

Campus Status Update and Next Steps as a Health Promoting Campus

September 2023



Prepared by

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AND WELLNESS**

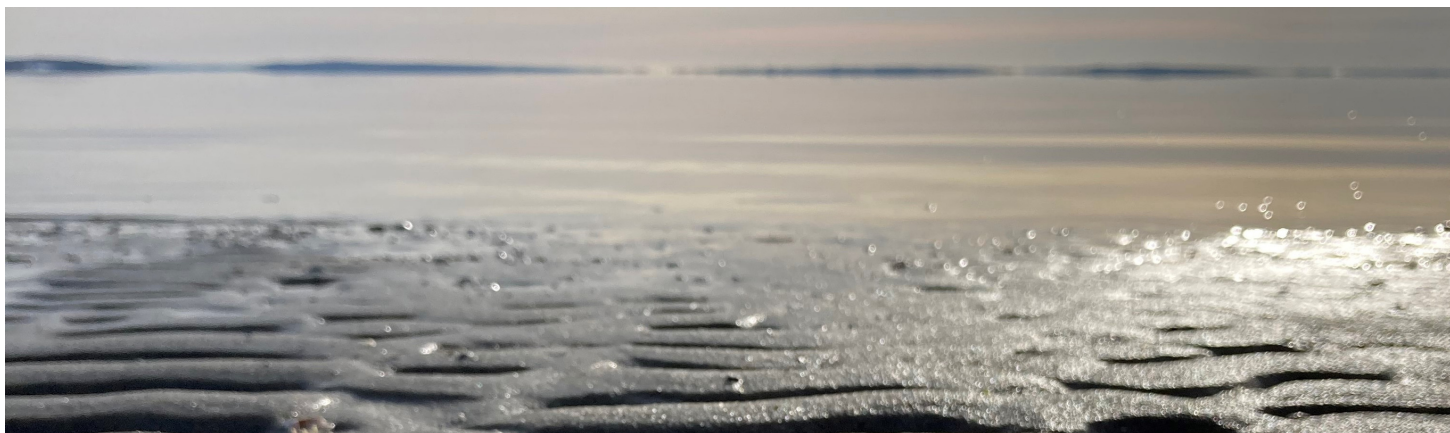


BACKGROUND

Starting in 2015, Wentworth made a significant shift in providing mental health support to students. The model of siloed support by clinical staff focused on mental illness was not meeting the needs of all students. Instead, a newer model of care, focused on all campus stakeholders understanding mental health and working together to better meet the broader wellness and well-being needs of students emerged.

With the development of the current campus strategic plan in 2020, a vision of Wentworth as a leader in supporting a campus culture of health and wellness was formed. Alignment of services and additional resources allowed for a greater focus on the numerous dimensions that contribute to a healthy student.

Looking toward the next two years, Wentworth has the opportunity to better infuse wellness and wellbeing of all aspects of campus life. At the forefront of this work is the recent adoption of the Okanagan Charter: An International Charter for Health Promoting Universities and Colleges. This Charter was developed in Canada in 2015 and began to be adopted by some leading US colleges and universities in 2020.



CAMPUS WELLNESS EFFORTS TO DATE

- Partnership with The Jed Foundation 2015-2018 on a campus mental health strategic plan.
- Annual Fresh Check Day (Mental Health Fair)
- University strategic plan 2020-2025 includes numerous action items around wellness, wellbeing, inclusion, etc.
- A campus culture focused on wellbeing.
- Aligning offices to highlight mind/body connection.
- Foundational Wellness programs and course (based on dimensions of wellness)
- Faculty Wellness Ambassadors
- Offering Mental Health First Aid trainings each semester to faculty and staff (Student Affairs staff required to be certified)
- Columbia-Suicide Severity Rating Scale used by Residential Life, Administrators On-Call staff, and Campus Police
- Experiential Wellbeing Opportunities for students focused on active living and outdoor experiences, including:
 - Annual hiking trip abroad
 - Day programs such as hiking, kayaking, rock climbing, etc
- Center for Wellness was established approximately 8 years ago.
- Dedicated Health Promotion and Education staff.
- Student Peer Educators
- Student Wellness Lounge
- Nutritional consultations
- Partnership with Christie Campus Health since 2019
- 24/7 emotional support by phone
- Online wellness hub
- Partnership with the Steve Fund since 2022 working on Equity in Mental Health
- Establishment of an intercultural counselor position to also focus on DEIB wellbeing programs.
- Part of US Health Promoting Campus Network since 2022
- Adopted the Okanagan Charter in September 2023

