



Spartan Well-Being Collective
University Health and Well-Being
MICHIGAN STATE UNIVERSITY

MSU's Journey to Becoming a Premier Health Promoting University by 2030



Advancing the Vision: Spartan Well-Being Collective Mid-Year Report

October 2026



University Health and Well-Being Plan

Rooted in the insights of over 5,000 students, faculty, and staff gathered during the first-ever 18-month campus-wide health and well-being assessment, the University Health and Well-Being Plan serves as the north star through 2030. These insights were instrumental in shaping the plan, which outlines priorities and objectives aimed at fostering a culture of care on campus until 2030.

The Plan is guided by the Okanagan Charter, signed by President Guskiewicz which is an international framework for creating conditions that help individuals, communities, and institutions thrive by

- Embedding health and well-being into all aspects of campus culture
- Leading health promotion action across the institution
- Collaborating locally and globally
- Creating healthier learning and working environments
- Advancing sustainable, systems-level change

STRATEGIC PLAN FOR COLLECTIVE IMPACT

Priority 1: Supports for mental health, physical health, and basic needs

Goal: Expand mental and physical health and well-being supports to address the needs of the University.

Priority 2: Health promoting work and learning culture

Goal: Establish a culture of caring that supports health and well-being and promotes equitable and inclusive working and learning environments.

Priority 3: Service access and accessibility

Goal: Enhance service access and consistent integration of accessibility standards.

Priority 4: Connection and Belonging

Goal: Create environments that foster connectedness and belonging to strengthen social health and well-being of students, faculty, and staff.

BUILDING A HEALTH PROMOTING CAMPUS TOGETHER

Spartan Well-Being Collective

As we evolve into a health promoting university, we know it cannot be accomplished by a single unit or department, but something we collectively create as a campus community. To develop a holistic, campus-wide approach, the Spartan Well-Being Collective launched in 2025. This interdisciplinary group of students, faculty, and staff are committed to fostering a thriving campus community to support academic and professional success, personal growth, and institutional excellence by scaling efforts to implement the University Health and Well-Being Plan.



Collaboration

Brings together students, faculty, and staff.



Culture of Care

Embeds health and well-being into campus life



Data-Informed Action

Uses data to guide decisions



Systems Change

Integrates well-being into policies, practices, and environments

From Commitment to Action

2024



Launched University Health and Well-Being Plan

2026



- Hosted 2nd annual Spartan Well-Being Summit
- Hired Pedagogical Well-being Specialist in collaboration with Center For Teaching and Learning Innovation



2023

Conducted first-ever, university-wide health and well-being assessment



2025

- Hosted inaugural Spartan Well-Being Summit
- MSU adopted Okanagan Charter
- Launched Spartan Well-Being Collective
- Hired project manager to lead Spartan Well-Being Collective
- MSU named one of Michigan's Best and Brightest in Wellness by the National Association for Business Resources, as well as the Elite 2025 Best of the Best for Large Businesses



Advancing University Strategies

The University Health and Well-Being Plan does not operate in isolation, but is aligned with university strategic frameworks, directly helping to advance priorities across campus. Through initiatives that promote increased access to well-being resources, strengthen community connectedness, and foster sustainable systems of care, the Collective advances both university well-being goals and broader institutional strategic objectives.

MSU Strategic 2030

Directly supports all six university priorities, embedding health and well-being into institutional decision-making.



Spartan Undergraduate Experience Strategy

Powers three of the five student success areas to help dismantle barriers for every student.



Well-being initiatives strengthen community connectedness and foster sustainable systems of care, advancing individual success and institutional objectives.

The Spartan Well-Being Collective In Action

Connection and Belonging Retreat

Launched Summer 2026

With new Co-Chair leadership for the Connection & Belonging Workgroup, a day-long, in-person Retreat was held to reconvene the Workgroup with a focus on creating a sense of inclusion, mattering, and community building within Workgroup membership. An afternoon of visioning allowed the Workgroup time to review and consider their objectives and strategies as described within the UHW Plan. Input from the Retreat has informed the updated objective and strategy statements to provide clear and action-oriented language to guide the work of the Workgroup.



