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

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

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

To join this committee, contact BeVocal@austin.utexas.edu
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 (1,440 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

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 or Kelsey Lammy at 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
- 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
- Continued to provide wellness resources and host events for faculty and staff; to find out more, visit 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