The Formation of an Empowered Student Wellness Group in the Re-development of Student Health and Wellness Services

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### Background

- Students report increasing levels of stress and low levels of wellness
- Institutions recognize this fact and are addressing this issue in different ways
- Students report difficulty coping with the demands on their lives
- Some wellness initiatives were developed without student input
- New mixed-use facility with space for Student Health Services allowing enhanced focus on wellness

### Purpose

- Develop a framework of an integrated student health and wellness services
- Empower students to take a leading role in the design and implementation of wellness services aimed at:
  - Enhancing sense of wellbeing
  - Foster resilience
  - Improved sense of community
  - Improve interprofessional engagement among students

### Methods

- Ongoing work with Construction Committee
- Convene stakeholder meetings and decide student health services scope of services/fees
- Form Empowered Student Wellness Group (ESWG)
- Survey students for input on the state of their wellness and their wellness needs
- Plan and host wellness activities
- Perform final survey of students

### Results

- **Almost completed SHWC**
- **Adoption of new health insurance/health fee**
- **Enhanced Student Health Services:**
  1. Urgent/Chronic care appointments
  2. Behavioral/Mental Health
  3. Sports Medicine/Physical Therapy
  4. Telehealth
  5. Other services:
     a. Lab
     b. X-ray
     c. Sexual health counseling/testing
     d. Health promotion
- **Formation of ESWG:**
- **Wellness activities:**
  - Inaugural social
  - Mindfulness meditation
  - Movie night
  - Motivational moments
  - Hey, are you ok
  - Wrist bands

### Discussion

- The importance of gathering all necessary entities in a broad-based discussion of any new initiative cannot be overemphasized
- Running a student health service is not a profitable venture usually but the services enhance students’ wellbeing. Institutions must be poised to subsidize portions of the services
- Professional students are high functioning young adults and are capable of playing a leading role in the maintenance of their health and wellbeing
- They readily take ownership of planning wellness initiatives if given the chance

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### Results of Student Survey #1

- Chart 1.

### Results of Student Survey #2

- 98 respondents (16% participation rate
- 61.2% rated level of wellness during Covid-19 pandemic as essential or high priority
- 31.8% agreed events hosted by ESWG were helpful in managing their stress or improved their overall wellbeing

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### Next Steps

- Finalize institutional agreements with other AUC schools
- Determine AUC-wide student health insurance plan and student health fees
- Hire a wellness program manager to coordinate and implement wellness initiatives
- Conduct annual student satisfaction surveys of student health and wellness center and wellness initiatives

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