

Affinity	Activity	Start Date	End Date	Location	Description	Marketing Method	Justification	Program/ Event Type	Compliance Category
Wellness Week/GoRelax	Promotion of Virtual Relaxation Room	3/1/2021	3/1/2021	Virtual	Marketing for the relaxation room	Daily News, Facebook	NCHA data indicate that high levels of stress have negatively impacted students' academic performance and can reduce quality of life. Providing students with opportunities to practice positive coping methods can help combat academic related stress and burnout. These positive coping activities are intended to serve as alternatives to negative activities, such as drugs and alcohol. Additionally, this program is DAAPP compliance programming.	Health & Well-being	DAAPP, Other
Wellness Week/GoRelax	Meditation and Mindfulness Resources Flyer	3/4/2021	3/4/2021	Virtual	Meditation and mindfulness resources for the campus community	Daily News, Facebook	NCHA data indicate that high levels of stress have negatively impacted students' academic performance and can reduce quality of life. Providing students with opportunities to practice positive coping methods can help combat academic related stress and burnout. These positive coping activities are intended to serve as alternatives to negative activities, such as drugs and alcohol. Additionally, this program is DAAPP compliance programming.	Health & Well-being	Other, DAAPP
Wellness Week/GoRelax	Wellness Week Flyer	3/15/2021	3/15/2021	Virtual	Flyer detailing the events of wellness week	Daily News, Facebook	N/A	Health & Well-being	DAAPP, Other
National Drug & Alcohol Fact Week	National Drug and Alcohol Fact Flyer	3/22/2021	3/22/2021	Virtual	Flyer showcasing facts about drugs and alcohol	Daily News, Facebook	DAAPP Compliance Programming	Health & Well-being	DAAPP
National Drug & Alcohol Fact Week	Community Recovery Resources	3/26/2021	3/26/2021	Virtual	Flyer detailing community resources for the individuals in recovery	Daily News, Facebook	DAAPP Compliance Programming	Health & Well-being	DAAPP
Sexual Assault Awareness Month	Alcohol, Consent, and Sexual Assault Infographic	4/15/2021	4/14/2021	Virtual	Infographic detailing the roles of alcohol and consent as it relates to SA	Daily News, Facebook	DAAPP, Title IV, and VAWA Compliance Programming	Compliance	Title IX, DAAPP, VAWA
Sexual Assault Awareness Month	Alcohol, Consent, and Sexual Assault Infographic	4/22/2021	4/22/2021	Virtual	Infographic detailing the roles of alcohol and consent as it relates to SA	Daily News, Facebook	DAAPP, Title IV, and VAWA Compliance Programming	Compliance	Title IX, VAWA, DAAPP
Mental Health Awareness Month	Relaxation Room Marketing Flyer	5/7/2021	5/14, 5/21	Virtual	Marketing for the relaxation room	Daily News, Facebook	DAAPP, S.B. 1624 and Compliance Programming	Compliance	S.B. 1624, DAAPP, Other

World Well-being Week	Go Relax/ Virtual Relaxation Room	6/21/2021	6/25/2021	Virtual	Virtual relaxation room with videos and activities to help distress.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
World Well-being Week	Fitness Center Open House	6/21/2021	6/25/2021	Virtual	Open house event at the fitness center, offering tours and equipment tutorials.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
World Well-being Week	Go Meditate Flyer (Meditation Resources)	6/21/2021	6/25/2021	Virtual	Infographic providing information and free resources to learn how to meditate and help maintain a meditation practice.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
World Well-being Week	My SSP Flyer	6/21/2021	6/25/2021	Virtual	Student Support Program flyer promoting 24/7 access to licensed counselors.	Daily News, Facebook, Campus Labs Engage	DAAPP, S.B. 1624 Compliance Programming	Health & Well-being	DAAPP, S.B. 1624, Other
Welcome Back to HSC	Stress Management Infographic	7/12/2021	7/16/2021	Virtual	Infographic promoting various stress management activities, such as meditation, exercise, and recreational activities.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
Welcome Back to HSC	Fitness Center Flyer	7/12/2021	7/16/2021	Virtual	Flyer promoting the Fitness Center	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
Welcome Back to HSC	Online burnout prevention strategies and resource infographic	8/6/2021	8/13/2021	Virtual	Flyer with resources and recommendation to help combat burnout.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, S.B. 1624, Other
QEP Reinforcing Activities	Meditation Workshop w/ Jess Sachs	8/17/2021	8/17/2021	Virtual	Meditation workshop covering mindfulness, the breath, body awareness, and visualization.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
International Overdose Awareness Day	Recovery Resource Flyer	8/26/2021	8/31/2021	Virtual	Flyer outlining campus and community recovery resources	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
International Overdose Awareness Day	Recovery Position Flyer	8/31/2021	8/31/2021	Virtual	Flyer outlining campus and community recovery resources and how to respond to an overdose.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
National Recovery Month	Recovery Resource Flyer -I	9/1/2021	9/30/2021	Virtual	Flyer outlining campus and community recovery resources	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP

