Services

- Alcohol and other drug prevention, evaluation, and educational consultations
- Educational outreach workshops on a variety of health topics
- Fitness and exercise consultations
- Light therapy program
- Mindfulness workshops and retreats
- Nicotine support
- Nutrition consultations
- Sexual health supplies and information
- Sleep program and consultations
- Stress management consultations
- Wellness coaching

Student Staff

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

Locations

- Westlawn
- Campus Recreation & Wellness Center
Keanna Knutson
Behavioral Health Consultant

Abbey Amond
Dietitian

Karen Grajczyk-Haddad
Senior Behavioral Health Consultant

Trish Welter
Associate Director

Becca Don
Senior Behavioral Health Consultant

Briana VerSteeg
Behavioral Health Consultant

Haley Wolf
Behavioral Health Coordinator

Haley Melchert
Behavioral Health Consultant
Student Wellness Mission

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

Contents

Summary of Individual Consultations .......................................................... 5
Evaluation & Outcomes of Individual Consultations ..................................... 6
Summary of Outreach .................................................................................... 7
Summary of Screenings ............................................................................... 8
Alcohol & U ................................................................................................. 9
BASICS ...................................................................................................... 10
BinGO HAWKS ......................................................................................... 11
Collegiate Recovery Program ...................................................................... 12
Flourish in Four ........................................................................................ 13
Healthy Hawk Challenge ........................................................................... 14-15
Intuitive Eating .......................................................................................... 16
Mindfulness ............................................................................................... 17-18
Mirage ....................................................................................................... 19
Pieces ......................................................................................................... 20
Red Watch Band ......................................................................................... 21
Refresh ...................................................................................................... 22
Thrive in Three .......................................................................................... 23
Wellness Coaching ....................................................................................... 24
Summary of Individual Consultations

Total Consultations: 1,882

Alcohol & Drugs | 717
- 2022-2023: 785
- 2021-2022: 900
- 2020-2021: 1,080

Fitness | 288
- 2022-2023: 202
- 2021-2022: 193
- 2020-2021: 90

Intuitive Eating | 31
- 2022-2023: 34

Mini Consults | 24
- 2022-2023: 20
- 2021-2022: 29
- 2020-2021: 9

Nicotine | 9
- 2022-2023: 13
- 2021-2022: 3
- 2020-2021: 2

Nutrition | 473
- 2022-2023: 580
- 2021-2022: 510
- 2020-2021: 547

Sleep | 6
- 2022-2023: 9
- 2021-2022: 8
- 2020-2021: 4

Stress Management | 86
- 2022-2023: 73
- 2021-2022: 65
- 2020-2021: 80

Wellness Coaching | 248
- 2022-2023: 193
- 2021-2022: 182
- 2020-2021: 108

Virtual 44.7%
In-Person 55.3%
Evaluation & Outcomes of Individual Consultations

Of the 109 students that participated in a follow-up survey, the reported numbers are those that selected strongly agree or agree.

Expectations
• 92.7% reported the appointment met their expectations

Format of Consultation
• 93.6% reported they liked the format of their appointment, in-person or virtual

Improved Wellness
• 89.9% learned about strategies for improving their wellness as a result of the appointment.

Changes in Behavior
• 85.3% made positive changes to a wellness behavior as a result of the appointment.

Connection
• 72.9% felt more connected to someone on campus as a result of the appointment.

Sense of Well-Being
• 85.3% felt a greater sense of overall well-being as a result of the appointment.

Individualized Experience
• 93.6% felt like their individual needs and interests were taken into consideration during the appointment.

Distribution of Survey Responses by Appointment

- Nutrition: 44.0%
- Fitness: 23.9%
- Wellness Coaching: 18.3%
- Stress Management: 12.8%
- Sleep: 0.9%
- *Alcohol & other drug appointment consultation evaluations are on corresponding pages.
Summary of Outreach

Total Outreach: 20,634
Of those who completed an evaluation
n=2,329

Personal well-being improvement

- Very improved: 16.7%
- Slightly improved: 16.7%
- Moderately improved: 66.7%
- Not at all improved: 0.0%

Inclusive of identities

- Not inclusive at all: 0.0%
- Very inclusive: 83.3%
- Moderately inclusive: 16.7%
- Slightly inclusive: 0.0%

