

WOX Grant Application Form for 2022

12/6/21

Use and completion of this Application Form is required for submission of your grant. Only Applications using this template will be considered for an award.

The completed WOX Grant Application must be emailed to cassidycox@xavier.edu **and** a paper copy with appropriate signatures mailed or hand delivered to Cyndi Meyer, Alumni Building ML 5630 by 5 p.m. **March 1, 2022.**

NOTE: Applicants are encouraged to seek proposal assistance through the Office of Grant Services. Please contact Shari Howell by phone at 745-1904 or email at howells3@xavier.edu as early as possible and at least 10 business days before the due date.

PROPOSAL FOR WOX GRANT

Title of Proposed Project: **Student Wellbeing Advocacy Group (SWAG) – Peer Education Program**

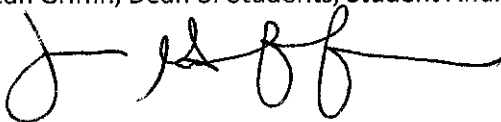
Amount Requested: \$20,000 for two years

Name of each applicant, their position and signature:

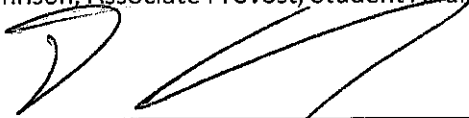
Kaity Rowe, Wellbeing and Coaching Coordinator
Jean Griffin, Dean of Students

Add ALL appropriate signatures below as outlined in the Guidelines document for the WOX Grant Awards. For each approval needed, please type the **person's name, title, email address, and have them physically sign the Application.**

Jean Griffin, Dean of Students, Student Affairs, griffini6@xavier.edu



Dave Johnson, Associate Provost, Student Affairs, johnsond8@xavier.edu



Provide a brief abstract that clearly and concisely states the aim of your project, anticipated value for XU students and/or faculty, and the indicators of success: (maximum 350 words)

Xavier University continues its innovative partnership with TriHealth to establish a campus culture of wellbeing. With the generous support of a Women of Excellence grant, Xavier's **Student Wellbeing Advocacy Group (SWAG)** has laid a critical foundation in peer-led wellbeing programming that will allow the partnership to meet the exciting and demanding challenges associated with engaging students in these efforts. Since 2014, SWAG Peer Educators have played a leading role in educating Xavier students about wellbeing topics such as mental health, alcohol and drug abuse, reproductive & sexual health, stress management, physical activity, nutrition, and sleep.

National research and SWAG program assessment data support the efficacy of peer-led programs in raising awareness and changing behavior around health and wellbeing issues. Xavier and TriHealth partners have developed an eight-dimension wellbeing model for our campus community that was unveiled in 2018 and has come to life in the new Health United Building (the HUB). The SWAG Peer Educator program has been a critical

component of the implementation strategy for the wellbeing model. SWAG is prominently located in the HUB within the Student Wellbeing Services suite off of the building's spine, which garners higher visibility for SWAG. The peer educators have an open and welcoming space in which to invite students for one-on-one conversations and conduct wellbeing programs. Therefore, our goals for the SWAG program for the next two years entail increasing individual student interaction with the peer educators during their office hours, as well as increasing participation in programs offered through tabling, residence life, and other student clubs.

The Women of Excellence Giving Circle has provided a basis for wellbeing programming that has positioned the University well for future growth in our wellbeing initiatives. Continued support of the SWAG Peer Educator program will position the Women of Excellence Giving Circle in the center of one of the most innovative and impactful initiatives that Xavier University has embarked upon, and we are grateful for your consideration.

NARRATIVE

Please provide a detailed project description (in #1) and answer the questions below (#2 - #8) Limit the length of your answers (including project description) to three single-spaced, typed pages.

