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# *Well-Being and Mental Health Campus Collaborative*

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# WBMHCC Accomplishments

- ✓ Implemented mental health and well-being training for supervisors
- ✓ Created a *Guide to Promoting Well-Being in the Classroom*
- ✓ Launched website *Well-Being at Iowa*
- ✓ Expanded UI Support & Crisis Line to Faculty, Staff, and Postdocs
- ✓ Clarified sick leave policy includes mental illness
- ✓ Revised campus definition of well-being

## **Financial Well-Being**

- ✓ Food Pantry funding plan
- ✓ YNAB pilot
- ✓ Hills Bank partnership
- ✓ Resource Navigation
- ✓ Payroll Reminder Notification
- ✓ Student Life Emergency Fund and Hawkeye Meal Share Workflow

## **Built & Natural Environment**

- ✓ IMU Request for Proposals
- ✓ HSAB Case Study
- ✓ Engagement with leadership
- ✓ LiveWELL Respite Spaces

## **Peer to Peer**

- ✓ R U OK?
- ✓ Togetherall
- ✓ Peer support webpage

## **Communication**

- ✓ 5-for-5 Connection Challenge
- ✓ Fall into Wellness
- ✓ ICON Well-Being Navigation
- ✓ DSL Social Media
- ✓ Improved network of well-being communication

## **Connection & Belonging**

- ✓ Unfinished Symphony

## **Evaluation**

- ✓ High level metrics dashboard
- ✓ Common evaluative questions

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# On-going efforts

*Sustain, promote, and monitor impact*

# Sustaining Peer to Peer Support

Bronwyn Threlkeld-Wiegand, Director, UI Employee Assistance Program

Anna Holbrook, Associate Director, Student Care & Assistance



EAP - Staff and Faculty



DSL - Students

# RU OK? Planned Expansion for Year 4

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Identify additional targeted groups of faculty & staff (health care, merit)

Engage with senior leadership in targeted areas

ID key collaborative partners to expand messaging, communication and support for the initiative (e.g. COPE Team at UI Health Care)

Expand on-line tool kit and resources to support RU OK?

On-going evaluation focused on reach and impact of the initiative

## Built and Natural Environment Aim:

Integrate human-centered design principles into the culture of the University of Iowa's built and natural environment

### Formalize the process

- Add value statement of “User-Focused Design” to the introduction of UI Design Standards & Procedures
- Engage Design and Construction project managers
- Incorporate principles into Master Planning Process website as well as Master Plan Themes modules

Case Study:  
Health Sciences Academic Building



# Well-Being at Iowa

- Access ~200 programs, services, and resources
- Filter by audience, topic, or type

Summer Audit to review and ensure resources are up-to-date and accurate

Emphasis on personal stories to expand reach and interest

**IOWA**

Well-Being & Mental Health Campus Collaborative

**IOWA**Resource Guide for Responding to Distress

Well-Being at Iowa

SEARCH

HomeWell-Being Resources24/7 Crisis SupportPeer SupportStoriesAbout Well-Being at Iowa

ViewEditLayoutRevisionsUsageReplicateDelete

Home / Well-Being Resources

## Well-Being Resources

Use one or more of the filters below to find resources that fit your needs. Select the audience that best describes yourself (or a person you're trying to help), the topic or topics you're interested in, and/or the type of resource you're seeking.

Seeing too many options? Add more filters to narrow your results. Not seeing enough? Try using fewer filters.


Not sure what to look for? [Get more info](#) about audiences, topics, and types. Or try one of [these great starting points](#) for help.

AudienceTopicType

APPLYRESET


**Community Health Collaborative**

For: Undergraduate students, graduate and professional students, postdocs, faculty and staff, and community members. Providing evidence-based, preventive health services to all community members while training the future health leaders of Iowa.




**Diabetes Link at Iowa**

For: Undergraduate students. Connecting undergraduate students affected by Type 1 Diabetes.




**Food Pantry and Clothing Closet**

For: Undergraduate students, graduate and professional students, postdocs, and faculty and staff. Provides free food, basic necessities, and professional clothing.




**Housing and Dining Nutrition Consults**

For: Undergraduate students, graduate and professional students, and postdocs. Connecting students with registered dietitian nutritionists for help with food allergies, navigating the market places, making a nutritious plate, and general nutrition education.



**Intuitive Eating**

For: undergraduate students, graduate and professional students, and postdocs. Offering education and an approach to improve your relationship with food.





# Suicide Prevention

- Development of Kognito replacement
- Promotion of UI Support and Crisis Line
- Update “You Matter Here” signs outside
- Continue exploration of additional campus opportunities





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# Year 4 Focus

*Engage, expand, and build capacity*

# Financial Well-Being

Improve financial well-being through enhanced services, processes, and education...

- Expand communication and education of campus resources through multiple channels. (ex: Hills Bank Financial Coaching)
- Explore additional funding opportunities to support Basic Needs
- Expand training and education using YNAB mobile application



Foster a connected and supportive campus community that positively impacts student success and faculty/staff engagement and performance by leveraging existing programs and partners.

