

Healthy Campus 2018 Award

*Celebrating Excellence in Student
Health & Wellness*



Key Findings from the 2018 Winners

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about

Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for students. More than 15,000 students each year join an Active Minds chapter located at more than 400 high schools, colleges, and universities nationwide. Through education, advocacy, and outreach, students are empowering a new generation to speak openly about mental health, support each other, get help when needed, and take action for suicide prevention.

Join the Active Minds movement to change the conversation about mental health.

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about the healthy campus award

The **Active Minds Healthy Campus Award** recognizes and celebrates U.S. colleges and universities that demonstrate excellence in prioritizing and promoting the health and well-being of their students.

The esteemed reviewers who participated in the 2018 Healthy Campus Award cited each school's unique strengths across nine defining characteristics of a healthy campus. This Key Findings document highlights many of those strengths.

Research shows that institutions that invest in student health see increased student engagement, retention, and success. Campus efforts also broaden the way society thinks about, cares for, and values wellness in all its dimensions.

Active Minds presents the Healthy Campus Award as part of its ongoing commitment to student wellness. The award celebrates leadership, innovation, collaboration, and excellence emerging from college and universities. It inspires locally-driven change across the country by shining a spotlight on those colleges and universities going above and beyond to create healthy communities that offer every student the opportunity to thrive and succeed.

2018 awardees

The 2018 Healthy Campus Award winners were chosen by a panel of prominent researchers and health and higher education experts. This year's winners represent a range of campuses – from small community colleges to major research universities – once again demonstrating that diverse institutions can make great strides to support student well-being within widely different contexts and challenges. They are models of what's possible when a college prioritizes a campus culture of health, safety, and well-being.

- **Arizona State University (Tempe, AZ)**
- **Duke University (Durham, NC)**
- **Jefferson Community College (Watertown, NY)**
- **Kent State University (Kent, OH)**
- **University of Oregon (Eugene, OR)**
- **University of South Carolina (Columbia, SC)**
- **University of South Florida (Tampa, FL)**

Common Themes

Five common themes characterized this year's Healthy Campus Award winners. By making the most of available resources, healthy campuses are prioritizing a collective, strategic approach; defining health broadly; committing to sustainable systems and policy changes; measuring results; and providing quality, responsive, and accessible clinical services.

prioritizing a collective, strategic approach

Many of this year's award-winning colleges are taking a comprehensive, strategic approach that ties healthy campus efforts with the mission and values of the university and engages a multidisciplinary network of stakeholders from all levels of the institution.

- **Kent State University** implemented A Strategic Roadmap to a Distinctive Kent State, a sweeping six-year plan to transform the university's vision and direction. Kent State Wellness was one of 14 university initiatives born from the strategic plan, inclusive of alcohol and drug use, mental health, nutrition, physical activity, preventive care, and more. For each of the eight priorities, a working committee identified problems and then developed programs, policies, or improvements to promote campus-wide health.
- **The University of South Florida** merged the divisions of Enrollment Planning and Management, Student Affairs, and Undergraduate Studies into one unit, the Division of Student Affairs & Student Success. The new Assistant Vice President of Health & Wellness implemented a public health and systems-thinking approach to student success via health, well-being, and quality of life.
- **Arizona State University's** charter addresses the responsibility of the institution for the overall health of the communities served. Their Live Well Network includes partnerships with departments that address health, counseling, wellness, fitness, sexual violence prevention, residential life, Greek life, student life, cultural engagement and other units.

defining health broadly

There is no health without mental health. Award-winning colleges are prioritizing mental health alongside physical health and using diverse strategies to address the multiple factors that influence health.

- **Jefferson Community College** has fully integrated physical and mental health services through the transition from the Health Office to a collaborative Health & Wellness Center (HWC). Comprehensive services are also housed in the HWC serving students of low socioeconomic status including: emergency transportation services, emergency childcare vouchers, on-campus food pantry, Watertown Vet Center clinical services, application assistance for Supplemental Nutrition Assistance Program (SNAP), housing assistance, and subsidized disability testing.
- **Duke University** brought health and wellness units together in a single location to establish the Duke Student Wellness Center. The co-location of Student Health, Counseling and Psychological Services, DuWell, and DukeReach has fostered care initiatives for transgender students and students in recovery. The inclusion of a new dental clinic, pharmacy, and physical therapy center allows Duke to focus on the full scope of student wellness, from prevention to intervention.
- **The University of Oregon** charges students a mandatory health fee that provides access to campus-based health and mental health services. Both counseling center and health center offer prevention, outreach, and health promotion services to the campus and contribute to the “Be Well Blog.” Whether it is a public health communicable disease or a mental health crisis response, staff from both departments work closely with students to address incidents that arise.

committing to sustainable systems and policy changes

Award-winning colleges are making thoughtful and deliberate policy, programmatic, environmental, and systems changes focused on identified community priorities with a goal of sustaining the impact of these changes over time.