Extent of learning new information

- Learned quite a bit: 41.8%
- Learned a little bit: 15.4%
- Learned some: 39.9%
- Did not learn any: 2.8%

Likelihood of application to personal well-being

- Not at all likely: 1.6%
- Very likely: 57.1%
- Somewhat likely: 11.7%
- Moderately likely: 29.6%

Likelihood of recommending program to a friend, classmate
1, meaning not likely at all to 10, extremely likely

- Not at all likely: 1.1%
- Not likely: 2.0%
- Somewhat likely: 2.5%
- Likely: 3.2%
- Very likely: 7.0%
- Not at all likely: 8.1%
- Not likely: 20.1%
- Somewhat likely: 18.9%
- Likely: 9.3%
- Very likely: 27.7%
Screenings

Total Screenings: 7,276
2022-2023: 6,622
2021-2022: 6,498

(AUDIT) Alcohol | 1,315
2022-2023 : 13
2021-2022 : 12

Anxiety | 65
2022-2023 : 275
2021-2022 : 283

Bipolar Disorder | 22
2022-2023 : 136
2021-2022 : 123

Depression | 55
2022-2023 : 229
2021-2022 : 230

Disordered Eating | 34
2022-2023 : 93
2021-2022 : 85

Gambling | 11
2022-2023 : 2
2021-2022 : 0

Opioids | 0
2022-2023 : 1
2021-2022 : 1

Overall Well-being | 163
2022-2023 : 33
2021-2022 : 32

PTSD | 9
2022-2023 : 63
2021-2022 : 55

Substances | 6
2022-2023 : 23
2021-2022 : 12

Wide Range Mental Health | 218
2022-2023 : 414
2021-2022 : 403

Alcohol eCHECKUP TO GO | 3,030
2022-2023 : 5,641
2021-2022 : 5,201

Cannabis eCHECKUP TO GO | 10
2022-2023 : 15
2021-2022 : 32
Alcohol & U

Alcohol & U is a three-tiered alcohol education intervention for Fraternity & Sorority Life students facilitated by Student Wellness staff. This year, Part 2 was implemented, which focused on individual substance use and bystander intervention. This program was modeled from evidence-based interventions, including Alcohol Skills Training Program (ASTP).

Highlights

- 32 organizations completed Alcohol & U Part 2
- 1,884 students attended Alcohol & U in the 23-24 academic year
- 1,671 students completed a brief evaluation at the conclusion of the training and 146 students completed the one-month online follow-up evaluation

Changes in alcohol use among those who participated in the follow-up evaluation

<table>
<thead>
<tr>
<th>Measure</th>
<th>Baseline</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Alcohol Concentration (BAC)</td>
<td>.07</td>
<td>.06**</td>
</tr>
<tr>
<td>Typical number of drinks in a night</td>
<td>5.0</td>
<td>4.2***</td>
</tr>
<tr>
<td>Days of reported alcohol use in the last month</td>
<td>6.4 days</td>
<td>5 days ***</td>
</tr>
</tbody>
</table>

Overall Satisfaction of the Program

Immediately after the training (n=1,671)...  
- 77.4% reported that their personal well-being improved (moderately improved or very improved) as a result of participation in the program
- 94.1% reported the presentation was inclusive (moderately or very inclusive of their identities
- 81.2% learned new information or skills
- 98.4% reported they would apply what they learned to their personal well-being

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

Personal Use & Alcohol Education Content

As a result of the training (n=146)...  
- 91.8% assessed their own drinking behaviors
- 97.3% could identify factors that influence intoxication
- 97.9% understood how BAC works and what levels of BAC are dangerous
- 97.9% will implement or share protective strategies to reduce negative consequences from drinking alcohol

As a result of the training (n=146)...  
- 97.4% learned new ways to think about issues related to alcohol
- 95.0% have changed their relationship with alcohol for the better

Alcohol Bystander Content

As a result of the training (n=146)...  
- 92.8% of students feel confident in their ability to respond effectively as a bystander in an alcohol-related emergency
- 85.4% of students accurately identified at least one sign of alcohol poisoning
- 78.9% of students accurately identified at least one action to help someone with suspected alcohol poisoning
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**
- 131 sessions of BASICS were attended in the 2023-2024 school year
- 66 students completed BASICS
- 49 students took the 3-month follow up survey

