CHAPTER XXXIII
Health and Wellness Committee Bylaws

Section 1: Purpose

(a) This Chapter shall establish and govern the Health and Wellness Committee as a committee under the purview of the Associated Students of the University of California at Riverside as well as all participating health, counseling, and wellness programs offices and the Graduate Student Association. The Health and Wellness committee shall be a liaison between the student body to the Student Health Advisory Committee (SHAC) and the administration of the Student Health Services.

(b) The Health and Wellness Committee shall bring together student representatives found in partnership with UCR’s health, counseling and wellness offices, as well as representatives from the Associated Students of UCR and the Graduate Student Association. These student representatives shall collaborate on projects to identify, address, and educate others on issues affecting the ability of UCR to meet the needs of UCR's students, in order to advance the UCR Principles of Community, as referenced in Section six (6).

Section 2: Powers and Responsibilities

(a) The Committee shall be responsible for, but not limited to, the following:

i. Work with administration and the counseling center to relocate funding and increase staffing.

ii. The Health and Wellness Committee shall have the authority to make recommendations on changes in any health related policy at UCR, develop action campaigns, and proceed with these campaigns with support from ASUCR, SHAC, as well as participating health, counseling and wellness offices, and review all matters pertaining to the mental and physical health and wellness of the campus body to ensure that they adhere to and protect the interests of all UCR students.

iii. Work with administration, SHAC, and all student health services including but not limited to the counseling center, the wellness center, the health center, any mental health related center, and ASUCR to provide additional mental and physical health and/or wellness training opportunities for students, faculty/staff, and graduate teaching/research assistants on how to recognize and respond to students in distress

iv. Be responsible for developing of comprehensive, campus-wide approaches to suicide and self-harm prevention

v. Social marketing campaigns to reduce stigma and discrimination for those living with a mental and physical illness

vi. Launch of an anonymous online interactive suicide prevention screening tool
vii. Work with administration and Student Health Services to reevaluate all of the preexisting staff/counselors on campus

viii. Review all legislation up to vote by the ASUCR Senate pertaining to any community requiring mental and physical health and wellness resources and/or involved in mental and physical health and wellness matters on campus and make suggestions to the ASUCR Senate,

ix. Conduct tabling as necessary in order to promote and advocate for campaign(s) developed by the committee Facilitate one (1) large-scale event as a cross-collaborative event between the Student Health Services at UCR and ASUCR at least once per academic year

x. Assist the Student Health Advisory Committee in the annual SHS student satisfaction survey and reviewing the results

Section 3: Committee Members

(a) The Health and Wellness Committee shall consist of at least six (6) members as follows:

i. At least one (1), maximum three (3), student(s) responsible for maintaining a relationship with all of the following offices:
   a. Counseling and Psychological Services (CPS)
   b. The Well
   c. Student Health Center
   d. Women’s Resource Center
   e. Active Minds
   f. LGBT Resource Center
   g. The Diversity Council
   h. Associated Students Chancellor’s Committee on Sexual Assault and Sexual Violence Prevention
   i. Highlander Orientation/Residence Hall
   j. Fraternity and Sorority Involvement Center
   k. Two (2) ASUCR Senators
   l. One (1) representative from the following offices:
      1. ASUCR Office of the Vice-President of External Affairs
      2. Graduate Student Association
      3. ASUCR Office of the Vice President of Campus Internal Affairs

(b) The process for appointing members to the Committee shall be as follows:

i. The ASUCR office of Internal Affairs shall appoint one (1) student, after being interviewed, representative from their respective office upon being contacted by the ASUCR Personnel Director at the beginning of each Fall quarter of every academic year.

ii. These appointments shall be made within two (2) weeks of contact by the ASUCR Personnel Director in order to assure that the Committee begins to meet promptly every year.

iii. The ASUCR Personnel Director shall appoint two (2) ASUCR Senators to the Committee
iv. The Health and Wellness committee shall convene internally to appoint a Chair of the Committee by a majority vote.

v. The ASUCR Vice-President of External Affairs and the Vice-President of Internal Affairs shall each appoint one (1) representative from their respective office upon being contacted by the ASUCR Personnel Director. These appointments shall be made within two (2) weeks of contact by the Personnel Director.

vi. The President of the Graduate Student Association shall appoint one (1) representative from GSA upon being contacted by the ASUCR Personnel Director. This appointment shall be made within three two (2) weeks of contact by the Personnel Director.

