



Wolverine Support Network

Update Report

February 2017



Dear Friends,

Hello from Wolverine Support Network!

We couldn't be more excited to share with you WSN's growth and accomplishments since our inception in 2014. What began as a phone call conversation between two of WSN's founders has flourished into a community that students love to call "home." We have worked to create an inclusive atmosphere through weekly peer-to-peer support groups as well as bi-weekly social connection events.

Since the beginning, those involved soon realized that WSN is much more than a student group. WSN is a community, a family, and a growing and expanding organization. Members speak often of being surrounded by like-minded individuals who want to foster not only a community of support, but a movement for change. Our organization's directors, leaders, and founding team have dedicated many hours to not only creating this community, but also to the mission of destigmatizing mental health in the culture on our campus. And we aren't stopping with our own campus. We are expanding our mission and vision through national collaboration by providing other colleges and universities with the blueprint they need to develop peer support networks on their campuses.

However, we can't do this alone. This work would not be possible without the love and support of Diane Orley and Linda Aikens, who have been an integral part of WSN's development since its very beginnings. We would also like to thank our donors for their continued support as we work to destigmatize mental health, and ensure that University of Michigan students are healthy, well, and happy. Lastly, we want to thank the incredible and passionate team of directors who ensure that WSN is always functioning at its best.

With that being said, the work is never done and the journey continues. We are motivated and eager to stay on course to work toward our vision where mental health is fully supported by everyone in our community, and to ensure that students know that everyone has a story, and everyone's voice in that story deserves to be heard.

WSN Love,

Cheyenne Stone
WSN Executive Director

Todd Sevig, Ph.D.
Director of Counseling and Psychological Services



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Special Acknowledgments

A Note from Cheyenne

I would like to thank the University of Michigan's Counseling and Psychological Services (CAPS) Director, Todd Sevig, who has helped guide us through what it means to be a peer support network, and what it takes to make ourselves a sustainable resource.

Additionally I would like to thank our CAPS coordinator, Minji Yang, for her dedication to training our support group leaders, and guiding our director team. Lastly, I would like to thank the WSN founders, leaders and director team for their hard work, passion, and for providing me with an incredible community that I consider family.

A Note from Todd

I would like to loudly and profoundly give appreciation and thanks for the work, energy, and love that is inherent in the Wolverine Support Network, especially the current director Cheyenne Stone, yet also the current and past leadership teams, and all the students involved. WSN has contributed to transforming our campus into one that is fully supportive of student mental health. The unique listening ear and support of a peer to validate another student's voice and story, is such an important part of healing and I'm proud that we have this effort on our campus. To be with someone else on the journey is one of life's greatest gifts for both the one who gives and the one who receives.

Wolverine Support Network History



The Wolverine Support Network (WSN) was founded by a passionate group of students who recognized the need for peer-to-peer support surrounding mental well-being. Since its inception, WSN has aimed to become the first sustainable peer-to-peer organization of its kind on college campuses that works to destigmatize mental health.

“WSN is an outlet. WSN is a way to share what’s on my mind and know that I’ll be supported no matter what. I can be happy, sad, anxious, or excited and someone can relate.”

