



# BIG RED RESILIENCE & WELL-BEING

## Student Affairs

Annual Report

2019-2020

### Mission

TO 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



Career



Cultural



Emotional



Environmental



Financial



Intellectual



Physical



Social



Spiritual

## 2019-2020 HIGHLIGHTS

Added a collaborative position with Fraternity & Sorority Life, which helped expand the Well-being Coaching program

Recruited 50 new student volunteers as Ambassadors, Coaches, Money Coaches, Pantry Volunteers, & REACH Trainers

Coordinated the 2019 National College Health Assessment

Initiated the Collegiate Recovery Community

Collaborated with campus partners to launch Step UP! Bystander Intervention training

Partnered with Campus Recreation, Campus Dining, and the Nutrition & Health Promotion Association to offer weekly snacks and monthly lunches

CONNECTED WITH

# 8,221

STUDENTS THROUGH OUTREACH EFFORTS

## ACADEMIC PARTNERSHIPS

- 4th Week Survey (Husker Student POWER)  
Directly contacted more than 1,000 students to offer personalized support
- Money Coaching (Husker Hub)  
4 Money Coaches trained
- Monthly Well-being Activities (Graduate Studies)
- New Faculty Information Fair
- Campus Cares Grant supported by College of Education and Human Sciences, Hixson-Lied College of Fine and Performing Arts, & Institute of Agriculture and Natural Resources
- Nebraska Affordability Project
- Coat Drive with W.H. Thompson Scholars Learning Community  
120 coats provided to students
- Internships for College of Nursing, Community Health and Wellness, & Student Affairs Administration students  
33 internships supported

## Professional Development Completed by Staff

Alcohol and Hazing: Examining the Intersections and Considerations, ASCA\*, Collegiate Recovery Nebraska Collegiate Consortium (NCC)\*, BIG10 Fraternity and Sorority Life, BIG10 Health Promotion, Failsafe, Grant Writing\*, Higher Education Financial Wellness Summit\*\*, Motivational Interviewing with Jason Kilmer, NASPA Strategies, SBIRT (Screening, Brief Intervention, and Referral to Treatment)

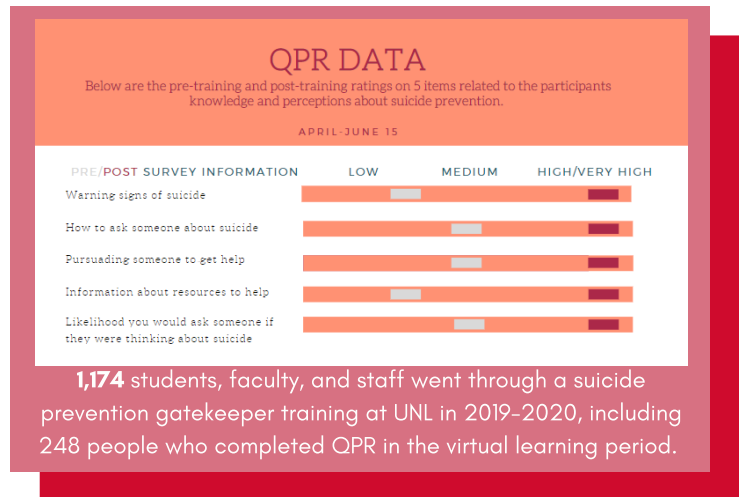
\*indicates presentation; \*\*indicates conference host



# Supporting Students Through COVID-19

Following the campus closure in March, Big Red Resilience & Well-being pivoted to offer support virtually in the following ways:

- Coordinated 4 well-being **check-in surveys**
- Initiated **10@10** on Instagram to provide students with well-being motivation in 10 minutes or less every day at 10 AM
- Connected with students by **phone, email, and Zoom** to offer well-being support
- Provided students with 2,000+ **meal tickets** to Campus Dining while Husker Pantry was closed
- Transitioned Husker Pantry to an exclusively **curbside pickup** model, ensuring students can safely procure food, school supplies, and hygiene products
- Developed **well-being articles**, written by Well-being Coaches and Well-being Ambassadors for Next@Nebraska



## HUSKER PANTRY

Fall 2019: Approximately 356 visits/month  
Spring 2020: Approximately 400 visits/month

384 new pantry users served in 2019-2020

## WELL-BEING COACHING

Students who went to Well-being Coaching say it is great to meet with someone and just talk about what's going on. They appreciated being heard.

120 Well-being Coaching appointments in 2019-2020  
1,076 students completed the Well-being Assessment

Each week, the BRRWB staff participated in about 53 Zoom meetings to keep supporting students

## FUNDING SOURCES

\$102,000 Garrett Lee Smith Suicide Prevention Grant  
Proposals submitted: Campus Cares (\$5,000)  
\$500 grant from Region V

\$32,400 University of Nebraska Foundation for Husker Pantry  
\$9,300 University of Nebraska Foundation for Collegiate Recovery Community (CRC)



- Expansion of the Collegiate Recovery Community
- Embedding Well-being Coaching into academic areas
- Support FSL well-being, including alcohol prevention efforts
- Transitioning all presentations to virtual-friendly formats
- Increase the number of students utilizing services
  - 5,000 students utilize Well-being Assessment
  - 1,500 students complete ScreenU
  - 1,000 students participate in Step UP! Bystander Intervention training
  - 100 students earn Well-being Certificate
- Enhance our focus on cultural well-being by creating a student advisory board on inclusivity
- Focusing on culture through Wake up to Well-being, and utilizing the Step UP! discrimination module