

IOWA STATE UNIVERSITY

Student Health and Wellness

ANNUAL REPORT FISCAL YEAR 2020



**RECREATION
SERVICES**

**STUDENT
WELLNESS**



**STUDENT
COUNSELING
SERVICES**



**THIELEN
STUDENT
HEALTH
CENTER**



Providing integrated, holistic services that help students to be healthy, be mindful, be active, be well, BE IOWA STATE.

A Message from Associate Vice President Erin Baldwin, MHA, MPH, FACHE

2020 has been a year like no other for our Student Health & Wellness unit and the entire Iowa State University community. In addition to our regular mission to create a campus culture of holistic wellbeing, our unit has been instrumentally involved in supporting students, staff and faculty in the ongoing COVID-19 pandemic. I am forever proud and grateful for our team and colleagues across campus that stepped up to help us stand up and operate our university public health infrastructure.

This past year has emphasized the critical role that health and wellness plays in student academic success, retention, and persistence to graduation. Our unit remains committed to creating and expanding health and wellness services for our students. There is no wrong door; we will support our students through both connection to programs and services, but also through advocacy and commitment to health equity.

We are proud to have served more than 85% of the student body in fiscal year 2020. Our students are the reason we do this work and their success brings us joy. We look forward to our ongoing engagement with students, faculty and staff and thank you for your support.

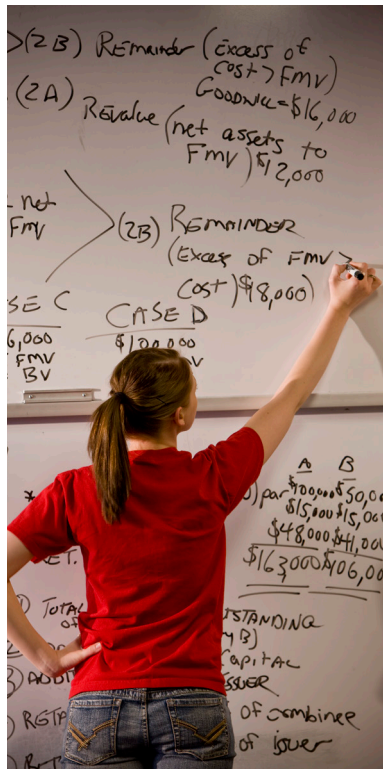
UNIT ACCOMPLISHMENTS

- Key leaders in developing Iowa State's COVID-19 INFRASTRUCTURE
- Created a cohesive UNIT STAFF EVALUATION FORM for performance reviews
- Partnered to create an INTRA-UNIT TRACKING SYSTEM for student health and wellness referrals
- Developed a comprehensive UNIT FINANCIAL STRATEGY to respond dynamically with fee proposals, projections, funding opportunities, and enrollment changes
- Implemented UNIT EQUITY AND INCLUSION EVENTS to provide learning opportunities and grow as a unit

HEALTH AND WELLNESS DATA SNAPSHOT

The Healthy Minds Survey, Iowa State University Data 2019-20

The Healthy Minds Survey is a national tool that provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources. ISU facilitated this survey in Fall 2019.



Student Reported Key Findings (2019-20)	% of students
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	53%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	50%
Depression overall, including major and moderate (positive PHQ-9 screen)	31%
Lifetime diagnoses of mental disorders	31%
Psychiatric medication (past year)	24%
Anxiety disorder (positive GAD-7 screen)	23%
Mental health therapy/counseling (past year)	22%
Non-suicidal self-injury (past year)	21%
Major depression (positive PHQ-9 screen)	14%
Suicidal ideation (past year)	13%
Eating disorder (positive SCOFF screen)	10%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	9%

PEOPLE

This pillar represents our commitment to employee engagement. Our team is our most precious resource and we aim to support them by providing a caring and inclusive environment and continuous opportunities for professional and personal development.

CARDINAL WOMEN* offers participants a personal and professional leadership development program. They meet five times for large and small group discussions. This past year **Rachel Hanes and Laura Knowles (TSHC)** were both a part of the cohort. **Carrie Giese (SW)** served as a group leader.

Fallyn Lee (SCS) participated in the **STUDENT AFFAIRS LEADERSHIP INSTITUTE**. This institute is centered on creating local professional and personal development opportunities for those new to the Division.

Sara Parris (TSHC) serves as President for the **PROFESSIONAL & SCIENTIFIC COUNCIL**. **Deanna Sargent (TSHC)** serves as a councilor.

Carrie Giese (SW) and **Brian Vanderheyden (SW)** participated in the **NCORE-ISCORE PROFESSIONAL DEVELOPMENT ACADEMY**. The program allows participants to engage in productive conversations related to equity, diversity and inclusion on campus.

During the COVID-19 shutdown in the Spring, **Recreation Services** created a **TWENTY MODULE CANVAS COURSE** for students to gain professional development and continue to earn a paycheck. More than 300 students were enrolled and completed a total of 2,600 hours on various topics including a community service project in which 95 students participated.

The TSHC team served as key resources in **UNIVERSITY OPERATIONS IN RELATION TO COVID-19** with many serving on key committees and task forces. **Erin Baldwin (TSHC)** served as Iowa State's Incident Commander.

Congratulations to our award winning staff: **TEAM CY-TATION AWARD**
Alcohol and Marijuana Diversion Program
Student Wellness and Office of Student Conduct

COMMUNITY

This pillar represents our commitment to be an active participant with our students, campus partners, University and community stakeholders, and to increase the awareness and use of our services.

