



Senate Resolution 2324-087

Resolution to Allocate Funding for the Mental Health and Well-Being

Board's De-Stress Bag Project

Wednesday, April 10, 2023

Whereas the transition from high school to college can be a stressful time for students and take a toll on their mental health, and

Whereas the Student Government Association, and particularly the Mental Health and Well-Being Board of the Executive Branch, has made it a priority to provide students with mental health resources and initiatives on campus, and

Whereas college introduces new students to high-stress environments, homesickness, or experiencing feelings of imposter syndrome, among other issues, and

Whereas the negative mental health of college students has reached an all-time high being declared a national crisis by the American Psychological Association, and

Whereas more than 60% of college students met the criteria for at least one mental health problem, according to the Healthy Minds Study, which collects data from 373 campuses nationwide, and

Whereas As many as 75% of students who struggle with depression and anxiety are reluctant to seek help, and

Whereas it is the duty of this organization to support and assist students with mental health resources, and

Whereas the Student Government Association has the ability to provide students with different ways to de-stress and relax, and

Whereas this work can and should begin from the moment a new student sets foot on this campus, and

Whereas having knowledge early on about Butler University's mental health resources can make this life stage transition easier for incoming students, and

Whereas having the Student Government Association take a leading role in this process showcases this organization's commitment to mental health awareness, and

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Whereas the Mental Health and Well-Being Board has proposed giving each incoming Butler University student for the 2024-2025 academic year a de-stress bag equipped with various items intended to help students smooth their transition, and

Whereas these destress bags will be distributed to incoming first-year and transfer students, and

Whereas this would be modeled after the distribution of last year's bags which based on student feedback were a success and helpful, and

Whereas distribution of these bags will once again take place during move-in and be led by the Mental Health and Well-Being Board in partnership with the University's Office of New Student & Family Programs and Director of First-Year Experience, and

Whereas reaching incoming students during the move-in process provides a positive interaction between the Student Government Association and students early in their academic careers as well as providing helpful items, and

Whereas the cost of creating these 1,250 individual de-stress bags totals at \$10,249.91, or \$8.20 a bag (Appendix A), and

Whereas this sum far exceeds both the initial and remaining budget of the Mental Health and Well-Being Board, and

Whereas this project will have significant positive benefits on campus to members of Senators' constituencies, let it be

Resolved that the Student Senate hereby allocates \$10,249.91 from the General Reserves item for the purchase of de-stress bags for incoming Butler University students. having the Student Government Association take a leading role in this process showcases this organization's commitment to mental health awareness, and



Resolution 2324-087: Resolution to Allocate Funding for the Mental Health and Well-Being Board's De-Stress Bag Project

Primary Sponsor:

Maddie Siems, College of Pharmacy and Health Sciences Senator

Secondary Sponsor:

Brecken Panse, Class of 2025 Senator

Vote:

In Favor:

Opposed:

Abstained:

Resolution

Signatures:

James A. Boes IV, Speaker of the Senate

*Note: The signature of the Speaker serves only as verification
of vote count and does not indicate support of a resolution*

Katie B. Stanley, Student Body President



APPENDIX A

Budget proposed for the mental health and well-being bags for new student orientation

I.

Mental Health De-Stress Bags Sheet						
Item:	Amount Neede	Amount / Pack	Cost / Pack:	Cost / Item:	Amount of Pac	Total Cost:
<u>Tote Bag (YIW)</u>	1,250	1,250	3135	2.51	1	3135 Setup Fee: 60
<u>Stress Ball (YIW)</u>	1250	1250	1585	1.27	1	1585 Setup Fee: 60
<u>Calm Strips (Calm St</u>	1250	1250	2197	1.76	1	2197 Setup Fee: 75, 10 Shipping
<u>Gum (Costco)</u>	1250	15	17.99	1.2	84	1511.16
<u>Tea (Amazon)</u>	1250	96	23.94	0.25	14	335.16
<u>Fruit Snacks (Costco)</u>	1250	90	14.99	0.17	14	209.86
<u>Magnet (YIW)</u>	1250	1250	500	0.4	1	500 Setup Fee: 60ish, not given, bu
<u>Sticker (Canva)</u>	1500	1500	210	0.14	1	210
<u>Pop-Its (Amazon)</u>	1250	150	26.99	0.18	9	242.91
<u>Squishy Toy (Amazon)</u>	1250	72	17.99	0.25	18	323.82
				Total:	10249.91	