**Changes in Alcohol Use**

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average number of days of alcohol use in the last 30 days **</td>
<td>2.7</td>
<td>2.3</td>
</tr>
<tr>
<td>Any use in the last 30 days</td>
<td>85.1%</td>
<td>76.6%</td>
</tr>
<tr>
<td>Typical number of drinks ***</td>
<td>4.7</td>
<td>3.3</td>
</tr>
<tr>
<td>High risk drinking occasions in last two weeks *</td>
<td>.9</td>
<td>.6</td>
</tr>
<tr>
<td>Forgot where they were or what they did in the last 30 days when drinking alcohol ***</td>
<td>29.8%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Regretted something they did when drinking ***</td>
<td>38.3%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Paced their drinks over time</td>
<td>29.8%</td>
<td>46.8%</td>
</tr>
<tr>
<td>Total number of consequences in the last 30 days due to alcohol use ***</td>
<td>1.5</td>
<td>0.6</td>
</tr>
</tbody>
</table>

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

**Notable Quotes**
- “BASICS provided me with tips and lessons on how to consume alcohol in the safest manner possible”
- “It helped me to realize what an appropriate amount of alcohol is according to my weight, height, etc. It also taught me the importance of tracking how many drinks I have and over how long, as it can sometimes take more time for you to physically feel the effects of alcohol.”
- “Helped me take a step back to focus on myself as a whole.”
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 25 to October 29, 2023.

**Highlights**
- 126 students registered for BinGO HAWKS
- 31 students completed the evaluation
- 51.6% of students who completed the evaluation had at least one bingo
- Total weekly physical activity increased from 178.2 minutes to 356.4 minutes.

**Results**

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Servings of Fruits &amp; Vegetables</td>
<td>2.4</td>
<td>3.3</td>
</tr>
<tr>
<td>Days Per Week, Feeling Well Rested</td>
<td>3.0</td>
<td>4.3</td>
</tr>
<tr>
<td>Days Per Week, Mindfulness or Gratitude Practice</td>
<td>3.3</td>
<td>4.7</td>
</tr>
</tbody>
</table>

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

**What Students Said**
- “I think this program is an excellent way to practice mindfulness and healthy living, especially for busy student. I think everyone should try it.”
- “The program provided great challenges for each week that could turn into habits. It also included many resources.”
- “I really find this activity helpful, however I always forget to keep track of what I did in the bingo card or quizzes.”
- “It gave me a fun reason to practice health and wellness activities. I’m glad that it was offered because it gives motivation and good ideas.”
- “Having to eat a variety of vegetables because usually I only go for broccoli. But it did encourage me to try Brussel sprouts, which I did end up liking.”
- “It is helpful if you are willing to be involved but if your schedule is busy/conducive to it, it is hard.”
- “I thought this was a fun challenge for people looking to improve their health!”
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**

• Collaborated with Campus Activities Board (CAB) to co-host a Women’s Basketball Game watch party in February
• Presented at community-wide continuing education opportunity called “Levels of Care in Eating Disorders and Substance Use Treatment” in March
• Presented Recovery Ally Training to students for Alcohol Awareness Month in April
• Presented Faculty & Staff Recovery Ally training as a BUILD workshop in March
• Implemented Connection & Resilience Workshop for the third year, focusing on shame resiliency and fostering connection
• Recruited support from one UCS practicum student pursing her SW to co-facilitate Success, Not Excess
• Led modified Recovery Ally training for UCS Practicum student seminar
• Organized summer Success, Not Excess meetings, for the first time since the CRP began

**Success, Not Excess**

New to the 2023-2024 academic year, the CRP added a west-side of campus location to encourage graduate students to attend. Now, there are two offerings of Success, Not Excess, Tuesdays at 4:00pm and continuing Thursdays at 5:30pm each week.

The following information reflects the total student interactions that occurred at the support group meetings.

- 19 total student interactions at the Tuesday Success, Not Excess
- 53 total student interactions at the Thursday Success, Not Excess

<table>
<thead>
<tr>
<th>Top 5 Themes Discussed at Success, Not Excess</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Alcohol (38)</td>
</tr>
<tr>
<td>2 Other Drugs (24)</td>
</tr>
<tr>
<td>3 Friendships (19)</td>
</tr>
<tr>
<td>4 Coping Strategies (18)</td>
</tr>
<tr>
<td>5 Academics (16)</td>
</tr>
</tbody>
</table>
Flourish in Four was designed to help participants sow the seeds for flourishing by developing skills related to stress, mindfulness, sleep, connectedness, and creativity. In the four-week program, students learned how to create a wellness vision, set meaningful goals, and cultivate habits to support one's well-being. The program ran from April 1 – 29th 2024.

