Women’s Resource Center

Mission Statement

The Women’s Resource Center (WRC) at the University of Utah serves as the central resource of educational and support services for women. Honoring the complexities of women’s identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

Highlights

Ambassador’s Board

The Women’s Resource Center has continued to build the Ambassador Board throughout the 2008-2009 school year. Through collaboration with the board and Women’s Resource Center we hosted a luncheon which honored the founding women and friends of the WRC over its 38 years of existence. The Ambassadors supplied us with addresses of women who had been involved with the Women’s Resource Center in the past as there was a possibility that these women were interested in the work we are doing currently. This helped to establish a large data base of names that we can refer to in the future. The luncheon was a success with approximately 65 women and men in attendance & we raised $1,200.00 and added four new participants to our Ambassador’s board. The Women’s Resource Center’s Ambassador Board is as follows:

Rosemarie Hunter
Director, University Neighborhood Partners Special Assistant to President Young
Office of the President
University of Utah (801) 972-3596

Terri Busch
Director of Counseling Health and Wellness Services
Salt Lake Community College
Salt Lake City, UT (801) 532-8442

Laura Kessler
Greg Skordas, Attorney
Other benefits that have resulted from our Ambassador Board have been a very positive article published by The University of Utah’s Continuum Magazine. We have also utilized the services of a professional graphic artist, Traci O’Very Covey, who has designed a new line of marketing materials that effectively represents the Women’s Resource Center and the work we continue to do at The University.

5% Sponsored Students

This year we sponsored 18 students through the 5% Admission Rule. We incorporated them into our Orientation with the scholarship students. We asked them to participate in the Learning Enhancement Program’s workshops that address Test Anxiety, Time Management and Study Skills. Kim Hall worked with many of these students addressing areas such as funding, class drops, and
personal issues. We have been very effective working with this population of students and receive more requests than we can accept. Our numbers have more than doubled over the past year. This type of support for underrepresented students is key to their success and retention.

**Service Delivery**

*Director*

Each year at the Women’s Resource Center proves to be rewarding and challenging. The WRC 37 birthday luncheon was a huge success and the Ambassadors were very significant in helping to plan and carry out the event. We are planning to make this an annual event and use it as a fundraiser for the WRC. I was very pleased to meet and work with Traci O’Very Covey who is a graphic designer. She created marketing materials that will allow us to brand ourselves with a very professional look that we are proud of.

This year I have been working with Kari Ellingson, AVP for Student Development on the concept of a student affairs diversity council. I started by creating a set of questions for all of the directors in Student Affairs to determine how diversity was identified in their office, what training their staff receives on this issues and to find out what they would like in order to support students of diverse backgrounds. The WRC provided two students working in our office to interview every director. This provided us with valuable information and each office appointment a member of their staff to serve on the diversity council. Kari Ellingson and I will co-chair the committee and will look to them to help build an agenda for Student Affairs.

I served as the co-chair of the Women’s Week Committee. We had a successful week full of events and activities. Our theme was Evolving Equity: Challenging Power and Privilege. The keynote speaker Rev. Irene Monroe was an exceptional and generous speaker. She spent significant time with our students and gave a powerful presentation leaving us with much to think about. The
increase in student involvement was a very important shift which I will continue next year as I co-chair this committee for 2010.

Assistant Director/Development Officer

Programming and Collaborations

Programming at the WRC was primarily collaborative in nature this year. Kim Hall participated in the Women’s Week Committee and organized the Persistence Committee. The Persistence Committee consisted of various offices in Student Affairs, including but not limited to, the Career Center, Financial Aid, CESA, the Educational Opportunities Program, College of Engineering, College of Humanities, and the Writing Program at the Marriott Library.

As part of the programming for the Persistence Committee, Career Services offered a presentation addressing resume building and job research targeted at the WRC scholars and sponsored students. Eight students attended the presentation and Career Services has mentioned that most of them returned to their office to make use of their resources.

We also sponsored two Personal Statement Workshops in January that incorporated a formal presentation on the technique and criteria of writing a personal statement as well as individual editing of student’s personal statements and recommendation request. We had 40 students attend, with representatives from the College of Humanities, CESA, Marriott Writing Center, and the Educational Opportunities Program working individually with students. The feedback was very positive from both the University participants and the students. In February, as part of the Persistence Committee programming, Financial Aid presented two FASFA Workshops and the students who attended the Personal Statement Workshop also attended that information session as well.

