What Our Health & Wellness Data Is Telling Us

September 2019
Assessments We Administer

• Not on an assessment cycle
  – NASPA Assessment and Knowledge Consortium Recreation and Wellness Benchmark
    • Administered Spring 2019 a sample of undergraduate and graduate students
  – Integrative Wellness Center Assessment
    • Administered Spring 2018 & 2019 to all Student Affairs Health & Wellness thematic area staff and sample of undergraduate and graduate students

• Administered every 3 years
  – National College Health Assessment (NCHA)
    • Last administered Spring 2018 a sample of undergraduate and graduate students
  – National Faculty Staff Health Assessment (NFSHA)
    • Last administered Spring 2018 a sample of undergraduate and graduate students
  – Healthy Minds
    • Last administered Spring 2019 a sample of undergraduate and graduate students
  – CIRP Freshman Survey
    • Last administered Summer 2018 to incoming admitted freshman
Stress Glorification doesn’t start developing at William & Mary
William & Mary students have a culture of giving & receiving help
## Informal Help Seeking

Received counseling or support for mental health from these sources, past year

<table>
<thead>
<tr>
<th>Source</th>
<th>2019</th>
<th>2016</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roommate</td>
<td>25%</td>
<td>24%</td>
<td>17%</td>
</tr>
<tr>
<td>Friend (not roommate)</td>
<td>55%</td>
<td>52%</td>
<td>44%</td>
</tr>
<tr>
<td>Significant Other</td>
<td>32%</td>
<td>31%</td>
<td>27%</td>
</tr>
<tr>
<td>Family Member</td>
<td>46%</td>
<td>44%</td>
<td>37%</td>
</tr>
<tr>
<td>Religious Counselor or Other Religious Contact</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Support Group</td>
<td>2%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>Other Non-Clinical Source</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>None of the Above</td>
<td>26%</td>
<td>28%</td>
<td>35%</td>
</tr>
</tbody>
</table>

(Healthy Minds)
Healthier than you Think
Flourishing

- 46% of students scored as having positive mental health, the same % in 2014 (Healthy Minds)
- 89% described health as good, very good or excellent - 91% male - 88% female (NCHA)
Creating a Culture of Consent
From big idea to lasting impact

1. Collaborative Relationships Built
2. Market testing message & logo with students
3. Identification of Critical Linked Issues
4. Social Media Outreach
5. Normalizing Consent
6. Building on the central message
7. Skills education & practice

Alcohol & Drugs
Contraception
Coercion
Long Term Relationships
Exercise is Medicine
Integrative Wellness Center Staff Data

Since Moving To New Wellness Center

- Provide better care: 19.4% Disagree, 8.3% Agree, 5.6% Strongly Agree
- More effective in role: 22.2% Disagree, 27.8% Agree, 22.2% Strongly Agree
- Do job more efficiently: 22.2% Disagree, 8.3% Agree, 5.6% Strongly Agree
- Visitation to office has increased: 19.4% Disagree, 22.2% Agree, 25.0% Strongly Agree

Collaboration Among Units

- Student Health: 19.1% (2018), 32.3% (2019)
- Counseling: 45.2% (2018), 17.1% (2019)
- Health Promotion: 22.5% (2018), 32.3% (2019)
- Campus Recreation: 30.0% (2019)
Finding #1 — Student Engagement with the New Center – Many of the students on campus are utilizing the McLeod Tyler Wellness Center, primarily for physical and mental health needs. Overall, they report generally positive interactions and would recommend the center services to a friend. Non-users identify increased awareness raising as the most influential factor for visitation.
Finding #2 – Design and Co-location are Driving Utilization –
Students initially visit with the intention of accessing intervention services related to physical and mental wellness, but factors such as the design of the new center and co-location of services are facilitating other types of engagement and encouraging increased utilization.