



Division of Student Affairs
UNIVERSITY OF HOUSTON

Health & Wellbeing

Campus Recreation

Cougars in Recovery

Counseling & Psychological Services

Justin Dart Jr Student Accessibility Center

Student Health Center & Campus Pharmacy

UH Wellness





Division of Student Affairs
UNIVERSITY OF HOUSTON



HEALTH & WELLBEING

A Foundation for Student Success



How to be well?

Sleep Health
Active Living
Arts **DOING** Rest
Substance Use Mindfulness
Autonomy Physical Prevention Leisure Flexibility Hydration Nature

Confidence
Environment
Service Compassion
Emotional Respect **CARING** Resilience
Empathy Stress Management Intelligence
Empowerment Security
Mental Health Safety

Gratitude
Beliefs
Spirituality **BEING** Meaning Flourish Joy
Environment Purpose Values Mindfulness Dignity Happiness

Belonging
Engagement
Collaboration
Inclusion **CONNECTING** Relationships
Meaningful Conversations Violence Prevention Sexual Health
Positive & Supportive "Peer Pressure"

Creativity/Innovation Digital Literacy/Education
Career Development Knowledge **LEARNING** Research Accomplishment
Failing Forward Strengths-Based Leadership Development
Personal Growth Academic Success

Campus Recreation



Cougars in Recovery



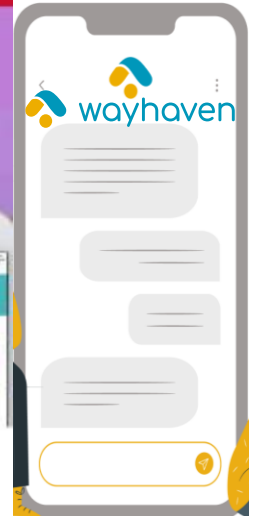
Counseling & Psychological Services

I don't think I would have survived the semester without these sessions. I'm very grateful for the opportunity to be able to receive counseling services through UH.

It has been one of the biggest factors that has helped me through my first semester of college.

I think CAPS has been great for me and I will continue to go for the rest of college most likely.

24/7 SERVICE OPTIONS



713-743-5454

Embedded Clinicians

JED Director



Shanae Speller, MBA

NSM



Chiconia Anderson, LMFT

Engineering



Marissa Solari, LPC

Bauer



Kia Batiste, MSSW, LCSW

Case Manager



Leah Stone, LPC

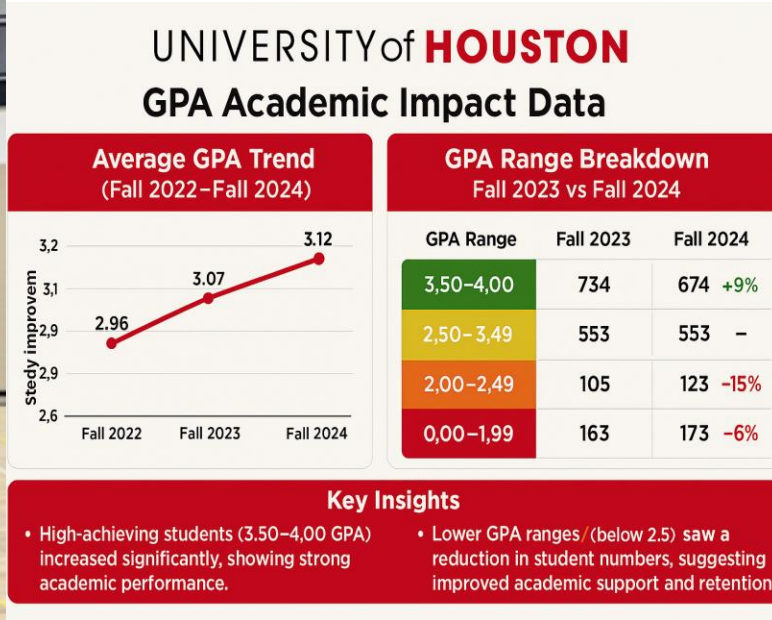
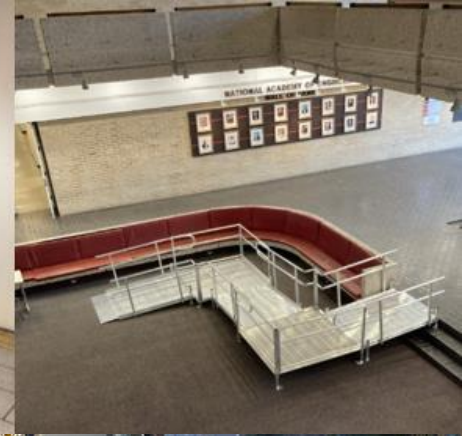
Mobile Response



