February 26, 2017

American Bar Association
Law Students Division
RE: Grant Funding Report, Wake Forest University School of Law, Wellness Week

To Whom It May Concern:

The Student Bar Association at Wake Forest University School of Law was fortunate to receive a $1,000.00 grant from the Law Students Division of the American Bar Association to support its Inaugural Wellness Week. Wellness Week began on Monday, February 6 and ended on Friday, February 10. Overall, Wellness Week was a tremendous success.

Wellness Week is the cornerstone of the Wake Forest Law’s comprehensive plan to create a law school culture and community that promotes mental health, well-being, and self-care among its students. Wellness Week took a holistic approach to student health and well-being by introducing students to the vast array of health and wellness resources available to them both on and off campus.

Throughout the week, representatives from various organizations, offices, and businesses tabled during the lunch hour, providing information about the services they offered. Students who engaged with Wellness Representatives and provided their names and contact information became eligible to win a raffle prize. The information gathered from students not only helped the SBA, administration, and the Office of Career and Professional Development track student participation, but also allowed students to opt into a monthly wellness newsletter, another component of Wake Law’s comprehensive mental health, well-being, and self-care plan.

Each day of Wellness Week featured a different aspect of mental health, well-being and self-care. A detailed and comprehensive schedule for the week, along with the names of our campus and community partners, is attached.

The capstone event of Wellness Week was a presentation by Dr. Gary Glass, Ph.D. and licensed psychologist, entitled Between Stress & Distress: Navigating Threats to Mental Health in Law School. The presentation was required of all first-year law students as part of their professional development curriculum, and second and third-year students were highly encouraged to attend. A description of his presentation is included as an attachment.
Over the course of the week, 238 students engaged and participated in Wellness Week, 42% of the total student body population, with 178 students attending Dr. Glass’ presentation Thursday, February 9, 2016. Our social media advertisements and marketing efforts also reached a large audience. Our Facebook event was viewed by 246 unique Facebook accounts and engaged by 108 of those unique accounts. Our Instagram reach was even greater, appearing in the feed of 577 unique Instagram accounts.

The funding granted by the Law Students Division of the ABA was earmarked for the purchase of student lunches, provided to attendees of Dr. Glass’ presentation on Thursday, February 9. Of the $1,000 awarded by the LSD, we are seeking reimbursement for the full award amount. Our total expenses for the week amounted to $2,520.32. A detailed budget and receipts are attached.

Wellness Week was well received by students, faculty, and staff alike. In the week following the conclusion of Wellness Week, first-year professional development course instructors led a discussion among students about mental health and the primary message delivered by Dr. Glass. Faculty and staff that lead these courses reported lively discussions, indicating that a conversation about improving students’ mental health and well-being is welcome and encouraged.

The Student Bar Association is extremely grateful for the financial support provided to support its inaugural Wellness Week. Wellness Week is the cornerstone for Wake Forest University School of Law’s comprehensive mental health, well-being, and self care programming and will continue to be a fixture in SBA sponsored events in the future. Please do not hesitate to contact myself or my colleague Seth Williford (willst15@wfu.edu) if you have any questions or need additional information.

Sincerely,

Grace Sykes

ATTACHMENTS

EMBEDDED: Award Approval, Detailed Wellness Week Schedule, Detailed Wellness Week Budget, Description of Dr. Glass’ Presentation, Marketing Images