This year we were asked to collaborate with University Neighborhood Partners (UNP) in their Student Cohort Partnership. Essentially we agreed to distribute
$20,000 in tuition and stipend money for two female students who are attending The University as well as mentor them in learning how to advocate for approximately 17 undergraduate students who are part of the UNP Cohort. Kim Hall attended two meetings with all of the students at the UNP office during the spring semester and will mentor the two students, Hye Lee and Saran Pech, more formally the 2009-2010 academic year.

**Alumni Association Emergency Grant Collaboration**

In the spring 2008 Kim Hall was contacted by Nanette Richard's with the Alumni Association and was approached with the offer to essentially be the ‘filter’ for $10,000 in emergency grants for female students in need. Through this relationship we were able to assist two students with emergency funding that allowed them to continue on here at the University.

**Management of Scholarships**

This year the management of the scholarships went very well. I think it was due to the Orientation Workshop that we did early in the fall semester. In the Orientation we addressed the WRC office’s communication procedure, academic expectations, communicating and managing unexpected difficulties through the WRC, education and contact information for resources on campus. Financial Aid, ASUU Tutoring Center, Marriott Library, University College, the Educational Opportunities Program, and the Learning Enhancement Program presented.

We awarded 10 Harmon, 10 Simmons, 10 Sorenson, 4 Mary Cherry and 5 Michael Foundation Scholarship. We received $10,000 in grant money from the Ashton Family Foundation to fund female students who are coming out of a domestic violence situation. We awarded two $2,000 scholarships, with $6,000 being set aside for the ‘emergency type’ of situations that frequently involve a domestic violence situation or the continuance of support for the Ashton Scholars. This year we also received continued support in 2009-2010 for all of the scholarships we offered this past fiscal year.
Go Girlz Community Initiative

The Go Girlz Community Initiative was very successful this year. Maki Sato, who received academic credit for her participation through Justine Reel, PhD in Health Promotion and Education and Shontol Burkholter, managed the Bryant Middle School program this year. We continued on with our 10 presentations that addressed the exploration of self esteem and body image through art projects, instruction concerning the potential dangers of internet ‘personal pages’, the value of choosing friends who help you be the best you can be, dance and personal writing. All of the presentations have been enthusiastically received by both the middle school students as well as the administration.

This year we were able to attend cultural and educational events. For example, we attended the BodyWorld Exposition at the Leonardo, the Sweet Honey in the Rock Concert at Kingsbury Hall, and held a Career Day and dance class experience on the University of Utah campus. Both the Bodyworld and Sweet Honey in the Rock events drew parents as chaperones for each event. Kaye Richards welcomed the girls in to her modern dance class and both the University and the Bryant students loved their time together. We met with the girls 10 times over the course of the academic year and had on average 16-18 middle school girls participating.

This year our graduate student intern, Makeda Meeks, oversaw the Go Girlz Program at East and West High School. She held 12 meetings (six per school) at each school and invited HRE, Financial Aid, Admissions, Educational Opportunities, and the Center for Disabilities to present. While the numbers were low (on average three-four students per meeting) we were able to bring in some students to participate in the tutoring and ACT services that we offer for our high school students.
We had five high school students attend the Personal Statement and FASFA workshop the Persistence Committee offered. We had seven high school students receive tutoring and mentoring for ACT preparation and test taking. We also collaborated quite successfully with the Writing Center in the Marriott Library to provide tutoring for the writing portion of the ACT test. We had four students attend the University of Utah, with one receiving the Utah Opportunities Scholarship, and four girls participating in the College of Engineering’s Hi-Gear Program for high school students. We had two girls choose to go to Salt Lake Community College. I met with two sets of parents to assist them with their planning.

Kim Hall participated in West High’s Community Ally Group meeting, which is a group of community organizations who will be meeting with West High Counselors in order for us to cross refer to our different groups depending on the students’ needs. There will be follow up meetings in the fall and our office will participate in this new Ally Group.

We had a very good showing of tutors/mentors for the Go Girlz Community Initiative with 16 U of U students participating. Kim Hall also assisted most of those students with scholarship applications, letters of recommendation, job hunting, and general U of U troubleshooting.

**Numbers:**
10 Events with 16-18 middle school girls participating. Average 180 student contacts.

12 meetings (six per school) with 4 students on average attending. 48 student contacts.

Five high school students attended the Personal Statement and FASFA workshop the Retention Board offered.

