Case Studies in Effective Campus Wellness Initiatives

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)
About Westminster College

• 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

- 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

• 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

• 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

• Academic self-efficacy
• Academic engagement
• Educational commitment
• Resilience
• Social comfort
• Campus engagement
Support and Success Pathways/Assessment

- Educational Commitment
- Wellness Coaching
- Student-Athlete Success Program
- TRIO SSS

- Retention
- Midterm GPA
- Good academic standing
- SSI post-test
- # CARE alerts
Lessons Learned from Pilot

• Staffing and resource considerations for sustainability, especially if applied to all incoming students

• Stakeholder buy-in and accountability

• Identification of the correct pathways
QUESTIONS?
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
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
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6 Step Guide to Protecting Kidney Health</td>
</tr>
<tr>
<td>2</td>
<td>4 Things Families Can Do: Childhood Obesity</td>
</tr>
<tr>
<td>3</td>
<td>Common Heart Attack Warning Signs</td>
</tr>
<tr>
<td>4</td>
<td>Health Benefits of Chia Seeds</td>
</tr>
<tr>
<td>5</td>
<td>History of Labor Day</td>
</tr>
<tr>
<td>6</td>
<td>Intersections: Hunger and Health</td>
</tr>
<tr>
<td>7</td>
<td>Senales de Alerta de un Ateque Cardiaco</td>
</tr>
<tr>
<td>8</td>
<td>Learn About Routine Vaccinations</td>
</tr>
<tr>
<td>9</td>
<td>How Much Sleep Do We Need?</td>
</tr>
<tr>
<td>10</td>
<td>Tool: Saving Smart Is an Art</td>
</tr>
<tr>
<td>11</td>
<td>5 Steps to Lose Weight and Keep It Off</td>
</tr>
<tr>
<td>12</td>
<td>Gynecological Cancer Awareness Month</td>
</tr>
<tr>
<td>13</td>
<td>Is Your Teen Anemic?</td>
</tr>
<tr>
<td>14</td>
<td>September is Blood Cancer Awareness Month</td>
</tr>
<tr>
<td>15</td>
<td>Do This Every Morning: 10 Best Exercises</td>
</tr>
<tr>
<td>16</td>
<td>Learn the Link Between Sleep and Chronic Disease</td>
</tr>
<tr>
<td>17</td>
<td>6 Tips for Healthy Aging</td>
</tr>
<tr>
<td>18</td>
<td>Start A Food Diary to Help Manage Ulcerative Colitis</td>
</tr>
<tr>
<td>19</td>
<td>Try This Walk At Home Exercise Routine</td>
</tr>
<tr>
<td>20</td>
<td>Learn How To Shelter in Place</td>
</tr>
<tr>
<td>21</td>
<td>How To Stop Germs From Spreading</td>
</tr>
<tr>
<td>22</td>
<td>Try These Heart-Checked Certified Recipes</td>
</tr>
<tr>
<td>23</td>
<td>Are Your Kids Drinking Too Much Sugar?</td>
</tr>
<tr>
<td>24</td>
<td>Ejercicios para Fortalecer la Espalda</td>
</tr>
<tr>
<td>25</td>
<td>Under the Paper Gown</td>
</tr>
<tr>
<td>26</td>
<td>What is COPD?</td>
</tr>
<tr>
<td>27</td>
<td>Prepare Your Pet For an Emergency</td>
</tr>
<tr>
<td>28</td>
<td>Know The Facts About High Blood Pressure</td>
</tr>
<tr>
<td>29</td>
<td>Low Back Pain Exercises</td>
</tr>
<tr>
<td>30</td>
<td>Concentración Sobre El Cáncer Ginecológico</td>
</tr>
</tbody>
</table>
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!

CITIE SPEAK
Mon, Aug 29
12 - 1:30pm
HCC Patio

Tues, Sept 6
12 - 12:30pm
Mondays Library

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!

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 PDs will be talking about calculating your RAC level and practice pouring a standard drink. Be safe, party smart!

CITIE SPEAK
Wed, Aug 31
12 - 1:30pm
HCC Patio

Tues, Sept 27
12 - 12:30pm
Mondays Library

MONTHLY DOG THERAPY
Wednesday, September 14th
12 - 2pm
Ragsdale Lawn

GUARDIAN MEDITATION SESSIONS:
Mon, Sept 12
5:30 - 6:30pm
RAC Seminar Room

Mon, Sept 19
5:30 - 6:30pm
RAC Seminar Room

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!

CITIE SPEAK
Mon, Oct 17
12 - 1:30pm
HCC Patio

Tues, Oct 25
12 - 1:30pm
HCC Patio

MONTHLY DOG THERAPY:
Wednesday, October 5th
12 - 2pm
Ragsdale Lawn

GUARDIAN MEDITATION SESSIONS:
Mon, Oct 10
5:30 - 6:30pm
RAC Seminar Room

Mon, Oct 17
5:30 - 6:30pm
RAC Seminar Room

Special Wellness Events:
Mental Health Awareness Week
October, 3rd - 7th

Student Health Fair
October, 16th - 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 PDs 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!

CITIE SPEAK
Mon, Nov 7
12 - 1:30pm
Moody Lawn

Tues, Nov 15
12:30 - 2pm
Ragsdale Lawn

MONTHLY DOG THERAPY:
Wed, Nov 2
12 - 2pm
Ragsdale Lawn

GUARDIAN MEDITATION SESSIONS:
Mon, Nov 7
5:30 - 6:30pm
RAC Seminar Room

Mon, Nov 14
5:30 - 6:30pm
RAC Seminar Room

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
@seuwellness
@seu_groupx

Visit Collegiate Link for more information on each program or event.
Questions? Contact Madie Cronister at mchronis@stedwards.edu or Krupa Shah at 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
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
2022 Institute for Chief Academic Officers
with Chief Financial and Chief Enrollment Officers

THANK YOU