task Force, develop a student meal donation program, and designate a staff member responsible for informing students about enrollment opportunities in the states SNAP.

Exercise is Medicine on Campus Gold-Level Status:

MSU Exercise is Medicine® Initiative on Campus (EIM-OC) earned Gold-Level Recognition for the ninth year in a row. EIM-OC encourages universities and colleges to promote physical activity as a vital sign of health. One of 83 universities and colleges in the world to earn this designation. MSU EIM-OC provides a variety of programs and tools necessary to strengthen healthy physical activity habits such as the annual Healthy Homecoming Walk, ACTIVE Spartans and EIM-OC registered student organization.

Health Vending Machine:

A health vending machine was installed on the first floor of the MSU Union near the MSUFCU ATM. The vending machine offers lifesaving Narcan at no cost, reduced price emergency contraceptive, and other health products to Spartans. Narcan, known chemically as naloxone, is a medication used during opioid overdose to mitigate harms. This project was made possible by East Lansing Free Contraceptives (ELFreeEC), in partnership with first-year MSU College of Human Medicine student, Arianna Paa; Student Life and Engagement; MSU Student Union; and UHW HPEAA and CHS.

T-REx Gender Affirming Supplies:

In partnership with Live On and the Gender and Sexuality Campus Center, piloted providing gender affirming supplies to students living in [The Transgender Residential Experience \(TREx\)](#) at MSU's South Neighborhood. Supplies include chest binders, chest binding tape, breast forms, pocket bras, tucking kits, and packers. This initiative supports Health Promotion and Engagement's mission to promote and expand inclusive and holistic sexual wellness, recognizing the importance of gender identity and expression.

2024 Health Promotion and Engagement Highlights

Collegiate Recovery Community Sober Tailgate:

Held a Sober Tailgate for 50 students, family, friends, allies, alumni, and other supporters during the MSU vs. Ohio State football game. Attendees watched the game on a big screen, played corn hole, and showed that tailgating is all about good times with friends in a substance free environment.

Spartan Awareness, Safety, and Engagement Committee (SASE):

Continued to serve as convener and evolved the Celebrations Committee to SASE, a campus wide team that meets monthly to strategize ways to reduce harm from alcohol and other drugs, while fostering a safe, supportive, and healthy environment for all members of our campus and community. Through a collaborative effort between SASE and the University of Michigan, [communications](#) were shared across both campuses in advance of the MSU vs UM rivalry football game to encourage safe celebrations.

Biennial Review:

Collaborated with more than 20 campus partners to update the federally required [Drug Free Schools and Community Act Biennial Review](#), certifying that the university has adopted and implemented a comprehensive alcohol and other drug prevention program, which includes policy enforcement, education programs, counseling supports and referral to treatment services for its students and employees.





What Students Are Saying About Health Promotion and Engagement Initiatives

“

“We are incredibly grateful for the opportunity provided by the State After Dark award, which allowed us to create a truly impactful event. The response from students, as well as college leadership, faculty, and staff, was overwhelmingly positive, with record attendance and enthusiastic participation. Students especially expressed their eagerness to see more events like this, many asking when it would happen again.”

“Having the MSU food bank has been very beneficial for me. It lets me concentrate on my studies without the constant worry about where my next meal is coming from.”

“I have been more connected to people on campus than ever before, more involved with university events, and more engaged in my classes as a result of my sobriety which was enabled by the [Collegiate Recovery Community Recovery] Housing. I like how being here enables one to participate in a lot of activities if we want to.”

”

2024 Resource Center for Persons with Disabilities (RCPD) Metrics

4,960 Total Students Served

2,441 Psychiatric/Mental Health

2,407 Learning Disability

1,330 Multiple Disability Conditions

968 Chronic Health

226 Autism Spectrum

180 Mobility

93 Deaf/Hard of Hearing

78 Blindness/Visual Disability

55 Other

45 Brain Injury

593 Total Employees Served

*Disability counts will exceed the number of students above due to the presence of multiple disabilities.

2024 RCPD Highlights

Assistive Technology & Accessible Media:

Assistive technology and accessible media is a cornerstone of providing access to disabled students in higher education. The RCPD Tech Team are exploring and implementing new technologies in accessible technology, tactile graphics, and accessible media. One of the most exciting new initiatives is the introduction of SignGlasses—a real-time American Sign Language (ASL) interpretation solution that enhances communication and accessibility for students who are deaf or hard of hearing.

Disability in Higher Ed Summit:

In alignment with the [University's Diversity, Equity, and Inclusion strategic plan](#), RCPD collaborated with the Office for Civil Rights, Title IX Education and Compliance's Office of the ADA Coordinator, the Office of Employee Relations, and MSU Libraries to host a Disability Summit on Friday, September 20, 2024 at the Kellogg Hotel and Conference Center for 300 students, faculty, and staff. The event featured a variety of topics, including sessions on creating accessible digital documents, hosting accessible events, a student panel focused on neurodiversity, a faculty panel on managing accommodations, and keynote address by [Jay Dolmage](#), a fierce advocate for disability rights and the author of *Academic Ableism, Disability in Higher Education*.

2024 RCPD Highlights

11th Annual Alex Powell Great State Race:

Reserve Officers' Training Corps (ROTC) cadets from Michigan State University and the University of Michigan (UM) came together for the 11th annual Alex's Great State Race. MSU Interim Provost Jeitschko kicked off the 64-mile run at MSU's Sparty Statue, which concluded at UM's Diag. The event honors the memory of Alex Powell, a former MSU student whose life and legacy continue to inspire both institutions.

New this year, individuals were encouraged to take part virtually by running, walking, rolling, or hiking, as many miles as they wished on the day of the race. Miles logged in support of MSU or UM can be donated to show team spirit while contributing to a meaningful cause. The 11th annual race raised more than \$4,700 in online donations.

At MSU, proceeds from the [Alex Powell Spartan Experience Leadership Endowment](#) facilitates team and professional development focused on capacity building for an exceptional Spartan experience. This includes outreach and specialized assistance for students and families facing challenges related to disabilities, with a particular focus on those dealing with cancer and other acute difficulties.