ATTACHED: Receipts for Reimbursement, Reimbursement Form, Press Release for Wellness Week
<table>
<thead>
<tr>
<th>Date</th>
<th>Title/Description</th>
<th>Activity</th>
<th>Wellness Partners</th>
<th>Raffle Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/06/2017</td>
<td>Fitness &amp; Nutrition</td>
<td>Tabling</td>
<td>Wake Forest University Student Health Services, Wake Forest University Registered Dietician, Wake Forest University Health &amp; Exercise Science Graduate School, FleetFeet Sports Winston-Salem, Village Juice Co.</td>
<td>$30 Village Juice Gift Card</td>
</tr>
<tr>
<td>02/07/2017</td>
<td>Ethical &amp; Professional Practices</td>
<td>Tabling</td>
<td>Wake Forest University School of Law Office of Career &amp; Professional Development, Wake Forest University School of Law Dean of Administrative &amp; Student Services, North Carolina BarCares, North Carolina Legal Assistance Program</td>
<td>30 oz. Yeti Rambler courtesy of Mast General Store</td>
</tr>
<tr>
<td>02/08/2017</td>
<td>Mental &amp; Emotional Health</td>
<td>Tabling</td>
<td>Wake Forest University Counseling &amp; Wellness Services, Wake Forest University THRIVE Office</td>
<td>$25 Paz Studio Gift Card</td>
</tr>
<tr>
<td>02/09/2017</td>
<td><em>Between Stress &amp; Distress: Navigating Threats to Mental Health in Law School,</em></td>
<td>Presentation &amp; Lunch</td>
<td>Dr. Gary Glass, Ph.D. &amp; Licensed Psychologist</td>
<td>Fitbit Flex 2</td>
</tr>
<tr>
<td>02/10/2017</td>
<td>Mindfulness &amp; Self-Care</td>
<td>Yoga Class</td>
<td>Kate Renganeschi of Paz Studios &amp; Campus Recreation</td>
<td>3 Class Pass for Campus Recreation; 5 Class Pass to Paz Yoga</td>
</tr>
</tbody>
</table>
Inaugural SBA Wellness Week kicks off Monday, Feb. 6

Student Life | Comments Off

By Natalie Wilson

Office of Communications and Public Relations

January 24, 2017

The Student Bar Association (SBA), the student government body of Wake Forest Law, will highlight resources for practicing self-care through its inaugural Wellness Week beginning Feb. 6-10 by addressing a different facets of mental health and well-being each day from 12 to 1 p.m. in the Law Commons and beyond.

Thanks in part to a grant from the American Bar Association (ABA)’s Law Students Division and support from the Dean’s Office and the Office of Career and Professional Development, Wellness Week is part of a comprehensive plan to create at Wake Forest Law a culture and community that promotes mental health, well-being and self-care among its students, says SBA President Grace Sykes (JD ’17).

The new program takes a holistic approach to caring for students’ mental health with each day focusing on a different aspect of well-being. Throughout the week, representatives from various organizations, offices and local businesses will be available at tables in the Law Commons to help provide information about the services they offer and resources available to students for maintaining and improving their well-being.

For the week’s capstone event, licensed psychologist Dr. Gary Glass, Ph.D., will give a special presentation, “Hints for Happiness: How to Manage Self Care in Law School” from 12 to 1 p.m. on Thursday, Feb. 9, in the Worrell Professional Center, Rooms 1312 and 1310. In addition to providing tips for personal stress management, Dr. Glass will teach attendees how to recognize and relate to those suffering from mental health conditions, creating a community that is both empathetic and supportive.

The full schedule of representatives and resources available on all other days of the program is as follows:

- **Day 1 - Fitness & Nutrition**
  - Fleet Feet
  - Village Juice
  - Wake Forest University Health & Exercise Sciences Graduate Program
  - Wake Forest University Campus Dietician

- **Day 2 – Ethical & Professional Practice**
  - Wake Forest Law Office of Career & Professional Development
  - Wake Forest Law Dean of Administrative & Student Services Ann Gibbs
  - North Carolina Lawyer Assistance Program (NCLAP), BarCares
• **Day 3 – Mental & Emotional Health**
  - THRIVE
  - WakeCares
  - Wake Forest University Counseling & Wellness Services

• **Day 5 – Mindfulness & Self-Care**
  - Professor Mark Rabil
  - WFU Campus Recreation

Category: Student Life\(^2\) | Tag: ABA Law Students Division\(^3\), Dr. Gary Glass\(^4\), SBA\(^5\), Wellness Week\(^6\)
### Tabling Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Price &amp; Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kashi GoLEAN Bars</td>
<td>Donated (WFU Campus Dietician)</td>
<td>8 x 6ct. Boxes</td>
<td>0</td>
</tr>
<tr>
<td>Lifesavers Mints</td>
<td>Donated (WFU Law Events &amp; Travel)</td>
<td>1 x 41 oz Bag</td>
<td>0</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Donated (Aramark Catering)</td>
<td>1 Case Red Delicious Apples, 1 Case Navel Oranges, 1 Case Chiquita Bananas</td>
<td>0</td>
</tr>
</tbody>
</table>

