

To: Members of the Western Illinois University Board of Trustees
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From: Joe Rives, Vice President, Quad Cities, Planning and Technology

Date: September 30, 2009

Re: September 2009 Strategic Plan Update

With much media attention given to seasonal flu, H1N1, and other health issues, this month's *Strategic Plan Update* illustrates how the continued successful implementation of *Higher Values in Higher Education* promotes the health and wellness of students, faculty, and staff.

Through the value of educational opportunity, Western Illinois University provides comprehensive health and wellness information, counseling, services and programs. For the flu, a sampling of in these areas includes development of a H1N1 Website with new releases and health resources directly off the University Website. The WIU Pandemic Flu Website, www.wiu.edu/rnep/pandemicflu.php, contains Western's *Pandemic Preparedness and Response Plan*, WIU health news releases, and general health information.

Between September 22-23, 1,288 students were vaccinated at Beu Health Center's seasonal flu shot clinics, held in the University Union and in the residence halls. There will also be approximately 80 doses of seasonal flu vaccine have been held for the Quad Cities campus seasonal flu shot clinic from 11 a.m.–4 p.m. Wednesday, September 30th.

On September 22, President Goldfarb signed a proclamation declaring Western's participation in Clean Hands Week led by the U.S. Department of Health and Human Services, U.S. Office of Disease Prevention and Health Promotion and National Environmental Health Association. The signing also supports the Center for Disease Control and Prevention's stated need for all individuals, as a public health imperative, to routinely wash hands to prevent the onset of illness.

In addition to flu concerns, Western Illinois University supports substance abuse and education programs. For example, and as documented in the Vice President for Student Services 2009 Planning and Accomplishments Report, Student Services:

- Continued availability of alcohol and other drug assessment through Alcohol and Other Drugs Center. Staff from the AOD provide substance abuse counseling, treatment, DUI evaluations, DUI risk education, prevention programs and DUI early intervention.
- Implemented an Alcohol Risk-Reduction Steering Committee (consisting of students, faculty, and staff) and established sub-groups on intervention strategies, research, resources, data and evaluation, *Drug Free Schools and Communities Act* compliance, and policy.
- Initiated on-line AlcoholWise pre-matriculation education for all incoming freshmen. Test results show a 50% increase in knowledge from pre-test to post-test data.

The Division of Student Services supports late night programming as alternatives to alcohol consumption, and the University provides health and wellness initiatives targeted to the specific needs of members of the campus community. For example:

- The 3rd Annual First Night Fun is a collaborative program during opening weekend with University Housing and Dining Services, Student Development and Orientation, Campus Recreation, Student Government Association, Inter-Hall Council, and other groups across campus. The event draws over 2,000 students to the intramural fields for a carnival, live music, and fun giveaways. The program's highlight is the close to 3,000 t-shirts worn by faculty, staff, and students on opening to promote the evening program. A similar themed Block Party is also held on the Quad Cities Campus, and this year the event was opened to area alumni and local colleges and universities.
- The annual Mud Volleyball tournament kicks off every new school year for University Housing and Dining Services, and is just one of many ways students can get involved. This year, the event raised \$3,200.
- Big Pink Volleyball, Western Illinois University's annual breast cancer fundraiser sponsored by Thompson Hall and Campus Recreation, started Monday, September 28, and features a record number of teams (191) and participants (nearly 1,300).
- Western Well promotes the health and wellness through a wide variety of programs and services offered to University faculty and staff. Activities include personal fitness training; the Western Walks program; blood pressure, bone density, and cholesterol screening programs.
- The Employee Assistance Program (EAP) is a confidential service free to all University employees eligible for benefits and their families. The EAP provides positive, professional assistance to individuals experiencing some type of personal problem, e.g. marital or family problems, emotional stress or depression, alcohol or drug dependencies.
- The Western Illinois University Counseling Center will offer WIU students, faculty and staff the opportunity to learn about the signs and symptoms of depression, as well as to participate in an anonymous free depression screening as part of National Depression Screening Day from 8:30 a.m.-3:30 p.m. Thursday, Oct. 8 in Olson Hall 247.
- Beu Health Center supports Students TALK -- teaching, awareness, listening and knowledge. The program provides wellness programs for individuals who live in the University's residence halls and in Greek residences, and it supports awareness events, including Sexual Responsibility Week, Safe Spring Break, the Great American Smoke out, Breast Cancer Awareness, flu shot clinics and the hand washing promotion for hygiene and illness prevention.
- Beu Health Center also offers physical exams and laboratory testing tailored to each student's specific needs. Specialized services include: diagnosis and treatment of sexually transmitted diseases, education on sexual risk and emergency contraception, well-person care and preventative education, annual examinations, self-exam techniques, and diet and lifestyle education.

Of course there are many more programs, services, and events supporting the health and wellness of members of the Western Illinois University campus community. These are just some of the examples supporting the priorities and goals of the [Strategic Plan](#). If you have any questions about or feedback regarding the materials presented in this month's *Strategic Plan Update* and/or regarding the continued successful implementation of *Higher Values in Higher Education*, please contact me.

cc:	President Goldfarb	COAP President Meixner	Alumni Council Chair Clawson
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