

Well-Being Mental Health Collaborative: Focus Group and Listening Posts

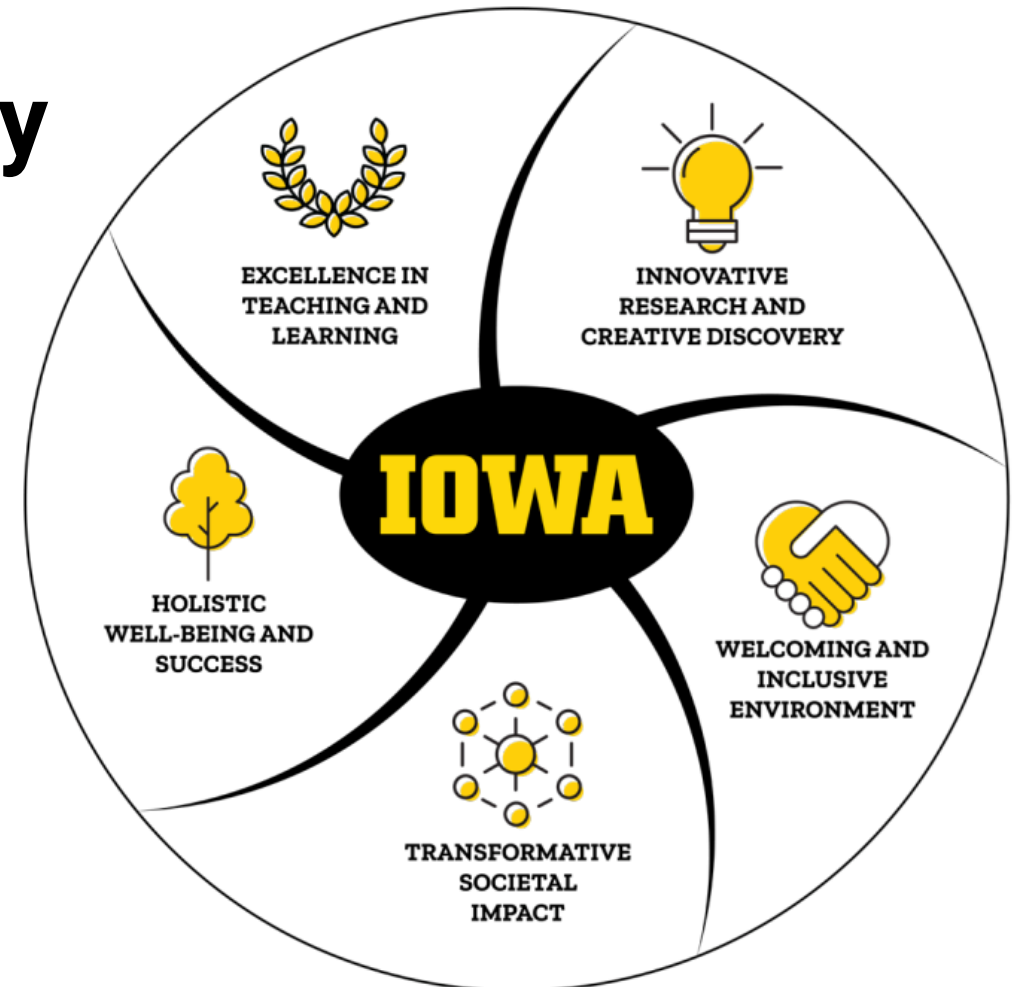
Well-Being @ University of Iowa

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Benefits Health & Productivity**

Effective Well-Being Strategy

- Well-being is an expansive topic and as the University of Iowa collectively navigates campus strategy, the WBMHC is gathering campus ideas and feedback to build an informed approach from current themes and beliefs.
- Through combined efforts of Focus Groups and Listening Posts, undergraduate, graduate students, professional students, SEIU contract employees, merit employees, professional and scientific employees, and faculty will share ideas around well-being definitions, barriers, and opportunities.



Students and Staff Engaged

- Partnership with Division of Student Life and Human Resources, we are connecting with campus to listen
- Focus Groups
 - Groups of 10
 - Students or Faculty or Staff
 - Virtually or in-person
- Listening Posts
 - Three questions
 - Large events and groups

Please provide your feedback:

- What does well-being look like to you as a part of the University of Iowa community?
- What barriers to well-being do you experience as a part of the University of Iowa community?
- What could the University of Iowa do to support your well-being?

IOWA

Thank you

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