Pedagogical Well-Being

Launched Fall 2026

Through a collaboration between the University Health and Well-Being and the Center for Teaching and Learning Innovation, Dr. Sheila Marquardt has been hired as MSU's Inaugural Pedagogical Well-being Specialist. This role helps educators develop sustainable and effective teaching practices with the goal of supporting the well-being and success of educators, and in turn, students. Pedagogical wellbeing work is holistic and attends to educator capacity, stress management, mental health and the educational environments in which teaching and learning take place.

Health Promoting Leadership Community Conversation

Launched Fall 2026

Utilizing a Community Conversation format, a collaborative effort is underway to bring together colleagues across the university who develop and facilitate leadership and supervisor training. The insight from this group can be used to define and develop a potential Health Promoting Leadership Training.



The Spartan Well-Being Collective In Action, continued

The progress over the last year reflects the shared dedication and commitment of the Spartan Well-Being Collective to foster a culture of care on our campus.

Reusable Menstrual Products

Launched Fall 2026

Powered by \$50,000 from ASMSU, Spartan Shelf-Union and Spartan Shelf-Olin are providing free reusable period products through a new pilot project. Born directly from student advocacy, the initiative tackles period poverty head-on, with the first order supplying 328 products and funding expected to support more than 1,000 Spartans throughout the academic year.



Ending the Cycle: Coffee Cart

Estimated Launching Spring 2027

Inspired by a successful initiative at Rutgers University, this mobile coffee cart will bring recovery resources, harm reduction strategies, and stigma-busting conversation straight to campus, one free cup of coffee at a time. Powered by a custom bike-driven cart, the initiative will challenge addiction myths and connect students, faculty, and staff to vital support and messaging. The coffee cart will be developed in partnership with campus partners such as the Inaugural Foglio Endowed Chair of Spirituality, Surplus & Recycling Center, and academic partners through Engineering and Public Relations courses.



Health in All Policies Approach

Estimated Launching Fall 2027

Seeking systems level impact, the Health Promoting Work and Learning Culture workgroup has developed practical rubric tool to ensure that health and well-being considerations are embedded into the development and review of new and existing policies at the University level. The Workgroup is partnering with the Office of Audit, Risk and Compliance for strategic direction in implementing a Health in All Policies approach, and is advocating for the inclusion of a consultation with a UHW or other health and well-being representative when university-wide policy decisions are being made.





CAMPUS PARTNERS IN ACTION

Campus Student Success Initiative

The Campus Student Success Group coordinates and prioritizes institutional aggregation of all undergraduate student policies, processes, and practices with the five opportunity areas for undergraduate student success, and ensures every undergraduate student learns, thrives and graduates.

AccessMSU

The launch of AccessMSU occurred on June 1, 2026, and is an innovative and student-focused data system that modernizes how accommodations are requested, viewed, and managed at the Resource Center for Persons with Disabilities (RCPD).

"I wanted to say that the new AccessMSU system is brilliant. Thank you to you and your team for making that a reality. It was the first I had heard of it, and it is so easy to use. In addition, the linked reference guidance definitions are very helpful." -Faculty Member

Centralized Accessibility Information Website

President's Advisory Committee for Disability Issues (PACDI) developed and advanced a recommendation to the President for a university-wide Disability & Accessibility Information Website. This centralized resource would create a more accessible and user-friendly experience by bringing together disability- and accessibility-related information, helping students, employees, visitors, families, and community members more easily identify resources and navigate services across the university.

Spartan Upcycle, MSU Surplus Store & Recycling Center

The student-centered creative reuse branch of the Surplus Store & Recycling Center (SSRC), encouraging resourcefulness and belonging through shared creative experiences. By repurposing everyday materials collected through SSRC's operations, the program offers low-stakes opportunities that help students connect, share skills, build confidence, and explore sustainability in a hands-on way.