Rhonda Carson, LCSW



Dart Center for Student Accessibility



Student Health Center & Campus Pharmacy

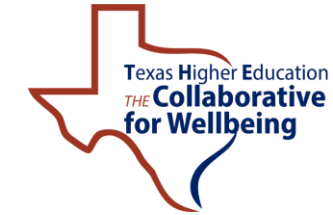


UH Wellness

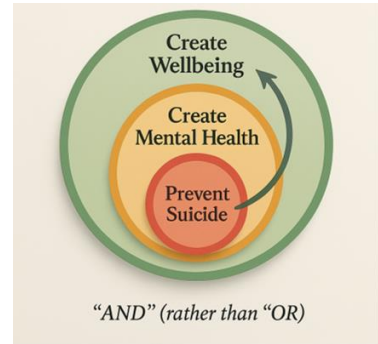
UH Wellness is all about making campus a healthy place to live, learn and work so our Coogs can "**Be Well to Do Well.**"



Health & Wellbeing Team



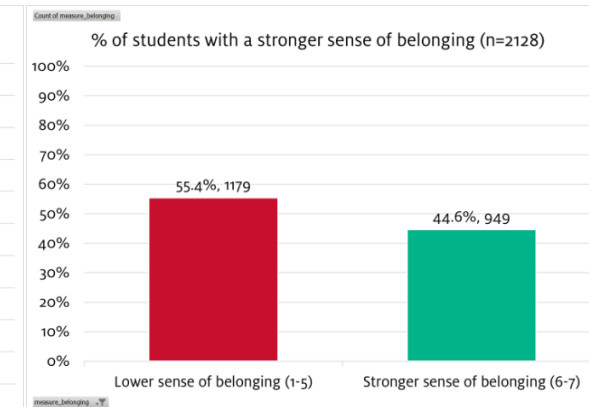
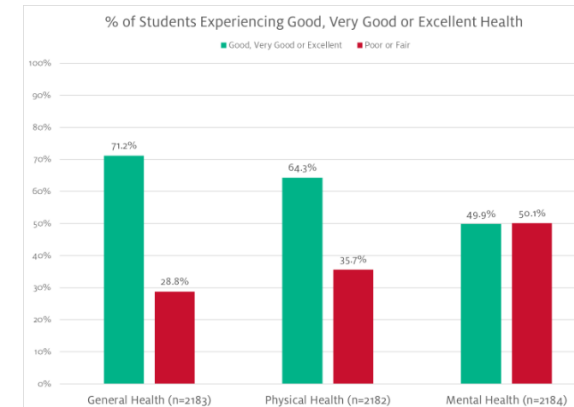
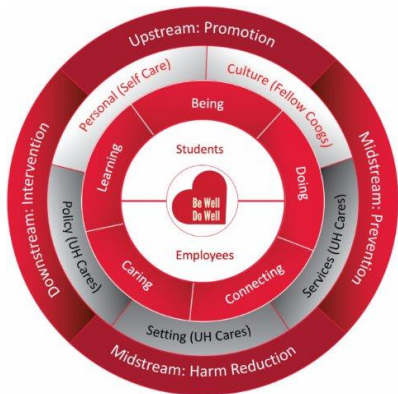
Wellbeing Improvement Survey for Higher Education Settings (WISHES) – 49 questions



- Conditions for Wellbeing**
- Financial security
 - No experiences of discrimination
 - Excited about learning
 - Mentorship
 - Caring professors
 - Engagement in extracurricular activities
 - Supportive friend

- Intermediate Outcomes**
- Belonging
 - Loneliness
 - Mental health treatment engagement
 - Binge drinking

- Long-term Outcomes**
- Flourishing
 - Psychological distress
 - Self-reported overall health and mental health
 - Health and academic risk
 - Life evaluation