Bodyworld- 30 tickets Students and Parents

Sweet Honey in the Rock- 25 Students and Parents
16 U of U tutors/mentors for the Go Girlz Community Initiative participated

**WRC Fundraising and Grant Writing**

This year was a fairly successful grant writing cycle. Given the state of the economy and the downturn in funding by foundations I felt that we did very well. We received the following from grants for Summer 2008—Summer 2009

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount/Description</th>
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<tbody>
<tr>
<td>Archer Family Charitable Corporation</td>
<td>$1,000 Emergency Funds</td>
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<tr>
<td>Richard K. &amp; Shirley S. Hemingway</td>
<td>$3,000 Go-Girlz</td>
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<tr>
<td>Foundation</td>
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<tr>
<td>Ashton Family Foundation</td>
<td>$10,000 Scholarships (2008 – 2009)</td>
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<td></td>
<td>$5,000 Scholarships (2009 – 2010)</td>
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<tr>
<td>Sorenson Legacy Foundation</td>
<td>$10,000 Emergency Funds</td>
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<tr>
<td></td>
<td>$20,000 Scholarships</td>
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<tr>
<td>Lawrence T. &amp; Janet T. Dee Foundation</td>
<td>$3,000 Go-Girlz</td>
</tr>
<tr>
<td>Herbert I. &amp; Elsa B. Michael's</td>
<td>$10,000 Scholarships (2008-2009)</td>
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<tr>
<td>Foundation</td>
<td>$10,000 Scholarships (2009-2010)</td>
</tr>
<tr>
<td>Salt Lake City Rotary Club</td>
<td>$1,000 Go-Girlz</td>
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<tr>
<td>Bamberger Memorial Foundation</td>
<td>$5,000 Emergency Funds</td>
</tr>
<tr>
<td>Castle Foundation</td>
<td>$2,500 Emergency Funds</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$75,000</strong></td>
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**Outstanding Proposals 2009**

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<td>Lawrence T. &amp; Janet T. Dee Foundation</td>
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<tr>
<td>Marriner S. Eccles Foundation</td>
<td>$3,000 Emergency Funds</td>
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WomenAid

Counseling Coordinator

Collaborations/Projects

- met monthly with RRC staff for in service trainings during clinical seminar
- collaborated with SA Director of Assessment to develop new clinical hours tracking system

Assessment

- implemented new clinical hours tracking system and revised as needed
- practicum counselors revised the FMTOM with author’s input
- began implementing it as a clinical tool for ongoing assessment in individual counseling

Clinical Numbers Summary

Individual clients 56
- students 55%
- grad students 23%
- staff 11%
- faculty 4%
- ethnic minority 23%
- LGBTQ 25%
- heterosexual 75%
- survivors of violence 38%
- disability 7%
- gender
  Male 14%
  Female 86%

Individual/couples 487 hours
Group 1006 hours
Training Coordinator

Feminist Multicultural Counseling Training Program

A major and ongoing responsibility of Kristy Bartley’s position involves the coordination and implementation of the Feminist Multicultural Counseling Training Practicum, consulting and collaborating with the counseling coordinator in particular, but all staff members of the WRC. Kristy Bartley’s activities during the past year included:

- Ongoing informal marketing of the program to counseling & counseling psychology faculty & staff as well as social work students and faculty.
- Coordinated interviews for applicants to the training program and participated in selecting qualified students.
- Organized and co-facilitated one day of orientation for new trainees with follow-up on the 2nd day of general staff orientation.
- Developed syllabi for FMC seminar, Fall and Spring semesters.
- Collaborated with clinical director of RRC to establish monthly joint seminars
- Developed and organized readings for FMC seminar.
- Invited and collaborated with outside professionals to join the seminar as guest presenters/facilitators.
- Ongoing weekly reading and research relevant to theory and practice of feminist multicultural counseling/therapy.
- Prepared for and co-taught/facilitated weekly FMC seminar.
- Individual supervision of 2 practicum students weekly. (Additional consultation as needed).
- Set up groups and group facilitators for academic year, identifying group placements for practicum students and interns.
- Organized and co-facilitated weekly group supervision.
- Worked with 4 individual clients and 1 heterosexual couple through Spring semester and summer.
• Recruited a 2nd LCSW feminist therapist to supervise one of our incoming MSW practicum students.
• Facilitated (with 1 or more practicum students) weekly Body Politics Group and weekly LBQQ Group during academic year and through July. (Supervised co-facilitators; marketed group; screened potential participants.)
• Participated in weekly WRC staff meetings, bi-weekly permanent staff meetings and one practicum/intern/staff retreat in May.
• Met weekly with the Counseling Coordinator and the Director for planning, consultation, collaboration, and evaluation. Met monthly with clinical team (director, counseling coordinator and training coordinator).
• Initiated and organized a short summer retreat in June for our new intern/practicum students to meet with our core staff.

