



the Well

YEARBOOK 2017-18

CREATING HEALTHY MINDS,
BODIES & COMMUNITIES

LOOKING AHEAD

For 2018-19, The Well will focus on increasing student access to and enrollment in CalFresh, California's nutritional assistance program to help students receive monthly food allowances redeemable at many grocers.

We will also continue our focus on suicide prevention and mental health promotion along with enhanced emphasis on students in recovery and students who don't use alcohol/drugs. The Well will also be working to increase our partnerships with Healthy Campus and other cross-campus efforts dedicated to population health.

the Well

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EXPANDING ACCESS. INCREASING SUPPORT.

The Well is dedicated to serving as UCR's student-focused well-being and health promotion department. Our location in the HUB, central to campus, and convenient to students, helps us provide daily support, resources, education and connections for students. We continually develop and implement innovative health campaigns, programs, and events with our partners and peer educators to provide awareness, skills and support to help students develop healthy habits that last a lifetime.



This past year, The Well prioritized resources dedicated to health education, mental health promotion, suicide prevention and basic needs. To support those efforts, we sought and received a federal SAMHSA grant for suicide-prevention efforts, UCOP funding for basic needs/food security efforts and State Senate Bill 85/ Hunger-Free Campus funding for food security work.

The Well also helped develop a UCR Foundation account to facilitate R'Pantry and food security fundraising efforts and secured free safer sex supplies through a community partnership.

In fact, over 2,400 of this year's visits to The Well were to pick up free condoms and menstrual supplies. Working with campus partners, The Well helped begin developing a new student kitchen as part of our basic needs efforts, and created a UCR Wellness Map. This year we also moved R'Pantry to a larger location in Costo Hall and launched a new physical activity incentive program reaching over 1,600 participants.

These and other efforts place The Well in a strong position to continue expanding access and increasing support for all UCR students.

CORE PROGRAMS AND SERVICES

The Well's health education programs aim to inform about health topics relevant to UCR students and to provide opportunities to practice healthy behaviors and activities to develop lifelong wellness habits.



Peer Programs

The Well's peer programs raise awareness and educate UCR students about a variety of health topics, provide opportunities for professional development and foster connections between students on campus.



HEALTH EDUCATION
and health promotion programming and supplies



PEER GROUP
engagement, network coordination and student staffing



R'PANTRY
operations and basic needs coordination



MENTAL HEALTH
outreach and suicide-prevention training



ASSESSMENT
of student health behaviors



COMPLIANCE
with the Drug-Free Schools Act and system-wide mandates



A SAFE SPACE
for studying, connecting, napping and relieving stress

IMPACT

The Well has assembled a caring, student-centered team of coordinators, mentors and educators to help students get the most out of their UC Riverside experience. Services and programs provided by The Well are open to, and accessible by, all **20,069** undergraduate and **3,209** graduate students.

Person-to-Person



7,161

total visits to The Well, serving 2,446 unique students

9,812

total visits to R'Pantry, serving 3,433 unique students

5,654

students took part in Wellness programming

5,621

new incoming students completed the Alcohol Edu online module

2,091

students participated in health education presentations and workshops

1,429

students, staff, and faculty trained as suicide-prevention gatekeepers

Digital & Social Media

42,297

Well website pageviews

9,929

pageviews at The Well's new Basic Needs website

31,760

Well Facebook visits

2,183

visits to newly launched cannabis page

1,266

students participated in quarterly Therapy Fluffies stress relief programs

1,178

graduate students took part in grad student Wellness programming

233

student peer educators and mentors trained in Fall 2017 Power of the Peers Training

Wellness Wednesdays Survey Responses

96%

would recommend to other students

92%

increased knowledge/learned new skills

76%

applied what they learned outside of the event

Graduate Student Wellness Survey Responses

96%

would recommend event to other students

73%

increased knowledge/learned new skills

AWARENESS & BEHAVIOR CHANGE

The Well's core functions are promoting healthy behaviors and providing prevention education to students, which we accomplish through a variety of channels. Everything we do is in collaboration and partnership with multiple offices, departments and populations.

Our work goes beyond individual student health behaviors, allowing us to address policies, campus community and environmental factors that affect overall well-being. The Well staff also leads and participates in many cross-departmental committees dedicated to student well-being, including Healthy Campus efforts which focus on UCR community wellness.

2017-18 Campaigns and Programs

Food for Thought

5,000

Flyers Distributed

Be SEXcellent

800+

Brochures Distributed

Wellness Wednesdays

842

Total Attendees

Self-Care Fair

627

Participants

Food Security 5K

131

Registrations

Let's Talk: Student Art Competition

40+

Participating Student Artists

Peanut Butter & Jogging

540

Participants

Nurture Your UCR Heart

150+

students completed surveys, focus groups or IRB certification