

Student-Athlete Well-Being Subcommittee 1st Meeting

10-25-2021

Introductions: Cathy Moen, Katie Wille, Alyson Hagy, Scott Chamberlain, Kim Chestnut, Taylor Stuemky, and Rachel Pietsch.

Cathy read the mission statement.

Katie Wille announced her family is moving back to Ohio and will finish out the semester remotely.

SAAC Report by Pres. Rachel Pietsch

- SAAC provided donuts and coffee for SAs when school started.
- Held a Gatorade Pong tournament for SAs.
- Set out Halloween candy in the Office of Academic Support.
- Planning to have Beat the Sheep cookies in the HAPC leading up to the CSU game.
- Nov 3rd is next SAAC meeting.
- Xmas party in early Dec (TBA)
- The new SAAC Social Justice Chair to represent UW in Conference is Jackson Marcotte, a 5th year FB player and law student.
- Initiatives
 - Social Media campaign on inclusion
 - #MakeHerMark Campaign
- Mental Health Screenings held last week.
- Working at building community relationships.

Review of Mental Health and Well-being policies and procedures by Katie Wille.

- Sexual assault policy and procedures will remain the same except for some change in language. (Taylor will present more about that later.)
- Appendix B Eating Disorders was added. (handout)
 - Worked with Dr. DeYoung of Psychology Department to create the program and also consulted with an expert in Denver.
 - Program will necessitate a lot of support personnel including doctors, counselors, nutritionists, coaches, and outside partners.
 - Partnering with University Counseling Center (UCC) and direct referral system with UHealth in Denver created specifically for athletes.
 - Talked about the “Female Athlete Triad”
 - Athletics does not have an eating disorders expert on staff, so in severe cases, UCC and outside partners will be filling in as necessary.
 - 15 SA’s getting treatment at this time, but Katie suspects there are many more who haven’t come forward yet.
 - Dr. DeYoung has suggested challenging the status quo with respect to weigh ins, other than the wrestlers.
 - More men SAs are suffering from eating disorders than women.

Trends and Outreach Reports by Katie Wille

- 564 counseling sessions conducted last spring, which is the most ever.
- Disordered eating sessions went up substantially since addition of program.
- 175 counseling sessions held over the summer.

Spring Outreach

- Did a couple of mental health first aid trainings.
- Three Big Sky Mindfulness Workshops held.
- Worked with golf and track teams as they finished their seasons.
- Several team building sessions with soccer team.
- Continued to meet with coaches and teams as needed.

Fall Outreach

- Offered two sections of WYO 1050 this fall.
- Alcohol screenings conducted. 35% needed further assessment.
- Depression and anxiety screenings also conducted. Identified SAs who were referred for more counseling.
- Partnerships with University Counseling Center (UCC), Wellness Center, and Counselor Education have benefitted 404 SAs through their participation.
- Screenings resulted in more sessions at the request of the SAs.
- Mind prep workshops will be offered before finals and the holidays to help SAs with associated stress.
- Katie was asked if COVID-related issues have increased, which was a definite “yes.” SAs are exhausted and anxious at having to continue COVID lifestyles. Some have gotten sick despite getting the vaccinated.

Priorities for SAWB

- Discussion about scheduling second meeting this semester.
- Alyson would like us to meet with SAAC at some time this academic year—next meeting is Nov 3rd at 7 p.m. Zoom option available. In-person meeting held at Micky’s in AA.
- Taylor, just back from maternity leave, will report on curriculum and policies review at a later date via email or another meeting.
- Bolstering career services and internship opportunities is a priority.
- Continued work on getting eating disorder program in place.

Student Affairs Suggested Involvement with SAAC by Kim Chestnut

- Diversity, Equity and Inclusion--getting information out on resources available.
- Discussions on impacts of COVID.
- Domestic Violence is up this semester—work on getting more info out on available resources and perhaps more discussions on the issue.

Other Discussion:

- SAAC is not as diverse as they’d like to be. Social Justice Rep Jackson Marcotte has been asked to join SAAC to help address this issue.
- Alyson suggested GEDIS and SAWB meet together next spring to discuss diversity issues on campus.
- There is a real desire from SAs for more mentoring outside of Athletics.

Cathy will keep in touch about any updates and perhaps schedule another meeting if necessary. Next APC meeting will be in November before Thanksgiving break.