



UNIVERSITY OF IOWA **STUDENT WELLNESS** **2021-2022** **ANNUAL REPORT**

IOWA

| Student Wellness

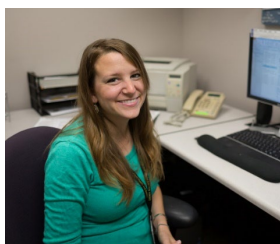


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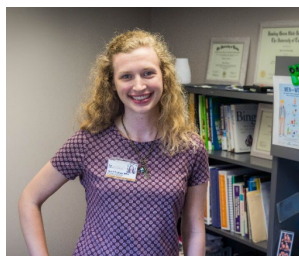
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Behavioral Health
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Student Staff

- Student Interns (5)
- Student Interventionists (3)
- Program Assistants (2)

Locations

- Westlawn
- Campus Recreation & Wellness Center

Services

- Nutrition consultations
- Fitness and exercise consultations
- Alcohol and other drug prevention, evaluation, and education
- Nicotine cessation consultations
- Sexual health supplies and information
- Stress management consultations
- Sleep program and consultations
- Educational outreach workshops on a variety of health topics
- Wellness coaching

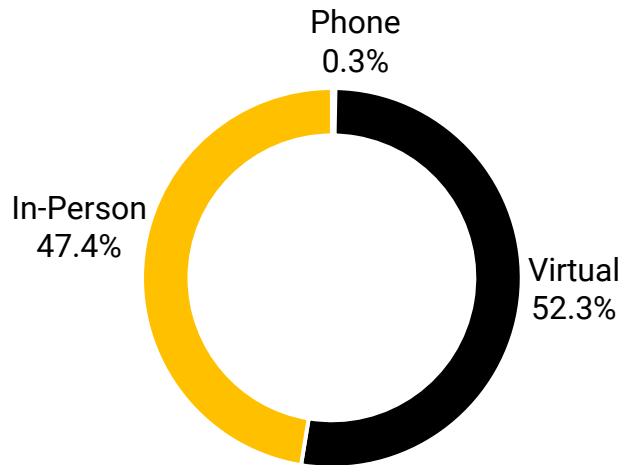
*Mission: Support student success
by promoting sustainable health
behaviors and fostering a culture
of wellness.*

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Summary of Individual Consultations

Total Consultations: 1,890



Alcohol & Drugs | 900

2020-2021: 1,080
2019-2020: 2,264

Fitness | 193

2020-2021: 90
2019-2020: 11

Mini Consults | 29

2020-2021: 9
2019-2020: 34

Nicotine | 3

2020-2021: 2
2019-2020: 11

Nutrition | 510

2020-2021: 547
2019-2020: 496

Sleep | 8

2020-2021: 4
2019-2020: 9

Stress Management | 65

2020-2021: 80
2019-2020: 102

Wellness Coaching | 182

2020-2021: 108

Evaluation & Outcomes of Individual Consultations

Of the 111 students that participated in a follow-up survey, the reported numbers are those that selected strongly agree or agree.

Expectations

- 87.4% reported the appointment met their expectations

Improved Wellness

- 86.5% learned about strategies for improving their wellness as a result of the appointment.

Changes in Behavior

- 82.9% made positive changes to a wellness behavior as a result of the appointment.

Connection

- 70.0% felt more connected to someone on campus as a result of the appointment.

Sense of Well-Being

- 80.9% felt a greater sense of overall well-being as a result of the appointment.

Individualized Experience

- 88.1% felt like their individual needs and interests were taken into consideration during the appointment.

Of those who took the survey, 55.2% were nutrition, 24.3% fitness, 11.7% stress management, 7.2% wellness coaching, and 1.0% sleep consultations.

Format of Appointment

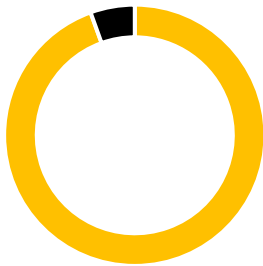
Students self-select the format of the appointment they register for. Of those who completed the follow-up survey, 34.2% preferred virtual and 65.8% preferred in-person. Mandated alcohol appointments, not included in this summary, preferred virtual (62.5%) over in-person (36.9%).