1. Provide a detailed description of your project; what will take place, where, when, and who will be involved in the project, and the timeline. (maximum 1 page)

Xavier's partnership with TriHealth represents a shared goal to create a culture of wellbeing on campus. Our collaboration has resulted in the creation a new eight-dimension model of Wellbeing for Xavier students and employees. The **Student Wellness Advocacy Group (SWAG)** has been a central component of the implementation strategy for this campus wide initiative, as it relates to engaging students. A Women of Excellence grant to continue SWAG's work would allow this successful peer-led program to grow into the new opportunities presented by the Xavier-TriHealth partnership and opening of the Health United Building. The following description will outline our plans for SWAG, should we receive the generous support of a Women of Excellence grant.

What: A Women of Excellence grant would allow SWAG to engage in two primary functions over the next two years; 1) continue to collaborate with Xavier and TriHealth staff to develop a strategic plan that maximizes SWAG's centrality in the new Health United Building (HUB) and 2) continue to engage current Xavier students in effective health promotion events. Specifically, a WOX grant would provide funding for 8 student leaders to be trained as Peer Educators and receive valuable work and leadership experience. The Division of Student Affairs will continue to fund the Graduate Student Coordinator who provides direct supervision to the Peer Educators. In addition, TriHealth has provided a dedicated professional staff member to serve as Xavier's Wellbeing and Coaching Coordinator for the past five years, and this person also serves as the supervisor and advisor to the graduate coordinator and peer educators. This generous support from TriHealth will continue to enhance SWAG's program offerings.

When: Moving into the 2022-2032 academic year, SWAG will be more visible to the student body through their expanded efforts for health promotion programming through tabling, Residence Life programs, and offering peer support during Peer Educator office hours. While professional staff from Xavier and TriHealth will provide important content expertise, student voices are essential to ensure that HUB programs respond to current student trends and needs. SWAG Peer Educators are not only prominent given their physical location in the central spine of the building but also programmatically as they lead events to promote the eight dimensions of wellbeing in collaboration with other departments in the new building and across campus. This work will continue through the 2023-24 academic year.

Who: Operationally, SWAG will be linked to Xavier's Dean of Students Office, Student Wellbeing Services and supported by the TriHealth Wellbeing Coordinator, Kaity Rowe. Kaity has a Master's degree in Health Promotion along with ten years of experience in preventive health education and wellbeing coaching, which will help ensure that SWAG programming is evidence-based and effective. SWAG will also continue the model of employing 8 Peer Leaders and 1 Graduate Coordinator, as it has been a proven and successful. SWAG Peer Educators will continue to receive training from the BACCHUS Network (a nationally recognized and evidence-based Peer Educator training program) on foundational peer

education principles and skills. SWAG Peer Educators will also receive content training aligned with Xavier's eight-dimension wellbeing model, providing SWAG with a framework to address critical wellbeing topics. Using SWAG's engaging and effective methods of peer education, we are confident that we will achieve increased awareness, resource utilization and overall well-being in the Xavier student community. **Timeline:** Xavier and TriHealth team members have been working to share our eight-dimension wellbeing model with the entire campus community, with SWAG peer educators focusing on programming for students. With the support of a Women of Excellence grant, we will continue this work through recruiting a new graduate assistant and 3 new Peer Educators (to add to our 5 returning peer educators) late this spring so that we can continue to make an impact on Xavier's culture of wellbeing for students at the start of the 2022-2023 academic year.

2. How does this proposed project enhance the mission and purpose of Women of Excellence?

SWAG has and will continue to enhance the mission and purpose of Women of Excellence by working to develop women students into organizational leaders who have an understanding and commitment to wellbeing. By serving as Peer Educators, women will experience the value, power and impact of contributing their unique perspective to their community in a holistic manner. While the SWAG provides both male and female Peer Educators with the opportunity to positively impact the Xavier community, over the past six years, female students have held the majority of the Peer Educator spots and have served as leaders of the organization. In SWAG's first six years at Xavier, we have witnessed the transformation of our Peer Educators into passionate leaders committed to promoting not only college student wellbeing but also social justice and lifelong wellbeing. Past female peer educators have been additionally recognized by the university as Arrupe Leaders, Community-Engaged Fellows, and recipients of All Honors Day awards. The current SWAG PEs and the future PEs will continue to reflect Women of Excellence's mission and purpose of honoring, extending and advancing the legacy of Xavier University's women graduates.