Strategic Next Steps

Building on a strong foundational first phase of collective formation, the Collective will shift to toward implementation through scaling collaboration, enhancing transparency and accountability, and leveraging data to inform decision making. These strategic next steps will strengthen institutional alignment, increase engagement across the university community, and support the long-term sustainability of well-being efforts across MSU.

1. Strengthening Cross-Campus Partnerships

1

Fostering a health promoting culture requires collective action. Sustainable change happens when well-being is integrated across an institution rather than addressed through isolated initiatives. Success relies on active collaboration between colleges, administrative units, student organizations, employee resource groups, campus service providers, and community stakeholders.

Moving forward, the Spartan Well-Being Collective will prioritize new campus partnerships to build shared ownership and integrate well-being into decision-making, policy, and campus environments. By connecting a broader network of collaborators, we will elevate existing campus expertise, eliminate silos, reduce duplication, and amplify our collective impact.

2. Enhancing Transparency Through the Spartan Well-being Collective Dashboard

2

To translate complex strategic initiatives into clear visual indicators for the campus community, an interactive dashboard will track priority area outcomes, highlight collaborative wins, and identify areas for growth to ensure institutional accountability.

3. Leveraging Data to Drive Decisions

3

Distributed every two years, most recently in Spring 2026, the National College Assessment (NCHA) provides crucial baseline data on student health behaviors. The Collective will leverage these newly available findings, in partnership with UHW, to identify emerging trends, address critical needs, and tailor evidence-based initiatives that can directly improve student success and well-being.

4. Key Upcoming Dates

- SWC Fall Steering and Advisory Committee meeting- November 17, 2026
- February 25, 2027: Spartan Well-being Collective Summit
 - Collective Action. Campus Impact. Creating a Culture of Care



4

Keynote Speaker: Dr. Kevin R. McClure

The People Behind the Progress



SWC Steering Committee Co-Chairs

- Dr. Alexis Travis, Ph.D., Senior Associate Vice President Health and Well-being
- Norman E. Hubbard, M.B.A, Senior Vice President, Office of Health Sciences

SWC Advisory Committee Co-Chairs

- Kristin Traskie, MPH, ACSM-CPT, NBHWC, CHWP, Executive Director, Health Promotion, Engagement, Accessibility and Accommodations
- Stratton C. Lee III, MA, Director of University Advising, Office of Undergraduate Education

Spartan Well-Being Collective Project Manager

- Rachel Perez, M.A., Health Promotion Specialist and SWC Project Manager, HPEAA Health Promotion And Engagement

Supports for Mental Health, Physical Health, and Basic Needs

Co-Chairs

- **Dr. Jeff MacKeigan, PhD**, Senior Advisor in the Office of Research & Innovation, Senior Advisor for the Henry Ford + MSU Cancer Center, Professor, Pediatrics and Human Development, Office Of Research And Innovation
- **Jonathon Novello, LMSW, ACSW**, EAP Director, MHTSS Employee Assistance Program
- **Dr. Tim Spedoske, MD**, UHW Medical Director, Campus Health Services

Members

- **Ikram Adawe, MHT**, Social Worker, UHW Center For Survivors
- **Shlagha Borah**, Assistant Professor
- **Judith Brady**, Director of Student Services, Human Medicine Dean/ Chm West Michigan RETIRED
- **Lisabeth Bylina**, Academic Program Coordinator
- **Tracie Carr**, Business Manager, Food Science And Hum Nutrition ANR
- **Meredith Chesney**, Project/Event Coordinator, Russell Palmer Career Management Center
- **Andrea Childress**, Coordinator of Physical Activity Instruction, Internships & Practica Kinesiology - Ed
- **Maria Churchill MA, CCLS**, Basic Needs Coordinator, HPEAA Health Promotion And Engagement
- **Alex Dailey M.Ed., AT, ATC**, Certified Athletic Trainer, Recreational Sports And Fitness Services
- **Carrie Feeheley**, Specialist -- Advisor -- Fixed Term Human Medicine Dean
- **Jessica Fischer**, Academic Program Coordinator, Communication Arts And Sciences Dean
- **Danielle Flores Lopez**, Interim Assistant Dean for DEI and Director of Academic Advising and Student Success Initiatives, Natural Science Dean
- **Sally Gatlin**, Lean Enterprise Manager, RHS Associate Vice President
- **Hailey Gosen**, Alcohol and Other Drugs Program Coordinator, HPEAA Health Promotion And Engagement
- **Kristy Griswold, PhD**, Program Secretary, Social Science Dean
- **Kennedy Hairston**, RSO President and Undergraduate Student, Communication
- **Kathryn Harding**, ASMSU VP for Internal Administration, Political Science