Summary of Outreach

Total Outreach: 15,287

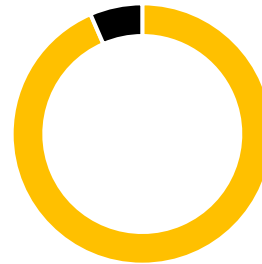
Of those who completed an evaluation
n=494

**Learned skills/information
that will be useful**



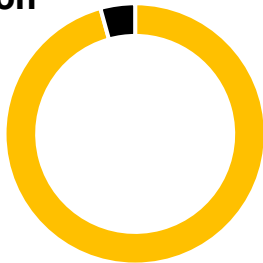
94.5%

**Will apply the tools/skills
learned to live a healthier
lifestyle.**



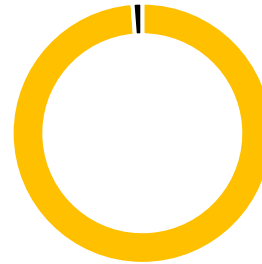
93.5%

**Thought the material was
presented in a well-organized
fashion**



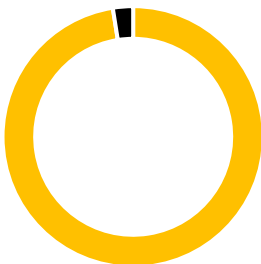
95.7%

Thought the speaker was effective



98.8%

Thought the program was effective



97.5%

Summary of Screenings

Total Screenings: 6,498

2020-2021: 6,512

2019-2020: 6,671

(AUDIT) Alcohol | 13

2020-2021: 12

2019-2020: 107

Bipolar Disorder | 136

2020-2021: 123

2019-2020: 523

Disordered Eating | 93

2020-2021: 85

2019-2020: 120

Opioids | 1

2020-2021: 1

2019-2020: 1

PTSD | 63

2020-2021: 55

2019-2020: 68

Wide Range Mental Health | 414

2020-2021: 403

2019-2020: 519

Alcohol eCHECKUP TO GO | 5,201

2020-2021: 5,243

2019-2020: 14,887

Anxiety | 275

2020-2021: 283

2019-2020: 386

Depression | 229

2020-2021: 230

2019-2020: 332

Gambling | 2

2020-2021: 0

2019-2020: 3

Overall Well-being | 33

2020-2021: 32

2019-2020: 21

Substances | 23

2020-2021: 12

2019-2020: 22

Cannabis eCHECKUP TO GO | 15

2020-2021: 32

2019-2020: 77

21 Days to Mindful Ways

21 Days of Mindful Ways is an online incentive program created in collaboration with the Health Communication and Coaching class. The goals of the program were to cultivate mindfulness, connection and physical well-being by completing daily challenges for three weeks.

Highlights

- 136 students registered
- 46.3% of students who registered completed the evaluation
- 100.0% of students who completed the evaluation would recommend this program to a friend
- A new discussion board feature was created that included 223 individual replies to topics



Making healthy and balanced choices in the following areas in last three weeks	Pre	Post
0 days=0; 1-2 days= 1; 3-4 days=2; 5-6 says=3; 7 days=4		
Physical Well-being (movement, nutrition, sleep, screen time) ***	2.1	2.4
Mindfulness (stress management, meditation) ***	1.0	1.7
Connection (getting outside, spending time with those they love, participating in groups) ***	2.1	2.6

*p<.05 **p<.01 ***p<.001

Notable Quotes

- "It was a very nice way for me to support myself as the semester comes to a close."
- "Thank you. I looked forward to everyday mindfulness time and it was worth it."
- "This was a great program to focus a little bit on self improvement everyday!"

BASICS

Brief Alcohol Screening and Intervention for College Students (BASICS) is an evidence-based program using a harm reduction approach. It is one of the higher levels of alcohol education offered by Student Wellness. It consists of 2 individual sessions which focus on personal feedback and reflection on alcohol and cannabis behaviors, and identification of strategies to reduce negative consequences.

