

WRC Student Organization Policies and Protocols

The Wellness Resource Center is the umbrella advising office for any CCSGA Student Organization identified as doing work in Health & Wellness (see [CCSGA's Student Organization Handbook](#)). These student groups work hand-in-hand with the Wellness Resource Center to promote individual wellness which is embedded within an inclusive, healthy community. WRC-affiliated groups currently include:

- **Student Title IX Assistance and Resource Team (START)** exists to provide survivors of intimate partner violence, rape, and sexual violence of any kind with advocacy support. By working closely with the sexual assault response coordinator (SARC) and Title IX team, Peer Advocates for Students hopes to improve the experiences of students involved in Title IX cases at Colorado College. Peer Advocates for Students complete over 40 hours of Trauma Informed Care Student Advocacy Training. We provide support for students regardless of gender identity, sexuality, race, ethnicity, economic background, disability status, religion, or age.
- **Student Organization for Sexual Safety (SOSS):** a student coalition of passionate allies, survivors, and advocates who are dedicated to creating a healthy and safe sexual climate, as well as shifting the culture on Colorado College's campus towards ending sexual violence. We tackle issues through varied and intersectional lenses such as rape culture, sexual assault, rape, intimate partner violence, and other forms of abuse and trauma, while also celebrating and promoting healthy, pleasurable, and consensual intimate experiences. SOSS provides students with a platform to question and understand the intricacies of these issues and the ways in which they influence our community.
- **The Healing Project:** is a peer-facilitated support group for survivors of sexual assault that addresses the dynamic and ongoing process of trauma and healing.
- **GROW:** a student organization that advocates for mental health concerns in the Colorado College community. Weekly meetings offer support for students with eating disorders, depression, bipolar disorder, anxiety, OCD, panic disorders, addictive behaviors, and for students with occasional need of support and their allies. The group is not restricted to students who require mental health services, but rather provides the opportunity for all students to discuss their mental state in an open forum. Activities in the meetings focus on positive group support strategies.
- **NAMI on CAMPUS:** NAMI on Campus works to end the stigma that makes it hard for students to talk about mental health and get the help they need. We hold creative meetings, innovative awareness events, and offer signature NAMI programs through partnership with NAMI Colorado Springs. Our goal is to educate the campus community and advocate for improved mental health services and policies on campus.
- **You Before Me: Random Acts of Kindness (RAK):** provides the space and tools to empower CC students to engage with the rest of the CC community and the larger Colorado Springs community through random acts of kindness

We have internal management policies and protocols in order to best support the student groups within our umbrella.

For groups that provide support and/or advocacy for students, our primary focus is ensuring that student facilitators are equipped with the appropriate training and ongoing support to facilitate conversations and support relating to topics like mental illness and suicide, substance abuse, and sexual and relationship violence. The wellbeing and safety of those that the student organizations are striving to support is of the utmost importance. **Student leaders agree to:**

- annually complete the CCSGA Advisor Expectations Worksheet
- annually work with your advisor to establish Leader Goals & Objectives
- participate in trainings appropriate to the topics and mission of the group (i.e., trauma-informed care, basic mental health first aid or peer counseling skills, facilitating difficult conversations, suicide prevention); these basic trainings will be determined for each group in collaboration between the student groups and the WRC.
- meet regularly with their advisor to debrief meetings/sessions; schedule of meetings will be established with leaders each year.
- abide by protocols established with their advisor for identifying and responding to students who may be at risk for suicide or homicide, or who may be at risk in other ways that present a danger to themselves or others.
- We also strongly encourage student leaders to participate in additional training opportunities to build their understanding of the content areas that their groups focus on, as well as of prevention education programming, etc. (these trainings are offered by the WRC, as well as by other campus offices like The Butler Center).

For groups that are conducting prevention education for the campus community, our primary focus is ensuring that student leaders are conducting educational programming that meets the evidence-based best practice standards for prevention education, and that all prevention programming on campus is coordinated. We strongly encourage student leaders to participate in training opportunities to build their understanding of the content areas that their groups focus on, as well as of prevention education programming, facilitating difficult conversations, etc. (these trainings are offered by the WRC, as well as by other campus offices like The Butler Center). Additionally, **student leaders agree to:**

- annually complete the CCSGA Advisor Expectations Worksheet
- annually work with your advisor to establish Leader Goals & Objectives
- plan programs in consultation (and preferably in collaboration) with the WRC.

Regardless of whether student group missions are support or education focused, we ask that when planning events, all WRC umbrella groups fill out an Event Proposal Form one block prior to the proposed event date. This helps us ensure that we are not supporting programming that is in direct conflict with other health/wellness related programming, and allows staff time to plan their schedules to support student programming.

Are you interested in starting a new student organization focused on Health and Wellness topics? Follow the steps below to begin the process for becoming a WRC-affiliated organization.

1. Complete a New WRC Student Organization Application.
2. Schedule a meeting with a member of the WRC staff to discuss your application and any questions you have. Come to this initial meeting with the completed CCSGA Advisor Expectations Worksheet to guide our discussion and determine whether our office and our staff has the capacity to serve as your organizations' advisor, or if you need to seek additional staff advisor outside of this office.
3. Revise your student organization idea based on feedback from the WRC staff.
4. Submit a completed Advisor Agreement which establishes the training and consultation required for your group, as well as any protocols that must be followed (such as in circumstances where a student might be at risk for suicide).
5. Work with your advisor to develop your student group constitution.