



the Well

10 YEARS SUPPORTING
STUDENT SUCCESS

YEARBOOK 2018-19

PROMOTING HEALTH AND WELL-BEING IN SUPPORT OF STUDENT SUCCESS.

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. Our efforts contribute to students' success both in and out of the classroom.



This past year, The Well prioritized resources and initiatives dedicated to sexual health promotion, mental health education, basic needs security, substance misuse-prevention, campus-wide collaborations, and assessment efforts.

The Well administered the #RealCollege Survey on basic needs in fall 2018, and the National College Health Assessment (NCHA) in spring 2019, alongside all other UC campuses. Both surveys were sent to all enrolled students. In spring 2019 we also administered a Food Pantry User Survey to students who visited R'Pantry, in coordination with all other UC campuses, to look at how we can improve meeting our students' basic needs. Additionally, The Well collected data from both substance use online modules we utilize (AlcoholEdu and eCheckUpToGo).

This year, The Well gained recognition at a national level. One of our professional staff was named NASPA's California State Coordinator for Health & Well-being. Our staff also presented at the American College Health Association and the NASPA Strategies Conference. Meanwhile one of our student peer educators was selected to be a national representative for both NASPA and Active Minds national organizations.

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

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 behaviors. We address policies, campus community issues, and environmental factors that affect UCR community wellness. The Well staff also leads and participates in many cross-department committees, including Healthy 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
mental health outreach, education, and resources



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 **20,581** undergraduate and **3,341** graduate students.

Person-to-Person



Digital & Social Media

42,555

Well website pageviews

23,422

Basic Needs website pageviews

14,072

Well Facebook visits

39,556

R'Pantry Facebook views

11,956

visits to The Well, serving 2,590 unique students

16,374

visits to R'Pantry, serving 3,798 unique students

6,134

students reached through Active Minds peer educator-led efforts

6,176

new incoming students completed the AlcoholEdu online module. More than half report their drinking behavior will change as a result of taking the module

956

students reached through Golden ARCHES peer-led workshops

1,286

students, staff, and faculty trained via online suicide-prevention gatekeeper module

1,195

students participated in quarterly Therapy Fluffies stress relief programs

1,485

graduate students took part in grad student Wellness programming

5,598

visits to The Well for free food, tea, or to check-in for a pantry appt

262

student peer educators and mentors trained in Fall 2018 Power of the Peers Training

1,672

visits to The Well to do homework, rest, or relax

3,277

visits to The Well for free safer sex supplies, menstrual products, sleep kits, and stress balls

2018-19 Campaigns and Programs

Sexual Health

15,091

condoms distributed

GO Program

1,914

students, faculty, and staff tracked physical activity and earned prizes

Be SEXcellent

800+

brochures distributed

Send Silence Packing

1,500

students attended exhibition inspiring action for suicide prevention

Peanut Butter & Jogging

394

participants ran 203 miles

SEXtravaganza Health Fair

158

students attending with 90% reporting increased knowledge and skills

Highlander Health Fair

123

student athletes participated

Food Security 5K

92

registrations

Substance Use Education

10,000

students took online module created in collaboration with ASPB and SCAIP prior to Spring Splash

Food Recovery Notification System

523

students, staff, and faculty gained access to food across campus

Golden ARCHES Peer Health Education

150+

students completed surveys, IRB certification, and participated in focus groups

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.

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. Our Power of the Peers Network coordination efforts provide leadership training and professional development for over 300 students across campus.

10 YEARS & BEYOND

In 2019-20, we plan to broaden our basic needs security efforts and have hired a Basic Needs Coordinator to oversee that work. We are incredibly grateful to UCR students, who through the Basic Needs Referendum, are fully funding the R'Pantry, including the Team FRESH student managers who oversee daily operations.

We plan to expand our student leadership and development opportunities for student staff and peer educators — in our office, and our Power of the Peers Network.

We plan to continue educating our student community and promoting healthy behaviors through a public health framework and with a social justice lens. And we plan to continue reducing barriers to those healthy behaviors.

To help celebrate our 10th anniversary of promoting student health and well-being, please consider donating. Your gift will help us sustain and broaden our efforts for the next 10 years. Visit myadv.ucr.edu and enter "WELL Program Fund" in the search field.

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