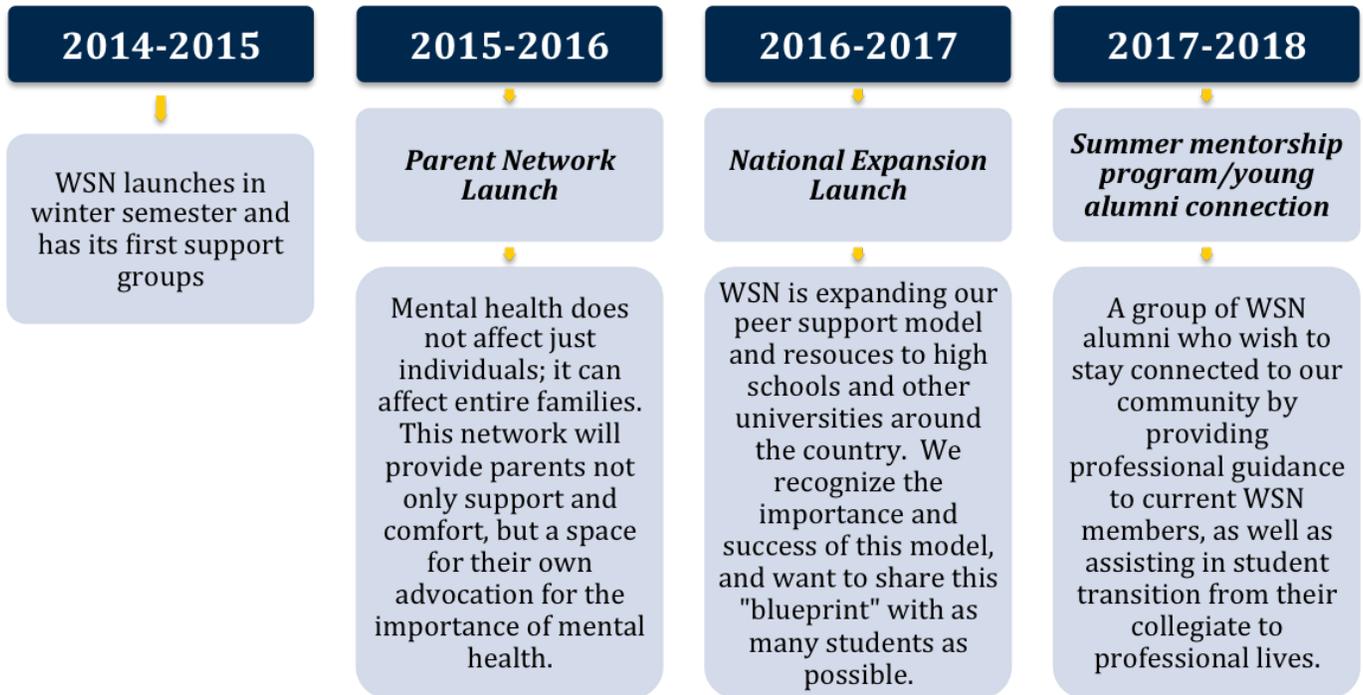
–WSN Member

In the winter of 2014, the senior class lost a fellow wolverine to suicide. Shortly after, Student Body President Bobby Dishell took action in order to combat the stigma that was building around student mental health. He chose the peer-to-peer model, based off of statistics stating that in times of need, the number one place students turn to are their friends. This peer model was

inspired by a peer support program at Harvard-Westlake High School in Los Angeles, California, but has been retrofitted for a college environment. From there, WSN came to fruition through the efforts of Bobby, the next Student Body President Cooper Charlton, Emily Lustig, Patrick Sier and Elizabeth Pratt. WSN was brought to life through the efforts and collaboration of these aforementioned students, Counseling and Psychological Services (CAPS) director Todd Sevig, University of Michigan’s Central Student Government (CSG), and the University of Michigan Office of the Vice President and General Counsel. Additionally, none of this would have been possible without the help of parents Diane Orley and Linda Aikens, who in partnership with the George Orley Mental Wellness Initiative, helped take WSN from an idea to a reality through both fiscal and emotional support.

Today, WSN is now housed as a Sponsored Student Organization (SSO) under CAPS. CAPS leads our leader training through their involvement in our annual leader retreat as well as being present at all of our weekly leader meetings where support group leaders receive continued training. Additionally, CAPS assists in the growth and development of WSN through student referrals, advertising, and meetings with the directors. While WSN’s training and development efforts are supported by CAPS, WSN is a peer effort that is run by and for students.

WSN's original 5-year vision



While WSN's five-year plan and vision has been adjusted over the course of the last 2.5 years, the organization still strives to provide and accomplish all of the above goals. The updated future goals of WSN will be detailed in the "Future Directions" section of the report.



"I've loved getting to know members in the capacity I have. I like that I am provided with the ability to help shape and change someone's week for the better. It feels really special to know that I have a small part in creating that for members."

-WSN Leader

Our Mission

Wolverine Support Network (WSN) is a community of students that fundamentally works to destigmatize mental health, while holistically working to create a network that is supportive, loving, and inclusive through peer-to-peer support groups and bi-weekly social events.

We are founded on the core values of **confidentiality, inclusivity, empathy and mindfulness, accountability, and courage.**

Our founding pillars: *peers, community, mental health, Kickback Friday, and resources*, allow us to execute these values.



“Wolverine Support Network is a place where I can feel okay to not be okay. It is comforting to get together and talk with other people who are struggling in their own ways.”

–WSN Member

The Peer-to-Peer Model and Our Community

WSN works to destigmatize mental health as part of a larger community effort. The University of Michigan offers a wide range of mental health resources for students including CAPS and countless student organizations such as Active Minds and Pulse. While WSN works to be Michigan's first sustainable peer-to-peer resource for students, it is important for WSN to continue to develop and sustain positive relationships with the other mental health entities on campus, in order to work toward and reach one common goal. For example, WSN collaborated with Active Minds (as well as the George Orley Mental Wellness Initiative) in the Fall of 2015 in order to bring Send Silence Packing to the University of Michigan. Send Silence Packing is a powerful event that allows to students to view backpacks and stories of students who have lost their lives to suicide.

Additionally, WSN participated in the University of Michigan's first ever Mental Health Summit in November of 2015. This summit was organized by the Central Student Government, with the help of WSN's Executive Director at the time, Cooper Charlton. The summit brought together mental health student



organizations and CAPS, in order to create dialogue surrounding mental health, and action steps to move forward. WSN is hoping to continue to unite our community through collaboration with other mental health leaders in the coming year.

Aside from working with other mental health organizations, WSN collaborates with other student organizations in general in order to share our resources for campuses. For example, for the past two years, WSN has been invited to participate in the Music Matter Springfest event. WSN has set up tables and activities in order for students to practice self-care and positive thinking.

Our Structure

What do we do?

WSN offers students a community in two ways: weekly peer-to-peer support groups, and bi-weekly social events.

◆ **Weekly peer-to-peer support groups:**

This is the core of the organization. The various groups are organized by member/leader availability and meet in the same time and location each week. The groups are entirely confidential and inclusive spaces where students are allowed and encouraged to share anything they wish. It can be something seemingly small as doing well on a test, to something seemingly large as breaking up with a significant other. This is an environment for thoughtful, empathetic, inclusive, and completely safe discussion, with leaders who have been trained and educated on how to successfully facilitate such conversations. Additionally, these groups take place in the absence of technology--i.e. we suggest members place their cell phones in backpacks before the group begins.

“WSN is a community where I feel like I can be a part of my weekly meetings and have a community where I belong or there are kickback Fridays for the larger community feel. In either community, it is a place where I feel comfortable and at ease.

–WSN Member

Does WSN offer demographic specific groups (ex: group for women, group for men, etc.?)

While this is an idea the director team has diligently thought through during each semester of operation, WSN has decided to continue to uphold their mission of an inclusive community through diverse support groups. Thus far, the director team has not been approached from a committed WSN member (or group of members) asking specifically for a demographic specific group. We encourage all students to join one of our diverse groups in order to gain different opinions, support, and perspectives from a wide range of students.

