

Background

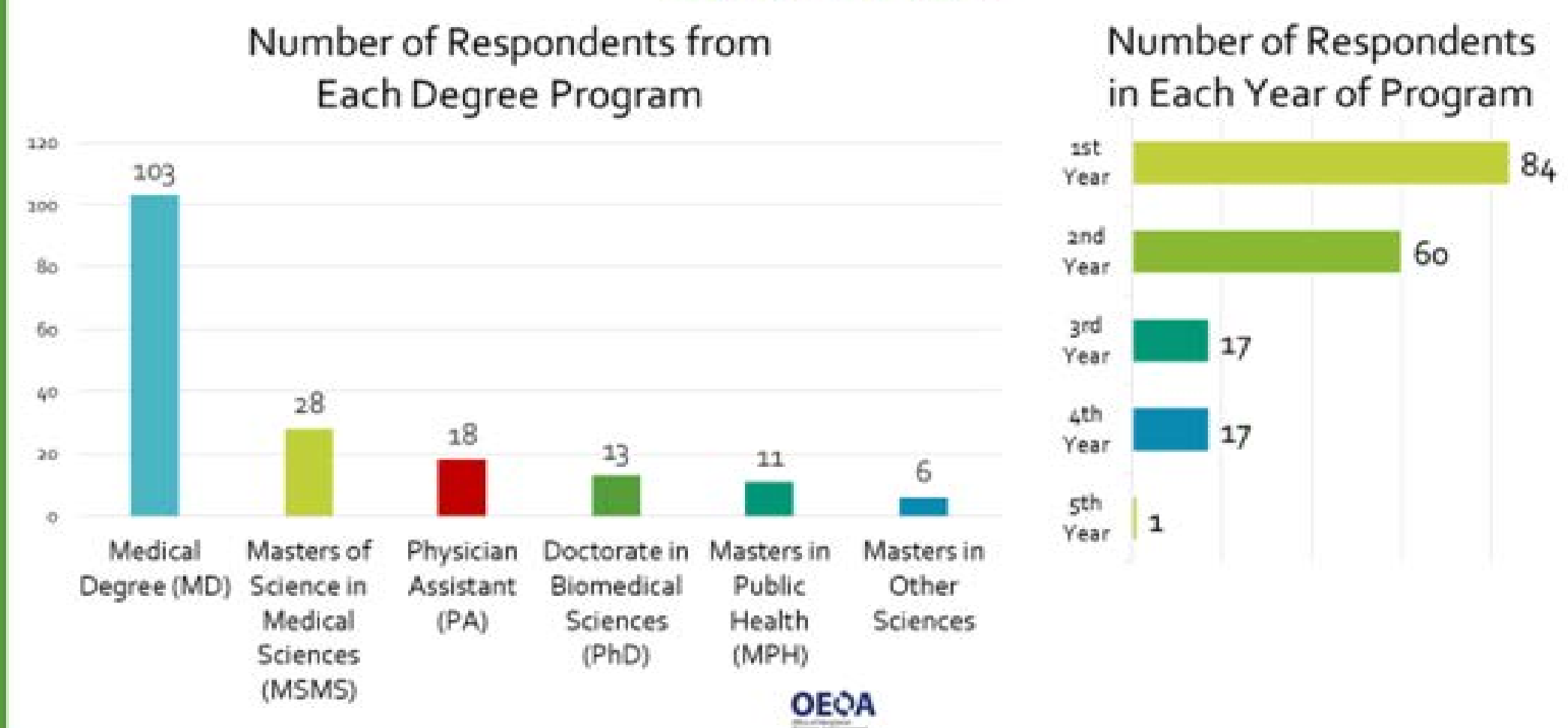
- ✓ Students report increasing levels of stress and low levels of wellness
- ✓ Institutions recognize this fact and are addressing this issue in different ways
- ✓ Students report difficulty coping with the demands on their lives
- ✓ Some wellness initiatives were developed without student input
- ✓ 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

Survey Respondents

179 MSM Students



Results of Student Survey #1

- 29.3% participation rate
- 15% rated level of stress as very low or low
- 85% rated stress level as extremely high, high, or moderate
- 71% rated level of wellness as very well, moderately well, or well
- 29% were neutral or not well

