



Connecting with Students *to* Develop Plans *for* Success

Health and Wellness works with students to navigate University systems and connect with resources on an individual basis. We work with faculty, staff, and students to reach students in need and provide a holistic response.

**Caring.
It's the Washington Way.**

Our Story

Since late 2007, Health and Wellness has grown to encompass suicide intervention, sexual assault and relationship violence support, alcohol and other drug education and intervention, as well as broader issues around individual well-being. Helping students to bridge the world of the University and the community at large in a productive and healthy manner, Health and Wellness actively seeks to engage in research and strategically incorporate national best practices and emerging local needs into our programs and services. From the beginning, Health and Wellness has worked to establish partnerships with other campus offices as well as community agencies to develop a central location from which students can explore and access other relevant services. Based on a proactive intervention model, we reach out to students in need rather than waiting for them to access services.

In addition to outreach services, Health and Wellness has also become a significant and impactful resource for faculty and staff. When students come to our attention anywhere on campus, whether disrupting the classroom, submitting concerning materials, or communicating concerns to faculty or advisers, faculty and staff are encouraged to contact Health & Wellness to create an intervention strategy to address the concerns of the student and the University. Intervention strategies are often formed in consultation with mental health experts, police, and other pertinent resources on and off campus. Health and Wellness is unique in its consultative function in that we are able to communicate with campus partners on an educational need-to-know basis to make sure students are not lost within the larger University system.

Suicide Intervention Program

The Suicide Intervention Program is designed to reduce the risk of self-harming behaviors by reaching out and connecting to students when incidents of concern are reported the University.

Health and Wellness connects students to mental health services on and off campus, while working with each individual to alleviate stressors creating a barrier to academic success, including finances, academics, and living arrangements.

Sexual Assault and Relationship Violence Information Service (SARIS)

SARIS is a confidential and safe starting point for students affected by sexual assault, relationship violence, or stalking.

SARIS provides advocacy, support, and information, and is a leader in education and prevention programs for the UW community.

Alcohol and Other Drug Education and Intervention

Health and Wellness provides education, intervention, consultation, and training related to alcohol and other drugs. The office utilizes evidence-based intervention and prevention practices through a partnership with leading research efforts on campus to support, educate, and advance understanding of responses to alcohol and other drugs.

Our Commitment

Access – Health and Wellness establishes relationships with students to support them throughout their academic careers. Health and Wellness also works with faculty and staff as well as families directly, developing individualized plans and intervention strategies for students who may be struggling for a variety of reasons. Research indicates the majority of students who may be struggling for one reason or another recognize the need for assistance but rarely access it; consequently Health and Wellness seeks out those students and actively engages them in a safe and supportive environment. We work with students to develop the tools and support structures that are key to succeeding in the campus community.

Engagement – Through individual work with students, Health and Wellness establishes a connection to the University that may not have been present until our involvement. This connection can create a sense of responsibility for self and others, in addition to providing necessary skills to carry students through college and beyond, and contribute to the health and well-being of the University and its community. It's a big place, and we help each student find a place among the other 40,000 on the campus.

Diversity – Health and Wellness provides students the support that enables them to be successful at the University. In addition to supporting students dealing with stressors and multiple transitions, we work with students who are homeless, have mental or physical health challenges, are veterans, are survivors of relationship violence, or are caretakers for dependent children or parents, among many other distinct and overlapping psychosocial issues. Our commitment to all students creates a more diverse student body.

Our Commitment *continued*

Care – The mission of Health and Wellness is to provide support, intervention and resources to students, faculty and staff in need of multiple services. We work with individuals to develop self-care plans, connecting them with on- and off-campus resources, while minimizing the impact of disruptive experiences on students. Using campus and community partnerships, we take the time to find solutions to problems that may seem insurmountable to a student in distress. Our holistic approach to student care requires that we look beyond presenting issues to include and incorporate a broader assessment of students in need to identify stressors and overlapping concerns.

Student Learning – Studies of college students suggest that stress is the single most identified barrier to academic success in the university setting. With strategic outreach to students who are struggling, Health and Wellness promotes student learning by engaging students in the process developing the tools to cope with stressors and creating plans to move forward. Health and Wellness works to lessen the impact of disruptions to students' academic success by balancing support with the development of problem solving skills and self-reliance.

Quick Facts

In 2009-10 Health and Wellness:

- worked directly with 761 students
- consulted with faculty, staff and departments on 327 cases
- assessed 48 students for the Suicide Intervention Program (30 of whom were enrolled)
- supported 138 students through SARIS who identified sexual assault, relationship violence, stalking and/or support of a friend or relative as a major issue
- responded to 28 students involved in alcohol and other drug-related incidents
- provided group interventions and assessments for substance use to 296 students
- presented to 4,087 students through SARIS and ASUW SARVA (Sexual Assault and Relationship Violence Activists)
- trained 100 students through the Green Dot Bystander Training

- presented Green Dot overview to 1720 students
- provided alcohol and other drug presentations to 2,380 students

Efficiencies

Health and Wellness was recently grouped with the Counseling Center, Community Standards and Student Conduct, Disability Resources for Students, and Career Center. This organizational change allows us to work collaboratively with like-minded units sharing valuable resources such as technology services as well as fostering a shared sense of service. We continue to working closely with other key units like Housing and Food Services (HFS), UWPD, and the Registrar's Office. Located physically within Lander Hall, Health and Wellness uses office equipment in the Residential Life administrative offices, furniture provided by HFS, and operates without front office reception and support.

Our collaborative efforts range from the creation and supervision of Marijuana and Other Drugs workshops to educational and training programming with various departments and coordinated outreach to students in distress. The Consultation and Assessment Team (CAT) meetings where professionals from across the Division, as well as SafeCampus, meet weekly to discuss student-related issues on campus is another source of collaborative efforts on behalf of H&W. The shared knowledge of this team reduces the likelihood of students accessing services through multiple entry points. Health and Wellness helps streamline access through our outreach and individual work with students.

Challenges & Opportunities

With only 3.2 FTE we are averaging 238 individual cases per full time employee.

In addition to meeting current needs, there is little room to expand into other issues which emerge as concerns for the campus (despite increasing needs, challenges, and demands from other departments).

Health and Wellness works with a minimal operations budget and without support staff.

The lack of permanent space has limited access and visibility, although the summer 2012 opening of Elm (a new Housing facility) will provide a dedicated home to Health and Wellness.

The demand of urgent behavioral intervention cases leaves less time to respond to traditional developmental concerns and less capacity to focus on maintaining wellness for students who are not presenting with current concerns.



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