

Student Well-Being at UGA



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“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



SCO

Student Care & Outreach

REC SPORTS

Recreational Sports

**WELL-BEING
RESOURCES**

UHC

University Health Center,
CAPS, Fontaine Center

DRC

Disability Resource Center
and Testing Services

**STUDENT CARE
& OUTREACH**
the hub of care
and support

*Have a
great year!*

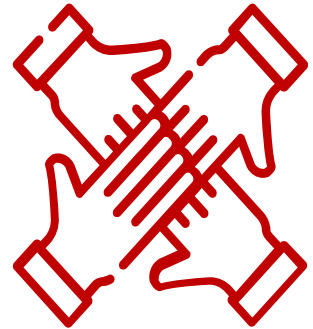


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HUB OF CARE & SUPPORT

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



Well-Being Resources
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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

2

3

STUDENTS

Mindwise on Campus:
Suicide Prevention and
Awareness
Online Training
(30 min self-guided)

UMatter Upstander
Intervention:
Provides skills to
safely identify and
help those in need
(90 min in-person)

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)

Once someone completes all three areas of training they are certified as a "Support Dawg."



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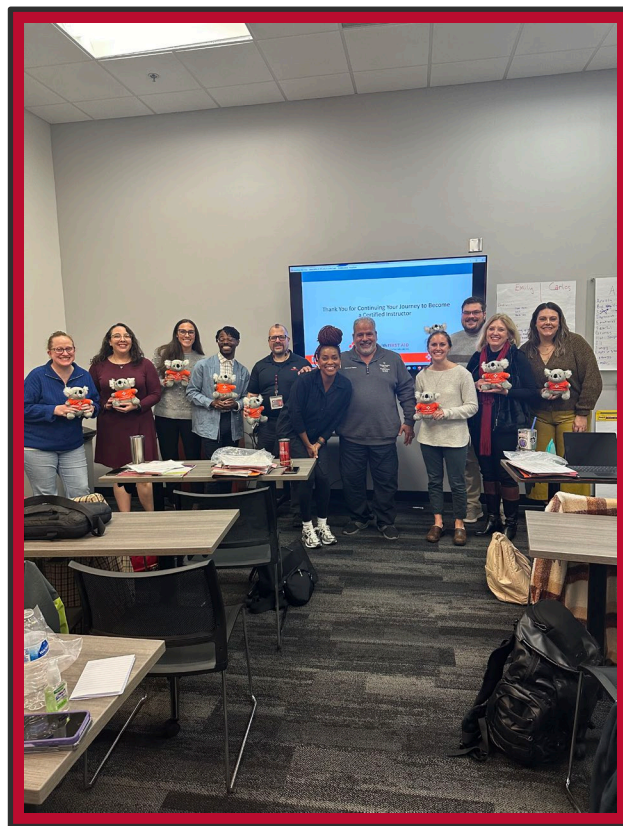
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Support Dawgs



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Instructor Cohort for Mental Health First Aid Training





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**First group of
fully trained
Student
Support
Dawgs EVER!**

