



# Methodology

- 1) Collaboration with campus partners, groups, and admins  
e.g. ASUC, GA, UHS, Rec Sports, E & I, Co-Ops, DSU, campus committees, etc.
- 2) Standing on the shoulders of giants; building off prior efforts  
e.g. 2010 UCB Graduate Student Survey, Brianna Mullen's Mental Health Advocacy Report, 2012 UCB ASUC-GA Survey, 2013 UCB GA "How We're Doing" Survey, 2012-13 Equity and Inclusion Climate Survey, 2007 Rec Sports Campus & Needs Assessment Report, 2013 America College Health Association National College Health Assessment Survey, 2013 UC Berkeley campus replication of the National College Health Assessment Report.
- 3) Best practices and scholarly research on campus wellness  
e.g. scholarly research highly complex with wide scope (will take years to compile), UCLA and UC David models, Johnson Research Foundation, WHO, etc.
- 4) Apply aforementioned to find needs and make recommendations  
e.g. Academic pressures, better access to health services, sustaining and improving Rec Sport facilities / programs, student mental health, disability services in the health and rec sports areas, nutritional classes and education, alternative therapies, veteran services, and spreading wellness spaces throughout campus (not just a wellness center).

# Outcomes & Recommendations

- Immediate Short-Term Wins (Low Hanging Fruit)
  - Online psychology and counseling appointment system
  - Mobile app to inspire wellness with students; swag is given out to motivate
  - Partnering with faculty / dean wellness group
- Long Term Multi-level Wellness Initiative
  - has buy-in from all members of the campus and Office of the President: **NOT JUST STUDENTS.**
- Five Wellness Buckets of Initiative
- **Access:** Extend UHS hours for students (Monday and Friday w/most need), add CPS to Saturday, open UHS on Sundays.
- **Mental Health:** Counselors in primary care, more CPS general counselors, CPS counselor / liaisons to academic departments, outreach coordinator for minority groups, and prevention programs.
- **Rec Sports / UHS / Wellness Center:** Changing role of department to a more wellness model (versus sports), more integration with UHS (prescribing fitness, alternative therapies, etc.), nutritional classes, disability services w/UHS, universal changing areas, larger gym facilities, climbing wall, private / universal changing areas.
- **Satellite Wellness Spaces program:** Incentivize the development of wellness spaces across department and campus.
- **Shifting the Development Office Charter to Include the Student Experience:** Expand the development priorities from capital projects, faculty endowments, and scholarships to also support the student experience (and related services).

# Affording the Wellness Initiative

- The Quicker We Are On Board the Lower the Cost Will Be to the Student
  - Be able to explore alternative funding options
  - Coordinate campus pots of money to effort (if all is on the same page)
  - Utilize the talents of the GA Delegates to explore this
- Hearst Gym Wellness Center and Enhanced Student Services
  - campus contribution
  - student referendum
  - Life safety fund (4 million w/2 million re-occurring)
  - Architectural philanthropy
  - General philanthropy (for services that support students such as vets, disabled, etc.)
  - State and Federal pots of money (ADA funds, veteran affairs, etc.)
  - Office of the President (they are making student wellness and mental health a priority)
  - Retail space for ASUC development
  - Partnership with Athletics
- Development Office and Supporting the Student Experience
  - Could be 2 to 10 million a year for student services (have to make the case)
  - Need to pass Resolutions and Senate Bills to make this happen w/advocacy

# WE NEED YOU!

- Make the wellness initiative an advocacy item of the GA
- Please join a sub group to help with the following
  - Finance referendum group (lower student costs)
  - Extending UHS access
  - Mental health services Improvements
  - Satellite wellness spaces program
  - Hearst wellness center planning (architectures, public health, etc.)
  - Marketing / outreach / media Relations / Coalition
  - Development office advocates