National Recovery Month	September Newsletter	9/1/2021	9/30/2021	Virtual	A newsletter providing health information, resources, and strategies to help manage stress.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP
National Recovery Month	Stress Management Workshop with CAP	9/2/2021	9/2/2021	EAD 406	Center for Academic Performance presented on positive stress coping and strategies to attenuate stress.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP
National Recovery Month	Recovery Resource Flyer - II	9/8/2021	9/30/2021	Virtual	Flyer outlining campus and community recovery and mental health resources	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
National Recovery Month	Helping a loved one with substance abuse disorder infographic	9/10/2021	9/17/2021	Virtual	Infographic highlighting how you can help a family member or friend get the help they need.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
National Recovery Month	Recovery Month Tabling	9/13/2021	9/15/2021	LIB Entrance	Table display with educational materials, and campus and community resources related to substance abuse and recovery.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
National Recovery Month	Positive Alternative Mapping with Mesa Springs	9/16/2021	9/16/2021	EAD 406	Rebekah Shutter from Mesa Springs as they discuss a Solution Focused Approach to Goal Setting that helps with stress, anxiety, mental health, and substance abuse issues.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP
National Recovery Month	Recovery Month Tabling	9/22/2021	9/24/2021	MET Lobby	Table display with educational materials, and campus and community resources related to substance abuse and recovery.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
Red Ribbon Week	HSC Drug Drop Box Program Marketing	10/25/2021	10/29/2021	Virtual	Campus prescription drug drop off site marketing.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
Red Ribbon Week	National Recovery Resources Flyer	10/25/2021	10/29/2021	Virtual	Flyer highlighting national recovery resources.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP

Red Ribbon Week	Podcasts on Drug Prevention	10/25/2021	10/29/2021	Virtual	Podcasts with interviews with individuals at the federal, national, state, and local levels based on drug misuse prevention among college students.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
Red Ribbon Week	Red Ribbon Week Video PSA Contest Promotion	10/25/2021	10/29/2021	Virtual	PSA contest for colleges and universities to promote the importance of preventing alcohol and drug misuse among college students.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
Red Ribbon Week	Red Ribbon Week - Drug Awareness Marketing	10/25/2021	10/29/2021	Virtual	General Red Ribbon Week marketing materials.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Compliance	DAAPP
Govember	Meditation Flyer	11/9/2021	11/9/2021	Virtual	Flyer highlighting free meditation classes and videos.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
Govember	Burnout Resources	11/16/2021	11/16/2021	Virtual	Resources and tips to help better manage stress and prevent burnout.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, S.B. 1624, Other
Govember	Fitness Center Marketing	11/16/2021	11/16/2021	Virtual	Marketing for the fitness center, personal training, group exercise classes, and amenities	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
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Govember	Ride Share Marketing	11/24/2021	11/24/2021	Virtual	Ride share information for students, staff, and faculty.	Daily News, Facebook, Campus Labs Engage	Rates of impaired driving are reported to be high during Thanksgiving. Using Ride Share is a safer alternative.	Health & Well-being	DAAPP

Govember	Burnout w/ CAP	11/29/2021	11/29/2021	EAD 291	This workshop invites participants to explore burnout and the role it plays in their daily lives. With the right tools and some practical and effective self-care skills, you learn to decrease the negative effects of stress and increase personal health, happiness, and well-being.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP
Govember	Go Relax	11/30/2021	11/30/2021	LIB 3rd Floor	Relaxation event with crafts, puzzles, meditation, and refreshments.	Daily News, Facebook, Campus Labs Engage	Refer to Wellness Week program justification	Health & Well-being	DAAPP, Other
National Impaired Driving Month	Recovery Resources	12/1/2021	12/24/2021	Virtual	Flyer detailing campus and community resources for the individuals in recovery. This flyer was sent out several times on non-consecutive days throughout the month.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Health & Well-being	DAAPP
National Impaired Driving Month	National Impaired Driving Month Tabling	12/6/2021	12/10/2021	LIB Entrance	Table display with educational materials, and campus and community resources related to substance abuse and recovery.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Health & Well-being	DAAPP
National Impaired Driving Month	Ride Share Marketing	12/13/2021	12/13/2021	Virtual	Ride share and safe party tips informational flyer for students, staff, and faculty. This was sent out several times on non-consecutive days throughout the month.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Health & Well-being	DAAPP
National Impaired Driving Month	Safe Partying Tips	12/13/2021	12/17/2021	Virtual	Table display with educational materials, and campus and community resources related to substance abuse and recovery.	Daily News, Facebook, Campus Labs Engage	DAAPP Compliance Programming	Health & Well-being	DAAPP