MEMORANDUM

DATE: October 20, 2021

TO: Faculty and Staff

FROM: Lawrence Schovanec, President

RE: Mental Wellness Committee

We recently launched “Beyond Okay,” a comprehensive mental health and well-being campaign for students. We designed this initiative to raise awareness about the prevalence of mental health struggles among college students, help students better understand the signs of mental illness, and provide education about coping strategies for common issues they face. We will continue to inform them of available resources, reduce barriers to these resources, and demystify the stigma within the help-seeking process.

The “Beyond Okay” website also includes links to existing resources for faculty and staff, such as the Employee Assistance Program, the Faculty and Staff Clinic, and other on-campus resources. We know more is required, and to better identify areas of greatest need and resources and support to address those needs, I have appointed a new Mental Wellness Committee to include:

- Dr. Rob Stewart, Senior Vice Provost, Mental Wellness Committee Chair
- Stacy Caliva, Staff Senate President
- Dr. Ron Cook, TTUHSC Chief Health Officer
- Dr. Alan Korinek, Managing Director, Employee Assistance Program
- Dr. Katie Langford, Faculty Senate President
- Eric Maki, Managing Director, Recreation Center
- Juli McCauley, Sr. Clinical Department Administrator
- Dr. Megan Thoen, Psychology Clinic Director, Psychological Sciences
- Dr. Richard Lenox, Managing Director, Student Counseling Center
- Dr. Brandy Piña-Watson, Latinx Mental Health & Resiliency Lab, Psychological Sciences
- Dr. Nathaniel S. Wright, Assistant Dean for Strategic Initiatives, College of Arts and Sciences

This committee will begin meeting immediately and I have requested that they provide initial recommendations before the winter break.

Lawrence Schovanec
President, Texas Tech University