Highlights

- 166 sessions of BASICS were attended in the 2021-2022 school year
- 83 students completed BASICS
- 54 students took the 3-month follow up survey
- 96.3% of students who completed the evaluation could name one-way BASICS helped them

Changes in alcohol use

n=46	Pre	Post
Average number of days of alcohol use in the last 30 days **	2.9	2.4
Any use in the last 30 days	93.5%	82.6%
Typical number of drinks *	4.5	3.8
High risk drinking occasions in last two weeks **	1.3	0.6
Forgot where they were or what they did in the last 30 days when drinking alcohol ***	39.1%	4.3%
Total number of consequences in the last 30 days due to alcohol use	1.1	0.6

*p<.05 **p<.01 ***p<.001

Notable Quotes

- *"I learned strategies to record my drinking habits and learned about misconceptions regarding alcohol."*
- *"BASICS has given me techniques in order to consume alcohol in a more safe fashion.."*
- *BASICS has helped me because it one made me realize I do not need to drink alcohol to have fun, but two if I do drink I know how to pace myself, and/or I know other ways to be safe while drinking including drinking water in between drinks or eating food before or during drinking.*

BinGO HAWKS is a 5-week program in which University of Iowa students were challenged to score as many bingos on their BinGO HAWKS card as possible. This was done by completing tasks that were focused around healthier eating, gratitude, sleep, and physical activity. The program took place from September 20 to October 24, 2021. Due to an accidental mistake in publishing new survey content, the data is limited on this program. This issue is fixed and will be ready for the next time the program is run.

Highlights

- 185 students registered for BinGO HAWKS
- 112 students completed the evaluation
- 93.7% of students who completed the evaluation had at least one bingo

Notable Quotes

- *"I enjoyed having a goal I needed to meet each day/week it helped me live a healthier lifestyle and it made it more fun."*
- *"The easy little changes you could make to your behavior that we're healthier while feeling rewarded with this program."*
- *"I really enjoyed everything, but maybe an in-person aspect for this program would be nice!"*
- *"I didn't really know anything about it before my professor told us about it, I would have loved to participate in previous years."*
- *"I have been actively trying to work on myself and these were all things stuff I was already trying to do. Having these reminders and giving myself these specific goals to complete helped with that!"*
- *"I liked having set goals on the bingo sheet that allowed me to vary the physical activity that I usually do or what I usually eat."*
- *"It was a great way to stay disciplined and keep myself on top of my health."*

Campus Wellness Leaders

Campus Wellness Leaders are students who influence their peers in promoting positive health behaviors. They are role models of wellness and offer health knowledge and advice to others. As a group, members meet to learn more about a range of wellness topics and how to apply this knowledge in everyday conversations with friends to make healthy choices.

Highlights

- 32 students on the roster including 16 new students
- 12 different students attended at least one meeting throughout the year
- 16 total meetings with the total attendance of 52
- 9 students attended plogging events
- 6 attended Red Watch Band Training
- 4 attended Recovery Ally Training through the UI Collegiate Recovery Program
- 2 students attended the "Project Happiness" lecture at Hancher
- All students who completed the evaluation developed a better understanding of the peer influence and felt a sense of community within Campus Wellness Leaders

Through their involvement with Campus Wellness Leaders, students rated their skills in each of these areas...	n=3
5 =excellent, 3= average, and 1 =needing a lot more education, skill-building, and experience	
Knowledge about general student health issues	3.7
Knowledge of campus resources	4.3
As a leader	3.7
As a role model	4.0
Motivational interviewing	3.0
Interpersonal communication skills with peers about health topics	4.0
Professionalism applicable to future involvement or career opportunities	4.0

Notable Quotes

- *"I love the casual gatherings and fruitful conversations we have! There's always a new person to meet and a new perspective to hear. This program provides a safe space for expression, support, and community."*
- *"[Enjoys] conversing about health and overall well being of the student body on campus."*

Collegiate Recovery Program

The University of Iowa Collegiate Recovery Program (CRP) provides an environment that supports the therapeutic and educational needs of Iowa students who are considering recovery, in recovery, or wanting to support those in any stage of recovery from addiction. The CRP is led by a partnership between Student Wellness and University Counseling Service.