Disability Pride Month:

While Disability Pride Month is nationally celebrated in July to honor the signing of the Americans with Disabilities Act (ADA), MSU chooses to recognize it in October. This timing allows students, faculty, and staff to engage in programming that celebrates and recognizes the contributions of the disability community. Campus partners collaborated to provide a variety of programming, including a collaboration with Strange Matter Coffee in the Union to promote activities and a virtual conversation with Lydia X.Z. Brown about disability justice.

Tower Guard Events:

This second-year student organization partners with RCPD to build a more inclusive environment for all Spartans. Tower Guard students help scribe for exams, create accessible textbooks, hold one-on-one tutoring sessions, and engage in a variety of RCPD initiatives. Students involved learn more about disability rights; accessibility in the university and community; and how to continue the conversation about disability moving forward. Tower Guard students hosted the Shamrock 5K, which raised more than \$15,000. In collaboration with the BOND Program and the Council of Students with Disabilities (CSD), they hosted a [new Syllabuster event](#) to break down the new semester's class syllabi and help set students up for a successful semester. At this year's May Morning Sing, a formal induction ceremony, President Kevin Guskiewicz, Dr. Mark Largent, and Dr. Alexis Travis were present to congratulate initiates for their outstanding academic performance, leadership qualities, and commitment to service.

2024 RCPD Highlights

Building Opportunities for Networking and Discovery (BOND):

BOND collaborated with Tower Guard and the Council of students with Disabilities to host Disability Kickoff at the beginning of Fall Semester to welcome members of the three organizations and anyone else interested in them. Students learned of Disability Kickoff at Sparticulation and enjoyed pizza while learning about disability focused student groups.

Community Groups:

Since Fall 2020, students from RCPD have been gathering virtually or in person to support each other in disability-based affinity groups. Students have been navigating the pandemic, changes in University operations, and disability impacts, all while managing academics, personal life, and work. Conversations often include navigating disability conditions and impacts; dealing with family and relationship situations; social experiences; and other topics that students want to address. Groups aim to foster community building, cooperation, and peer support and are facilitated by RCPD specialists with co-facilitation from MSU student peers. RCPD currently hosts graduate and undergraduate ADHD/neurodivergence groups, a chronic health group, and new this year, a mobility group.

STATE Program:

The Stern Tutoring and Alternative Techniques for Education (STATE) program focuses on student self-discovery and critical change toward academic and personal success, addressing the needs of all learners. By closely analyzing student data, we continue to identify the resources necessary to help students who face academic challenges become stronger learners and achieve lasting success. Key to this process has been the ongoing implementation of best practices in psychology, education, counseling, and coaching to aid STATE participants in building self-awareness, awareness of executive function, goal setting and monitoring, and applying effective study and life strategies and learning skills.



Tower Guard Student Organization



11th Annual Alex Powell Great State Race



Mobility Community Group Promo

What Students Are Saying About RCPD



“Thank you for making this happen! Learning about my ADHD and tips and tricks has been very helpful both in my school life and life at home. I now know how to tackle stressful situations and can tackle my coursework without the feeling like I should just avoid it. I’m more confident and adaptable now.”

“This [BOND Program] was integral to my coming to MSU. I was so nervous before and didn’t know how anything here worked and for autistic people just figuring it out along the way isn’t really an option, so I was so happy when I found out this program existed and happier when I came, and it was such an amazing experience. Additionally, I was really grateful it’s free because I probably wouldn’t have been able to come if it was very expensive.”

“After taking this class [BOND program], I realized I enjoyed it so much more than I thought I would. It can be intimidating coming into such a big school and not knowing what to expect. Now, I look at it as a blessing of an opportunity. A chance to start over and be whoever you want to be, a chance to meet so many new people who will care about you so deeply. Every day I wake up in the same dorm hall as all my best friends and get to make new memories while also building myself as a person. If I could take anything away from this class, it’s that I want to influence other people in the most positive way that I can.”



Campus Health Services (CHS)

Campus Health Services (CHS) offers on-campus medical services, including full-service primary care, gynecology, allergy and immunizations, lab services, physical therapy, nutrition, occupational therapy, nutrition, and travel clinic.

In alignment with the university’s [strategic plan](#), Campus Health Services expanded opportunity, advanced equity, elevated excellence, and strengthened our community by providing quality medical care that breaks down barriers to success.

2024 CHS Metrics

24,351	visits to Primary Care, Gynecology, and Allergy and Immunization	2,700+	students, faculty, staff, and graduate students engaged in services and programs related to food and nutrition
7,923	unique patients coming in for blood draws in the lab	3,027	visits to Physical Therapy
2,571	students screened for Sexually Transmitted Infections (STIs)	1,145	visits to Occupational Health and Travel

2024 CHS Highlights

Online Scheduling:

Launched online scheduling for primary care, gynecology, and transgender care appointments to simplify the appointment process for students, while also reducing phone call volume and improved efficiency for CHS staff – resulting in approximately 50% of all visits with CHS scheduled online.

HPV Vaccines:

Enrolled students who are uninsured or underinsured can now receive a free Human Papillomavirus (HPV) vaccine. With over 15 years of data demonstrating its safety, the vaccine protects against some cancers for up to 10 years. While most HPV infections will go away by themselves within two years, nearly 10% of the time, the infection will last longer and can cause some cancers.

2024 CHS Highlights

Flu Vaccines:

As flu season approached, UHW encouraged students to prioritize their health by getting their annual flu vaccine. Even if you're in good health, getting vaccinated can help lessen the severity of symptoms and keep students on track with their classes. Occupational Health staff provided President Guskiewicz and his staff with their annual flu and COVID vaccines, sharing on social media to set an example for the campus community. More than 600 vaccines were provided to MSU employees by the Occupational Health Services team at clinics across campus. Additionally, a partnership with the College of Osteopathic medicine resulted in a flu vaccine clinic that provided 170 vaccines to medical students.

