It Takes a Village: Staff and Student Wellness Collaboration

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• MU-COM Doors Open August 2013

• Student Affairs Team in place a week before 1st orientation

• August & September – lots of student excitement

• December – first signs of student burnout

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Initial Response

- Student-organized Health and Wellness 5K
- Student-organized Resiliency Conference
- COCA Report Writing and Site Team Visits
- Inaugural class as source of input and feedback
Student Development Model

• Student development model
  ▪ Harness the energy of the students

• Simple idea –
  ▪ Student input & feedback, excitement & energy, and ownership of programs can lead to greater involvement, satisfaction, and outcomes
Identified issues

• Several groups hosting wellness activities
• Student Organizations
  ▪ Sports Med – Physical Fridays
  ▪ House system task force
• Student Affairs
  ▪ Therapy Dogs
  ▪ Coffee/tea and snack bars
  ▪ Counseling center presentations
• Competing for time, space, and population
Taskforce

- Student organization leaders
- Student Affairs staff
- Identify wellness needs
- Establish student-led organization
- Create role on student government

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Wellness League

- Established Summer 2015
- Health & Wellness Executive Officer on Student Government Association
- Organize and Manage -
  - Annual Celebration of Wellness 5k
  - Fit Fridays
  - House System
  - Monthly Donation Drives
  - Awareness Months – Movember, Sexual Assault
  - Mental Health & Wellness speakers
  - Spirit Week

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The House System

- Established Spring of 2015
- Six houses
  - Students randomly and evenly distributed into Houses
  - Named after famous physicians
  - Student designed House crest
- Healthy, spirited point competition
- Supportive family-like atmosphere
- Monthly House events
Example House Events

- Dodgeball tournament
- Donation Drives
- Spirit Week
  - Dress-up days
  - Care Bear Hunt (instead of eggs)
  - Chili Cook-off
  - Cornhole Tournament
- End of the Year
  - Super Sized Jenga
  - Life-size Hungry Hungry Hippos
  - Life-size Angry Birds
Mondays: Mindfulness Coloring and Yoga
Tuesdays: Knitting and Crocheting
Wednesdays: De-Stress Events (painting, cooking, crafts)
Thursdays: Therapy Dogs
Fridays: Fit Fridays and Board Games

Tea and coloring always available in Wellness office
Staff and Student Collaboration

- Coordinator of Student Activities and Wellness – Advisor, daily programming and campus committees
- SGA Wellness Executive – League chair and 5k chair
- House Leaders (x6) – Monthly events and messaging
- Mental Health Chair – Counseling center liaison and guest speaker chair
- Fit Friday Chairs – weekly activities
Outcomes

- Assessment and Evaluation
  - Attendance/Participation
  - Identification of outcome themes
  - Develop measurable wellness objectives and learning outcome statements

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