Highlights

- Collaborator for Black & Goal'd Remix Tailgates that included 6 tailgates, 20 volunteers, and an average of 175 students at each tailgate
- Interviewed by KGAN CBS 2 and KFXA Fox 28 Iowa News Now for "Addicted Iowa" series
- Presented Recovery Ally Training to all Academic Advising Center staff
- Presented to Board of Regents meeting on substance use in April 2022
- Implemented and evaluated new workshop, Connection & Resilience Workshop
- Authored article for an Iowa Now story, as part of the Mental Health Postvention efforts
- Student Wellness student staff member applied for a Heider Grant to help support tailgates next year, awarded \$5,000
- Offered a weekly, confidential, drop-in support group during fall and spring semesters
- Average of 1.5 students at weekly, drop-in support group

Connection & Resilience Workshop

The University of Iowa Collegiate Recovery Program (CRP) offered a four-week workshop to provide an interactive workshop based on Brené Brown's Connections curriculum. It was marketed to University Counseling Service & Student Wellness clients, student organizations that focus on mental health, and to the general student body. Six students participated in four-week workshop.

Highlights

Self Compassion Scale	Pre	Post
<i>almost always=5; often=4; sometimes=3; seldom=2; almost never=1</i>		
When they fail at something important, they become consumed by feelings of inadequacy	3.4	3.2
When they fail at something that's important, they tend to feel alone failure	4.0	3.2
Are disapproving and judgmental about flaws and inadequacies	3.6	3.0
Are understanding and patient towards aspects of personality not liked **	2.8	4.2
Sees failings as part of the human condition	2.4	3.8
When something is upsetting, try to keep their emotions in balance	2.6	3.2

*p<.05 **p<.01 ***p<.001

Notable Quotes

- "I wish the workshop was longer. I can't begin to describe how much it has helped alongside individual therapy. I feel like I've developed a new perspective on my (and others') emotions and feelings. I'm excited to practice what I've learned because I know now I am capable to build the skills for creating and maintaining loving, truthful, and compassionate relationships with others and especially myself."*
- I really enjoyed this workshop a lot and the people involved. I hope you can continue to do this workshop and helps others in the same way you helped me.*

Healthy Hawk Challenge

The entire University of Iowa sophomore class was invited to take part in an online health risk assessment dubbed the Healthy Hawk Challenge (HHC), making this the ninth year it has been offered in some capacity. This tool provided personalized feedback on many health behaviors. Students who met specific high-risk criteria were asked to participate in the second part of the HHC, an evidence-based alcohol intervention aimed at lowering their risk. 54.1% of students were invited for part two.

Highlights

- 2,019 sophomores completed the HHC online survey
- 423 completed the three-month online follow-up evaluation
- 93.9% of students who completed the three-month online follow-up could list one thing they learned about their health after taking the HHC
- 94.8% of students who completed the three-month online follow up could list one way they had improved their overall health after taking the HHC

Campus Resource Utilization

- 47.1% students who completed the follow-up survey utilized a campus resource following the Healthy Hawk Challenge. The most common resources used by students were:
 - Student Health (28.7%)
 - University Counseling Service (21.7%)
 - Student Wellness (18.2%)

Alcohol Intervention & Education Snapshot

- 212 students completed the alcohol intervention
- 101 students who completed the alcohol intervention completed a three-month follow-up
- 135 students who completed the alcohol intervention in 2020-2021 completed a twelve-month follow-up

Behavior Change

*p<.05 **p<.01 ***p<.001

	Change after 3 months	Change after 1 year
Average typical BAC	.08 to .05 ***	.07 to .06 **
Percent who had any negative consequences from use in the last 30 days	89.5% to 67.4% ***	89.5% to 78.2% **
Average typical number of drinks	4.6 to 3.5 ***	4.4 to 3.9 *
How many days they drank alcohol in the last 30 days	4.5 to 3.9 ***	4.5 to 4.2
Any high-risk drinking (4+ for females, 5+ for males) in the last two weeks	58.9% to 52.6%	61.7% to 55.6% ***

1 year data from alcohol intervention participants from 2020-2021

Intuitive Eating

Intuitive Eating (IE) is an evidence-based approach that teaches students how to create a healthy relationship with mind, body, food, and exercise. Intuitive Eating workshops and programming launched in Fall 2011. All Intuitive Eating workshops are free for students and were in-person. One session was offered each semester.