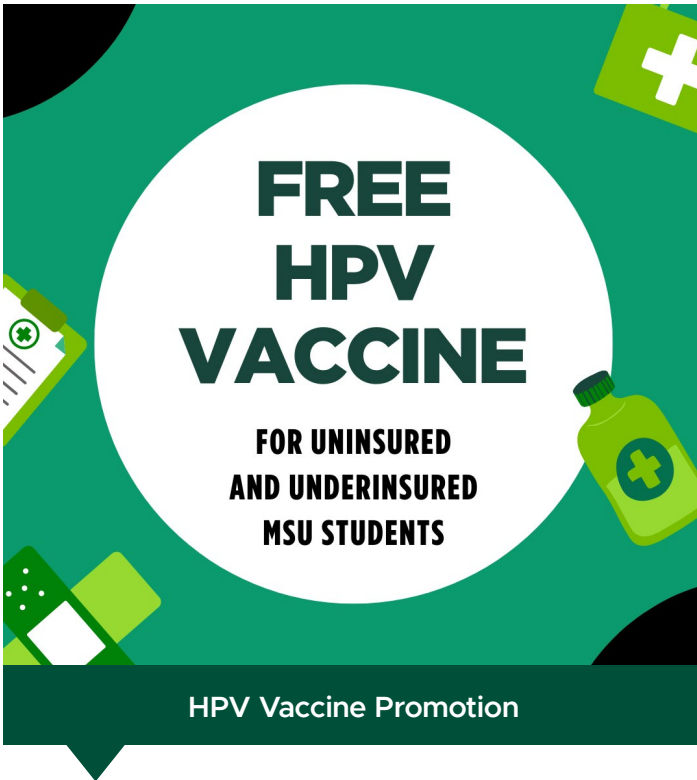
EVERYbody Pilot Project:

Nutrition launched a pilot program, the EVERYbody Project, a free on-campus program for undergraduate students regardless of gender identity, body image concerns, or other identity characteristics. Research shows that many college students wish to change some aspect of their appearance, whether it is a minor change like their hair or a more significant change like their weight. In fact, MSU NCHA III data show that 34% of MSU students reported personal appearance as being a traumatic or very difficult issue. This often stems from cultural messages that dictate how we “should” look. While it's common to experience these feelings, they can also be distressing. We believe it's important to talk about these pressures. The program is designed to:

- Help undergraduate students talk about the diverse experiences and pressures they face to change the way they look.
- Provide opportunities to practice challenging the cultural messages that appearance should fit within a narrow set of “ideals” that exclude diverse bodies based on size, race, gender, sexuality, and ability.
- Explore practical strategies that support body acceptance.

Neighborhood Clinic:

Continued to provide services through the Olin Outpost at Brody, a nurse-run clinic that provides accessible and convenient care at Brody Complex while maximizing staff efficiency.



What Patients Are Saying About CHS Services

“

“Very nicely put together health center and all the staff were very kind and caring. Will definitely return if any more appointments are needed! Thank you!”

“The Campus Health Services staff are exceptional and excellent. They are always willing and ready to serve me as a patient and it is so clear to me they give each patient the best treatment.”

“(My nutrition provider) was amazing! Very empathetic and made me feel like we were working together. I didn’t feel judged or pitied. I really enjoyed our appointment and am excited to work with her moving forward.”

”

Mental Health and Trauma Support Services

The Mental Health and Trauma Support Services pillar offers counseling, psychiatry services, advocacy, and support services.

2024 Counseling and Psychiatric Services (CAPS) Metrics

3,708 Unique Counseling Patients Served

2,917 Counseling Initial Consultations

270 Drop-ins

1,721 Counseling Client Intakes

7,230 Counseling Sessions

1,789 Group Therapy Sessions

365 CAPS-Connect Appointments

2,882 Total Psychiatry Visits

684 Unique Psychiatry Patients Served

29 Hospitalizations

24 Post-Hospitalizations

9 Responses to Critical Incidents Affecting the MSU Campus

Community Engagement

12,300+ Interactions with students, faculty, and staff (8,400 students)

5,800+ Interactions at Community Events

4,300+ Interactions at Resource Fairs/Tabling Events

2,200+ Interactions at Presentations/Panels

216 Events during weekdays, 8 am – 5 pm

80 Events during evenings/weekends

Large Training Program with four programs within:

6 multidisciplinary master’s interns and doctoral practicum (MIP) trainees

4 doctoral psychology interns placed at CAPS by nationwide NMS match

2 postdoctoral psychology resident

1 postmaster’s clinical fellow in social work

2024 CAPS Highlights

International Accreditation of Counseling Services (IACS) Reaccreditation:

CAPS has been re-accredited through February 2033 by IACS, leader in setting the benchmark for the full range of professional counseling services on college and university campuses worldwide. IACS' rigorous accreditation process involves detailed documentation, a comprehensive site visit evaluation, and multiple peer reviews. MSU has been accredited by IACS since 1968, marking five decades of excellence in providing student mental health services.

Peer Assessment:

Conducted a comprehensive peer assessment with reviewers who do similar work at universities that hold similar values around health and wellbeing. The review evaluated programs, policies, procedures, use of space, operational models, data and information systems, interdisciplinary staffing, stakeholder relationships, collaboration, and more. Reviewers conducted an on-site visit, meeting with the CAPS team, other UHW team members, MSU leadership, student leaders, and partners across MSU to gain input. A formal written report from the reviewers will inform the work and priorities of the Mental Health and Trauma Support Services Executive Director and CAPS Director.

Fresh Check Day:

In collaboration with the Health Promotion, Engagement, Accessibility, and Accommodations pillar, as well as Residence Education and Housing Services and Residence Education (both of which provided funding) hosted the first Fresh Check Day, the signature program of the Jordan Porco Foundation. This uplifting mental health promotion and suicide prevention resource fair included interactive booths, peer-to-peer messaging, River the Therapy Dog (who sadly passed away), support of multiple campus departments and groups, and food. UHW was able to engage with more than 600 students about mental health issues and connect students to the mental health and peer-support resources available on campus.

Togetherall:

With funding from the Michigan Health Endowment Fund, launched a free, anonymous, peer-to-peer mental health support community that is available 24/7 and monitored by licensed clinicians. The platform empowers students to both give and receive support for a full range of concerns. Recognizing that many students may not seek campus in-person or virtual mental health treatment, Togetherall offers an additional resource for those looking for an outlet to share and process their emotions.

