1. MISSION—What is our purpose?

To best support our students and be positively involved in our community, the faculty and staff at UM-Helena must be happy and healthy in their work environment. Therefore, our mission is twofold: we aim to encourage and promote camaraderie among all members of the school community (faculty, staff, administration, students) as well as aspire to encourage healthy lifestyle practices and general wellness among all school employees. To help meet these goals, we provide a variety of activities campus wide.

2. AVAILABLE RESOURCES—What is available to us to achieve purpose?

We budget accordingly each year for luncheons, wellness magazine titles for break room, employee recognition monetary award and plaque as well as longevity pins. On top of this, our committee spends time and effort that cannot be quantified by a dollar amount to help promote and accomplish our mission.

3. GOALS—ACTION PLAN INTO STRATEGIC PLAN

Purchase specific magazine titles (wellness oriented), encourage healthier options at Joe’s Café, act as point of contact for enrichment and educational opportunities (Montana Shape-up, Fall and Spring Wellness Screenings, Helena Walk and Bike to work Challenge), coordinate end of semester luncheons, sponsor Bountiful Basket program, measured campus fitness walk route, distribute quarterly wellness newsletter.

4. ASSESSMENT W/CHANGES—Measurement of your progress toward goals and resulting revisions

The healthy option idea has yet to fully take hold although working with Josh Bennett seems to be a better contact for planning and we will continue to work toward this goal.

Due to changes at the MUS level regarding Wellness, there will now be two Well-Checks a year for us to coordinate. This gives members another chance to participate in enrichment and medically educational events. The numbers for the Fall Well-Check were as follows: Blood work – 124 (that is a record for Helena!), Flu shots – 101, Blood pressures – 68, Bone density – 72. We had 5 people participate in Shape-Up MT. Due to budget shortfalls, only 5 people
participated in Shape-Up MT. We will need to decide if we want to budget to subsidize this program going forward. 11 people participated in the Walk and Bike to work Challenge.

The end of semester luncheons were well attended and mostly well received.

The Bountiful Basket program is new beginning June 2012 so progress in that area is difficult to assess as of this moment.

The campus fitness walk will be mapped and posted to the website and the Wellness bulletin boards on both campuses beginning Fall 2012.

The newsletter is in the final planning stages and also will debut in Fall 2012.

A long term goal of the committee is to be recognized by the campus community as a point of contact for programs, initiatives and events that promote health and wellness.

5. **SYNOPSIS—State of the Program Summary**

   a. **STRENGTHS:**

   The makeup of the committee represents the campus community fairly well. The growth in understanding of the overall role it plays campus wide as well as understanding that a more limited scope of goals is better than trying to achieve too much on a broader spectrum is becoming more engrained. We generally have a 95% attendance rate at our monthly meetings, which is quite good.

   b. **WEAKNESSES:**

   We need a more diverse set of members, especially representation from the Airport Campus as a whole. This might help us educate the campus better as to our purpose and mission. Additionally, unlike many other committees, our mission is more nebulous, which makes it sometimes feel as if we are aiming at a moving or shifting target. We have members that rarely, if ever, make monthly meetings. The committee is sometimes challenged to develop annual goals that are measurable, but we are working toward this and being mindful is the first step of this process.

   **Core Themes**—please provide a summary of how the mission and goals of your program align and support one or more of the following:

   - Provide Access and Support: high quality opportunities to participate in educational activities and appropriate support
The Wellness Checks provide employees personal medical and lifestyle educational information. A healthier and happier employee is a better employee.

- Demonstrate Academic Excellence: high degree of quality in all programming

- Strengthen the Community: high level of response to community needs

The luncheons provide appropriate and necessary morale support to the entire school community and are often the only direct thank you many people recognize.