



HEALTH AND WELLNESS

ANNUAL REPORT: 2018-2019

Be Well. Do Well.

AN UPDATE FROM THE ASSOCIATE DEAN OF STUDENTS FOR WELLNESS

The Wellness portfolio includes Health Services, Counseling and Psychological Services (CAPS), Wellness & Prevention Services (Alcohol & Other Drug Services, Health Promotion, and Sexual Assault Prevention & Response Services), the Peers On Wellness (POW) peer health education program, the Campus Assessment, Response, and Evaluation (CARE) Team, and as of April 1, 2019, the Office of Religious & Spiritual Life (RSL).

The Babson Health & Wellness mission statement has been updated to reflect the inclusion of the multi-faith team from Religious & Spiritual Life:

We provide collaborative, evidence-based, and culturally inclusive health and wellness services that promote a healthy and safe campus community. We offer prevention and education initiatives, confidential intervention and treatment services, pastoral care, and student-centered advocacy to address undergraduate and graduate students' mental, emotional, physical, spiritual, and social well-being.

Under the leadership and strategic direction of Associate Dean Ryan Travia, the departments under the Wellness portfolio take a data-driven approach to ensuring the health, safety, well-being, and personal development of students. This year, each of the units embarked on a new, major initiative, producing monthly dashboards to track student utilization of services, new initiatives, and key outcome measures for interventions, programs, and services. These data, which are shared across units to identify similarities and differences, campus trends, and opportunities for collaboration within and outside of the division, are used to inform program and policy development.



WELLNESS AND PREVENTION

Wellness & Prevention Services, under the leadership of director Ashleigh Hala, focused on developing a newly reorganized portfolio of services to include substance abuse prevention, sexual violence prevention and response, mental health promotion, and sexual health. The Wellness & Prevention Services team completed a strategic planning process to chart a course for developing, implementing, and evaluating data-driven and evidence-informed direct services and community-based public health approaches that support students' health and well-being.

HEALTH SERVICES

Led by Dr. Sharon Yardley, director, Health Services continues to provide high quality medical care for Babson undergraduate and graduate students, in addition to serving students from Olin College of Engineering. Utilization of health services continues to increase significantly. A major area of focus this year was increasing access for students, while balancing scheduled appointments with same-day care.

RELIGIOUS AND SPIRITUAL LIFE

The College's chaplains and multi-faith team joined the Division of Student Affairs this spring. Effective July 1, Denicia Ratley, has been promoted to director of the newly formed Office of Religious & Spiritual Life. As director, Denicia will provide leadership in the areas of religious identity, faith formation, and spiritual well-being.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

After several decades of Babson utilizing a hybrid model to deliver counseling and mental health support to students through an outsourced provider with an on-campus presence, this was the first year that the new Counseling and Psychological Services (CAPS) program was brought fully in-house. A major focus this year has been building-out the infrastructure for this new unit, including staffing, a new electronic health record system, and developing policies and procedures, all while providing for the mental health care and emotional well-being of our students. Under the leadership of director Jan Holton, we anticipate CAPS being fully staffed by this fall.

WELLNESS AND PREVENTION

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Wellness & Prevention Services

supports population-level health, well-being, and safety through an evidence-based, environmental, community-oriented, strategic prevention portfolio that is grounded in harm reduction, health promotion, peer education, and direct services.

Wellness & Prevention Services includes:

sexual assault prevention & response services (SAPRS)

mental health promotion

sexual health promotion

alcohol & other drug services (AODS)

Direct Services Dashboard

- 118 individual substance use interventions
- 42 substance related hospital transports
- 68 disclosures of sexual or relationship violence
- 61 calls to the SAFE Hotline*

*24/7/35 confidential, anonymous crisis hotline for students who have been impacted by sexual and/or relationship violence
781-239-SAFE (7233)



alcohol & other drug services (AODS)



SUBSTANCE USE INTERVENTIONS PRIMARILY ADDRESSED ALCOHOL USE (69%), FOLLOWED BY MARIJUANA USE (28%), AND OTHER SUBSTANCES (3%)



66% OF INTERVENTIONS WERE WITH MALE-IDENTIFIED STUDENTS



FIRST YEAR STUDENTS REPRESENTED 46% OF INTERVENTIONS



MOST STUDENTS RECEIVING AN INTERVENTION WERE WHITE (48%) OR ASIAN (31%), AND 22% IDENTIFIED AS INTERNATIONAL STUDENTS



GRAD STUDENTS RECEIVED 3% OF INTERVENTIONS

"The meetings were actually really constructive for change. I do think I used to drink irresponsibly to the point where it was an issue. The meetings inspired me to make an active change..."
- Sophomore, AODS Client

sexual assault prevention & response services



NON-CONSENSUAL PENETRATION WAS MOST COMMONLY DISCLOSED (26%), FOLLOWED BY INTIMATE PARTNER VIOLENCE (22%)



