

Wellness Network

Committee and Leadership Updates, Fall 2015

Executive Board

- On behalf of the university, applied for and received the inaugural Active Minds Healthy Campus Award which recognizes UT Austin as one of the healthiest campuses in the nation
- Partnering with the Dell Medical School's Design Institute for Health to launch the Model Healthy Campus Initiative

BeVocal Committee

- Trained all orientation advisors, resident assistants, and University Leadership Network Mentors at UT Austin
- Collaborated with New Student Services to provide each incoming student with a BeVocal postcard; incorporated BeVocal content during the Campus Issues Performance; and provided funding for co-branded t-shirts for all orientation student staff
- Shared the BeVocal model at Stanford University in September 2015, reaching over 500 students and staff
- Launched the BeVocal Student Organization with the support of undergrads passionate about this initiative
- Hired a graduate assistant to support this initiative
- Hosting monthly BeVocal Campus Facilitator Training open to all students, faculty, and staff
 - Trained 177 BeVocal Campus Facilitators since the Fall of 2014
 - November Facilitator Training will be November 5th, 3-5pm in SSB 3.406
- To join this committee, contact Erin Burrows or Marilyn Russell at BeVocal@austin.utexas.edu

Communication Chair

- Continued partnership with Member Engagement Committee on monthly newsletter content
- Supported Hazing Prevention and Education Committee on Hazing Prevention Month social media campaign
- Designing the Graduate Student Health Guide, developed in partnership with the Graduate Student Assembly
- Updated Branding Style Guide in October 2015 with new information on logo usage
- Website traffic in September 2015 was almost twice as high as other months with 1,074 site visits; visits peaked the week of September 28th, the week of the Active Minds Award announcement
- Top pages within the website (April through September 2015) are: 1. BeVocal Committee; 2. Campus Wellness Resources; and 3. About Wellness Network
- Currently have 191 Facebook likes. Top post from summer 2015 through present:
 - Wellness Network is thrilled to be a part of a campus that places such a high value on health. Congratulations to the UT community for receiving this honor. [Active Minds Award article link] (457 people reached)(September 29, 2015)

Hazing Prevention and Education Committee

- Used Twitter handle @hornsdonthaze to participate in National Hazing Prevention Week social media campaign, tweeting relevant information out to the UT audience and reaching over 30,000 unique users
- Creating a faculty/staff guide to help identify hazing and direct students to appropriate resources
- Recently secured the Clery Center resources on hazing including the video, activity, and facilitation guides and staff guides. For access, please contact the committee chair through the Wellness Network website
- We are seeking more student involvement in our committee! If you are a student and want to have your voice heard or help out, please contact us!
- To join this committee, contact wellnessnetwork@uhs.utexas.edu

Healthy Campus 2020 Work Group

- Examining HC2020 framework created by the American College Health Association (ACHA) Healthy Campus Coalition, guided by the Healthy People framework, and aimed at improving the overall health status on campuses nationwide
- HC2020 consists of 54 student objectives and 21 faculty and staff objectives
- Taken pledge that UT will become a Healthy Campus Partner committed to achieving HC2020 goals and objectives
- Determining which HC2020 objectives are relevant, achievable, and a priority on our campus
- Work group consists of 10 members from University Health Services, the Center for Students in Recovery, the College of Education, the Counseling and Mental Health Center, Human Resources, the Department of Housing and Food Services, and RecSports
- Expect to present findings to Wellness Network leadership by the end of this semester

Healthy Dining Committee

- Conducted optional summer 2015 orientation session "UT Health Tips and Tools," reaching over 60 students
- Collaborating on DHFS Farm Stand project by providing nutrition information on available produce, recipe cards, and conducting a survey
- Continuing to monitor implementation of healthy vending machines and snacks
- To join this committee, contact wellnessnetwork@uhs.utexas.edu

High-Risk Drinking Prevention Committee

- Reviewed campus data regarding high-risk drinking during Spring Break and tailgating events
- Currently conducting an observational study of student tailgating before UT football games
- Developing ideas to prevent high-risk drinking consequences during Round Up
- Extending our committee membership to include key campus partners (UTPD, Center for Students in Recovery, Texans Standing Tall)

Member Engagement Committee

- Worked with Communication Chair to create monthly Wellness Network newsletter, which is distributed to the Wellness Network listserv
- Hosted one Brown Bag lunch in September: Dr. Robert Crosnoe and Dr. Kate Prickett about inclusion and same-sex child rearing; have a November Brown Bag lunch scheduled to host Marion Jones; and co-hosting a Brown Bag lunch in December with the Center for Health Communication
- Planning more wellness-related membership events, including student-friendly activities and recruitment

Mental Health Promotion Committee

- Developing a mobile website that has progressive relaxation techniques and identifies areas on campus where students can take breaks during their busy day to manage stress
- Now working on designing the interface of the website and identifying apps with a variety of relaxation techniques that will help students take mindful breaks to de-stress
- To join this committee, contact abeal@austin.utexas.edu or klammy@austin.utexas.edu

Faculty and Staff

- UT Select members, register today for a wellness screening. It's a quick and easy way to learn your numbers (cholesterol, glucose, triglycerides, blood pressure and more). For all of the details and to register, visit: timeconfirm.com/utaustin
- LifeCare can connect you with resources and referrals for childcare, eldercare, and legal and financial concerns. They also have an employee discount program with national and local discounts: utexas.edu/hr/current/services/wl_services.html
- Visit the HealthPoint Wellness website for wellness resources for faculty and staff: sites.utexas.edu/wellness

Graduate Student Representative

- Researching health and wellness issues that affect graduate students from across the nation
- Planning to partner with Graduate Student Assembly and discuss best practices when it comes to the promotion of UHS, CMHC, and other campus health and wellness resources to graduate students
- Planning to work with the Graduate Student Assembly in order to create an on-campus event aimed at grad student health and wellness

Student Government

- Continues to support health- and wellness-related resolutions and initiatives on campus

