

## Part 1: Plan

### MISSION

Our Wellness Center believes in a holistic approach, blending cultural practices with the best physical, emotional, mental and spiritual care. The Wellness Center provides students and staff with state of the art exercise equipment, supportive counseling services and healthy guidance-all with the support of spiritual growth using traditional methods.

### GOALS

SH: Healthy Campus Challenge and administer flu shots to 25% of the campus population

### ASSESSMENT/EFFECTIVENESS

Goals are measured with:

State audit findings

Install panic buttons

Presented an Award in DC in Jan 2017

Updated CH policy manual

Wellsteps reporting

Sign in sheets @ the Wellness Center

Participation in the fitness classes

Staff training provided on:

1. Active Shooter on 4/13/2016
2. Cutting: A Native Perspective on 10/5/16
3. AARC-monthly
4. Abuse/Neglect (960) -8/30/16
5. HIPPA/FERPA-8/30/16
6. Fire Safety-drill quarterly
7. Fire Safety training-1/26/2015
8. Karen Von Fossen-6/8/16

Practice Fusion training offered- 3/26/16, 5/31/2016

Employee donation

Wellness time: massages on October 2016

## Part 2: Report (to be completed by month/date)

### ASSESSMENT/IMPROVEMENT/EFFECTIVENESS ACTIVITIES

In conclusion, goals are more easily obtained with enough personnel and funding to meet the departmental goals.

#### **POTENTIAL ASSESSMENT/EFFECTIVENESS AREAS FOR NEXT YEAR/CYCLE**

- Continuously offer updated training to employees
- Fully staffed departments
- Purchase up-to-date equipment
- Supplies
- Professional Development
- More resources, i.e. funding or grants
- Signage for campus activities