- **Lindiwe Helm**, Assistant Director, IT Services Infrastructure Support
- **Aubrey Hoermann**, Sustainable Transportation Manager (Replacing Tim Potter), IPF Campus Services Bike Center
- **Marcus Jackson, M.A.**, Director, Asg Recreational Sports And Fitness Services
- **Dawn Kepler**, Collegiate Recovery Community Coordinator, HPEAA Health Promotion And Engagement
- **Krystal Kroll**, Executive Secretary, Com Medical Education
- **Amanda Leatherberry**, Radiation Therapist/Supervisor, Veterinary Teaching Hospital
- **Sarah Machniak BS, LVT**, Coordinator of Community Outreach and Student Enrichment Veterinary Nursing
- **Andrea McCulloh**, Library Assistant III, Libraries
- **Destiny McMillin**, Unit Human Resources Coordinator, Nursing
- **Caterina Pesce**, Associate Professor- Tenure System, Kinesiology - Ed
- **Tim Potter**, Sustainable Transportation Manager, IPF Campus Services Bike Center
- **Lisa Randolph-Stukey**, Sustainability Program Analyst, Office Of Executive VP For Admin
- **Taylor Regester**, Undergraduate Student, International Relations
- **Jonathan Ritz**, AI Undergraduate Affairs, AI Undergraduate Affairs
- **Jozzy Rivera**, Health Promotion Generalist, HPEAA Health Promotion And Engagement
- **Jake Roman**, Security Manager, Department Of Police And Public Safety
- **Christie Schichtel LMSW**, Therapist, UHW Center For Survivors
- **James Sheehan**, Extension Educator, Extension Children And Youth
- **Caroline Silvia**, Therapist, UHW Center For Survivors
- **Karen Stanley-Kime**, Assistant Dean for Student Wellness and Engagement, Human Medicine Dean
- **Brooke Stokdyk M.S.Ed.**, Assistant Director, Office Of International Students Schol
- **Abijah Taylor**, Assistant Dean, School of Law, College Of Law Dean
- **Alex Tomlinson-Miles**, Nurse Practitioner, Campus Health Services
- **Kristen Upson, PhD, MPH**, Associate Professor, Department of Epidemiology and Biostatistics
- **Maria Valayil, LMSW**, Police Social Worker, Department Of Police And Public Safety
- **Michelle Volker**, Office Supervisor II, Ost Med Research And Adv Study Programs
- **Ingrid Wefing**, Therapist, UHW Center For Survivors
- **Ashley Wilson**, Event & Project Coordinator, Media And Information
- **Jeffry Wilson CHRS**, Human Resources Generalist, Solutions Center
- **Megan Winans**, Communications Coordinator, University Communications and Marketing
- **Ross Winter, M.S.**, Associate Director-Recreational Sports and Fitness Services, Kinesiology - Ed/Asg Rec Sports And Fitness Services

Health Promoting Work and Learning Culture Workgroup

Co-Chairs

- **Renee Miller Zientek, M.A.**, Executive Director, Center for Community Engaged Learning, Center For Community Engaged Learning
- **Anne Thompson, MA, RDN, CSSD, CEDRD**, Associate Director of Health Promotion, HPEAA Health Promotion And Engagement