- **The University of South Florida** has adopted a collaborative systems-thinking and public health based approach to inform their three-tiered policy solutions: (a) reaching student directly through mandatory Life Skills Modules and a revised new student orientation model that provides critical resources and referrals to students identified to be at risk even before school begins; (b) requiring mental health literacy training for faculty and staff and providing comprehensive wellness handbooks for when they need them; (c) and an integrated, multi-disciplinary Students Affairs and Student Success unit to champion wellness in curriculum and through one-on-one coaching.
- **The University of South Carolina's** Mental Health Council has successfully advocated for a centralized academic withdrawal policy to aid students needing to withdraw for physical and mental health reasons. They have collaborated on postvention procedures for campus tragedies and will soon conduct an environmental scan for lethal means on campus.
- **Duke University's** counseling and health services moved to open access models whereby students are encouraged to walk in for a first visit without the need to make an appointment. Both departments also now offer coordinated evening hours to facilitate student access to care. Additionally, the institution has convened a Food Institute to determine the impact of food insecurity facing students and will soon transition to a smoke-free campus.
- **Kent State University** has expanded psychological services through the hiring of seven additional full-time permanent positions; implemented a smoke-free, tobacco-free policy; implemented a comprehensive employee wellness program that promotes health in five major areas; and modified their leave of absence policy to be more supportive of mental health.

driven by data

Shaping a healthy campus community requires data-driven measures and outcomes. It means a commitment to quality and impact in both process and outcomes.

- **Arizona State University** collects and disseminates national college health data, participation data in programs and services, website and social media analytics, and other metrics during leadership meetings and to senior administrators, student government, advisory boards, and program coordinators. They match participation data with persistence and graduation rates to make the financial case for their programming.
- Through innovative software, **Jefferson Community College** captures data on age, race/ethnicity, LGBTQ status, socioeconomic status, and others to increase retention and persistence rates of at-risk students and populations. Results of their current multi-year study shows an increase in retention and persistence due to their wellness efforts.
- A dedicated team member at **Kent State University** drives data collection and creates reports, which foster accountability, in alignment with the university's strategic plan and wellness priorities. Results are shared with leadership and the community.

innovation highlights



The review panel for the Healthy Campus Award cited several particularly innovative practices among the award winning colleges. Read on to learn more.

innovation highlights

- Duke University has **embedded student wellness in the curriculum** through programs, such as their Resiliency Project, Personal Wellness course, nutrition courses, and first-year seminars addressing stress, identity, and wellness.
- Arizona State University has established a **Chief Wellbeing Officer position**, who has been responsible for creating a **Center for Mindfulness, Compassion, and Resilience**, focused on deepening the institution's culture of healthfulness, personal balance, and resiliency through learning opportunities and connecting with the larger community.
- University of South Carolina's "**Be Real. Be There. Mental Health Matters.**" health education campaign addresses mental health stigma through an award-winning video and print materials highlighting real student experiences with mental health and counseling services to share with their peers. Recently, the campus has been granted an opportunity to expand this initiative to include a podcast dedicated to sharing **true stories of grit and resilience**.
- With limited resources in a small, rural community, Jefferson Community College is providing **comprehensive services**, such as clinical mental health services, physical health services, emergency transportation, emergency childcare, and a food pantry in one co-location to meet the needs of their **students who are most at risk**.

