

STUDENT FEES ADVISORY COMMITTEE (SFAC)
FY2027 PROGRAM QUESTIONNAIRE

Please answer the questions below. The totality of your responses should give the members of the Committee a comprehensive understanding of the role and function of your unit(s).

Questionnaire completed by Brittani Clarkson, Director of Wellness and Health Promotion, bclarkso@central.uh.edu, 713-743-5589

1. Please provide in brief terms: your unit's mission, goals that support your mission, and a justification of your unit's student fee allocation in terms of benefits for students.

UH Wellness supports students through a holistic approach across several dimensions of well-being. As part of the Division of Student Affairs' Health and Well-being Portfolio, we serve as the central hub for health education, resources, and outreach.

Our mission is to make campus a healthy place to live, learn, and work so our Coogs can "Be Well to Do Well." We promote health, wellness, and the pursuit of self-actualization through education, outreach, and prevention. Our work centers on five active dimensions of wellness: Being, Doing, Connecting, Caring, and Learning.

Despite staffing transitions during the previous and current academic years, we've strategically enhanced our programming efforts by aligning them with the portfolio's goal of embedding well-being into all aspects of university life. This included increasing our strategic collaborative partnership within and outside of the division, onboarding several new student workers and interns, reaffirming our commitment to fostering a co-curricular experience for students, increasing the salary and scope of responsibility for our graduate assistant position to remain competitive and attract talent, and providing opportunities for students to actively engage in our strategic monthly themes.

Funding from SFAC enables us to offer programs that empower students to Be Well to Do Well. These programs develop life-enhancing skills, including responsible substance use, healthy relationship skills, boundary setting, stress and time management, sexual health management, self-care, and self-advocacy. Through these efforts, we help students thrive as scholars and global citizens, co-creating a campus culture where well-being is at the heart of everything we do.

2. Please discuss the means that you are utilizing to evaluate your success in achieving the DSA strategic initiatives as well as action steps in contributing to the retention of students. Where data exists, discuss any assessment measures and/or learning outcomes used to evaluate program success. Please provide the method for collecting this data.

During the 2024–2025 academic year, UH Wellness underwent a period of significant transformation marked by leadership transitions, strategic realignment, and programmatic innovation. Despite challenges associated with staffing changes, the department made meaningful progress in our strategic initiatives: Elevating Sexual Health Education and Access and Exploring Integrative Health and Wellbeing Coaching experience.

Exploring Integrative Health and Wellbeing Coaching

UH Wellness had one full-time staff member complete the Integrative Health and Wellbeing Coaching Certificate Program through UH Population Health. In AY 2025, that staff member conducted 26 individual coaching sessions and applied integrative health and wellbeing coaching principles to 69 Brief Alcohol Screening and Intervention for College Students (BASICS) sessions and 16 Cannabis Screening and Intervention for College Students (CASICS) sessions for a total of 111 sessions. The staff member will take the National Board for Health and Wellness Coaching certification exam in November 2025, enabling them to provide this credentialed service to students as part of the University of Houston Health Coaching Consortium. This collaboration involves stakeholders from UH Population

Health, Human Resources, and UH Wellness, aiming to provide free health and wellness coaching to faculty, staff, and students.