TIMELINE OF WELLBEING INITIATIVES

| | | | | | | | |
|--------------|-----------------------|--|--|---|---|---|---|
| October 2015 | September 2016 | September 2017 | February 2020 | January 2021 | October 2021 | September 2022 | September 2023 |
| First Fresh | Development of OneWIT | Part-time position added to Wellness Education | Culture of Health and Wellness as part of strategic plan | Mental Health First Aid programs offered to faculty and staff | Faculty Wellness Ambassadors | Partnership with The Steve Fund: Equity in Mental Health | Adoption of the Okanagan Charter |
| Check Day | | | | | | | |
| June 2015 | March 2016 | January 2017 | November 2018 | September 2020 | June 2021 | August 2022 | March 2023 |
| Began | QPR Suicide | Project40 is launched | Healthy Mind Platter initiated on campus | Title shift to create Asst. Dean for Health and Wellness | Fitness and Wellness Programs transition to Center for Wellness | Two positions added to focus on student physical activities | Joined the U.S. Health Promoting Campuses Network |
| Mental | Prevention | | | | | | |
| Health | Trainings | focused on resiliency | | | | | |
| Strategic | begin on campus | | | | | | |
| Planning | | | | | | | |
| with The Jed | | | | | | | |
| Foundation | | | | | | | |
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Three Pillars of a Healthy Campus Community

Health and Wellbeing

- Support High-Level Student Engagement and Success
- Foster a Culture of Health and Wellness

Inclusive Excellence

- Integrate Inclusive Practices
- Improve Access and Demographic Representation

Sustainability and Resiliency

- Expand Sustainability Education
- Building a Resilient Infrastructure

CHALLENGES TO ADDRESS

Need a higher level focus necessary for cultural shift

While significant work is being done within the Center for Wellness, Student Affairs and with pockets of departments and individuals around campus wellbeing, we need additional buy in from individuals with power to create substantial change in policies and practices outside of Student Affairs,

Limitations on space

While the Center for Wellness has an exceptional space for student mental health and health promotion needs, we continue to need a space that allows for greater mind-body connection.

This includes needing additional recreation space (indoors and fields) for non-varsity athletes to be active and engaged.

Partnership on employee wellbeing

While the Center for Wellness is focused on student wellbeing, we should align student and employee wellbeing efforts to ensure a consistent message for all campus stakeholders. Additional focus on employee health and wellness programs and initiatives is a key priority





NEXT STEPS

Adopt the Okanagan Charter - September 19, 2023

Establish a Wellbeing Collaborative

- Working group made up of campus stakeholders in positions of power to look at wellbeing from a broader policy and practices perspective.
- Focus on wellbeing of all University stakeholders as essential to shifting a campus culture.

Increase the Commitment to Sustainability

- Partnership between Facilities and Wellness to incorporate sustainability and resiliency into campus health and wellness planning.
- Ongoing efforts focused on energy efficiency and climate action planning, sustainability metrics and reporting, recycling guidelines and process improvements.

Develop a first-year wellbeing course

- Develop a course on Brightspace that addresses many foundational wellness, emotional regulation, and belonging skills that contribute to student retention and success.

Align student, faculty, and staff wellbeing efforts

- Develop additional wellbeing focused training for faculty and staff so they can better support student wellbeing in the classroom.
- Work on programs and resources that meet the wellbeing needs of faculty and staff.

Implement Equity in Mental Health action items

- Utilize the assessment from The Steve Fund, develop a clear implementation timeline.
- Empower the Associate Director of Counseling Services with direct oversight of programs and resources and collaboration with the DEI division.