

Year One Overview

The Well-Being and Mental Health Campus Collaborative is a structured, coordinated effort to substantively improve the health and well-being of all members of the University of Iowa community. The Collaborative consists of participants who oversee mutually reinforcing activities *around* health and well-being on campus or in the community. The collaborative is charged to:

- Set yearly strategic priorities to embed well-being and mental health into all aspects of campus culture for students, faculty, and staff.
- Lead collaboration to elevate and expand current research, enhance campus-community partnerships, and identify gaps in student, faculty, and staff mental health and well-being programs and services.
- Develop and communicate a cohesive framework that supports the faculty/staff and student success priorities of the upcoming strategic plan and enacts the elements of a health promoting campus.
- Ensure well-being and mental health strategies are inclusive and culturally responsive.
- Develop key performance indicators and assess progress toward our strategic priorities.

The collaborative is sponsored by Sarah Hansen, Vice President for Student Life, Kevin Kregel, Executive Vice President and Provost, Cheryl Reardon, Chief Human Resources Officer and Associate Vice President and Marty Scholtz, Vice President for Research.

Guiding Principles For the Collaborative
Use whole system approaches that embed well-being into the campus ecosystem and are focused on the whole-person.
Ensure a comprehensive and campus wide approach engaging with varied stakeholders from the campus community that include diverse groups of students, faculty and staff.
Develop relationships and cross-sector partnerships through collaboration and engagement.
Promote research, innovation and evidence informed action to help guide the work of the collaborative.
Build on the strengths of the UI community in developing campus well-being strategy and goals.
Value diversity, equity and inclusion of all populations.
Demonstrate progress on campus well-being and mental health.

6 Subcommittees

- Built and Natural Environment
- Collaborative Leadership and Framework
- Connections, Inclusion, and Purpose
- Food, Nutrition, and Movement
- Mental Health and Resilience
- Substance Use

27 Presentations

BY COLLABORATIVE MEMBERS TO CAMPUS COLLABORATORS

Topics included sharing collaborative priorities, inviting partnership, and asking for feedback on behaviors that support well-being.

Alignment with Strategic Plan

Holistic Well-Being and Success: Embed well-being and mental health into all aspects of campus culture to better support students, faculty, and staff. To implement this strategy, the collaborative will:

1. Evaluate the effectiveness of and recommend improvements to existing well-being programs, and identify service gaps based on population data.
2. Identify well-being and mental health needs of diverse groups and evaluate effectiveness of existing programs in meeting those needs.
3. Create a cohesive framework of existing holistic well-being services and resources for students, faculty, and staff to ensure a more inclusive and equitable well-being and mental health infrastructure.
4. Increase access to and awareness of mental health and well-being resources.
5. Expand curricular and co-curricular learning for all students that provides foundational well-being knowledge and skills.

Year One Accomplishments/Deliverables

- Inventoried existing well-being and mental health programs, resources, trainings, and initiatives for each sub-committee.
- Engaged campus collaborators with presentations about the work of the collaborative.
- Developed a stand alone training for supervisors to support well-being and mental health in the workplace, to be implemented in Year Two. Elements from this training will be integrated into the broader supervisor training.
- Created a **Guide to Promoting Well-Being in the Classroom** and a corresponding pressbook.
- Began work on a campus well-being website, including identifying funding. Anticipated to launch in fall of Year Two.
- Identified high-level metrics for well-being.
- Created well-being programming evaluative questions to pilot in Year Two.

Year Two Priorities

- Create an inclusive well-being communication plan.
- Address food insecurity across campus.
- Establish Policy Review subcommittee and develop review criteria.
- Develop model for expanded campus peer to peer training.
- Implement evaluation framework for targeted areas.

Campus Representation

Members of the collaborative represent:

- Office of the Vice President for Student Life
- Office of the Provost
- Office of the Vice President for Research
- Dean of Students
- University Human Resources
- University of Iowa Hospitals and Clinics
- Division of Diversity, Equity and Inclusion
- Division of Student Life
- Facilities Management
- Office of Sustainability and the Environment
- Undergraduate Student Government
- Graduate and Professional Student Government
- College of Education
- College of Pharmacy
- College of Public Health
- College of Law
- College of Liberal Arts and Sciences
- Graduate College