

Dreaming big: Collaborating to support student wellness and improve retention

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Brock University**

We will:

1. Recognize the importance of wellness and well-being for student success
1. Identify potential partnerships for developing wellness initiatives at their own institutions
1. Recall strategies to institute a wellness project/collection, from initial inception to execution.

Who are we?

The Wellness Team

Jennifer Thiessen (lead)

Martin Chandler

Evelyn Smith

Brooke Jones

Laurie Morrison



About Brock



Why Wellness?

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*“Mental health services on campuses were once seen as
“a fringe benefit”. ...
Now it’s part of everything we do.”*

Debbie Bruckner,
Senior Director of Student Wellness
University of Calgary

Wendy Glauser. *Postsecondary campuses responding to record anxiety and depression levels*. CMAJ December 04, 2017 189 (48) E1501-E1502; <http://www.cmaj.ca/content/189/48/E1501>

<http://bit.ly/OLAwellness>

Context: Our Student's Wellbeing

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15-24 year olds:

- Mostly likely group to suffer from mental illness, substance dependency & suicide¹
- Suicide is second leading cause of death (24%)
- Higher risk for mood disorders (depression & anxiety)

Ontario Results from Canadian Campus Survey 2004,:

- 47% reported stress,
- 32% reported worry and sleep loss,
- 31% reported being unhappy or depressed,
- 29% reported elevated levels of psychological distress³

1. Curtis J. Universities Step Up Mental-Health Efforts. University Affairs 2012

3. Adlaf EM, Demers A, Gliksman L. Canadian Campus Survey 2004. Toronto, Canada: Centre for Addiction and Mental Health; 2004

Context: Our Student's Wellbeing

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Canadian Post-Secondary Students Survey **REport (2016)**:

- 89.5% experienced overwhelm from their workload
- 64% reported experiencing overwhelming anxiety
- 44.4% reported at some point felt “too depressed to function”³

3. American College Health Association. American College Health Association-National College Health Assessment II: Canadian Reference Group Data Report Spring 2016. Hanover, MD: American College Health Association, 2016.

<http://bit.ly/OLAwellness>

The local context

Library Strategic Plan

Student Success: The Library expands its impact on student success by providing the competencies, tools and resources that learners need to excel in a changing environment.

Brock University Student Mental Health and Addictions Plan
(2017-2020)

Retention grants

<http://bit.ly/OLAwellness>



News

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More cat

Brock reinforced as No. 1 for mental health services in Maclean's ranking

TUESDAY, OCTOBER 08, 2019 | by [Kevin Cavanagh](#)



<https://brocku.ca/brock-news/2019/10/brock-reinforced-as-no-1-for-mental-health-services-in-macleans-ranking/>

Student Wellness Project aims to:

— — —

- Support academic success for first year students.
 - a. promote wellness, targeting high-stress times such as exams.
- Provide awareness of wellness initiatives and programming on campus.
- Increase opportunities to de-stress.
 - a. events and programming during high-stress times can encourage healthy breaks, social interaction and support.

Outcomes of the project

Wellness book collection

Game collection

Events and activities promoting wellness

<http://bit.ly/OLAwellness>

Getting feedback

Peer Health Educators

Survey to students attending
Health Fair

Reached out to residences

Other libraries

Need a Little Pampering?



We haven't planned any spa treatments (yet), but the Library would love to hear from you about how we can support your wellness & ease your stress.

New board games & craft kits are on their way.
Meditation sessions too.

Have other suggestions? Email esmith@brocku.ca

Wellness books



How did we do it?

Developed collection guidelines:

Body-positive, focus on student wellness, evidence-based, avoid pop psychology

Topics: exercise, economical cooking, nutrition, sleep, reducing stress

Feedback from: Peer Health Educators, Health Promotion Educator, Financial Services, other libraries

<http://bit.ly/OLAwellness>

Games



Focus group with Peer Health Educators

Other libraries



The details...

Stored behind services desk

Full count of pieces twice
a year

Circulate for 3 days

bit.ly/brocklibrarystressbusters

Games & Stressbusters for Loan

Need a Break? Take one at the Library or take one home! Choose from a variety of games and creative activities the Library has on offer. Put some play in your day! Visit the Ask Us desk in the James A. Gibson Library, or the Map, Data & GIS Library in MC C-306 to borrow.

We love getting suggestions for new games and activities! Share your favorites via email to libhelp@brocku.ca

BOARD GAMES		
SPORTS/EXERCISE EQUIPMENT		
PUZZLES		
CRAFTS & ART SUPPLIES		
Game	Location	Loan Period
Boggle	Ask Us Desk - James A. Gibson Library	3 days
Catan	Ask Us Desk - James A. Gibson Library	3 days

<http://bit.ly/OLAwellness>

Other wellness

Goals: long-term impact, can be re-used and/or inexpensive to purchase again

Button-maker and supplies, pencil crayons (for de-stress events and to lend-out), craft supplies, puzzles.

Light therapy lamps

'Busy boxes' for children available at Brock Library

THURSDAY, SEPTEMBER 12, 2019 | by Maryanne Firth



Search The Brock News



LATEST NEWS



Saturday night's women's basketball game postponed to Sunday morning

JANUARY 17, 2020



Brock pioneers breakthrough to link graduates with employers

JANUARY 17, 2020



Badgers host 'Pink Weekend' in support of Canadian Cancer Society

JANUARY 17, 2020



Brock Media Clips for Friday, Jan. 17

JANUARY 17, 2020

Thesis defences — Jan. 20 to Jan. 24

JANUARY 17, 2020



Zone 2 parking update: Friday, Jan. 17 at 8 a.m.

