

# UC Berkeley

May 9, 2025

To: Wellness Fund Advisory Committee (WFAC)

Re: Approval of Wellness Fund Advisory Committee Recommendations

Thank you for your thoughtful deliberations and hard work pertaining to student wellness issues. I always appreciate visiting with your committee, leaving both encouraged with your passion, and better informed on important student matters. I'm writing to inform you that I have approved the Committee's recommendations presented during the spring meeting in May. Specifically, I have approved the following recommendations:

## 1. Fee Escalators

The following escalators have been approved for the fund for FY 2025-26

Referendum category	Automatic escalators per referendum	Approved additional escalators
RSF Existing Services (programs & services supported by previous fees)	CPI: 3.8%*	3.00%
UHS extended hours and integration of behavioral health services into primary care	PWC: 8.0%	3.00%
New wellness services	CPI: 3.8%*	3.00%
Diversity student wellness programs	CPI: 3.8%*	3.00%
Wellness sustainability	CPI: 3.8%*	3.00%
Sexual assault prevention and support	PWC: 8.0%	3.00%

## 2. Spring 2025 Proposals

Additionally, I am happy to approve your Spring 2025 proposals listed in the table below:

Project Name	Project Summary	Years of Funding	Funding Amount (2025-26)

<a href="#"><u>Dollars for \$cholars Program</u></a>	The Dollars for \$cholars program addresses the financial literacy and stress management needs of underserved students, particularly those from underrepresented racial/ethnic groups. By providing personalized financial coaching, workshops, and resources like Grammarly subscriptions, the program empowers students to develop essential money management skills, reduce financial stress, and build long-term financial security.	2	\$34,800
<a href="#"><u>Queer Alliance &amp; Resource Center (QARC) - Wellness Component</u></a>	Student-led initiative aimed at supporting the health and wellness of LGBTQIA+ students at UC Berkeley, with a particular focus on queer and trans people of color (QTBIPOC). The program seeks funding to provide stipends for staff, health and wellness supplies (including gender affirmation and STD prevention resources), access to nutritious food, wellness workshops, and financial support for affiliated student organizations that focus on queer and trans health needs.	2	\$46,900
<a href="#"><u>Student Parent Wellness Support Services (SPWSS)</u></a>	The Student Parent Wellness Support Services (SPWSS) initiative offers comprehensive wellness programs to undergraduate and graduate student parents, particularly single/solo parents, to address their unique challenges. Through wellness workshops, healing clinics, scholarships, and emergency funds, the program provides essential support to improve mental and physical health, reduce stress, and promote community-building among student parents, ultimately enhancing their academic success and well-being.	2	\$60,000
<a href="#"><u>Path to Care Funding for 3 Years</u></a>	This proposal seeks funding to expand the Peer Education program at PATH to Care, a campus initiative that provides essential sexual violence prevention programming to students. The program targets underserved student populations, including those in student organizations, Greek life, and athletics, by offering peer-led workshops, tailored support, and outreach to promote a culture of respect and safety. With increased funding, PATH to Care aims to restore and enhance its capacity to educate and empower students, addressing critical gaps in sexual violence prevention and survivor support services.	2	\$75,524

<a href="#"><u>Restorative Practices - REPAIR Lead Funding</u></a>	This proposal seeks continued funding to maintain and grow the REPAIR program within the Center for Student Conduct (CSC), which uses restorative justice (RJ) to resolve conflict and promote student wellness. The program empowers students to engage in meaningful conflict resolution, emphasizing healing and growth, and supports the increasing caseload while maintaining a focus on student well-being. Continued funding is crucial to ensuring the program's sustainability, helping students navigate conflicts in a healthier way and reducing stress related to the conduct process.	2	\$82,304.39
<a href="#"><u>On-Campus Wellness Vending Machine</u></a>	Implements an On-campus Wellness Vending Machine to provide students with low-cost health products, such as menstrual and sexual health items, emergency contraception, and pain relievers, among others. By offering these products in a central, accessible, and private location, the initiative aims to address gaps in healthcare accessibility and empower students to take control of their health and wellness decisions. The project will benefit a diverse range of students, particularly those facing financial or privacy barriers to accessing essential health resources.	2	\$14,000
<a href="#"><u>Berkeley Underground Scholars (BUS) Wellness Program</u></a>	The BUS Wellness Program seeks \$125,000 in recurring annual funding to expand and sustain holistic mental health and wellness services for formerly incarcerated (FI) and system-impacted (SI) students at UC Berkeley. This program addresses critical gaps in trauma-informed care through therapy and life coaching, healing clinics, wellness stipends, healing circles, and educational workshops, helping students overcome financial and systemic barriers to well-being. By providing culturally responsive support, the program fosters resilience, academic success, and personal healing for an underserved student population facing disproportionately high rates of PTSD and other mental health challenges.	2	\$89,000
<a href="#"><u>AC for RSF Weight Rooms to prevent closure and heat related injuries</u></a>	The Recreational Sports Facility (RSF) at UC Berkeley, built in 1984, lacks air conditioning, making its weight rooms unsafe and frequently unusable during the Bay Area's increasingly high temperatures. Weight training is one of the most popular activities for students, yet extreme heat and humidity regularly force closures, limiting access to a critical wellness resource. This grant request seeks funding to	1	\$248,226

