

## POSITION TITLE:

# HEALTH AND WELLNESS COORDINATOR

### WORKS PRIMARILY WITH:

- Director of Member Development
- Director of Risk Education
- New Member Education Coordinator
- Fraternity and Sorority Life Advisor on campus
- Various health and wellness offices on campus, e.g. counseling and psychological services, student health center, etc.
- Chapter Health and Wellness Committee

Summary: The health and wellness coordinator will work to foster a culture that reduces stigma about and reinforces help-seeking behaviors, informs the chapter of wellness-related resources including offerings by Delta Tau Delta, coordinates programming on a variety of relevant health and wellness topics, and oversees the implementation of Building Up Brothers resources within the chapter.

### ESSENTIAL DUTIES AND RESPONSIBILITIES:

1. Coordinate a Health and Wellness week for chapter members, the fraternity and sorority community, and campus community at least once during the academic year.
2. Coordinate with a campus resource or utilize a Building Up Brothers resource to provide a chapter workshop focused on mental health and wellbeing at least once during each academic term.
3. Work with the director of member development and director of risk management to identify and plan other programming as needed related to healthy behaviors.
4. Curate a list of health and wellness resources available to members both on campus and through Delta Tau Delta. Present this list to the chapter at least once per academic year. Ensures that new members are aware of these resources within the first three weeks of membership.
5. Engage in actions that seek to reduce stigma around mental health and other areas of wellbeing and promote help seeking behaviors.
6. Serve as the chair on the Health and Wellness Committee.
7. Serve as a member of the member development board.
8. Inform the chapter members of campus safety, health, and wellness resources and programming (workshops, events, etc.) to increase knowledge, retention, and member resiliency.

### SUGGESTED QUALIFICATIONS:

- Ability to delegate tasks and projects to other team members
- Ability to set goals within the team on a regular basis
- Ability to manage time effectively
- Ability to communicate both verbally and in written form
- Ability to effectively plan and implement a program
- Knowledge of campus and community resources
- Ability to facilitate effectively
- Live in the chapter shelter, if one exists
- Consults resources when looking for information
- Enforces Delta Tau Delta policies and procedures as it relates to health and safety.
- Implements inclusive practices and demonstrates a commitment to belonging, equity, diversity, and inclusion
- Must meet all other standards required for an elected officer