



This is a monthly message 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:

Andrea Kleekamp – Director of Health & Wellness – [ark@phikappapsi.com](mailto:ark@phikappapsi.com)

Drew Kerwood – Health & Wellness Consultant – [ajk@phikappapsi.com](mailto:ajk@phikappapsi.com)

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.

### **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.

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## **#1 – Sexual Assault Awareness Month**

Each April, campuses participate in Sexual Assault Awareness Month (SAAM). SAAM is an opportunity to raise awareness about sexual assault and sexual violence, and how communities can work together to help prevent sexual assault and support survivors of sexual violence. For more information on SAAM, including ideas for involvement, check out the SAAM page at the National Sexual Violence Resource Center (NSVRC) [www.nsvrc.org/saam](http://www.nsvrc.org/saam), or the [Phi Kappa Psi toolkit](#). There may be offices and organizations on your campus who have already planned different events and campaigns that your chapter can participate in as well.

## **#2 – Bystander Intervention Training**

One way you can engage in Sexual Assault Awareness Month is attending and/or hosting a bystander intervention training. Bystander intervention is about learning signs, skills and strategies to help build safer, healthier social experiences by being aware of what's happening around you. Bystander education like Green Dot, Step Up! or other programs talented staff at your campus have built are a great addition to the education you provide your chapter. Not sure what this training is for you? Find more information on your [Campus Resource Guide](#) in Officer Portal.

## **#3 – ELEVATE The Conversation**

If you're looking for a way to bring more education to your brothers, consider leading an ELEVATE The Conversation workshop. ELEVATE The Conversation has content around general men's health, mental health, masculinity, and healthy relationships. These workshops are designed to easily fit into a chapter meeting as they're each under an hour, or you can use them as stand-alone education. The Bears & Brotherhood conversation is one that can work well for Sexual Assault

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Awareness Month. These are available on the [Phi Psi Portal](#) under the Programs tab.

#### **#4 – National Nutrition Month**

March is National Nutrition Month. Healthy eating is important year-round, but this month is a chance to place specific focus on this aspect of your health. Check out [choosemyplate.gov](#) for resources to educate and inform yourself and your brothers. There are even resources specifically for college students including [Healthy Eating On A Budget](#) and [Making Takeout Healthier](#). Many campus health centers have a nutritionist on staff that can provide more in-depth education to your chapter and/or individual consultations.

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

If you are receiving one of these programs this spring, 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](mailto: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, you can complete a program request form now:

[ASTP Program Request Form](#)

[Social Strengths Program Request Form](#)

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## **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!

- Kevin Love – The Players’ Tribune – [Everyone Is Going Through Something](#)
- [20 men reveal the one thing they wish others knew about men’s mental health](#)
- Blog by Dr. Lori Hart - [What Abraham Maslow Can Teach Us About Fraternity](#)

## **ELEVATE Your Health and Wellness Committee**

If you haven’t already, consider forming a Health and Wellness Committee to help you with your work. The advantage of a committee is you bring together additional brothers who share your passion and commitment to help coordinate experiences that enhance your chapter’s health. Here are three tips to set your committee up for success.

- **Find the right brothers.** Involve brothers who are in officer roles that work with health and wellness (e.g. Intramurals Chair), have a health-based major, and/or have shown a commitment to their health (e.g. regularly work out at the Rec).
  - **Find your vision.** Determine what you want to accomplish as a committee. Is it a regular educational tip at chapter? Is it coordinating a program on-campus? Having a clear vision for where you’re going gives you direction for your work.
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- **Find your resources.** There are great resources on-campus and in your community. Use this committee to build relationships with these and leverage them to strengthen chapter health.

### **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](mailto:ark@phikappapsi.com). You can also tag your social media posts with #PhiPsiELEVATE

### **Preview of the April 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!

- Mental Health Awareness Month (May)
- Stress Management & Finals
- Planning for Fall 2018

### **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](#).

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