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.
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.

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.

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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.

**IMPACT**

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.

**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
- 1,178 graduate students took part in grad student Wellness programming

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

**Wellness Wednesdays**

- 96% would recommend to other students
- 92% increased knowledge/learned new skills
- 76% applied what they learned outside of the event

**Graduate Student Wellness**

- 96% would recommend event to other students
- 73% increased knowledge/learned new skills

**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

**Awareness & Behavior Change**

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