

2020-2021 Annual Report



Mission

To support the academic mission of the university by increasing and sustaining all aspects of campus well-being.

Vision

We envision a vibrant university environment, free from violence, supporting student success and culminating in a culture of health where all community members are empowered to advance well-being.

Executive Summary

PCCW 2020-2021

PCCW's third academic year was impacted by the COVID-19 Pandemic. The PCCW pivoted to help address the challenges that the NDSU community faced by addressing specific well-being needs, focusing on mental health and community resources, initiated collaborate efforts with the Presidents Council for Diversity, Inclusion and Respect, and continuing Work Group efforts toward a campus culture of well-being.



1 CALL FOR RESEARCH

Engage with faculty and graduate students regarding well-being related research, facilitate a faculty symposium, and look into opportunities to incentivize continued research.

2 DATA EXPLORATION

Work to identify well-being measures, continue to explore the current data we already have on campus regarding elements of well-being, and identify potential gaps and suggest recommendations for data collection and dissemination.

3 COMMUNITY ENGAGEMENT

Work group includes the work of the previous Welcome to NDSU, Maximizing Communications, and Student Engagement Work Groups to focus on broader engagement and social connection of the entire NDSU community.

4 MENTAL HEALTH

Review current mental health efforts on campus and create a comprehensive and collaborative NDSU campus community suicide prevention curriculum.

5 WELL-BEING AWARENESS CAMPAIGN

Work to implement a social norming campaign addressing all areas of well-being. This group works with a Marketing and Communication class to develop material and gain student feedback and insight.

6 HEALTH IN ALL POLICIES

Research health in all policies approach in higher education and develop necessary processes and tools needed for implementation into NDSU's current policy change process.

7 SEXUAL ASSAULT RESPONSE EDUCATION

Implement a survey around reporting awareness and develop an education curriculum for faculty and staff regarding response to disclosure and increase understanding of available resources .

Action toward campus well-being

Each component of well-being is addressed and supported by Work Group actions and outcomes.

Advancing campus well-being data and knowledge

Strategic Areas of Focus:

safety, physical health, mental health, substance use, social connection

Work Groups:

Call for Research, Data Exploration

Completed steps toward well-being:

- Campus Research Symposium on Mental Health scheduled for September 24, 2021 (rescheduled from 2020 due to COVID)
- Spring 2021 administration of American College Health Association-National College Health Assessment (ACHA-NCHA) assessment

Future steps toward well-being:

- Analysis and dissemination of ACHA-NCHA survey results - utilization of data for a new well-being awareness campaign; identifying measures of well-being that will be tracked over time and used to inform Work Group initiatives.
- Continue to update inventory and tracking of current research on campus related to health and well-being
- Identify grant opportunities to support research and other PCCW projects
- Explore and provide recommendation for implementation of American College Health Association - Faculty and Staff Health Assessment (ACHA-FSHA)

Generating a thriving campus community

Strategic Areas of Focus:

social connection

Work Groups:

Community Engagement, Well-being Awareness Campaign, Mental Health

Completed steps toward well-being:

- Mental Health Work Group email series, "Infusing Happiness into Everyday Life"
- Launched WellTrack, a mental health and wellness app, in collaboration with Counseling Center
- Provided well-being campus resource webpage that was shared with campus members

Future steps toward well-being:

- Intentional partnership and collaboration with President Council for Diversity, Inclusion and Respect (PCDIR)
- Continue to identify potential audiences and present PCCW presentations to community groups across campus
- Ongoing updates to PCCW website and other forms of communication
- Incorporate well-being into Office of President communications

Supporting personal well-being development

Strategic Areas of Focus:

safety, physical health, mental health

Work Groups:

Sexual Assault Response Education, Well-being Awareness Campaign

Completed steps toward well-being:

- Implemented academic year long well-being awareness campaign focused on 7 areas of well-being: Mental Health, Nicotine, Physical Health, Social Well-being, Suicide Prevention, Alcohol, and Safety
- Developed educational handout on "Sexual Assault Response for Mandated Reporters"

Future steps toward well-being:

- Implementation of a second well-being awareness campaign using ACHA-NCHA and other NDSU well-being data
- Reorganize Health Promotion peer education program to directly support PCCW

Embedding well-being in all campus policies and processes

Strategic Areas of Focus:

safety, physical health, mental health, substance use, social connection

Work Groups:

Health in all Policies (HiAP)

Completed steps toward well-being:

- Development of HiAP checklist to be added to the Senate Coordinating Council Policy Change Cover Sheet

Future steps toward well-being:

- Beta testing and adoption of HiAP checklist; evaluate existing policies using HiAP checklist and provide recommendation for changes/updates
- Embed well-being competencies into employee position descriptions
- Incorporate well-being into new faculty employee orientations

Creating supportive campus environments

Strategic Areas of Focus:

safety, physical health

Work Groups:

Sexual Assault Response Education, ad hoc COVID Care Response Team

Completed steps toward well-being:

- Development of ad hoc COVID Care Response Team
- Developed and implemented a COVID and well-being campus-wide survey
- Facilitated Sexual Assault Response Education presentations to over 200 staff and faculty members

Future steps toward well-being:

- Develop specific initiatives around the physical environment
- Continued work of the COVID Care Response Team as needed
- Continue to offer training opportunities on mandated reporting requirements and sexual assault response education

PCCW

2021-2022

PCCW's fourth academic year will focus on continued streamlining and refinement of well-being needs specific to the NDSU campus as evidenced through strategic plan updates, modifications to the PCCW well-being circle graphic, adoption of the Inter-association Definition of Well-being, and Work Group planned action items.

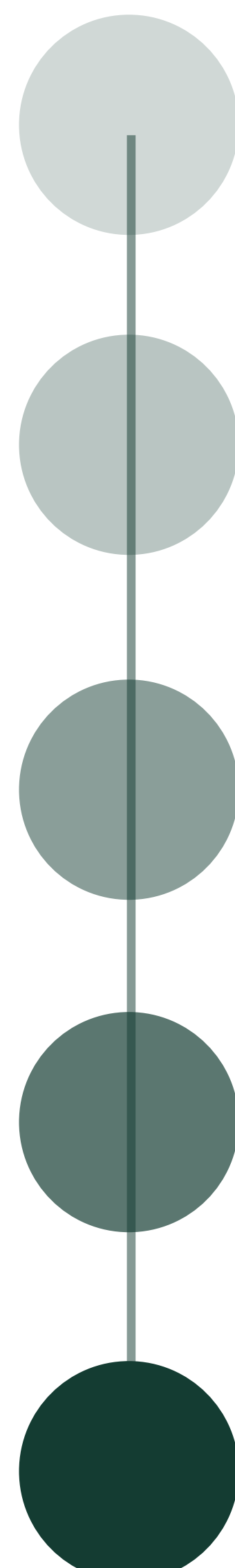
Strategic Plan updates reflect alignment with other NDSU specific documents that outline institutional goals, actions, and common language.

Visual representation of individual (inner-circle) and foundational (outer-circle) components of well-being are shown by the **Well-being Circle graphic** and build upon the 5 focus areas previously outlined (physical, safety, substance use, mental health, social connection).

By adopting the Inter-association Definition of Well-being, ***We define well-being as an optimal and dynamic state that allows people to achieve their full potential***, NDSU will be building from a shared understanding and foundation of well-being that applies specifically to higher education.

Work Groups will continue to be strategically aligned with each component of well-being and action items will be data informed and address identified NDSU contributing factors, as outlined in the Strategic Plan.

PRIORITIES

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- Establish intentional communication and collaboration with Presidents Council for Diversity, Inclusion and Respect
 - Establish data measures for campus well-being that provide timely information and well-being progress
 - Implementing structures to advance collective impact strategies
 - Support students, faculty, and staff with access to information and resources that support well-being
 - Continue to address the well-being priorities of students, faculty, and staff as a result of the ongoing COVID Pandemic



Advancing campus well-being data and **knowledge**

Supporting **personal development**

Generating a thriving campus **community**

Providing service and support for **mental health**

Embedding well-being in all campus **policies** and processes

Meeting basic **physical health** needs

Creating supportive campus **environments**

Contributing to campus **safety**

Leadership and Operational Support



Laura Oster-Aaland

Vice Provost for Student Affairs and Enrollment Management
Council Co-Chair



Matt Larson

Director of Athletics
Council Co-Chair



Patricia Dirk

Director of Student Health Service
PCCW Operational Administration



Emily Hegg

Assistant Director of Health Promotion
PCCW Operational Administration

Membership

Over 60 active members representing diverse perspectives across campus and in the community, including:

- At least one faculty member from each academic college
- At least one staff member from selected departments with relevance to PCCW strategic and operational focus
- At least one student from a variety of student organizations, peer groups, student government, and other departmental representatives with an interest in well-being
- Cross-over membership from PCDIR



"Health promoting universities and colleges infuse health into everyday operations, business practices and academic mandates. By doing so, health promoting universities and colleges enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society."

Okanagan Charter: An International Charter for Health Promoting Universities and Colleges (2015)