Trainees (Practicum Students and Interns)

The majority of clients at the WRC were seen by our three practicum/intern counselors under supervision by the Counseling Coordinator and Training Coordinator. The student counselors have (on a weekly basis) at least 1 hour of individual supervision, 1 hour of group supervision, and ½ to 1 hour of supervision/consultation with their supervising co-facilitator. In addition, they meet for a 2 ½ hour Feminist Multicultural Counseling Seminar that includes theory, practice, and client consults, facilitated by the counseling and training coordinators. In addition to counseling and supervision commitments the students are involved with WRC programming and outreach, with supervision and consultation provided by the Program Coordinator and Director. Kristy Bartley collaborated with all other staff members involved in the consultation and supervision of practicum students and interns.
Administrative Assistant

Volunteer Information

For the 2008-2009 school year we had several inquiries about volunteering for the Women’s Resource Center. However, only one volunteer followed through with the process:

Tiffany Halloway - 5 hours a week, for 18 weeks = 90 hours
Tiffany assisted with general office support such as answering phones, greeting clients, filing paperwork and other duties as assigned.

Scholarship Information

For the 2008-2009 school year the Women’s Resource Center awarded 59 scholarships. Scholarships went to non-traditional students, single parents, graduate students, and women of color. This year the scholarship process was more streamlined. Students received their monies on time and there was less confusion with the scholarship process for staff.

However, some students who had tuition only scholarships had their scholarships cancelled because they had an additional tuition waiver with another organization. Students are often in a quandary when we are unable to issue them a cash check due to donor specific restrictions. This is particularly the case with the Osher Re-Entry Scholarship which is strictly tuition only.

This year we received funding for a new scholarship, The Ashton Family Foundation Scholarship. This scholarship was awarded to students who are survivors of domestic violence and single parents.
Scholarship Donors for 2008-2009

Pete & Arline Harmon ($38,000 for 10 scholarships; $3,800 each)
Herbert & Elsa Michael’s Scholarship ($10,000 for five scholarships; $2,000 each)
Mary Cherry Moslander Roberts Scholarship ($6,000 for four scholarships; $1,500 each)
Osher Re-Entry Scholarship ($50,000 for 29 scholarships; $750 - $1500 each)
Ashton Family Foundation ($10,000 for five scholarships; $2,000 each)
Simmons Family Foundation ($20,000 for five scholarships; $2,000 each)
Sorenson Legacy Foundation ($20,000 for ten scholarships; $1,000 each)

Emergency Funds

This year we awarded $11,992.19 in emergency funds, up almost 50% from last year’s totals. 36 applications for emergency funds were submitted with only three of those applications being denied. As a result of emergency funds were quickly depleted as we were generous in our giving this year. This upcoming year we have made several changes to our Emergency Fund policies, as well as put a cap on how much money we will disburse each semester in order to preserve any current and future funds. 21 of the applications requested funds books & tuition, 10 for household & transportation, three for medical, one for professional development, and one miscellaneous. Five of the applications were awarded to men.

Staff

The current Women’s Resource Center staff includes:

- Debra S. Daniels, MSW, Director
- Nakita Swanigan, Me.D., Administrative Assistant
- Kristy K. Bartley, Ph. D., Counseling Coordinator (.75 FTE)
- Kimberly Hall, MFA, Associate Director, Development Officer
- Donna Hawxhurst, Ph. D. Counseling Consultant (.25 FTE)
This year brought us a Graduate Assistant from the Department of Educational Leadership and Policy as well as a work-study student who provided administrative support for the Women’s Resource Center:

- Makeda Meeks, Graduate Assistant, Education Leadership & Policy
- Wyatt Jensen, Work-Study, Freshmen biology

Each year brings new practicum students to the WRC to work as part of our staff. These students provide the majority of individual counseling sessions and all practicum counselors co-facilitate support groups with a staff member or staff associate. The students for 2008-2009 were:

- Tiffany Jo Merrill
- Brook Ridge
- Christine Hill
- Esther Israel

Awards, Committees & Professional Achievements

Awards

Donna Hawxhurst - Served a second term as the National Collective Coordinator of the Association for Women in Psychology.