PEER WELLNESS EDUCATORS facilitated 88 presentations and numerous outreach activities and programs for other students on campus reaching 19% of the student population.

Student Wellness works with other campus departments, students, registered dietitians and sponsors to make **CULINARY BOOT CAMP** a successful event each semester. This four-week program aims to improve college students' food and nutrition beliefs, attitudes, and behaviors.

Student Wellness developed a multi-component wellness campaign during online instruction called **KEEP COMMUNITY, STAY INFORMED, BE WELL** with over 65,000 interactions via website, social media, and video.

A new **COLLEGIATE RECOVERY COMMUNITY (ROOTLESS)** launched for students in recovery or seeking recovery to build community and connect socially. **Student Wellness** staff helped coordinate sixteen meetings and events the first year.

The Recreation Services Intramural program launched two **NEW ESPORTS OFFERINGS (FORTNITE AND SUPER SMASH BROS)** that attracted 269 participants. Forty-three percent of those students had never participated in any other intramural sports previously.

The **Student Health and Wellness** unit and **Student Counseling Services** department both created **DIVERSITY AND INCLUSION STATEMENTS**.

Each department within the unit converted new student information to an on-line platform, including the creation of [new unit and department videos](#).

SERVICE

This pillar represents our commitment to providing excellent service and acceptable access to our health and wellness offerings for our students and stakeholders. We are committed to evidence based practice and will exceed in our compliance with national guidelines and accreditation requirements.

Thielen Student Health Center began working on **COVID-19 RELATED PROCESSES** in January 2020 by assisting with the return of study abroad students. The clinic remained open during the Spring semester and provided both onsite and telehealth visits to students.

Planning efforts for a new online mental health training for students, faculty, and staff, **KOGNITO**, was completed by **Student Wellness** and ISU WellBeing. The training focuses on building skills to help students in distress and launched July 1, 2020.

Through a collaboration with ISU Dining and Department of Residence, **Student Wellness** started a **TEMPORARY FOOD PANTRY ON CAMPUS** during the spring semester to help address food insecurity among students and their families.

The results of the **FALL CUSTOMER SERVICE SURVEY** for **Recreation Services** show that participants report wellness benefits across all eight dimensions when participating in fitness programs. The positive impact that fitness programs have on wellness dimensions is shown here:

Physical	98%
Emotional.....	55%
Social	46%
Intellectual	26%
Spiritual	22%
Financial.....	14%
Environmental.....	11%
Occupational	6%

Student Counseling Services provided 326 **CRISIS APPOINTMENTS** serving 278 students. Nearly 44% of the students reported thoughts of suicide within the past two weeks during their first appointment.

Student Counseling Services continues to see a **SIGNIFICANT DEMAND FOR SERVICES** despite enrollment decreases. In 2019, there was a 15% increase in students seeking services prior to the remote learning period. Over the past five years, the center has had an increase of 20%. The walk-in-triage model has **NO WAIT FOR SERVICES** the team was able to meet the demand while also cutting wait time for follow up services by 50%.

EFFICIENCY

This pillar represents our commitment to provide efficient and effective operational and financial strategies. We aim to not only provide holistic health and wellness services, but also value and growth for the unit.

Student Wellness launched a **NEW WEBSITE** highlighting the mission and services of the department, focusing on **EASIER NAVIGATION AND DELIVERY OF CONTENT**.

Recreation Services broke ground on their new **VIDEO GAME LAB** with an expected completion of Fall 2020. The gaming lab will provide 40+ desktop and console gaming stations to the campus community and competitive Esports teams.

Recreation Services **TRANSITIONED** their in-person **PROGRAMS TO ONLINE OFFERINGS** during the COVID-19 shutdown spring semester. The transition to online group fitness classes, Esports gaming, outdoor and athletic training content **INCREASED ONLINE FOLLOWERS** across our social media platforms by 200%.

Thielen Student Health Center and **Student Counseling Center** implemented **TELEHEALTH SERVICES** in Spring 2020 to ensure students were supported no matter their location.

"I found my niche at Iowa State in Rec Service. Your Rec Your Way means a community I can get involved in. The strength classes and strength groups are like a little family to me. So, Rec has an area for everyone to find their own mini family and community."

-Iowa State Student



RECREATION SERVICES



STUDENT WELLNESS

"I could write a whole novel on how being a Peer Wellness Educator has positively impacted me. I have grown more this past year than I did my whole 3 years of college prior. I know more about who I am as a person, my identities, my biases, the things I need to work on, my strengths, my abilities and my skills. I have been able to grow and develop, but I am able to self-reflect and see where I am at on different topics/areas. In addition, I have grown in understanding the importance in taking care of myself."

-Iowa State Student

"I just need to appreciate the counselors I have. They are all so wonderful and understanding, and help me through things I didn't think I was capable of. Words seem insignificant compared to the strong feelings of gratitude I have for my counselors."

-Iowa State Student



STUDENT COUNSELING SERVICES



THIELEN STUDENT HEALTH CENTER

"Everytime I go to Thielen I feel welcomed. I have never felt more comfortable going to the doctor. I can answer any question honestly without feeling uncomfortable and they only respond with care and no judgment. Somehow we manage to joke and make friendly banter even if the reason I'm in sucks. 10 out of 10 recommend!"

-Iowa State Student