



BOARD *of* GOVERNORS

State University System of Florida

Student Wellness Initiatives Update

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www.flbog.edu



Student Wellness Initiatives Update

American College Health Association's (ACHA) National College Health Assessment

- System-wide administration of the ACHA's National Health Assessment will begin in the Spring 2020.
- Will be administered on an annual basis.

Healthy Campus 2020

- All SUS institutions have a Healthy Campus 2020 initiative in place or are in the process of implementing one within the next six (6) months.



Student Wellness Initiatives Update (cont.)

Comprehensive needs assessment for incoming freshmen students

- All SUS institutions have implemented various needs assessment software including, Campus Clarity, Get Inclusive, My Student Body, and Alcohol EDU.

Support students with non-drinking/non-drug using lifestyle

- All SUS institutions through our respective health promotion offices have implemented lifestyle programs focused on nutritious eating, physical activity, and restful sleep.



Student Wellness Initiatives Update (cont.)

Peer Counseling Programs

- Seven institutions currently offer a peer counseling program which require training prior to becoming a peer counselor.
- Three additional institutions plan to implement a peer counseling program in AY 2018-2019 and will require participation in a training program and the effectiveness of the training will be evaluated.



Student Wellness Initiatives Update (cont.)

Student Life Skills (SLS)/Wellness Courses

- This is a required course for freshman students at three institutions.
- Eight institutions offer a course as optional.
- Specific populations required to take a course:
 - Freshmen with less than a 2.0 grade point average
 - First time in college, first term, scholarship student athletes
 - Resident assistants
 - High school dual enrollment students



Student Wellness Initiatives Update (cont.)

Faculty and Staff Mental Health Literacy Training

- Currently, eleven institutions offer faculty and staff an opportunity for mental health literacy training.
- The training is required at one institution and is optional at the other institutions.
- All institutions will offer training and training opportunities will be expanded across many campuses with the implementation of new programs in AY 2018-2019.



SUS Council of Student Affairs Deliverables

1. All SUS institutions have implemented policies, procedures, or protocols related to amnesty.

Implementation Date – Fall 2018

2. The SUS Council of Student Affairs is currently exploring the use of Kognito software as a system-wide on-line mental health literacy program for faculty, staff, and students.

Implementation Date – Fall 2019

3. The SUS Council of Student Affairs is currently reviewing hard waiver insurance implementation at Florida State University and Florida Agriculture & Mechanical University.

Implementation Date – Fall 2020



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