BUDGET INFORMATION

One-Time Requests

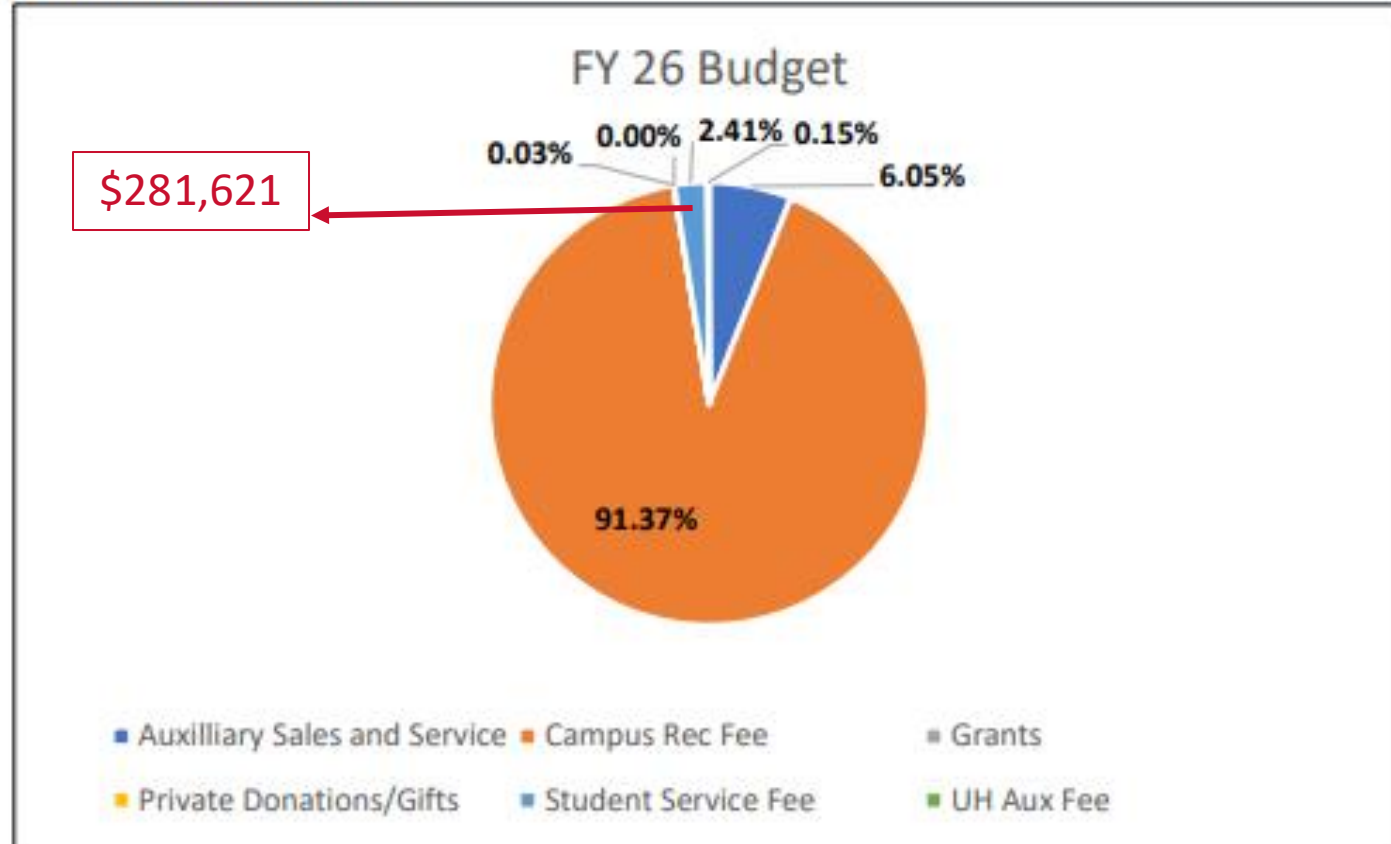
FY	Department	Request Title (item, initiative, etc.)	Cost	Admin	Total
FY26AOT	Dart	Surveillance Upgrade Project	\$45,000	\$2,700	\$47,700
FY26AOT	CAPS	Surface Pros (6)	\$8,340	\$500	\$8,840
FY26AOT	CIR	CIR Graduation Celebration and Friendraising Dinner	\$15,000	\$900	\$15,900
FY26AOT	Wellness	Classroom Technology Enhancements	\$14,000	\$840	\$14,840
FY26AOT	HWB	Admin Manager Professional Development	\$3,000	\$180	\$3,180
FY26AOT		Total	\$85,340	\$5,120	\$90,460
FY27OT	Wellness	WellFest	\$5,000	\$300	\$5,300
FY27OT	CIR	CIR Graduation Celebration and Friendraising Dinner	\$15,000	\$900	\$15,900
FY27OT		Total	\$20,000	\$1,200	\$21,200

