

# Case Studies in Effective Campus Wellness Initiatives



Council of  
Independent  
Colleges

**2022 Institute for Chief Academic Officers  
with Chief Financial and Chief Enrollment Officers**



# 2022 Institute for Chief Academic Officers with Chief Financial and Chief Enrollment Officers

**TENACIOUS. CONFIDENT. FORWARD-LOOKING.**



The Council of  
Independent Colleges

guidebook

CapEd™

## Presenters

**Jamie McMinn**, Vice President for Academic Affairs and Dean of the College, Westminster College (PA)

**Tom Sullivan**, Associate Vice President Student Affairs, St. Edward's University (TX)

2022 Institute for  
Chief Academic  
Officers with  
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Officers

 CIC

# About Westminster College

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- SLA in rural western Pennsylvania with about 1,200 undergraduate and graduate students
- Historically, 1/3 Pell-eligible and 1/3 first-generation
- This year, more than 60% of students compete in varsity athletics (D-III)



# CARE Team

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- VPSA
- VPAA
- Chaplain
- Counselor
- Director of Wellness Center
- Assistant Director of Diversity and Inclusion
- Two athletic coaches
- Faculty member
- Director of TRIO SSS
- Director of Academic Success Center
- Director of Disability Resources
- Assistant Director of Professional Development Center



# CARE Team

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- The CARE Team meets weekly to discuss open cases and strategies for connecting students to necessary resources.
- At the beginning of each semester, outcome data are shared:
  - # referrals, disaggregated by type of need, demographics, academic major, and athletics
  - Open cases that carry over
  - Gaps in meeting student needs across sub-populations



# 2021-2022 Debrief

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- A critical sub-population: Student-athletes
- Retention and good standing risk after leaving a team
- National emphasis on mental well-being among student-athletes
- Lack of coordinated, systematic support system dedicated to student-athletes at Westminster



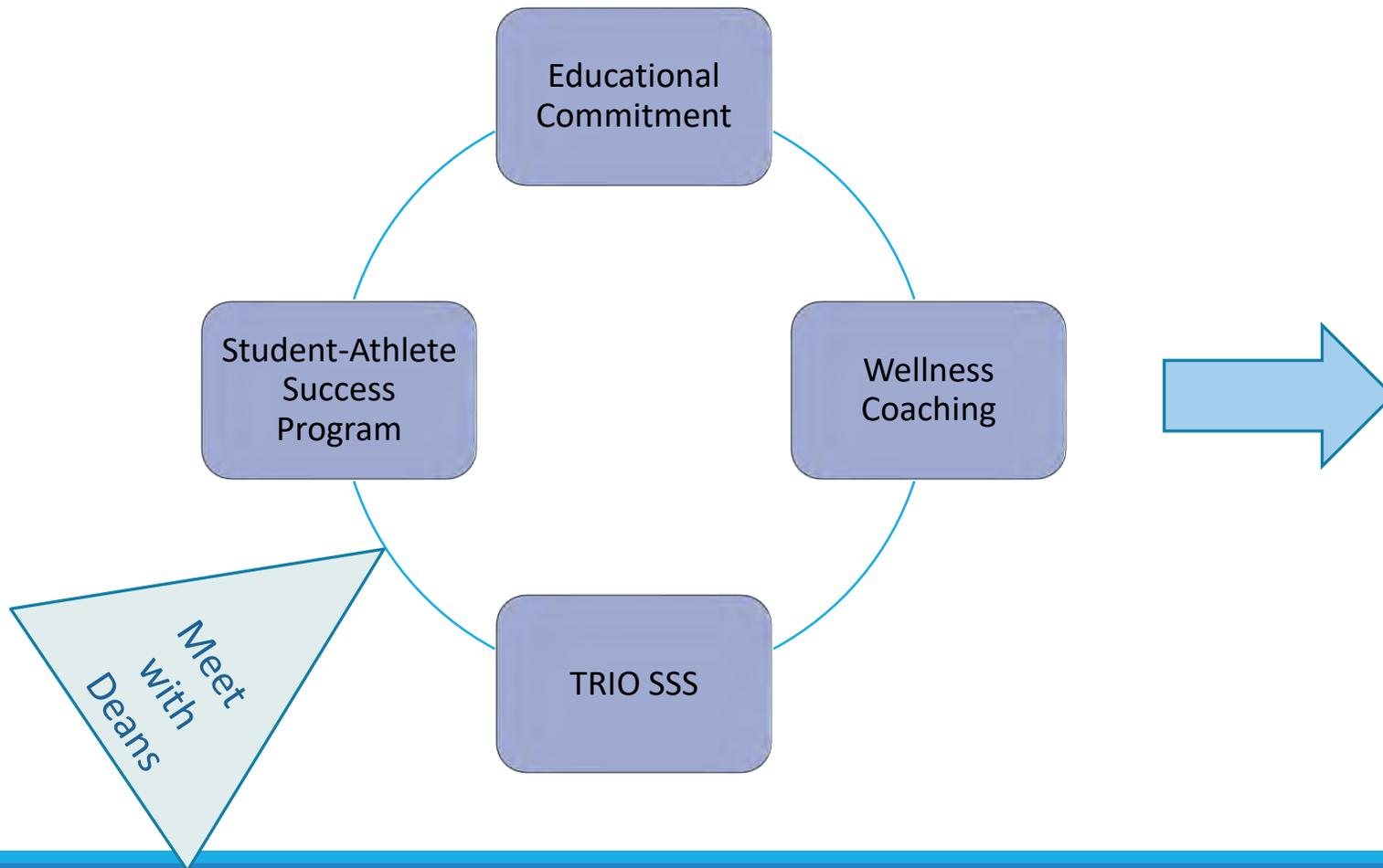
# 2022-2023 Pilot: Student Strengths Inventory

