

TEXAS  STATE  
UNIVERSITY


*The rising STAR of Texas*

SG Legislation  
received by *EW*  
received date: *5/22/19*

MEMORANDUM

TO: Dean of Students Dr. Margarita Arellano  
Assistant Dean of Students Kathryn Weiser

DATE: Tuesday, April 30, 2019

FROM: Corey Benbow, Student Body President 

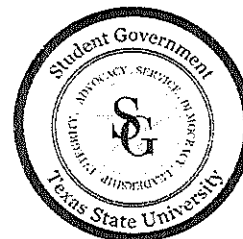
SUBJECT: S.R. 01 Bringing Wolverine Support Network to Texas State University

I approve this resolution passed by the Senate, which aims to bring a peer-to-peer support network to Texas State University for students affected by mental health. Mental health is just as important as physical health and should be a primary concern for the university. Enacted this legislation will be a step in the right direction for mental health wellness on our campus. We must provide many avenues of mental health support for our students and am proud of student government for taking the initiative to support our students.



X  
Corey F. Benbow

Student Body President '20



STUDENT GOVERNMENT

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*Texas State University was founded in 1899.*

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM

**Authors:**

Senator Wicker, Catherine

**Sponsors:**

Senator Garza, Gabriella

**S.R. 2019-2020.01**

**Date of First Reading: April 22, 2019**

**Date of Second Reading: April 29, 2019**

**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:** A peer to peer support model helps and supports other people that have very

**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 Resolved:** That the network be recognized as the Bobcat Support Network; 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>