Elevating Sexual Health Education and Access at UH Wellness

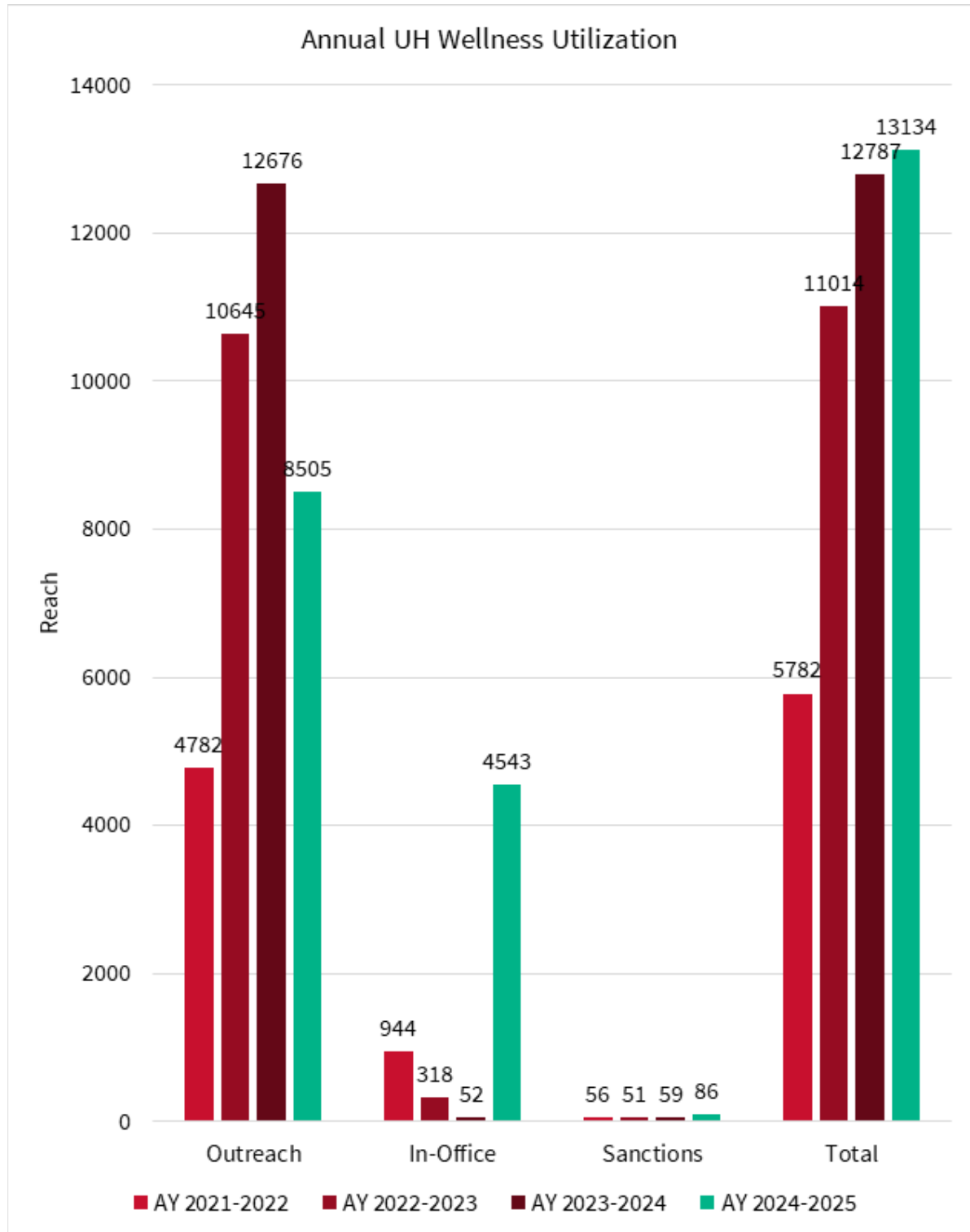
UH Wellness has strategically shifted its focus from sexual violence prevention to comprehensive sexual health education—expanding opportunities for students to learn about healthy relationships, protection, and prevention. Key initiatives include the enhanced Safer Sex Corner, now featuring labeled drawers with free supplies and educational materials, and the launch of Sexual Health Week, which engaged over 200 students in interactive events that normalize and destigmatize sexual wellness. Despite progress, data from UH’s WISHES and NCHA surveys reveal ongoing gaps in access and awareness, reinforcing the importance of continued outreach. Free STI testing remains a vital service, with 144 students tested across Fall 2024 and Spring 2025. National trends indicate that many students delay follow-up care, even after diagnosis, which impacts both their health and academic success. UH Wellness remains committed to closing these gaps through education, access, and compassionate support.

UH Wellness is dedicated to providing students with the resources, education, and support to thrive while at UH and persist through graduation. During FY25, we integrated our previously stated assessment goals into the DSA Strategic Plan initiatives, focusing on “dollars’ worth of services provided to students with financial need” and “number of hours of career-related experiences by student employees.” Through our free STI testing events, we provided 144 students with HIV, Hepatitis C, and Syphilis testing that equated to a total value of \$36,000 based on the average cash price of this service. Health and Well-being coaching consultations can cost an average of \$50-\$100 per session without insurance. We provided 33 students with free coaching consultations, which is valued at \$1,650-\$3,300 in total. During coaching sessions, students often express their elevated perceived stress levels and need to access self-care services. UH Wellness provided 240 students with free massage services through our Unwind with Wellness programming. This service, a \$3,500 contract, was provided free for students and showed a marked improvement in their pre- to post-perceived stress level. Additionally, many of our events provided students with lunch or snacks to consume while participating. While it is a common practice to provide food as a means to attract attendees, we are mindful that up to one-third of college students experience some level of food insecurity. Thus, we are mindful and intentional about providing food for students or directing them to food resources whenever our events coincide with a traditional mealtime. In FY25, we provided over \$5,700 worth of free food for students across eight events. While not a direct cost savings for students, our newly renovated mindfulness space and study lounge, which opened in Fall 2024, has been a preferred “landing space” for many students. With funding from the Student Fees Advisory Council, the space welcomed 4,543 visitors in FY25—a 1,329% increase from FY23 (minimal data for FY24 is available due to relocation). Post-visit surveys indicate that students are utilizing the space for studying, resting, managing stress, and connecting. Feedback highlights its calming ambiance and supportive environment for well-being and academic activities.