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- Academic self-efficacy
- Academic engagement
- Educational commitment
  
- Resilience
- Social comfort
- Campus engagement



# Support and Success Pathways/Assessment



- Retention
- Midterm GPA
- Good academic standing
- SSI post-test
- # CARE alerts



# Lessons Learned from Pilot

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- Staffing and resource considerations for sustainability, especially if applied to all incoming students
- Stakeholder buy-in and accountability
- Identification of the correct pathways



# QUESTIONS?

2022 Institute for  
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Officers

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# LiveWellSEU Team

- Chair - Dr. Tom Sullivan, AVP for Student Affairs
- Angi Bustamante – Human Resources
- Clint Jones – Director, Recreation and Wellness
- Krupa Shah – Asst. Director, Recreation and Wellness
- Erica Zamora – Director, Student Diversity and Inclusion
- Dr. Sheila Alicea– Assoc. Professor, Kinesiology
- Debi Wong – RN Clinical Manager, Ascension Medical Group
- Student (changes annually)

# LiveWellSEU Model

**Wellbeing at St. Edward's University is a multi-dimensional, holistic, and active process by which students and employees seek to thrive in mind, body, and spirit. We encourage the development of holistic wellbeing through 8 dimensions of wellness.**

## **Physical**

Nutrition, physical activity, sleep, health checks

## **Emotional**

Self-efficacy, self-care, advocacy

## **Social**

Support network, connection to campus or community, healthy relationships

## **Intellectual**

Growth mindset, cultural awareness

## **Spiritual**

Life-meaning, service, faith, compassion

## **Financial**

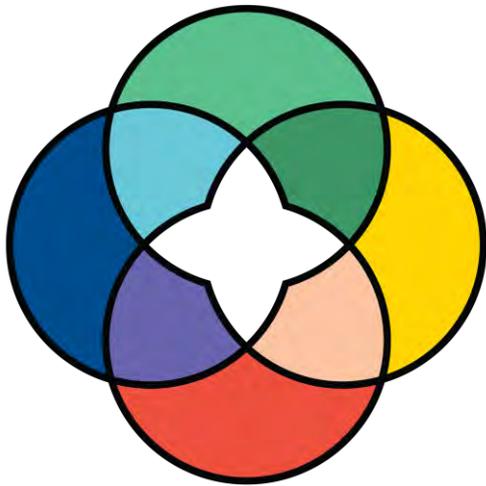
Managing personal finances

## **Environmental**

Connection to nature, build environment, sustainability

## **Vocational**

Discover purpose, National Association Colleges and Employers (NACE) skills, preparing for post grad life



**Live  
Well  
SEU**

## Phase I: The Student Experience

Support student persistence, recruitment, and post graduation success

- Create opportunities to address direct student wellness concerns
- Create data informed programming opportunities around wellbeing
- Increase student "presentism"
- Develop life-long self-care skills
- Develop assessment and data strategy around wellbeing



# Outcomes

Support student persistence, recruitment, and post graduation success

- Reduce student hospitalizations
- Support students in 1-on-1 well-being advocacy
- Reduce recidivism for counseling visits
- Increase student "presentism"
- Develop life-long self-care skills



# Assessment

- Implement well-being assessment tool in October that will identify strengths and gaps related to support of students wellbeing
  - Aligned with campus assessment plan
  - Distributed every two years
  - Results of assessment
    - Ongoing LiveWellSEU Committee
    - Campus-wide
    - Drill down to specific populations – PAC, CAMP, etc.
    - Student Success Initiative
      - share themes from results that we can use to address needs



