



### Mapping Our "What"

**Jan 17** - Energy

**Jan 24** - Water

**Jan 31** - Transportation

**Feb 7** - Materials & Waste

**Feb 14** - Economic Opportunity

**Feb 21** - Housing

**Feb 28** - **Health & Wellness**

#### Process Goals:

- Cultivate a shared sense of direction for each indicator with a 3-5 year lens.
- Identify a **what** for each

#### Experiential Goal:

Imbue participants with a shared sense of ownership for directing the work.



In 3 years, with regard to **HEALTH & WELLNESS** we agree to

- Investigate how we measure student health and wellbeing
  - Use that data to inform decisions
- Connect BSU community to place
  - Expand outdoor programming (extra-curricular & academic)
  - Support Indigenous culture events
- Elevate ADA Accessibility in Comprehensive Facilities Plan
- Cultivate food justice by prioritizing local sourcing, nutrition, and culturally significant foods in the next dining services contract
- Institute campus-wide "no-class hour"/unscheduled time
- Increase culturally significant programming & services
- Update Hobson Memorial Forest's Stewardship Plan
  - Emphasize community engagement with the Forest
- Increase safety of all through education engagement activities on and off campus
- Enhance student wellness through accessible, quality and transparent health services





# The CURRENT REALITY for this work

## Strengths

- location
- music, arts, Indigenous programs and values
- mission, vision, values
- Sustainability Office
- Best You @ BSU
- Harmony's connections with regional farmers
- Student Center for Health and Counseling (free counseling for students)
- BSU's Gillett Wellness Center
- Gitigaan campus garden
- Bucky's Bikes rental program
- pollinator gardens & re-wilding campus
- food pantry grant; Bucky's Cupboard
- Indigenous Sustainability Studies
- STEM alliance, other funding for students
- tuition is accessible even for out-of-state
- gun lockers/game cleaning room
- AIRC
- public safety, 24-hr staffing
- existing partnership infrastructure
- Hobson Forest

## Weaknesses

- budget cuts, \$\$ crisis
  - decrease in enrollment
- impacts of extreme weather (ie. smoke/smog)
- staff reductions
- legislative conflicts
- healthcare and drug industry policies
- mental health stigma and/or understaffing of mental health
- unequal laws
- red tape/liability concerns
- cutting programs (OPC, Spanish)
  - prioritization of spending
- knowledge & awareness of services
- student participation
- defensiveness/trauma response
- current use of technology
  - emphasis for online classes
  - social media
- lack of communication
  - information
  - clarity

## Opportunities

- shared community identity on campus
- Harmony + Farmer's Markets
- Peacemaker Resources (SEL training)
- Curriculum in environment program; People of the Environment
- in a state of change, easier to change
- Indigenous communities, Tribal Colleges
- Indigenous Environmental Network
- Rail River Folk School
- Tribal Colleges
- Bemidji Community Food Shelf
- Nursing Dept
- Exercise Sci/Health Dept
- TAD Dept or NTC programs: repair broken cabins at Hobson Forest
- First Year Exp - connecting to outdoor opportunities
- more fellowship programs that count for credit

## Consequences of our Success

- people taking more time off means needing to restructure the pace of work, ex: slower email response times
  - capacity issues
  - overworked/ burnout
  - appears as less productive when taking personal time
- potential abuse of resources with more people using them (ex: Hobson Forest)
- safety concerns, ex: more bikes
- increased conflict
- growing pains if more people come here