

Wellness Without Walls

APA Division 22 Rehabilitation Psychology Student Leadership Network:

Wellness Without Walls

Nova Southeastern University

College of Psychology

Faculty Advisor: Barry Nierenberg, PhD, ABPP

Article I: Introduction

Mission Statement: Wellness Without Walls aims to raise awareness of the experiences of individuals with chronic health conditions and barriers to participation, including members of our university community. Similarly, Wellness Without Walls aims to participate as liaison to communicate barriers to participation-related issues with faculty. Wellness Without Walls engages in the Student Leadership Network of Division 22, the Rehabilitation Psychology conference, various events at NSU, and opportunities to dismantle barriers for individuals with chronic health conditions. General members will be provided with the opportunity to attend various didactics, volunteering events, and engagement in research projects. Additionally, general members are required to participate in at least one event per semester. Those with personal and professional interests relating to Wellness Without Walls aims and objectives are encouraged to join our general membership.

Article II and III: Objectives and Implementation of Objectives: *You must list at least 5 objectives of your organization. There is no maximum number of objectives you may list. Each objective must have one example or idea as to how the organization will meet or implement the objective. Use this format to list the objectives of your organization and how you will meet them.*

1. *To increase awareness among psychology students about APA Division 22 and issues related to individuals with barriers to participation and chronic illness.*
 1. Participate in Invisible Barrier to Participation Week and hold events to inform others about various aspects of invisible barriers.
2. *To serve as a medium through which Division 22 can communicate with students.*
 1. Provide current information related to Division 22 and events to the group.

3. *To inform students about training, research, and leadership opportunities available through APA Division 22.*
 1. Hold research meetings to generate ideas and collaborate with peers on ideas to present on during upcoming Rehabilitation Psychology conferences.
4. *To promote exposure to training in rehabilitation psychology for students of all levels.*
 1. Hold didactic events relating to aspects of rehabilitation psychology.
5. *To bring awareness for people with barriers to participation throughout the college.*
 1. Maintain research and recommendations for the campus to dismantle barriers for individuals with chronic health conditions.

Section 3: Funding

Wellness Without Walls will be funded through fundraising events and the College of Psychology's Student Government Association appropriated monies.

Article IV: Officers and Elections

Section 1: Selection of Executive Board Members

1. Executive board positions are selected via self-nominations. Only students who are continuously enrolled and in good standing in a Doctor of Philosophy in Clinical Psychology (PhD), Doctor of Psychology in Clinical Psychology (PsyD), Doctor of Psychology in School Psychology (PsyD), Specialist Program in School Psychology (PsyS), or any Master of Science (M.S.) or Master of Art (M.A.) program in the College of Psychology at Nova Southeastern University are eligible to self-nominate.
2. The inaugural chair (President) and co-chair(s) (Vice President) will hold their position for one year unless they choose to relinquish their role. The inaugural Treasurer and

Secretary will hold their positions for one year. In each subsequent year, the Executive Board will be formed through a process in which members interested in leadership roles (i.e., chair and co-chairs) are nominated by themselves and must apply demonstrating their commitment to Wellness Without Walls' objectives, qualifications for the position, and description of their leadership skills. The self-nominees for the chair and/or co-chair positions must have been Wellness Without Walls' executive board members prior to the election, in order to be eligible to run. All current board members are eligible to vote.

Nominated students will be oriented to Wellness Without Walls' bylaws, specific roles, responsibilities, and time commitments. Candidates will be elected, should they receive the majority vote of current Wellness Without Walls' board members. The current board members are required to mentor those taking over their position for the upcoming year to ensure that Wellness Without Walls' mission is continued, and that the organization continues to strive to meet the objectives listed above.

3. Wellness Without Walls will utilize a blind voting process. Any student who is nominating themselves can apply for one or more board position(s). Interested individuals should send a self-nomination form to the chairs by the specified date. Board positions will be voted on by the current board members, and the individual with the highest number of votes will be elected.
4. Current board members may self-nominate for their present position; however, they will be evaluated alongside all other candidates.

Section 2: Selection of Faculty Advisor

The executive board will select a faculty advisor(s) at the time of the creation of the board. At least one advisor serving Wellness Without Walls will be a full-time faculty member within the

College of Psychology with an interest in the mission of Wellness Without Walls. The selection will be based upon the faculty member's expertise in research and service within professional psychology. The advisor will be informed of all projects that Wellness Without Walls hold during scheduled meetings.

Section 3: Executive Board Meetings

Wellness Without Walls executive board meetings will be held at a mutually agreed upon time decided at the start of each semester. Meetings will be scheduled monthly for executive board members and the faculty advisor, and at least once a month for the executive board and general members. In the event of an executive board member's absence, he or she is responsible for disseminating projected updates and developments to all board members before the meeting so that they may be addressed within the meeting.

