

Campus Technology Services Wellness Portal

Dan Laird

Academic Project Manager and Media Specialist
Campus Technology Services at SUNY Oswego

CIO Leadership Academy
Applied Learning Project

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Project Description

- Create a portal to become a resource for the employees of our department to offer physical and mental health resources, department events, campus events, advertising spaces to congregate and network, and a channel to offer feedback.



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Project Background

- Discussions with management regarding the need for a wellness resource for employees
 - High turnover
 - Burnout
 - Lack of team unity



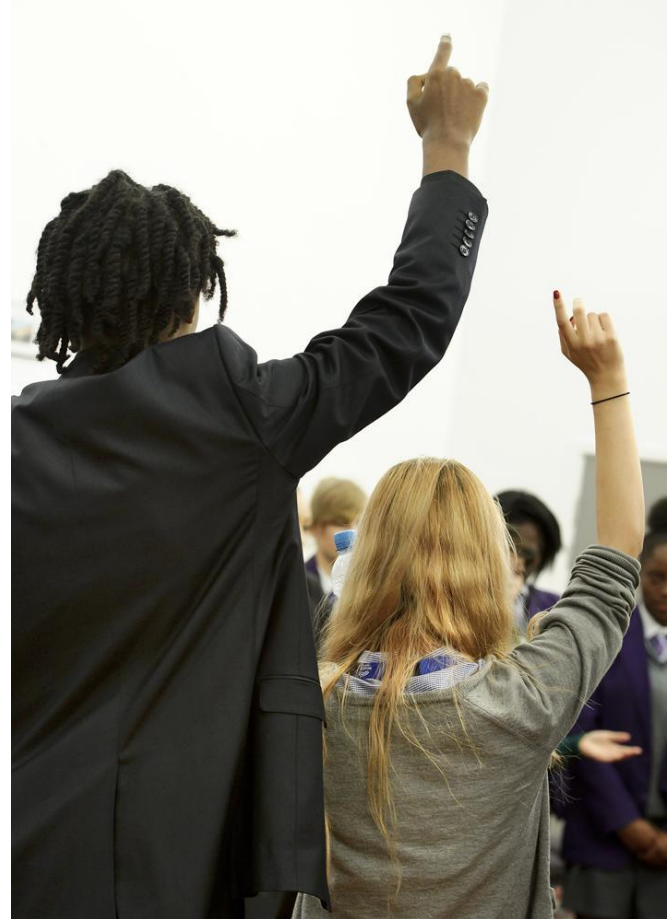
"Tired Man Sitting on Bed" by [Mic445](#) is licensed under [CC BY 2.0](#).

Key Components

- Wellness Committee
 - Sean Moriarty, Brandon Canale, Chuck Beedy, Suzanne Maniccia, Micheal Oher , Tammy Reitz, Kris Smith
- Resources needed
 - Physical space
 - Website
- Action needed
 - Develop physical space
 - Flesh out website
- Work delegated to committee members to complete

Project Founding

- October 28, 2022, our CTO sent an email to department regarding staff wellness and wanting to form a committee to address it
- With the introduction and call for members, we let people know what the committee's goals were in order to make it clear what we would be working on to solicit volunteers.



Project Planning

- First meeting established 11/17/22
- Open discussion with committee members about how we become a more unified team and supporting each other
- Revisit current department events and create new ones, participate in group events
- Social outings and gatherings on and off campus
- Gathering resources for staff regarding physical and mental wellness

Project Communication Plan



["With A Megaphone By A Wall"](#) by [garryknight](#) is licensed under [CC BY 2.0](#).

- Email announcements from CTO
- Create and maintain a website to list events and resources

Project Deliverables

- Next meeting 3/10/23 to follow up on progress
- Physical and mental resources gathered
- Work on employee space to congregate started
- New events being planned
 - Dept meeting to introduce new employees 4/6
 - BBQ 6/27
- Collaborating as a group with campus community events
 - Charity walks

Project Deliverables

- Website created 3/10, reviewed and approved
- Introduced portal to department during in person meeting on 4/6
- Collaborated with web team, new URL created
- Emailed department with new URL 4/18
- Follow up email sent from CTO 4/19 with dates to new events
 - Charity walk Yards for Yeardeley 4/26
 - CTS BBQ 6/27

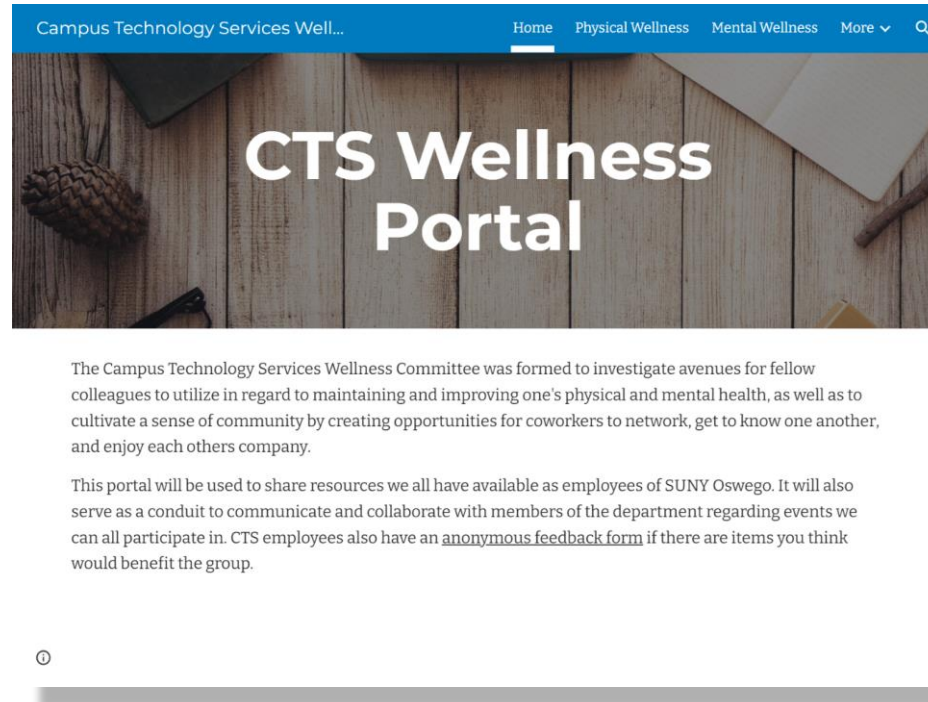
Ongoing Work



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- Continue to update website, gather feedback
- Brainstorm new ideas, events, gatherings

CTS Wellness Portal



<https://www.oswego.edu/cts/wellness>