2026-2027 Student Service Fee Budget Information

Unit: Campus Recreation

Dept #: H0225

FY26 Budget by Fund Type

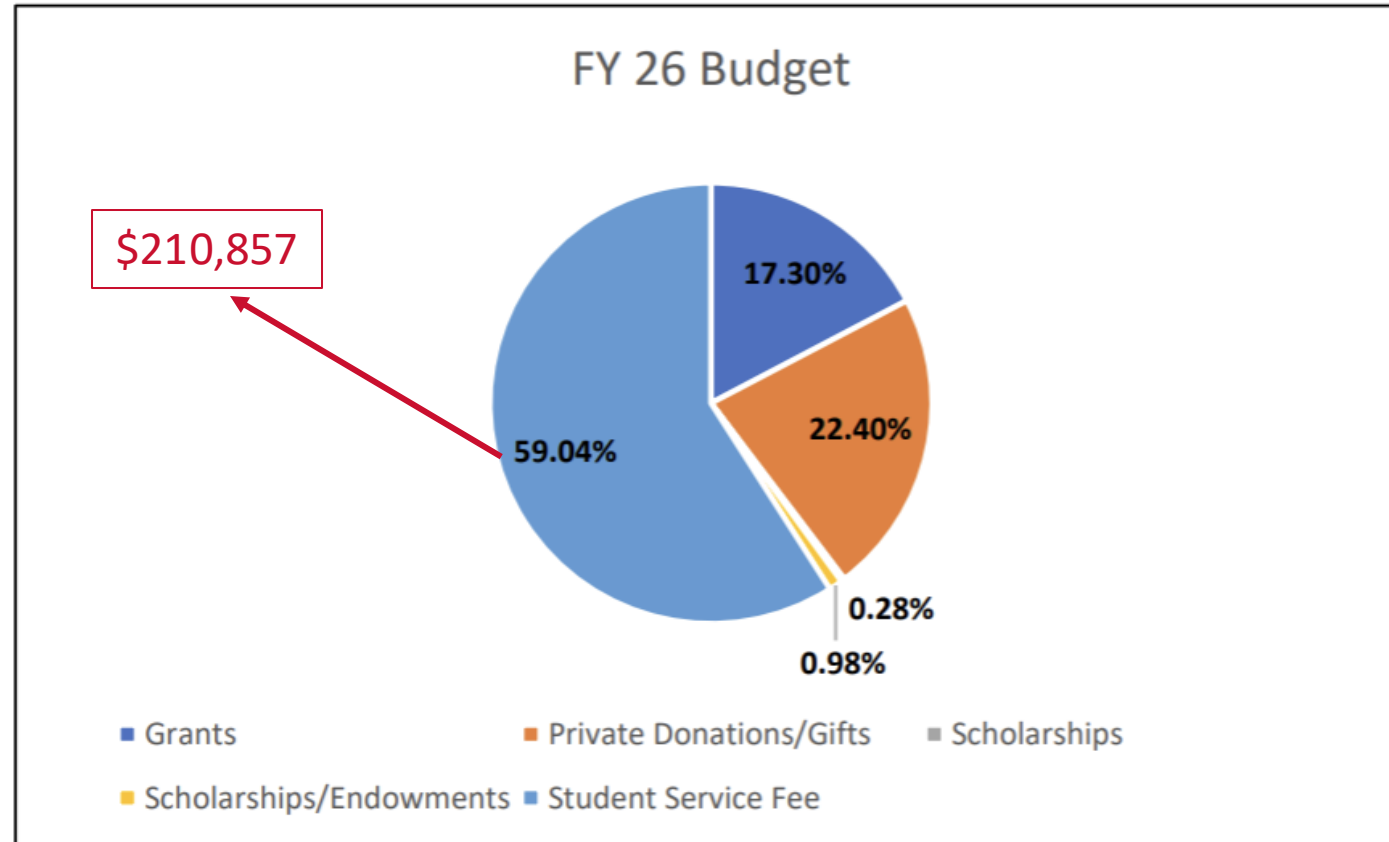


2026-2027 Student Service Fee Budget Information

Unit: Cougars in Recovery

Dept #: H0004

FY26 Budget by Fund Type

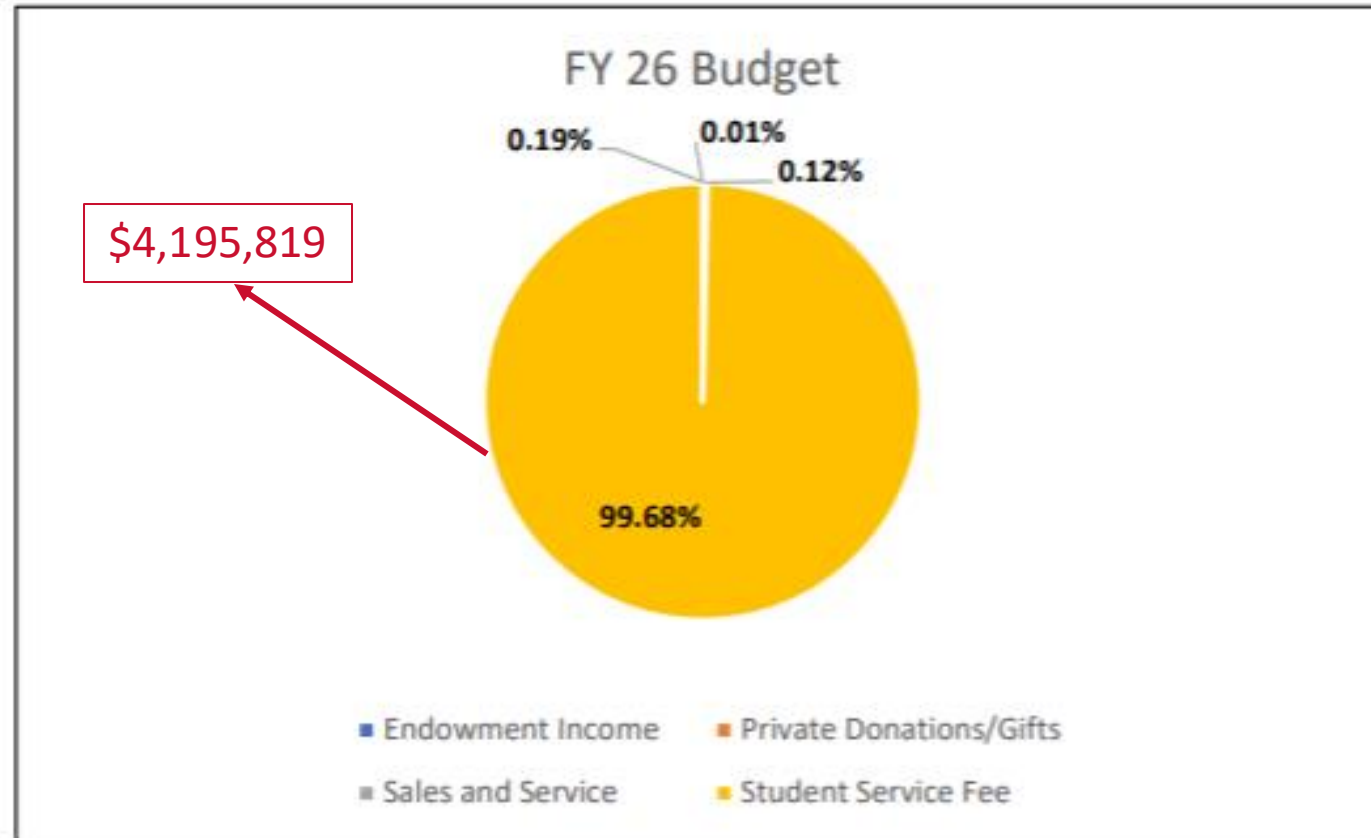