Highlights
As a result of Flourish in Four...

- 91.7% of students agreed/strongly agreed they were more knowledgeable on the positive impacts of giving themselves time to play and create
- 91.7% of students agreed/strongly agreed they developed healthier connections with themselves and others
- 91.9% of students agreed/strongly agreed they were confident in their ability to make lifestyle choices that will help them flourish and improve their overall well-being
- 94.4% of students agreed/strongly agreed they enhanced their skills to practice gratitude and mindfulness

Days of Incorporating Flourishing in the Past Week
1=1 day... 7= 7 days

<table>
<thead>
<tr>
<th>Activity</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Played and created</td>
<td>2.2</td>
<td>3.6</td>
<td>3.7</td>
<td>5.0</td>
<td>1.7</td>
<td>2.9</td>
<td>3.2</td>
</tr>
<tr>
<td>Cultivated positive connections</td>
<td>2.2</td>
<td>3.6</td>
<td>3.7</td>
<td>5.0</td>
<td>1.7</td>
<td>2.9</td>
<td>3.2</td>
</tr>
<tr>
<td>Explored campus resources</td>
<td>2.2</td>
<td>3.6</td>
<td>3.7</td>
<td>5.0</td>
<td>1.7</td>
<td>2.9</td>
<td>3.2</td>
</tr>
<tr>
<td>Established and enfoced healthy boundaries</td>
<td>2.2</td>
<td>3.6</td>
<td>3.7</td>
<td>5.0</td>
<td>1.7</td>
<td>2.9</td>
<td>3.2</td>
</tr>
</tbody>
</table>

Flourishing Mindset & Activities in the Past 3 Weeks
1=almost never, 2= sometimes, 3= fairly often, 4= very often

<table>
<thead>
<tr>
<th>Activity</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overcame challenges</td>
<td>2.2</td>
<td>3.0</td>
<td>2.2</td>
<td>2.1</td>
</tr>
<tr>
<td>Engaged in playful and creative</td>
<td>2.9</td>
<td>3.5</td>
<td>3.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Spent time with someone they cared about</td>
<td>2.2</td>
<td>3.0</td>
<td>2.2</td>
<td>2.1</td>
</tr>
<tr>
<td>Created a realistic to-do list for short and long term goals</td>
<td>2.2</td>
<td>3.0</td>
<td>2.2</td>
<td>2.1</td>
</tr>
</tbody>
</table>

What Students Said

- “This challenge was a fun way to prioritize my mental health during this last push of the semester!”
- “This was a good program to offer for students because it keeps us informed on how to better take of ourselves mentally and physically in between the chaos of school.”
The entire University of Iowa sophomore class was invited to take part in an online health risk assessment named the Healthy Hawk Challenge (HHC), making this the fourteenth 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.

**Campus Resource Utilization**
- 62.5% 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 (32.3%)
  - Student Wellness (23.3%)
  - University Counseling Service (22.4%)

**Health Behavior Changes**

<table>
<thead>
<tr>
<th>% of students reporting a change in their health behavior following completion of survey n=523</th>
<th>Able to list one thing they can continue doing to reduce risk</th>
<th>Able to list one thing they can change to reduce risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating Habits</td>
<td>93.0%</td>
<td>87.5%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>90.9%</td>
<td>88.2%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>73.8%</td>
<td>62.0%</td>
</tr>
<tr>
<td>Stress Management</td>
<td>89.7%</td>
<td>85.6%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>90.3%</td>
<td>83.5%</td>
</tr>
</tbody>
</table>
Healthy Hawk Challenge, BASICS

Students who met specific high-risk criteria were asked to participate in the second part of the Healthy Hawk Challenge, an evidence-based alcohol intervention aimed at lowering their risk. 53.1% of students were invited for part two. Student were compensated for each appointment attended, and were led in motivational interviewing and brief alcohol education to review current health behaviors. The emphasis on part two is to review current substance use and elicit behavior change to encourage lower risk behavior.

