

**UNIVERSITY OF MAINE STUDENT GOVERNMENT, INC.
GENERAL STUDENT SENATE RESOLUTION
“*HOLISTIC HEALTH AND WELLNESS COMMITTEE ACT*”**

Date: 09-12-2025

Resolution #: 46S-POL-86-09-23-2025

AN ACT TO: Establish the Holistic Health and Wellness Committee within the General Student Senate in place of the Mental Health Committee.

WHEREAS, according to the Healthy Minds Network Annual Report, over 75% of college students in the United States reported moderate or severe psychological distress in the past year. A 2021 survey of the University of Maine System found that 39% of students reported moderate to severe psychological distress, with students citing stress, anxiety, and depression as their top challenges affecting academic success; and

WHEREAS, while mental health resources on campus do their best to meet the needs of our students, issues remain in adequate funding, student awareness, and peer support. Student Government has a responsibility to advocate, uplift, and cater these efforts to the unique needs of our student body; and

WHEREAS, the Mental Health Committee of the General Student Senate has passed many hands but ultimately has been aimless and relatively unproductive in the past few years, largely due to a title too general and a committee that lacked specific structure or purview; and

WHEREAS, it is our responsibility to correct that course and set up a committee for success in supporting the holistic health and wellness of our students.

RESOLVED, Holistic Health and Wellness shall refer to a holistic approach to health and wellness, which acknowledges the nine dimensions of wellness. A holistic approach would acknowledge the impact of these dimensions on students' mental health and overall well-being; and

RESOLVED, the Holistic Health and Wellness Committee shall be responsible for fostering a campus culture that prioritizes the mental, emotional, physical, and social well-being of our students; and

RESOLVED, the chair of the Holistic Health and Wellness Committee shall be responsible for representing, or appointing a proxy to represent, the Student Government and the Undergraduate student body on the Black Bears Care Council, a board of

representatives from student support-related services at UMaine who strive to increase the understanding and awareness of student mental health issues for faculty and staff; and

RESOLVED, the chair of the Holistic Health and Wellness Committee shall be the liaison between UMSG Inc., the general student body, and any further groups at the discretion of the GSS. Additionally, serving as the project's 3rd oversight group, the other two being the Student Wellness Resource Center and the Counseling Center; and

RESOLVED, the Holistic Health and Wellness Committee shall be chaired by a sitting Senator or Representative, and membership will be open to any UMaine undergraduate student. Voting members will be defined at the discretion of the committee chair; and

RESOLVED, it shall be the responsibility of the Holistic Health and Wellness Committee to...

1. Work to establish and maintain relationships with student wellness-related campus services, such as the Student Wellness Resource Center, the Counseling Center, Title IX Student Services, Student Accessibility Services, and others as deemed appropriate by the committee chair.
2. Work to establish and maintain relationships with wellness-centered student and community-led organizations as deemed appropriate by the committee chair or GSS.
3. Organize at least one wellness-related outreach, event, survey, or feedback opportunity per semester to maintain student perspective on wellness as it relates to campus life.
 - a. Such opportunities should also serve to increase visibility and accessibility of one or more student support and wellness services or groups from the greater Orono community.
4. Work to address any concerns or issues of the student body pertaining to mental, emotional, social, or physical health that are brought to the attention of the committee.
5. Relay student opinion, concern, and all other relevant information to the applicable UMaine support service or executive decision makers.
6. Assist in educating and updating the student body on important issues, opportunities, changes in policy, and other information deemed necessary by the chair or the GSS.
7. Any other tasks as directed by the General Student Senate.

RESOLVED, the Holistic Health and Wellness Committee shall be a special committee in the General Student Senate and its chairship shall be taken over by the current chair of the Mental Health Committee for the current semester.

RESOLVED, upon passage of this resolution, the Mental Health Committee will be dissolved.

AUTHOR(S):

SPONSOR(S):

COMMITTEE ASSIGNED:

RECOMMENDATION:

Senator Cowan

President Tripp

Policy and Procedure

[4-0-1] OTP AA

SENATE VOTE: [PASSED/PASSED WITH AMENDMENTS/FAILED]

SIGNATURE:



President, University of Maine General Student Senate

SIGNATURE:



President, University of Maine Student Government, Inc.