3. How will this project further the mission of Xavier University to “engage and form students intellectually, morally and spiritually, with rigor and compassion, toward lives of solidarity, service and success?”

The SWAG Peer Educator Program furthers the mission of the University by operationalizing Xavier's commitment to cura personalis, or care for the whole person. Through programming focused on a range of issues paramount to student wellbeing and success including emotional and physical wellbeing, SWAG encourages the intellectual, moral, and spiritual growth of both the Peer Educator and those with whom she or he interacts. The peer education model exemplifies solidarity, service, and success by and among students. As the program has developed, returning Peer Educators have served as experienced educators in action and mentors for newly selected Peer Educators. This is an important component of our Peer Educator program that will carry on as the program continues to grow.

Examples of SWAG Programs include:

- Suicide Prevention Month programs that raise awareness and teach students how to recognize signs of crisis and how to intervene
- Annual Health & Wellbeing Fair to provide education and resources on the dimensions of wellbeing
- Annual Spike Out Stress Volleyball Tournament to promote social wellbeing and education on stress management

4. Why is this project important? Does it address a gap within existing University programs?

Thanks to SWAG, Peer Education has proven to be an effective model to fill existing gaps in prevention education initiatives on campus. SWAG currently leads the way in promoting emotional health and suicide prevention. Our assessment efforts indicate that SWAG effectively increased awareness and service utilization for students needing mental health support. Over the past four years, the number of Xavier students accessing clinical mental health services has grown by more than 50%. This rate exceeds national trends for counseling utilization and points to both the success of SWAG's awareness raising efforts and the continued need to engage these topics with our students. A prime example of this is the leadership role that one of SWAG's female peer educators has taken in suicide prevention work, reaching out to academic departments to

incorporate QPR Suicide Prevention training into its coursework. She has also engaged with other campus partners to bring QPR to student organizations.

Further, we know that peer-to-peer interaction is an essential tool in engaging students on wellbeing issues, and SWAG is currently the only student-led group on campus that engages in health promotion efforts on campus that are specific to Xavier's dimensions of wellbeing. As Xavier has formalized our eight-dimension model of wellbeing and joined with TriHealth professionals to help guide our programming efforts, the student voice and connection will remain essential. SWAG has demonstrated the value of peer-led education and moving forward on our wellbeing culture change without peer-to-peer leadership would minimize the efficacy of our efforts.

5. What is the expected outcome of your project? How many people (faculty, staff, students) will be engaged in your project? If the project will continue beyond the Grant timeline, what are your plans for future funding?

Expected outcomes of our project include:

- 1) 8 SWAG Peer Educators and 1 Graduate Coordinator trained and delivering programming annually, working with the TriHealth Wellbeing & Coaching Coordinator and Dean of Students
- 2) SWAG Peer Educators work with Xavier and TriHealth staff to develop a health promotion strategic plan to be implemented in the Health United Building, based on the Xavier Wellbeing model
- 3) SWAG Peer Educators facilitating a minimum of 5 programs each per year in which they will be administering pre and post tests and evaluation tools to measure knowledge, attitude and behavior change
- 4) A minimum of 1000 students annually will engage with the SWAG Peer Education Program
- 5) Increased student awareness of campus resources designated to support student's wellbeing across the eight dimensions of the Xavier Wellbeing model

6. How will you measure the success of your project, if funded? What are the qualitative and quantitative measures that you will use to assess impact and effectiveness?

In its initial eight years, SWAG has developed consistent assessment techniques to measure the learning outcomes associated with student engagement in SWAG educational programs. As the SWAG program broadens the scope of the wellness issues that it addresses, we will continue to use these techniques along with proven qualitative and quantitative measuring tools and resources available through National resources including the Bacchus Network and the JED Foundation's Campus program. In addition, SWAG will track student participation in all events, as well as participation in peer support services and referrals to campus resources.