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

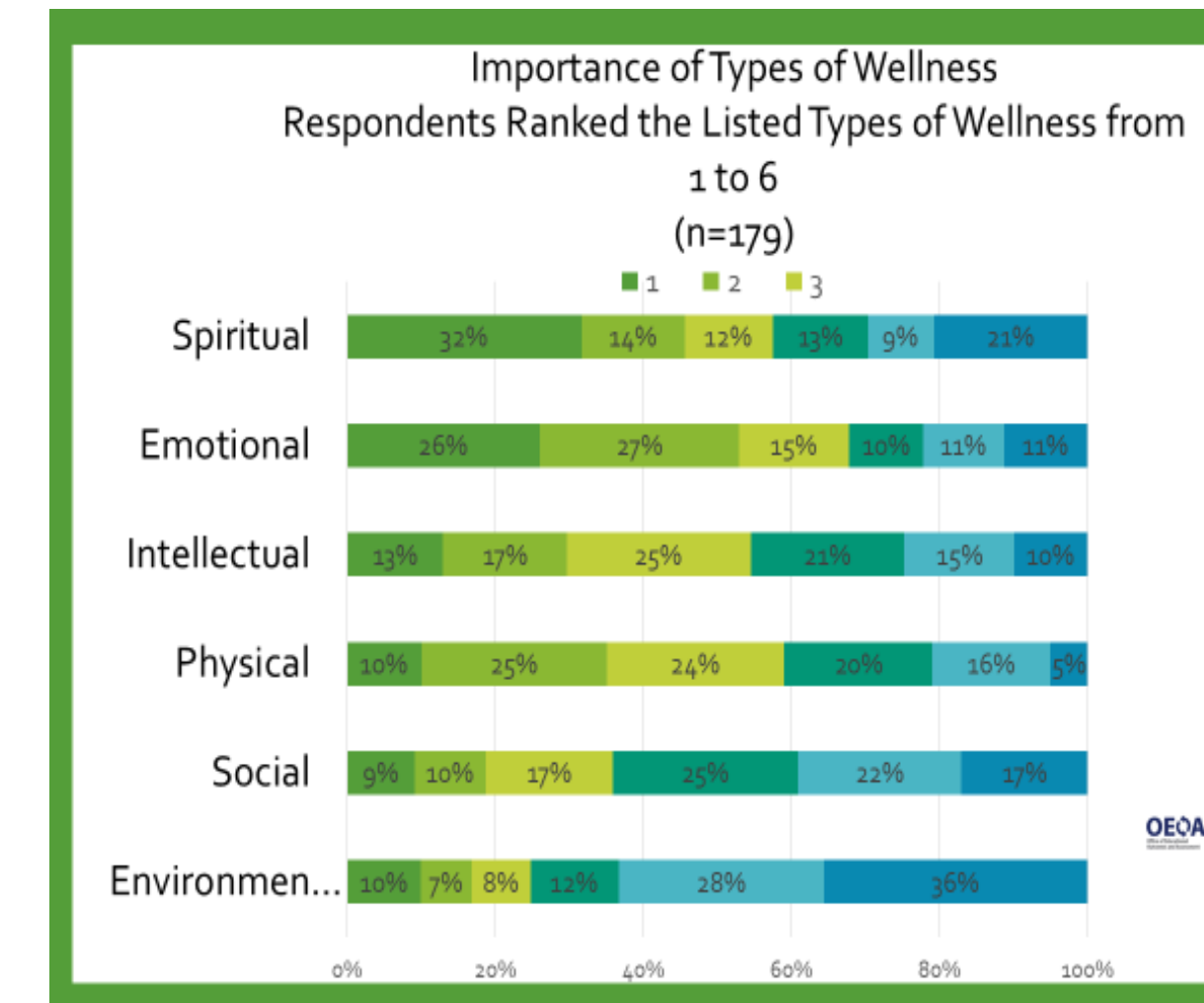
Results

- ✓ 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



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



EMPOWERED STUDENT WELLNESS GROUP presents:



Nikki Jones
MD Class of 2021

Motivational Moment

"Unless someone can look into the core of your heart, and see the degree of your passion, or look into the depths of your soul and see the extent of your will, then they have no business telling you what you can or cannot achieve. Because while they may know the odds, they do not know YOU!"



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

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.