Out of the Darkness Suicide Prevention Walk:

Collaborated with the Michigan Chapter of American [Foundation for Suicide Prevention \(AFSP\)](#) to hold an Out of the Darkness MSU Campus Walk. The walk raises funds for suicide prevention and raises awareness of resources. It is also a healing event for those impacted by suicide and brings students, staff, faculty, families, and community members together. More than 250 individuals participating, raising \$13,000 for the American Foundation for Suicide Prevention.

2024 CAPS Highlights

Election Care Kit:

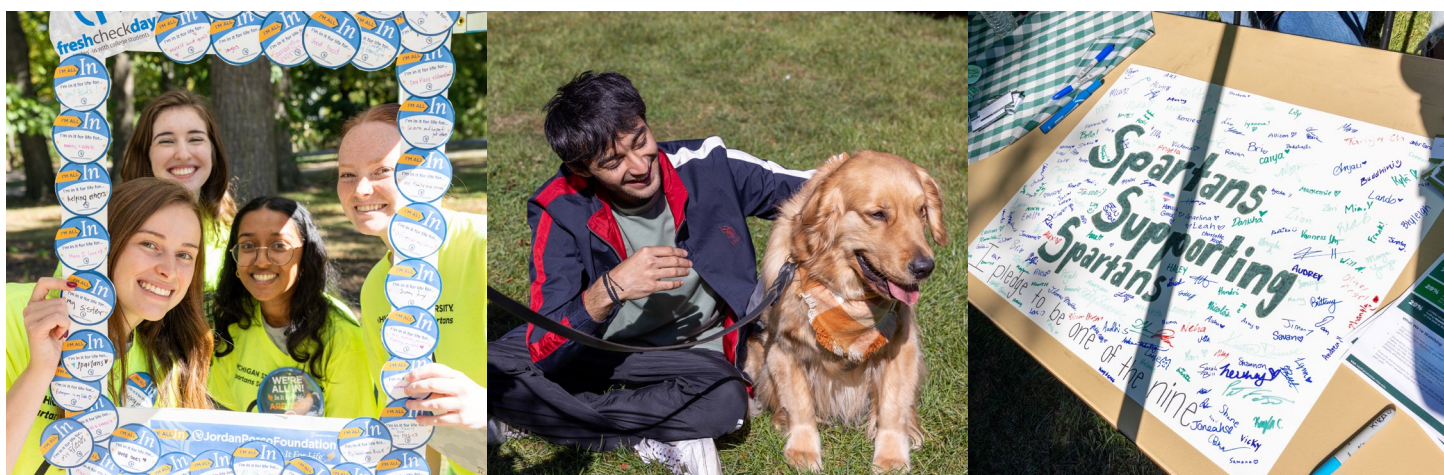
Mindfulness can be an essential tool for facing external stressors, especially during uncertain times. CAPS reminded students that it's normal to struggle with uncertainty and experience feelings of anxiety, fear, or even anger, especially as we approached the U.S. election. An election care kit provided coping tips, mindful strategies, recommendations for free relaxation apps, and more to help Spartans care for their wellbeing.

Black Women and Women of Color MSU Initiative on Mental Health and Wellbeing:

MSU's Black Faculty, Staff and Administrators Association (BFSAA) and the Women of Color Community (WOCC) partnered on a series of conversations regarding the mental health and wellbeing of Black women and Women of Color, featuring Dr. Swapna Hingwe, CAPS Director, and Dr. Renee Brand Canady, CEO of [Michigan Public Health Institute \(MPHI\)](#).

Board of Trustees:

Dr. Alexis Travis, Dr. Swapna Hingwe, and Leigh Norwood delivered an insightful presentation to the Student Life and Culture Committee, addressing the current state of student mental health. They highlighted key findings from the recent NCHA III survey, discussed the vital role of campus partners in supporting student well-being, and emphasized the increasing demand for mental health resources and potential avenues for expansion. Following this, Drs. Travis and Hingwe presented similar insights at the [October Board of Trustees meeting](#), garnering strong support from the Board for future initiatives.



Fresh Check Day 2024

Struggling and not sure where to turn?

TOGETHERALL

OFFERS:



PEER-TO-PEER SUPPORT

Connect and share in a safe, anonymous space with others who understand



IMMEDIATE ACCESS

Whatever's on your mind, you can access Togetherall in minutes, 24/7




WELLBEING TOOLS

Benefit from self-assessments and courses to help you understand how you're feeling




University Health and Wellbeing
MICHIGAN STATE UNIVERSITY



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

ELECTION CAREKIT

Setting boundaries


There are many types of boundaries that can be helpful to consider when reducing, information overload, negative impacts of people speech/actions, and access, and

- **Time boundaries** (e.g., how long you talk about the election with others or spend with the news)
- **Topic boundaries** (e.g., what you discuss with others in your life)
- **Social Media boundaries** (e.g. limit access to social media)
- **Place/space boundaries** (e.g., where you spend your time)
- **Internal boundaries** (e.g., how much energy and thought you devote to the election)

Click [here](#) for some helpful reminders about boundaries.

Building hope

Doing things that you find meaning and that give you hope are important for **life satisfaction and fulfillment**, particularly during uncertain times.




Consider these ideas:

- Do things that align with your values (e.g., volunteering for an organization you believe in)
- Use your strengths and skills regularly (e.g., organizing, public speaking, encouraging others)
- Connect with people (and animals!) that bring you joy
- Create a "Be Well Game Plan"

Voting Resources


- [Student Voter Information: City of East Lansing](#)
- [Student Voting Advocate Toolkit: 2024 Michigan General Election](#)
- [Election Central PBS](#)



Need more ideas?

- [Emotional Wellness Toolkit \(NIH\)](#)
- [How to Cope with Election-Related Stress and Foster Your Resilience \(UC Berkeley\)](#)

caps.msu.edu

 @healthyspartans

What MSU students are saying about CAPS



"I wish I had taken advantage of CAPS services earlier. Having periodic sessions to discuss work and overall life wellbeing was helpful as a busy graduate student."

"I felt very cared about and look forward to attending more CAPS counseling in the future."

