COMMUNITY OF C.A.R.E.

Community of C.A.R.E. is ISU’s student campus infrastructure that focuses on collective campus action to prioritize and engage in wellbeing.

The community includes example strategies that student groups can engage in during the year to prioritize and enhance their wellbeing.

Creating a community of C.A.R.E. and culture of wellbeing starts with us. Culture involves group norms, beliefs, customs and practices. We can shift the culture to prioritize and enhance our wellbeing when we all place a role and build on progress through small actions over time.

NEED

- Research shows that student health and wellbeing is inextricably linked to academic success, retention, and persistence to graduation.
- Students who are not physically, mentally, emotionally, and socially well are more likely to leave the institution and have poorer academic performance (ACE, APA, NASPA, 2014).
- According to Iowa State University data, the four top impediments to academic performance as reported by students include stress, sleep, depression, and anxiety (NCHA, 2019, p. 5).
- Students who withdraw and do not return to higher education do so primarily from mental and behavioral health related reasons. (NAMI, 2012).
- Utilization of health services continues to increase significantly at ISU despite decreasing enrollment. This trend is also seen nationally (Annual Report 2019; HMS, 2019).
- University presidents’ indicate that mental health and well-being is an increasing priority for their campuses and that it takes a campus community effort to improve well-being.
FRAMWORK FOR COMMUNITY OF C.A.R.E.

The Community of C.A.R.E Framework provides group with a step-by-step process to join and engage in the Community.

COMMUNITY

Objective: Mobilize your group to learn about why wellbeing matters to student success, about culture change, and how we all have a roll in culture shift towards prioritizing wellbeing.

Objective: Commit to Community of C.A.R.E. framework by including a policy, guideline, or statement for your group for long-term sustainability and engagement.

ACTION

Objective: Implement strategies that focus on embedding wellbeing into your group/network.

RECORD

Objective: Participate in regular tracking of engagement and strategies.

ELEVATE

Objective: Strengthen efforts overtime by building on progress with new strategies each year in addition to continuing strategies from previous year(s).

STEPS TO JOIN COMMUNITY OF CARE

The Community of C.A.R.E Framework provides group with a step-by-step process to join and engage in the Community.

STEP 1: Participate in “Community of CARE - Building Culture of Wellbeing” presentation from Student Wellness

STEP 2: Review this toolkit and strategies

STEP 3: Commit to the Community of CARE (add language to your constitution/bylaws about annual participation, vote at a group meeting, etc.

STEP 4: Decide at least 3 strategies to participate in (try to choose one from each category). Focus on your group needs.

STEP 5: Have a member of your group fill out the Community of CARE enrollment form on the website

STEP 6: tag StudentWellness @bewellisu on social media when you engage in activities for changes to win incentives for your group!
TOOLKIT OF STRATEGIES

A list of strategies in the three focus areas of Community of C.A.R.E. We encourage groups to choose some of the strategies below and/or create your own!

THREE FOCUS AREAS

1. Gain Knowledge and Skills
   Engaging in learning opportunities to enhance your knowledge and skills on different areas of wellbeing

2. Share/Discuss Information
   Promote and share resources with others. Engage in discussions and reflections on wellbeing.

3. Engage in Wellbeing
   Participate in wellbeing practices and embed these practices into your group’s culture.

GAIN KNOWLEDGE/SKILLS

- Enhance your group’s bystander intervention skills by participating in “Let’s be Frank: Substance Use” presentation with Student Health and Wellness by requesting it via this form.
- Participate in the Recovery Ally Training to learn skills on how to support someone who is in recovery or seeking recovery from substance use with Student Health and Wellness by requesting it via this form.
- Participate in mental health training (QPR) as a group on how to help a friend in distress by requesting it via this form to build group skills.
- Participate in online mental health training (Kognito) as a group on how to help a friend in distress by requesting it via this form to build group skills.
- Participate in a wellness presentation through Student Health and Wellness by requesting it via this form.
- Take a tour of SHOP (the student food pantry) so everyone knows how to access it and where it is located.
- Participate as a group in one of the Joyful Eating online courses in Canvas. Then, invite the Joyful Eating Intern from Student Wellness to a meeting for deeper discussion on what you learned.
- Participate in “Get Cooking” as a group– a four week online program focused on building culinary skills, meal preparation, grocery budgeting, and other important skills related to food and nutrition.
- As a group, engage in the Sleep Well Program – a self-guided program focused on helping you build good sleep hygiene practices.
- Participate in Green Dot Overview or Booster Session as a group to build bystander intervention skills for engaging in violence prevention on campus via this form.
- Participate in Green Dot Bystander Training to build bystander intervention skills for engaging in violence prevention on campus via this for.
SHARE/DISCUSS INFORMATION

- Start each group meeting with a brief conversation on a health and wellbeing discussion question to help engage in regular conversation about wellbeing with others.
- Discuss vaccine myths and provide credible education for all group members during a meeting or via online communication.
- Discuss substance use harm reduction strategies (e.g. safer drinking) during a group meeting or get together and how everyone can limit any barriers they may have to using these strategies.
- Share information about Collegiate Recovery Community and other substance use resources with everyone.
- Watch some of the Student Counseling Services YouTube videos and discuss what you learned during a meeting.
- Share and promote mental health resources to everyone in the group via weekly or monthly communication (in meeting, via social media, via email, etc.).
- Share food and nutrition related documents from Student Wellness with group members and discuss key things you learned during a meeting.

ENGAGE IN WELLBEING

- Have everyone on their own complete the Student Health and Wellness Screening Tool, a 10-minute online and confidential tool that provides personalized feedback on your wellbeing and connects you to university resources.
- Do a book read as a group with monthly discussions and opportunities to reflect on what you read. Choose a book focused on an aspect of wellbeing with an emphasis on how you will work to enhance your group’s overall wellbeing.
- Create a group challenge for at least 80% of your group to get vaccinated for COVID-19.
- Create a group challenge for at least 80% of your group get the flu shot during Fall semester.
- Create a group challenge for everyone to get a physical during the year at Thielen Student Health Center or with their primary care provider.
- Plan at least one group activity that involves inclusive movement/physical activity for all to participate
- As a group, attend a group fitness class in Recreation Services or request a custom class
- Plan at least one group meeting where you are walking or doing some type of gentle movement vs. sitting.
- Download the free TAO app (available to all ISU students) and encourage all members to use it during the academic year.
- As a common practice, start your meeting or group activity with a mindfulness or breathing exercise.
- Start a meeting once a month by having members reflect on and share things that went well for them in the past week.
ENGAGE IN WELLBEING (cont.)

• Take time each month to share affirmations with others via email, social media, during a meeting, during an event/activity, during a get together, etc.
• Engage in regular group relaxation techniques together as a group. Use the TAO app or resources on Student Health and Wellness to practice deep breathing, mindfulness, etc.
• Set boundaries as a group with your involvement and activities on campus so you do not overextend yourselves and increase stress.
• Engage in a fundraising activity as a group for SHOP food pantry.
• Limit late night meetings or activities during the week (nothing after 10 pm) to help encourage consistent sleep time for the group.
• Participate in Green Dot Action Month (October) as a group to engage in violence prevention activities.
• Participate in Sexual Assault Awareness Month programs and activities during the month of April.
• Request free safer sex items (condoms, dental dams, lubricant, etc.) from Student Wellness and make available for group members during your meetings, events, or other activities.