2026-2027 Student Service Fee Budget Information

Unit: Counseling & Psychological Services

Dept #: H0220

FY26 Budget by Fund Type

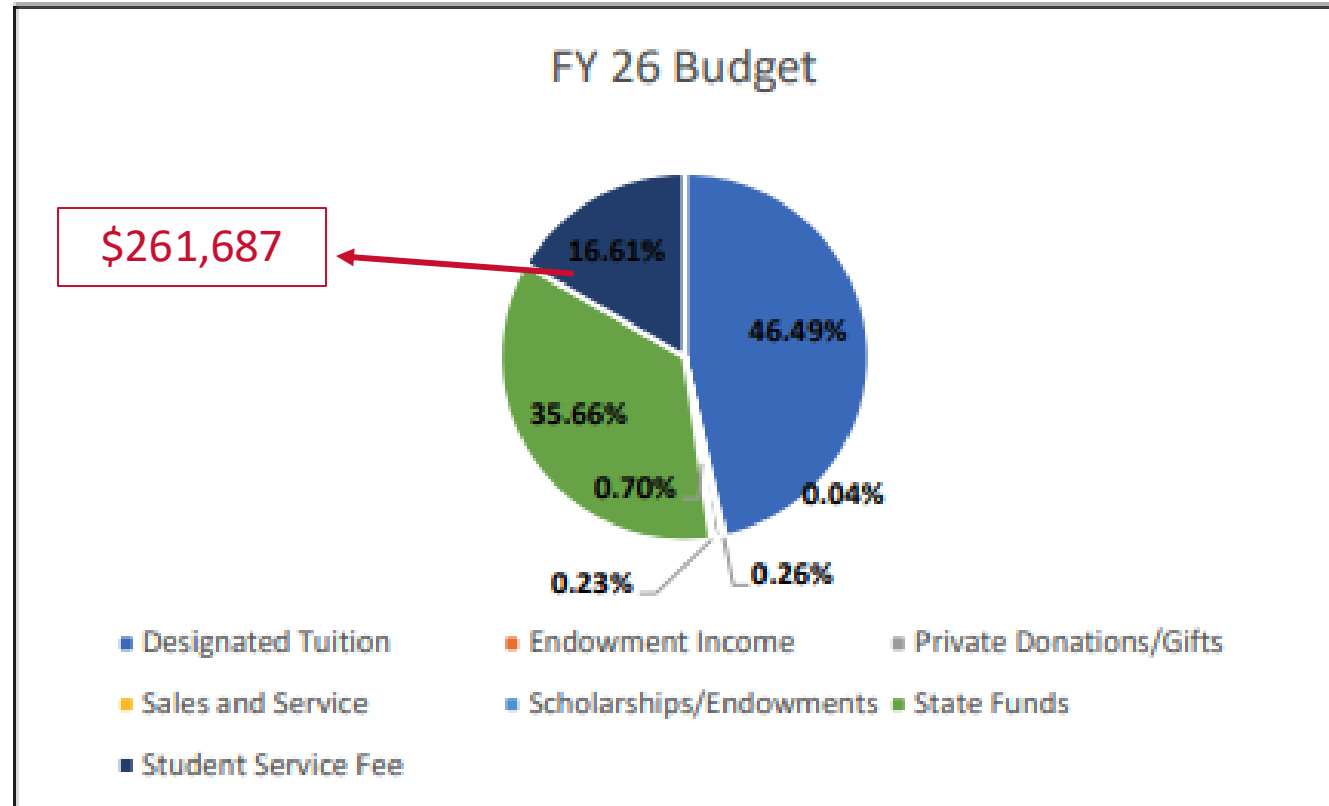


2026-2027 Student Service Fee Budget Information

Unit: Student Accessibility Center

Dept #: H0216