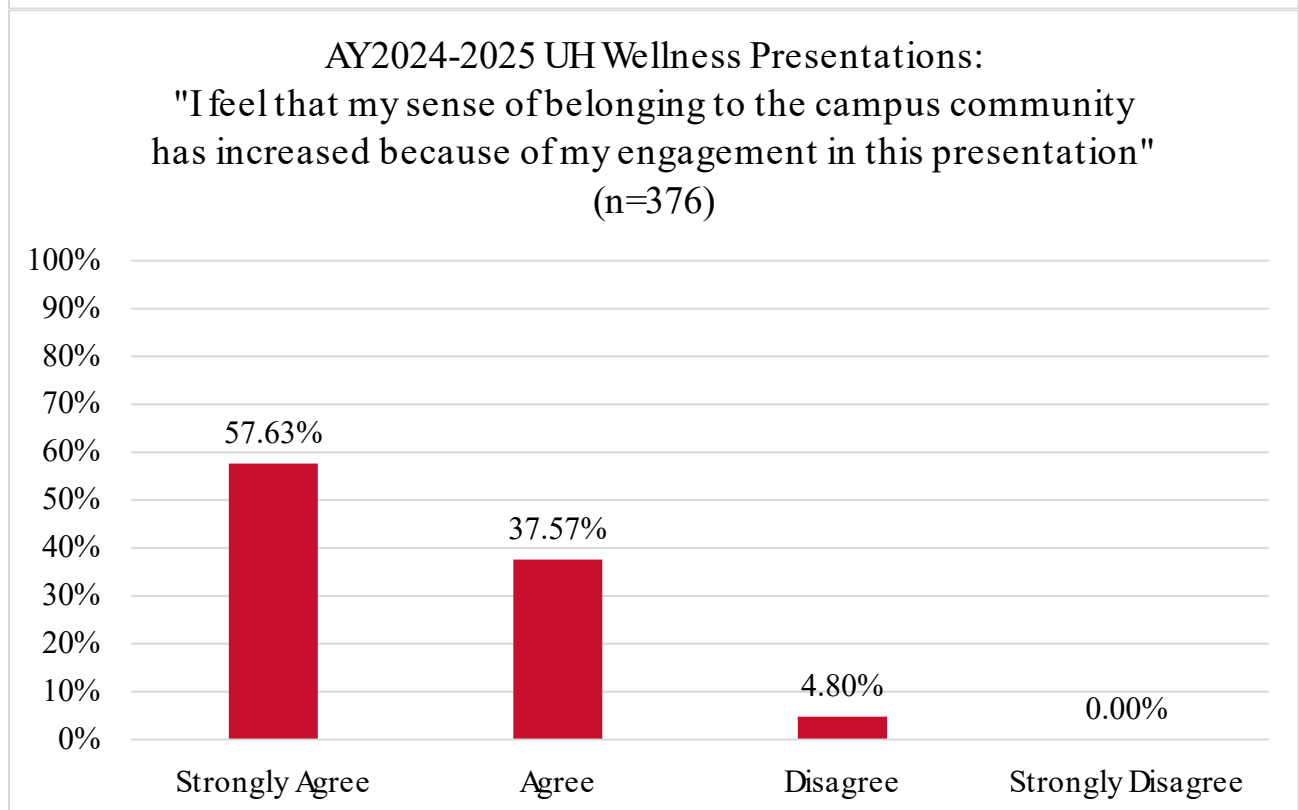
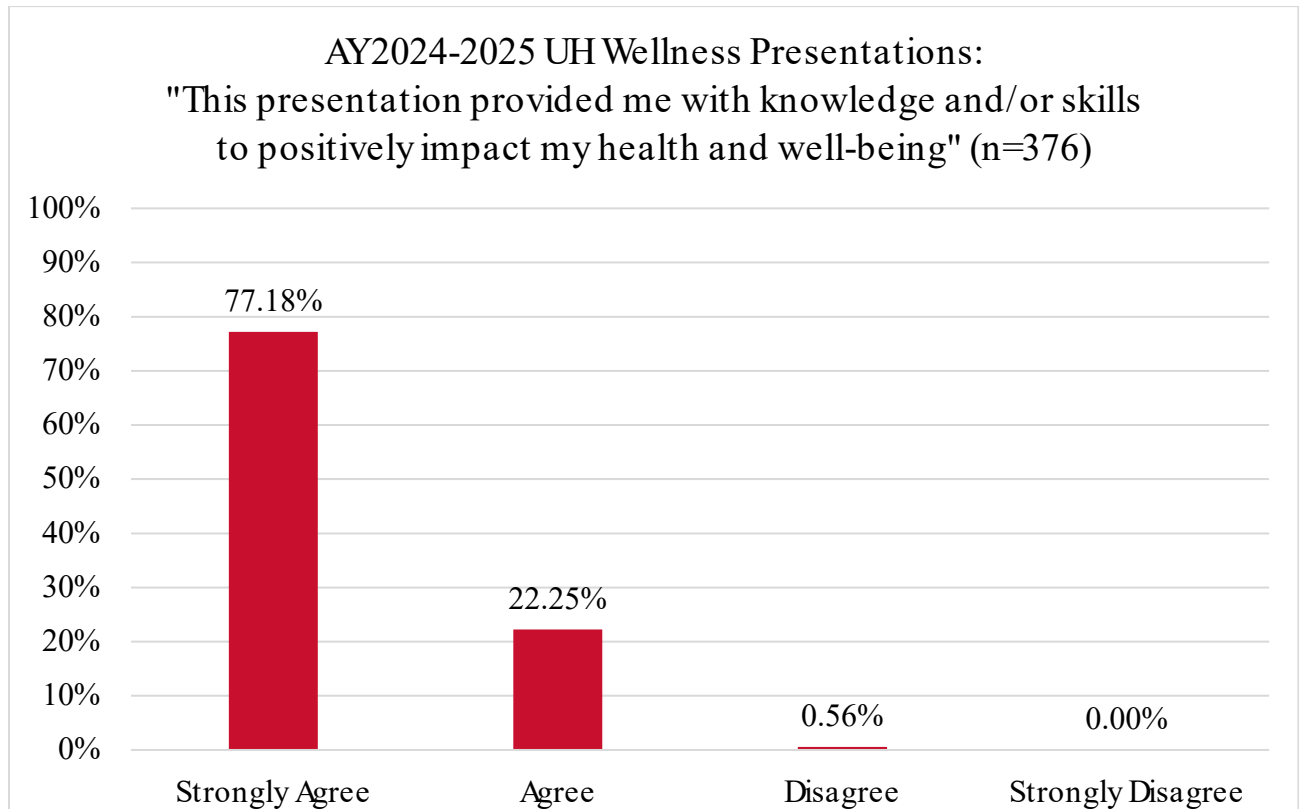
UH Wellness has also remained dedicated to providing students with a co-curricular experience that utilizes the knowledge, skills, and abilities acquired throughout their time at UH, while developing additional transferable skills that enable them to be competitive job candidates after graduation. During FY25, we hosted eight student workers who amassed over 2,570 combined hours of career-related experience. Students are not only asked to help advance the department’s priorities and strategic initiatives, but also to advise on student-facing resources and services while exploring their own interests in health and well-being.

