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**S.R. 2019-2020**

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**A Resolution-**

**A Resolution to be entitled- “A Resolution bringing Wolverine Support Network (WSN) to Texas State University” in order to promote and address mental health and well-being through a peer to peer facilitated group model and bi-weekly community meetings.**

**Whereas:** approximately 1 in 5 adults in the U.S. experiences mental illness<sup>i</sup>; and

**Whereas:** Suicide is the second leading cause of death in college-age students<sup>ii</sup>; and

**Whereas:** Wolverine Support Network is designed to empower students to create a safe community in support of mental well-being and identity development. The peer-facilitated groups meet weekly and provide a place to discuss day-to-day stressors, build trust, and connect with students from all across campus. The Wolverine Support Network has over 60 WSN Leaders who co-facilitate the groups in teams of 2 or more, and there are groups scheduled almost every evening of the week, in multiple locations around campus (University of Michigan, Counseling and Psychological Services); and

**Whereas:** This program is meant to not only help the well-being of students on campus, but also works to destigmatize mental health while also creating an inclusive community; and

**Whereas:** In a national survey, more than 50 percent of college students reported feeling so depressed that it was difficult for them to function during the past academic year (American Psychological Association); and

**Whereas:** Colleges across the country have reported large increases in enrollment. (9) At the same time, college counseling centers have also observed an increase in the prevalence and severity of mental health issues experienced by students and an increase in the number of students taking psychotropic medications (Chadron State College); and

**Whereas:** Texas State University should be prioritizing the safety of students' mental health the same way they do their physical health; and

**Whereas:** Dr. Toni Watt is a Professor of Sociology at Texas State University who received her PhD in Sociology with an emphasis in Demography from the University of Texas at Austin. She teaches undergraduate and graduate courses in research methodology, drugs and society, and mental health. Her research is both academic and applied and focuses on improving children and youth who have experienced trauma and/or the foster care system; and

**Whereas:** Dr. Toni Watt, will be using her experience evaluating peer to peer support in the mental health field and her knowledge of mental health to work with student government to create the peer-to-peer support model on our campus; and

**Be it Resolved:** Bringing the Wolverine Support Network will provide a safe and open space for Texas State students be able to freely express themselves and mutually be able to improve their college experience together; and

**Be it Further Resolved:** This legislation be forwarded to the Student Body President for further action.

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<sup>i</sup> <https://www.nami.org/learn-more/mental-health-by-the-numbers>

<sup>ii</sup> <https://www.nimh.nih.gov/health/statistics/suicide.shtml>