Kim Hall received the Vice President for Student Affairs Award for Service Excellence

Nakita Swanigan In May 2009, Nakita Swanigan graduated with her Master’s from the Department of Education, Culture, and Society. She now holds a graduate degree.

Debra Daniels received the NASPA Regional Mid Level Professional Award for 2008
Committees

Donna Hawxhurst

- Student Athlete Wellness Team
- Member and Consultation – Association for Women in Psychology, Utah.
- LGBT Resource Center Advisory Board
- U of U Pride Planning Committee
- Served on Doctoral Candidate committees

Kim Hall

- Women’s Week Committee
- Retention Committee
- Student Initiatives Committee

Kristy Bartley

- Board of Directors – South Valley Sanctuary
- Served on 2 Doctoral Candidate committees

Debra Daniels

- Co-Chair – Women’s Week Committee
- Residency Appeal Committee
- PCSW ex officio member
- Student Affairs Diversity Council
- Social Work Faculty Development Committee

Nakita Swanigan

- Barbara L. Tanner Fellowship Committee

Professional Achievements

Donna Hawxhurst, Adjunct Clinical Associate Professor, Department of Educational Psychology
Classes & Presentations

Donna Hawxhurst

Donna Hawxhurst, taught graduate course in Feminist Multicultural Psychotherapy, Summer -08

August (Inclusion Summit – 5 days)

August  Presentation with Kristy Bartley at National NOMAS conference on “Feminist Multicultural Therapy: Empowerment in Counseling & Therapy.” Attendance of other conference events and presentations.

Sept 6 – Tabling with Esther at Love Your Body Walk/Run, for SPEAK

Sept 23 – Presentation with Esther on “Healthy Relationships” for Women’s Health Class, Health Promotion. 6 – 7:30 pm

October 2 – hosted (at WRC) and presented with Sue Morrow for WPP on “Counseling Lesbian Couples --- Beyond the U-Haul.


January Consultation & presentation with Kristy Bartley at South Valley Sanctuary to Shelter Staff on a Feminist Multicultural Model for Empowerment


Feb 20: Met with doctoral applicants to Cslg. Psych Program orienting them to the WRC, our programs and practicum. (2 groups of 10-12; met for 45 + minutes each)

March 26. Presented with Robin Friedman on “Sexual Violence Affects Everyone.” (Focus on Women/Lesbians). For RRC, Utah Pride Center, LGBT Affirmative Therapist Guild. 1.5 hours – approx. 20 participants

March 31. Presented in Trinh Mai’s class on Social Justice & Diversity. (1st yr. MSW students) Focus on Feminist Multicultural Csl. And Heterosexual Privilege. (1.5 hours; 23 students)
June 11, Presented and facilitated discussions on Body Politics and Female Sexual Dysfunction: A New View in Kristy Bartley’s Feminist Multicultural Psychotherapy Class – 3 hours, 13 participants.

Kim Hall

Co-Presented with Martha Bradley on Fundraising 101

Nakita Swanigan

In November 2008, Nakita Swanigan had the opportunity present at the Research on Women and Education conference in Washington, D.C. Research on Women and Education is a sub-group of the AERA. Nakita presented a testimonio of women’s voice as they reflected upon the 2008 presidential campaign.

Summary

The Staff of the Women’s Resource Center met five years ago and developed a strategic plan to improve services in all areas of service delivery. I am very excited to say that over 85% of our goals were met. We have increased scholarships and emergency funding in excess of our goal. The Ambassadors are now an active and viable support for the WRC. Our goal to provide stipends for our practicum students were granted from the generous support of the VP of Student Affairs. With the recent budget cuts we lost this funding however the numbers of students, staff or faculty requesting and receiving services from our counseling department has increased allowing us to provide a stipend from the funds earned through our counseling services. The fees we receive from counseling services also supports travel for all of our practicum students to travel to the national Association of Women in Psychology (AWP) Conference.

Our development goals allowed us to provide more than $160,000 in scholarships this year. We exceeded the amount of money we spent on student emergencies, which we believe is a critical retention tool for our student populations.
As a staff we are pleased with what we have been able to accomplish and are proud of reaching so many of the goals we set for the Women’s Resource Center.