WELLNESS CENTRAL
A CANVAS-BASED HEALTH AND WELLNESS PORTAL FOR CCC STUDENTS
SUPPORT SERVICES ONLINE

There has been a clear need to offer significant support services online. Initial support focused on online only students. Now it is ALL students.
ALL Students Use Canvas for all Classes

FACETOFACE
HYBRID
ONLINE
ADDRESSING THE NEED THROUGH COLLABORATION

HSACCC
Health Services Association of California Community Colleges

CVG OEI
California Virtual Campus Online Education Initiative

FCCC
Foundation for California Community Colleges

MHWA
Mental Health and Wellness Association of CCC
WELLNESS CENTRAL

1. Health and Wellness Modules
2. Canvas 24/7 access
3. Anonymous
4. Customized for California Community College students
5. Collaboration with other CCC statewide campaigns.
6. Resources:
   a. Videos
   b. Articles
   c. Websites
   d. Apps
   e. College and County resources
   f. Crisis Support

Wellness Central
“Your Space @ Your Pace”
DataDriven Module Choices

#REAL COLLEGE SURVEY
California Community Colleges
2015/2018

Almost 40,000 students at 57 California Community Colleges participated. The results indicate:

- 50% of respondents were food insecure in the prior 30 days,
- 60% of respondents were housing insecure in the previous year,
- 19% of respondents were homeless in the previous year.
Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in a course; received an incomplete or dropped the course; experienced a significant disruption in thesis, dissertation, research, or practicum work …” (ACHANCHA)
Data-driven Module Choices

NCHAACHA SURVEY
Health Interferes with Academic Success

- Stress 34.2%
- Anxiety 27.8
- Sleep Difficulties 22.4
- Depression 20.2
- Work 15.3
- Cold/Flu
Modules Physical/ Mental/ Social Health

- Academic Wellness
- Anxiety
- Birth Control
- Cold/Flu
- Dental Care
- Depression
- Financial Wellness
- First Aid
- First Generation
- Foster Youth
- Homeless and Housing Support
- How to Help Others in Distress
- Hunger

- LGBTQ+
- Mindfulness
- Mood and Food
- Natural Remedies
- Nutrition
- Physical Activity
- PrEP HIV
- Quit Smoking
- Sexual Assault
- Sexual Health
- Sleep
- Spirituality
- Stress Relief
- Vaccines
- Veterans
Data-driven Module Design

- RP Group Student Success reDefined
- “Motivational interviewing” supportive format
- Front page newspaper design- easy access to info
- Student focus groups
RP Group Model

Six Success Factors Definitions

- **Directed**: students have a goal and know how to achieve it
- **Focused**: students stay on track — keeping their eyes on the prize
- **Nurtured**: students feel somebody wants and helps them to succeed
- **Engaged**: students actively participate in class and extracurricular activities
- **Connected**: students feel like they are part of the college community
- **Valued**: students' skills, talents, abilities and experiences are recognized; they have opportunities to contribute on campus and feel their contributions are appreciated
Motivational Interviewing Influence

KEY CONCEPTS THAT INFLUENCED
MODULE CONTENT

- Express empathy through reflective listening.
- Develop discrepancy between clients' goals or values and their current behavior.
- Avoid argument and direct confrontation.
- Adjust to client resistance rather than opposing it directly.
- Support self-efficacy and optimism.
Holistic Model

The 6 Dimensions of Wellness

- Emotional
- Social
- Physical
- Academic
- Financial
- Spiritual

Homeless and Housing Support

Hunger
Accessing Wellness Central

Wellness Central: Your Space at Your Pace

If you believe you need immediate assistance please contact 9-1-1, the Crisis Text Line: COURAGE TO 741741 or contact your campus or local health providers.

Welcome to Wellness Central! This is a free health and wellness resource created especially for California Community College students. This resource is here for you to access in your space at your pace!

Your health is important and is connected to your ability to succeed as a student. We know that when you pay attention to your health, you are more likely to successfully complete your classes, receive the grades you desire, progress to the next semester and move smoothly on to graduation!

Your success in college depends on good health!

Wellness Central is not intended to replace professional medical advice regarding a specific medical condition or question. The resources and health information in these modules are intended to provide guidance and connect you with local services.
Streamlining the Adoption Process


Goal: Customization at the local college

Landing Page Data on visits and usage not Student Information.

Total Visits since Fall 2019: 619

Number of Colleges: 68
Streamlining the Adoption Process Cont.

Step by step adoption guidelines will focus on:

1. Maintaining the Original Content
2. Accessibility compliance
3. Customizing information to the individual college
4. New topics—keeping track of new information to share with other CC’s
Marketing material Link

Flyer
Powerpoint
Social
Talking Points
Toolkit
Questions?
Contact Information

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