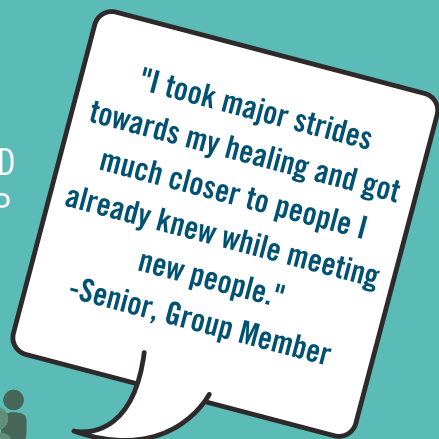
FIRST YEAR STUDENTS REPRESENTED 30% OF DISCLOSURES, FOLLOWED BY SOPHOMORES (24%) AND SENIORS (22%)



40% OF SAPRS CLIENTS IDENTIFY AS WHITE, AND ANOTHER 40% IDENTIFY AS ASIAN, AND 18% OF ALL SAPRS CLIENTS WERE INTERNATIONAL STUDENTS

IN FEBRUARY 2019, SAPRS LAUNCHED ITS FIRST SURVIVOR SUPPORT GROUP

9 APPLICANTS
6 PARTICIPANTS
6 WEEK CURRICULUM



PARTICIPANTS SAW INCREASES IN:
SUPPORT
CONNECTEDNESS
SHARING THEIR NARRATIVES
UNDERSTANDING TRIGGERS
USE OF HEALTHIER COPING STRATEGIES
POSITIVE RELATIONSHIP WITH BABSON

BABSON PROJECT TEAM

All 22 varsity teams have completed workshops 1, 2, and 3. Workshop 4 will be available in Fall '19.



39% OF VARSITY ATHLETES REPORT A POSITIVE SHIFT IN MAKING A CHANGE TO DRINKING BEHAVIOR AFTER PARTICIPATING IN PROJECT TEAM



AFTER PARTICIPATING IN PROJECT TEAM, THERE WAS AN INCREASE (BY 36%) OF VARSITY ATHLETES REPORTING THAT ALCOHOL IMPACTS ATHLETIC PERFORMANCE

“We held workshop 2 on a Saturday night, and I am convinced that we won on Sunday because of it...”
- Head Coach



100% COMPLIANCE FOR PARTICIPATION IN BABSON'S ONLINE ALCOHOL COURSE, WATCH YOUR BAG



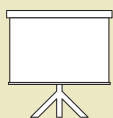
OVER 150 SLEEP KITS DISTRIBUTED ACROSS CAMPUS



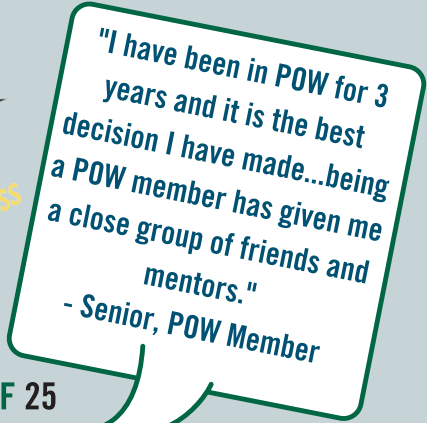
80+ CALLS TO THE GUIDED MEDITATION VOICEMAIL (781-239-REST (7378))



APPROXIMATELY 5,400 CONDOMS DISTRIBUTED (NOT INCLUDING SPECIALTY PRODUCTS)



4 SECTIONS OF THE SIGNATURE 6-WEEK COURSE, GRIT & RESILIENCY



SUSTAINED A MEMBERSHIP OF 25 PEER EDUCATORS

SUCCESSFULLY RECRUITED FOR THE 2019-2020 ACADEMIC YEAR, REACHING AN UNPRECEDENTED 30 POWs!