Highlights
- 176 students completed the alcohol intervention
- 79 students who completed the alcohol intervention in 2023-2024 completed a three-month follow-up
- 105 students who completed the alcohol intervention in 2022-2023 completed a twelve-month follow-up

Behavior Change from BASICS

<table>
<thead>
<tr>
<th></th>
<th>Change after 3 months</th>
<th>Change after 1 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any alcohol use in the last 30 days</td>
<td>92.4% to 84.8% ***</td>
<td>100.0% to 95.2% *</td>
</tr>
<tr>
<td>Average typical number of drinks</td>
<td>4.7 to 3.6 **</td>
<td>4.7 to 3.4 ***</td>
</tr>
<tr>
<td>Episodes of high-risk drinking (4+ for females, 5+ for males) in the last two weeks</td>
<td>1.4 to .08 ***</td>
<td>1.3 to 0.8 ***</td>
</tr>
<tr>
<td>Protective behavior: keep track of drinks</td>
<td>69.6% to 81.0% ***</td>
<td>90.3% to 89.3%</td>
</tr>
<tr>
<td>Protective behavior: have a friend let them know when they had enough</td>
<td>98.7% to 59.0% ***</td>
<td>65.7% to 74.5%</td>
</tr>
<tr>
<td>Negative consequence: forgot what they did</td>
<td>60.8% to 38.0% *</td>
<td>51.9% to 28.8% ***</td>
</tr>
<tr>
<td>Negative consequence: felt sick</td>
<td>78.5% to 49.4%***</td>
<td>68.6% to 47.6% ***</td>
</tr>
<tr>
<td>Average typical Blood Alcohol Concentration (BAC)</td>
<td>.08 to .05 ***</td>
<td>.07 to .05 ***</td>
</tr>
</tbody>
</table>

1 year data from alcohol intervention participants from 2022-2023

Stages of Change
Students who participated in part two filled out a readiness ruler of their motivation to change their alcohol use to make behavioral change concluding each session. n= 143
- 69.0% of students moved toward change
- 30.0% of students were not ready to make any changes change
- 1.0% moved backwards

Improvement of well-being after 3 months

- very improved 17.9%
- slightly improved 41.0%
- moderately improved 41.0%
- not improved 0.0%
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 in spring of 2024.

**Highlight**

- An average of 8 students attended each IE session
- 85.7% of participants who completed the evaluation agreed that IE helped them create a healthy relationship with food
- 71.4% of participants agreed that IE helped them create a healthier relationship with exercise
- 71.4% of participants agreed that IE helped them feel more positive and accepting of their bodies.

*n=7*  
(1=not confident; 2=somewhat confident; 3=confident; 4=very confident)

<table>
<thead>
<tr>
<th>(1=not confident; 2=somewhat confident; 3=confident; 4=very confident)</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trust their body to tell themselves what to eat *</td>
<td>1.3</td>
<td>2.4</td>
</tr>
<tr>
<td>Trust their body to tell themselves how much to eat &amp;</td>
<td>1.0</td>
<td>2.1</td>
</tr>
<tr>
<td>Give themselves unconditional permission to eat what it really wants</td>
<td>1.4</td>
<td>2.0</td>
</tr>
<tr>
<td>Respect and appreciate their body</td>
<td>2.0</td>
<td>2.7</td>
</tr>
<tr>
<td>Make food choices that honor health and makes them feel good</td>
<td>3.1</td>
<td>3.3</td>
</tr>
<tr>
<td>Focus on how it feels to move their body instead of the calorie-burning effects of exercise</td>
<td>2.3</td>
<td>3.0</td>
</tr>
</tbody>
</table>

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

**Notable Quotes**

- “This helped me change my mindset around eating and movement tremendously. I learned a lot of new skills that are helping me physically and mentally.”
- “I feel like I had a pretty good base knowledge already, but for someone who doesn't know anything about the topic it would be especially helpful. I don’t think it is talked about enough.”
- “It was a very informative and engaging class. I felt heard and validated and learned so much. I am glad I took it.”
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 six Koru Basic workshops, two three-hour silent retreats, and Koru 2.0, an advanced workshop for students who completed the Koru Basic workshop.

