



# Health and Wellness

## **UW Standard of Excellence**

Health and Wellness Programs focuses on the holistic development of our students. We coordinate services designed to support students in their pursuit of a healthy and balanced life. The University of Washington has a wealth of resources in a variety of locations. Health and Wellness Programs strives to educate the campus community with regard to health and wellness through campus-wide, collaborative projects that bring together various areas of expertise dedicated to the health and holistic development of our students. Our services are a continuation of the lasting legacy of Student Life's care for individual students and their myriad concerns.

## **Academic Community**

One of our programs, the Consultation and Assessment Team (CAT), serves as a critical resource for faculty and staff across the academic community. In order to assist students in times of need, Health and Wellness Programs has formalized a response team to meet individual and community needs as they arise. CAT regularly meets to review current concerns voiced by students, faculty and staff—concerns that affect the academic community. The goal is to provide preventative intervention and education by offering assistance to students in distress, whether they self-identify or are identified by other members of the University community. We provide direct service and resource referral, utilizing the expertise of University services and resources designed to support students' developmental and academic success. Moreover, education is a major component of all of our programs.

## **World Leaders in Research**

Health and Wellness supports a healthy environment for world-class research to take place. In addition, we actively seek to incorporate research on national best practices and emerging local needs into our programs and services in a formative manner. We work with the Health and Wellness Council to track trends and potential holes in our support of student health and wellness concerns.

## **Celebrating Place**

The University of Washington has long provided a range of services and programs to support students' health and wellness concerns, and creating a space for the synergy between these deep pools of expertise is one of our roles. The Health and Wellness Council is a campus-wide collaboration of departments and services dedicated to the health and holistic development of students. The Council members coordinate resources, join together in educating the campus community, and support longstanding, successful programs and innovative future services.

## **Spirit of Innovation**

Health and Wellness was created in response to an emerging focus, and is itself an innovation in the services that the University of Washington has always provided. The work that we do with individual students requires that we treat each case differently, and assemble appropriate support and resources according to each student's specific needs. Our cross-functional, cross-organizational approach is one of the hallmarks of our program.

## **World Citizens**

Our reach extends to student experiences off-campus or while studying abroad on a UW program. We may even be concerned with students while they are on break from University life. CAT and Sexual Assault and Relationship Violence Information Services (SARIS, described below), in particular, may work with a student as he or she navigates the criminal justice system and external resources and services. One of our roles is to help students bridge the world of the University and the community at large in a productive, healthy manner.

## **Being Public**

Paramount in our work with students is providing access to the wide variety of services that are available at this world-class, public institution. We recognize that many Health and Wellness issues pertain to students' lives well beyond their involvement with the University, and we embrace the complexity of the issues that students face. For example, SARIS is a free, confidential and safe starting point for survivors of sexual assault and relationship violence. SARIS is open to all UW students, male and female, and their friends, family and partners seeking information about sexual assault and relationship violence. SARIS also coordinates outreach and education to the UW community surrounding the issues of sexual assault and relationship violence.