### Raffle Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Price &amp; Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Village Juice Gift Card</td>
<td>Donated</td>
<td>1 x $35.00</td>
<td>0</td>
</tr>
<tr>
<td>Yeti Tumblr (20 oz.)</td>
<td>Donated (Mast General Store)</td>
<td>1 x $40.00</td>
<td>0</td>
</tr>
<tr>
<td>Campus Rec Classes Passes</td>
<td>Donated</td>
<td>1 x 3 Class Pass</td>
<td>0</td>
</tr>
<tr>
<td>PAZ Yoga Class Pass</td>
<td>Donated (PAZ Yoga Studio)</td>
<td>1 x 5 Class Pass</td>
<td>0</td>
</tr>
<tr>
<td>PAZ Yoga Merchandise</td>
<td>Donated</td>
<td>1 x $25.00</td>
<td>0</td>
</tr>
<tr>
<td>Fitbit Flex 2</td>
<td>Purchased by WFU Law SBA</td>
<td>1 x $97.95</td>
<td>97.95</td>
</tr>
</tbody>
</table>

### Speaker Associated Costs

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Price &amp; Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lodging</td>
<td>Graylyn Estate</td>
<td>1 Night</td>
<td>$159.00</td>
</tr>
<tr>
<td>Transportation</td>
<td>Atlanta, GA to Winston-Salem, NC by Automobile</td>
<td>$0.54/mile; 330 miles</td>
<td>$356.00</td>
</tr>
<tr>
<td>Welcome Dinner</td>
<td>Fratellis' Winston-Salem</td>
<td>10 Guests</td>
<td>$275.68</td>
</tr>
<tr>
<td>Presentation Luncheon</td>
<td>Panera Bread Co.</td>
<td></td>
<td>$1,503.11</td>
</tr>
<tr>
<td>Faculty Development Luncheon</td>
<td>Panera Bread Co.</td>
<td></td>
<td>$128.58</td>
</tr>
<tr>
<td>Gift</td>
<td>Dewey's &quot;Taste of Carolina&quot; Gift Basket</td>
<td>1 Gift Basket</td>
<td>$39.61</td>
</tr>
</tbody>
</table>

**Subtotal** $2,520.32

**ABA Reimbursement** $(1,000.00)

**Total** $1,520.32
DESCRIPTION OF DR. GLASS’ PRESENTATION

BETWEEN STRESS AND DISTRESS: Navigating Threats to Mental Health in Law School

It is widely acknowledged that attending law school involves a great deal of stress, and often this evolves into levels of distress that compromise the well-being and mental health of law school students. In addition to facing high academic demands, the extra-curricular expectations and the effort needed to launch a satisfying career trajectory for life after graduation can feel overwhelming. This program will review the unique challenges facing law-school students, offer a framework for recognizing the various paradigms that prompt or maintain unhealthy stress, and provide alternative approaches to navigating the identities and aspirations of Law School students.
Digital Marketing Material

Wake Forest Law’s Wellness Week
Funded by ABA Law Student Division

February 6 - 10, 2017

Fitness & Nutrition
Monday, February 6

• Fleet Feet • Village Juice • Campus Dietician • Health & Exercise Sciences Graduate Program
Ethical & Professional Practice  
**Tuesday, February 7**

- NCLAP • Office of Career & Professional Development •

Mental & Emotional Health  
**Wednesday, February 8**

- THRIVE • WakeCares • WFU Counseling Services •
Between Stress and Distress
Navigating Threats to Mental Health in Law School
Dr. Gary Glass, Ph.D.

THURSDAY, FEBRUARY 9

Mindfulness & Self-Care

FRIDAY, FEBRUARY 10

• CAMPUS RECREATION • PAZ STUDIOS •