

2021-2022 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.

2021-2022

Executive Summary

The work of PCCW for the 2021-2022 academic year was focused on building upon the foundational advancements made the summer of 2021 while using these as a guide for the council Work Groups.

Examples of this work include:

- updated the strategic plan to reflect alignment with national and NDSU specific documents, including the NDSU Strategic Plan and the Co-curricular Learning Goals and Objectives;
- reviewed the current Work Groups and narrowed the focus to better align with these changes, including adding a combined Environments / Physical Health Work Group and modifying Well-being Awareness Campaign Work Group to focus on Personal Development;
- modifying the PCCW well-being circle graphic to better reflect the national and global discussion on campus well-being;
- and adopting the Inter-association Definition of Well-being as the recognized definition of well-being for NDSU.

Other highlights include:

- The PCCW welcomed new Council Co-chair, Dr. Kimberly Wallin, Dean of Science and Mathematics, to replace Matt Larson, Director of Athletics, who stepped down in from this position end of the 2020-2021 academic year.
- As the campus continued response efforts from the COVID Pandemic, the PCCW maintained meetings every other month via Zoom with some in-person Work Group and Executive Committee meetings.



2021-2022

PCCW Work Groups

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 COMMUNITY

Create a connected campus community through collaborating with committees/work groups/teams across campus who are already working towards a shared vision of inclusion and sense of belonging while building onto existing campus community events and opportunities.

3 DATA EXPLORATION

Contribute to health promoting knowledge through data collection, identify well-being measures to inform work group action and progress, and disseminate information to the campus community.

4 ENVIRONMENTS / PHYSICAL HEALTH

Explore the many facets of environmental and physical health by identifying opportunities to support healthy lifestyle choices, meet basic human needs, and engage with the physical environment through sustainability in the built, natural, social, economic, cultural, academic, organizational and learning environments.

5 HEALTH IN ALL POLICIES

Develop a Health in All Policies assessment tool to assist with the review and development of campus policies and practices with attention to health, well-being and sustainability, so that all planning and decision-making takes account of and supports our campus community.

6 MENTAL HEALTH

Work towards reducing stigma, supporting skills and habits to manage stress, strengthening resilience, and provide and support timely access to mental health services and information to create a supportive campus culture.

7 PERSONAL DEVELOPMENT

Develop and create education and engaging opportunities to build student, staff and faculty resilience, competence, personal capacity and life enhancing skills and support them to thrive and achieve their full potential and become engaged local and global citizens while respecting the environment.

8 SEXUAL ASSAULT RESPONSE EDUCATION

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

Action toward campus well-being

Well-being does not operate in isolation.

The priorities of each Work Group blends, overlaps and compliments each others work, creating opportunities for collaboration and cohesion.

As a collective whole, the outcomes of each Work Group bring us closer toward the PCCW vision.

Advancing campus well-being data and knowledge

Work Groups:

Call for Research; Data Exploration

Completed steps toward well-being:

- Held a Campus Research Symposium on Mental Health September 24, 2021
- Developed 2021 [Snapshot of NDSU Student Well-being](#) infographic data report
- Identified baseline measures and areas of potential high impact change using the ACHA-NCHA data and PCCW strategic goals and priorities.

Future steps toward well-being:

- Continue analysis and dissemination of [ACHA-NCHA survey results](#) and developed reports
- Develop summary report and comparative national reference data
- Explore and provide recommendation for implementation of American College Health Association - Faculty and Staff Health Assessment (ACHA-FSHA) or other appropriate assessment tools
- Pause Call for Research Work Group until resources and personnel are available

Generating a thriving campus community

Work Groups:

Community; Mental Health

Completed steps toward well-being:

- Created [syllabus statement on mental health](#) in collaboration with the Sexual Assault Response Education Work Group and Equal Opportunity and Title IX Compliance
- Updated the [Working with Distressed Students: A Decision-Making Tree](#) for Faculty and Staff in collaboration with the Care Team

Future steps toward well-being:

- Support and build onto existing campus community events
- Create opportunities for volunteering and community service
- Develop ways for faculty and staff to increase their sense of community
- Increase education and awareness for students, faculty and staff on pertinent mental health topics and resources.
- Explore the growth of the Mental Health First Aid program
- Continue intentional partnership and collaboration with President Council for Diversity, Inclusion and Respect (PCDIR)
- Incorporate well-being into Office of President communications

Supporting personal well-being development

Work Groups:

Personal Development

Completed steps toward well-being:

