

UNIVERSITY OF NORTHERN IOWA
STUDENT WELLNESS SERVICES (SWS)

ANNUAL REPORT
2016-2017 ACADEMIC YEAR

Student Wellness Services Staff:

- 1 Executive Director acting as Associate Director, 1 Health Educator/Victim Services Advocate, 1 Health Promotion Coordinator, 2.5 Graduate Assistants, 2 Undergraduate Peer Health Educators, 1 Graduate Health Promotion Intern, 1 Undergraduate Social Media Marketing Assistant and 4 Undergraduate Program Assistants. 2 Secretaries and 1 Office Coordinator from Recreation Services provide functional administrative support.

The Year in Review:

- There were 3,072 unique visitors and 4,148 total visits by members of the campus community who engaged with the Student Health 101 e-publication (July 1, 2016 - June 30, 2017).
- SWS professional and graduate student staff members presented to approximately 500 first-year students in Cornerstone classes about stress management and resilience, and also, provided information about the services and resources Student Wellness Services provides.
- Provided individualized victim services to 40 students; 4 of them requested services during a university hearing process, and 1 during a criminal court process (August 2016-May 2017).
- Continued a Survivors of Sexual Assault Support Group in conjunction with Riverview Center. The 2 fall groups consisted of 12 student participants and the spring group consisted of 5 student participants.
- 2,926 new undergraduate students and 65 new graduate students completed the required Student Success – Not Anymore™ – Sexual Assault Prevention online program.
- 147 students were reached with a Mentors in Violence Prevention (fidelity to national program that focuses on bystander leadership as it relates to gender-violence prevention) workshop.
- Continued partnership with the Culturally Intensive English Program (CIEP) providing Safe Behavior Management sessions as part of CIEP new student orientation for 72 students enrolled in the program.
- Partnership with Sigma Phi Epsilon and the Riverview Center in planning and implementing Sexual Assault Awareness Month events, as well as providing our own awareness and educational events during this month.
- Continued the promotion of the “It’s On Us” campaign through implementing an on-campus pledge signing event in April 2017; approximately 300 students, faculty and staff participated.
- Provided 50 BASICS one-on-one consultations, 29 Marijuana eCheckup To Go one-on-one consultations, and 177 students completed the MyStudentBody™ Student Conduct online course.
- Continued partnership with Fraternity and Sorority Life for Greek New Member Orientation during the fall semester with a focus on bystander leadership as it relates to sexual assault and substance abuse prevention.
- Increased programming efforts with Fraternity and Sorority Life by implementing 10 health education programs with 5 different chapters regarding the following topics: alcohol safety, sexual assault, consent, bystander intervention, mental health, dimensions of wellness, stress management, and relaxation.
- Continued to expand intentional partnership opportunities with Public Safety to collaboratively implement the following substance abuse prevention programs/events: 2 interactive alcohol safety programs in a section of the Dimensions of Well-being course; 1 interactive alcohol safety program with Alpha Delta Pi Sorority; 1 interactive alcohol safety program in Campbell Hall; 1 interactive alcohol safety program with the UNI Track and Field team; and safety programming at the Homecoming Picnic.
- Provided individualized services to 42 students on normalizing eating (August 2016-May 2017).
- 2 Intuitive Eating workshops (4-weeks each) were held with 36 participants.

- Collaborated with the new student organization, BIEDA (Body Image Eating Disorder Awareness), to provide awareness and educational events during Eating Disorders Awareness Week in February 2017.
- 15 Peer Health Educator programs reached 277 students.
- The labyrinth was provided for four separate classroom experiences totaling 60 students. The labyrinth was also open to the campus on ten different occasions totaling 55 attendees. (This does not include the six De-Stress Days where there was approximately 120 attendees.)
- 100s of students continue to be reached for three days each finals week with the long-standing De-Stress Days event.
- SWS professional and graduate student staff members provided approximately 38 additional wellness-related presentations, training sessions and/or awareness raising events for the campus community (classroom, athletics, international students, student organizations etc.).
- Continued partnership with the Northern Iowan student newspaper to submit monthly wellness-related guest columns.
- The Healthy Campus Coalition focused on: the priority health issue of building capacity for student resilience as a means to address 5 top student health needs of increased anxiety and depression, lack of seeking help, lack of sleep, and preventative sexual health as based on the 2015 NCHA data. The spring 2017 National College Health Assessment data was obtained this year and raw data was shared with the Healthy Campus Coalition.
- SWS professional and graduate student staff members lead or served on the following UNI committees: Healthy Campus Coalition, Victim Services Team, Eating Disorder Team, Suicide Prevention Grant Writing Team, Mental Health Advocacy Committee, Homecoming Committee, Campus Violence Prevention Team, UNI Now! Extended Orientation Leadership Team, and Student Wellness and Recreation Services Scholarship Team.
- SWS professional staff members represent UNI on the following community committees: Cedar Valley Coalition Against Sexual Assault and Domestic Violence, Cedar AIDS Support System, Sexual Assault Response Team, Substance Abuse Prevention Coalition, and Black-Hawk County STD Coalition.
- SWS professional staff members support UNI recruitment initiatives by going above and beyond tabling at fairs, and regularly providing campus tours to prospective students/families, and working the UNI booth at the Iowa State Fair.

