



# STUDENT WELLBEING ACTION GROUP

2025–2026 End-of-Year Report

*Loyola University Maryland*

---

*Fostering a campus culture where wellbeing is a shared responsibility.*

---

Eight Dimensions of Wellness • Together We Rise

---

## Overview

---

The Student Wellbeing Action Group (SWAG) was established during the 2025–2026 academic year as the evolution of Loyola's Mental Health Task Force. Building upon five years of successful mental health advocacy and education, SWAG expanded its focus to promote a holistic vision of student wellbeing grounded in Loyola's Jesuit values and the University's Together We Rise strategic plan.

Using the Eight Dimensions of Wellness as its framework, SWAG seeks to foster a campus culture where wellbeing is a shared responsibility and students can thrive academically, socially, physically, emotionally, and personally. During its inaugural year, SWAG focused on two dimensions of wellness: Social Wellness and Physical Wellness.

## Mission

---

- Promote student wellbeing through education, advocacy, collaboration, and community engagement.
- Advance a campus culture that supports both individual wellness and collective wellbeing.
- Foster partnerships among students, faculty, staff, and administrators to strengthen wellbeing initiatives across the University.
- Address environmental and systemic factors that impact student success, belonging, health, and flourishing.

## Structure & Meeting Frequency

---

- Monthly full SWAG meetings
- Monthly meetings for each of the three standing subcommittees:
  - Social Wellness Committee
  - Physical Wellness Committee
  - Administrative Committee

## 1) Social Wellness Committee

### Goals

- Increase awareness of social wellness and its role in student wellbeing
- Promote opportunities for meaningful connection and belonging
- Highlight existing campus programs that foster relationships and community
- Collaborate with student organizations and campus departments to strengthen social engagement

### Accomplishments

- Developed educational content and promotional materials highlighting social wellness opportunities across campus.
- Featured social wellness resources and programming through Healthy Hounds Monthly, the Green Bandana Brigade Newsletter, and social media campaigns.
- Supported and promoted the Greyhound Wellbeing Network, a new peer-led initiative that launched with 16 student ambassadors representing a broad range of class years and campus involvement.
- Assisted in the promotion of "Dinners with Friends You Haven't Met Yet," which successfully connected students through facilitated small-group meals.
- Highlighted initiatives such as McAuley Connects, which pairs students seeking connection with peer mentors and provides meal vouchers to support relationship-building.
- Collaborated with numerous campus offices and organizations to promote social wellness programming and increase participation in events.

### Looking Ahead

- Continue educating students about the distinction between loneliness and healthy independence.
- Expand peer-to-peer connection opportunities and social wellness programming.
- Increase collaboration with student organizations to integrate social wellness concepts into campus programming.
- Develop additional resources that help students build and sustain meaningful relationships.

## 2) Physical Wellness Committee

### Goals

- Promote physical wellbeing through practical education and awareness
- Encourage healthy habits related to movement, nutrition, rest, and self-care
- Support students in recognizing and responding to their physical and mental health needs
- Increase awareness of campus resources that support physical wellness

### Accomplishments

- Developed seasonal wellness education campaigns, including winter wellness and movement-focused social media content.
- Created educational materials for Healthy Hounds Day and other campus wellbeing initiatives.
- Partnered with Student Health Services to revise and relaunch the Self Health and Wellness Report (formerly the Self-Care Note), empowering students to document health concerns and communicate effectively with faculty.
- Promoted physical wellness content through newsletters, social media, and collaborative campus outreach efforts.
- Developed wellness-focused educational resources including nutrition content, recipes, and movement-based self-care recommendations.

### Looking Ahead

- Continue developing seasonal physical wellness campaigns.

- Increase faculty awareness and utilization of the Self Health and Wellness Report.
- Expand student education regarding healthy self-care practices and illness prevention.
- Explore additional opportunities to integrate physical wellness messaging throughout the student experience.