7. If your project is funded, how will the WOX Giving Circle be recognized as having played a role in the success / completion of your project? Give specific examples.

Over the past five years, SWAG has achieved remarkable visibility on campus which has in turn raised awareness of the Women of Excellence Giving Circle. The programs, events and workshops conducted by SWAG recognize the WOX Giving Circle as a partner in the cross-campus collaboration embodied in each event. As the SWAG program becomes more closely embedded in the Xavier-TriHealth partnership, the WOX Giving Circle will be promoted through both Xavier and TriHealth channels. In addition, that the WOX Giving Circle provided funding for the project will be indicated on all program materials and publications, as well as SWAG's website.

8. If you are applying for a 2-year grant, please explain why a 2-year award is important to the success of your project. (Note: these are projects that will take 2 years to complete, not for 2 years of funding for the same project).

The SWAG Peer Educator program has become a vital part of Xavier's campus, especially while students have been navigating the challenges of the pandemic. The student voice promoting overall wellbeing and mental health is crucial—students are more apt to listen to their peers and engage in help-seeking behaviors as the stigma around mental health is reduce. The SWAG peer educators contribute to decreasing stigma around campus with their programs and social media presence. The peer educators lend their own voices and stories, and Xavier students are able to see themselves reflected in those stories. As we move into the next two years, uncertainty and anxiety will persist, even after the pandemic has abated. The student voice and leadership promoting wellbeing will be necessary as students heal from the isolation and fear of the past year. The SWAG peer educators are uniquely positioned to offer

resources, education, and tools to help with that healing, and we appreciate the consideration to fund our project for another two years.

BUDGET

What is the amount of funding requested?

Below please provide a **detailed** budget with justification/need for each itemized expense.

- If your project requires students to be paid, that payment must be included as an itemized expense. For example, if your project requires 2 student coordinators, the role needs to be specified and included as an itemized expense. [i.e. Student workers: $2 \text{ students} * \$8.10/\text{hr} * 10 \text{ hrs/week} * 12 \text{ weeks} = \$1,944$; Student worker fringe benefits - $\$1,944 * 1\%$ (stated fringe benefits rate for full-time students) = $\$19.44$]. Note: Students must be paid as an employee and cannot be given stipends.
- If more than 25% of your budget is allocated toward food and incentives, specific detailed rationale and explanation for these expenses should be provided.
- Include a detailed list of supplies and equipment necessary to complete your project.
- If your project's total budget is greater than \$10,000 per year, other sources of support must be stated and appropriate documentation from other funding partners must be provided.
- All costs, including student pay rates, must follow University policy. Your budget for these items should take this into account. Please contact Shari Howell (howells3@xavier.edu) to discuss budget questions.

	Total Program Budget	WOX Request	Student Affairs	Dean of Students
Staffing				
Peer Educators: 8 students*\$9.30/hr*5 hrs/week*60 weeks (over 2 years)= \$22,320*1%=\$22,543.20	\$22,543.20	\$20,000		\$2,543.20
Graduate Assistant (\$8,000/year)	\$16,000.00		\$16,000.00	
BACCHUS Training Program				
Workbooks 4 @\$10 each (x 2 years)	\$160.00			\$160.00
Certification 4 @ \$10 each (x2years)	\$160.00			\$160.00
Food for training (\$150/year)	\$300.00			\$300.00
Ongoing Content Training				
Printing and Supplies (\$300/per year)	\$600.00			\$600.00
Advertising and Promotion				
SWAG giveaways (\$500/ year)	\$1000.00			\$1000.00
SWAG Peer Educator Shirts (\$250/year)	\$500.00			\$500.00
Flyers (\$200/year)	\$400.00			\$400.00
BACCHUS Regional Conference				
Registration for 5 attendees (\$300/year)	\$600.00			\$600
Travel & accommodations for 5 attendees (\$500/year)	\$1000.00			\$1000.00
Total:	\$43,236.20	\$ 20,000.00	\$ 16,000.00	\$ 7,263.20