◆ **Kickback Fridays:** Kickback Fridays are our bi-weekly events open to the entire Wolverine Support Network community, as well as the university population at large. These activities are designed as an alternative to a typical Friday night, as they provide a relaxed, sober environment where individuals have the ability to partake in activities they may otherwise not have had access to (i.e. a night of ice skating). Additionally, these activities bring all members of the Wolverine Support Network together and are a great way for students to make new friends outside of their individual weekly groups.

What roles do students play within the organization?

Students are able to be get involved with WSN in three different capacities: member, leader, director.

◆ **Members**

Members are all students who sign up for a weekly peer-to-peer support group and partake in WSN Kickback Friday events.

The members of WSN span across all class standings and individual schools within our university. WSN recognizes that we have a very diverse campus, and we welcome students from all backgrounds as long as they are enrolled in the University of Michigan.

◆ **Leaders**

WSN leaders act as the support group facilitators. Leaders are carefully chosen during an application and interview process each semester. All WSN leaders partake in training that is conducted by the University of Michigan’s CAPS, SAPAC (Sexual Assault Prevention and Awareness Center), Wolverine Wellness, and Intergroup Relations (IGR).

◆ **Directors**

WSN is operated by a committed and passionate group of individuals that act

as WSN’s director team. These positions include:

- Executive Director
- Director of Business Development
- Director of Program Development
- Director of Market and Outreach
- Director of Programming
- Director of Leader Development
- Director of Operations
- Assistant Director



“Being a leader has been the most rewarding activity of my semester.”
—WSN Leader

Organization Data

WSN has continued to grow each semester. Since WSN's first semester of operation in 2015, our number of active members has increased by over 300%.

	Facilitators	Member Sign-ups	Active Members	Number of groups
Winter 2015	48	150	74	16
Fall 2015	50	225	120	14
Winter 2016	50	280	160	14
Fall 2016	60	316	250	20

Member Survey: Winter 2015

During WSN's first semester of operation, University of Michigan's Dr. Daniel Eisenberg and Adam Kern conducted a survey on the effectiveness of WSN. A pre-survey (before students started support groups) and a post-survey (at the end of the winter semester) were both conducted. The following results were found:

◆ After one semester of WSN, there was an increase in the number of students who agree with the statement, "I am knowledgeable of positive and effective coping strategies for personal and academic struggles."

- Effect size: 0.389 (This is between a small and medium effect)

◆ After one semester of WSN, there was an increase in the number of students who agree with the statement, "I am aware of the academic struggles and pressures that my peers face."

- Effect size: 0.363 (This is between a small and medium effect)

Member Survey: Fall 2016

At the end of the Fall 2016 semester, the director team conducted a survey of the current WSN members. The following data encompasses what was found.

When asked, "When did you join WSN?"

- Winter 2015: 6.7%
- Fall 2015: 10%
- Winter 2016: 3.3%
- Fall 2016: 80%

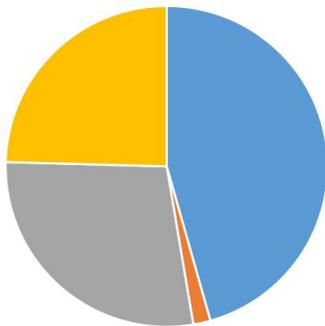
When asked, "What is your class standing?"

- Freshman: 13.3%
- Sophomore: 53.3%
- Junior: 13.3%
- Senior: 13.3%
- Fifth-year senior: 6.7%

When asked, "What is your favorite part about WSN?" (Members were able to include more than one answer)

- Weekly group: 89.7%
- Kickback Fridays: 3.4%
- Meeting new people: 55.2%
- Being part of a community: 48.3%

What is your favorite part about WSN?
(Select all that apply).

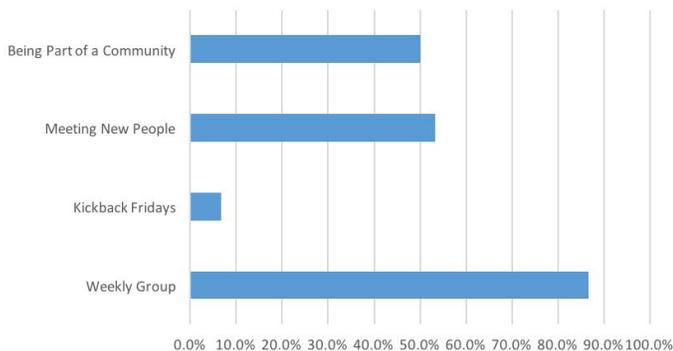


■ Weekly Group ■ Kickback Fridays ■ Meeting New People ■ Being Part of a Community

When asked, "Which aspect of WSN is most helpful?" (Members were able to include more than one answer)

- Weekly Group: 86.7%
- Kickback Fridays: 6.7%
- Meeting new people: 53.3%
- Being part of a community: 50%

Which aspect of WSN is most helpful?



**"It is my favorite part of the week and it makes me feel a part of a community."
-WSN Member**

While Kickback Fridays received lower ratings, we are addressing this through restructuring these activities. We found that many of our members value a Kickback event that involves a dinner where they can socialize while eating a meal together (i.e. our Friendsgiving dinner in November 2016). From now on, every other Kickback Friday event will be a Potluck dinner hosted at one of the Director's homes. This will create a comfortable, welcoming environment where directors, leaders, and members can share a meal and get to know one another. We hope that by adding these dinner, members will value Kickback Fridays more so than before.



