

Well-Being and Mental Health Campus Collaborative

Joni Troester

Senior Asst VP & Deputy CHRO - Total Rewards • Benefits Health & Productivity

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



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

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





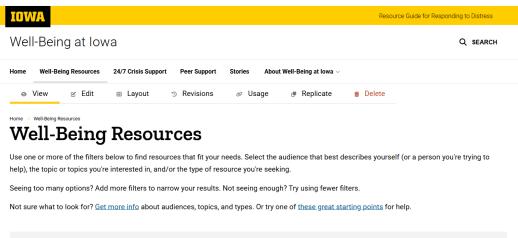
Well-Being at Iowa

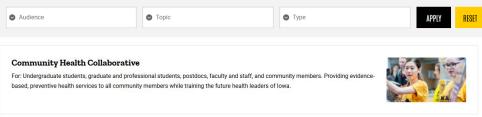
- Access ~200 programs, services, and resources
- Filter by audience, topic, or type

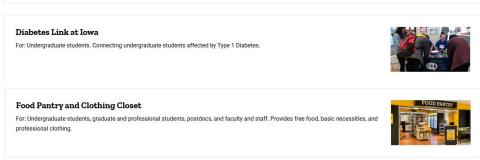
Summer Audit to review and ensure resources are up-to-date and accurate

Emphasis on personal stories to expand reach and interest









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 you 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







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





Connections and Support

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