Members

- **Margie Aimery**, Director of Events, College Of Law Dean
- **Tracy Anderson**, Communications Manager I, Family And Community Medicine
- **Sara Becerril**, Financial Aid Officer II, Financial Aid
- **Lisa Desprez-Orr**, Administrative Business Analyst, IPF Learning And Development
- **Natalie Haga Ryckman**, Climate & Response Specialist, Office for Civil Rights
- **Rain Hodack**, Administrative Assistant, Mktg, Public Rel, And Digital Strategy
- **De'Ondre Hogan**, DEI Program Manager, Office Of Executive VP For Admin
- **Stephanie Jalaba**, Associate Professor-Fixed Term Pa, Medicine
- **Leanne Kent**, Assistant Professor, Writing, Rhetoric, And Cultures
- **Andrea Kepsel MLIS, AHIP**, Health Sciences Librarian, Libraries
- **Savannah Maat**, Clinical Intern, Clinical Social Work
- **Sheila Marquardt, Ph.D**, Program Coordinator, Employee Assistance Program
- **Karin Pfeiffer**, Professor, Kinesiology - Ed
- **Amy Radford-Popp**, Graduate Program Director, Packaging
- **Abby Richey, MS, RDN**, Lead Nutritionist, Campus Health Services
- **Allison Sevegney Reynolds, LMSW**, Director of Health and Well-Being, Veterinary Medicine Dean
- **Lance Sharp**, Associate Director, Spartan Experience
- **Kelsey Skinner**, Clery Act Compliance Administrator, Office Of Audit, Risk And Compliance
- **Alexandria Stratton**, Admissions & Recruitment Counselor, Nursing
- **Mariam Turkey**, Graduate Student, Public Health
- **Andrea Worful**, Finance Director, Music

Service Access & Accessibility

Co-Chairs

- **Katusha Galitzine**, Senior Civil Rights Investigator, OCR Investigation, Support, Resolution
- **Shelby Gombosi**, Interim Director, Resource Center for Persons with Disabilities, HPEAA Resource Center for Persons with Disabilities

Members

- **Tracy Anderson**, Communications Manager I, Family And Community Medicine
- **Lauryn Bailey**, Nutritionist, Campus Health Services
- **Ayesha Drake**, Professional Aide, Undergraduate Education Administration
- **Daniel Gallagher**, Operations Coordinator, University Health And Well-Being Admin
- **TJ Hall**, Educational Program Coordinator II, HPEAA Health Promotion And Engagement
- **Juliet Hess**, Professor, Music Education, College of Music
- **Marianne Juarez**, Strategic Integration Manager, Residential and Hospitality Services
- **Jake Kasper**, Assistant Director, Office of Student Support & Accountability
- **Safaa Lafy**, Operations Coordinator, HPEAA Health Promotion And Engagement
- **Ka Lai (Gloria) Lee**, Professor and Director of Counseling & Counselor Education Counseling, Educ Psych & Spec Educ
- **Kathleen Miller, JD**, Associate Director, UHW Center For Survivors
- **Beau Zhang, PhD** Student, Psychology

Connection and Belonging

Co-Chairs

- **Dr. Ruth Nicole Brown, Ph.D**, Inaugural Chairperson, Department of African American and African Studies and MSU Foundation Research Professor, African American And African Studies (Co-Chair as of April 2026)
- **Lisa Laughman, LMSW**, Spartan Resilience Coordinator, HPEAA Health Promotion And Engagement (Co-Chair as of April 2026)
- **Abigail Solis-Almaguer, LLMSW**, Therapist, UHW Center For Survivors (Co-Chair as of April 2026)
- **Swapna Hingwe, D.O., M.A.**, Director of MSU Counseling and Psychiatric Services, Psychiatry Human Medicine/Mhtss Counseling Psychological Services (Co-Chair through April 2026)
- **Meaghan Kozar, Ph.D**, Project Director for the Inclusive Campus Initiative, Office of the Executive Vice President for Administration (Co-Chair through April 2026)

