

# IOWA STATE UNIVERSITY

## Student Health and Wellness

ANNUAL REPORT 2019

*"My position with Rec Services has taught me how important it is to recognize how everyone in a team communicates differently, brings different strengths to the table, and interacts differently. Capitalizing on each of these can lead to overall success of a team. My position has taught me skills allowing me to become very comfortable in a leadership position."*

-Iowa State Student



RECREATION SERVICES



STUDENT WELLNESS

*"Personally, being a PWE has really changed the way I see the world. It has opened my eyes to so many different perspectives and view points. It has brought to my attention issues in the world I was not aware of before. It has honestly made me a better person. It's challenged me to be more open-minded, empathetic and compassionate. Reflecting on this year is quite humbling. I am so thankful for all the personal growth this experience has brought me."*

-Iowa State Student



RECREATION SERVICES

STUDENT WELLNESS



*"SCS provided me a safe opportunity to talk to someone. It helped me academically because I was less stressed and it also helped me in my relationships."*

-Iowa State Student



STUDENT COUNSELING SERVICES



STUDENT COUNSELING SERVICES



THIELEN STUDENT HEALTH CENTER

*"I am so grateful for everyone at the Thielen Center. Over the past semester, my provider was kind, patient, and worked extensively with me to find the right medication, treatment and dose. I got straight A's, a Teaching Award and a prestigious publication this semester. Without their support through my new diagnosis and the new medications, I know I would have floundered and perhaps not made it through this semester of grad school. They are incredibly compassionate and efficient."*

-Iowa State Student

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 Assistant Vice President

Erin Baldwin, MHA, MPH, FACHE

The combined Student Health and Wellness unit offers comprehensive services for students; there is no wrong door, we will make sure that they are connected with the appropriate resource based upon their individual need(s).

Our commitment to students, staff and faculty at Iowa State is to expand and create health and wellness services focused on providing a safe, welcoming and holistic campus. We are proud to have served 85% of the student body in fiscal year 2019 and look forward to engaging with even more students going forward.

Our unit leadership team is focused on developing a strong sense of holistic well-being in all departments through strategic planning, effective referrals and supporting staff in professional development opportunities. We held two unit leadership retreats this past year where we discussed unit priorities, strategies and consistency across departments that will help us better engage with all stakeholders.

As we grow to meet the needs of the campus, we make the promise to become the leader in holistic care for our students. We look forward to further engagement and outreach with our students and campus partners and thank you for your support.

## UNIT PRIORITIES

- Create **ENGAGEMENT PLANS** with Academic Affairs and Employee Wellbeing
- Partner with **STUDENT GOVERNMENT AND GPSS** on health and wellness initiatives
- Implement a **UNIT PARTNERSHIP MENU** for academic colleges to develop a campus culture of holistic wellbeing
- Implement **STAFF SATISFACTION SURVEY** to provide feedback and grow as a unit
- Statelize **UNIT PARTNERSHIPS** to create efficiency and share resources

## 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.*

The inaugural class of the **STUDENT AFFAIRS LEADERSHIP INSTITUTE** included four unit employees, **Jennifer Cakerice (TSHC), Naomi Drakeford (SCS), Deanna Sargent, (TSHC) and Jason Vlastaras (RS)**. This institute is centered on creating local professional and personal development opportunities for those new to the Division.

**CARDINAL WOMEN** offers participants a personal and professional leadership development program. They meet five times for large and small group discussions. This past year included women from the SH&W unit: **Jazzmine Brooks (SW), Carrie Giese (SW), Naomi Drakeford (SCS) and Sara Parris (TSHC)**.

**STUDENT COUNSELING SERVICES** welcomed **Chris Hanes, PhD**, as their new **DIRECTOR**. Chris comes to Iowa State University from the University of Cincinnati.

**Christian Wimmer, Student Counseling Services**, was a member of the 2018-19 **EMERGING LEADERS ACADEMY (ELA)**. ELA fosters leadership development and members work in teams to complete a capstone project.

Sara Parris (TSHC) will serve as President-Elect for the **PROFESSIONAL & SCIENTIFIC COUNCIL**.

**CAREER READINESS COMPETENCIES** were introduced to the student staff at Recreation Services. Students gain these eight transferable skills from their employment experience. The overall percentage of students that felt they gained development in these skills as a result of working with Recreation Services are listed below.

Collaboration/Teamwork.....	89%
Communication.....	94%
Critical Thinking/Problem Solving.....	75%
Intercultural Perspectives.....	81%
Leadership.....	87%
Learning and Application.....	81%
Professionalism.....	87%
Technology.....	45%

Congratulations to our award winning staff: **HEALTH AND WELLNESS AWARD Brian Vanderheyden, Student Wellness**

**OUTSTANDING NEW P&S STAFF MEMBER Wen-Hsin Chang, Student Counseling Services**

**VALUES TEAM AWARD SVPSA Policy Workgroup Sara Parris, Thielen Student Health Center Mark Rowe-Barth, Student Wellness**

**WOMEN IMPACTING IOWA STATE Linda Marticke, Recreation Services Michelle Roling, Student Counseling Services**

## 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.*

**INTRAMURAL SPORTS** introduced three new sports that collectively attracted 766 new participants, Mini Golf (207), Boulderling (60) and Rocket League (499). **FITNESS CLASS PARTICIPATION** grew by 24% over FY18; freshman participation increased by 44%.