"This was my first time using the student resources at MSU and I am very glad that I did. CAPS gave me an outlet and my counselor gave me a kind, honest, and understanding perspective that I needed. Having something to talk to this semester was vital, so I am very grateful for CAPS as a whole."



2024 Employee Assistance Program (EAP) Metrics

4 Full-time EAP Counselors	Counseling:
1,233 Total People Served through Counseling and Consultation	1,184 Total People Served
236 Faculty	1,658 Total Counseling Sessions
546 Staff	Other EAP Services:
97 Academic Specialists	5 Supervisors Served, 21 Supervisor Consultations
121 Graduate Student Employees	32 Employees Served, 24 Employee Consultations
25 Retirees	11 Front Desk Referrals
32 Post Docs or Graduate Fellows	1 Last Chance Agreement Case
176 Family Members	Outreach/Supportive Group/ Organizational Sessions:
	78 Outreach Programs
	775 Individuals Reached

2024 EAP Highlights

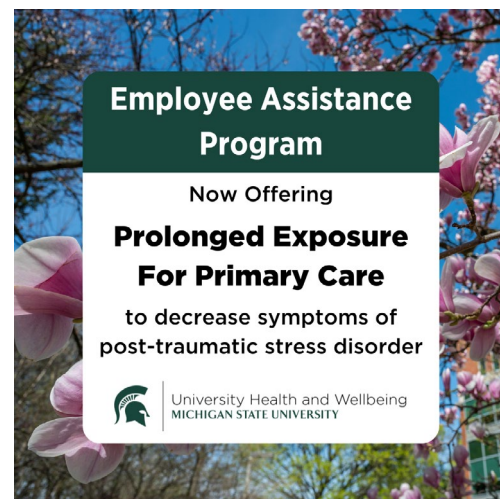
After-Hours Counseling:

Launched after-hours counseling services to support employees around the clock. By partnering with Protocol, the same trusted vendor used by Counseling and Psychiatric Services (CAPS), EAP ensures employees can access help at any time, simply by dialing the same phone number as the main EAP line. After-hours callers can choose to leave a voicemail for a callback or be redirected to Protocol for immediate assistance.

2024 EAP Highlights

Prolonged Exposure for Primary Care Therapy:

Launched a free therapy option for employees struggling with post-traumatic stress disorder (PTSD). Prolonged Exposure for Primary Care, an evidence-based, trauma informed cognitive behavioral treatment that focuses on decreasing symptoms of PTSD, will be offered in 60-minute sessions over 6-8 weeks. The therapy works by decreasing avoidance and working through painful memories in a safe and supportive environment. Additionally, in partnership with University of Michigan, EAP helped to recruit healthcare workers and first responders for a research study designed to examine whether Prolonged Exposure for Primary Care is effective and how to best implement in an Employee Assistance Program setting.



What clients are saying about EAP



"I'm really grateful for EAP – it has been one of the most positive parts of my experience at MSU. I would recommend it to anyone who needs help."

"Having someone listen to what I was saying and provide help/support in return. It was nice to have someone validate my experiences and provide an outside opinion on things discussed."

"I felt heard and listened to. I loved how handouts were provided to help me identify my triggers, feel my emotions, and return to center."



2024 Center for Survivors (CFS) Metrics

802	Advocacy Clients		
432	Therapy Clients		
279	Anonymous 24-hour Sexual Assault Hotline Calls		
135	Crisis Chats		
41	REHS Responses for In-Person Crisis Advocacy/Support		
32	Workshops		
		55	Sexual Assault Healthcare Program (63% MSU affiliated, 36% local community)
		52	Occurrences of Medical Advocacy
		62	Adults and children housed in Safe Place Shelter
		7,805	Nights of shelter provided in Safe Place Shelter

2024 CFS Highlights

Safe Place Shelter:

CFS embarked upon the “Making Space at Safe Place” project, in which staff worked hard to reorganize the shelter to increase capacity for housing individuals and families in need of emergency housing due to interpersonal violence. MSU Safe Place increased its capacity to 14 units, as well as increased the number of staff to support residents, in order to serve more survivors in need within Ingham County.

Art of Healing Event:

CFS hosted our 2nd Annual Art of Healing Event in April. The event showcased the bravery and creativity of survivors at MSU. The evening included performances by poets, singer/songwriters, and a dance troupe. The art gallery displayed works of art in many mediums including sculptures, painting, drawing and photographs.

SART Conference:

The MSU Campus Sexual Assault Response Team (SART) hosted an annual SART Summit in August of 2024. This conference was free for all attendees and provided an opportunity for professionals working in the field supporting survivors to learn best practices and improve our response to Survivors. This year’s theme was Digital Gender-Based Violence and Safety. There were over 60 professionals in attendance from various disciplines such as law enforcement, prosecutors, university Title IX investigators, university housing, university prevention educators, advocates, nurses, child welfare, and probation staff.

Sexual Assault Awareness Month:

Promoted awareness of sexual assault and available resources through social media, residence hall messaging, and outreach efforts. Collaborated with Strange Matter Coffee to fundraise for the Survivor Emergency Fund, successfully raising \$2,000 to support survivors in our community.

2024 CFS Highlights

Denim Day:

Showed solidarity with sexual violence survivors by wearing denim, aiming to challenge misconceptions surrounding sexual violence and promote a culture of support and awareness.

Former President Peter McPherson Visit:

Held a meeting and tour of the CFS facilities with Alexis Travis, Tana Fedewa, and the Advancement team. The visit honored the legacy of Safe Place, founded in 1993 by Joanne McPherson, wife of Former President McPherson.

Hosted U of M Center for Survivors Task Force:

The University of Michigan task force toured and met with CFS leaders in order to model our best practice, trauma informed, survivor center model that provides services to those impacted by interpersonal violence.



Former President Peter McPherson Visit

What clients are saying about CFS Services



"I've been able to connect with other survivors, as well as staff who are always there to support me. I've watched myself become open to talking about my experiences and have learned to see myself in a much more positive light."

"In the few years I have spent receiving individualized therapy (and, more recently, group therapy) through the Center for Survivors, I have seen immense positive change in myself and have led a more fulfilling life. I have grown in self-awareness, gratitude, and forgiveness; and I feel equipped to do more of the work on my own and pass my knowledge and experiences on to others."