Members

- **Julie Andersen, M.A.**, Advocacy and Outreach Coordinator, Office Of International Students and Scholars
- **Piril Atabay**, Assistant Professor and Doctor, Center For Integrated Studies Arts and Humanities
- **Angelica Bajos**, Community and Sustainability Coordinator, W.J. Beal Botanical Garden
- **Lillian Brooks, PhD, MBA**, Academic Specialist-Advisor, Broad Undergraduate Academic Services
- **Tamera Dunn-Perry**, Assistant Director, SDL Admin
- **Mary Ann Ferguson**, Assistant Dean for Access and Community Engagement, College Of Law Dean
- **Alex Guo**, CDEIO for ASMSU, Humanities-Prelaw
- **Jennifer Johnson**, Social Worker, MHTSS Counseling and Psychological Services
- **Rita Jreidini**, Office Assistant IV, Asg Rec Sports And Fitness Services

- **Lisa Kelley**, MBA, Assistant Director for Student Life and Engagement, Veterinary Medicine Dean
- **Sadiq Khan Mohammed**, Academic Specialist, Honors College Dean
- **Sara Kraeuter**, Academic Program Coordinator, Plant Biology Cns
- **Lynn Lammers**, Artistic Director, Transforming Theatre Ensemble, Office for Inclusive Excellence and Impact
- **Emma LaRocca**, Health Promotion Specialist, HPEAA Health Promotion And Engagement
- **Ellise Lee**, Assistant Director, Diversity, Equity, and Inclusion, Veterinary Medicine Dean
- **Alysa Lucas, PhD**, Associate Director of Undergraduate Studies, Undergraduate Education Administration
- **Leapetswe Malete**, Associate Professor-Tenure System, Kinesiology - Ed
- **Angela Michael**, Intramural Sports Associate Director, Asg Rec Sports And Fitness Services
- **Natasha Miller**, Community Engagement Manager, MSU Museum
- **Megumi (Meg) Moore, PhD**, Director of the Graduate School Office of Well-Being (GROW), Graduate School Dean
- **Kathy Mullins**, Administrative Business Professional, Asg Rec Sports And Fitness Services
- **Elisa Obregon M.A.**, Academic Advisor, Lyman Briggs Dean
- **Frances O'Donnell**, Graduate Student, Clinical Social Work
- **Shawna Olds**, Curriculum Assistant, Osteopathic Surgical Specialties
- **Alan Prather**, Director, W.J. Beal Botanical Garden
- **Jozzy Rivera**, Health Promotion Generalist, HPEAA Health Promotion And Engagement
- **Mahin Sandoval-Chavez, M.A.**, Event Manager, Eli Broad College Of Business Dean
- **Patricia Stewart**, Director of Education and Development Programs, Inclusive Excellence and Impact
- **Sharita Williamson**, Assistant Director for Student Success Initiative, Engineering Dean

Data and Evaluation

Co-Chairs

- **Laleah Fernandez, PhD**, Associate Director of Institutional Research, Institutional Research
- **Alyssa Waterson, PhD**, Data Analyst II, Institutional Research

Members

- **Stephene Benkert**, Strategic Integration Manager, Residential and Hospitality Services
- **Ollie Cyman**, Academic Program Coordinator, College of Education; Department of Counseling, Educational Technology and Special Education
- **Magaret Dionise**, Data Resource Analyst, Institutional Research
- **Jessica Garrels, M.A.**, Senior Program Manager, Ced International Studies In Education
- **Andy Greger, M.A.**, Director of Informatics, University Health and Well-Being Admin
- **Angela Maniaci, M.S.**, Fitness and Well-Being Coordinator, HPEAA Health Promotion and Engagement
- **Bo Norby**, Senior Advisor to the Dean, Veterinary Medicine Dean
- **Kris Stroud, M.P.A.**, Strategic Partnerships Initiatives Manager, Health Sciences EVP
- **Daniela Vitali**, Nutritionist, Campus Health Services
- **Ning Xie**, Assistant Professor, Comms Arts Sci