What do students discuss during weekly group?

“I was so lucky to have found this group this year. It has really made an impact on my life!”
–WSN Member



Every other Monday during WSN's weekly leader meeting, the director team collects information on the most common topics members brought to the group. A question about common group topics was also posed to leaders as part of the end-of-semester survey for WSN's leaders. Overall, the most common topics brought to group are the following:

- Body image and eating disorders
- Relationships (romantic and non-romantic)
- Substance abuse
- Loneliness
- Stress and Anxiety
- Academic struggles
- Depression

In order to address these topics, WSN's Executive Director and the Director of

Leader Development work with the CAPS liaison in order to plan how best to train leaders in these topics. These topics have been addressed in the following ways:

- ◆ *Presentations from CAPS to leaders on how best to address the above situations*
- ◆ *Presentations from SAPAC to leaders on how to best address the above situations*
- ◆ *Presentations from Wolverine Wellness to leaders and directors on how to best address the above situations*
- ◆ *Creation of a leader guidebook (during the Summer of 2016) in order to provide leaders with a concrete resource the can turn to in times to uncertainty*

Creating a community: Kickback Fridays

As mentioned earlier, one of WSN's pillars is Kickback Friday events. This pillar is vital in ensuring WSN provides an inclusive community for members, leaders, and directors. In order for the organization to successfully create a network of peers, interactions with peers outside of one's weekly support group is vital. Thus, Kickback Friday events bring together peers from all corners of the larger University of Michigan community for a fun and positive Friday evening. Since WSN's inception, the following Kickback Friday events have been offered:

January 2015	• Game Night
February 2015	• Yoga/Meditation Medley
March 2015	• Lecture from Dr. Vic Strecher
October 2015	• Pumpkin Painting
November 2015	• Night at the Arcade • Friendsgiving Dinner
January 2016	• Laser Tag at Zap Zone
February 2016	• Game Night • Karaoke Night
March 2016	• Ice Skating at Yost Ice Arena
April 2016	• Family Feud Game Night
September 2016	• Welcome Back Barbeque
October 2016	• Laser Tag at Zap Zone • Apple Orchard
November 2016	• Friendsgiving Dinner
December 2016	• Yoga Class

These events have brought together students who participate in WSN, providing each and every individual with a chance to make new friends, take a relaxing break from classes, and above all, have fun. As mentioned in the "Organization Data" section, via survey results, we have found that members and leaders value potluck events. Thus, we have decided to include one potluck dinner a month in our Kickback calendar.

Internal Growth and Development

Leader Trainings

Each semester, all leaders are required to take part in an off-campus retreat where they are trained by CAPS, SAPAC, Wolverine Wellness, and IGR. Leaders also receive informational sessions from the directors about WSN history, WSN mission and purpose, and listening skills. Holistic training is extremely important to WSN because the organization allows students to bring any and all topics to their support groups. Additionally, this retreat serves as a space for leaders to build relationships with one another. The goal is that the relationship building will lay a foundation for the relationships that leaders will build within each support group.

In addition to the retreat, leaders participate in weekly leader meetings every Monday from 6-7 p.m. These leader meetings not only serve as a space where leaders continue to be trained on topics that could come up in their support group, but also as a way to debrief what goes on in group, how to handle difficult situations, and participate in discussions with other leaders about group dynamic.

“There is no better feeling than having group members come back week after week because they want to be there and enjoy our conversation.”
—WSN Leader

Director Team

A strong and committed director team is necessary for the success of WSN. Over the past 2.5 years, passionate and hard-working individuals have founded and contributed to the success of the WSN community.

Over the course of WSN's lifespan, positions and responsibilities within the director team have changed and shifted. When WSN was first established in 2014, the director team consisted of:

- Executive Director: Bobby Dishell
- Director Development: Cooper Charlton
- Director of Leader Development: Lizzy Pratt
- Director of Marketing and Outreach: Emily Lustig
- Director of programming (Kickback Fridays): Pat Sier

However, when the director board was chosen for the 2015-2016 school year, the Director of Marketing and Outreach position was split in order to ensure WSN was building and spreading a brand as efficiently and effectively, and to as many students as possible. Additionally, a new director position was added, Director of Graduate Student Relations, in order to increase WSN's visibility within the graduate community. WSN's second director team consisted of:

- Executive Director: Cooper Charlton

- Director of Development: Nick Raja
- Director of Leader Development: Max Rothman
- Director of Marketing: Cheyenne Stone
- Director of Outreach: Alex Gaggino
- Director of Programming: Shannon Guo
- Director of Graduate Student Relations: Emily Brunemann

As the 2015-2016 director team was choosing the 2016-2017 director team, changes were made once again. First of all, the team found it necessary to add a Director of Operations. This is a task-oriented role that takes notes at meetings, updates the website, creates and sends the WSN newsletter, collects and organizes data from leaders, and assists the other directors with tasks in order to ease the stress of large projects. Second, the roles of Director of Marketing and Director of Outreach were once again combined into one role. The team found that two roles for the positions became disconnected and unorganized. Third, the Director of Development role was split into two roles: Director of Program Development and Director of Business Development. This would allow for development of WSN's five-year plan as the Director of Program Development works on completing goals set forth by the founders (i.e., WSN expansion to other campuses), while the Director of Business Development focuses on fundraisers, benefactor relations, and financial accounts. Fourth, WSN would no longer have a Director of Graduate

Student Relations, as this role was somewhat small and the responsibilities would now fall under the Director of Program Development. Lastly, an Assistant Director of Development role was added in order to create collaboration and teamwork among WSN's expansion efforts both on and off campus. Thus, the 2016-2017 director team currently consists of:

- Executive Director: Cheyenne Stone
- Director of Business Development: Sierra Stone
- Director of Program Development: Max Rothman
- Director of Leader Development: Nayla Sater
- Director of Marketing and Outreach: Stephanie Mrowczynski
- Director of Programming: Rebecca Rosenthal
- Director of Operations: Lauren Siegel
- Assistant Director of Development: Sam Orley

"I love WSN because it has introduced me to like-minded people who are always there for me without judgment. They are shoulders to lean on and friends to spend weekends with. I couldn't imagine my experience at Michigan without WSN!"
-WSN Leader

Reports of Current Accomplishments

Each current director listed above has provided a report on themselves, their position within the organization, what they have accomplished this past semester, and what they will be working on this semester.

Executive Director: Cheyenne Stone

My experience in WSN began when I joined the organization as a leader during its first semester in the Fall of 2014. As I fell in love with the WSN community, I applied for a director role for the 2015-2016 school year, my senior year. I was chosen as WSN's Director of Marketing where I had the joy of building and spreading the WSN brand around campus. When I was accepted into the university's Master of Management program, I was sure that I wanted to continue my involvement with WSN during my graduate experience, continuing to uphold my passion surrounding mental health. Now, as Executive Director, I have the honor of overseeing the current director team, consisting of some of the most passionate people I have ever met. As Executive Director, I participate in and oversee all projects of the other directors, and all aspects of the organization. I maintain relationships with university administration, as well as our amazing benefactors in order to ensure WSN's sustainability. Additionally, I work closely with Min Ji, our CAPS liaison, and Todd Sevig in order to ensure our group leaders are sufficiently trained. As Executive Director, I ensure

that WSN is a community that is and continues to be filled with love and magic for all of our members, leaders, and directors.

One of the most important parts of my job is ensuring WSN is working to reach our goals for the future. In order to continue this, I worked with the director team this past semester to accomplish the following: develop our "WSN Blueprint" so we can share our peer model with other universities, successfully increased our number of members and leaders, created a "Leader Guidebook" as a reliable resource for our WSN facilitator, and implemented our first walk-in group which allows university students to go to group without formally being a WSN member. During this current semester, I plan to develop an alumni support network in conjunction with our director of program development, plan two fundraisers in conjunction with our director of business development, and continue to uphold positive relationships with our current stakeholders. Additionally, I will strive to continue to create positive WSN environments where students can learn, contribute, and grow.

Director of Business Development: Sierra Stone

Since its inaugural year, I am proud to say that I have been a part of the Wolverine Support Network family. I cannot find a better word to describe the group of people that make up our network other than family because it is so intrinsically fitting. A family is exactly what we are, exactly what we have

always been, and exactly what we will always be. I am currently a senior with plans to graduate this coming April and serve as Director of Business Development.

I have a passion for mental health for many reasons. On top of my own diagnosis of anxiety and panic disorder, I watched my sister deal with depression as we grew up. I have watched too many friends be ashamed of their mental health struggles when there is nothing to be ashamed of. I have watched too many fellow students, acquaintances, friends, and friends of friends take their own life because of struggles with mental health. I have watched the stigma toward mental health grow larger and larger as I have grown older and older and I want to play a pivotal role in shrinking that stigma. I want to watch people treat mental health like they treat a broken arm - with concern, passion, and love.

As a sophomore, I started my time in WSN as a facilitator leading our weekly support groups. I think I grew the most in this position because I was stepping outside of my comfort zone by making myself vulnerable in order to help others. Into my junior year, I continued in the position of facilitator as I watched my friends take on director positions and lead the organization to new heights and begin to grow the organization to new levels. During the second semester of my junior year, I decided to apply for the position of director of business development - which is the position I currently hold. Currently, I love being able to play a role in the development and growth of the organization while

also being the key leader in finances and fundraising. As director of business development, on a day to day basis I oversee and balance our entire budget and handle all reimbursements and payments. Long term, I plan national fundraisers, meet with donors, apply for funding, and work on financial logistics. I am constantly working with every other director because finances have some sort of aspect in their endeavors.

Financially looking into the future, I want our endowments to grow to be large enough so we will not have to constantly worry about our finances. I am currently in the midst of planning a large scale mental health awareness event as well as a Wolverine Support Network fundraiser.

Director of Program Development: Max Rothman

I was fortunate to get involved with WSN at one of its earliest stages. WSN was modeled from the Peer Support program at my high school in Los Angeles, Harvard-Westlake. In my sophomore year of high school I was a member, in junior year a leader, and in my senior year a director. During my senior year of high school, I heard about the idea for WSN from one of the founders, Lizzy Pratt, and immediately got involved with WSN my freshman year when I got to the University of Michigan. In my freshman year, I was a leader in the first WSN leader class. In the following semester, I was selected as the Director of Leader Development, which was a natural transition as it had very similar responsibilities to those that I had in high-school. I am currently the Director

of Program Development. As Director of Program Development, it is my role to coordinate with other organizations on and off campus. This coordination involves planning events such as the Depression Center Conference, as well as working with key stakeholders in order to ensure that we fulfill the goals set forth by the 5-year plan.

During the summer and throughout this semester, I have worked on the expansion of our organization nation-wide by creating what we are calling our "Blueprint" for WSN, alongside my good friend Sam Orley. This Blueprint is essentially an in-depth guidebook on how to start a peer-to-peer support network at any college/university. We have now distributed this guidebook to 9 universities across the country, so that they can start their own programs. Sam and I have had calls with each of the schools in order to ensure they understand the guide and can implement their programs successfully.