PRESENTED AT REGIONAL AND NATIONAL PEER EDUCATION CONFERENCES ACROSS THE COUNTRY

GROUP DEVELOPMENT & COMMUNICATIONS

INTRODUCTION OF A POW MENTEE/MENTOR PROGRAM

PARTY GRANTS

IN PARTNERSHIP WITH BIDWELL, 64 PARTIES FUNDED (PROVIDED WITH FOOD & WATER):
AVG PARTY SIZE = 28
AVG GRANT = \$180

MARKETING
#WELLNESS WEDNESDAY
INSTAGRAM SERIES

CURRICULUM
GOT YOUR BAG & POSITIVE CONSENT WORKSHOPS
DELIVERED TO EVERY FIRST YEAR STUDENT

PUBLICATIONS
OVER 250 COPIES OF THE STALL STREET JOURNAL
DISTRIBUTED EACH MONTH

EVENTS
CARE WEEK: 5 DAYS, 10+ EVENTS
DEDICATED TO SEXUAL VIOLENCE PREVENTION

HEALTH SERVICES

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Health Services provides episodic and acute care services to both the undergraduate and graduate students at Babson College and the students at Olin College.

14% of Health Services visits were 1st time visits
42% of Health Services visits were International students
73% of the visits were distinct visits



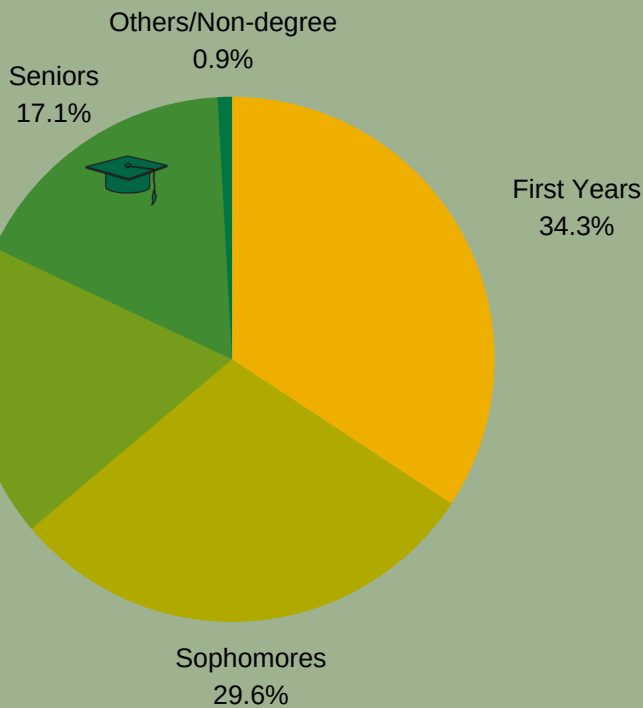
Health Services Dashboard

5581 Visits to Health Services
4093 Babson Undergraduates
928 Babson Graduate students
560 Olin College students
50 Nutritional visits
502 Flu shots given

"Extremely compassionate, empathetic, and competent"
~Babson Senior

"Your kindness was above and beyond, thank you for helping relieve the stress of finals, we are so grateful!"
~Babson Parent

Babson Ugrad Fall 2018



"We want to thank you for the daily extraordinary care that you are providing to our son"

