



Executive Action Sheet for Senate Legislation

- Senate Bill 331-021  
 Resolution 331-

I, Sydney Thayer, President of the Student Assembly of William & Mary do hereby:

- Approve  
 Veto

The Student Assembly Senate Legislation:

The Light Intervention Therapy Enhancement  
(L.I.T.E.) Act

*Sydney Thayer*

President, 331st Student Assembly (23-24)

DATE: 10/11/23

331<sup>st</sup> Student Assembly,  
Senate Bill 331-021

A Bill

*Funding therapy lights to combat Seasonal Affective Disorder (SAD)*

**The Light Intervention & Therapy Enhancement (L.I.T.E) Act**

Sponsored by Senator Sean Nguyen ('25)

Supported by Undersecretary of Mental Health & Wellness Jashwanth Puvvadi '26

WHEREAS, the changing seasons, particularly the transition from fall to winter, have a pronounced impact on many students at William & Mary, resulting in manifestations of Seasonal Affective Disorder (SAD), thereby impacting the academic performance and overall well-being of students;

WHEREAS, numerous medical studies and experts have highlighted light therapy as a pivotal solution for mitigating symptoms associated with SAD, major depression, and even perinatal depression, suggesting that light therapy can serve as a supportive tool for the mental health of a considerable section of the student body;

WHEREAS, the current system in the Health & Wellness Center permits students to acquire light boxes only via recommendation from the psychiatrist, restricting access to only those who actively engage with psychiatric services;

WHEREAS, the singular light therapy box stationed in the Health and Wellness Center's meditation cove provides limited accessibility, given its stationary nature and the inability of students to transport it to their personal spaces where they might find most comfort;

WHEREAS, one meditation alcove with a therapy light, previously open for impromptu access by students, has now transitioned to a strict reservation framework, instituted primarily to cater to private virtual therapy sessions;

WHEREAS, while storage space for these therapeutic devices has previously been a hurdle, a suitable and accessible storage location has now been earmarked in the back office behind the reception area of the Health & Wellness Center, optimizing the check-out and return process;

WHEREAS, despite having the provision of two light boxes, the Health & Wellness Center, amidst the upheavals triggered by the COVID-19 pandemic, hasn't put forth a structured rental mechanism, leading to these potential resources being unused;

WHEREAS, by leveraging the existing rental system of the Campus Rec Center and the Health & Wellness Center, this initiative ensures an accountability method to guarantee the judicious use and return of these therapeutic devices;

WHEREAS, based on the empirical evidence of student needs and keeping in view potential future requirements, there exists a proposal to bolster the existing stock of light boxes. Furthermore, there is an opportunity to broaden this initiative to encompass the university's faculty and staff, given the universal nature of SAD;

WHEREAS, historical data underscores a recurring pattern, spotlighting the heightened demand for such devices during January, February, late November, and December, making it imperative to integrate these devices before peak periods;

WHEREAS, in a bid to enhance accessibility, alternative venues like the Swem Library or specific Graduate schools are being evaluated as potential locations for facilitating the lightbox check-out process;

WHEREAS, the Aurora LightPad Mini has emerged as the frontrunner for this initiative, given its unparalleled compactness, robust durability, and clinically proven efficacy against SAD. This device, with its promising feature set including varied brightness levels, an ergonomically designed integrated stand, and auto shut-off functionality,;

WHEREAS, to safeguard the condition of these therapeutic devices, 'Carry Bag For The Aurora LightPad Minis' ensures the shielding of the devices from natural student wear and tear;

Now, therefore, be it,

RESOLVED, that the Student Assembly of William & Mary:

1. Allocates \$2,000 from the Student Assembly reserves for the purchase of Aurora LightPad Minis and their respective carry bags.
  - a. Allocates \$1,598.16 (8 units x \$199.77 per unit) for the purchase of 8 Aurora LightPad Minis
  - b. Allocates \$250.00 (10 units x \$25.00 per unit) for the purchase of 10 Carry Bags For The Aurora LightPad Mini
  - c. Associated fees of shipping and handling
2. Stipulates that any funds unused from the allocations will return to the Student Assembly Reserves.
3. Charges the Department of Health & Safety to launch an educational and promotional campaign concentrating on a. The challenges of SAD and seasonal depression. b. Benefits and availability of the Aurora LightPad Mini as a remedy for the aforementioned challenges. c. Details on how and where students can access and utilize these resources.

- a. Charges the Department of Health & Safety to run an informational campaign on the Student Assembly Instagram with the caption:
  - i. “In response to the challenges of Seasonal Affective Disorder (SAD), we are proud to fund and introduce a rental system for therapy lights. As winter approaches, many experience SAD, and evidence-backed light therapy offers a key solution. Through the collective efforts of the Student Assembly and Health & Wellness Center, students now have the opportunity to rent the Aurora LightPad Mini, a state-of-the-art light therapy device, at no expense. To rent this device, please visit the Health & Wellness Center today!”
4. Charges the sponsors of this bill to collaborate with the Health & Wellness Center to monitor the usage, maintenance, and effectiveness of the Aurora LightPad Minis.
  - a. Calls for a pilot assessment to evaluate the need for additional units based on student uptake and feedback.