

# Creating a Culture of Wellness

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Conference:

SCUP 2020 Annual Conference

Session Type:

Concurrent Session

Session Length:

60 minutes

Main Contact Presenter:

*Name Redacted*

Organization - Job Title

Co-Presenter(s):

*Name Redacted*

Organization - Job Title

*Name Redacted*

Organization - Job Title

## Session Content

What is your session about? Briefly describe your session's topic.

30-word limit. If accepted, this will be used in your abstract.

Discover how to help students develop holistic and long-term healthy lifestyles by creating a culture of wellness in a collegiate environment informed by myriad of social, economic, academic, and personal pressures.

Why does this content matter?

30-word limit. Focus on your target audience. If accepted, this will be used in your abstract.

There is a troubling spike in the number of students reporting stress-related illnesses and mental health conditions. Students can learn and take inspiration from buildings and landscapes that promote wellness.

How will your session improve attendees' day-to-day work lives, solve problems, or keep attendees current?

30-word limit. If accepted, this will be used in your abstract.

The session will raise awareness of how design can affect students on physical and psychological levels and how health centers can engage the campus community and encourage positive behaviors.

Imagine your session's participants AFTER the conference when they are back to work. What are four (4) things they will be able to DO back at their campus or place of work because they attended your session? What ACTIONS can they take?

DO NOT use the words "learn, understand, recognize, gain an understanding, etc." If one of your answers is "understand," ask yourself, "what can individuals do because they understand?" Write that down.

	Learning Outcomes
1.	Make the case for investing in programs, services, and facilities that help address stress-related illnesses, and mental health conditions.
2.	Describe the attitudes, values, behaviors, and lifestyles that student health and wellness providers and universities can encourage.
3.	Identify ways in which wellness can be integrated into the campus fabric—such as connections to nature, programmed outdoor spaces, and strategies to promote mobility—to encourage a culture of wellness.
4.	Detail a process to encourage university stakeholders to promote health as a core value in their projects.

Agenda Items

	Topic	Description	Presenter	Timeframe	Learning Outcome Achieved
1.	Attitudes, Values, Behaviors, and Lifestyles	Brief discussion of the current state of student mental health and wellness factors. - Most students	Presenter Names Redacted	10 minutes	Describe the attitudes, values, behaviors, and lifestyles that student health and wellness

		<p>seem healthy and resilient and many get support and support others; nevertheless, many students experience challenges to their wellbeing: the demand for mental health services escalates, and the prevalence of chronic health conditions rises. - Description of the common measurement tools to assess student health and wellbeing on college campuses.</p>			<p>providers and universities can encourage.</p>
2.	Programs, Services, Facilities	<p>Present issues, trends, and considerations in the delivery of university student health and wellness. - Behavioral strategies: stress reduction, mindful practices, encouraging</p>	<p>Presenter Names Redacted</p>	10 minutes	<p>Make the case for investing in programs, services, and facilities that help address stress-related illnesses, mental health conditions.</p>

		<p>positive self-care behaviors, promoting resilience in overcoming failure - Review of programming across the US</p> <p>Campuses have launched to address issues and trends - Developing space and programming to promote a sense of community and belonging - Facilities and campus planning implications</p>			
3.	Culture of Wellness	<p>Explore ways to help students develop holistic and long-term healthy lifestyles through a culture of wellness. - The Intervention Continuum at Princeton includes a range of efforts to improve support for student health and wellbeing across different domains,</p>	<p>Presenter Names Redacted</p>	10 minutes	<p>Identify ways in which wellness can be integrated into the campus fabric—such as connections to nature, programmed outdoor spaces, and active design strategies—to encourage a culture of wellness.</p>

		including contextual influences, such as physical spaces. Our built environment can influence mood, social connection, and learning.			
4.	Getting There	Creating a culture of wellness requires an integrated approach to planning, design, and service-provision on campus. - Include and define a Value Proposition in the Request for Proposal for team selection. - Enlist stakeholders from across campus. - Explore cross-programming and dispersion of wellness throughout the campus.	Presenter Names Redacted	10 minutes	Detail a process to encourage university stakeholders to promote health as a core value in their projects.
5.	Q/A	Engaging Q/A session	Presenter Names Redacted	20 min	Synthesis and further provocations regarding goals, process, opportunities and

					challenges regarding creating and expanding a Culture of Wellness on campuses.
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