To track utilization and assess learning outcomes, we utilize consistent evaluation measures following presentations and signature events, such as Unwind with Wellness Wednesdays.

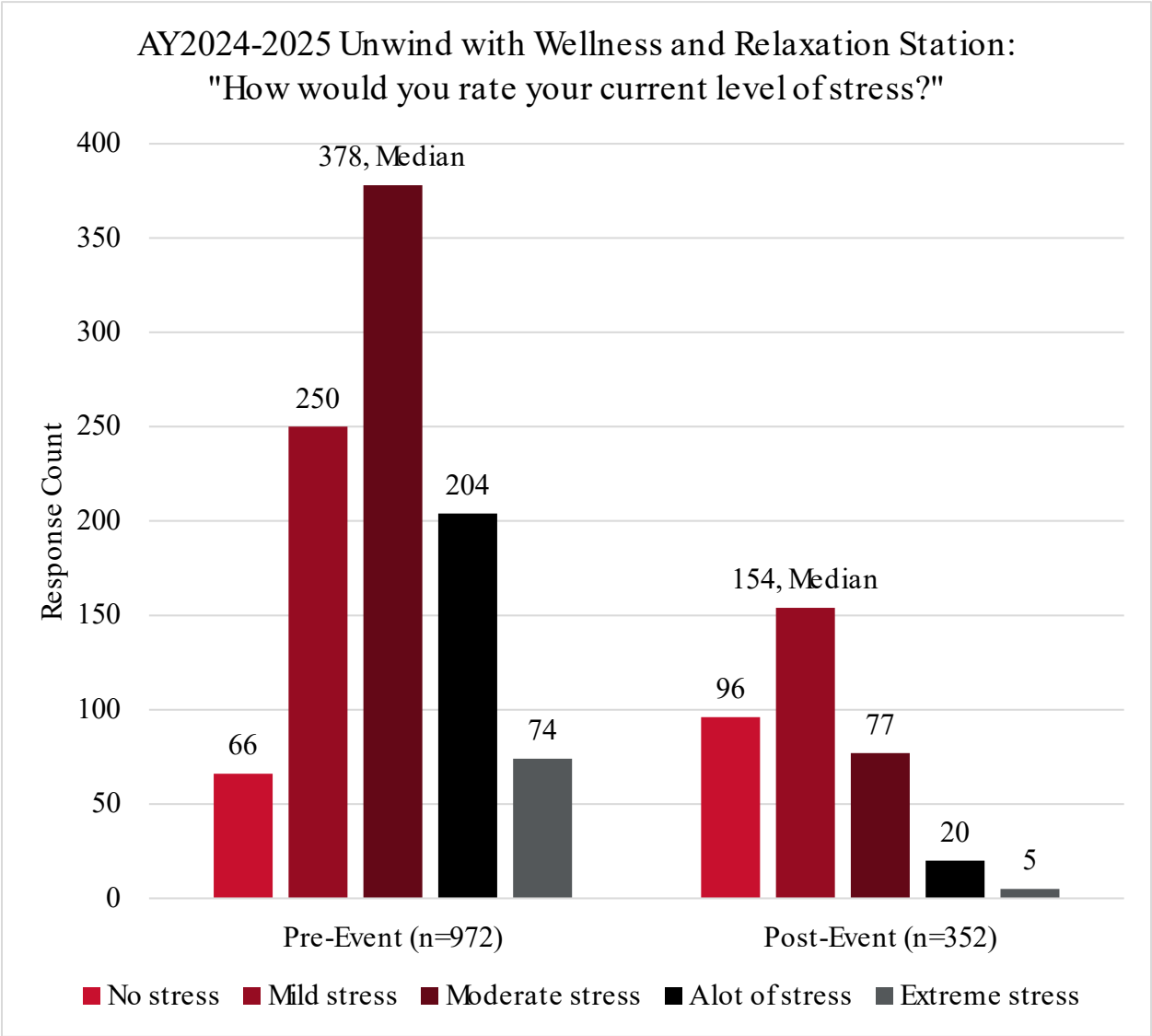
Year Summary



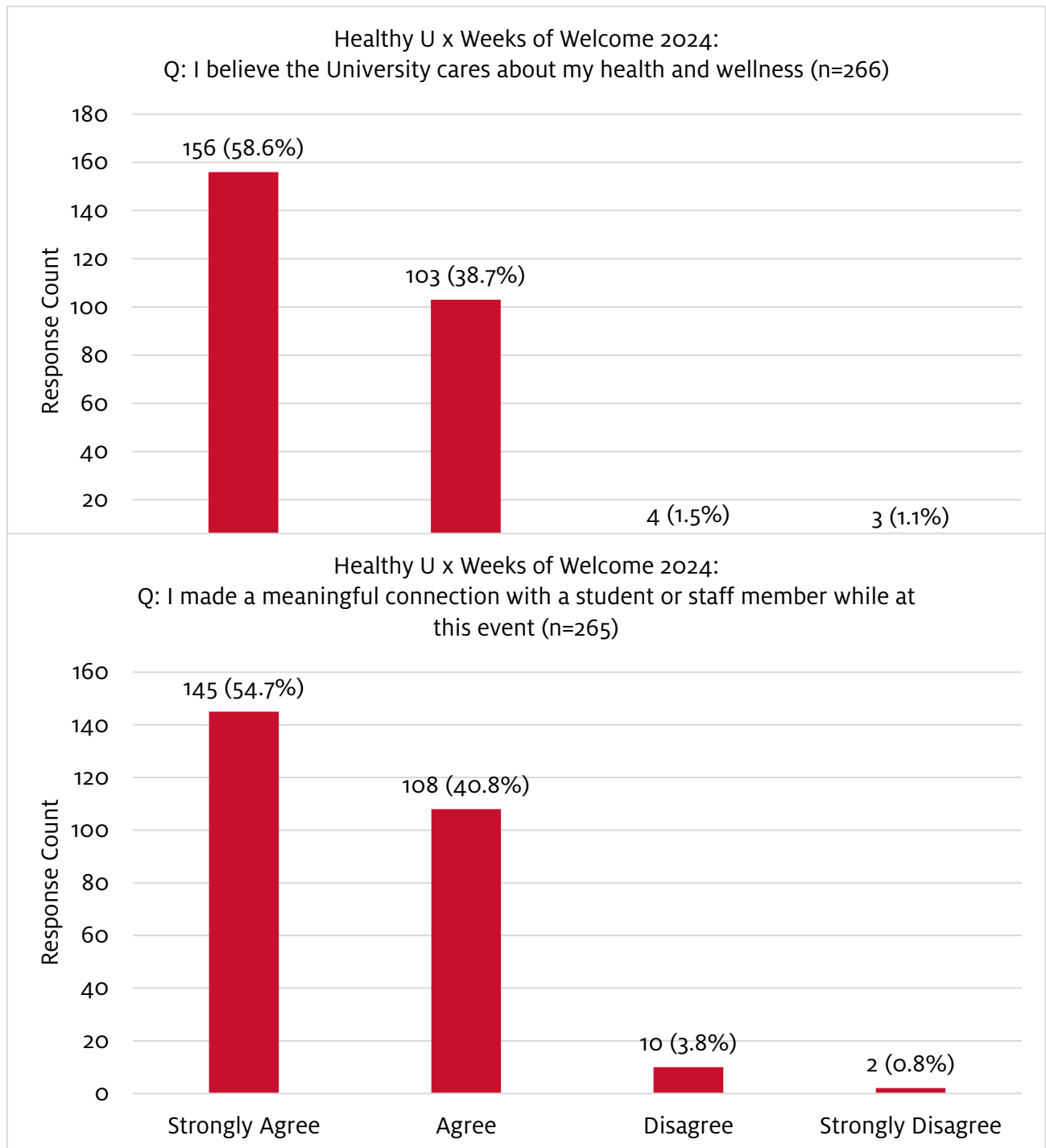
Presentations



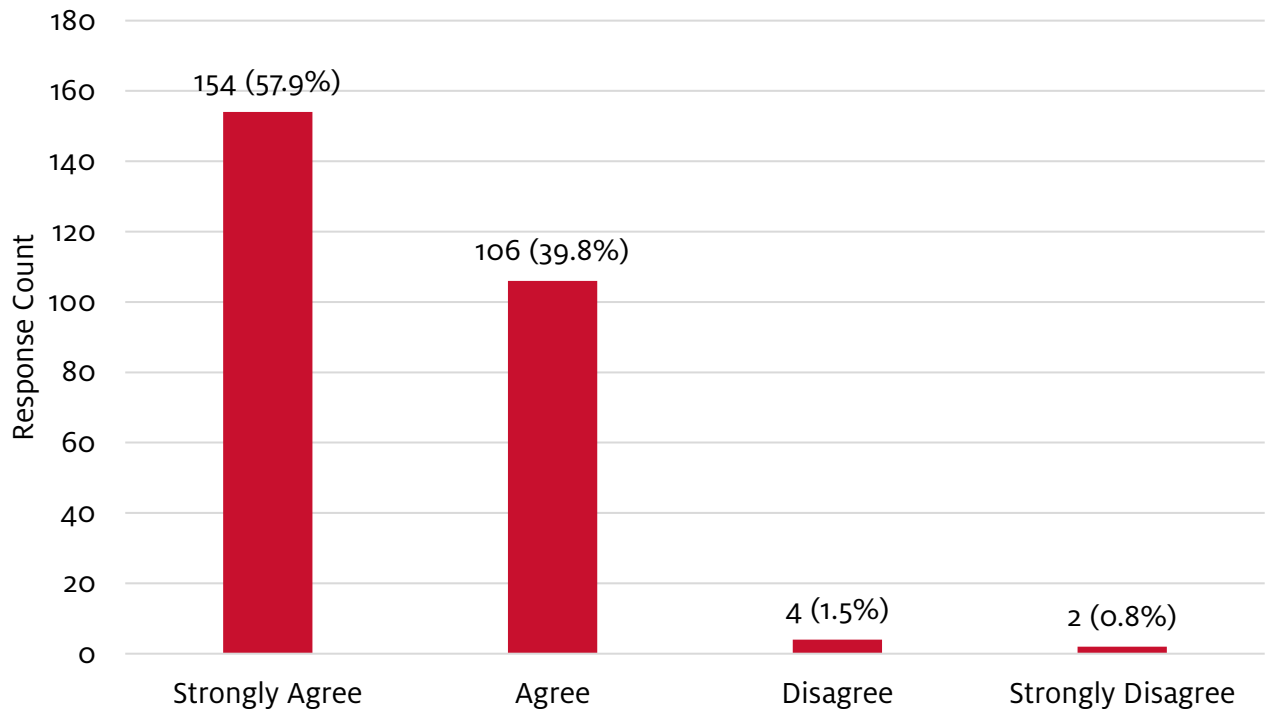
Unwind with Wellness on Wednesdays and Relaxation Station