~Babson Parents

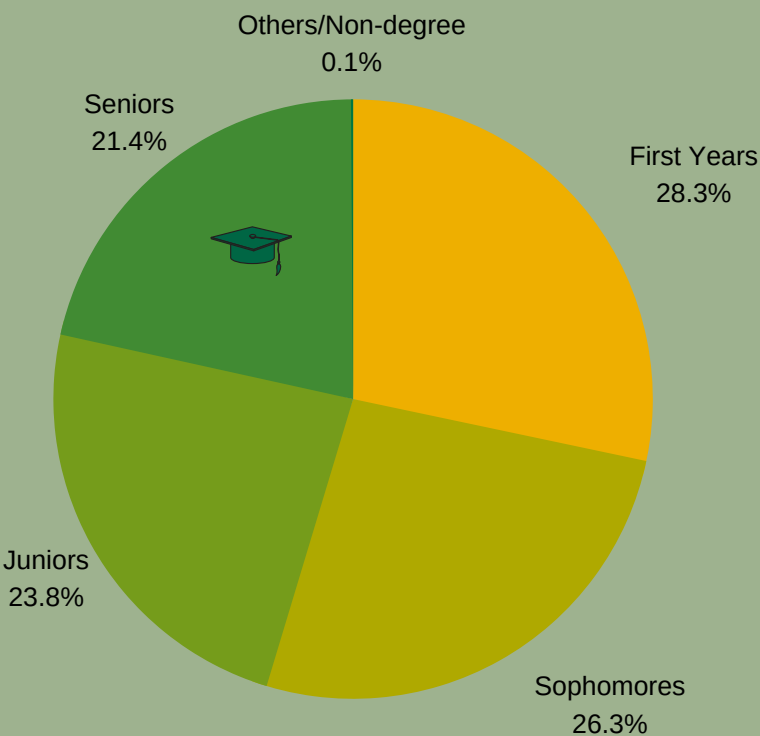
FALL 2018 ACHA-PSAS DATA*

- 65.8% Females
- 30.7% Males
- 3.5% Non-Binary
- 78.9% Undergraduate
- 21.1% Graduate
- 85.1% Use Health Services as their primary source of care
- 86.6% Satisfied or very satisfied with their care
- 83% Are likely or very likely to recommend Health Services to others

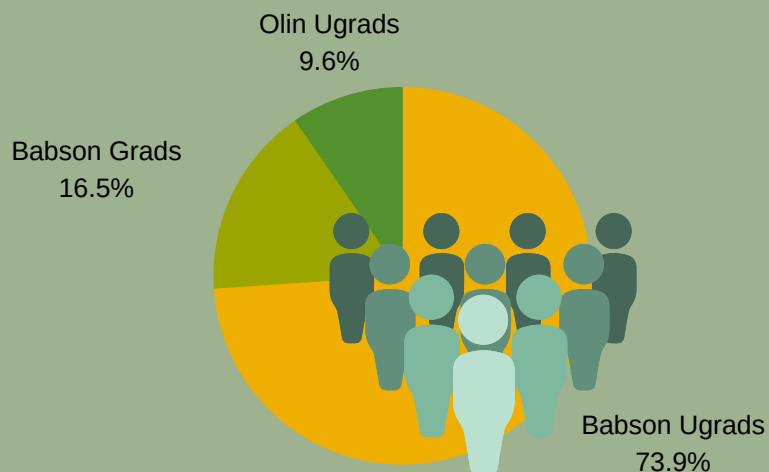


*American College Health Association-Patient Satisfaction Assessment Services N=114

Babson Ugrad Spring 2019



Utilization of Health Services FY 2019



Top Five Visit Reasons

- 756 Immunization visits
- 550 Phone consultations
- 340 visits for coughs
- 183 visits for STI testing
- 137 Travel Visits



RELIGIOUS AND SPIRITUAL LIFE

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Religious and Spiritual Life (RSL) **equips** student leaders from all faith backgrounds by providing semesterly workshops that focus on identity formation, religious literacy, and pursuit of justice. This year, 21 student leaders were present and represented 6 faith groups.

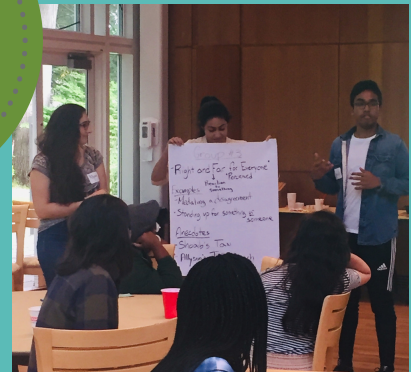


Religious and Spiritual Life encourages students to **engage** beyond their own faiths in order to promote and support interfaith dialogue and religious freedom. This year our Hillel and Muslim Student Association hosted a Shabbat around Jewish and Muslim identities and our Leap of Faith Week provided prizes to students who shared their journeys of faith.



Religious and Spiritual Life exist to **edify** faith traditions equally as well as the religious vibrancy and spiritual depth within the Babson Community. This year our 2019 Baccalaureate ceremony was held in Glavin Chapel.

Equip



Engage



Edify



value proposition



Relationships

RSL values students' experiences and their need for healthy and lasting relationships.



Responsibility

RSL values students' opinions and thoughts when it comes to domestic and world events with our Peace Intentions Wall.



Revive

RSL values students' spiritual journeys and needs by offering religious services and contemplative practices.

Peek of the Week :
RSL provides vibrant and inclusive programs for Babson Community.



- Catholic Mass
- Meditation Monday
- Rosary Prayer
- Peace Circle
- Qur'an Circle
- Torah Teaching
- Christian Breaking Bread
- Christian Worship Night
- Chivary Class
- Pizza with Chaplain
- Jumu'ah Prayers
- Jewish Ethics Class
- Shabbat Service & Dinner



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

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The mission of Counseling and Psychological Services (CAPS) is to provide high-quality, responsive, inclusive and flexible mental health services to all eligible Babson undergraduate and graduate students, supporting whole-person wellness and empowering students to thrive in their endeavors during and beyond their time at Babson. CAPS provides clinical services, education and prevention services, and crisis response.



