Student Well-Being at UGA
“Well-being is not the responsibility of just one entity on campus. It is incumbent that it be ingrained into everything we do.”

-Dr. Beau Seagraves, Associate Vice President for Student Well-Being
THE FIVE DIMENSIONS OF WELL-BEING

PURPOSE  COMMUNITY  SOCIAL  PHYSICAL  FINANCIAL
STUDENT CARE & OUTREACH
the hub of care and support

Have a great year!
HUB OF CARE & SUPPORT

**Student Care & Outreach (SCO)** often serves as the starting point for students, families, faculty, and staff who are navigating stressful events:

- Academic issues
- Financial Issues
- Substance abuse
- Change in financial situation
- Emotional distress
- Mental health resources
- Death of a family member or friend
- Social and adjustment issues
- Complex family issues
What does that mean?

• No matter what the severity of the issue, SCO can guide you in the right direction.
• We help students and families navigate the unexpected, the uncomfortable, and the worst case scenario.
• We provide the space for a student to vent, to process, and to feel heard when they feel like no one is listening.
• Not every student needs therapy. Sometimes they just need to be told things will be ok or that having bad days are ok if you can work through them.
• UGA has an incredible number of resources, but figuring out which ones will help a student be successful can be difficult, time consuming, and overwhelming.
Community of Care

• Increasing awareness of resources and referral pathways among faculty, staff, and students

• Providing proactive, targeted programming like BeWellUGA Week, MANifest, Body Talks, IFC Mental Health Committees, and Support Dawgs

• Identifying needs through collaboration with campus and community partners
Support Dawgs

Support Dawgs is a three-part program that provides training for UGA students, faculty, and staff. It is designed to increase awareness of mental health and well-being needs and offer appropriate support and response.

1. Mindwise on Campus: Suicide Prevention and Awareness Online Training (30 min self-guided)
2. U Matter Upstander Intervention: Provides skills to safely identify and help those in need (90 min in-person)
3. Well-Being Resources and Campus Supports: In-depth presentation of the resources and supports that UGA offers (90 min in-person)

FACULTY/STAFF

QPR or Mental Health First Aid: Learn to recognize and respond to signs of mental illness in MHFA (6 hrs) or signs of suicide in QPR (90 min)

Sexual Assault Awareness Training: Learn to recognize and respond in situations related to relationship and sexual violence. (60 min)

Well-Being Resources and Campus Supports: In-depth presentation of the resources and supports that UGA offers (90 min)
Instructor Cohort for Mental Health First Aid Training
First group of fully trained Student Support Dawgs EVER!
DIGITAL RESOURCES
self-care at your fingertips
Playlist & Podcast
Students working to build better body image & cut out comparison.

all bodies are good bodies

Ask me about

Body Talks
EmpowerHER: Sista Circles
Affinity group to support Black Women

Join us on **November 30**
for the last Sista Circle of
the semester!

Presented by Jasmine & Jessica
Doctoral Candidates in
Counseling Psychology
BeWell Week
Programming
grab your smoothies and let’s play some pickleball!
#BeatSuicide
Bandana Campaign

It's bandana day!
#beatsuicide
Ball Pit Chats

Discover what happens when strangers discuss big questions.
Out of the Darkness Walk for Suicide Prevention
Barbershop Talks

April 2, 2014
5:30-8pm

Special Collections
Library Room 215
Emergency and Support Funds

- Coordinated effort across campus to streamline the student process to seek funding
- Students request support funds through Student Care and Outreach in coordination with the Office of Student Financial Aid
- Students can be awarded funds from various support funds
Sunshine Fund

- **Fundraising goal of $5 million** to provide direct financial support for students needing access to mental health and well-being services
  - Assisting with the costs of grief counseling for a student who has lost a parent
  - Covering the costs of intensive outpatient programs for students in need of specialized care
  - Paying for a student’s tires so they can get to the job that pays their basic living expenses
- Currently we have raised **$2.5 million dollars** towards the endowment goal
- Immediate need for spendable Sunshine Fund money while we build the endowment
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<th>Students Served</th>
<th>Average Award</th>
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Needs by the Numbers

- Embark@UGA
  - $25,000 yearly to cover the cost of the program and provide for sustainable funding for student support funds

- Well-Being Programming through the Community of Care
  - $50,000 yearly for general well-being programming to enhance the $21,000 per year over 4 years already committed by a donor family for QPR and Mental Health First Aid

- College and School specific emergency funds
  - On-going need for additional funds outside of the money provided by the schools and colleges themselves
Call to Action

• If any of this programming seems like something you’d like to support financially or otherwise, please let us know!
• If you have an idea that you think would resonate with our students, share it.
• Refer students to our office. Tell people what we are doing.
• Encourage people (including yourself) to take care of your well-being proactively.
Questions