



University of Idaho

Healthy Campus Initiative

Vandal Health Coalition
Summer 2018

Introduction

Success at college challenges the body, mind and spirit. Staying – or getting – healthy is essential. We understand this at the University of Idaho (U of I), and student affairs staff, faculty, and students, working together as the Vandal Health Coalition, are pleased to introduce our updated *Healthy Campus* Strategic Plan to guide our collaborative efforts over the next several years.

Together, we work to foster a campus community that enhances the health and wellbeing of all students at the U of I, providing seamless, evidence-informed services and solutions for our students at this critical time in their lives. We invite you to join us.

We are targeting intensive outreach efforts in the following areas:

- Mental health
- Marijuana
- Well-being

This document details the needs, numbers, strategies, and solutions based on data gleaned from a variety of sources. Priority areas were determined based on the U of I National College Health Assessment data, institutional data, and local, statewide, and national trends and policies. We intend it to be a living plan, and we invite input and energy from our colleagues. Please contact Emily Tuschhoff, Director of Health Promotion in Vandal Health Education (emilyt@uidaho.edu) with questions, comments, or information about how you can get involved.

LONG TERM VISION

Foster a campus community that enhances the health and wellbeing of all University of Idaho students.

ASSETS

The coalition identified the following campus and community assets that may act as inputs and context for our health interventions or as factors related to the successful implementation of activities. See attached Asset List (Appendix 1).

PRIORITY AREAS

The coalition prioritized the following areas as areas of emphasis for the Vandal Health Coalition.

PRIORITY AREA I: Mental Health

Primary Contacts: Amanda Ferstead, Vandal Health Education

Working group members: Julia Keleher, LGBTQA Office; Vivi Gonzalez, Office of Multicultural Affairs; Mindy Rice, Vandal Health Education; Savanha Rodriguez, peer educator.

GOAL

Increase awareness about mental health through defining mental health and communicating it to the campus community through a variety of avenues.

Increasing the accessibility of mental health related programming for students from diverse backgrounds.

TARGET OBJECTIVES

Objective	2017 Baseline	2019 Target	2021 Target
Reduce the proportion of students who report that their academic performance was adversely affected by stress in the past 12 months	35.1%	34%	33%
Increase the percentage of students who report they've received information on stress reduction	64.5%	70%	75%

ACTION STEPS

Objective	Activity	Responsible persons, departments, collaborators	Timeline	Progress
Increase students who have received information on stress reduction	Investigate Mental health campaigns	Working group	Fall 2018	In progress
	Partner with Active Minds to develop mental health awareness campaign goal,	Amanda	Fall 2018/Spring 2019	Connected with Active Minds President

	objectives, and Materials			
	Establish listening sessions surrounding a Mental Health Campaign	Working group	Spring 2019	
	Identify next steps after listening sessions	Working group	Spring 2019	
	Expand partnerships & Increase Marketing Efforts for Fresh Check Day 2019	Working group	Spring 2019	
	Explore Possibility of collaboration for a speaker during eating disorder awareness week	Mindy	Fall 2018/Spring 2019	
Reduce the proportion of students who report that their academic performance was adversely affected by stress in the last 12 months	Collaborate with specific departments within the Equity and Diversity Unit to provide therapy dog socials (to connect students to CTC staff and other services))	Amanda – reserve dogs and Well Space Collaborate with CTC for meet and greets, Julia & Vivi for targeted student populations	Have date set by mid July	Planned for October 10
	Explore options for a tailored mental health workshop with CTC	Collaboration with CTC and OMA	Fall 2018	
	Develop “How to go Home” program	Julia, Amanda, CTC	Fall 2018	
	Explore options for engaging faculty around student Mental Health needs	Working group	Fall 2018	

TRACKING MEASURES

- NCHA Data
- Attendance at events, presentations
- Number of partnerships

PRIORITY AREA II: Marijuana

Primary Contacts: Sharon Fritz, Counseling & Testing Center; Jeneba Hoene, Vandal Health Education
Working group members: Dasyre Sires, ASUI; Bart Sonnenberg, Housing & Residence Life

GOAL

TARGET OBJECTIVES

Objective	2018 baseline	2019	2020
Increase percentage of working group members with knowledge regarding current marijuana research, trends, and strategies	40%	80%	100%
Connect with peer institutions of higher education to learn about their efforts, resources, and materials	0	3	5
Increase recorded student feedback about knowledge and perceptions of marijuana use	0	30	50
Develop educational materials regarding marijuana use	1	3	5
Increase reach of marijuana education	MEP# + 15	MEP# + 40	MEP# +