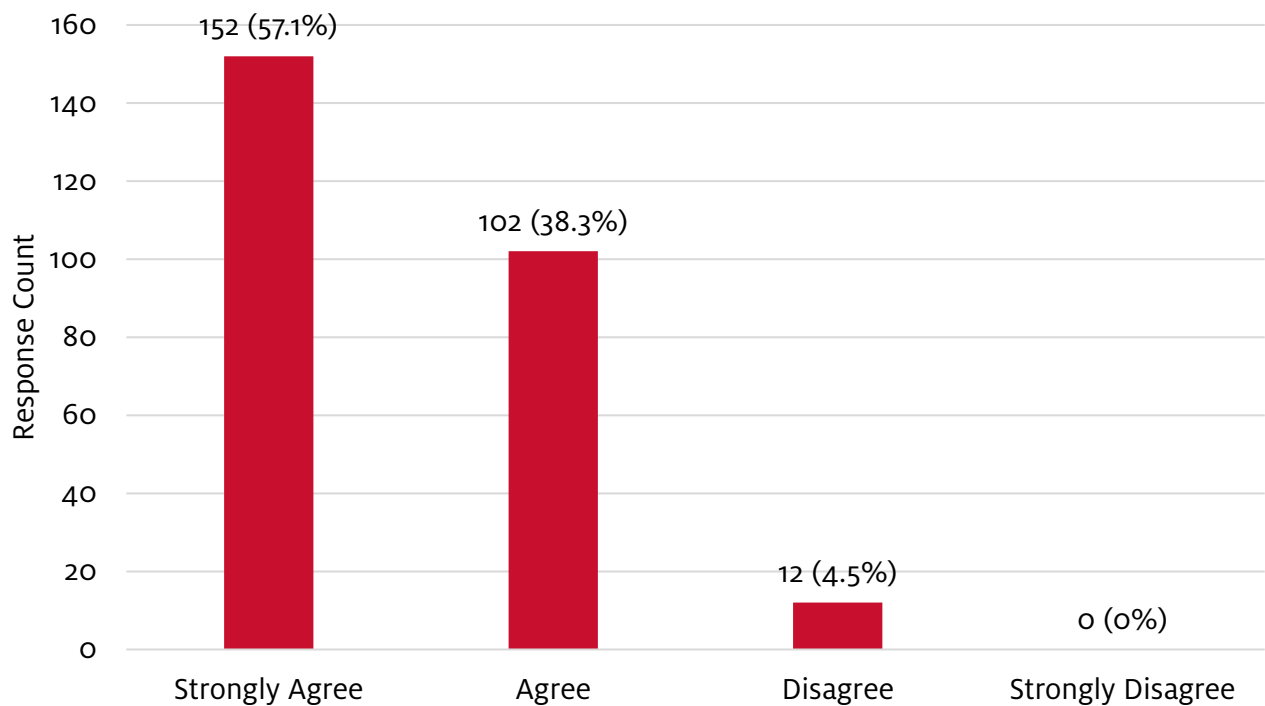
Healthy U

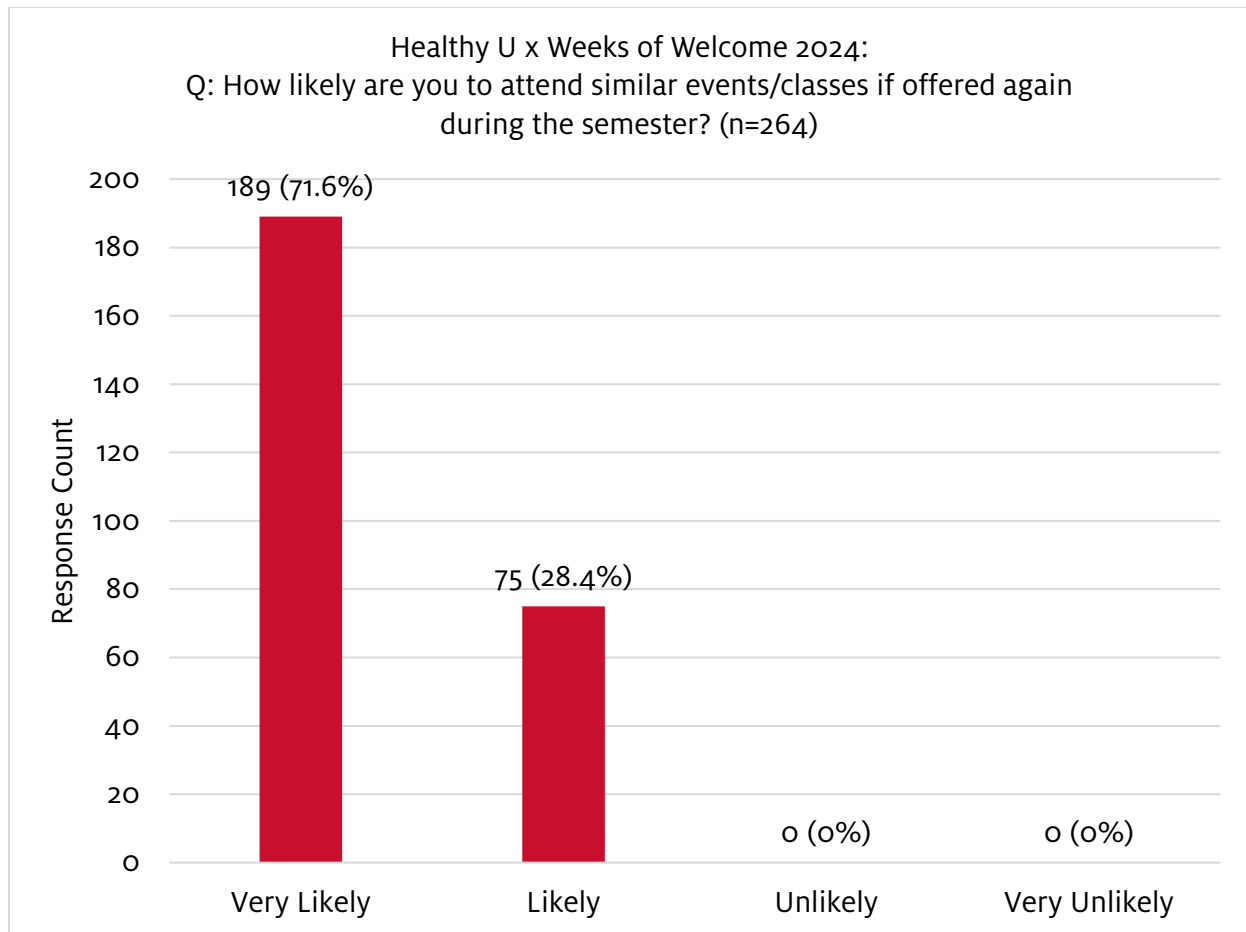


Healthy U x Weeks of Welcome 2024:
Q: This event positively affected my overall mental health (n=266)



Healthy U x Weeks of Welcome 2024:
Q: This event provided me with a useful campus resource (n=266)





3. Please discuss any budget or organizational changes experienced since your last (FY2026) SFAC request, their impact on your programs, and your reason for implementing them. SFAC recognizes that some programs did not receive the funds that they requested, that some programs were impacted by additional expenses after the conclusion of the budget cycle, and that some programs may be ahead of or behind their self-generated income projections.

UH Wellness has not experienced any significant budget changes since the last SFAC request. We have, however, experienced a significant increase in the costs of goods and services typically utilized within our office operations. An example is the increase in cost of our signature event, Fresh Check Day (FCD). FCD is a program developed by the Jordan Porco Foundation (JPF), a national organization dedicated to suicide prevention. For nearly seven years, we've hosted FCD at no cost, other than the expenses required for event enhancement (food, prizes, decorations, and materials). This year, JPF instituted a new fee of \$1000 to utilize the FCD program, name, and event guide. This was a significant stress on