- Health Promotion developed the Campus Well-being Educator peer education program to directly support the PCCW
- Implemented a collaborative Campus Clean-up event on April 27, 2022
- Implemented a faculty and staff Walk to Well-being week long event end of April
- Email, poster and social media education series for students highlighting ACHA-NCHA data focusing on [Email Etiquette](#), [How to Connect with your Instructors](#), and [Time Management](#)

Future steps toward well-being:

- Implement Campus Clean-up event
- Implement a campus-wide Walk to Well-being event
- Continue to build stronger foundation with the Campus Well-being Educator program
- Continue well-being education communication through emails, posters, social media, website, etc.
- Develop Employee Well-being ad hoc Work Group

Embedding well-being in all campus policies and processes

Work Groups:

Health in all Policies

Completed steps toward well-being:

- Refined the Health in all Policies assessment checklist and successfully added to the [Senate Coordinating Council Policy Change Cover Sheet](#)

Future steps toward well-being:

- Beta test the Health in all Policies assessment checklist during the 2022-2023 academic year; pause the Health in all Policies Work Group during beta testing phase.
- Renew Work Group to begin work on policy recommendations for change using the final assessment checklist.

Creating supportive campus environments

Work Groups:

Sexual Assault Response Education; Environments / Physical Health

Completed steps toward well-being:

- Added [sexual assault response FAQ](#) information to PCCW website
- Facilitated 7 Sexual Assault Response Education presentations to over 200 staff and faculty members
- Reviewed the Emergency Fund and other existing and upcoming student basic need funding opportunities with focus on how to streamline and best serve students.

Future steps toward well-being:

- Sunset the Sexual Assault Response Education Work Group and institutionalize the training, education, and survey implementation as part of the Sexual Assault Prevention and Advocacy Coordinator's responsibilities with continued assistance and support from PCCW.
- Create ad hoc Work Group with PCDIR to work on meditation/reflection spaces on campus.
- Develop sustainability awareness and education.

PCCW

2022-2023

Priorities



Align with NDSU President Cook Priorities

NDSU welcomed President David Cook May 2022. PCCW will work closely with the President to honor and address new visions and expectations.



Officially Adopt the Okanagan Charter

In March 2022, NDSU became a member of the new **United States Health Promoting Campuses Network** (USHPCN) that is guided by the **Okanagan Charter**, an International Charter for Health Promoting Universities and Colleges (2015). This Charter provides institutions with a common language, principles and framework to become a “health and well-being promoting campus”. This Charter has served as the framework and guide for the development and ongoing action of the PCCW.

The PCCW will plan to officially adopt the Okanagan Charter and have NDSU become one of 8 nationally recognized campuses to have taken this step toward campus well-being.



Develop Employee Well-being Work Group

Identified by the Executive Committee as an area of needed focus, an ad hoc Work Group will be formed with key campus stakeholders to build an infrastructure to strengthen a sense of community and well-being among the faculty and staff population.



PCCW Awareness and Communications

To share broadly across campus the work and progress of the council and to increase well-being awareness and build community connections, the PCCW will renew the roadshow style presentation and focus on campus communications.



Implement structures to advance collective impact strategies

To continue staying current with the national and global growth and development of health promotion and campus well-being supporting institutions, the PCCW will maintain the priority of evaluating current structures and systems in place to make recommendations and create resource efficiencies where necessary.



Leadership and Operational Support



Laura Oster-Aaland

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



Kimberly Wallin

Dean, College of Science and Mathematics
Council Co-Chair



Patricia Dirk

Director of Student Health Service
PCCW Operational Administration



Emily Hegg

Assistant Director of Health Promotion
PCCW Operational Administration

Membership

Includes members from a cross-section of disciplines representing diverse perspectives across campus and in the community, including:

- At least one faculty member from each academic college.
- Staff member representatives from selected departments with relevance to PCCW strategic and operational focus
- Student representatives from a variety of student organizations, peer groups, student government, and other departmental representatives with an interest in well-being
- Community representatives from the Fargo-Moorhead area to bridge communications into the broader community.
- Cross-over membership from PCDIR, Faculty Senate, Staff Senate, and Student Senate.

"Higher education has a unique opportunity and responsibility to provide transformative education, engage the student voice, develop new knowledge and understanding, lead by example and advocate to decision-makers for the benefit of society. In the emergent knowledge society, higher education institutions are positioned to generate, share and implement knowledge and research findings to enhance health of citizens and communities both now and in the future. "

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