"I have had help navigating very difficult processes from the beginning and it made them less scary. I have participated in unique groups that have helped with my healing. I've made positive connections that make me feel safe and valued."



Central Administration

The Central Administration pillar serves as a foundational support system, enabling UHW to implement, manage, and enhance health and wellbeing initiatives. The pillar includes Communications, Electronic Medical Records Oversight, Facility Operations, Finance and Accounting, Human Resources, Medical Scheduling, Office of the Assistant Provost, Services and Billing, Policy, and Quality Control and Compliance Administration.

2024 Central Administration Highlights

Hosted Listening and Learning Tour Stop:

UHW proudly hosted President Guskiewicz during the Listening and Learning Tour, sharing UHW's rich history; the comprehensive services we provide for students, faculty, and staff; and our vision to achieve recognition as the premier health promoting university by 2030.

University Health and Wellbeing Strategic Plan:

UHW worked diligently with our partners over the past 8 months to create a five-year strategic health and well-being plan to enable campus partners to foster a culture of health and wellbeing. Since the start of this project, UHW and [Michigan Public Health Institute \(MPHI\)](#) have collaborated closely, leveraging best practices to assess the needs and health trends within the MSU community. One of our guiding principles in this workstream has been elevating community voices. We collected and analyzed feedback from over 5,000 Spartans through surveys, focus groups, key informant interviews, and community sessions. Our approach was designed to be inclusive, with special attention to minoritized groups such as, but not limited to, BIPOC, North American Indigenous individuals, those with disabilities, and student athletes. The priorities and objectives will inform the development of an actionable and data-informed plan that will guide efforts over the next five years.



Priority 1

Supports for
Mental Health,
Physical Health,
and Basic Needs



Priority 2

Health Promoting
Work and
Learning Culture



Priority 3

Service Access
and Accessibility



Priority 4

Belonging and
Connection

2024 Central Administration Highlights

Spartan Strong Fund:

Launched Spartan Strong Fund, an application process for mental health reimbursement following the Feb. 13 tragedy on campus. \$500,000 of the \$2 million Spartan Strong Fund was allocated to reimburse for out-of-pocket expenses for mental health services. More than \$112K has been reimbursed through the fund.

Supportive Resources Report:

The supportive resources committee submitted their closing report to President Guskiewicz, marking the culmination of its efforts of one of four workgroups established at the request of Interim President Woodruff in response to the violence on our campus on Feb. 13, 2023. The report outlines the workgroup's collaborative approach, key accomplishments, and recommendations.

Keeping Spartans Informed:

In our ongoing commitment to keep Spartans informed and engaged, we implemented a robust communication strategy. This included the development of informative brochures for UHW units; residence hall dining room table tents featuring timely health and wellbeing initiatives; and stall stories, featuring tips to help unwind, manage stress, and boost mood on the back of bathroom stalls in the resident halls. We implemented a values-based storytelling initiatives, spotlighting initiatives based on UHW core values, including [Stable Minds: Healing with Horses](#), [Music of Beyoncé and Taylor Swift to Promote Healing](#), and [Promoting Inclusion with the BOND Program](#). Several impactful stories were featured in MSU Today, including [Navigating election stress: Embrace self-care and mindfulness](#) and [Alex's Great State Race: Pushing rivalry aside for disability awareness](#).

Outreach Efforts:

UHW Leadership embarked on a “campus roadshow”, visiting 17 colleges to showcase UHW services available for students, faculty, and staff. Throughout the year, presentations were also delivered at key events, including the Office for Institutional Diversity and Inclusion Summer Leadership Institute, Student Success Fall Kick Off, New Student Orientation, Council of Graduate Students (COGS), Associated Students of Michigan State University (ASMSU), and New Administrator Orientation.

Student Health Funding Model:

Collaborated with MSU Institute for Health Policy, MSU Budget Office, and MSU Health Care Inc. to evaluate the funding model for student healthcare, highlighting our commitment to continuous assessment, benchmarking, and focusing on quality, equity, and access for our patients.

2024 Central Administration Highlights

BIG 10 Emergency Management Conference:

Alexis Travis and Rian Jordan joined panels during the conference, presenting on MSU's Revised Family Assistance Center Plan and the importance of building relationships for emergency management.

Employee Engagement and Care for the Caregivers:

Introduced a weekly newsletter, hosted monthly town halls, and introduced a digital anonymous suggestions box. Continued our Care for the Caregivers initiative with events including the UHW Annual Cookout, chair massages, hot chocolate mix and mingle – creating enjoyable spaces for connection and prioritizing the wellbeing of our caregivers.

Professional Development:

Leadership trainings and coaching were provided for Senior Leadership Team aimed at enhancing skills and fostering effective collaboration. Additionally, we held our first Professional Development Day for UHW staff, featuring speakers on topics such as DEIB, disabilities, and health equity – including Chioma Nnaji, Program Director at the Multiculture AIDS Coalition; Dr. Paul Artale, Motivational Speaker and Disability Expert; and Dr. Clare Luz, Executive Director, MSU Impart Alliance and MSU AgeAlive, Michigan State College of Osteopathic Medicine. The event not only created an opportunity for growth, collaboration, and networking, but also reinforced our commitment to continuous learning and development.

Olin Health Center Renovations:

Significant upgrades were made to Olin Health Center, including the conversion of an unused area, increasing office spaces to accommodate increased staffing and services, as well as the creation of a more welcoming and accessible environment for students, patients, and staff. The renovations culminated in a ribbon-cutting ceremony to officially unveil the redesigned space and celebrate the improvements.