During this semester, it is my goal to create an alumni network for WSN. It is essential to the organization to keep connected with our alumni who put so much time into supporting WSN. Ultimately, this network will be a resource for all WSN graduates so that they have someone in areas all over the country that they know they can count on. My other big goal is to create a Support Network Conference by next winter. Now that other universities are piloting their own Support Networks, I thought it would be beneficial to bring all the organizations together in order to discuss best practices, and more

importantly the challenges faced in starting the organization.

Director of Leader Development: Nayla Sater

It was an honor to accept a position as a leader for the Wolverine Support Network in the winter of 2015. After attending the leader retreat in March of 2015, I knew I had become a part of a family on the University of Michigan campus. My involvement with Wolverine Support Network in the fall of 2015 was two-fold: I facilitated weekly support groups and worked closely with the outreach committee to introduce Wolverine Support Network to other campus organizations. Over the course of the 2015-year, I established a positive rapport with members, leaders, and the director team, which prompted me to apply for Director of Leader Development as a junior in the winter of 2016. I was selected for the position in February of 2016 and will hold it through my graduation in April of 2017.

As Director of Leader Development, I serve as the main contact between the organization's facilitators and the director teams, construct support groups, coordinate resources for semester retreats and weekly leader meetings, and conduct leader interviews. As it pertains to my relationship with the leaders, I manage leader conflicts, attendance, and concerns. I work closely with the CAPS coordinator of Peer Support Initiatives, Dr. Min Ji Yang, to plan weekly leader meetings and training sessions. Over the summer, I worked with Min Ji to create a leader guidebook

for our facilitators to utilize during support groups for guiding conversation and information on all campus resources.

This past semester, I planned and executed our fall retreat, which entailed inviting campus resources to our off-campus location, organizing bonding activities, and educating leader on peer facilitation skills. Retreat requires funding to cover the costs of transportation, accommodation, and dining. I formed a partnership with Trotter Multicultural Center as well as the Ginsberg center to provide our leaders with a space to hold support groups. Our member sign-ups skyrocketed this past semester, and I was able to fill 19 support groups with an average of 12 members per group. With thirteen leaders leaving for a semester abroad, I conducted leader interviews and accepted fourteen new leaders.

During this semester, I plan to execute a winter retreat for our incoming leaders, increase member enrollment, and organize bonding events between current and incoming leaders. It is vital that I execute winter retreat so our new leaders are able to facilitate support groups in the winter semester. My favorite part about my position is fostering camaraderie among the leaders and directors. It is my belief that the strength of our organization is indicative of the environment we work in, so, I am excited to plan activities that solidify the bonds between leaders and directors.

Director of Marketing and Outreach: Stephanie Mrowczynski

I started out in as a leader in WSN, after Dean Blake Jones recommended the organization to me. I loved my first year in the org, and am currently the Marketing and Outreach Director this year. My responsibilities are the following: run all social media accounts (Facebook, Twitter, Instagram), sign up for and organize our table at Festifall/Northfest/Winterfest, create our poster board for the year that is used at events, advertise WSN in dorms via tabling and hanging of flyers, handling any other miscellaneous marketing duties. And what's on the horizon? We are currently filming a video for WSN, following the tagline "Because Life Happens," and having members fill in "Because _____ happens," alluding to any experiences they have had that WSN has helped them through. We are also currently executing a large dorm advertising push for the upcoming semester via more tabling and hanging information on bulletin boards throughout freshman dorms.

Director of Programming: Rebecca Rosenthal

My name is Rebecca Rosenthal and I first became involved with Wolverine Support Network as a member in its inaugural semester, in the Winter of 2015. While I was one of two students in my group, I was immediately impressed with the work WSN was doing, and was inspired by my own group leader, Sophie Sunkin. As a result, I decided to apply to be a leader for the following semester. Much

to my excitement, I was selected to be a leader for the 2015/2016 school year. Coincidentally, Sophie actually ended up being one of my co-leaders for the group we led on Thursday nights from 8-9pm.

After being presented with the chance to lead such a successful and rewarding group, I wanted to be able to give back to the WSN community that had given me so much. Thereby, I applied to be a Director for my senior year. When interviewing for the role of a Director, I had one position in mind—Director of Programming. This was because I knew WSN's Director of Programming was in charge of planning and executing a crucial and fundamental portion of WSN—the Kickback Friday events. While I had attended the majority of Kickback Friday events during my time as both a member, and leader of WSN, I realized that much of the organization did not partake in these activities. I attributed this to two things. First, a lack of advertising that *actually* engaged with the students a part of WSN and made them excited for these events, and second, the fact that these events were not planned enough in advance to give both the members and leaders of WSN, adequate time to plan for them in their schedules. Because I knew that Kickback Friday events were such a fundamental part of Wolverine Support Network, being the Director of Programming was something I desired. I believe this was because I knew, especially looking back on my own freshman year at Michigan, how big the campus can truly feel, how challenging it can be to foster meaningful relationships at such a large university, and how important it is to feel like you

are part of a community. Thus, when I was selected to be the Director of Programming for the 2016-2017 school year, I could not have been more elated.

As the Director of Programming, I have organized several Kickback Friday events. From Laser Tag to Friendsgiving, these events have all been exciting, and unique, and in my opinion and in the opinion of many members I have spoken to, made the seemingly large WSN community, so much smaller. I am proud to say that the Friendsgiving Kickback held on November 11th, was our most attended Kickback in WSN history, with over 50 members, and a large majority of our group of leaders present.

