

FACULTY STAFF *and* EMPLOYEE

TOOLKIT FOR SUPPORTING STUDENT HEALTH AND WELLBEING

Toolkit for Iowa State University employees to infuse
strategies in their spaces that support student
well-being during the year





ABOUT STUDENT HEALTH AND WELLNESS UNIT

Student Health and Wellness Unit comprises four departments (Recreation Services, Student Counseling Services, Student Wellness, and Thielen Student Health Center). Student Health and Wellness unit provides holistic, integrated health and wellness services to students to enhance student development, and academic success.

➤ **Recreation Services**

Positively impacts lives through innovative and inclusive collegiate recreation. Recreation Services creates exceptional experiences in a respectful, welcoming, and fun environment while empowering the ISU community to enhance personal well-being.

➤ **Student Counseling Services**

Student Counseling Services (SCS) provides clinical and campus-based services to help students achieve their educational and personal goals. SCS supports the holistic well-being of every Iowa State student and promotes a healthy and inclusive community through clinical services, outreach, consultation, crisis intervention and collaboration with campus partners.

➤ **Student Wellness**

Student Wellness plans, implements, and evaluates health promotion and prevention strategies that focus on health and wellness issues that directly affect student success, higher learning, and personal development such as power-based personal violence, suicide, mental health, substance use, body image and disordered eating, sexual health, and more.

➤ **Thielen Student Health Center**

Thielen Student Health Center is a full-service medical clinic in Ames, Iowa, staffed with physicians, advanced registered nurse practitioners and nurses. The team is available to care for Iowa State University students' primary health care needs, and we offer a full range of medical services.





WHY HEALTH AND WELLNESS MATTERS FOR STUDENT SUCCESS

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.





PREPARING YOUR PLAN:

HOW STUDENT HEALTH AND WELLNESS CAN SUPPORT YOU

Supporting student wellbeing is all of our responsibility. We all play an important role in creating a culture of wellbeing, helping connect students to resources, and helping students thrive at ISU. Student Health and Wellness offers various resources, programs, and services that you can connect students too. In addition, Student Health and Wellness can assist you in implementing health and wellness strategies in your settings to support student well-being. The following includes some actionable strategies and suggestions faculty and staff can do in their own settings to enhance student wellbeing.

Health and Wellness Resource Education & General Strategies

Get Involved

- Join one of the **Health and Wellness Committees** on campus
- Participate in the **Green Dot Office program** to work on violence prevention strategies in your spaces.

Course or Meeting Structure and Content

- Include a health and wellness **presentation, training or program** in your class or meeting
- Add or adapt a **Class assignment**, like a reflection or paper topic, to focus on public health or wellness current issues.
- Incorporate **trauma informed strategies** into your classes or meetings
- Start a meeting with a short **5-10 minute discussion** focused on wellbeing
- Adjust deadlines to promote sleep hygiene
- Have assignments due in Canvas by 10pm instead of midnight.
- Have all meetings end prior to 10pm.
- Include **Health and Wellness Syllabus statements** into your course syllabi (Page 4)
- Begin classes or meetings with a brief **mindfulness exercise, deep breathing exercise, or other self-care strategy** using TAO resource library.
- For extra credit or a group meeting, have students view **recorded webinars and programs** from Student Health and Wellness or attend a health and wellness event on campus.
- Incorporate breaks into longer online classes or virtual meetings. Focus these breaks on wellbeing practice like stretching, relaxing music, or mindfulness.
- Start class or a meeting by having everyone write down three things they are grateful for this week.
- Share a short joyful eating recipe or video to grab attention as class is starting



Provide Information and Resources

- Share **Cyclones Support** materials and videos in your spaces and classes
- Request the **Student Health and Wellness Resource Overview** for students to complete in Canvas (40 min).
- Add Information to your Email Signature about **Health and Wellness**
- Promote Student Health and Wellness **flyers/brochures** in your spaces.
- Include **Cyclone Support Resource PowerPoint slides** at beginning or end of each lecture or meeting.
- Promote the **Therapy Assistance Online (TAO)** Connect self-help resource available for students, faculty, and staff.
- Follow Us and Share Social Media Content on your pages (@bewellisu, @ISUrecs, @cyclone.health, @iowastate-studentcounseling)
- Encourage students to take the **Student Health and Wellness – Brief Wellbeing Screening** assessment to learn more about areas of wellbeing that may be affecting them and resources for support.
- Share information about **Recreation Services** fitness classes, personal training, and intramurals.
- Review the Green Dot Toolkit and select a **Green Dot strategy** to do in your space
- Promote **STI/STD testing options** available to students on campus
- Make safer sex items (e.g. condoms, lubricant) available in your space. Use the **free request form** to get them from Student Wellness
- Promote harm reduction and safer partying by sharing **Let's Be Frank** information with students
- Share promotional materials and encourage students to get their **flu shot**
- Encourage students to download **MyState app** to use the map features to find condom dispensers and public microwaves available on campus
- Promote **food insecurity resources** on campus including S.H.O.P campus food pantry
- Share **Adventure** extended trips schedules and equipment rental options with students
- Share about **Let's Talk** drop in consultation services offered through Student Counseling Services

Program and Education

- Promote students to do the self-guided **Sleep Well Program** or do this together as a group program
- Promote students to complete **Kognito – Mental Health Training**
- Have all staff/faculty in your department complete Kognito for Faculty/Staff Training in **Learn@ISU**
- Request a **Green Dot overview or booster** session for your class, meeting, or student group
- Watch the **Recovery Ally Training** to learn more about how you can support students in recovery or seeking recovery from substance use
- Encourage students to complete the self-guided **Joyful Eating Program** in Canvas
- Have all employees in your department complete **QPR Training**
- Have all employees in your department take **Cyclone Support Training**





COMPLETING YOUR PLAN

[CLICK HERE FOR YOUR PLAN](#)

- 1** Making an intentional plan to support student health and wellbeing is a great first step to set you up for success for this next academic year.
- 2** Select at least one strategy from each category in the toolkit to build into your work this year.
- 3** Reach out to Student Health and Wellness with questions or support.

