

# Student Wellness Center Program Review

## Executive Summary

### Program Review Details

**Self-Study Standards:** Given the expansiveness of programs and services offered by the Office of Student Life Student Wellness Center, several sets of standards were combined for the purposes of the self-study. These include:

- The 2019 Council for the Advancement of Standards (CAS) Self-Assessment Guide (SAG) on Health Promotion Services (HPS);
- The 2019 CAS SAG on Alcohol and Other Drug Programs (AODP);
- The 2019 CAS SAG on the Cross-Functional Framework for Advancing Health and Well-Being (AHWB);
- And the 2019 American College Health Association (ACHA) Standards of Practice (SOP) for Health Promotion in Higher Education.

**Virtual Site Visit Dates:** Wednesday, February 28 – Friday, March 1, 2024

### Action Plan Objectives:

*Based on the program review external committee recommendations and self-study findings, the following themes and action steps were created as strategic priorities for the Student Life Student Wellness Center over the next five years.*

#### Departmental Identity

- Develop a re-branding plan to amplify the programs, services, resources and student opportunities to increase reach to students and to provide clarification regarding the various services and “centers” within the SWC
- Incorporate physical space planning more intentionally into departmental identity conversations
- Develop internal communication strategy
- Focus on staff cohesiveness and accountability around mission implementation

#### Holistic Planning and Programming

- Utilize and choose an evidence-based health and well-being framework to enhance strategic collaboration and resource sharing
- Identify 1-3 annual focus areas that focus on desired community outcomes
- Catalog existing programs and services within the categories of the socio-ecological model or World Health Organization (WHO) Five Core Actions of Health Promotion
- Increase frequency of review of priorities and broad unit objectives
- Identify sub-populations of students on which to focus SWC efforts
- Develop shared learning outcomes
- Collaborate with CSSL to identify assessment priorities for each year for the entire unit

- Ensure data/assessment strategy is mission driven
- Create a shared program update process and calendar that is uniform across the entire unit

### **Partnerships**

- Build capacity of campus partners to provide well-being content and services
- Build strategic connections with student groups/organizations that can serve as “wellness champions” for peers and broader campus
- Educate campus and community partners about frameworks to promote health and well-being
- Utilize participation in the One University Council to co-create infrastructure to address ecosystem-wide policies, systems and structures
- Host quarterly update meetings related to partnerships

### **Professional Staff / Professional Development**

- Aid in staff transitions with effective change management training and professional development
- Create a supportive space to foster relationship building and trust among team members
- Develop stronger connections with regional and national associations to inform practice and professional development of each team member
- Increase transparency with unit budget and prioritization decision-making
- Undertake centralized record-keeping

### **Staffing and Structure**

- Cross-train staff and shift to more generalizable roles
- Train Wellness Ambassadors through the NASPA Certified Peer Educator program
- Identify potential external and internal funding opportunities to support student volunteers
- Develop unit protocol to distribute work when there is a gap in coverage (e.g. vacant position, staff on leave, etc.) in collaboration with Human Resources
- Identify ways to increase role responsibilities and internal growth/promotions
- Centralize training requirements and emergency procedures
- Build team capacity to apply for grant funding to support programming efforts

*Last updated July 2024.*