Article V: Executive Board Members & Responsibilities

Faculty Advisor: Barry Nierenberg, PhD ABPP

1. *Chair (President)*: Shay Murphy and Audrey Purins
 1. Co-Chairs will regularly check Wellness Without Walls e-mail messages, organize bi-monthly meetings with Wellness Without Walls faculty advisor, schedule meetings with executive board members, and preside over all general student meetings.
 2. Co-Chairs will ensure that Wellness Without Walls is meeting all obligations and responsibilities and that all members of the board are acting in accordance with the bylaws and fulfilling their stated duties in Wellness Without Walls.

3. Co-Chairs will obtain all self-nominations for e-board elections and facilitate the voting process.
 4. Co-Chairs will oversee and contribute to events, projects, and research, including selecting topics and coordinating presenters and research opportunities.
 5. Co-Chairs will create monthly templates for newsletters to be disseminated to all members of Wellness Without Walls.
2. *Chair (Vice President):* Piper Lukas
1. If the (*President*) co-chairs are unable to act on behalf of Wellness Without Walls, the chair (*Vice President*) will assume the responsibilities.
 2. The chair informs members of all events and opportunities relevant to the Wellness Without Walls mission statement.
 3. The chair reports updates within Wellness Without Walls to the board.
 4. The chair will organize and promote student involvement in the community, volunteer, or charitable events activities.
 5. The chair will ensure Wellness Without Walls are at standard with accessibility and barriers to participation needs.
3. *Public Relations and Social Media:* Sydney Hindin
1. Advertise and promote all meetings, events, and fundraisers throughout the College of Psychology (i.e., distribute pamphlets, share information on social media, and GroupMe messaging).
 2. Serve as a direct contact to Wellness Without Walls for collaborations with other clubs and organizations.

3. Organize and schedule internal events, fundraisers, and socials with other colleges within NSU – includes tabling and other philanthropic events that will occur on campus.
4. Organize and schedule external events, fundraisers, and socials with local businesses that will take place off campus and promote student attendance.
4. *Coordinator for Accessibility and Engagement: Maxwell Gould*
 1. Address contemporary issues and areas of difference in a manner consistent with the mission and purpose of Wellness Without Walls.
 2. Create a portfolio of research and recommendations for the campus.
 3. Explain rationale behind accessibility efforts and provide expected expenses.
 4. Closely work with other members of the Wellness Without Walls e-board to provide access to literature exploring a range of cultural experiences.
5. *Secretary: Paula Arellano*
 1. Keep minutes of Wellness Without Walls board and general meetings, serving as custodian of all records, and maintaining an updated membership database so that all board members have Wellness Without Walls member contact information.
 2. Assist the chairs and co-chairs in planning and preparing the Wellness Without Walls events, including reserving rooms for meetings.
 3. Collect self-nominated information for chair and co-chair elections and create an online bias-free voting system.
 4. Assist the chairs and co-chairs with monthly newsletters on behalf of Wellness Without Walls.
6. *Treasurer: Jannah Lherisson*

1. Complete NSU Treasurer and Logistics training. (Do not change)
2. Coordinate events and projects to raise funds for the association. (Do not change)
3. Endorse all approved Wellness Without Walls expenditures. (Do not change)
4. Maintain records of all Wellness Without Walls expenditures. (Do not change)
5. Send monthly financial updates to the chair and co-chairs.
6. Coordinate any food or other expenses for Wellness Without Walls events.
7. *Research Chair: Daisy Gonzalez*
 1. Coordinate research projects within Wellness Without Walls.
 2. Serve as a liaison between faculty research advisors and Wellness Without Walls projects.
 3. Oversee research projects that include poster presentations, symposiums, paper presentations, and manuscripts.
 4. Provide support to students surrounding relevant research topics for projects such as conferences and speaking events.
8. *First-Year Representative: TBD*
 1. Serve as a liaison between Wellness Without Walls and the first-year doctoral students in the College of Psychology.

Article VI: Resignations, Removals, and Vacancies

Section 1: Resignations

A serving officer may resign from the Executive Board by delivering a written resignation letter to the chair, or if the resigning officer is the chair, then the chair will submit the resignation letter to the serving co-chair. The position is thereupon deemed vacant and the selection of board member process, as outlined above, will take place.

Section 2: Removal

An officer and/or advisor may be revoked from their position before his or her term would have otherwise expired by a $\frac{2}{3}$ majority of votes cast at an executive meeting. At least one of the following conditions must be met before said removal can occur:

1. Appropriate grounds leading to the termination of the office due to not fulfilling the duties outlined above for the person's respective position.
2. The position of an officer, who ceases to be in good standing with the bylaws and responsibilities, will automatically become vacant.

Section 3: Filling Vacancies

If an officer's position becomes vacant, the vacancy will be filled within one month of said vacancy by appointment of the e-board with the final approval granted by the chair and co-chairs.

Article VII: Revisions and Amendments

Wellness Without Walls can propose bylaw amendments through its voting process for subsequent approval by the Executive Board or by Wellness Without Walls members. Proposed amendments become effective upon the e-board's approval. Once revisions or amendments have been approved by the E-Board, a copy of the approved revisions and amendments must be provided to SGA. This may be done by emailing SGA an updated copy of the Wellness Without Walls Bylaws.