

**ASSOCIATED STUDENTS OF COLORADO STATE UNIVERSITY
FIFTY-FIRST SENATE
25th SESSION
13 APRIL 2022**

**BILL #5116
Rams Destress Event**

SPONSORED BY:

WRITTEN BY: Brandon Baum, Senator for the College of Business; Elijah Sandoval, Vice President-Elect of ASCSU, Senator for the First-Generation Collective Board

COLLABORATED WITH: Benton Roesler, Director of Housing and Food Security; John Williamson, Director of Campus Engagement; Grace Crangle, Director of Marketing; Alejandra Quesada Stoner, Director of Health; Mahamoud Ahmen, Director of Academics; Jessica Sherwood, President of Active Minds;

ENDORSED BY: Rob Long, President-Elect of ASCSU, Senator for the College of Business; Noah Burge, Senator for the College of Business; Charlie Williamson, Senator for the Pride Resource Center; Samantha Bilodeau, Senator for the Adult Learners & Veterans Services; Sammy Trout, Senator for the College of Liberal Arts; Kimberly Carrecdeo, Senator for El Centro, University Affairs Committee.

ABSTRACT: This legislation aims to educate, create, and fund an ASCSU ran event in the CSU Plaza called Rams Destress. This event would be held May 2nd through May 5th from 12pm to 3pm. This aims to raise awareness of the side effects of high stress, and untreated mental health, as well as help students relieve stress before finals week.

WHEREAS

The months of April and May are often the most cited academic months that have caused students the most stress as these are the final months of the academic Spring Semester. The most common reason is due to the increased difficulty of homework, final exams, and planning for their future as soon as the semester ends; and,

WHEREAS

The Community Health of Central Washington advocates that April is Stress Awareness Month and has said "Stress can be debilitating and it can cause and/or aggravate health problems". For which "long-term stress can lead to a wide range of illnesses-from headaches to stomach disorders to depression - and can even increase the risk of serious conditions like stroke and heart disease"; and,

WHEREAS

The Community Health of Central Washington has identified three types of stress such as: acute stress, episodic acute stress, and chronic stress, which all can lead to varying degrees of mental, physical, emotional, psychological, and even spiritual health degradation; and,

WHEREAS

The month of May according to the National Alliance of Mental Illness (NAMI) recognizes that May is National Mental Health Awareness Month which aims to destigmatize the conversation surrounding mental health; and,

WHEREAS

The Associated Students of Colorado State University (ASCSU) already helps fund Registered Student Organizations that specialize in providing resources to students who deal with mental health concerns. ASCSU acts as a medium to hear student concerns, and provides resources to help students. ASCSU already works closely with the CSU Health Network to ensure students health-needs are met; and,

WHEREAS

Colorado State University (CSU) does not have an official student-body-sponsored event that advocates for both stress prevention, and stress management. Nor does CSU have an event that actively helps and gives student resources to help with their mental health; and,

WHEREAS

Modern-day college students deal with various stressful situations that can affect them, including but not limited to: homesickness, social interaction, homework, exams, financial insecurity, food insecurity, the threat of homelessness, work, career/internship outreach, graduation, toxic families, toxic friendships, romantic relationships, and more; and,

WHEREAS

The mission statement for such an event to occur is as follows: "Rams Destress is an initiative aimed to destigmatize the conversation around mental health, stress relief techniques, and educate the student body of resources to help themselves and those around them. With this event we hope to see the week known as 'Dead Week' becomes 'Revive Week'".

WHEREAS

This resolution aims to create a Stress Event called "Rams Destress". This event will be hosted in the CSU Plaza on the days of May 2nd through May 5th at the times of 12pm-3pm. Here the event will provide the following:

Massage Therapists

Therapy Dogs

Calm Strips

ASCSU Tabling

CSU Health Networks Brochures and Pamphlets

Active Minds Tabling and Recruiting

Guest Speakers

Relaxing Music and Sounds

WHEREAS

This bill requires monetary budgeting for the following additional items for marketing:

Flyers

Marketing Banner

WHEREAS

The financial breakdown of the Calm Strips giveaway items provided by Calm Strips is as follows:

		Per Unit	Bulk Quantities	Custom Design Fee (One-Time)	Total Costs
Calm Strips				\$ 75.00	\$ 75.00
Issuer: Calm Strips	Soft Sand	\$ 0.93	500	\$ -	\$ 465.00
	River Rocks	\$ 1.13	500	\$ -	\$ 565.00
Total					\$ 1,105.00