On the horizon, I think my main goal and the goal I hope to help pass on to the next Director of Programming, is to help make these Kickback events as accessible to as many members of WSN as possible. While this is something WSN has always strove for, oftentimes the number of students that a Kickback is able to accommodate—especially the more exciting, off-campus Kickbacks—depends largely on funding. Without ample funding, factors such as transportation to these Kickbacks becomes a challenge, and makes it so we have to limit the numbers of those who can attend these Kickbacks by having them register ahead of time, instead of allowing anyone to show up the day of. While very few of our Kickbacks have been limited in number, my hope is to ensure that WSN is able to raise more than what we think we need, so we can support a Kickback budget that will provide the most fun and engaging

events possible, that are also open to as many students as desire to attend them.

Director of Operations: Lauren Siegel

My WSN journey began at the end of my Freshman year of college in Winter 2015 when I applied to be a leader. I didn't have a clue what I was getting myself into, but a friend of mine said it would be a great fit to help find my place at UM. Since then, I have learned lessons about people and how to better communicate that have been invaluable in my life. I got the chance to lead two amazing groups during my Sophomore year, and then in the Winter of 2016, I applied to be Director of Operations. After being chosen for the position, I have been blessed with the chance to work with some of the most incredible, smart, and talented people I have ever met. WSN has not only become an integral part of my college experience, but has changed my life and been such a special part of my week.

As Director of Operations I am in charge of managing the website and all its updates. I also got the opportunity to start the first ever WSN newsletter, which has been successfully sent out bi-weekly since October 2016. My position is vital to the effectiveness of the Director Team in that it is focused on making sure that all Directors have the support they need to complete their task on hand. My position is very task-oriented and team focused to help wherever help is needed. Additionally, this semester I got the privilege of leading drop-in group on Friday afternoons with Sam Orley.

Leading group is such an amazing part of WSN; unfortunately, we often have few, if

anyone, show up for drop-in group. I would love to see this be a big focus of ours for next semester. It is really important that we are utilizing all the resources that are being offered, and reaching anyone who needs them. We have been keeping track of how many people come and will continue to do so.

This semester, my main focuses are in two areas; one, helping Nayla Sater in making the weekly group schedule run more smoothly and effectively (this is a large role), and two, change the layout of the newsletter to include a comments section. Both of these things just take time, but in terms of the newsletter, I have been searching for the right platform to do this, which hasn't been easy, but will just take more experimenting and playing around. Each week I would like to test out a new platform, and by the end of my term as Director of Operations, I would love to have a new platform to hand over to the new Director of Operations. Additionally, I intend to play a larger role in helping with our fundraising push this semester, and hopefully over the rest of my college career. Looking forward, I hope to continue with a position on the Director team and build WSN even more. I would love to see WSN as a national non-profit in the next five years, and I hope to help bring that to fruition during the rest of my time with WSN. There is so much ahead for the organization, and I look forward to playing a role in that growth.

Assistant Director of Development: Sam Orley

I have been involved with Wolverine Support Network since its inception, but my role has changed in many ways over the years. I began as a member in the second semester of the 2014-2015 school year, but was frequently engaged with the director team in launch meetings first semester. Following a semester as a member, I led my first group during spring term of my Freshman year. In the 2015-2016 school year I was a leader for two different groups, one during each semester.

Currently, I serve as the Assistant Director of Development. My main focus this semester has been developing a Blueprint for organization to help expand to other universities and high schools across the country. Since creating this

comprehensive document, I have been working closely with students and faculty from these different schools to begin their launches, planned for 2017. Also, I work closely with the other directors on different development projects like marketing on campus and fundraising on and off campus. These fundraising efforts include "A Night for Mental Wellness" in coalition with Alpha Epsilon Pi and Theta Chi fraternities which raised over \$30,000 for the George Orley Mental Wellness Initiative. I also continue to manage the relationship between the George Orley Mental Wellness Initiative (GOMWI) and the Wolverine Support Network.

Looking ahead, I am excited to help build out our Alumni Network as well as expand our program to high schools and universities across the country.



Financial History and Financial Report

When WSN was developing in 2014, Bobby and Cooper were fortunate enough to have been put in contact with Diane Orley and Linda Aikens. These incredible women, in conjunction with the George Orley Mental Wellness Initiative, agreed to fund WSN for its first 5 years of existence. Additionally, WSN received fiscal support from the university's Central Student Government (CSG) during the 2014-2015 school year, as well as the 2015-2016 school year. WSN is housed as an SSO in CAPS, where we receive financial support as well as guidance. With the help of Diane and

Linda, CSG, and CAPS, WSN quickly gained financial momentum via fundraisers, donors, etc. As a result of the hard work and collaboration of these amazing people and resources, WSN has been independently financially operating since the beginning of the 2016-2017 school year through different avenues such as Giving Bluesday, our endowment, fundraising efforts, and committed donors. Below is a report of our three main financial accounts: CAPS Giving Account, University Endowment, and Student Organization Account Services (SOAS).

