Campus Health and Student Well-Being

October 2017

Julie Bonner, MD
Campus Health Officer
Executive Director of Norris Health Center
Basic Health Module

“The University of Wisconsin System recognizes that the present and future health of its students is among the most precious of its public resources. Students’ most pressing health concerns influence academic achievement and affect civility, citizenship, and connectedness. Attention to important health issues permits the university to educate and prepare learners as whole human beings.”

https://www.wisconsin.edu/regents/policies/basic-health-module
Impact of Norris Services on a Student’s Academic Performance

- Patient Satisfaction Survey Completed every semester for past 12 semesters
- Part of Norris’ Quality Improvement Program assessment is critical to Norris accreditation
- Average of 6 years data

56% of students who receive services at Norris Strongly Agree/Agree that their visit had a positive impact on their academic performance

Best said by UWM Students:

- * Treatment received enhanced my self-confidence, motivation, coping skills and/or confidence (10)
- * The care received at Norris alleviated or prevented an issue that would have otherwise interfered with class attendance or academic performance (17)
- * The process and/or staff were efficient, warm, nice, and inviting (11)
- * The on campus location, appointment availability, and affordability enabled me to receive care without missing class (7)
21% of clients were thinking of leaving school prior to counseling.

75% of these reported that counseling helped them stay in school.
Emergency Preparedness and Crisis Management

Sexual Violence and Safety

Alcohol and Other Drugs

Mental Health and Emotional Wellbeing

Health Access

UWM Campus Health Priorities Established 2016
### National College Health Data
#### Spring 2015 Survey

<table>
<thead>
<tr>
<th></th>
<th>UWM Survey Respondents</th>
<th>UW-System Survey Respondents</th>
<th>National Survey Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age</td>
<td>25.28</td>
<td>22.2</td>
<td>22.6</td>
</tr>
<tr>
<td>White</td>
<td>82%</td>
<td>88%</td>
<td>68%</td>
</tr>
<tr>
<td>Undergraduates</td>
<td>68%</td>
<td>89%</td>
<td>81%</td>
</tr>
<tr>
<td>Residential</td>
<td>21%</td>
<td>42%</td>
<td>42%</td>
</tr>
<tr>
<td>Total Respondents</td>
<td>827</td>
<td>7,806</td>
<td>93,034</td>
</tr>
</tbody>
</table>

**SURVEY TO BE REPEATED IN SPRING 2018 A CROSS UW-SYSTEM**
Within the last 12 months, have any of the following been traumatic or very difficult for you to handle?

<table>
<thead>
<tr>
<th>Issue</th>
<th>UWM (%)</th>
<th>UWS (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>48.1</td>
<td>44.6</td>
<td>45.1</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>33.4</td>
<td>24.5</td>
<td>26.4</td>
</tr>
<tr>
<td>Death of family member or friend</td>
<td>18.1</td>
<td>16.6</td>
<td>14.8</td>
</tr>
<tr>
<td>Family problems</td>
<td>28.6</td>
<td>25.3</td>
<td>27.0</td>
</tr>
<tr>
<td>Intimate relationships</td>
<td>33.4</td>
<td>30.5</td>
<td>30.2</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>27.3</td>
<td>25.2</td>
<td>25.4</td>
</tr>
<tr>
<td>Finances</td>
<td>42.3</td>
<td>34.7</td>
<td>33.5</td>
</tr>
<tr>
<td>Health problem of family member or partner</td>
<td>25.1</td>
<td>20.1</td>
<td>19.6</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>28.9</td>
<td>26.1</td>
<td>25.5</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>25</td>
<td>20.7</td>
<td>20.5</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>34.9</td>
<td>28.5</td>
<td>28.7</td>
</tr>
<tr>
<td>Other</td>
<td>12.3</td>
<td>8.6</td>
<td>9.2</td>
</tr>
<tr>
<td>Students reporting none of the above</td>
<td>19.6</td>
<td>25.4</td>
<td>25.9</td>
</tr>
<tr>
<td>Students reporting 3 or more of the above</td>
<td>56</td>
<td>48.3</td>
<td>48.7</td>
</tr>
</tbody>
</table>

**UWM Greater than 5% above UWS and National**
<table>
<thead>
<tr>
<th>Condition</th>
<th>UWM 2015 (%)</th>
<th>UWS/National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>33</td>
<td>31/30</td>
</tr>
<tr>
<td>Anxiety</td>
<td>27</td>
<td>24/22</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>23</td>
<td>21/20</td>
</tr>
<tr>
<td><strong>Work</strong></td>
<td><strong>21</strong></td>
<td>16/14</td>
</tr>
<tr>
<td><strong>Depression</strong></td>
<td><strong>20</strong></td>
<td>15/14</td>
</tr>
<tr>
<td>Cold/flu/sore throat</td>
<td>15</td>
<td>15/15</td>
</tr>
<tr>
<td>Relationship difficulties</td>
<td>12</td>
<td>10/9</td>
</tr>
<tr>
<td>Internet Use/Computer Games</td>
<td>11</td>
<td>11/11</td>
</tr>
<tr>
<td>Concern for troubled friend or family member</td>
<td>10</td>
<td>11/10</td>
</tr>
<tr>
<td>Finances</td>
<td>10</td>
<td>6/7</td>
</tr>
</tbody>
</table>

