Be well.
Feel well.
Do well.

2018-2019
HIGHLIGHTS
We know that a student’s college experience and academic success is closely associated with their overall health and sense of well-being. We at Student Health and Wellness want to empower students to achieve their best possible health. In order to better reflect this philosophy, we launched an initiative to reorganize several departments to be under one new overarching name - Student Health and Wellness - along with a new look and tagline. In addition to providing exceptional, compassionate care tailored to the unique needs of today’s college students, this year we also advanced our goals of working to support and encourage a culture of wellness on the UConn campuses by implementing public health strategies for promoting student health and well-being.

We also extended our clinical case management and wellness programs to all four regional UConn campuses. The Year-In-Review highlights found in this report are just a small sample of the many innovative new changes and advances made this year to provide greater and earlier access to care, more inclusive services, more technological advancements, and greater impact across our campuses – all of which empowers UConn students to Be well, Feel well, and Do well.

VISION
To cultivate optimal health and lifelong well-being for every UConn student.

STRATEGIES
• Build and sustain a culture of engagement for our team.
• Provide exceptional services that create optimal student health outcomes.
• Proactively reach every UConn student.
• Teach skills that nurture lifelong well-being in all we do.
• Shape the campus culture to value health and wellness.
• Be recognized on campus and nationally as leaders.
2018 - 2019 STUDENT HEALTH AND WELLNESS ACCOMPLISHMENTS

Alcohol and Other Drugs
The AOD Call to Action Coalition built momentum this year, laying a foundation for collaborative, campus-wide prevention strategies through the work of four committees: Engaging Stakeholders & Building Capacity, Expanding the Continuum of AOD Education, Expanding & Enhancing Early Intervention Services, and AOD Multimedia Prevention Strategies. Highlights of the accomplishments of these committees include: 1.) Conducted a thorough review of current AOD education, early intervention services, and AOD messaging, 2.) In partnership with OPIM Innovate through the Business School, established the student Wellness Case Competition where the winning projects will be developed, 3.) Initiated conversations with the academic deans about partnership strategies, 4.) Sponsored a state-wide conference, in partnership with Southern CT University, on emerging trends in tobacco and vaping prevention, with 15 universities and 8 state organizations represented, 5.) Sponsored the AOD Stakeholders conference with over 100 people in attendance representing 50 University departments. For more information on the accomplishments of these two initiatives, please visit: shs.uconn.edu/aodstakeholders

Consultation & Support Drop-in Services
Now in its 3rd year, we have doubled the number of hours dedicated to drop in consultation. By doing so, the program provides support to students in need before they reach the level of crisis. This benefits students’ mental health, as well as our long-term allocation of resources within mental health. Furthermore, Consultation & Support meets the social justice mission of SHaW, by reducing barriers to service for student populations who are less likely to seek formal therapeutic treatment.

Health Communications/ Social Media
The Health Communications team collaborated with University of Communications and students from Digital Media and Design (DMD) to consolidate over 15 social media accounts and into the best 3 handles, under the new name @UConnStudentHealth. By connecting with the @UConn social media manager to share and re-post, @UConnStudentHealth has significantly increase followers and engagement by 37% across all platforms (Facebook, Instagram, and Twitter) reaching more students than ever before.

Immunization Collaborative
We participated in the National College Health Immunization Collaborative with 43 partner institutions. Through this process we expanded outreach to our unvaccinated students and increased overall vaccination rates.

Inclusive Care
We continue to be a leader in providing inclusive care to our LGBTQ+ community. In alignment with our division strategic initiative to enhance access to services for our transgender and gender non-conforming students, we instituted a collaborative approach using the informed consent model for providing gender affirming care. We increased access to PrEP (Pre-exposure Prophylaxis) services, HIV care, and expanded GYN care for lesbian, bisexual, transgender, and gender-non-conforming students. We revised our Health History Form and electronic medical record to be inclusive to this community. We hosted staff education, conducted sensitivity trainings, and created an inclusive environment including representative signage and converting our restrooms to all gender spaces. We are working to be recognized as National Leaders under the Healthcare Equality Index established by the Human Rights Campaign.

Keep doing what you’re doing! It was a great experience! -Anonymous Student

Life is often full of complications and I am happy to say I am learning to understand and exist with them because of [Mental Health]. -Anonymous Student

(Written as old name: Counseling & Mental Health Services)
Meditation & Neurofeedback
In partnership with the Department of Psychology, our mental health providers offers weekly meditation and neurofeedback training utilizing MUSE technology devices and the 10% Happier meditation application designed to help train students in relaxation and focus. Over 117 participants have utilized the program. Initial results with our student population evidences the links between meditation and increased self-esteem, and decreased depression and anxiety.

