

The Well's Active Minds Winter 2024 Metrics Report



Active Minds



By: Denise Hicks & Jema Mae Ranoy

Director & Advisor: Connie Marmolejo, DrPH

Student Staff Hours: 600+

Total Volunteer Hours: 230.75

National Standing: Joanna

Oommen Active Minds Nationals

SAC Member

Top 3 Volunteers

- 1) Nadine Al Johari (19.75 hours)
- 2) Angel Bocanegra (14 hours)
- 3) Amanda Bossom (13.5 hours)



6 Leads & 26 Peer Health Educators

ON-CAMPUS COLLABORATIONS

- Basic Needs' Bear Necessities Event (48 Attendees)
- Recruitment Social with Women's Resource Center (43 Attendees)
- SDRC and SHS Inclusive Health Expo (15 Attendees)
- Tabling within residential communities (12 Attendees)
- Recruitment Social with Middle Eastern Student Center (34 Attendees)
- Self Love/Valentines Tabling at Bannockburn (14 Attendees)
- SHCC Open House Tabling (23 Attendees)
- ASP Open House Tabling (31 Attendees)

Social Media Engagement

Accounts reached: 4.7K (84%+)

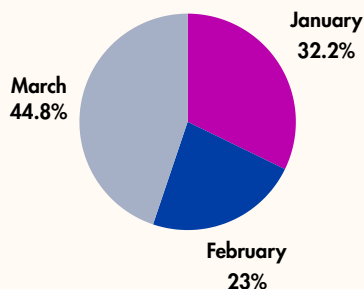
Accounts engaged: 474 (98.3%+)

Followers: 1,568 (1.2%+)

Total Posts & Stories: 106

Total Sleep Kits Distributed

444



LARGE SCALE EVENTS

"Therapy Fluffies" Finals Stress Relief Event

435
Attendees

Event held during Week 10 in which students have the opportunity to interact with dogs and cats for stress-relief purposes. Students also have the opportunity to explore different resources that The Well provides through tabling. This event is held in both Orbach and Rivera libraries on the UCR campus.

Mental Health Allies Panel (Cultivating Mental Wellness: Supporting the Student Experience)

218
Attendees

Panel event held by Mental Health Allies with the purpose of discussing how students can take a holistic approach to mental wellness.

WINTER 2024 FEEDBACK

Request a Program(s):

- "I like how they mentioned how stress is not always bad and there is good stress that induces motivation etc."
- "I love the presentation!"

Therapy Fluffies

- "I love how there was little to no wait to pet the dogs! And all the dogs were so well-behaved. There were several dogs to pet!"
- "Good way to destress, people facilitating events are also so friendly"
- "There were a lot of dogs to interact with and they were all so friendly!! i also like the free supplies that were being offered"

Request A Program Services Offered

- (1) Mental Health Awareness
- (2) Stress Management
- (1) Self-Care and Stress Management
- (1) Treat Yo Self

RAPs were presented to different groups on campus such as Phi Delta Epsilon, HUB Student Staff, the Career Center, Study Abroad Students, and RHA.

- Request a Program (RAPs) - 5 total during Winter 2024
- Sleep Kits
- Peer Health Coaching
- Mental Health Events
- Therapy Fluffies
- Grab-N-Go Station
- Tea Station
- The WellCast

FRATERNITY & SORORITY ENGAGEMENT

Peer Group Boba Social in FSIC: 53 Attendees

Stress Management RAP for Phi Delta Epsilon: 23 Attendees