“Thank you so much, you have given me amazing gifts, understanding and clarity.”

- MBA student

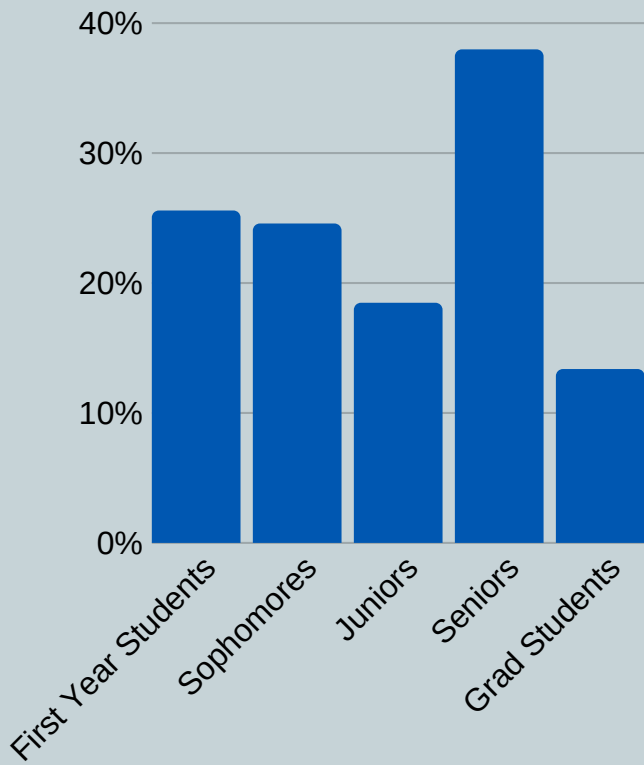
**2018-2019:
Year at a
Glance**

**Total Students
Seen at CAPS:
377**

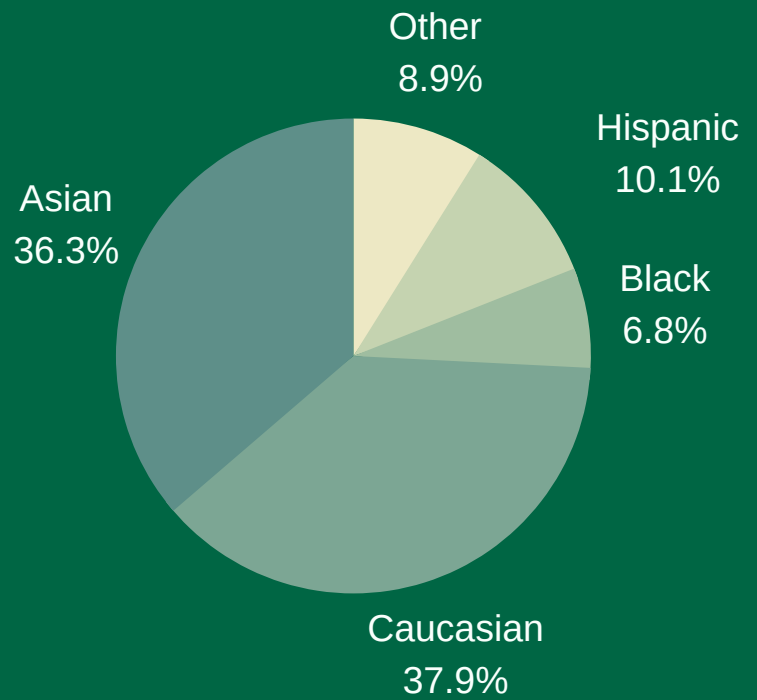
**Total Number of
Appointments:
1410**

**Primary Concern
Addressed:
Relationships
(31%)**

**Other Top Concerns
Addressed:
Adjustment (16%)
Anxiety (14%)
Depression (10%)**



Percentage of students using CAPS, by class



Percentage of students using CAPS, by ethnicity

CAPS sponsored our 3rd Fresh Check Day, bringing more than 300 students together to participate in an uplifting mental health promotion and suicide prevention event that included interactive booths, peer-to-peer messaging, and the support of multiple campus departments and groups. The yearly event, co-sponsored with Olin College, is designed to reduce stigma and build a bridge between students and campus mental health resources.



“

Thank you for all the conversations, support, and guidance. When I think about my Babson experience, some of the greatest moments of growth for me happened because of our meetings.

- Babson Senior

”

This year, CAPS staff members performed **40+** hours of outreach to students and student groups.