

## Wellness Network

# Committee and Leadership Updates, Fall 2016

## Executive Board

- Launched the Model Healthy Campus Initiative in partnership with Dell Medical School
- Reviewed campus data collected and presented by the Assessment Committee to help set priorities for a healthier campus
- Created a diversity action plan to continue to foster diversity and inclusivity within Wellness Network
- Welcomed a new Executive Board member, Kouang Chan, Student Ombudsperson and Director of the Office of the Student Ombuds

## Assessment Chair

- Completed the Healthy Campus 2020 assessment of student, faculty, and staff objectives to identify campus strengths and weaknesses
- Presented findings to the Wellness Network Executive Board. Special thanks to John Harris for sharing his time and talent in designing an infographic outlining the group's work
- Plan to update the Wellness Network Report on Student Health with the recently released Spring 2016 National College Health Assessment (NCHA) National Reference Group data that was recently released. Both the NCHA Executive Summary and the updated report will be available on the Wellness Network website

## BeVocal Committee

- Registered and began operating the BeVocal student organization. They have hosted monthly general meetings, each meeting focusing on a different issue area
- Partnered with Project LEAD, a program of the Leadership and Ethics Institute. Four students will produce a video for our initiative as their final product.
- Created new partnerships with the Staff Ombuds Office and the Blanton Museum
- Continued to offer co-branding grants for events that infuse the BeVocal content and logo
- Continued to host facilitator trainings each month. These remain open to all students, faculty and staff!
- Plan to begin conversations with New Student Services to continue the infusion of BeVocal into orientation for summer 2017
- To join this committee, contact Marilyn Russell or Natalia Peddycoart at BeVocal@austin.utexas.edu

## Committee on Substance Safety and Overdose Prevention

- Established committee name and monthly meetings
- Established representation on the committee from staff, faculty, students, and community stakeholders
- Working on establishing a mission statement
- To join this committee, contact Matthew Olson at molson@austin.utexas.edu

## Communication Chair

- Finalized content for the Student Health Guide to be distributed later this fall
- Posted revised organizational chart to better reflect leadership and membership structure
- Supported the Model Healthy Campus Initiative launch
- Increased Facebook likes by 54% to 296

## Hazing Prevention and Education Committee

- Expanded membership to include ROTC units, student life areas, and other areas of campus who may be affected by hazing
- Published a faculty/staff guide to understanding what hazing looks like, resources, and the laws/rules about hazing behaviors
- Leveraged an active social media presence to support National Hazing Prevention Week for the second year
- To join this committee, contact Denny Bubrig at denny.bubrig@austin.utexas.edu

## Healthy Dining Committee

- Continued support and promotion of UT Farm Stand events
- Monitored compliance of healthy vending machine options on campus and worked with vending contractor on appropriate ratio of healthy items
- Coordinated a discount for UT Austin students with Shipt, a grocery delivery company partnering with HEB
- Promoted Cook 'em, an online collection of student-produced instructional cooking videos designed to promote healthy eating, created by the Department of Nutritional Sciences
- Increased awareness of food allergies across campus by updating pamphlets and reading materials at UHS, enrolling DHFS and SSD in the FARE College Food Allergy Program, and meeting with the Austin Private Dormitory Association on accommodations for residents
- To join this committee, contact William Mupo at w.mupo@uhs.utexas.edu or Lindsay Wilson at lgaydos@austin.utexas.edu

## High-Risk Drinking Prevention Committee

- Distributed safe tailgate kits during two home games (UT vs. Notre Dame, 9/4/16, and UT vs. Baylor, 10/30/16)
- Collaborated with UT Athletics for Safe Tailgate Distribution project
- Received BeVocal funding for co-branding efforts during Safe Tailgate project
- Submitted a proposal on alcohol amnesty for the Model Healthy Campus Initiative
- To join this committee, contact Matthew Olson at molson@austin.utexas.edu

## Member Engagement Committee

- Revamped the monthly Wellness Network newsletters
- Coordinated monthly Brown Bag Events
  - October: Laura Dannenmaier, Assistant Director-C.A.R.E. Program, CMHC
  - November: Lindsay Wilson, Registered Dietitian-DHFS, November 9th 12:00-1:00pm, SSB G1.104
- Hosted today's New Member Welcome event to share information about Wellness Network with new members
- To join this committee, contact Chrystina Wyatt at wyatt@austin.utexas.edu

## Mental Health Promotion Committee

- The Mental Health Promotion Committee is on a break for Fall 2016 but is excitedly preparing to relaunch in Spring 2017, promoting a culture of mental health on campus through mindfulness, gratitude, resilience, and more
- To join this committee, contact Kelsey Lammy at klammy@austin.utexas.edu or Anna Tutum at atutum@austin.utexas.edu

## Model Healthy Campus Initiative

- Launched the fall challenge on September 29th, asking "How would you transform wellbeing at UT Austin?" with 5 focus areas: Eat, Move, Sleep, Joy, and Care
- Developed and launched the online platform for the initiative at ut.bravenew.com
- Trained 13 interns as Online Platform Community Managers
- Spent more than 30 hours on a highly successful recruitment and engagement effort using "I Wish My..." boards
- Subscribed 520 members to the online community, with 63 posts, 151 likes, 143 comments, 7,250 page views and 168,000 actions

## Faculty and Staff

- Coordinated the Walktober efforts for UT Austin. Everyone who completed the challenge is invited to a celebration luncheon: bit.ly/utwalktober
- Began offering wellness screenings across campus to allow UT Select members to learn their most important health numbers: bit.ly/wellnessscreening
- Continued the Wellness Champion program helping faculty and staff to promote health within their department. Join us for our fall luncheon: bit.ly/wellnesschampions
- Updated the HealthPoint Wellness website with wellness resources and events for faculty and staff: sites.utexas.edu/wellness
- Partnered with LifeCare to provide resources and referrals for childcare, eldercare, and legal and financial concerns, as well as information about their employee discount program

## Graduate Student Representative

- Focused campus-wide programming on mental health in November, and plan to focus on health and wellness in April
- Partnered with CMHC to offer graduate and professional student-only support groups
- Began conversations with SG and Senate to showcase a student push for dental services at UHS
- Partnering with CMHC to offer mobile MindBody Labs in the PCL
- Planning to include student health as one of the Invest in Texas platform tenants while we advocate for students at the 85th legislative session

## Student Government

- Created a campaign aimed at addressing sexual assault on college campuses, including story nights for survivors of interpersonal violence, cohosted by the IPV Prevention Coalition and VAV
- Developed a new MindBody Lab in the SAC, which will open its doors the week after Thanksgiving
- Secured kosher and halal dining options at O's Café after gathering feedback from Texas Hillel and Texas Chabad