### 3) Administrative Committee

#### Goals

- Coordinate communications, marketing, and operational support for SWAG initiatives
- Increase visibility of wellbeing resources and opportunities
- Support campus-wide wellbeing education efforts
- Strengthen student engagement in wellbeing initiatives

#### Accomplishments

- Successfully transitioned the Mental Health Task Force website into a fully redesigned Student Wellbeing Action Group website ([loyola.edu/join-us/student-wellbeing/](https://loyola.edu/join-us/student-wellbeing/)).
- Expanded and maintained Healthy Hounds Monthly through physical signage, digital displays, Messina classrooms, residence halls, and other campus locations.
- Supported continued growth of the Green Bandana Brigade, which surpassed 400 members.
- Produced and distributed the Green Bandana Brigade Newsletter highlighting wellbeing resources, initiatives, and events — received over 300 views between the fall and spring semesters.
- Developed a campus Wellness Map and wallet card to increase awareness of wellbeing resources and spaces.
- Strengthened partnerships with the Greyhound Wellbeing Network to expand student outreach and wellbeing promotion.
- Updated campus branding, communication materials, and promotional resources related to student wellbeing initiatives.
- Created systems for collecting and archiving wellness-related content to support future educational efforts.

#### Looking Ahead

- Continue expanding visibility of wellbeing resources through both digital and physical channels.
- Strengthen coordination among SWAG initiatives, the Green Bandana Brigade, Greyhound Wellbeing Network, and other wellbeing efforts.
- Further develop the Wellness Map and related educational resources.
- Continue evaluating communication strategies to maximize student engagement.

## Additional Highlights

<p><b>110</b></p> <p>Healthy Hounds Day Attendees</p>	<p><b>262</b></p> <p>Mental Health First Aid Trained</p>	<p><b>400+</b></p> <p>Green Bandana Brigade Members</p>	<p><b>\$13K+</b></p> <p>Raised for AFSP in 3 Months</p>
---	--	---	---

### Healthy Hounds Day

SWAG hosted another successful Healthy Hounds Day with 110 attendees, bringing together campus departments, student organizations, and wellbeing initiatives. The event featured educational activities, therapy dogs, Taharka Brothers Ice Cream, raffle prizes, and opportunities for students to engage with campus wellbeing resources.



### Mental Health First Aid

SWAG continued to support Mental Health First Aid training opportunities for 262 faculty, staff, administrators, student leaders, Resident Assistants, and Evergreen student leaders, further strengthening Loyola's culture of care and early intervention.

### Outdoor Wellness Initiatives

SWAG continued to expand outdoor wellbeing resources across campus, including:

- Additional "You Matter" signage in prominent campus locations
- New mindfulness and reflective walking path signage near the Fitness and Aquatic Center

- Continued enhancement of outdoor spaces that promote reflection, movement, and wellbeing



## Suicide Prevention and Awareness

SWAG supported Loyola's first American Foundation for Suicide Prevention (AFSP) Out of the Darkness Campus Walk. The event brought together students, faculty, staff, and community members to raise awareness, reduce stigma, honor those impacted by suicide, and support suicide prevention efforts. Loyola groups raised over \$13,000 for AFSP within 3 months.



## Steering Committee

Name	Department / Office
Katie Benoit	Recreation and Wellness
Kourtney Bennett	Counseling Center
Rachael Hartley	Counseling Center
Whitney Hobson	Counseling Center
Melissa Lees	McAuley Women's Center
Jason Parcover	Student Development
Dennis Velez	Thrive Center

## 2025–2026 SWAG Members

Name	Department / Office
Ejuma Adoga	Student Support and Wellness Promotion
Katherine Barrasso	Graduate Student Representative
Kate Charles	Residence Life and Housing
Katie Derreth	Student Leadership and Involvement
Joseph Farrell	Associate Professor of Philosophy
Sarah Flores	Student Government Association Representative
Andrea Hoffman	Student Athlete Support Services
Barbara Kurz	Messina
Lisa Oberbroeckling	Academic Affairs
Cecilia Oliver	Active Minds Vice President
Jack Owen	Loyola Notre Dame Library
Jordan Tedesco-Blair	Student Integrity & Restorative Justice Practices
Marlena Waugh	Student Health Services
Marcia Wiedefeld	Disability and Accessibility Services
Marie Yeh	Associate Professor of Marketing

## Visit our Website

---