Report on Departmental Goals for the 2016-2017 Academic Year:

1. Strategize and implement new promotional methods to increase student utilization of the population level e-magazine Student Health 101.
 - a. A banner advertising Student Health 101 was placed in the hub and heart of campus in Mauker Union. The banner was also hung in the main hallway of the Wellness and Recreation Center. Student Health 101 was heavily advertised via social media and campus partners were emailed by the Health Promotion Coordinator each month when a new e-magazine was published for them to support promotion through their social media as well.
2. Re-evaluate Peer Health Education program and future directions. This includes, but is not limited to: examining current structure; partnership with Residence Life; individual program eliminations, additions or changes; training; self-led program opportunities; and further opportunities in this area with targeted student populations on-campus.
 - a. The Peer Health Education program was re-evaluated and different directions were taken in the past year. A partnership with the Residence Hall Association was enhanced. Some programs were eliminated and others were modified, such as the Facts on Tap. Programs were changed to be more interactive and participatory.

3. Increase the *frequency* of programming around priority student health/wellness issues. Including, but not limited to: Eating issues/disorders and body image programming beyond Eating Disorder Awareness week; tying the It's On Us campaign into October Relationship Violence Awareness Month, a week of action, Sexual Assault Awareness month; sexual health education/prevention and testing promotion; and intentionally programming around the *intersectionality* of alcohol/other drug issues, eating issues, violence, stress, anxiety, sexual health and mental health.
 - a. Significantly increased social media around priority student health/wellness issues. A new student organization, BIEDA (Body Image Eating Disorder Awareness), was developed with the Victim Services Advocate serving as the Advisor. Increased sexual health education in faculty classrooms. Set up a free safer sex supply table in the Wellness Lab and safer sex supplies are provided to the LGBTQ* and Military & Veteran centers by SWS. Also, condoms and dispensers were purchased by the SWS to have installed in the restrooms at the hub of campus in Mauker Union. The frequency of stress management programming increased with the offering of the Labyrinth every Tuesday from 11am-2pm in the WRC staffed by SWS Graduate Assistants, general stress management presentations, and massage presentations.
4. Plan and implement the ACHA-NCHA in spring 2017.
 - a. The ACHA-NCHA was completed in spring 2017.
5. Complete the CAS assessment for health promotion between September 2016 - March 2017.
 - a. Not met.
6. Healthy Campus Coalition:
 - a. Recruit additional members, particularly faculty members.
 - i. Additional members were recruited with some faculty members.
 - b. Conduct 6 focus groups with a cross-section of UNI students to gain further insight regarding priority issues from the spring 2015 NCHA survey.
 - i. Not met.
 - c. Form sub-committees that intentionally focus on the 5 priority issues addressed by students in the spring 2015 NCHA survey (stress/anxiety, lack of willingness to seek out help and support, sleep, substance abuse and sexual health). The sub-committees will strategically plan initiatives that address these priority issues.
 - i. Not met.
7. Continue collaboration with the Culture of Respect (COR) leadership team regarding violence prevention and victim services strategic priorities for campus, as they unfold.
 - a. This did not unfold and collaboration was discontinued in this timeframe.

Goals for the 2017-2018 Academic Year:

1. Develop and implement a Wellness Coaching program.
2. Improve the tracking, monitoring, and evaluation of all programs.
3. Enhance health promotion on-and-off campus partnerships and collaboration.
4. Improve alcohol and other drug program.
5. Increase frequency of Intuitive Eating program.
6. Develop a healthy sleep program.