(c) Term of office for each member of the Committee shall be from appointment until the end of the academic year.

Section 4: Officers

(a) The Committee shall have two (2) officers, a Chairperson and a Vice-Chairperson, whose duties will be as follows:
   i. The Chairperson shall be in charge of coordinating all meetings of the Committee, creating agendas for these meetings, presiding over these meetings to ensure that the agenda is being followed and that the conversation remains orderly, sitting as a student representative on SHAC and reporting all actions of the Committee to the ASUCR Senate.
   ii. The Chair shall contact the Committee members to coordinate the first Committee meeting, preferably at the start of the academic year, in which a permanent Vice Chairperson shall be elected by a majority vote of the Committee.
   iii. The Chair shall report to the Senate as needed.

(b) The Chairperson and their duties shall also be governed by the following provisions:
   i. The Committee shall meet monthly and/or as needed as determined by the Chairperson.
   ii. In order for the Committee to meet, quorum must be met. Quorum is met when a majority of the Committee is present.
   iii. The agenda for each meeting will be approved by a majority vote of all the members of the Committee before the meeting may proceed.
   iv. Committee meetings shall run according to the standard Robert's Rules of Order
   v. The Chairperson shall not act as a voting member unless there is a tie amongst the members of the Committee.

(c) The Vice-Chairperson shall be in charge of taking detailed minutes of each meeting of the Committee, ensuring the minutes are posted on the ASUCR website, sending these minutes to all members prior to the beginning of the following
meeting, acting as Chairperson in the absence of the Chairperson, and helping the Chairperson with their duties as needed.

(d) The Vice-Chairperson and their duties shall also be governed by the following provisions:
   i. The Vice-Chairperson shall be a voting member except when acting as Chairperson in the absence of the Chairperson, in which case he/she shall only vote in the case of a tie as the Chairperson normally would.

Section 6: UCR Principles of Community

(a) Program Goals/Objectives
   i. Provide students with information on mental health issues, particularly depression, anxiety and prevention of suicide.
   ii. Provide students with information on self-health, care, and wellness.
   iii. Provide students information with on-campus resources where they can receive assistance.
   iv. Provide students with a website for resources both on campus and off campus for a variety of related health issues, including depression, anxiety, PTSD, eating disorders, and alcohol and other drug issues.
   v. Decrease overall stigma of mental health and mental illness and help seeking-behavior campaigns.
   vi. Encourage students to seek professional help for their mental and physical health when needed.
   vii. Raise awareness of college student suicide rates, suicide prevention, the importance of healthy relationships, and expressing emotions.
   viii. Promote the services and resources of our on-campus Counseling Center, Health Center, and the Well to any students who may be struggling with health related issues.
   ix. Raise awareness of campus resources to address stress and other mental health issues.
   x. Give students some tools to help them manage stress particularly during finals/midterms.
   xi. Engage students and the campus community in an activity that breaks down stigma.
   xii. Engage the faculty in the suicide awareness efforts on campus.
   xiii. Increase knowledge about the multiple dimensions of suicide.
   xiv. Increase dialogue and decrease stigma about suicide.
   xv. Open discussion about mental health using popular social media.
   xvi. Provide incoming freshmen and first year transfer students with mental health and wellness awareness education during Highlander Orientation as one of the required workshops with their Highlander Orientation group.
   xvii. Make sure this education goes further than just orientation by providing information about programs offered around campus and offer leadership opportunities through these resources (such as this Health and Wellness Committee).
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