	install air conditioning, ensuring a safe, inclusive, and consistently available space for students, alumni, and staff to exercise, build community, and support their physical and mental well-being year-round.		
<a href="#"><u>Rooted in Wellness</u></a>	The University Village Community Garden's Gardening Wellness initiative aims to support the wellness of UC Berkeley's underserved student populations, particularly student parents and international students, by offering hands-on education in sustainable food production, culinary skills, and herbalism. This project addresses food insecurity, mental health, and the need for community spaces, providing a therapeutic environment where families can engage with nature, learn new skills, and build connections to alleviate stress and improve their well-being. The initiative fosters resilience through collaborative learning and sustainable practices, making a lasting impact on both individual and collective health.	1	\$39,900
<a href="#"><u>Transition to in-house STI testing</u></a>	This proposal seeks funding for the purchase of the Cobas 5800 lab equipment, which will enable University Health Services (UHS) to offer in-house STI testing, including self-collected HPV testing, at a lower cost and with same-day results. By expanding testing capabilities, UHS aims to improve accessibility and affordability for students, including those with the Student Health Insurance Plan (SHIP) and self-paying students, while addressing the growing prevalence of STIs on campus. This initiative will reduce turnaround time, lower testing costs, and provide students with more flexible and private testing options.	1	\$200,000
<a href="#"><u>DCC Wellness Fellowship Project</u></a>	The Disability Cultural Community Center (DCC) at UC Berkeley seeks funding to expand wellness programs that address the social, emotional, mind/body, and academic well-being of disabled students through a fellowship model. This initiative will create student-led programming, enhance the low-sensory space, and provide culturally inclusive wellness activities that go beyond compliance-based support. By centering disability justice, intersectionality, and community care, the program will particularly support disabled students from underrepresented racial, socioeconomic, and first-generation backgrounds, fostering belonging, empowerment, and holistic well-being.	1	\$128,404

<a href="#"><u>Recovery Scholars Program (RSP)</u></a>	Supports undergraduate and graduate students in or seeking recovery from substance use disorder, offering recovery meetings, peer support, and social events. The Recovery Scholars Program (RSP) provides a microscholarship to students who engage in goal-setting, recovery meetings, and community service, enhancing their sense of belonging and inclusion while alleviating financial stress. This program targets a historically underserved population, including students of color, LGBTQIA+ students, and reentry or system-impacted individuals, promoting health equity and improved well-being.	2	\$20,000
<a href="#"><u>Lean On Me at UC Berkeley</u></a>	Proposal continuing the support provided by the Lean On Me peer-led mental health support through a text hotline, providing alternative support when logistical barriers to other mental health services are exacerbated by high demand. Complements campus-based mental health services and seeks to incorporate meal distribution to students during exam weeks.	3	\$2,000
<a href="#"><u>Student Recreation Opportunity Fund</u></a>	Provides financial support for students seeking participation in recreational programs/activities so that low-income students have access to these programs.	1	\$73,900
<a href="#"><u>SERC Nature Education &amp; Wellness Together</u></a>	The Nature Education & Wellness Together (NEWT) Program at UC Berkeley's Student Environmental Resource Center (SERC) provides free, accessible outdoor experiences to support student wellness, with a focus on historically marginalized communities. Through nature-based activities, skills training, and community engagement, NEWT fosters mental and physical well-being, inclusivity, and environmental awareness. Recurring funding from the Wellness Fund will sustain and expand these programs, ensuring continued access to nature as a critical component of student health, resilience, and belonging.	3	\$10,000
<a href="#"><u>Mind, Body, Soul: Supporting Graduate Women* Wellness</u></a>	This program creates majorette-style dance classes that provide an inclusive and welcoming space for students of all backgrounds to participate in a dance workout. Proposal funds the event facilitation fees for hosting one dance workshop each semester.	2	\$10,000

<u>Sacred Mind: Indigenous Healing in Practice</u>	This proposal aims to address the unique mental health needs of Indigenous students at UC Berkeley by hosting a one-day conference focused on decolonizing mental health services and offering a wellness retreat for OxaCal members. The event will feature expert speakers, cultural healers, and workshops on culturally relevant mental health support, stigma reduction, and healing practices, while the retreat will provide a space for students to reconnect with their culture and engage in self-care. This initiative supports Indigenous students by creating culturally affirming wellness resources and fostering allyship within the broader campus community.	2	\$8,000
<b>Total Funding for FY 2025-26</b>			<b>\$1,142,958.39</b>

I greatly appreciate your stewardship of these funds and look forward to our continued work together.

Sincerely,

Stephen C. Sutton, Ed.D.  
Vice Chancellor for Student Affairs

cc:     Kyle Davison  
         Rosemarie Flores  
         Sharon Hong  
         Harris Mojadedi  
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