

The Wellness Fee- FY22

In its eleventh year of operation, the IWC serves as a comprehensive health and wellness education facility engaging, inspiring, and fostering an environment of shared knowledge and experiences for better well-being at Winona State. The facility houses multiple departments and programs that work collaboratively across campus, and it provides permanent academic spaces as well as programs focused on an integrated approach to enhancing all students' success and well-being.

Programs & Departments Housed in the IWC

What students see:

Access to the strength & fitness center

What we need to communicate better:

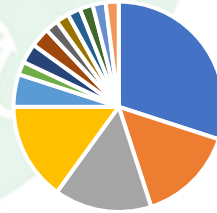
Basic Needs Resources & Support

Mental Health Promotion- MHFA and other evidence-based trainings,

peer support, stigma reduction, Jed Campus

Gender-based Violence Prevention, Education and Postvention

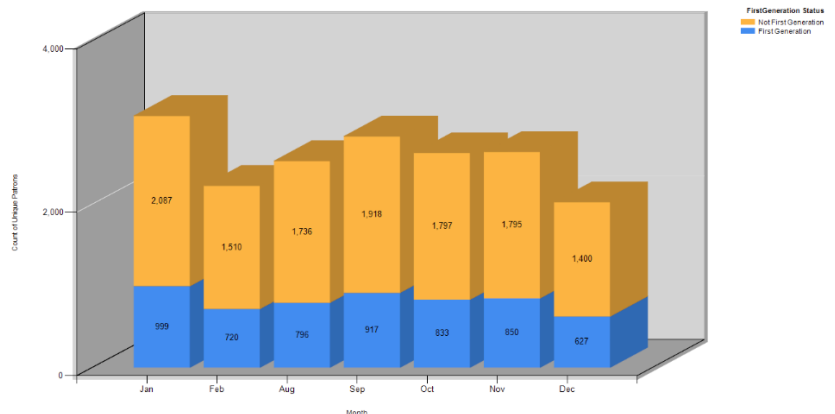
Strength & Conditioning & hundreds of opportunities for student practicum and leadership.



The Strength & Fitness Center:

- Experiences 2000-4000 “swipes” per day
- Employs around 70 students each semester
- Oversees 20-30 paid and unpaid internships
- Creates opportunities for hundreds of volunteer opportunities per year
- Provides outreach on campus and in the community engaging hundreds of students through coursework and praxis throughout the year.

- Fitness & Wellness
- Health & Wellness Services
- Counseling Services
- Rec Sports & Intramurals
- Integrated Wellness
- The Well
- Gender-based Violence Prevention & Education
- The Warrior Cupboard
- HERS Nutritional Sciences Lab
- Athletics Administrative Offices
- Athletics Hall of Fame
- HERS Rehabilitative Sciences Lab
- HERS Athletic Training Lab
- Facilities Services



Total Count of Unique Patrons: 4,743

Wellness Fee (IWC) FY22

Major Programs Supported and Coordinated through IWC:

- **Warrior Cupboard**
 - 63 regular users since August 2019; 87 total
 - Average usage 20 swipes per semester (up from 7)
 - Majority of food and fundraising is DONATION-based (Senate \$3000)
 - Over 15,000 lbs of food distributed to date, since 9/2017. (Over 6500 since 8/2020)
 - Education and referrals to local, state and national resources
- **Wellness Challenge, Employee Wellness Program and Noontime Well Practice**
 - Engages student leadership in promotion of inclusive health and wellness practice
 - Over 100 individual participants per year- reduced in 2020/21 due to Covid
- **Jed Campus Program**
 - 2018-19 through May 2022
 - Healthy Minds Study (2018/2020/2021)
 - Comprehensive, campus-wide strategic planning to improve mental/emotional well-being
- **Mental Health Promotion**
 - Student-initiated projects
 - Active Minds initiated projects
 - Green Bandana Project
 - Trainings in Trauma-informed response and teaching
 - Trainings in Mental Health First Aid, QPR, and other evidence-based programs offered at no cost across campus
 - Peer Support program development
 - Covid-19 Campus Engagement Committee on Mental Health
 - Education, support and referrals for self-care and professional support

- **Community Engagement**

- Morrie Miller Foundation partnership with WACS and Cotter
- 70 trainings in mental health promotion and resilience throughout the community engaging WSU students
- MN State SE ongoing partnerships and collaboration

Ongoing upgrades and repairs are a regular part of business in the IWC

- **Routine/preventive maintenance**

- Annual resurfacing of basketball courts, fitness studios
- Renovation of wall mural
- Handrails on walking track and stair cases
- ADA compliant entrances and doors
- Landscape and outdoor space
- Warrior Cupboard operation (not food)
- IWC Windows
- Talbot Gym (FY21-FY22)

- **Improvements**

- Rotation of old and addition of new treadmills and fitness equipment
- Landscape improvements

- **Repairs**

- Plumbing
- Restrooms
- 2nd floor track railings
- Walls, floors, windows and doors
- Shared use athletics spaces, materials, and equipment (Sports Clubs, Intramurals, Student Clubs, Athletics programs)