

Supporting Hearts and Minds: Developing the Wellness Action Team for Captain's Health



Introduction

In the continuation of a project originally conceived by Anna Ferguson, '18, we spent the past year formally organizing the Wellness Action Team for Captain's Health, WATCH. WATCH is a student-faculty-staff triumvirate effort to ensure a community of wellness here at CNU. We've now officially formed under the Office of Student Affairs, reporting directly to Vice President Dr. Kevin Hughes.

What is "wellness"?

We define wellness not just as physical or mental health, but the combination of those two things with intellectualism, social relationships, environment, occupational satisfaction and safety, financial stability, and spirituality.



Action Plan

- 1) Met weekly during the fall semester
- 2) Created detailed vision, goals, and action plan
- 3) Circulated formation proposal to community stakeholders and leaders
- 4) Formed officially under Student Affairs in December, 2018
- 5) Coordinated with officials from Orientation, Student Affairs, Residence Life, and the Counseling Center
- 6) Created interweb page to provide information about WATCH and campus resources
- 7) Held a portrait series to share messages of empowerment and coping mechanisms with student, faculty, and staff participants
- 8) Held a community dialogue to define "Wellness" and discuss resources at CNU

Our Vision

"The Wellness Action Team for Captain's Health (WATCH) is a group of students, faculty members, staff, and community partners who seek to promote the institutional wellness of the CNU community, through collaboration with student organizations, campus offices, and academic faculty."

Goals

- 1) Promote communication about, and awareness of, mental health and wellness among students, faculty, and staff.
- 2) Identify and highlight current wellness initiatives at CNU, and build on community capacity to meet the mental health and wellness needs of students, faculty, and staff.
- 3) Promote and support mental health and wellness education on campus.



Rachel Wagner & Dr. Diane Griffiths

Portrait Series

This Spring, WATCH asked students, faculty, and staff to share messages of strength, coping mechanisms, or lessons they've learned to help them overcome challenges to any aspect of their wellness.



We had a total of 30 participants, and based on initial Facebook insights:

- 1) The portraits have been seen by ~12,000 individual users
- 2) ~3,900 individual users have interacted with the posts
- 3) Some of the top posts reached more than 1,500 people alone