

Final Grant Report

A Self-Care Space in F.H. Green Library

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Work completed and outcomes

We completed the initial work of setting up the Self-Care Space in late fall 2021. While we had originally hoped to open the room during the fall semester, supply-chain issues delayed the delivery of some of the needed items. We launched the room at the start of the spring 2022 semester. Instead of describing the work completed in writing, we are illustrating it with the before and after pictures below.

Before:



After:







To date, we have also advertised the existence of the new space in several ways. That includes providing information on the libraries' website, including the image below.



Sponsored by funding awarded by the WCU Innovation in Diversity & Inclusion Grants Council.

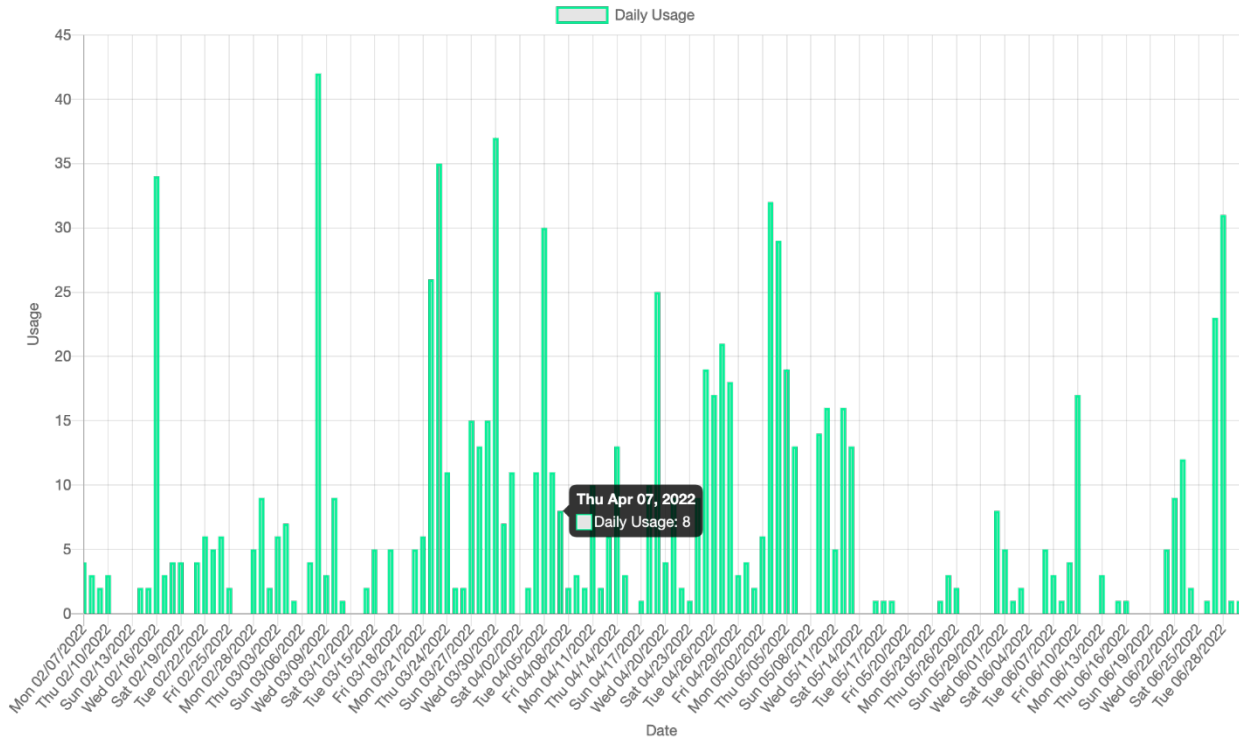
We have also reached out to some of our campus partners, including WCU Counseling & Psychology Services and DCAP (Dub-C Autism Program). Rachel Daltry, director of the campus counseling center visited the space. She made some suggestions for additions to the room and her visit also allowed for the creation of additional marketing materials, this time featuring Professor Daltry's therapy dog, Muddy Puddles (image below). A side effect of this new connection between the Libraries and Counseling Services has been more regular visits at FHG Library from the therapy dogs associated with the Counseling Center. Additionally, Gary Childs spread the word about the space by announcing it at a meeting of the Faculty Senate.



The promotion of the self-care space has already garnered notable use. It was reserved for the Neurodiverse Inclusive Campus Events (NICE), 2022 Concert on the Quad on May 5th. The room could be used by individuals that were potentially overwhelmed by the crowd and/or the various musical performances that were offered that evening. A music therapy professor has also noted they are incorporating the Self-Care Space into an upcoming course specific to the concept of wellness. Additionally, Self-Care Space has been highlighted during Dub-C Autism Program events, including the College Autism Readiness Retreats (CARR), which will be occurring throughout the university's summer sessions.

Room usage

We know that the room is being used both anecdotally and through data collection. Below is a graph showing usage as counted by the electronic counter system equipped to the room door. The high spikes on some days reflect additional work being done in the room or tours being offered. However, even with those spikes removed, the data shows that during the semester the room was being used just about every day. All room entrances and exits with a time span of less than one minute have been excluded from this table to help ensure that it reflects actual room usage.



We also employ a room booking system that shows a total of 84 reservations made from January to late July. While the door counter tends to over count room usage, the booking system undercounts usage, as drop-in use without registration is allowed whenever the room is free.

Work remaining:

We considered the opening in spring 2022 to be a soft opening and used that semester to make adjustments to the room based on initial feedback. In the next year, we will continue to reach out to the various campus partners listed on the grant in order to expand awareness of the room and seek additional feedback for ways to enhance the room. As discussed in the grant application, now that the grant has allowed us to create the space, the University Libraries should be able to maintain the room through our own funds.

Budget narrative:

We have included an itemized list of purchases. Due to COVID-related supply chain issues, we ended up having to find replacements for many of the specific items we originally listed in our grant application. In some cases (as with the room dividers) we ended up going with cheaper options. The remaining money was then spent on other items to enhance the room, such as additional soundproofing tiles and a couple of side tables. At this point, there is only one order that has not been completed. The chair we ordered to support pumping milk or other seated activities was first delayed, then arrived damaged and had to be returned. A replacement arrived recently, however the chair shown in the images above is one that we borrowed from existing library seating. The original grant award amount was \$3,329.00. Our total expenditure

was \$3345.81 and the amount exceeding the grant award has been paid for via the University Libraries budget.