*Received a lower grade on an exam or important project; Received an incomplete or dropped the course; Significant disruption in thesis, dissertation, research or practicum work*
Effective Solutions Require a Community Effort

Public Policy
Community
Institutional
Interpersonal
Individual

From 2011 Campus Mental Health Task Force Cabinet Presentation and Recommendation for Chancellor’s Advisory Committee on Mental Health

Cornell University’s Campus Wide Approach to Student Mental Health
Timothy C. Marchell, PhD, MPH
Director of Mental Health Initiatives
Gregory T. Eells, PhD
Director of Counseling & Psychological Services
Evidence-Based Programming to Address Sexual Violence on the UWM Campus: Exploration of Prevention and Response Efforts

Biwaa Ruziva, Julie Bonner, MD, Melissa Ughtend, MPH, Crystal Jarczynski, MPH, Susan Cudahy, MPH, CHES
Joseph J. Zilber School of Public Health, UWM Norris Health Center

Philosophy 232: Fall 2017
Online Course

Happiness

FAME
ACHIEVEMENT
LOVE
VIRTUE
Honor

RELATIONSHIPS

Health

Money
Success
Faith
Pleasure

University of Wisconsin Milwaukee
College of Nursing
Emergency Preparedness
Community Tabletops and Functional Exercise

On-Campus Services
- Academic Partnerships
- Internships
- Capstone Projects
- Field Placements
- Research

Campus Connect
Suicide Prevention Training

Examples of Current Initiatives

Sexual Violence Grant
- On-line Alcohol and other Drug and Sexual Violence Prevention Training
- Healthy Choices Fall Welcome Program
- Bystander Intervention Training

Brief Screening and Intervention

Health and Safety Orientations
Dear Julie Bonner,

On behalf of our institution, I welcome you to an important non-classroom learning experience with us. Sexual violence is a significant issue on university campuses, and we at UWM view education as a critical component to prevent sexual violence. Completion of this course is also a requirement from the University of Wisconsin System for all UWM students.

As you review this course, I ask you to reflect on your own role at UWM as part of a caring community. UWM works continuously to provide robust and advanced sexual violence prevention, reporting, and response systems for our campus community, and you will receive information about campus resources related to sexual violence as part of this course. Ultimately, we hope this course helps you learn more and think deeply about these issues.

Mark A. Mone
Chancellor
Questions or Concerns
For questions, concerns, or to request a training for your office, please contact Lori Bokowy, slbokowy@uw.edu.

Please submit this form to indicate your interest in training. Sign up for the session that fits your schedule and you will receive a confirmation with a room assignment. You are only eligible to sign up for Booster training if you have previously taken Campus Connect. As the training includes some group discussion a minimum of 4 individuals need to be signed up to hold the training.

Campus Connect Training Sign Up Form Fall 2017

Name *
First
Last

Email *

Phone

Session Selection *
○ Campus Connect - Thursday, 9/28 9:00-11:30am
○ Campus Connect - Wednesday, 10/11 9:00-11:30am
○ Campus Connect - Tuesday, 10/24 2:00-4:30pm
○ Campus Connect - Friday, 10/27 2:00-4:30pm
○ Booster - Tuesday, 10/10 2:00-3:30pm
○ Booster - Friday, 11/3 12:00-1:30pm

Please choose the session you would like to attend. You are only eligible to sign up for Booster training if you have previously taken Campus Connect. You will receive a registration confirmation with training location information.

Submit
A Comprehensive, Public Health, Environmental Approach for Student Wellbeing

- These issues that have significant impact on individuals, but also on academics and campuses

- Individual level interventions are critical, such as counseling and health services, sexual violence advocacy services

- However, these are complex, interconnected issues that cannot be addressed in isolation and require comprehensive environmental approaches, such as:
  - Significant cooperation and collaboration among on and off campus entities to change the campus and community environment
  - Major ongoing time and commitment to make progress
  - Policy development
Conclusions and Next Steps

- There are more students coming to UWM with physical and mental health issues and these issues are more serious than in the past.
- These issues impact academic success of our students.
- These are complex, interconnected issues that require collaborative comprehensive strategies for prevention and intervention.
- UWM has seen positive results from our work to address issues such as high-risk drinking and suicide prevention—data shows we are making progress and need to continue to make progress.
- We need to focus our limited resources on our priorities.