Olin Health Center Renovations Ribbon Cutting



Listening and Learning Tour



Big 10 Emergency Management Conference



Employee Engagement and Care for the Caregivers

Social media

32K
engagements

412K
reached

20K
followers



Launched a LinkedIn handle, aimed at sharing value-based stories and employee supports for current and prospective employees



UHW in the Classroom

Counseling and Psychiatric Services (CAPS) Training Program:

CAPS has a long-standing and time-honored tradition of training the next generation of mental health clinicians. We began as a training site for practicum students in the early 1950s and have evolved into a multidisciplinary training program that offers a variety of levels of training within an integrated collegiate mental health setting. The Fall 2024 training class is the largest in recent history, with:

- Six multidisciplinary master's interns and doctoral practicum (MIP) trainees
- Four doctoral psychology interns placed at CAPS by nationwide NMS match
- One postdoctoral psychology resident
- One postmaster's clinical fellow in social work

Spartan Resilience Education Snippet Project:

Piloted a new initiative aimed at building resilience with two undergraduate classes and one student organization within the MSU Honors College, reaching 45 students. A series of 15 brief videos, accompanied by a companion user guide, aim to bring resilience education directly to the learning and working spaces Spartans are already engaged in. The program explores topics such as increasing psychological flexibility; learning healthy emotional expression; developing grounding practices; and interrupting unhelpful thought habits that get in the way of happiness, wellbeing, and success.

UHW in the Classroom

UGS 110 Building Opportunities for Networking and Discovery (BOND) First-Year Seminar:

Resource Center for Persons with Disabilities (RCPD) provides this first-year seminar, replacing non-credit bearing workshops, to promote engagement and attendance, while giving students credit-bearing options to learn “how to college” as part of their academic and social transition to the university environment. This course includes sections on Adjusting to College/Academic Success, Holistic Wellness, and Social Engagement/Knowing Your Resources and included 11 students.

UGS 110-316 Maximizing Ability and Resiliency at MSU:

RCPD provides this first-year seminar, which included 20 students, focused on health, wellness, and resiliency, has been taught for seven years by RCPD specialists. The small, interactive course helps students explore ways to build resiliency; establish and maintain healthy habits; expand connections to the MSU community; and identify resources and support systems they will use to succeed at MSU and beyond. This fall, the course added a community engagement experience, where students learned about the MSU Fostering Academics, Mentoring Excellence (FAME program), which supports foster youth alumni attending MSU, youth in kinship care, those who have experienced homelessness, or those who are otherwise independent. UGS 110 students assisted by distributing flyers, preparing bags for the FAME Care Closet, and writing notes for finals week survival kits for FAME students.

HNF 150 Introduction to Human Nutrition:

Health Promotion regularly shares Alcohol and Other Drug information, as well as nutrition education, reaching approximately 700-900 students each semester.

Student Food Bank Holiday Donation Drives:

More than fifty-eight colleges and units participated in hosting a holiday donation drive to collect high-demand items for the food bank, such as spices, cleaning supplies, baking supplies, hygiene items, cooking oil, sauces, and condiments.



Holiday Donation Drive Collected Items

UHW Provides Support and Resources for Feb. 13 Remembrance

In the wake of the tragedy that struck MSU on Feb. 13, 2023, the UHW team, alongside the broader university community, rallied together to provide essential support, resources, and healing for those affected. That night, UHW team leaders and members immediately sprang into action, offering assistance to students, faculty, families, and Union staff during crucial moments, including FBI interviews and retrieval of personal belongings. Their presence extended to key locations, such as hospitals, designated shelters, and the Family Assistance Center, where individuals gathered in the aftermath of the event.

Recognizing the ongoing need for support, UHW swiftly established mental health services at an off-campus location the very next day. Over the following weeks and months, various university resources—including CAPS, EAP, and the Center for Survivors—came together to provide counseling, programmatic support, and safe spaces for individuals and families impacted by the tragedy. These efforts continued to address the emotional toll felt throughout the community.

As we approached the one-year anniversary of Feb. 13, UHW took time to pause and reflect on the profound impact this day had on our Spartan community and the healing still taking place. This solemn anniversary is a time to honor the lives lost, the individuals impacted, and the resilience of our community. While time may have passed, the memories and emotions associated with that day remain vivid. It's essential that we honor those we lost, support those who continue to heal, and reaffirm our commitment to creating a safe and nurturing environment for all Spartans.

SUPPORTING YOUR PATH TO HEALING



University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

- **Find out ways to engage across campus on Feb. 13**
- **Build skills to navigate through trauma reminders with Community Connections virtual sessions**
- **Apply for mental health service reimbursement through the Spartan Strong Fund**
- **Crisis services and counselors are available by calling 517-355-8270**

UHW Provides Support and Resources for Feb. 13 Remembrance (cont.)

Recognizing that trauma is experienced uniquely by individuals and the healing process is different for each person, UHW prioritized in-person and virtual support and resources were accessible for students, faculty, and staff:

- Social media campaigns leading up to the anniversary encouraged Spartans to prioritize their wellbeing and support one another.
- Information to support campus was shared in a State News ad placed in the special Feb. 13 edition of State News.
- Spartans were reminded of the Spartan Strong Fund for mental health reimbursement.
- The Spartan Resilience Education program offered virtual Community Connection sessions for reflection, learning, and support.

Whether it's through acts of kindness, moments of reflection, or offering support to one another, UHW and the campus community came together as a community to heal.



External Investments Highlights

Over **5,000** donors contributed **\$1.16 million** in gifts and pledges.

\$150,000 grant award

from the Michigan Health Endowment to Counseling and Psychiatry Services (CAPS), allowing for the launch of Togetherall, a free, anonymous, peer-to-peer mental health support community that is available 24/7 and monitored by licensed clinicians.

\$150,000 private donation

allowing for enrolled students who are uninsured or underinsured to receive a free Human Papillomavirus (HPV) vaccine.





Supporting the MSU Community Through Sponsorship

By sponsoring and supporting events across campus that align with UHW's purpose and values, we are able to effectively promote health and wellbeing with the University community. Through these collaborative efforts with campus partners, we have made significant strides in enhancing mental, physical, and emotional wellbeing, demonstrating the power of community partnerships in achieving shared goals. Together, we are fostering a culture of health and wellbeing for all Spartans!

16th Annual Muslim Mental Health Conference | March 1-2, 2024

Hosted by the Michigan State University Muslim Mental Health Consortium in collaboration with the Stanford Muslim Mental Health and Islamic Psychology Lab, the conference aims to examine the implications of technology on mental health.