**Highlights of Koru Basic Workshop**

- 75 students attended at least one session of Koru Basic; 43 students attended at least 3 sessions
- 100.0% of students who completed the survey would recommend the workshop to a friend
- 89.7% of students who completed the survey indicated they would do something differently in their life as a result of the workshop

![Mindfulness Image]

**In the last month, how often have participants... (n=39)**

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Been upset because something happened unexpectedly ***</td>
<td>2.7</td>
<td>1.7</td>
</tr>
<tr>
<td>Felt that they were unable to control the important things in their life ***</td>
<td>3.2</td>
<td>1.7</td>
</tr>
<tr>
<td>Felt nervous and stressed</td>
<td>2.1</td>
<td>2.3</td>
</tr>
<tr>
<td>Felt confident about their ability to handle personal problems ***</td>
<td>2.2</td>
<td>2.9</td>
</tr>
<tr>
<td>Found that they could not cope with all the things that they had to do ***</td>
<td>2.4</td>
<td>1.7</td>
</tr>
<tr>
<td>Been able to notice their thoughts without judgment ***</td>
<td>1.7</td>
<td>2.8</td>
</tr>
<tr>
<td>Been able to focus on the present moment</td>
<td>2.2</td>
<td>2.7</td>
</tr>
<tr>
<td>Had difficulties with sleep (e.g., falling or staying asleep, waking too early)</td>
<td>1.8</td>
<td>1.7</td>
</tr>
<tr>
<td>Got enough sleep to feel rested **</td>
<td>3.3</td>
<td>2.4</td>
</tr>
<tr>
<td>Number of drinks on a typical night of drinking</td>
<td>2.8</td>
<td>2.6</td>
</tr>
</tbody>
</table>

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

**Notable Quotes**

- “The Mindfulness workshop opened me up to a whole new world of self discovery. I was able to observe negative thought patterns that had constantly stressed me out. I can now identify when these thoughts arise and simply let them pass. I feel as if I have developed a whole Mindfulness toolbox that I can bring to my day to day life.”
- “I went into this program going through a hard time with things that have happened in my life and having a grasp of my emotions. This led to a lot of mental blocks and obstacles for me during that semester. This program helped me become more in touch with myself and the emotions I felt, and to not judge myself. We all deserve grace and compassion, and this program was welcoming of all backgrounds.”
Highlights of Silent Retreat & Koru 2.0 Workshop

Silent Retreat
(data lost from Fall 2023 retreat so only Spring 2024 data is reported below)

- 22 students and UI community members in total attended the two three-hour silent retreats
- 100.0% of students who completed the follow up survey from the spring retreat stated they would do something in their life differently as a result of the retreat
- 91.7% of students that attended the spring retreat shared they would recommend it to a friend

Notable Quotes from Silent Retreats
As a result of the retreat, what will you do differently in your life?

- Do things more mindfully
- Eat mindfully
- Dive into inner side of me more
- Trying to repeat these at home
- Take mindfulness breaks instead of social media
- Recognize times where I can invite a stretch if I’m in the comfort zone
- Be more present and aware in my daily activities.
- Slow down more when performing 'routine' tasks
- Mindful eating - I am so excited!
- Mindful eating + walking
- Eating meditation
- Be aware of mindful eating

Koru 2.0 Workshop

- 8 students completed Koru 2.0 workshop in Spring 2024
- 100.0% of the students who completed 2.0 stated they will do something in their life differently as a result of the workshop
- 100.0% of the who completed 2.0 would recommend the workshop to a friend

In the last month, how often have participants... (n=8) Pre Post
(0=never; 1=almost never; 2=sometimes; 3=fairly often; 4=very often)

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt nervous and stressed</td>
<td>2.9</td>
<td>2.5</td>
</tr>
<tr>
<td>Could not cope with all they had to do</td>
<td>2.4</td>
<td>1.8</td>
</tr>
<tr>
<td>Felt confident about ability to handle personal problems</td>
<td>2.4</td>
<td>2.5</td>
</tr>
<tr>
<td>Felt things were going their way</td>
<td>2.2</td>
<td>2.3</td>
</tr>
</tbody>
</table>
The Mirage

Mirage is a fun evening in December featuring free HIV testing, a condom casino and infostravaganza, an amateur drag competition and professional drag performances. The Mirage has the following purposes: building awareness of HIV/AIDS in the local and global community, expanding knowledge regarding safer sex practices & resources, and creating a community of allies for LGBTQIA+ communities. Last fall, the event was held on Friday, December 1st.