CAPS Giving Amount

Gift Report (2015-2017)

Fiscal Year	One-Time Gifts	Pledge Total Amount	Production Total
2015	\$6,000		\$6,000
2016	\$54,804.98	\$50,000	\$104,804.98
2017	\$3,140		\$3,140

Donor Count (2015-2017)

Fiscal Year	One-Time Gifts	Pledge Total Amount	Production Total
2015	2		2
2016	47	1	48
2017	7		7

Gift Count (2015-2017)

Fiscal Year	One-Time Gifts	Pledge Total Amount	Production Total
2015	2		2
2016	52	1	53
2017	7		7

WSN Endowment

July 2015-June 2016

Actual Market Value (July 1, 2015)	\$1,495.18
Distributions Earned	\$(1,495.18)
Distributions transferred to expendable restricted fund	\$95,500.00
Unrealized Gain/(Loss)	\$(692.23)
Actual Market Value (June 30, 2016)	\$94,807.77
Book Value (June 30, 2016)	\$95,500.00

July 2016-September 30th, 2016

Actual Market Value (July 1, 2015)	\$94,807.77
Distributions Earned	\$995.24
Distributions transferred to expendable restricted fund	\$(995.24)
Unrealized Gain/(Loss)	\$2,191.38
Actual Market Value (June 30, 2016)	\$96,999.15
Book Value (June 30, 2016)	\$95,500.00

Fall 2016 SOAS Spending Report

Market/Apparel	\$1,532
Retreat	\$6,624.15
Kickback Fridays	\$857.91
Leader Meetings	\$133.62
Peer to Peer Weekly Groups (each group allotted \$100)	\$740.80*
Miscellaneous	\$34.20
Grand Total:	\$9,922.68

*Note: ~\$250 pending

Proposed Budget

2017-2018 School Year

Market/Apparel	\$2,500
Retreat*	\$4,200
Kickback Fridays	\$3,000
Leader Meetings	\$300
Peer to Peer Weekly Groups (each group allotted \$100)	\$4,000
Development**	\$800
End of year banquet***	\$1,000
Miscellaneous	\$200
Grand Total:	\$16,000

*Note: The retreat cost is expected to decrease because leaders and directors will no longer be traveling to retreat via busses. Carpools will be arranged to transport students to the retreat destination

**Note: As WSN continues to expand, we hope to plan fundraisers around the country, travel to meet mental health leaders on other campuses, etc. This budget will allow directors for transportation to and from these events

***Note: This school year, the end of year banquet budget was included in the Kickback Friday budget. However, next year the director team hopes to create a more inclusive banquet including donors, founders, etc.

Past Accomplishments and Future Directions

Accomplishments

As WSN is in its third year of operation, the organization has reached some significant goals and has set new ones for the future. While creating, growing, and sustaining a peer network in itself is an accomplishment, below are other notable successes that WSN has celebrated.

- ▶ Creation of a university endowment- Winter 2015
- ▶ Presented at the Depression Center Conference-March 2015
- ▶ *Implementation of Spring/Summer semester groups- Spring 2015:*
We are cognizant that mental health is important year-round. Thus, we now offer space during our Spring and Summer semesters for students to come to a weekly support group, led by leaders who are in Ann Arbor over the summer.
- ▶ Established WSN pillars and values- Fall 2015
- ▶ Collaborated with Active Minds and George Orley Mental Wellness Initiative in order to bring the event Send Silence Packing to campus- Fall 2015
- ▶ Raised over \$3,000 on Giving Bluesday- November 2015
- ▶ Presented at the Depression Center Conference- March 2016
- ▶ *Offered first walk-in group- Spring 2016:*
Students who do not officially sign-up to be part of a weekly WSN group are

welcome to attend our weekly walk-in group, led by two directors each Friday afternoon in the Michigan Union

- ▶ *Created and sent out WSN "Blueprint" in order to expand the WSN model to other Universities-Fall 2016:*

This Blueprint outlined all aspects of WSN, WSN's development, and how to implement a peer support network on a college campus. This Blueprint was requested by 8 universities, and sent to leaders on these campuses in October 2016



- ▶ *Created and sent the first ever WSN newsletter- October 2016:*
This biweekly newsletter is sent to WSN's directors, leaders, members, donors, founding team, CAPS, Wolverine Wellness, and other community members who benefit from and would like to see WSN updates
- ▶ Raised over \$6,500 on Giving Bluesday- November 2016

Future Directions

While WSN loves to recognize our hard work, the organization knows that it has a long way to go in order to destigmatize mental health. In order to continue working toward this mission, WSN's plans currently include the following:

Present a poster at the Depression on College Campuses Conference- March 2017: This poster will center around the theme of community with the title: "Home Away From Home: Creating a Community, Building a Network"

Continue to develop relationships with other mental health related student organizations:

This will allow greater student unity

Develop an alumni support network- Winter 2017:

This network will give WSN alumni a chance to connect in their cities, as well as be a connection for current University of Michigan students who are looking for employment in these cities

Launch an online support network through collaboration with the organization 7 Cups- Winter 2017:

This online network will provide another space to allow students to receive peer support. A group of WSN leaders will be trained on how to give online peer support, and then the platform will be marketed to the student body



Continue to send the "Blueprint" to other universities (and high schools) in order to establish support networks on other campuses:

WSN's Director of Program Development will continue to cultivate relationships with students on other campuses in order to establish support network at other universities around the country

Develop a parent support network- Winter 2018:

A parent network will allow for parents to work toward the destigmatization of mental health in our UM community

Final Acknowledgments

While the students that operate WSN do an immense amount of work, it can't be done alone. The WSN appreciates the support from faculty, staff, students, and administration; from CAPS; and most importantly, from our generous donors. What WSN does would not be possible without the love and support we receive from these compassionate individuals. It really takes our "whole village" to accomplish our goals.



Regents of the University of Michigan

Michael J. Behm,
Grand Blanc

Mark J. Bernstein,
Ann Arbor

Shauna Ryder Diggs,
Grosse Pointe

Denise Ilitch,
Bingham Farms

Andrea Fischer Newman,
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ex officio





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