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SB47-21/22: Resolution Encouraging Faculty to Include Mental Health, Wellness, and Basic Needs Resources in Syllabi

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1 **The Associated Students of the University of Montana**
2 **Resolution Encouraging Faculty to Include Mental Health, Wellness, and Basic Needs**
3 **Resources in Syllabi**

4 **November 14, 2021**

5 **SB47-21/22**

6 **Authored by: Mary Melissa Glueckert, ASUM Senator; Canyon S. Lock, ASUM Vice**
7 **President; Kat Cowley, ASUM Basic Needs Agency Director;**

8 **Sponsor: Kayli Julius, UM Wellness Center Director; Hailey Hargrove, UM Wellness**
9 **Center;**

10
11 Whereas, The Associated Students of the University of Montana (“ASUM”) is the governing
12 body of the students and advocates for student welfare on the University of Montana (“UM”)
13 campus;

14
15 Whereas, Faculty are required to provide students with syllabi at the start of each class;

16
17 Whereas, Syllabi typically include a course description, learning outcomes and objectives,
18 information about course requirements, academic honesty statements, etc.;

19
20 Whereas, All UM students come into contact with syllabi while attending classes;

21
22 Whereas, Syllabi often include limited information about available campus resources;

23
24 Whereas, Syllabi would be an efficient means for students to obtain knowledge about resources
25 on campus committed to addressing their mental health, wellness, and basic needs;

26
27 Whereas, A survey (the “ACHA-NCHA III Survey”) was conducted by Curry Health Center
28 (“CHC”) and the American College Health Association National College Health Assessment III
29 (“ACHA-NCHA III”) in Spring of 2021 to collect data pertaining to UM student’s overall
30 wellness;

31
32 Whereas, The ACHA-NCHA III Survey found that 44.5% of UM students reported stress
33 impeding their academic achievement¹;

34
35 Whereas, The ACHA-NCHA III Survey found that 37% of UM students reported anxiety
36 impeding their academic achievement²;

37
38 Whereas, The ACHA-NCHA III Survey found that 28.2% of UM students reported depression
39 impeding their academic achievement³;

40
41 Whereas, The ACHA-NCHA III Survey found that 83% of UM students reported moderate to
42 high levels of stress during the past year⁴;

¹ Appendix 1.

² Appendix 1.

³ Appendix 1.

⁴ Appendix 1.

43
44 Whereas, The ACHA-NCHA III Survey found that 47.3% of UM students reported moderate to
45 serious levels of distress during the past year⁵;
46
47 Whereas, The ACHA-NCHA III Survey found that 34% of UM students reported feeling
48 nervous most or all of the time⁶;
49
50 Whereas, The ACHA-NCHA III Survey found that 83% of UM students reported feeling
51 hopeless most or all of the time⁷;
52
53 Whereas, The 2020 #RealCollege survey (the “Real College Survey”) was conducted at UM by
54 The Hope Center for College, Community, and Justice at Temple University;
55
56 Whereas, The Real College Survey found that 63% of UM students experienced at least one form
57 of basic needs insecurity⁸;
58
59 Whereas, The Real College Survey found that 32% of UM students experienced food insecurity
60 in the prior 30 days⁹;
61
62 Whereas, The Real College Survey found that 50% of UM students experienced housing
63 insecurity in the previous year¹⁰;
64
65 Whereas, The Real College Survey found that 23% of UM students experienced houselessness in
66 the previous year¹¹;
67
68 Whereas, The Real College Survey found that 44% of UM students had not heard of emergency
69 aid programs on campus¹²;
70
71 Whereas, The Real College Survey found that 50% of UM Students experiencing basic needs
72 insecurity did not apply for campus supports because they did not know how¹³;
73

⁵ Appendix 1.

⁶ Appendix 1.

⁷ Appendix 1.

⁸ Hope Center for College, Community, and Justice at Temple University, “2020 #realcollege Survey School Report” (2021). ASUM Renter Center Publications. 6. http://scholarworks.umt.edu/renter_enter_pubs/6.