WHEREAS

The financial breakdown of the Refill Stations provided by the LSC Catering is as follows:

		Gallons Per Day	Gallons for Entire Event	Cost per Gallon	Total Cost
Refill Stations					
Issuer: LSC Catering	Water	4	16	\$ 10.00	\$ 160.00
	Lemonade	3	12	\$ 18.00	\$ 216.00
	Tea	3	12	\$ 18.00	\$ 216.00
Total					\$ 592.00

WHEREAS

The financial breakdown of the Financial Security Information Pamphlets provided by FastPrint are as follows:

		Number of Flyers	Total Cost
Financial Security Information			
Issuer: FastPrint	Flyers	400	\$ 400.00
Total			\$ 400.00

WHEREAS

The financial breakdown of the Marketing Flyers provided by FastPrint are as follows:

		Number of Flyers	Total Cost
Marketing Flyers			
Issuer: FastPrint	Marketing Flyers	200	\$ 200.00
Total			\$ 200.00

WHEREAS

The financial breakdown of the Quick Food Items (Grab and Go) giveaway items provided by the LSC Catering are as follows:

		Servings Per Bulk Order	Cost Per Bulk Order	# of Bulk Order for Event	Total Costs
Quick Foods					
Issuer: LSC Catering	Bulk Granola	15	\$ 10.00	56	\$ 560.00
	Bulk Potato Chips	9	\$ 8.00	92	\$ 736.00
	Bulk Popcorn	15	\$ 9.00	56	\$ 504.00
Total					\$ 1,800.00

WHEREAS

The financial breakdown of the Large Marketing Banner provided by FastPrint are as follows:

		Banner Cost
Marketing Banner		
Issuer: Fast Print	38x40 Marketing Banner	\$ 200.00
Total		\$ 200.00

WHEREAS

The financial breakdown of the Massage Therapists provided by the CSU Rec Center are as follows:

		Number of Therapists	Rate per Therapist per Hour	Hours per Day	# of Days for Event	Total Cost
Massage Therapists						

Issuer: CSU Rec Center	Massage Therapists	2	\$ 45.00	3	4	\$ 1,080.00
Total						\$ 1,080.00

WHEREAS

The financial breakdown of the Mental Health Resources provided by FastPrint are as follows:

		Number of Flyers	Total Cost
Mental Health Resources			
Issuer: FastPrint	Resource Flyers	400	\$ 400.00
Total			\$ 400.00

WHEREAS

The financial breakdown of the Verb Energy Bars provided by Verb Energy Bars are as follows:

		Servings Per Bundle	Cost per Bundle	Bundle Per Day	Totals Bundles for Event	Total Costs
Verb Energy Bar						
Issuer: Verb Energy Bar	Verb Bars	15	\$ 24.95	7	28	\$ 698.60
Total						\$ 698.60

WHEREAS

The following cash flows statements of the allocated spending and funding of such will be provided as such:

Itemized Items	Total Amount to be Paid	% of Co-Sponsorship	Co-Sponsorship Name:	Co-Sponsor Contribution	Senate Ask Amount
Active Minds Tabling (Free)	\$ -	100%	Active Minds	\$ -	\$ -
ASCU Tabling (Free)	\$ -	0%		\$ -	\$ -

Calm Strips	\$ 1,105.00	54%	Director of Housing & Food Security	\$ 592.00	\$ 513.00
Refill Stations	\$ 592.00	100%	Director of Housing & Food Security	\$ 592.00	\$ -
Financial Security Information	\$ 1,000.00	100%		\$ 1,000.00	\$ -
Marketing Flyers	\$ 200.00	100%	Director of Marketing	\$ 200.00	\$ -
Food (Quick Foods)	\$ 1,800.00	100%	Director of Housing & Food Security	\$ 1,800.00	\$ -
From the Heart Enterprises Tabling (Free)	\$ -	100%	From the Heart Enterprise	\$ -	\$ -
Large Marketing Banner	\$ 200.00	100%	Director of Marketing	\$ 200.00	\$ -
Massage Therapists (Rec Center)	\$ 1,080.00	100%	Director of Housing & Food Security	\$ 1,080.00	\$ -
Mental Health Resources (FastPrint)	\$ 400.00	0%		\$ -	\$ 400.00
Speaker: Dr. Halim Ali (Free)	\$ -	100%	Dr. Halim Ali	\$ -	\$ -
Speaker: Leslie	\$ -	100%	Leslie Ervin	\$ -	\$ -

