Campus Wellness: Integrating Student Services

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Wellness Definition

- Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

- "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.

- "a conscious, self-directed and evolving process of achieving full potential." - The National Wellness Institute

- Wellness is more than being free from illness, it is a dynamic process of change and growth.

UC – Davis website
Proposed Vision for Campus Wellness

The University of Waterloo is a diverse community where the wellness of all is a shared priority and responsibility. We care as deeply about the wellbeing of our members as we do about the excellence and stature of our accomplishments.
Mission of Campus Wellness Units (Health and Counselling)

We lead by promoting and supporting wellness as a way of being for all in our diverse community. We create opportunities for students to be healthy, well and successful. We provide excellent, integrated and dynamic programs and services in a positive, inclusive environment.
Implications for uWaterloo

- We must go further than providing services in response to self-reported problems of students.
- 2012 – Mental Health Review
  - Recognition that we can’t possibly keep up with the demand by adding more and more services;
- Similarly, there is recognition that many reasons for attending the Health Centre are preventable
- We must emphasize health promotion at prevention at all levels of the organization
- We must pay attention to key vulnerabilities in the student population before they become presenting problems
  - (examples: social isolation, poor sleep hygiene, tobacco, alcohol and substance abuse prevention, infection control, sexual risks)
Counselling and psychological Services

- 3,839 individuals seen in 2015/16
  - 11.5% of student population

- Staff
  - 24 (21 FTE) M.A. or Ph.D. level clinicians
  - Director, Associate Director
  - Supporting admin staff
11,835 student patient contacts in 2015/16
   - Represents 35.6% of student population
As of 2014, this is enhanced by a family health clinic (partners and offspring of students included)
6-8 physicians on site most days supported by 10-12 nursing staff
Other clinical services: travel clinic, venepuncture (lab services), dietician
Most days have “same day” or walk-in services
Physicians operate on fee-for-service model
Funding

- Physician services are covered either by OHIP or UHIP
- Physicians operate as independent practitioners
- Other services are a shared funding model between student fees and university
- Each year, fees are reviewed at Student Services Advisory Committee
- Additional needs for service may result in proposals for additional funding
- Overall Campus Wellness budget is about $5.5 million
Current projects

- Recruitment of Medical Director
- Enhancement of Health Promotion
  - Processing and dissemination of NCHA-II (2016) results
  - Responding to specific student health and mental health concerns
- Implementation of Wellness Strategic plan
Questions? Comments?