

**President's Council on Health and Wellbeing  
2023-2024**

**President's Council on Health and Well-being Meeting Dates**

- November 30, 2023
- February 1, 2024 (Dr. Rebecca Kennedy, Assistant Vice President for Student Health and Wellbeing at the University of Alabama at Birmingham and is the co-chair of the International Health Promoting Campuses Network presented on well-being theory and models, Okanagan Charter and Health Promoting Campuses)
- May 2, 2024 (Meg Mulrooney gave a Quad History tour to make the connection to the Okanagan Charter and the principles: people, place and planet)
- Note: President's Council, Chairs met weekly and Steering Committee and the Work teams monthly

**Charges**

- Use a whole system approach to inquiry and interventions related to health and well-being.
- Disseminate the vision of a health promoting campus and adoption of the Okanagan Charter throughout the university.
- Ensure comprehensive and campus-wide approaches to include mental health, suicide prevention. and employee well-being

**Summary of Accomplishments**

- **General**
  - A campus-wide definition and model for well-being was developed and adopted and is now in use.
  - A website for well-being was launched. This includes the well-being definitions and model, campus initiatives, resources, activities and calming spaces on campus.
  - A Big Idea proposal was submitted.
  - Dukes Pause initiative was piloted. Anticipated launch date Fall 2024.
  - 10/4/23- Dr. Kristina Blyer presented on President's Council Work to the University Planning Team. The following discussion centered around incorporating systemic, community well-being into the university strategic plan. Recognizing the importance of planet well-being (sustainability) was also discussed as an addition to the strategic plan.
  - 10/17/23-Dr. Kristina Blyer presented to the UREC social media team. The students related to the work of the President's Council, provided good feedback and began brainstorming social media campaigns/messaging related to the work.
  - 10/30/23-Dr. Kristina Blyer presented to the CSPA 1<sup>st</sup> and 2<sup>nd</sup> year cohorts on the work of the PCHWB and the idea of systematic change related to Health and Wellbeing.
  - 5/6/2024-Dr. Kristina Blyer and Dr. Julia Wallace Carr presented to the President's Cabinet on the accomplishments of the council and the details of adopting the Okanagan Charter in the Fall of 2024.

- **JED Working Team**

- JMU specific JED strategic plan reviewed by experts, problem owners and stakeholders across campus
- Initiatives:

**Table 1 (JED Initiatives year 2)**

<b>JED Objective</b>	<b>JMU Initiatives (JED Year 2)</b>
Develop Life Skills 2.1; 2.3; 2.4	Independent Health Promotion Department (Fall 2024); Strategic Health Promotion Plan (Spring 2024)
Develop Life Skills 2.1	Adopt standard definition and dimensions of well-being for the campus community (April, 2024)
Social connectedness 3.6	Living Room (Fall 2023); Zen Booths (Fall 2023); Sensory Room (Fall 2024)
Support in Transition 4.1-4.2	Collect Health History from All Incoming Students (UHC); Provide Resources to At Risk Students (Spring 2024)
Increase Health Seeking Behavior 7.1-7.2	Well-being Website <a href="#">Health and Well-being - JMU</a> (Fall 2024)

**Table 2 (JED Initiatives years 3-4)**

<b>JED Objective</b>	<b>JMU Initiatives (JED Years 3-4)</b>
Strategic Planning 1.6	Explore methods of campus wide data collection related to mental health/substance misuse.
Mental Health/Substance Abuse Support 8.1	Explore feasibility of student insurance plan.
Leave Policies 9.2-9.5	Review campus wide withdrawal process and assure transparency.
Crisis Management Procedures 13.1-13.3	Form postvention working group to coordinate postvention plans; communicate plans to campus community; and evaluate annually.
Substance Abuse Support 12.7	Develop highly visible campaigns and messaging, around substance use to highlight positive social norms, safer strategies, positive bystander behaviors, and resources. Targeted to students as a whole and broader community.

- **Okanagan Charter Working Group**
  - Monthly Meetings with campus-wide planning team
    - Identified suggested week for adoption
    - Worked on event planning
  - Attended US Health Promoting Campus Network monthly meetings
  - Attended US Health Promoting Campus Network Adoption Cohort monthly meetings
  - Worked toward adoption requirements

Action item	Status
Adoption Not "Signing"	Complete
Systems/Settings Approach	Complete
Presidential/Cabinet Support with campus-wide taskforce	Complete (national leaders)
Participation in US Adopter Cohort	Complete (1+ year involvement)
Statement of Adoption	To be signed Oct 2024
Statement of Commitment (to include resources how work is embedded on campus)	In-Progress (to be presented to USHPCN Fall 2024)
Press release	Template provided, edits by JMU Communications
Institutional Celebration	Scheduled for Fall 2024

- **Balanced Dukes Working Group**
  - Dr. Gilpatrick Hornsby accepted invitation to co-chair the working group with Tara Torkelson.
  - Monthly meetings with working groups were held.

Goal	Action Item	Status
Collect information and data on the state of well-being at JMU for faculty and staff	Funding will be secured for an employee health survey (employee version).  Collaborate with CHBS/WRC research group studying employees and their involvement in the Balanced Dukes Whole Health Challenge.	Funding secured, survey distributed May 2024  In Progress
Use the JMU definition of well-being and the dimensions of wellness to create a vision for a healthy campus for JMU employees	Recommendations will be made for resources and practices for supervisors to assist in creating a healthy campus for employees at all levels of the institution	In Progress
Develop a proposal to create a Community Supported Agriculture benefit for JMU employees		In Progress
Create content for the President's Council for Health and Well-being website		In Progress
Conduct an assessment of JMU policies and practices related to VDH Tobacco Free Campus	Develop a proposal to improve the JMU VDH Tobacco Free Campus score.	In Progress

## **2023 - 2024 Committee Members**

### **Chairs:**

Kristina Blyer

Julia Wallace Carr

### **Faculty/Staff:**

Quentin Alexander

Robin Anderson

Amanda Bodle

Bailey Bowers

Anne Brenneman

Cannie Campbell

Kathleen Campbell

Jennifer Campfield

Ritter Clevenger

Heather Coltman

Heather Davis

Danette Gibbs

Kathe Goller

Jenn Grossman-Leopard

Jessica Hopkins

Gilpatrick Hornsby

Veronica Jones

Sharon Lovell

Paul Mabry

Markita Madden

Joy Martin

Anthony Matos

Tim Miller

Laura Minnich Lockery

Rudy Molina

Josh Montanez

Kethera Moore

Towana Moore

David Onestak

Chris Orem

Casey Ouren

Jenn Phillips

DeAndrae Powell

Meg Sander

Debbie Sturm

Tara Torkelson

Mary-Hope Vass

**Student Members:**

Kevin Cottrell

Virginia Clair Sumner

Lauren Mickles