The coaches and ambassadors were combined into the ‘Well-Being Team’ consisting of 35 members.
A graduate administrative associate was hired for the Collegiate Recovery Community.
Our focus on well-being was enhanced in fraternity and sorority life by the addition of well-being chairs in most fraternities and sororities.
Through the annual coat drive, we provided 100 coats to UNL students in need.

WHAT'S NEW?
- Pop-Up Well-Being Coaching
- Well-Being Button on Canvas
- 10,000 Hits!!
- Well-Being Certification offered to students, faculty, & staff

IN THE NEWS
Big Red Resilience & Well-Being was featured in 42 articles locally and regionally about our services and programming.

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.

PROFESSIONAL DEVELOPMENT

National Presentations
- 1 NASPA National Conference Presentation
- 2 Higher Education Conference Presentations

Regional Presentations
- 2 Kansas Student Success Conference Presentations

Local Presentations
- 1 Nebraska Women's Leadership Network Fall Conference Presentation
## GRANT & FOUNDATION FUNDING BREAKDOWN:
In addition to student fee funding for which we are very thankful, we also have grant and foundation funds to support BRRWB!!

<table>
<thead>
<tr>
<th>Source</th>
<th>Purpose</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region V Systems</td>
<td>Suicide Prevention</td>
<td>$500</td>
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<tr>
<td>SafeProject</td>
<td>Collegiate Recovery Day</td>
<td>$500</td>
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<tr>
<td>National Association of College Auxiliary Services</td>
<td>Well-Being Pop-Ups</td>
<td>$5000</td>
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<tr>
<td>Communities Talk</td>
<td>Collegiate Recovery Day</td>
<td>$750</td>
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<tr>
<td>Substance Abuse and Mental Health Services Administration</td>
<td>Suicide Prevention</td>
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<td>NU Foundations</td>
<td>Husker Pantry</td>
<td>$60,000</td>
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<td>University of Nebraska Federal Credit Union</td>
<td>Support for BRRWB</td>
<td>$900</td>
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<td><strong>TOTAL:</strong></td>
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<td><strong>$169,650+</strong></td>
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## BY THE NUMBERS
- 200 well-being coaching appointments
- 50 well-being certifications
- 531 suicide prevention gatekeepers
- 740 students used ScreenU
- 2.5k students connected through outreach
- 92 presentations given
- 10 outreach events reaching 1k students
- 43 money coaching appointments
- 82k pantry items distributed

## ON THE SCREENS
- 10 videos created for asynchronous use
- Huskers Bounce Back Campaign
- CRC promotional video
- Alcohol and COVID-19
- Self-Care in Isolation
- Wake-Up to Well-Being Videos

## LOOKING AHEAD
- Grow the CRC
- Sober Tailgates
- Pop-Up Pantries
- Group Well-Being Coaching