Highlights

- An average of 12 students attended each IE session
- 84.6% of participants who completed the evaluation agreed that IE helped them create a healthy relationship with food
- 92.3% of participants agreed that IE helped them value balance, moderation, and variety in their eating
- 83.3% of participants agreed that IE helped them reject the “diet mentality”

Notable Quotes

- *“I absolutely loved this workshop so much! Although it was really short I at least feel like I have a general understanding of the principles and know how to start making progress!”*
- *“... I loved discussing during the presentations and it helped that there were people who could understand your struggles with your relationship with food and/or exercise.”*
- *“Great class! I feel like I’m walking the right path for my body. ”*
- *“I really liked when we opened the floor up to discussions and personal experiences. It gave me a voice and allowed me to empathize with others who I had no idea were going through the same things as me.”*

N=10	Pre	Post
(1=not confident; 2=somewhat confident; 3=confident; 4=very confident)		
Trust their body to tell myself what to eat	2.4	2.7
Trust their body to tell myself how much to eat	1.9	2.3
Give themselves unconditional permission to eat what it really wants	1.9	2.2
Respect and appreciate their body	2.2	2.6
Make food choices that honor health and makes them feel good	2.0	2.6
Distinguish between biological hunger and emotional hunger	2.1	2.5

*p<.05 **p<.01 ***p<.001

Light Therapy

Light Therapy is one way to help treat Seasonal Affective Disorder (SAD), a form of depression associated with the lack of natural light during the winter months. Student Wellness and University Counseling Service offer students the ability to check out light boxes to try for free. Undergraduate Student Government funded the initiative, which began in November of 2018. Students may check out a light box for up to one month.

Highlights

- 107 total light box check outs
- 86.0% of checkouts were from the CRWC, (92) compared to 14.0% at Westlawn (15)
- 70.6% of students agree that they found light therapy to be effective
- 52 students completed the evaluation

Students reported being bothered in the past two weeks by the following problems:	Pre	Post
Not at all =0; Several days=1; More than half the days=2; Nearly every day=3		
Little interest or pleasure in doing things ***	1.3	0.6
Feeling down, depressed, or hopeless***	1.2	0.4
Trouble falling or staying asleep, or sleeping too much***	1.3	0.6
Feeling tired or having little energy***	1.6	0.7
Poor appetite or overeating**	1.1	0.7
Feeling bad about themselves - or that they're a failure or have let themselves or their family down ***	1.0	0.3
Trouble concentrating on things, such as reading the newspaper or watching TV ***	1.4	0.4
Moving or speaking so slowly that other people could have noticed. or the opposite - being so fidgety or restless that they've been moving around a lot more than usual***	0.7	0.1
Overall sum of scores***	9.7	3.9

*p<.05 **p<.01 ***p<.001

Notable Quotes

- *"I have borrowed a HappyLight from Student Health to manage my depressive symptoms daily since November. The HappyLight has effectively improved my depression during the winter season."*
- *"I just really appreciate this service from the university!"*

Look Once, Think Twice

Look Once, Think Twice (LOTT) is a group class based on bystander awareness principles. LOTT is offered to students who are found responsible for being in the presence of, but not consuming, alcohol or cannabis in the residence halls. The aim of LOTT is to help empower students to speak up and/or remove themselves from situations they find to be uncomfortable or against their personal beliefs.

