

# Annual Report

2020

2021



**BIG RED RESILIENCE  
& WELL-BEING**

## 2021 HIGHLIGHTS

- 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!!

Source	Purpose	Amount
Region V Systems	Suicide Prevention	\$500
SafeProject	Collegiate Recovery Day	\$500
National Association of College Auxiliary Services	Well-Being Pop-Ups	\$5000
Communities Talk	Collegiate Recovery Day	\$750
Substance Abuse and Mental Health Services Administration	Suicide Prevention	\$102,000
NU Foundations	Husker Pantry	\$60,000
University of Nebraska Federal Credit Union	Support for BRRWB	\$900
<b>TOTAL:</b>		<b>\$169,650+</b>

## 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