innovation highlights

- The University of South Florida's **Success & Wellness Coaching** serves students experiencing impediments to academic success including: stress management, time management, procrastination, relationship issues, sleep issues, communication skills, and work/life balance. This innovative de-stigmatizing resource not only addresses the health and wellness needs of students but also provides goal-oriented services to students experiencing mental health concerns that may not reach a clinical level.
- As a collaboration of the University of Oregon's health center, counseling center, physical education and recreation, and student organizations, the **Duck Nest Wellness Center** provides programming, including "Dogs in the Duck Nest," meditation and relaxation, healthy eating, aromatherapy, yoga, mental well-being workshops, and wellness presentations offered by student Peer Wellness Advocates and health center staff. More than 8,147 students have accessed the **outreach programs** since its inception.
- An agreement reached by consensus of administrative leadership and academic affairs at Kent State University and endorsed by their student government established a **fall break** to give students a chance to decompress and return reeling renewed for the remainder of the fall semester and final exams.

challenges and opportunities for growth



Universities and colleges continue to face challenges in prioritizing student well-being. In 2015, Active Minds collected data from nearly 100 campuses to identify specific areas of growth.

challenges & opportunities for growth

Active Minds identified three specific challenges most universities and colleges still face, in particular, in continuing to prioritize student well-being. Challenges include providing equal opportunities for health; championing student voices; and providing quality, accessible clinical services.

1. Championing Student Voices

Students know students. They turn to each other when struggling with health and model their behaviors and attitudes after their peers'. They are experts in the best programming, strategies, messaging, and approaches to engage students and create a campus culture and climate that fosters mental health, physical health, and well-being.

Arizona State University, Duke University, Kent State University, and others are putting students front and center through student-led solutions, such as student-led programming, student support groups, and peer educators, for fostering emotionally healthy campus where students support each other through good days and bad. Student government leaders at many campuses are taking the lead on prioritizing health and wellness through programs, policies, and resource allocation. However, much work is still to be done in empowering the student voice in campus decision-making. For guidance on what this might look like, see [Active Minds' Position Statement on the Student Voice](#).

challenges & opportunities for growth

2. Providing Equal Opportunities for Health

Creating a healthy campus community means working to address gaps in opportunity that tend to disproportionately and negatively affect certain populations, such as ethnic minorities and those with limited English skills, lesser income, and/or a marginalized sexual or gender identity.

Campuses, such as the University of South Carolina and Duke University, are addressing this challenge by providing academic and financial support to low-income and first-generation students. Cultural competency training for staff and cross-campus collaborations inclusive of multicultural, LGBTQ+, international student, student veterans, and social justice programs are addressing barriers to student health for students most at risk.

Most notably, senior leaders, including the Provost and Vice President for Student Affairs and Student Success at the University of South Florida, are held accountable for equity in access and success. The use of Predictive Analytics by a cross-functional Persistence Committee is one of several initiatives implemented to achieve and maintain parity. As a result, the campus has eliminated the achievement gap between students on the basis of race, ethnicity, and socioeconomic status and have their sights on impacting disparities in gender next.

challenges & opportunities for growth

3. Providing Quality, Responsive, Accessible Clinical Services

While a school strives to move students towards health, it should serve the clinical needs of those students facing mental and physical illness, as well. Clinical services should adhere to national standards of excellence and be available via accessible locations, times, and timelines.

To address this challenge, the University of South Carolina's Student Health Services uses a dedicated care-team model that promote the patient/provider relationship and the continuity, comprehensiveness, and accessibility of care. Access to mental health services now includes expanded evening and weekend hours, online services, and use of mental health screenings in medical clinics.

Additionally, campuses like Arizona State University and the University of South Florida are embedding mental health services throughout campus in Health Services, residential life, and in colleges/schools and utilizing technology to provide online mental health assessments, self-paced learning platforms, and online therapy services. Arizona State prioritizes immediate access to services to ensure that any student can be seen in the same day for counseling.

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- Dr. Stephanie Pinder-Amaker, Director, College Mental Health Program, McLean Hospital
- Dr. Daniel Pine, Chief, Section on Development and Affective Neuroscience, National Institute of Mental Health
- Dr. Ilene Rosenstein, Associate Vice Provost, Campus Wellness and Education, University of Southern California

Previous Winners:

- California State University, Long Beach
- Cornell University
- Jefferson College
- Lawrence University
- Ohio State University
- Sacramento State University
- School of the Art Institute of Chicago
- University of Minnesota
- University of North Carolina at Greensboro
- University of Texas at Austin
- University of Wisconsin-Madison
- Western Washington University

Information about the award criteria, process, and more is available at activeminds.org/award.

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