Highlights

- 524 students, staff, faculty, community members attended the event
- 350 students, staff, faculty utilized SWIPE for attendance tracking
- 104 students filled out the follow up survey
- Of those who filled out the follow up survey, 97.2% of students shared they would attend this event in the future

Notable Quotes

- “I had a really fun time learning how to gamble and watching a drag show for the first time.”
- “It provided me insight into the lives of others, and it was interesting to be able to have attended an event different than what I’d been to previously.”
- “I feel this event did a phenomenal job of emphasizing and education queer acceptance on campus, while also inviting individuals outside of the LGBTQ+ community to better connect with and understand queer culture and identity.”
- “I felt that this program brought a lot of different kinds of people together in one space and it was enjoyable for everyone.”
- “Anyone could go and have a great time regardless of values, beliefs and viewpoints.”
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**
- 209 Pieces sessions (first appointment and second appointments) were attended in the 2023-2024 school year
- 104 students completed Pieces
- 37 students took the 3-month follow-up survey
- 94.4% of students could list at least one way Pieces has helped them

**Behavior Change**

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Previous use in the last 30 days *</td>
<td>83.8%</td>
<td>70.3%</td>
</tr>
<tr>
<td>Typical number of drinks per occasion</td>
<td>3.7</td>
<td>3.8</td>
</tr>
<tr>
<td>Average Blood Alcohol Concentration (BAC)</td>
<td>0.04</td>
<td>0.04</td>
</tr>
<tr>
<td>High-risk drinking (4/5+ drinks/occasion) in last two weeks **</td>
<td>83.8%</td>
<td>37.8%</td>
</tr>
<tr>
<td><strong>Negative Consequences (past 30 days)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did something they later regretted *</td>
<td>18.9%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Had a hangover **</td>
<td>40.5%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Number of risky negative consequences *</td>
<td>.8</td>
<td>.3</td>
</tr>
<tr>
<td>Any risky drinking behaviors *</td>
<td>73.0%</td>
<td>45.9%</td>
</tr>
</tbody>
</table>

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

**Notable Quotes**
- “It just refreshed me on drinking strategies that I have learned in the past but strayed away from using at times.”
- “I now understand the BAC levels and how many drinks I need to stay away from to reach a certain point.”
- “Reminded of the ways to deal with alcohol and how alcohol works especially when it comes to affect you as you are drinking as well what happens after.”
- “It helped me better understand how alcohol affects you.”

*p<.05  **p<.01  ***p<.001
Red Watch Band

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. 29 trainings were held this academic year. Beginning in Spring of 2024, Narcan education was added to the training and free Narcan kits were offered to those who wanted it.

Highlights
- 296 students participated in a Red Watch Band training
- 93.8% of students rated their satisfaction with the training at 5 out of 5
- 93.4% of students would recommend Red Watch Band to a friend on a scale scoring 8 through 10.

Behavior Change

<table>
<thead>
<tr>
<th>n=37</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>strongly disagree=1; disagree=2; neither agree nor disagree=3; agree=4; strongly agree=5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Felt confident in ability to respond effectively as a bystander in an alcohol-related emergency ***</td>
<td>3.5</td>
<td>4.8</td>
</tr>
<tr>
<td>Number of correct signs of alcohol poisoning ***</td>
<td>1.4</td>
<td>2.8</td>
</tr>
<tr>
<td>Number of correct actions to help someone who may be experiencing alcohol poisoning ***</td>
<td>1.3</td>
<td>2.8</td>
</tr>
<tr>
<td>Could correctly name 3 signs of alcohol poisoning ***</td>
<td>20.0%</td>
<td>80.0%</td>
</tr>
<tr>
<td>Could correctly name 3 actions needed to help someone ***</td>
<td>10.0%</td>
<td>90.0%</td>
</tr>
</tbody>
</table>

Notable Quotes
- “I felt everything I learned was relevant, engaging, and noticeably appropriate (alcohol specifically).”
- “I learned a lot, I took a similar class in the past and got a lot more from this one.”
- “I have already recommended my friends sign up for the next training sessions.”
- “I liked that the training included more than just CPR and AED as alcohol poisoning and drug overdoses are plausible in the real world as well.”
Refresh

Refresh aims to provide Hawkeyes with the skills, strategies and support to achieve more restful nights. Students can participate via email or app, although this year, all student used the app version. 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 may also schedule a sleep consultation for more support.