Ervin (Free)					
Speaker: Senator Chris Kolker (Free)	\$ -	100%	State Senator Chris Kolker	\$ -	\$ -
Therapy Dogs (Free)	\$ -	100%	Laramie County Humane Society	\$ -	\$ -
Verb Energy Bars	\$ 750.00	100%	Director of Campus Engagement	\$ 750.00	\$ -

Estimated Total Senate Coverage	\$ 913.00
Estimated Co-Sponsor Total Amount	\$ 6,214.00
Estimated Co-Sponsor Percent	87.194%
Estimated Total Amount	\$ 7,727.00
Total Senate Requested	\$ 6,000.00

THEREFORE BE IT HEREBY ENACTED

That members of the 51st and 52nd Senate and the Executive Branch volunteer their non-studying hours to help manage, maintain, and table during the Rams Destress Event on the plaza from May 2nd to May 5th 12pm-3pm. This is to ensure the student body is heard, as well as ensuring that a calm atmosphere is maintained; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

That this bill requests \$6,000.00 to be funded from the Senate General Fund, to be reserved to cover additional costs and fees, and to be used as further discretionary funding only for further expansion of gifts, and activities for the Rams Destress Event; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

That any funds supplied by the Senate Discretionary Fund that are left over after the Spring 2022 Rams Destress Event rollover to be used in the Fall 2022 and Spring 2023 Rams Destress Events; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

That the following co-sponsors have graciously given the authors of this bill the following financial aid, to be used for the approved costs and itemized items that they have consented to:

Director of Campus Engagement: \$750.00

Director of Marketing: \$400.00

Director of Housing and Food Security: \$5,000.00; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

That there is a clause that leaves open for other members of the Executive Branch and Senate Leadership to sponsor further funding for the Rams Destress Event. All new sponsors will be considered a collaborator for this bill; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

That the official ASCSU Accountant will distribute the funds to the appropriate parties, ensure consent of funding and spending of co-sponsors, as well as inform the authors and collaborators of the remaining budget; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

That a new bullet point be added to the job description of the Director of Traditions and Programs after the bullet point that states "Work with the Office of the President to expand transportation options for students, focusing on options accessible for all students. " that states " Plan the Rams Destress Event for the week before finals week each academic semester with the support of the Director of Campus Engagement and the Director of Health."; and,

THEREFORE BE IT HEREBY FURTHER ENACTED

The 2022-2023 Director of Traditions and Programs be allocated a line item called "Rams Destress Event containing \$8,000.00 per semester, totaling \$16,000.00.

THEREFORE BE IT HEREBY FURTHER ENACTED

That the Director of Campus Engagement and the Director of Health's job descriptions be updated to include an additional bullet point that states "Aide the Director of Traditions and Programs to plan and execute the Rams Destress Event."; and,

THEREFORE, BE IT HEREBY FURTHER ENACTED

That any funds not used by May 30th, 2023 be returned to the ASCSU General Fund; and,

THEREFORE, BE IT HEREBY FURTHER ENACTED

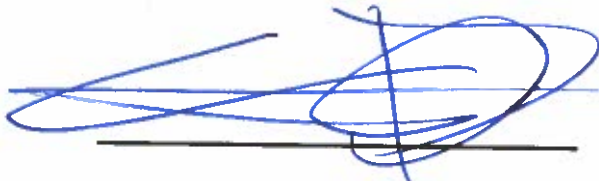
That a copy of this bill is to be sent to Joyce McConnel, Colorado State University President; Christian Dykson, ASCSU President; Mahamoud Ahmed, ASCSU Director of Academics; Adam Vance, ASCSU Director of Environmental Affairs; Alejandra Quesada Stoner, ASCSU Director of Health; Benton Roesler, ASCSU Director of Housing Security; Stephanie Zee, CSU Health Network; Tony Frank, Chancellor of the Colorado State System; Merry Gebretsadik, ASCSU Vice-President; John Williamson, ASCSU Director of Campus Engagement; Emily baller, ASCSU Director of Finance; Grace Crangle, ASCSU Director of Marketing; Nate Goldstein, ASCSU Director of Traditions and Programs;

18-0-0

4/13/2022

PASSAGE

DATE



4/20/2022

PRESIDENT CHRISTIAN DYKSON

DATE

TAGS: Use this section to place topic "tags," such as Residence Life, Dining Halls, Student Services, Parking, Liberal Arts College, etc.

Sources:

<https://www.chcw.org/april-is-stress-awareness-month/>

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>