TIMELINE OF WELLBEING INITIATIVES

- **October 2015**: First Fresh Check Day
- **September 2016**: Development of OneWIT
- **September 2017**: Part-time position added to Wellness Education
- **February 2020**: Culture of Health and Wellness as part of strategic plan
- **January 2021**: Mental Health First Aid programs offered to faculty and staff
- **October 2021**: Development of Faculty Wellness Ambassadors
- **September 2022**: Partnership with The Steve Fund: Equity in Mental Health
- **September 2023**: Adoption of the Okanagan Charter

- **June 2015**: Began Mental Health Strategic Planning with The Jed Foundation
- **March 2016**: QPR Suicide Prevention Trainings begin on campus
- **January 2017**: Project40 is launched focused on resiliency
- **November 2018**: Healthy Mind Platter initiated on campus
- **September 2017**: Title shift to create Asst. Dean for Health and Wellness
- **February 2020**: Fitness and Wellness Programs transition to Center for Wellness
- **August 2022**: Two positions added to focus on student physical activities
- **March 2023**: Joined the U.S. Health Promoting Campuses Network
- **July 2023**: All campus emergency response staff trained in the Columbia-Suicide Severity Rating Scale