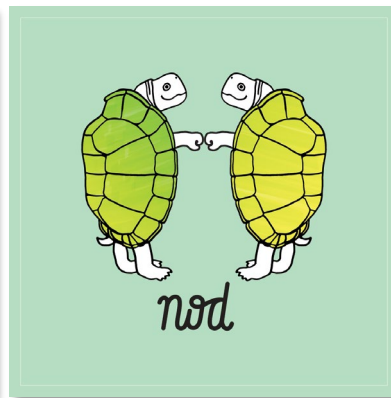


WELL-BEING HUBS



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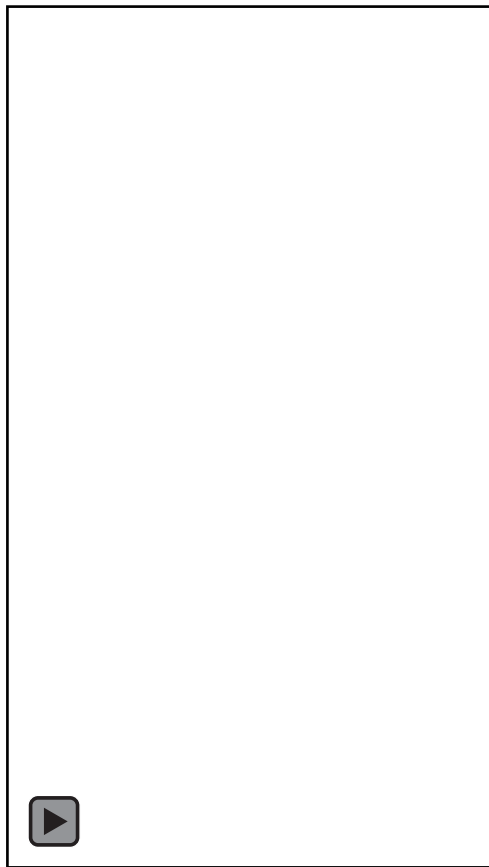


DIGITAL RESOURCES

self-care at your fingertips



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Playlist & Podcast



UNIVERSITY OF GEORGIA BODY TALKS



**Students working to build better
body image & cut down comparison.**

Scan the QR Code
for more information!



*all bodies are
good bodies*

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BODY TALKS

Ask me about

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BODY TALKS



Body Talks



Well-Being Resources
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EmpowerHER: Sista Circles

Affinity group to support Black Women

EMPOWER: SISTA CIRCLES

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

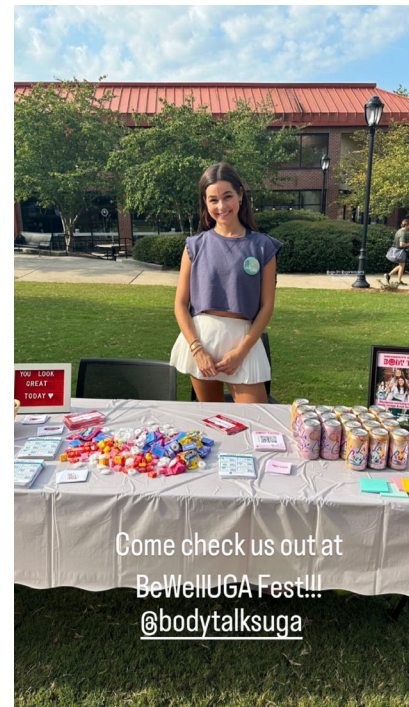


Presented by **Jasmine & Jessica**
Doctoral Candidates in
Counseling Psychology

AFFINITY GROUP FOR BLACK WOMEN



BeWell Week Programming



#BeWellUGA
On the Mic
with Tra Battle



Mental Strength is Not The Ability
to Stay Out of The Darkness; It's
The Ability to Sit Present in the
Darkness Knowing That the Light
Will Shine Again



WellUGA





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*grab your smoothies
and let's play some
pickleball!*





#BeatSuicide Bandana Campaign



Bandana your backpack to #BeatSuicide

**FRIDAY,
SEPTEMBER
15TH**



#BeWellUGA



BALL PIT CHATS
 DISCOVER WHAT HAPPENS WHEN STRANGERS DISCUSS BIG QUESTIONS

WED. MAR 13
 3PM-5PM
 FREE SMOOTHIE KING!

GRADY 238



BALL PIT CHATS
 DISCOVER WHAT HAPPENS WHEN STRANGERS DISCUSS BIG QUESTIONS

Ball Pit Chats



Jen Fisher





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Out of the Darkness Walk for Suicide Prevention



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Barbershop Talks





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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Fund	Amount Awarded	Students Served	Average Award
Sunshine Fund	\$558,134	508	\$1098
Embark@UGA Support Fund	\$216,713	154	\$1407
Embark@UGA Journey Fund	\$14,607	8	\$1826



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Fund	Amount Awarded	Students Served	Average Award
CAES	\$9,550	16	\$597
College of Engineering	\$18,849	34	\$554
FACS	\$19,420	31	\$626
Franklin College	\$30,099	53	\$567
Grady College	\$32,103	42	\$764
SPIA	\$18,728	34	\$551
Terry College	\$42,164	56	\$753
Warnell School	\$33,885	40	\$847



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.



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Questions