our modest budget. We made the necessary accommodations and held a successful event; however, we have reevaluated our ability to host this event in the future and are now seeking a more sustainable event model. We've also experienced significant staffing changes that required us to direct additional funds to maintaining the continuity of the office so they we could still serve the UH community without interruption. Our staffing changes were as follows:

- Hired/Departed - Kaila Garrett, Health Communications Specialist
- Departed - Reuben Parrish, Director
- Departed - Carmen Foster, Administrative Assistant
- Hired/Retired - Dr. Suzy Harrington, Interim Director

- Hired - Danielle Lossangoye, Office Manager
- Promoted to Director of Wellness and Health Promotion - Brittani Clarkson, Assistant Director
- Departed - Prajaya Pathak, Instructional Assistant
- Departed - Michelle Gabriel, Graduate Assistant
- Hired - Maggie Bishop, Instructional Assistant
- Promoted to Assistant Director of Wellness Program - Katie Dash

4. Please use the following file naming conventions when submitting your pdf files to the Dean of Students:

FY27Q_DepartmentName	Questionnaire
FY27AOT25a_DepartmentName	Add'l One time request - change "a" to "b", "c", etc. for additional one-time requests
FY27WS_DepartmentName	Excel worksheet
FY27OTa_DepartmentName	One time request - change "a" to "b", "c", etc. for multiple one-time requests
FY27PRES_DepartmentName	Presentation