JANUARY 17, 2020

More Brock News

<https://brocku.ca/brock-news/2019/09/busy-boxes-for-children-available-at-brock-library/>

When your mom is taking a French class, you get to hang out with me and use the [@brock_library](#) busy box!



3

3

24



Brock University Library

@brock_library

Follow



Are you a [@BrockUniversity](#) student AND a parent? Come this September, you'll be able to borrow a "Busy Box" from the Brock University Library. On those days when your little ones tag along with you, you can borrow a box and keep them occupied. Stay tuned for details.



Popular items

Games:

Monopoly

Clue

Jenga

Pencil crayons

Books:

The gifts of imperfection (Brené Brown)

Don't sweat the small stuff-- and it's all small stuff

Make your bed: little things that can change your life ... and maybe the world

<http://bit.ly/OLAwellness>

Events

Opportunities to:

- De-stress
- Take a break
- Eat
- socialize

Exam de-stress



Exam coffee breaks

Coffee, treats

Colouring pages, play doh,
button-making, crafting



Puppies!



Zine- and button-making workshop



Brock Humanities
@brockhumanities



Take a study break! Pop into ST231 in the library to do a bit of cutting & pasting! Free button and zine-making courtesy of @miwsfpa. #BrockU



<https://twitter.com/brockhumanities/status/1072897253457752064>

Supporting mental health

Provided space, marketing
and promotion:

- Partnership with CMHA
Niagara and Brock
- Peer to peer drop-in
counseling
- Open Door
- Meditation sessions

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<https://brocku.ca/brock-news/2019/02/new-partnership-brings-additional-mental-health-resources-to-brock>

Collaboration and partnerships

Expertise in student
health and well-being

Knowledgeable about
student needs

Connections with students

Program ideas/needs

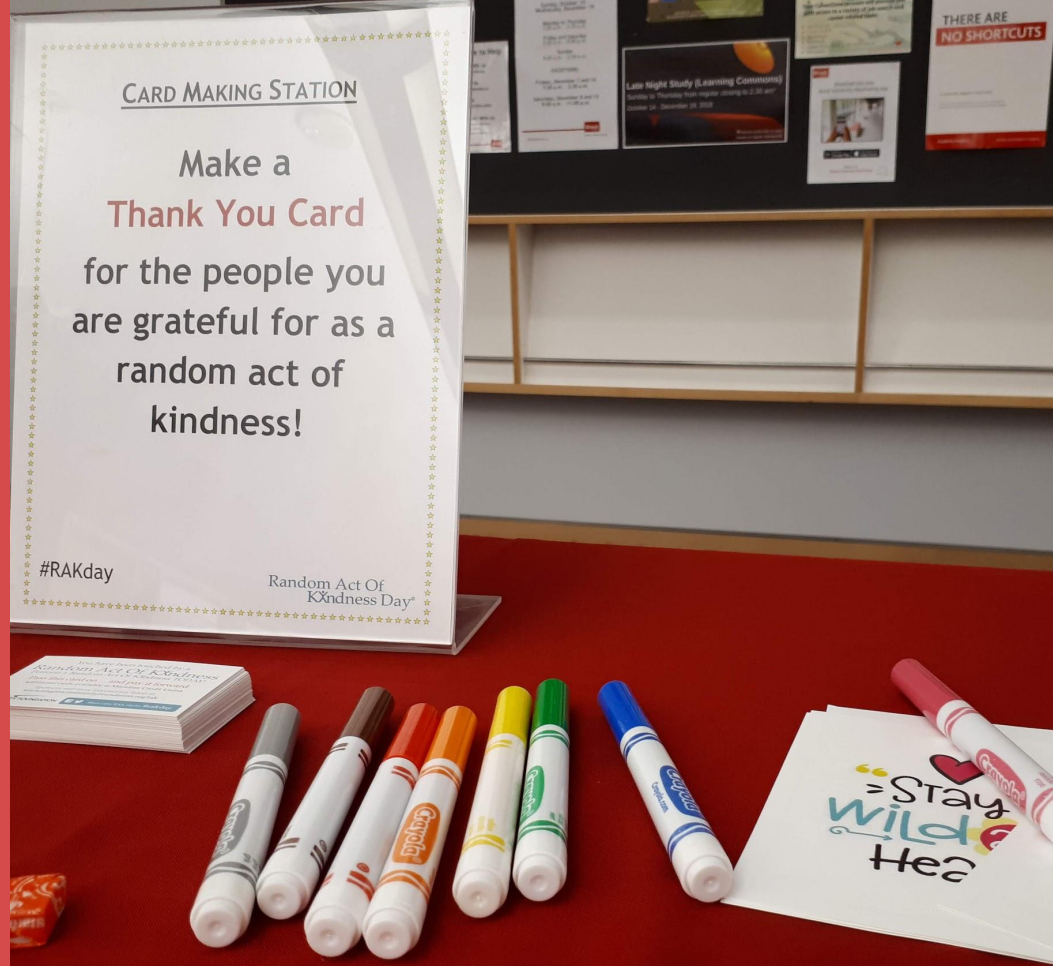
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Closing thoughts

Collaborations and partnerships key to success

Learn from experts in wellness; don't duplicate

Supporting student success through wellness central to our role



Questions?

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