Highlights

- 8 sessions offered throughout the year, all in-person
- 77 students attended LOTT training during the 2021-2022 academic year
- 61 students completed the post-survey
 - 90.2% agreed or strongly agreed that they could think more critically about how their choices align with their values
 - 91.8% agreed or strongly agreed that they learned new ways to act as an active bystander
 - 93.3% agreed or strongly agreed that they were more comfortable taking action in a situation that could have a negative outcome

How students responded to scenarios where they chose to intervene

- *"Make sure that they are ok and take precautions to get them out or make sure they're in a safe place. You could also stay with them during the party to make sure they are not in harms way."*
- *"I could stay with them and help them get home, or I could find their friend or roommate and have them bring them home."*

Explanation of how choosing to intervene can affect a personal value of achievement.

- *"Choosing to intervene in this situation can affect a personal value of achievement because I want to succeed in school, focus on work, and not get in trouble. This would hinder my achievement as it is not okay, and I could get in trouble with the university and suffer bad consequences preventing me from achieving my goals."*
- *"Intervening in this situation would affect a personal value of achievement because I would be standing up for what I believe is right and use the methods I have learned to stand up for myself and what I believe in"*

Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to college students. Participants learn different meditation practices to help cope with negative emotions and stress by staying present in the current moment. This year, Student Wellness offered seven Koru Basic workshops, two three-hour silent retreats, Koru 2.0, an advanced workshop for students who completed the Koru Basic workshop, and Mid-Day Mindfulness, a weekly, drop-in virtual meditation over Zoom.

Highlights of Koru Basic Workshop

- 63 students attended at least one session of Koru Basic
- 100% of students who completed the survey would recommend the workshop to a friend
- 100% of students who completed the survey indicated they would do something differently in their life as a result of the workshop

In the last month, how often have participants n=24	Pre	Post
(0=never; 1=almost never; 2=sometimes; 3=fairly often; 4=very often)		
Felt that they were unable to control the important things in their life *	2.4	1.7
Felt nervous and stressed ***	3.0	2.4
Felt confident about their ability to handle their personal problems **	2.2	2.8
Found that they could not cope with all the things that they had to do *	2.3	1.9
Felt that they were on top of things **	2.0	2.5
Been angered because of things that happened that were outside of their control **	2.4	1.6
Felt difficulties were piling up so high that they could not overcome them **	2.4	1.6
Been able to notice their thoughts without judgment **	1.8	2.5
Been able to focus on the present moment **	1.8	2.5
Had difficulties with sleep (e.g., falling or staying asleep, waking too early) **	2.1	1.3
Got enough sleep to feel rested ***	1.8	2.8
Number of drinks on a typical night of drinking *	2.1	1.6
High-risk drinking (4+ for females, 5+ for males) in the last two weeks	12.0%	20.0%

*p<.05 **p<.01 ***p<.001

Highlights of Silent Retreat & Koru 2.0 Workshop

Silent Retreat

- 16 students in total attended the two three-hour silent retreats
- 90% of students who completed the follow up survey from the retreat stated they would do something in their life differently as a result of the retreat
- 90.0% of students shared they would recommend the retreat to a friend

Notable Quotes from Silent Retreats

As a result of the workshop, what will you do differently in your life?

- *"I have learnt how to calm down. I will try to practice it when I am anxious"*
- *"Recognize when I am not breathing well and practice movement so as to be more kind to myself".*
- *"I am going to use the meditation techniques learned to better approach the stress that I face on a daily basis. I am looking forward to practicing the eating meditation and savoring the aspects of eating that I would otherwise be too busy to notice."*

Koru 2.0 Workshop

- 6 students completed Koru 2.0 workshop in Spring 2022
- 100% of the students who completed 2.0 stated they will do something in their life differently as a result of the workshop
- 100% of the who completed 2.0 would recommend the workshop to a friend

Notable Quotes from 2.0 Workshop

- *"Every college student needs this - every student at the University of Iowa needs this [Koru 2.0 Workshop]!"*
- *"I feel great every week after the workshop. It definitely brought positive changes to my life."*
- *"I would have been not having such a good life without being able to attend this workshop. It changed my mind."*