ACTION STEPS

Objective	Activity	Responsible persons, departments, collaborators	Timeline	Progress
Increase percentage of working group members with knowledge regarding current marijuana research, trends, and strategies	Investigate Core Alcohol & Drug Survey to identify whether that assessment will help inform our efforts	Sharon	June 27	
	Send file of marijuana research articles to working group	Jeneba	July 5	Completed
	Meet to compile research and resources	All	July 12	Completed
	Review literature obtained from peer IHEs	All	August 2018	
Connect with peer institutions of	E-mail colleagues at other institutions to	Sharon	June 27	Completed

higher education to learn about their efforts, resources, and materials	connect about their marijuana education efforts and programs			
	Connect with RADAR to identify their resources available regarding marijuana	Dasyre	July 11	Completed
	Connect with UC Boulder about their marijuana education	Bart	June 29	Completed
Increase recorded student feedback about knowledge and perceptions of marijuana use	Reach out to PHE, ISEM 301, and MEP students	Jeneba, Sharon	Spring 2019	
	Conduct listening sessions with students to assess knowledge and perceptions on campus	Jeneba, Sharon	Spring 2019	
	Review listening session feedback to identify next steps	All	Spring 2019	
Develop educational materials regarding marijuana use	Update and send out Marijuana and Other Drugs outreach workshop to working group	Jeneba	September 2018	
	Review current educational materials (M&OD, MEP)	All	Fall 2018	
	Establish working meeting between VHE and CTC to update current education materials	Jeneba, Sharon	Fall 2018	
	Review listening session information to identify information and method(s) used to be communicated to students	Jeneba, Sharon, Bart	Spring 2019	
Increase reach of marijuana education	Offer Marijuana and Other Drugs outreach workshop to UI students	Jeneba	Fall 2018	
	Identify methods to disseminate educational campaign using generated materials	All	Spring 2019	

TRACKING MEASURES

- NCHA Data
- Number of contacts established/reach
- Materials generated

PRIORITY AREA III: Well-Being

Primary Contact: Emily Tuschhoff, Vandal Health Education; Madie Brown, Vandal Health Education
 Working group members: Erin Chapman, School of Family & Consumer Sciences Faculty; Helen Brown, Movement Sciences Faculty; Nicole Skinner, ASUI; Bekah MillerMacPhee, Women's Center; Daniel Urrutia, Housing & Residence Life; Kristin Strong, Campus Recreation

GOAL

Enhance well-being among U of I students

TARGET OBJECTIVES

Objective	2018 Baseline	2019 Target	2020 Target	2021 Target
Increase working group's knowledge of well-being among college students (Metric =listening sessions)	0	3	4	5
Increase network of faculty who engage in promoting well-being in the learning environments through the Learning Community (CETL)	1	15	25	35
Increase student participation in Vandal Wellness Challenge (number of students)	60	120	180	250
Increase opportunities for students to engage with others?	Unknown			
Increase partnerships on campus focused on promoting well-being through physical spaces	3	5	6	7
Increase students' awareness about well-being	Unknown			

ACTION STEPS

Objective	Activity	Responsible persons, departments, collaborators	Timeline	Progress
Increase working group's knowledge of well-being among U of I students	Research well-being indicators and identify what data we already have and what may be needed	Emily, Madie, Helen	Summer/Fall 2018	Attend well-being summit in early Oct Daniel to look at Housing EBI Assessment
	Conduct listening sessions (like focus groups) with a variety of students	Emily, Madie, Helen	Fall 2018	Madie, Helen, Emily to start drafting questions

	to learn more about their sense of well-being			
	Define what we're talking about when we talk about well-being	All	Fall 2018	
	Conduct environmental assessment of initiatives on campus to enhance well-being	Emily, Madie, peer educators	Fall 2018/Spring 2019	To start fall 2018
Increase network of faculty who engage in promoting well-being in the learning environments	Meet with Center for Excellence in Teaching and Learning to connect about next steps in engaging faculty.	Erin, Emily	Summer 2018	Erin and Emily met with CETL and a "learning community" is being formed around this topic – with model/plan to be developed fall semester
	Develop plan to begin initiative	Emily, Erin	Fall 2018/Spring 2019	
Increase student participation in Vandal Wellness Challenge	Redefine Vandal Wellness Challenge	Kristin, Dasyre	Fall 2018	Kristin and Dasyre researching other options for wellness challenge
	Implement Vandal Wellness Challenge	Kristin, Dasyre	Spring 2019	
Increase opportunities for students to engage with others?	Research "Unplugged" campaign/initiative and share with working group/ASUI	Nicole, Dasyre	Summer/Fall 2018	ASUI asking students about "unplugged" campaign where perhaps there is an icon that is associated with events/places where students can "be here now"
	Implement "Unplugged" initiative	ASUI led?	Fall 2018	
Increase partnerships on campus focused on promoting well-being	Prepare small report about what was learned through a previous assessment	Emily	Summer 2018	Emily to draft report to share with Nicole for upcoming conversations

