

CAMPUS WELLNESS CENTER
MEASURES OF PERFORMANCE AND QUALITY FOR 2005-2006

The Campus Wellness Center is an educational outreach program sponsored by the Counseling Center to provide preventative and developmental programs to the campus community on topics related to physical and mental well being. It encourages the adoption of healthy lifelong habits and lifestyles. The Wellness Center also has responsibility for the substantial collection of print, audio and videotape resources available to students seeking self-help material. Statistics from the past year are consistent with previous years with the exception of the first category below. The significant decrease in presentations is mainly due to the change in format for University Life classes where many presentations had been made and possibly the addition of Health Center Interns also doing classroom presentations on similar topics.

Workshops and Presentations by Interns

	00-01	01-02	02-03	03-04	04-05	05-06
Number of Presentations:	26	15	18	19	20	5
Attendance:	606	315	463	303	294	128

Topics Included:

Specific Topics for Workshops and Presentations Fall 2005/Spring 2006

General Wellness, Eating Disorders, Stress Management

Wellness Forums

	00-01	01-02	02-03	03-04	04-05	05-06
Number of Forums:	16	15	16	17	22	14
Attendance:	708	714	797	501	578	404

The Wellness Center sponsored a series of presentations by faculty and other community experts on a variety of wellness related topics.

Forum Topics Included:

- Rising Above It All (drug and alcohol recovery)
- Domestic Violence
- Self-Defense
- Stamp Out Stigma (related to mental health issues)
- Budgeting
- Nutrition
- Don't "B" Stressed, "D" Stress
- Road to Recovery (Eating Disorders)
- Leap into Leisure
- Think You're Not Prejudiced, Think Again
- Got Study Skills
- Got Passion

Informational Tables

The Wellness Interns set up informational tables in various sites on campus throughout the semester. We also had informational tables at other events on campus (see below)

	00-01	01-02	02-03	03-04	04-05	05-06
Number of Informational Tables:	NA	12	8	12	18	11
Number of Participants:	NA	438	299	264	360	485

Topics at the Tables Included:

General Wellness	Environmental Fair
Alcohol/Drug Issues	“Crystal Health Readings”
Promotion of Services and Forums	Eating Disorders Week
Keep Yourself Safe Week	De Stress Fest (2)
Health Fair	

Participation in Other Events/Informational Tables on Campus

	01-02	02-03	03-04	04-05	05-06
Number of Events/Tables:	NA	8	10	12	10
Number of Participants:	NA	269	733	928	570

Events/Tables Included:

Great Jean’s Giveaway (20 large boxes of donated clothing given to ARC

Survivor Series

Women’s Body Fair

HERO SERIES (Heart to Heart, Healthy Beaters, Don’t Drink Green Beer, Munch Your Way to a Healthy You, Safe Partying, Conquering Stress,

Fun Without Alcohol Fair

Red Tent

Drop-ins at Wellness Center

Many students take advantage of the center’s drop-in services. Students came to the Center seeking information on a variety of wellness-related topics to use in presentations and papers for class. Services included flyers, printed handouts of many topics and loans of audio and video presentations. Students are also able to check out books, all of which have been donated from our wellness library.

Number of Students:	00-01	01-02	02-03	03-04	04-05	05-06
	620	688	549	342	251	232

New informational flyers that were created:

Computer Addiction (2 fliers)

Co-Sponsored Events

Survivor Series (6 events)

Red Tent

HERO Series (6events)