Mindfulness Workshops
Formerly known as RIO, our mindfulness workshops are skills-based, two-session group classes led by our mental health clinicians and offered weekly through the semester. Through the teaching and practice of mindfulness and stress reduction strategies, mindfulness workshops increase self-awareness, self-acceptance, and positive coping.

Nurse Coach Wellness Visit
We implemented our Know-U-Well Nurse Coach Wellness Visit this year. This nurse led program delivers preventive care through both on-site appointments and off-site visits provided through collaborations with University partners. This holistic approach supports students interested in a personalized plan of care to develop healthful behaviors and lays the foundation for life-long improved health. These services are available to all students and are covered by the Student Health Fee.

Pharmacy
We expanded pharmacy access by adding a second consultation window. This decreased wait times by over 50%. We transitioned to electronic prescribing and receiving of controlled substances, and partnered with CT Department of Public Health to expand free sexual transmitted disease screenings, early pregnancy testing access, and treatment for latent tuberculosis infection. We also became an approved site for the School of Pharmacy experiential learning program and will begin hosting students in the fall.

Registered Dietitian
Our nutrition services include a team to help students set goals around their food and a lifestyle of balanced eating. Our Registered Dietitian had 873 appointments in the 2018-2019 school year.

Sports Medicine- Multidisciplinary Team
The sports medicine department provides comprehensive, on-campus, primary care sports medicine and orthopedic physician support to our 650+ student athletes. In 2017, after receiving a grant from the NCAA, we also added two SHaW mental health specialists and a full time sports dietitian to our sports medicine team.

Our “Eating Disorder Interdisciplinary Team” (EDIT) meetings are held monthly and are attended by team physicians, mental health specialists, athletic trainers and sports dieticians. During these meetings, individualized care plans are discussed for all athletes being monitored for varying levels of concern ranging from disordered eating to inadvertent under-fueling. Last year our EDIT team was invited to speak at a national eating disorder conference to advise other schools on how best to manage these conditions in their athletes.

The Director of sports medicine is currently spearheading a study that looks at how improving nutritional education to student athletes could translate to improved bone health. This clinical research project is a collaborative effort involving team physicians, athletic trainers, and scientists from the University’s Kinesiology department.

Once a year the entire sports medicine staff reviews and practices our Emergency Action Plan with campus police, fire department and EMT’s. In October of 2018, we had a life threatening medical emergency with one of our athletes. Thanks to this training, our sports performance and athletic training staff leapt into action and likely saved a student athlete’s life.
Suicide Prevention
Comprised of over 30 campus offices, academic departments, and student groups, the UConn Suicide Prevention Committee (SPC) works throughout the year planning events and engaging the campus in conversations about mental health and suicide prevention. In the past academic year, the SPC has appreciated increased collaboration from student groups including Active Minds, NAMI, and USG. In addition to our annual Suicide Prevention Week and Fresh Check Day events, the SPC also worked collaboratively with InCHIP and USG to co-sponsor programs for World Mental Health Day.

Title IX
We continue to be a resource for all student victim-survivors. We supported the training of a second SAFE (Sexual Assault Forensic Examiner) nurse and are a recognized site for forensic examinations. We provide both crisis and follow-up care for students in need and maintain a Sexual Assault (SA) on call Response Team.

UConn Recovery Community (URC)
This year we were able to establish the URC Advisory Council. The Council includes UConn leaders, as well as leaders working with people in recovery from across the state of Connecticut. We transitioned the weekly meeting for URC students to an All Recovery Meeting format using key topics beneficial for those in recovery while maintaining valuable peer support. We partnered with the Women and Gender Studies class to provide three community forums in Windham, Hartford and Storrs expanding awareness of opioid addiction and recovery. As our community grows in both membership and capabilities, we have begun to connect and collaborate with our regional campuses and collegiate recovery programs across the state.

Yoga for Stress Relief
Our drop-in yoga classes emphasize mindful awareness and self-compassion. Each class includes a brief overview of yogic philosophy/techniques, a centering and/or body scan, yogic breathing, postures, and final relaxation. Over 147 students were served in this program. Additionally, over 700 students attended Sunset Yoga on Horsebarn Hill to kick-off the academic year.

This program is the reason why I am holding myself together and I believe this is a necessity at this and any university.

-Anonymous Student
20,663 Lab Specimens Processed

4,391 Individual Therapy Sessions

1,196 Group Appointments

357 Alcohol Screenings

30,047 Medical Appointments

10,256 Students Served

13,454 Clinical Mental Health Encounters

737 calls taken by After-hours Advice Nurse

456 GYT (Get Yourself Tested) Students Tested

4,490 Flu Shots Given

42% Increase in HPV Vaccines Given

99.9% AlcoholEDU Compliance

9,013 Prescriptions Filled

Be well. Feel well. Do well.

UCONN STUDENT HEALTH AND WELLNESS