Pieces

Pieces is one of Student Wellness' alcohol education programs. Pieces consists of two individual sessions which focus on personal reflection of alcohol-related behaviors, identification of strategies to reduce negative consequences, and alcohol education. Current research indicates brief, individual sessions based on personal feedback are more effective with college students than group education

Highlights

- 240 Pieces sessions were attended in the 2021-2022 school year
- 118 students completed Pieces
- 83 students took the 3-month follow-up survey
- 96.4% of students could list at least one way PIECES has helped them

Behavior Changes	Pre	Post
Alcohol Use		
Previous use in the last 30 days ***	92.0%	65.3%
Typical number of drinks per occasion *	4.0	3.3
Average Blood Alcohol Concentration (BAC) **	0.05	0.03
High-risk drinking (4/5+ drinks/occasion) in last two weeks *	50.7%	37.3%
Negative Consequences (past 30 days)		
Did something they later regretted **	16.0%	4.0%
Had a hangover *	40.0%	24.0%
Any negative consequences ***	53.3%	30.7%
Any risky drinking behaviors ***	73.3%	44.0%

*p<.05 **p<.01 ***p<.001

Notable Quotes

- *"PIECES really helped me learn more about the effects of alcohol on a person and how the body reacts. I also learned a lot about myself and how I can drink responsibly and still have a great time."*
- *"I enjoyed the kindness that was delivered by the counselor and that made me open up more about my case and situation."*

Quit Like a Woman Book Club

"Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol" by Holly Whittaker book club was offered Spring 2022 as a partnership of the Dean of Students Office & Student Wellness. The group met every two weeks in either an in-person and virtual format. Following the conclusion of reading the book, participants were invited to the author's University Lecture presentation.

Highlights

- An average of 3.6 students attended each book club meeting
- 26 students attended a meeting at any point of the program
- 12 students completed the follow-up survey
- 83.3% of students who completed the follow-up survey joined so they could discuss the culture of alcohol generally while 66.7% joined so they could engage in thoughtful discussion with others regardless of topic
- 57.1% of students who completed the follow-up survey attended one or more of the book club meetings.
- 71.4% of students who completed the follow-up survey would be interested in participating in future reading discussions around the topic of alcohol

Notable Quotes

- *"Even though I was unable to participate in the discussions do to conflicting times and heavy class workload I greatly appreciate the opportunity and I enjoyed reading this book. Thank you!"*
- *"...while I didn't attend, I did read along with the schedule. This book made me feel very seen and I appreciated how in this book, my opinion was never pushed aside. I always felt supported in how I feel towards alcohol and that was very refreshing, for its not something I feel I've ever really gotten to experience before. This book club was a great idea and I thank you guys so much."*
- *"It can be hard to have honest conversations about things like alcohol, but I felt very supported in this group as I explored my relationship with alcohol and my personal decision to not drink. I wasn't able to make it to the final meetings because of some other things that I had going on, but I truly enjoyed what I was able to attend!"*
- *"I just thought it was really interesting to hear from the author herself, and one thing that stood out to me was when she was talking about how alcohol is treated as a college coming of age ritual, and compared it to traditional coming of age rituals around the world. The contrast between them was so interesting and made me long for a more holistic celebration of adulthood and independence."*

The Red Watch Band Program focuses on knowledge, skill, and confidence building regarding preventing death from alcohol overdose. Students are taught the knowledge and skills to "make the call," and using role plays, given opportunities to build confidence to intervene on behalf of another. Red Watch Band was offered for a limited time this year due to grant funding. Ten sessions were offered after spring break.

Highlights

- 161 students participated in a Red Watch Band training
- 98.4% of students were satisfied with the training
- 98.9% of students would recommend Red Watch Band to a friend

Behavior Change

	<i>Pre</i>	<i>Post</i>
<i>strongly disagree=1; disagree=2; neither agree nor disagree=3; agree=4; strongly agree=5</i>		
Felt confident in ability to respond effectively as a bystander in an alcohol-related emergency ***	3.4	4.8
Number of correct signs of alcohol poisoning ***	1.3	2.7
Number of correct actions to help someone who may be experiencing alcohol poisoning ***	1.0	2.6
Could name 3 signs of alcohol poisoning ***	69.2%	98.9%
Could name 3 actions needed to help someone ***	84.6%	98.9%

*p<.05 **p<.01 ***p<.001

Notable Quotes

- "I truly hope more students can take it, it's quick and to the point but very relevant to college students."
- "I felt like this was very informative and I feel more confident that I could perform in a situation where CPR is needed."