⁹ Hope Center for College, Community, and Justice at Temple University, “2020 #realcollege Survey School Report” (2021). ASUM Renter Center Publications. 6. http://scholarworks.umt.edu/renter_enter_pubs/6.

¹⁰ Hope Center for College, Community, and Justice at Temple University, “2020 #realcollege Survey School Report” (2021). ASUM Renter Center Publications. 6. http://scholarworks.umt.edu/renter_enter_pubs/6.

¹¹ Hope Center for College, Community, and Justice at Temple University, “2020 #realcollege Survey School Report” (2021). ASUM Renter Center Publications. 6. http://scholarworks.umt.edu/renter_enter_pubs/6.

¹² Hope Center for College, Community, and Justice at Temple University, “2020 #realcollege Survey School Report” (2021). ASUM Renter Center Publications. 6. http://scholarworks.umt.edu/renter_enter_pubs/6.

¹³ Hope Center for College, Community, and Justice at Temple University, “2020 #realcollege Survey School Report” (2021). ASUM Renter Center Publications. 6. http://scholarworks.umt.edu/renter_enter_pubs/6.

74 Therefore, Let It Be Resolved, That ASUM encourages all UM Faculty to include a statement on
75 their syllabi stating that mental health, wellness, and basic need services are available on campus
76 for students;

77
78 Therefore, Let It Be Further Resolved, That the following statement or a statement similar be
79 encouraged to be adopted into all syllabi:

80
81 *UM offers a variety of resources to support students' mental health, wellness, and basic*
82 *needs.*

83 *ASUM Bear Necessities supports students experiencing basic needs insecurity. Services*
84 *include assistance with the difficulties including but not limited to housing, food, and*
85 *financial insecurity. Bear Necessities is in UC 118 or can be contacted by calling (406)*
86 *243-2017.*

87 *UM Food Pantry provides food, personal care items, and SNAP application assistance to*
88 *students. The Food Pantry is in UC 119 and can be contacted by emailing*
89 *umpantry@mso.umt.edu or calling (406) 243-5125.*

90 *Wellness Center offers programs and services on a variety of topics impacting health and*
91 *wellbeing including stress management, healthy sexuality, safe partying, tobacco*
92 *cessation, safe sex, exercise, and mindful eating. The Wellness Center is at the East*
93 *entrance of Curry Health Center, Room 112 or can be contacted by calling (406) 243-*
94 *2809.*

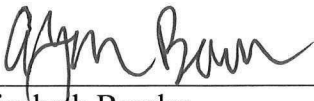
95 *Curry Health Center offers low-cost individual counseling to students and free group*
96 *counseling. Individual therapy includes a no cost initial consultation and up to 12*
97 *sessions per academic year for \$25 per session.*

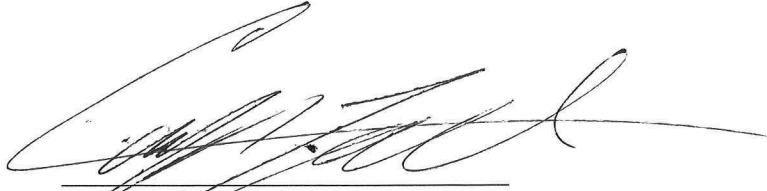
98 *Student Advocacy Resource Center (SARC) supports students and their right to an*
99 *academic setting free from discrimination, unwelcome physical, sexual, emotional or*
100 *social coercion, and provides services to listen, believe, assist, and support students who*
101 *may be facing these issues. The SARC office is located at Curry Health Center, Room 108*
102 *or can be contacted by calling (406) 243-4429 and the twenty-four (24) hour crisis line*
103 *number is (406) 243-6559.;*

104
105 Therefore, Let It Be Further Resolved, That this Resolution be sent to Kimber McKay, Chair of
106 Faculty Senate.

107
108
109 Passed by Committee: November 14, 2021

110
111 Passed by ASUM Senate: November 17, 2021

112
113 
114 _____
115 Elizabeth Bowles,
116 Chair of Relations and Affairs



Canyon S. Lock,
Chair of the Senate

117
118 Passed Unanimously.