HEAL Sexual Health Conference | March 30, 2024

Professionals, experts, and advocates came together to share knowledge, discuss key issues, and foster collaboration regarding sexual health.

empowHER Leadership Retreat | April 20, 2024

A transformative event dedicated to inspiring and empowering young girls from 4th – 9th grade, fostering leadership, confidence, and community, providing tools and experiences that shape futures.

Supporting the MSU Community Through Sponsorship

In Joy! Gala | April 20, 2024

Created by MSU graduate student Gloria Ashaolu, the In Joy! Gala was based on the commitment to (re)center joy, an accelerant of healing, and a marker of well-being in graduate education, through gratitude, community, and a multicultural celebration.

Inclusive Impact Conference | July 10-11, 2024

Reframing DEI: Solidarity, Advocacy, and Partnership. With the weaponization of DEI in headlines, practitioners and change agents are ready to decenter fear and create an inclusive environment.

James Madison Conference | Fall 2024

Linda Villarosa, journalist, author, editor, novelist, educator, and contributing writer for the New York Times Magazine, focused on inequities in the American healthcare systems.

Black Women and Women of Color MSU Initiative on Mental Health and Wellbeing Series, Summer/Fall 2024

MSU's Black Faculty, Staff and Administrators Association (BFSAA) and the Women of Color Community (WOCC) partnered on a series of conversations regarding the mental health and wellbeing of Black women and Women of Color, featuring Dr. Swapna Hingwe, CAPS Director, and Dr. Renee Brand Canady, CEO of [Michigan Public Health Institute \(MPHI\)](#).



Inclusive Impact Conference

Supporting the MSU Community Through Volunteerism

At the heart of our UHW community lies a profound commitment to volunteerism, rooted in our core value of compassion. Our efforts to give back have not only strengthened our bonds but also made a meaningful impact on the lives of those we serve and our community.

- Senior leadership team members volunteered at Greater Lansing Food Bank, helping to support food insecurity efforts by sorting canned food.
- UHW staff held a spice donation drive to support the MSU Student Food Bank. Spices are one of the most requested items, as they allow students to cook meals that reflect their cultural traditions, offering comfort and a sense of home. More than 230 spices, sauces, and other household items were donated.
- The Collegiate Recovery Community volunteered at the Student Organic Farm, planting lettuce, and harvesting tomatoes.



Senior Leadership at Greater Lansing Food Bank



Collegiate Recovery Community volunteering at Student Organic Farm

Earned Media Highlights

Through the past year, UHW's commitment to providing services, initiatives, and programming supporting the health and wellbeing of all Spartans has garnered significant attention through earned media coverage. Through strategic and compelling storytelling, we have successfully engaged local and regional media outlets, raising awareness about our initiatives and their positive impact. This earned coverage not only reflects our dedication to transparency and community engagement but also serves to inspire greater involvement and support from our campus and beyond.



WXYZ Spotlight on the News:
[Spotlight on Dr. Alexis Travis, MSU 1 year later](#)



Fox 47 Lansing:
[MSU Spartan Strong Fund allocates \\$500,000 to mental health care cost reimbursements](#)



Fox 47 Lansing:
[MSU works to tackle food insecurity among college students](#)



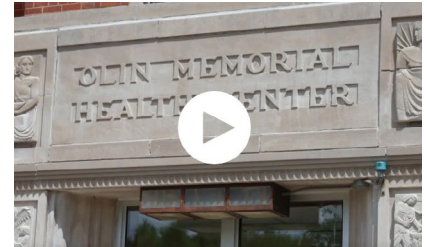
Fox 47 Lansing:
[Rivalry Week: MSU, Michigan Communities come together for Alex's Great State Race](#)

Lansing State Journal

CAMPUS
How Michigan State plans to commemorate the one-year anniversary of the campus shooting

Sarah Atwood
 Lansing State Journal
 Published 4:27 p.m. ET Jan. 19, 2024 | Updated 5:05 p.m. ET Jan. 19, 2024
 EAST LANSING — Michigan State University will commemorate 2023's fatal mass shooting in a variety of ways, Interim President Teresa Woodruff said in a Friday

Lansing State Journal:
[How Michigan State plans to commemorate the one-year anniversary of the campus shooting](#)



Fox 17 Grand Rapids:
[MSU using donations to reimburse students' mental health treatment after Feb. 13](#)



WLNS Lansing:
[MSU Spartan Strong Fund to reimburse for mental healthcare](#)



ABC Flint:
[Students and community reflect one year later after MSU shooting at evening vigil](#)



WILX News 10:
[Michigan State University provides free HPV vaccines](#)

Earned Media Highlights



WILX News 10:

[Michigan State University hosts parents, kids on Take your Child to Work Day](#)



WILX News 10:

[MSU offers online platform to address mental health for students](#)



WILX News 10:

[ROTC cadets run rivalry game ball from East Lansing to Ann Arbor](#)



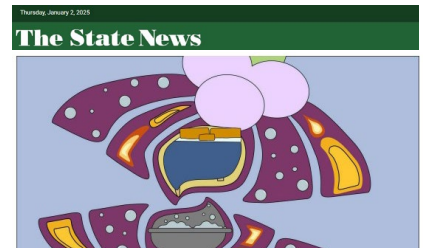
State News:

[Out of the Darkness' 5K raises over \\$10,000, gathers 250 attendees for suicide prevention](#)



State News:

[MSU University Health and Wellbeing, Rec Fitness to hold yoga in Beal Botanical Garden this summer](#)



State News:

[MSU students and counselors talk self-care benefits toward overall health](#)



State News:

[How nutrition in dining halls fuels success inside and outside the classroom](#)



State News:

[MSU launches survey to assess community health and well-being](#)



State News:

[Gender-affirming supplies for T-REx students now available](#)

Earned Media Highlights

Thursday, January 2, 2025

The State News



State News:

[MSU tries tackling student mental health as crisis requires “unprecedented” resources](#)

Thursday, January 2, 2025

The State News



State News:

[Specialists seek to address mental health, substance use correlation among students](#)

Thursday, January 2, 2025

The State News



State News:

[Social media exposure among college students impacts mental health](#)

The State News

Michigan State's Independent Voice



State News:

[Supporting a Path To Healing \(Ad\)](#)



University Health and Wellbeing
MICHIGAN STATE UNIVERSITY



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