**PEER WELLNESS EDUCATORS** presented 100 presentations and facilitated numerous outreach activities and programs connecting with 7,221 students (over 20% of the student population).

The **STUDENT HEALTH AND WELLNESS AMBASSADORS** volunteered more than 350 hours, supporting unit events, outreach, and programming.

With the help of the Student Health and Wellness ambassadors and Peer Wellness Educators, the team at Thielen Student Health Center was able to facilitate multiple **FLU SHOT CLINICS** on campus resulting in the highest number of vaccinations on record (>3,000).

The Student Wellness department works with other campus departments, students, registered dietitians and sponsors to make **CULINARY BOOT CAMP** a successful event each semester. This 4 week program aims to improve college students' food and nutrition beliefs, attitudes, and behaviors.

The **MENTAL HEALTH TASK FORCE (MHTF)**, co-chaired by **Kristen Sievert (SCS)** and **Carrie Giese (SW)** was launched spring of 2019. The task force broadens and enhances campus' approach to suicide and substance abuse prevention, as well as mental health promotion. Currently the MHTF has over thirty active members, including faculty and staff from all university divisions.

More than 2,700 students, faculty and staff participated in **GREEN DOT TRAINING AND PROGRAMMING**.

Unit and Student Affairs staff are partnering with **STUDENTS HELPING OUR PEERS (SHOP)**, the student run food pantry, to support food security needs on campus.

## 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.*

Student Counseling Services implemented two resources, **SCOPE OF SERVICES** and **WHAT TO EXPECT** information sheets to explain and promote the services at SCS.

A new alcohol and marijuana program—**BASICS**—was launched by Student Wellness, in partnership with Department of Psychology and Student Conduct, that helps students reduce their risk around substance use.

**RESPOND** is day-long training offered through Student Counseling Services that empowers attendees to offer effective support and useful referrals to a student or colleague in stress. The course provides a basic overview of symptoms often associated with mental health problems and offers an action plan. As a part of this program, SCS has also received **IRB APPROVAL** as a research site.

The health center now offers on-site **PREP, PRE-EXPOSURE-PROPHYLAXIS**, for HIV prevention.

## 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.*

With over 300 presentations, the SH&W Unit moved to a **COMBINED REQUEST SYSTEM** for programming and outreach to improve efficiencies and management of requests.

Recreation Services launched two new renovation projects. The **SOUTHEAST RECREATION COMPLEX** broke ground on a \$10 million renovation of nearly 30 acres with new turf, lights, irrigation system, pavilion and parking. The second project is the renovation of two squash courts in Beyer into a **VIDEO GAME LAB**. The space will accommodate the growing e-sports competitive teams, recreational gaming and academic research.

As part of a **SHARED SERVICES** model, the unit hired an additional system analyst to provide support to all four departments. In addition, communications and marketing efforts will be a collaboration through all the departments to present a unified campaign.

Recreation Services launched the **YOUR REC, YOUR WAY** branding campaign. With the mission of uniting various programs and services into a singular brand and identity.

**STUDENT SATISFACTION** is measured by surveys to the clients of Student Counseling Services and patients of Thielen Student Health Center. Both received excellent feedback and scored 4.35/5.0 and 4.68/5.0 respectively.

TSHC had the **HIGHEST NUMBER OF VISITS** in organizational history—49,702 (primary care, mental health, nurse visits and physical therapy visits).

## FACTORS AFFECTING ACADEMIC PERFORMANCE

Undergraduates

National College Health Assessment 2019, Iowa State University Data

Top 10 Factors for 2019	2010	2012	2015	2017	2019	% change from 2017
Stress	29.1	31.7	34.9	40.9	36.1	▼ -11.74%
Anxiety	19.0	20.7	24.7	11.3	29.7	▲ 162.83%
Sleep difficulties	24.4	22.0	22.2	22.6	24.5	▲ 8.41%
Depression	12.9	13.0	13.4	20.9	19.5	▼ -6.7%
Work	13.0	14.6	13.7	13.7	15.4	▲ 12.41%
Cold/Flu/Sore Throat	21.0	19.0	17.9	22.1	15.3	▼ -30.77%
Internet use	29.1	20.2	16.5	15.4	13.0	▼ -15.58%
Participation in extra-curricular activities	12.1	12.0	13.4	14.4	11.6	▼ -19.44%
Concern for troubled friend or family member	10.9	9.3	7.4	8.8	10.7	▲ 21.59%
Roommate difficulties	7.5	8.1	6.9	7.5	9.25	▲ 22.67%

\*Graduate and professional student data is very similar