through physical spaces	regarding U of I physical spaces.			
	Engage facilities in the conversation about well-being and physical spaces	Emily, Helen, Nicole	Fall 2018	
	Conduct environmental scan related to Safety on campus	Emilie	Fall 2018	
Increase students' awareness about well-being	Compile listening session data.	Madie	Fall 2018	
	Finalize Live Well website	Amanda	Summer/Fall 2018	Website is near complete; need feedback on additions/corrections
	Form student group to create a well-being awareness campaign	Madie, Emily	Spring 2019	
	Partner with Creative Services to create well-being campaign	Emily	Summer 2019	
	Implement campaign		Fall 2019	

TRACKING MEASURES

- NCHA Data
- Number of relationships made
- Attendance at and participation in events

Vandal Health Coalition Assets

In addition to brainstorming the needs of our campus community, the Vandal Health Coalition intentionally identified the strengths in our community. These assets may work as inputs for our campus health initiatives and/or as factors assisting in the successful implementation of our initiatives. The Moscow and UI communities have a variety of health and wellness assets that will be critical in reaching our Healthy Campus goals and objectives.

Private and Non-profit Organizations

- Backyard Harvest
- CHAS
- Kenworthy
- Palouse Pediatrics
- Wish Medical
- Bountiful Baskets
- PCEI
- Opportunities Unlimited
- Sojourners Alliance
- ATVP
- Farmers Market
- Moscow Food Co-op
- Student Health
- Home Start
- Community Gardens
- Gritman Medical Center
- Churches
- Family Promise
- Health and Welfare
- WIC
- Public Health
- Success by 6
- Palouse Cares
- Palouse Medical
- LAMI
- Paradise Ridge
- Women's Giving Circle
- Week and Vietri
- St. Vincent DePaul
- United Way
- Voc Rehab
- Counseling and Testing
- Moscow Medical
- Community Action
- Food Banks Alliance Family Services
- Quick Care
- Christian Center
- Planned Parenthood
- NIAC
- Anytime Fitness
- Nourish
- Moscow Yoga Club
- Dental
- Eye Care
- CareNet
- Hope Center
- Goodwill
- Salvation Army

Department and Organizations on Campus for Health and Wellness

- Vandal Health Education and Nutrition: Emily, Marissa, PHE
- Student Orgs
- FCS- CPD, Nancy, Erin
- Student Health: Lori K, MFM providers
- Psychology
- UI Athletics: AT Department
- Student Recreation, Wellness, Intramurals, Outdoor Program: Kristin, Peg, Butch
- Veteran's Affairs: Button
- President's Office
- Counseling and Testing Center: Psychologist, Interns, AOD Program, CSP
- Greek Life: Risk Management, PHC, IFC
- Women's Center: Bekah, Lysa, Staff and Students
- Virginia Solan, Dean of Students Office and Orientation
- ASUI: Wellness Coordination and Green Dot, Nick Wren, Katherin Pope, Sara S
- Student Involvement: Katie D and student leaders, Volunteer Center, Food Pantry
- UI Housing: RA and RHA
- Sustainability Center
- Office of Multicultural Affairs
- TriO
- Raven Scholars
- Vandals Dining
- Diversity and Human Rights
- Honors Programs
- Movement Science Student Groups: Helen Brown, Dr. Grindley

Open to the Public Resources

- Public Health (Jen and Heidi)
- Idaho Health and Welfare: WIC, F3, Counseling
- LCYAC
- Moscow Police Department
- 4 Elementary Schools
- Moscow High School
- Moscow Middle School
- White Pine
- Summer Lunch Program
- Palouse Prairie
- Paradise Creek
- Farmers Market
- Charter School
- Adventure Club
- Moscow Fire Department
- Upward Bound
- Moscow Parks and Rec
- Bear Buddies
- Sec 8 Housing
- Moscow Public Library
- Idaho Stars
- Hamilton Aquatic Center
- ATVP

Physical Resources and Intangibles

- Palouse Divide
- Friendly biking/ pedestrian
- Vandal Family/ I Got Your Back
- Support Groups
- Green Dot/ Campaigns
- Campus and Community Relationships
- Mayor Bill Lambert and City Council
- Campus
- AOD advisory committee
- Moscow's Focus on Health
- Public Transportation
- Paradise Creek Trail
- Arboretum
- Golf course
- Frisbee golf course
- Moscow Mountain
- Moscow Mountain Biking Association
- Smoke Free Bars
- Bill Parks
- Campus Safe Walk
- Rec/fields
- Grove Fitness Center
- Fair and Affordable Housing Commission
- 1912 Center/ Spaces on campus
- Heated sidewalks
- Farmer's Market
- Advertising On and Off Campus