FY26 Budget by Fund Type

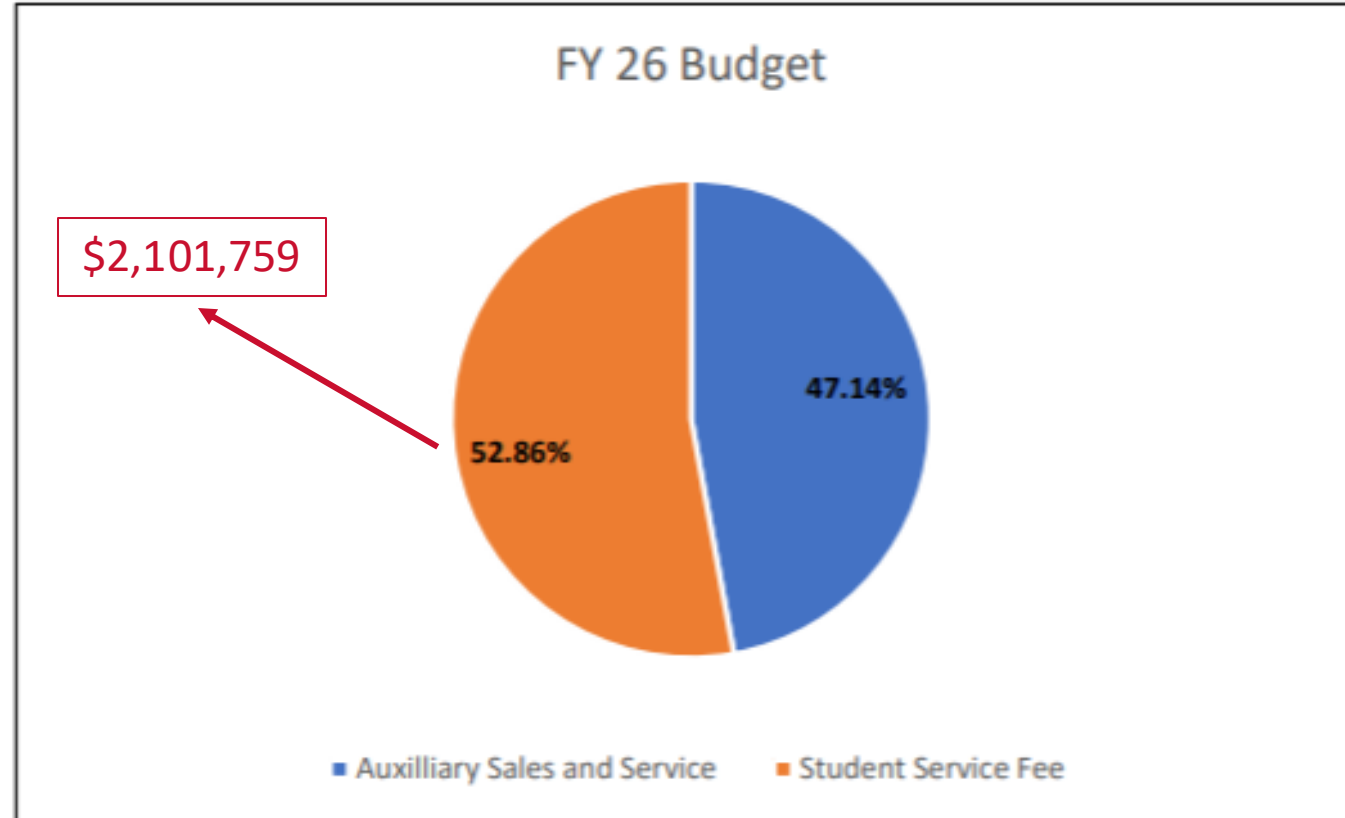


2026-2027 Student Service Fee Budget Information

Unit: Student Health Center

Dept #: H0207

FY26 Budget by Fund Type

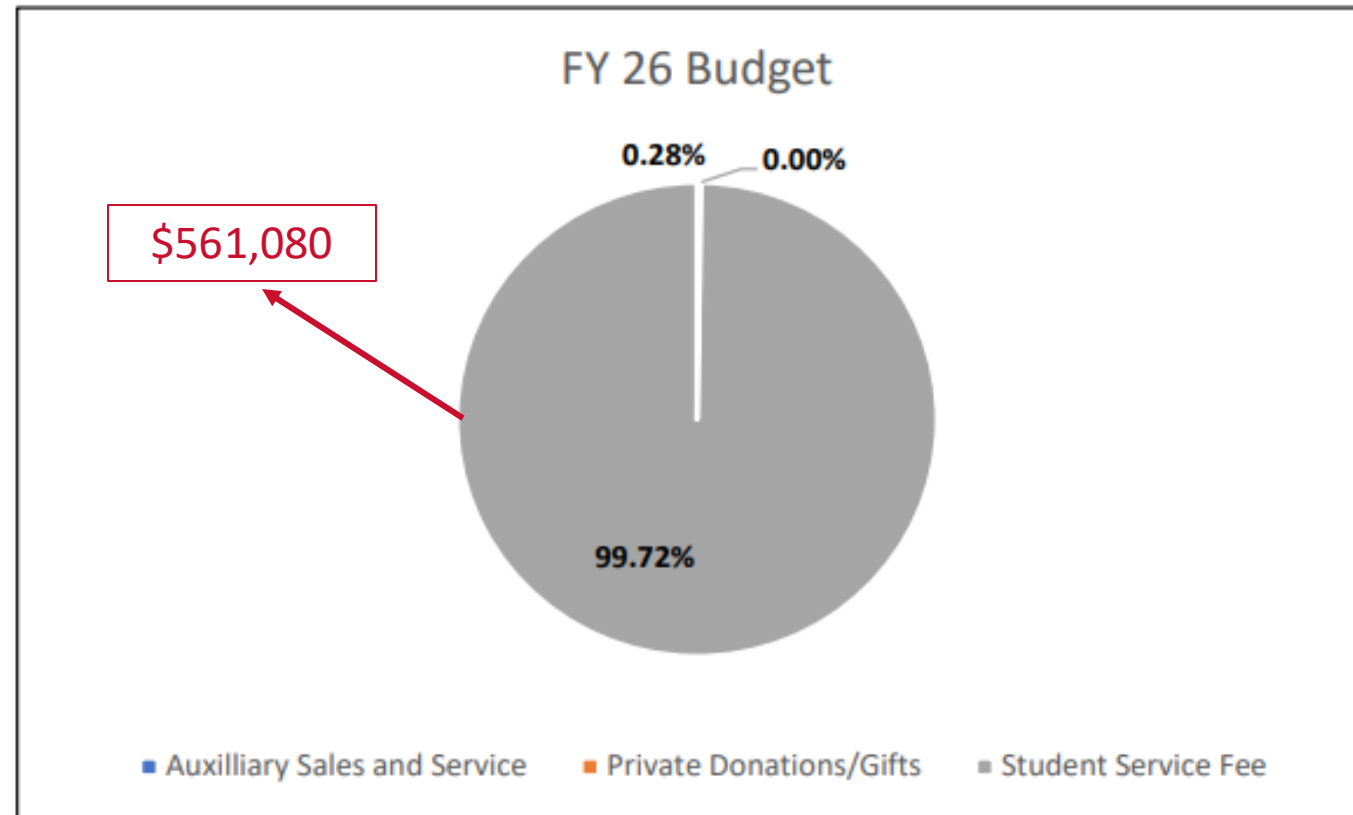


2026-2027 Student Service Fee Budget Information

Unit: UH Wellness Center