# Practice

- Began with Student Affairs
  - Expectations
    - Each department, every staff member has a role to play within this footprint
    - Budget is reallocated within department or within Division
    - If we aren't doing this – we aren't doing our jobs!
- Integrated wellbeing model into **programs** and **services** which establishes a common language and practice

# Division of Student Affairs: Roadmap

1. Identify specific skills to thrive students / employees may receive through each department
2. Conduct an examination of all aspects of their work through this lens of wellbeing and skills to thrive. What do we need to stop doing?
3. Departments commit to:
  - Alignment with LiveWellSEU model philosophy
  - Identify points of collaboration & eliminate redundancies in programming
  - Program alignment with annual assessment data to ensure health and wellness disparities that are identified in the annual assessment are addressed in departmental priorities
  - Identify campus-wide strategic points of collaboration and impact
  - Using LiveWellSEU definition, dimensions, and ACHA assessment results to drive future student programming





# RecWell Offers:

- **FREE** Access and safety of all recreation activity in RAC
  - **Weight room, spin studio, functional training, Tech-free lounge**
- ~ 18 Club Sports
  - Intercollegiate competition with other universities
- Intramurals
  - Recess with RecWell and Tournaments
- Wellness Services
  - Health Education Workshops, Peer Wellness Coaching, **Wellness Walks, Dog Therapy**
- Fitness Programs
  - **GroupX fitness classes & Personal training**
- Student Employment and Leadership



# Communication Plan

- Inform students, employees and families
- Print, social media, texting, web
- Periodic updates to inform/remind
- Connect with key groups
  - Staff Council
  - Faculty Senate
  - SGA and other chartered organizations





# Live Well SEU September

# 2022

SEU Wellness Calendar

				<a href="#">6 Step Guide to Protecting Kidney Health</a>	<a href="#">4 Things Families Can Do: Childhood Obesity</a>	<a href="#">Common Heart Attack Warning Signs</a>
<a href="#">Health Benefits of Chia Seeds</a>	<a href="#">History of Labor Day</a>	<a href="#">Intersections: Hunger and Health</a>	<a href="#">Senales de Alerta de un Ateque Cardiaco</a>	<a href="#">Learn About Routine Vaccinations</a>	<a href="#">How Much Sleep Do We Need?</a>	<a href="#">Tool: Saving Smart Is an Art</a>
<a href="#">5 Steps to Lose Weight and Keep It Off</a>	<a href="#">Gynecological Cancer Awareness Month</a>	<a href="#">Is Your Teen Anemic?</a>	<a href="#">September is Blood Cancer Awareness Month</a>	<a href="#">Do This Every Morning: 10 Best Exercises</a>	<a href="#">Learn the Link Between Sleep and Chronic Disease</a>	<a href="#">6 Tips for Healthy Aging</a>
<a href="#">Start A Food Diary to Help Manage Ulcerative Colitis</a>	<a href="#">Try This Walk At Home Exercise Routine</a>	<a href="#">Learn How To Shelter in Place</a>	<a href="#">How To Stop Germs From Spreading</a>	<a href="#">Try These Heart-Checked Certified Recipes</a>	<a href="#">Are Your Kids Drinking Too Much Sugar?</a>	<a href="#">Ejercicios para Fortalecer la Espalda</a>
<a href="#">Under the Paper Gown</a>	<a href="#">What is COPD?</a>	<a href="#">Prepare Your Pet For an Emergency</a>	<a href="#">Know The Facts About High Blood Pressure</a>	<a href="#">Low Back Pain Exercises</a>	<a href="#">Concientización Sobre El Cáncer Ginecológico</a>	



# HEALTHY HILLTOPPERS

RecWell | Wellness Services | Peer Health Education

## Fall 2022



### AUGUST

#### OUTREACH

##### Topic: Sun Safety

What the heck is SPF? Do sunglasses really serve a purpose beyond fashion? What are signs of a heat stroke? Learn all about sun safety and walk away with some SPF chapstick and sunscreen!

##### Come see us:

<b>Mon, Aug 29</b> 12 - 1:30pm HCC Patio	<b>Wed, Aug 31</b> 12 - 1:30pm St. Andre Sidewalk
<b>Tues, Sept 6</b> 12 - 1:30pm Munday Library	<b>Thurs, Sept 8</b> 12 - 1:30p Trustee Hall Breezeway

#### MONTHLY DOG THERAPY

Already missing your family pet? Need some stress relief as you transition back into the work-school-life grind? Visit our dog therapy session!

