

## Wellness Network

# Committee and Leadership Updates, Spring 2016

## Executive Board

- Recently formed a new committee to explore impact of opiate misuse and overdose on campus
- Conducted outreach interviews with a variety of new campus partners as part of continued efforts to foster diversity and inclusivity within Wellness Network
- Continued partnership with Dell Medical School to roll out the Model Healthy Campus initiative
- Implemented a survey to assess level of involvement, needs, and interests of Wellness Network members
- Planned upcoming conversations with faculty to learn more about how to increase engagement and involvement with this population

## Assessment Chair

- Began collecting student, faculty, and staff wellness data to determine which Healthy Campus 2020 objectives are relevant, achievable, and a priority on our campus; expect to present findings to Wellness Network leadership by the end of this semester
- Implemented the 2016 National College Health Assessment, including data about students' health status and a variety of health behaviors (11% response rate, n=881)
- Implemented the 2016 Healthyhorns Safe Spring Break Kit follow-up survey, assessing students' Spring Break health behaviors (28.5% response rate, n=690)

## BeVocal Committee

- Core members coordinated and facilitated the second annual Bystander Intervention Conference with UT System schools in January
  - Alan Berkowitz provided professional development and gave direction to the BeVocal initiative
- Hosted facilitator trainings each month this spring; they remain open to all students, faculty, and staff
- Introduced a follow-up training opportunity for facilitators who have attended basic training; will allow continued communication with those working to actively infuse the content on campus
- Continued to collaborate with New Student Services on the infusion of BeVocal into orientation for summer 2016
- To join this committee, contact Erin Burrows or Marilyn Russell at [BeVocal@austin.utexas.edu](mailto:BeVocal@austin.utexas.edu)

## Communication Chair

- Began working across committees to finalize content for the Graduate Student Health Guide, developed in partnership with the Graduate Student Assembly
- Revised organizational chart to better reflect leadership and membership structure
- Reached 244 Facebook likes, a 40% increase from this time last year; top posts from November 2015 - March 2016 timeframe:
  - #1 Post content: Thanking Marion Jones for her participation in the Brown Bag speaker series. Reach: 19,760; Likes, comments & shares: 645
  - #2 Post content: Model Healthy Campus initiative intern recruitment; Reach: 542; Likes, comments & shares: 7

## Hazing Prevention and Education Committee

- Continued recruitment efforts, resulting in new campus partnerships on the committee
- Planned for last full week of September to be Hazing Prevention and Education Week for fall 2016
- Worked on a guide expected for release in fall 2016 to help faculty and staff identify hazing and hazing practices and determine how to follow up
- To join this committee, contact Denny Bubrig at [denny.bubrig@austin.utexas.edu](mailto:denny.bubrig@austin.utexas.edu)

## Healthy Dining Committee

- Implemented follow-up evaluation of summer 2015 Orientation session; received positive feedback and utility of session information, which has informed 2016 DHFS orientation sessions "Dietitian's Dish" and "Cooking on Campus"
- Held three successful UT Farm Stand events with the majority of items sold out by the end of the day
- Revisited healthy vending project to focus on monitoring the compliance of the healthy items in campus vending machines and branding of the Lite Bites healthy vending program

## High-Risk Drinking Prevention Committee

- Increased campus collaborations with Sorority and Fraternity Life and Health Promotion Resource Center for Round Up event
- Increased student involvement on the committee
- Distributed 72 cases of water (1440 bottles) and 45 cases of granola bars to attendees at three fraternity houses for the Round Up recharge event
- Secured grant funding for two high-risk drinking initiatives: Round Up recharge event and safe tailgating kit distribution
- Began developing ideas for safe tailgating kit distribution
- Moved meeting location to the Center for Students in Recovery meeting room for increased partnership

## Member Engagement Committee

- Continued to send out the monthly Wellness Network newsletters with health happenings, member spotlights, and informational wellness topics
- Hosted two Brown Bag lunches
  - February: Chief David Carter, UTPD
  - March: Susan Kirtz, UHS Health Promotion Resource Center
- Began brainstorming ideas for fall wellness-related events to promote member involvement
- To join this committee, contact Chrystina Wyatt at [wyattc@austin.utexas.edu](mailto:wyattc@austin.utexas.edu)

## Mental Health Promotion Committee

- Assisted CMHC peer educators with facilitation of Mental Health Promotion Week 2016: Be Kind to Your Mind
- Helped CMHC's Mental Health Outreach Coordinator create an emotional well-being guide that can be used by group facilitators.
- Continued developing a mobile website designed to be a resource hub for students looking to take intentional, healthy "brain breaks" to reduce stress
- To join this committee, contact Anna Beal at [abeal@austin.utexas.edu](mailto:abeal@austin.utexas.edu) or Kelsey Lammy at [klammy@austin.utexas.edu](mailto:klammy@austin.utexas.edu)

## Faculty and Staff (via HealthPoint)

- Introduced program to award three mini-grants of up to \$1,500 each to departments conducting wellness initiatives; interested departments can find more details at [sites.utexas.edu/wellness](http://sites.utexas.edu/wellness)
- Continued to partner with LifeCare to connect faculty and staff with resources and referrals for childcare, eldercare, and legal and financial concerns; to find out more, visit [www.utexas.edu/hr/current/services/wl\\_services.html](http://www.utexas.edu/hr/current/services/wl_services.html)
- Continued to provide wellness resources and host events for faculty and staff; to find out more, visit [sites.utexas.edu/wellness](http://sites.utexas.edu/wellness)

## Graduate Student Representative

- Continued researching health and wellness issues that affect graduate students from across the nation
- Prepared to partner with Graduate Student Assembly to discuss best practices for the promotion of UHS, CMHC, and other campus health and wellness resources to graduate students
- Continued to plan an on-campus event aimed at grad student health and wellness with the Graduate Student Assembly