Dept #: H0292

FY26 Budget by Fund Type

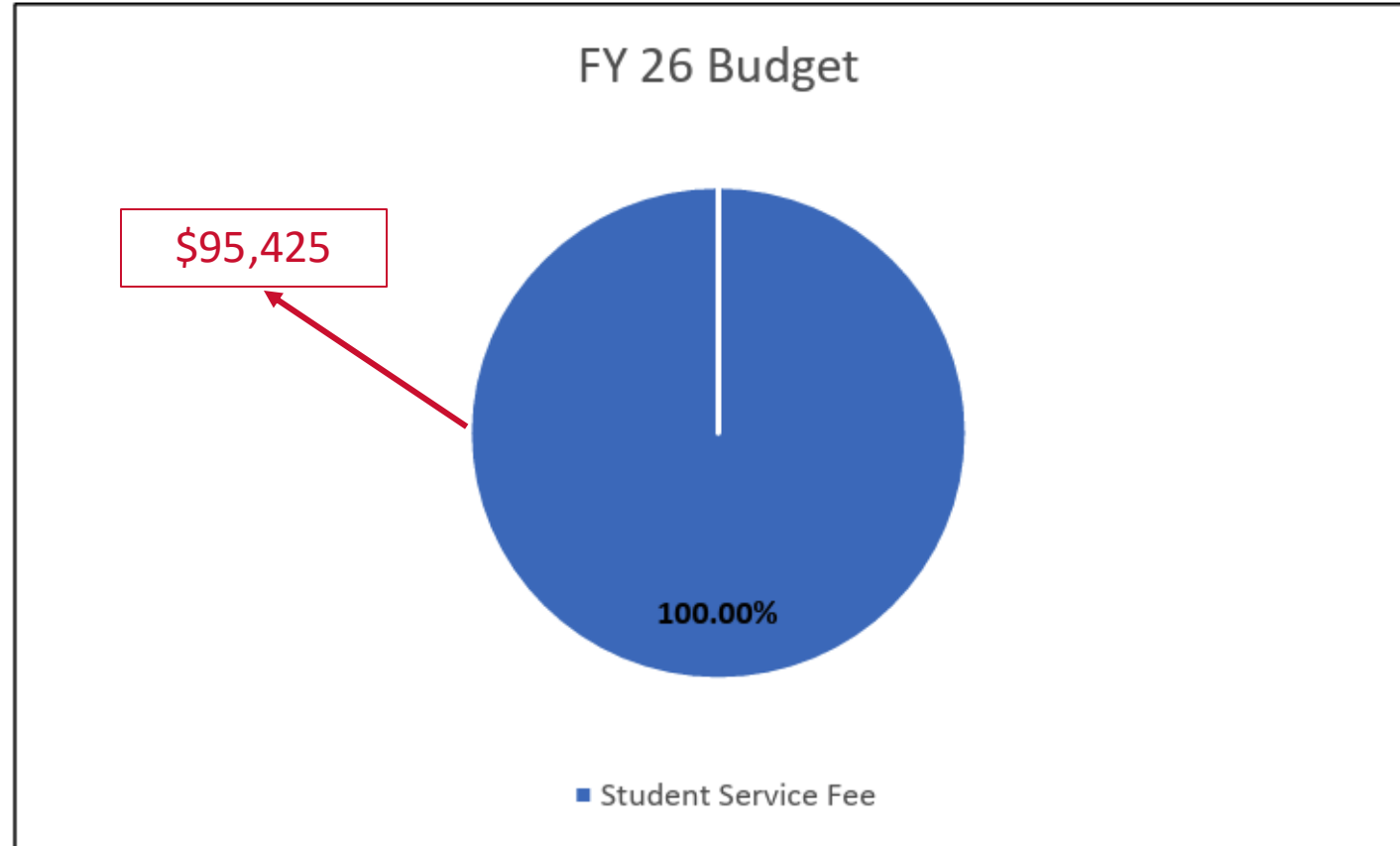


2026-2027 Student Service Fee Budget Information

Unit: Health and Well-Being

Dept #: H0225

FY26 Budget by Fund Type



HWB Portfolio SFAC Budgets

DEPARTMENT	FY26 SFAC BUDGET
Campus Recreation	\$281,621
Cougars in Recovery	\$210,857
Counseling & Psychological Services	\$4,195,819
DART Center	\$261,687
Student Health Center & Campus Pharmacy	\$2,101,759
UH Wellness	\$561,080
Health & Wellbeing Office	\$95,425
Total	\$7,708,248

Health & Wellbeing

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