**Wednesday, August 24th**  
12 - 2pm  
Ragsdale Lawn

#### GUIDED MEDITATION SESSION

**Monday, August 29th**  
5:30 - 6:30pm  
RAC Seminar Room

### SEPTEMBER

#### OUTREACH

##### Topic: Alcohol & Other Drugs

Learn about safety tips regarding alcohol safety. The PHEs will be talking about calculating your BAC level and practice pouring a standard drink. Be safe, party smart!

##### Come see us:

<b>Mon, Sept 19</b> 12 - 1:30pm HCC Patio	<b>Wed, Sept 21</b> 12 - 1:30pm St. Andre Sidewalk
<b>Tues, Sept 27</b> 12 - 1:30pm Munday Library	<b>Thurs, Sept 29</b> 12 - 1:30p Trustee Hall Breezeway

#### MONTHLY DOG THERAPY

**Wednesday, September 14th**  
12 - 2pm  
Ragsdale Lawn

#### GUIDED MEDITATION SESSIONS:

<b>Mon, Sept 12</b> 5:30 - 6:30pm RAC Seminar Room	<b>Mon, Sept 26</b> 5:30 - 6:30pm RAC Seminar Room
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#### Special Wellness Events:

**World Suicide Prevention Day**  
Friday, September 9  
Health & Counseling Center

### OCTOBER

#### OUTREACH

##### Topic: Sexual Health

Sexual health is a part of one's overall wellbeing. Our goal is to make the often taboo topic of sexual health approachable for students through inclusive dialogue and outreach. Learn about healthy relationships, STI prevention, safe sex practices, and resources on and off campus. Walk away with cool stickers, giveaways, & knowledge!

##### Come see us:

<b>Mon, Oct 17</b> 12 - 1:30pm Ragsdale Lawn	<b>Wed, Oct 19</b> 12 - 1:30pm Fondren Lawn
<b>Tues, Oct 25</b> 12 - 1:30pm HCC Patio	<b>Thurs, Oct 27</b> 12 - 1:30pm St. Andre Sidewalk

#### MONTHLY DOG THERAPY

**Wednesday, October 5th**  
12 - 2pm  
Ragsdale Lawn

#### GUIDED MEDITATION SESSIONS:

<b>Mon, Oct 10</b> 5:30 - 6:30pm RAC Seminar Room	<b>Mon, Oct 24</b> 5:30 - 6:30pm RAC Seminar Room
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#### Special Wellness Events:

**Mental Health Awareness Week**  
October, 3rd - 7th  
**Student Health Fair**  
October, 10th - HCC Patio  
**Halloween Blood Drive**  
October, 31st - JBWN Lot, 10 - 3pm

### NOVEMBER

#### OUTREACH

##### Topic: Stress Management & Self Care

Feeling overwhelmed by deadlines, to-dos, and life? Stop by and chat with the PHEs to learn about managing your time and stress, as well as receiving tips on how to prioritize your self. We will be giving away stress balls, face masks, and more!

##### Come see us:

<b>Mon, Nov 7</b> 12 - 1:30p Moody Lawn	<b>Wed, Nov 9</b> 12 - 1:30p HCC Patio
<b>Tues, Nov 15</b> 12:30 - 2p Fondren Lawn	<b>Thurs, Nov 17</b> 12 - 1:30p Trustee Hall Breezeway

#### MONTHLY DOG THERAPY:

<b>Wed, Nov 2</b> 12 - 2p Ragsdale Lawn	<b>Wed, Nov 16</b> 12 - 2p Ragsdale Lawn
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#### GUIDED MEDITATION SESSIONS:

<b>Mon, Nov 7</b> 5:30 - 6:30pm RAC Seminar Room	<b>Mon, Nov 14</b> 5:30 - 6:30pm RAC Seminar Room
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#### Special Wellness Events:

**Unwind Before the Grind**  
Take a break from studying and relieve your stress with massages, activities, & more!  
December 2nd, 10am - 3pm  
Alumni Gym



@healthyhilltoppers  
@seurecwell  
@seu\_groupx

Visit Collegiate Link for more information on each program or event.

Questions? Contact Madie Chronister at [mchronis@stedwards.edu](mailto:mchronis@stedwards.edu) or Krupa Shah at [kshah2@stedwards.edu](mailto:kshah2@stedwards.edu)



# LiveWellSEU Resource Guide



**Hey, Hilltoppers! We have a resource guide and here's how to find it! Type in [bit.ly/livewellseuguide](https://bit.ly/livewellseuguide)**

# Road Show

## Focus

- Understanding wellbeing
- How areas contribute
- How areas connect students to programs and services



# Phase II 2022-23

- Integration of employee wellbeing experience
- Application of assessment data to wellbeing model
- Engage key stakeholders in broader portfolio development





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# THANK YOU



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