Well-Being Initiative

LAFENE+ HEALTH CENTER

YOUR STUDENT HEALTH RESOURCE
Wellness to Well-being

• The relative modern concept of “wellness”, used for the past several decades has transitioned to the innovative concept, “well-being”.

• Well-being is frequently associated with the concept, “resilience” or “grit.”
What is Well-Being?

• No universal definition.
• Various definitions allude to previous paradigms of the dimensions of wellness (e.g. spiritual, physical, environmental, occupational, social, intellectual, emotional, and financial).
• Well-being is guided by personality, attitudes, knowledge, and skills.
• The actions a person takes, within the options available to them, creates their level of well-being.
Why Well-Being at Lafene?

– Thought provoking conversations in 2017
– Well-being and wellness discussions at the national level
– Technology and data availability
– Influential articles and publications
– Conferences and Events
  • ACHA Annual Conference
  • The Wellbeing Summit (ACHA)
  • 2019 Summer Learning Collaborative (Wake Forest)
**PHYSICAL WELL-BEING**
- Take care of your body
- Exercise
- Eat a well-balanced diet
- Get adequate sleep

**ACADEMIC/CAREER WELL-BEING**
- Be open to new ideas, new cultures, new knowledge, new skills and new environments
- Remind yourself why you are at Kansas State University

**LAFENE+ HEALTH CENTER’S WELL-BEING INITIATIVE**

**EMOTIONAL WELL-BEING**
- Be attentive to positive and negative feelings and understand how to handle these emotions
- Find healthy ways of coping with stressors
- If you need help, get help

**FINANCIAL WELL-BEING**
- Learn how to successfully manage financial expenses
- Keep track of expenses
- Make a budget and stick to it

**SOCIAL WELL-BEING**
- Build healthy, nurturing and supportive relationships
- Foster genuine connection with those around you

**live life WELL**
• Physical well-being: encompasses a person’s objective and subjective health state
• Social well-being: comprises support systems and relationship
• Emotional well-being:
  – Coping: the ability for one to manage their life and place within the world and may include concept of resilience
  – Meaning in life: the extent to which one believes their life has purpose and how they make sense of their life and place within the world
• Financial well-being: having financial security and financial freedom of choice, in the present and in the future
• These four dimensions are interrelated and combined result in the overall concept or dimension: “academic well-being”

• Lafene’s well-being initiative, supported with collaborative partnerships, could have a major impact on student well-being, enrollment, student success, retention, and graduation rates.
Lafene’s Well-Being Game Plan

- Lead by example
- Obtain data from reliable and relevant sources
- Assess data and apply multidisciplinary expertise
- Select manageable and achievable goals and objectives
- Develop programming and leverage partnerships within and external to K-State to meet or exceed objectives
- Conduct biannual reassessment via NCHA and other tools
- Report findings to interested parties to enhance collaboration among diverse disciplines on campus
- Promote/Market well-being to students, faculty, staff, parents and key stakeholders
Lafene’s Well-being Matrix
<table>
<thead>
<tr>
<th>Topic</th>
<th>Outcome/Target</th>
<th>Primary Data Source (NCHAII, NCHA III)</th>
<th>Additional Data Source(s) **</th>
<th>K-State - Lafene Health Center Assessment Plan</th>
<th>Healthy Campus 2020 &amp; 2030 (indirect objectives)</th>
<th>Lafene &amp; K-State Programming</th>
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<tr>
<td>Alcohol use/misuse</td>
<td>Decrease the % of negative consequences post alcohol consumption (K-State: multiple variables ranging from 1% to 24.4%)</td>
<td>NCHA II: Q16</td>
<td>Alcohol and Sexual Assault Prevention program (ASAP - Everfi), Alcohol Use Disorder Identification Test (AUDIT-3)</td>
<td>Yes</td>
<td>*Screening Brief Intervention (SBI) * AODE Director * WellCAT Ambassadors * Alcohol and Sexual Assault Prevention (ASAP) * 21st Birthday Project * Clinical engagement * Healthful and Safe College Life</td>
<td>*AODE Director * Assistant Director * Medical Director * Health Promotion</td>
<td>*Office of Student Life * Housing and Dining * Counseling Services * Fraternity and Sorority Life (FSL)</td>
<td>*Academic Advising Network * International Student and Scholar Services * Parent &amp; Family Association * K-State Police Department * CARE Office * Student Governing Association * Provost * K-State Family Center</td>
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<td>Depression</td>
<td>Decrease % of students reporting that depression as having a negative impact on academic performance (K-State: 32.4%)*</td>
<td>NCHA II: Q45B4</td>
<td>Patient Health Questionnaire (PHQ-2, PHQ-9) Healthy Minds Survey (JED Campus)</td>
<td></td>
<td>Objective: MHMD- 6a</td>
<td>*PHQ-2/PHQ-9 * Clinical engagement * AODE Director * WellCAT Ambassadors * Healthful and Safe College Life</td>
<td></td>
<td>*Medical Director * Psychiatric Nurse Practitioners * Health Promotion * Healthful and Safe College Life * AODE Director</td>
<td>*Counseling Services * Office of Student Life * KSUPD * Academic Advising Network * Housing and Dining * College of Veterinary Medicine * FSL * Office of Military and Veteran Affairs * ISSS</td>
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*Parent and Family Association * KSUPD * CARE Office * K-State Family Center
K-State is now working with the Jed Foundation to be a JED Campus.

- This is a signature program designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance use and suicide prevention efforts.

- JED Campuses embark on a four-year strategic partnership with JED that not only assesses and enhances the work that is already being done, but helps to create positive, systemic change in the campus community.

• Division of Student Life
  – Lafene Health Center & Counseling Services
More Information

• [https://www.jedcampus.org/about/](https://www.jedcampus.org/about/)
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<td>Positive Relationships</td>
<td>Decrease % of students reporting relationship difficulties (K-State: 23.1%)</td>
<td>NCHA II: Q45C8, Q45D1</td>
<td></td>
<td>Objective: IVP- 39.1, IVP- 39.2, IVP- 39.3, ECBP- 7.3, ECBP- 7.8</td>
<td>*WellCAT Ambassadors</td>
<td>*Medical Director</td>
<td>*Office of Student Life Counseling Services</td>
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<td>*FSL engagement</td>
<td>*Psychiatric Nurse Practitioners</td>
<td>*K-State Office</td>
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<td>*SGA</td>
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<td>*Healthful and Safe College Life</td>
<td>*Health Promotion</td>
<td>*LGBT Resource Center</td>
<td>*Mark sorting Office</td>
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<td>*Healthful and Safe College Life</td>
<td>*Office of Institutional Equity</td>
<td>*K-State 360</td>
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<td>Food Security and/or Insecurity</td>
<td></td>
<td>USDA Food Insecurity Screening Tool (2 questions)</td>
<td></td>
<td>Not available in Healthy Campus 2020.</td>
<td><em>WellCAT Ambassadors</em></td>
<td><em>Medical Director</em></td>
<td><em>Cats' Cupboard</em></td>
<td><em>Powercat Financial</em></td>
<td><em>Flint Hills Breadbasket</em></td>
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<td><em>Clinical engagement</em></td>
<td><em>Registered Dietician</em></td>
<td><em>Community Table</em></td>
<td><em>Harvesters Community Food Network</em></td>
<td><em>SNAP &amp; WIC</em></td>
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