



BIG RED RESILIENCE & WELL-BEING

Student Affairs

ANNUAL REPORT
JULY 2019

Mission

Empower students to live their best lives, now and in the future.

Vision

Well-being will be part of every experience in the lives of Nebraska students.

Well-being Coaching

Well-being Coaches help students thrive and create the life they want, both now and in the future.

24

Peer Coaches Trained

Students can schedule free visits with a Well-being Coach to discuss strengths and improve nine dimensions of personal well-being.



CAMPUS

- Coordinated the 2018 Healthy Minds Study
- Initiated strategic planning and developed a 75-point action plan to build on existing student mental health, substance abuse, and suicide prevention efforts
- Identified 7 teams to develop Well-being Collaborative Council
- Engaged 34 faculty, staff, students, and campus partners as JED Team members

\$316,075 SECURED IN SPONSORSHIPS & GRANTS

Garrett Lee Smith (GLS) Suicide Prevention Grant \$305,409 (3 years)

Give to Lincoln Day \$4,316

Hoegermeyer Family Foundation Grant through the Food Bank of Lincoln \$2,400

Individual monetary donations to pantry \$3,200

Costco Grant through the Food Bank of Lincoln 5,936 item donation to Pantry

Nebraska Federal Credit Union member donations to Student Money Management \$750

PANTRY ITEMS

72,287

PROVIDED TO STUDENTS

Professional Development

6 presentations given at national, regional, & local meetings

Big 10 Health Promotion Meeting, Depression on College Campuses, Meeting of the Minds, Higher Education Financial Wellness Summit, NASPA Strategies, Nebraska Collegiate Consortium, National Collegiate Financial Wellness Conference, Nebraska Suicide Prevention Summit

Education & Outreach

HUSKER PANTRY

2018-2019 Outreach by the Numbers

3,131

STUDENT VISITS IN THE PANTRY

OCTOBER 2018 - JUNE 2019

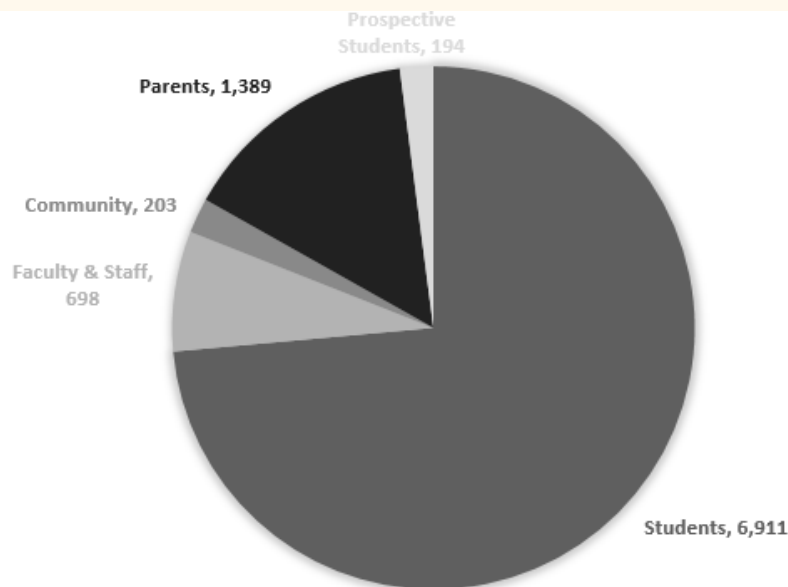
1,095

SUICIDE PREVENTION GATEKEEPERS TRAINED

SAFER SEX

5,000

CONDOMS DISTRIBUTED THROUGH PROTECTION CONNECTION



73 workshops, 19 staff trainings, 69 classes/orientations,

61 Financial Coaching Appointments

4 interns & 6 Healthy Huskers

Inaugural Events

RECESS

BRRWB students and staff collaborated with CAPS to provide students with a fun event, reminding them of the importance of taking a break and encouraging students to play for stress management.

RU OK? Days

Well-being Ambassadors engaged with students in the City Union and East Union to ask "How are you doing?" Students were able to engage with a variety of activities that focused on emotional health.

Gratitude Graffiti

Before leaving campus for Thanksgiving vacation, gratitude graffiti sites were setup with campus partners to encourage students to pause and express gratitude in writing.



2019 - 2020
Looking Ahead

- Student Money Management and Husker Pantry moving to Big Red Resilience & Well-being suite in the University Health Center
- Engaging student leaders: 34 Well-being Coaches, 23 Well-being Ambassadors, 8 Undergraduate REACH Trainers, 1 Graduate Assistant & seeking interns
- Training 2,000+ suicide prevention gatekeepers in REACH, for a total of 3,500 gatekeepers
- Implementing ScreenU as a component of a comprehensive alcohol prevention program
- Coordinating the 2019 National College Health Association (NCHA) Assessment
- Hosting the 2020 Higher Educational Financial Wellness Summit - July 19-21, 2020