Highlights
- 336 students registered for the program
- 78 students completed the evaluation
- 55.8% of app users reported doing at least half of the practice activities

<table>
<thead>
<tr>
<th>Refresh Measurements</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent with high insomnia scores (10+) ***</td>
<td>77.2%</td>
<td>48.1%</td>
</tr>
<tr>
<td>Total sleep disturbance score (PROMIS)</td>
<td>22.8</td>
<td>21.6</td>
</tr>
</tbody>
</table>

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 *
- 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 ***

Behavior Change

What Students Said
- “I really enjoy using the Refresh app, I found myself even reading the articles about sleep research, it was neat and motivated me to get some better sleep.”
- “Overall, I think this app has been a beneficial part of my sleeping ritual and has given me better insight into my sleep schedule and habits.”
- “Although the refresh program is targeted to students who struggle to get a good night’s sleep, as a person with narcolepsy this app made me more aware of my sleep habits. I became more aware of my daily energy highs and lows. As well, it allowed me a convenient space to track my naps and total sleep for the day.”
Thrive in Three

Thrive in 3 program leverages the influence peers have on alcohol use by supporting students in trying alcohol harm reduction strategies in community with their friends, while continually prompting them to reflect on their experiences through a series of questions and educational content texted to them throughout the 3-week program. The program also invites students to reflect on the intersection of alcohol and mental health.

Highlights

Participants:
• 31 Fraternity, 42 Sorority, 24 Non-Fraternity Sorority Life (FSL) Affiliated Students

| Participants who met program aim of 1 drink per hour or less on weekends |
|-----------------------------|------------------|
| Fraternity                  | 71.0%            |
| Sorority                    | 90.0%            |
| Non-Affiliated              | 93.0%            |

What will you carry forward from your experience:
• “I learned the most regarding the peer pressure stuff. I should do what I want to do on a weekend, not what they want. Usually that is not going out.”
• “That even with one drink per hour I can still get a majority of the positive experiences, and avoid the negatives.”

What are some positive things you noticed from participating in the program?
• “I’ve been able to use money on other more necessary things, and It’s been easier for me to get out of bed and start my day.”
• “I liked knowing that other people were participating. Usually, I feel isolated in my choice to drastically limit my alcohol consumption. I like seeing other people reaching their goals and telling me how big of a difference it has made in their life.”

What was challenging about the program?
• “I’ve never done a program like this so it was a bit odd at first.”
• “Just missing out on going out but it was worth it.”

How strongly do you recommend that other students participate in the Thrive in 3 program?
• Not at All: 0%
• Moderately: 40.0%
• Extremely: 60.0%
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
- 46 students completed an initial wellness coaching session
- 20 students filled out the follow up survey, 9 of those students started wellness coaching this academic year, while the remaining 11 have continued from a previous year
- 230 total wellness coaching sessions occurred, including students that began wellness coaching in a previous academic year

<table>
<thead>
<tr>
<th>n=9 who began wellness coaching in the 23-24 academic year</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree=0, Disagree=1, Neutral=2, Agree=3, Strongly Agree=4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Felt a strong sense of purpose in life.</td>
<td>2.0</td>
<td>2.7</td>
</tr>
<tr>
<td>Felt a deep satisfaction in their life.</td>
<td>2.1</td>
<td>2.6</td>
</tr>
<tr>
<td>Felt a sense of satisfaction in their academic/job performance.</td>
<td>1.7</td>
<td>2.3</td>
</tr>
<tr>
<td>Felt a sense of gratitude and appreciation for what they have.</td>
<td>2.9</td>
<td>3.1</td>
</tr>
</tbody>
</table>

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

What Students Said...

“My coach is more of a listener and that makes me comfortable to express, she supports me in my growth, she pushes me to be a better person and she also directs me to right resources to better myself.”

“The accountability was great! I also liked that I had a lot of control in deciding my goals and that I could address so many different aspects of well-being.”

Wellness Coaching Relationship Length for Students who Completed an Initial Appointment

- Not sure how many appointments occurred: 5.0%
- Initial appointment only: 5.0%
- Initial appointment and between 1 and 4 follow ups: 35.0%
- Initial appointment and more than 5 follow ups: 55.0%