



Welcome to the first edition of the ELEVATE Check-Up. You are receiving this as you are the Health and Wellness Chair, Risk Manager and/or officer overseeing health and wellness education in your chapter. This is a monthly message you will receive with information on upcoming dates, ideas for programs, and resources you can use in your role.

If you have questions about your role, suggestions for future ELEVATE Check-Ups, or ideas for health and wellness education, please do not hesitate to contact us:

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Understanding Health & Wellness

With the introduction of the Health and Wellness Chair, the role of the Risk Manager in your chapter can be enhanced. The Risk Manager is able to focus his time and energy on actionable strategies and structures that promote policy knowledge, compliance, and ensuring the chapter follows established campus, local and Fraternity regulations. The Health and Wellness Chair can focus his time and energy on providing education and awareness to prevent risk and promote healthy behaviors.

The following chart further illustrates how the two roles work individually and collaboratively:

<i>Health & Wellness Chair</i>	<i>Shared Responsibility</i>	<i>Risk Manager</i>
Primary Role: Oversee chapter implementation of ELEVATE (health and wellness education)	Coordination and completion of Risk Management Education Program Requirements	Primary Role: Knows and implements all policies and procedures regarding risk management
Chair of Health and Wellness Committee	Identifying areas where chapter education and training is needed	Chair of Risk Management Committee
Coordinate with Phi Kappa Psi Headquarters for chapter to receive in-person education trainings		Coordinates schedule for event monitors for each social function
Plan chapter's involvement with awareness campaigns		Maintains that all applicable laws of the state, county or city are being followed
Provide education and information to chapter on health and wellness topics through ELEVATE The Conversation and other available resources		Regularly instructs the chapter on rules and regulations of risk management

Coordinate Continuing Education programs to meet accreditation requirements and chapter educational needs with Fraternity Educator		Knows and understands all rules of FIPG, IFC and your institution
Develop relationships and networks with campus and community resources and service providers		Reads through, understands and maintains a copy of all Risk Management Policies of Phi Kappa Psi
Promote chapter members' awareness of campus and community resources and service providers		Submits required forms. This includes Safe Social Events Plan annually.

Get ELEVATED - Program Ideas & Action Items

Each month, we'll give you a list of potential programs and action items you can complete. These will be ways you can educate both yourself and your chapter through your position.

#1 - Understanding Campus Resources

One of the roles you can play in your chapter is becoming an expert on what's available on-campus. You can learn what services are available, where they are located, and how brothers can get more involved. Take the time this month to educate yourself on a few of these!

You can do this by reviewing the campus website, sending an email introducing yourself, stopping by the office, and/or setting up a meeting with a staff member. Consider connecting with the following offices to begin this work:

- Campus Health Center and/or Office of Health and Wellness Promotion
- Campus Counseling Center
- Dean of Students Office
- Campus Recreation Center

You can find more information about who/what you're looking for via the Campus Resource Guide in Officer Portal under the Programs tab.

Not sure what to ask? It's easy! Here are four quick questions that can get you on the right track.

- Why would a student use your office/this service?
- What kind of health and wellness resources does your office offer?
- What education and involvement opportunities do you provide to student organizations?
- What are the best ways to contact and access this office/resource?

After completing this research, consider sharing a short synopsis of what you found in your officer report at chapter meetings.

#2 - Heart Health Month

February is Heart Health Month. While the month is winding down, the conversation about heart health is important to continue year-round. You can find the Heart Health Month Chapter Toolkit [here](#) or under the Programs tab in Officer Portal for ideas of how to inform and educate your brothers on the importance of heart health now and throughout your lifespan.

#3 - Ladder of Risk, Social Strengths & Alcohol Skills Training Program (ASTP)

We are excited for the continuing conversations we are able to have through the three in-person programs the Fraternity offers. If you are receiving one of these programs, make sure to connect with your facilitator, inform your chapter once the program date is set, and complete requested follow-up items.

If you have questions about these programs and/or want additional educational resources, reach out to Drew Kerwood, Health and Wellness Consultant at ajk@phikappapsi.com.

We aren't yet scheduling ASTP and Social Strengths for 2018-2019. However, if you're interested in potentially bringing these programs to your chapter next school year, contact Drew.

#4 - Risk Management Education Program Requirements

In the next week, you will receive email information on Risk Management Education Program Requirements. These represent a chance to get your chapter needed education around important topics. The Health and Wellness Chair should work with the Risk Manager to get these scheduled. In addition to providing important information, completing all six seminars with 85% of active and new members in attendance and submitting proper documentation can qualify your chapter for a liability insurance reduction of 10%. If you're not sure how to find programming, your campus advisors and Fraternity & Sorority Life office staff may be a good place to start. They may have programs that can meet these requirements, or can connect you to the office or local organization that can. There are six programs to schedule:

- Alcohol & Drug Abuse
 - Note: If your chapter has been selected to receive Alcohol Skills Training Program (ASTP), it counts for this program if attendance requirements are met.
- Criminal Liability & Basic Legal Concepts
- Fire Prevention
- General Fraternity Insurance Coverage & Risk Management Policy Review
 - Note: The Chapter Services Consultant's annual presentation of Ladder of Risk counts for this program if attendance requirements are met.
- Hazing & Fraternity Education
- Sexual Violence Prevention
 - Note: If your chapter has been selected to receive Social Strengths, it counts for this program if attendance requirements are met.

Wanted: ELEVATE In Action!

We want to spotlight how you're implementing ELEVATE and infusing health and wellness into your chapter. If you've got pictures, articles, or information on events, let us know. One of the best resources for ELEVATE is each of you, and we'd love to share what you're doing with other chapters in future editions. You can send ELEVATE In Action information to ark@phikappapsi.com. You can also hashtag social media posts with #PhiPsiELEVATE

Here's some great examples of what we're looking for!

- Picture/Tweet from New Jersey Gamma about Social Strengths At Their Chapter - [@RUPhiPsi Tweet](#)
- Article from the Oxford Eagle about the work Mississippi Alpha is doing with the William Magee Center for Wellness Education - [A New Generation of Leadership](#) -

ELEVATE Your Knowledge

Each check-up will feature videos, articles and/or other media you can check out to become more educated on a health and wellness topic. Some of these can be shared with your chapter, some of these are to help you in your role, and some are just things we found interesting!

- [Healthy for Good](#) – Resource from American Heart Association on how to improve heart health: Eat Smart. Add Color. Move More. Be Well.
- [7 nutrition and training strategies to steal from Olympic athletes](#) – Article from Men's Fitness
- [See The Amazing Things Olympic Athletes Eat For Breakfast](#) – Video from Today Show
- [11 Actually Helpful Tips For Sticking To A New Habit](#) – Resource from Buzzfeed

Preview of the March Edition

At the end of each check-up, we'll tell you what we're planning on covering next month. This can allow you to prepare and plan ahead for what's to come!

- Sexual Assault Awareness Month (April)
- Best Practices for Using Committees
- ELEVATE The Conversation
- Bystander Intervention Training
- National Nutrition Month (March)/Healthy Eating

Join Our List!

If you are receiving this message as a forwarded message and interested in signing up to receive ELEVATE updates, please sign up [here](#).

If you are not the Health and Wellness Chair and/or Risk Manager who should receive this message, please complete this short form with information on the brothers who should receive future updates [here](#).