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

10 YEARS SUPPORTING STUDENT SUCCESS

YEARBOOK 2018-19

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

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.
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.

**IMPACT**

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.

**CORE PROGRAMS AND SERVICES**

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.