Refresh

Refresh aims to provide Hawkeyes with the skills, strategies and support to achieve more restful nights. Students can participate via email or app. In the first portion, the app helps students assess their sleep habits through questionnaires and sleep monitoring. The second portion of the program guides students through their customized sleep improvement plans, providing them with strategies, skills and support along the way.

Students can have a sleep consultation or can also check out a heart rate monitor to go with the app version. Starting in April 2019, SleepRate provided a sponsorship for the program.

Highlights

- 185 students registered for the program
- 121 students completed the evaluation
- 97.8% used the phone app (181) and 2.2% used the email version (4)
- 66.7% of app users reported doing at least half of the practice activities

Refresh Measurements	Pre	Post
Percent with high insomnia scores (10+) ***	81.0%	48.3%
Total sleep disturbance score (PROMIS) **	25.2	22.2

*p<.05 **p<.01 ***p<.001

Behavior Change

Evaluation of the Refresh program yielded positive results on all sleep measures, and significant changes (in the past 7 days) were found in the following measures:

Reductions in:

- Difficulty falling asleep ***
- Difficulty staying asleep ***
- Problems waking too early ***
- The extent that their sleep problem interferes with daily functioning ***
- Worry about current sleep problem ***

Increases in:

- Refreshing sleep ***
- Satisfaction with their current sleep pattern ***
- Sleep quality ***

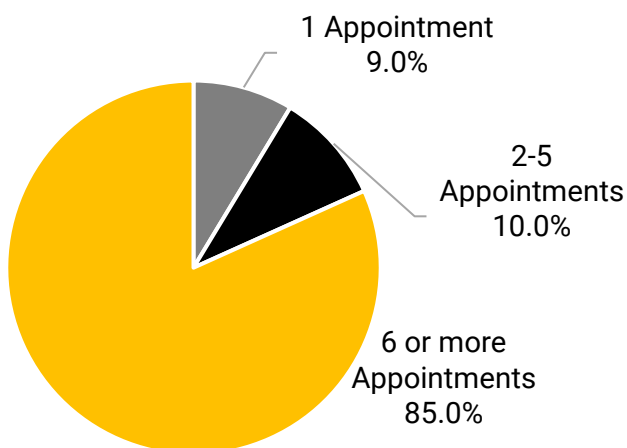
Wellness Coaching

Wellness coaching is a free service that allows students to work one-on-one with a Student Wellness staff member to overcome barriers and achieve health and wellness related goals. Wellness coaches take a positive approach to personal development, focusing on strengths and encouraging students along the way. The initial wellness coaching session is 60 minutes and follow-up sessions are scheduled every 2 weeks for 45 minutes.

Highlights

- 66 students registered for wellness coaching
- 35 students completed an initial wellness coaching session
- 100.0% of students that completed the follow-up reported that they learned strategies for improving their wellness
- 100.0% of students that completed the follow-up reported that they made positive changes to a wellness behavior
- 87.5.% students of students that completed the follow-up reported that they felt a greater sense of well-being

Wellness Coaching Relationship Length for Students who Completed an Initial Appointment



n=8	Pre	Post
Never=0; Rarely=1; Sometimes=2; Frequently= 3; Most of the time=4		
Felt a deep satisfaction in their life	2.4	2.8
Felt a sense of satisfaction in their academic/job performance.	2.6	3.0
Felt a sense of gratitude and appreciation for what they have.	3.2	3.6

Notable Quotes

*p<.05 **p<.01 ***p<.001

- *I am so happy that I started Wellness Coaching and have the accountability of sharing successes and failures with someone with deep knowledge.*
- *My experience with my wellness coach met and exceeded my expectations. I learned so many skills and established better habits in my life!*