



INNOVATE
Wellness
CHALLENGE

Be well. Feel well. Do well.

Innovate Wellness Challenge 2022



Top Idea:

“Mental Support” Student Admin Tab

1. EMPATHIZE



Audience:

1. Any first-year student that is experiencing mental health issues and is struggling with how to find resources.
2. Many first-year students do not have any extensive knowledge of the resources on campus. When going through a mental health crisis, it is not always easy for them to contact a person or navigate the confusing SHaW website, which makes finding the best resource for their situation hard.

Observation, Consultation & Feedback:

3. A majority of first-years who took a survey could only list a few mental health resources. Many could only list SHaW in general, while a couple of outliers were able to list 2-3 more resources. Nobody was able to list more than 4 mental health resources off the top of their head, despite 38.1% of them saying they have needed mental health care since they began school at UConn.
4. Students struggle to navigate the plethora of information presented to them during Orientation and on the SHaW website. Additionally, the SHaW website is not always intuitive for college students to navigate, making it difficult for students to find the information that they need.



Name: Akhmed Zhanaidarov

Major: Computer Science

Bio: Akhmed is a first-year student that is interested in improving the UConn campus using his technical skills. He is involved in the UConn AI Club and the Data Science Club.

2. DEFINE



Insights, Problem, Action Steps:

1. First-years struggle to be able to identify and utilize the resources on campus that can help them through a mental health crisis. The resources at UConn are not currently known by first-years, in part due to presenting information in confusing or overwhelming ways.
2. How can we inform first-year students about which mental health resources can help them the best given their current situation and feelings in an easily-understandable way?
3. First, we need to evaluate all of the mental health resources currently available to UConn students. Then, they need to be consolidated and presented in a format that is not overwhelming to a first-year student.

Actionable Problem Statement:

4. First-year students do not have enough knowledge of the mental health resources available to them, which makes it difficult for them to get help and can exacerbate the problem. The current ways of relaying information are overwhelming and confusing. Taking into consideration all of the mental health resources available, we will simplify the search for information based on the needs of an individual student, giving them a simple, easy to understand, and small set of resources that can aid them.



Name: Samara West

Major: Political Science

Bio: Samara is a first-year out of state student from Atlanta, Georgia. She is interested in practicing business law in the future. She belongs to the Black Student Association, Language for All, UConn College Democrats, HuskyTHON, and UNICEF.

3. IDEATE



Idea Generation:

- There will be a tab in Student Admin titled “Mental Support.”
- Whenever a UConn student clicks that tab, they will be sent to a website.
- They will be asked to answer a few questions. Example: “Are you overwhelmed with your classes?” These questions will narrow down your current mental health struggles.
- Once finished with the survey, you will be directed to a personalized home screen that includes three tabs. The first tab will direct you to the UConn 24/7 support hotline.
- The second tab will contain news and suggestions that are related to your current mental struggles.
- The third tab will include 2-5 UConn resources that can best help with your personal mental struggles.



Name: Lucy Ledesma

Major: Business Undecided

Bio: Lucy is a first-year student that is interested in entrepreneurship and sustainable technology. She is involved with COPE and is a part of the Business Connections Learning Community.