

YEAR IN REVIEW 2020-2021

BAKER



STUDENT WELLNESS CENTER

DARTMOUTH COLLEGE






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LETTER
FROM

THE
DIRECTOR



Having the surreal experience of living and working through a global pandemic with hundreds of thousands lives lost, even more lives affected, strict public health guidance changing rapidly, and the reality of transitioning to fully remote work certainly has had its struggles and challenges. Yet, the staff at the SWC not only rose to the occasion, but like a phoenix rising from the ashes, emerged stronger, transformed, and triumphant.

The following pages include just a few examples of how the SWC staff seized the moment that resulted in transformational milestones for our department and the Dartmouth community.

SVPP

SVPP maintained educational continuity for our students by immediately creating quality, engaging, homegrown online modules of sessions in record time. This endeavor, previously a distant goal for making up missed sessions, took flight as a priority. This team also forged ahead and successfully launched a very complex five-year longitudinal evaluation research plan with a partner institution with even more care and intentionality given the pandemic.

BASICS

Our **BASICS sessions** and **Wellness Check Ins** became more accessible for students near and far thanks to the immediate move to Zoom as a platform for connecting. The staff also responded to Zoom fatigue by advertising phone-based conversations (with an optional “walk and talk” encouraging students to tend to their wellbeing by adding movement to the check in).

WELLBEING

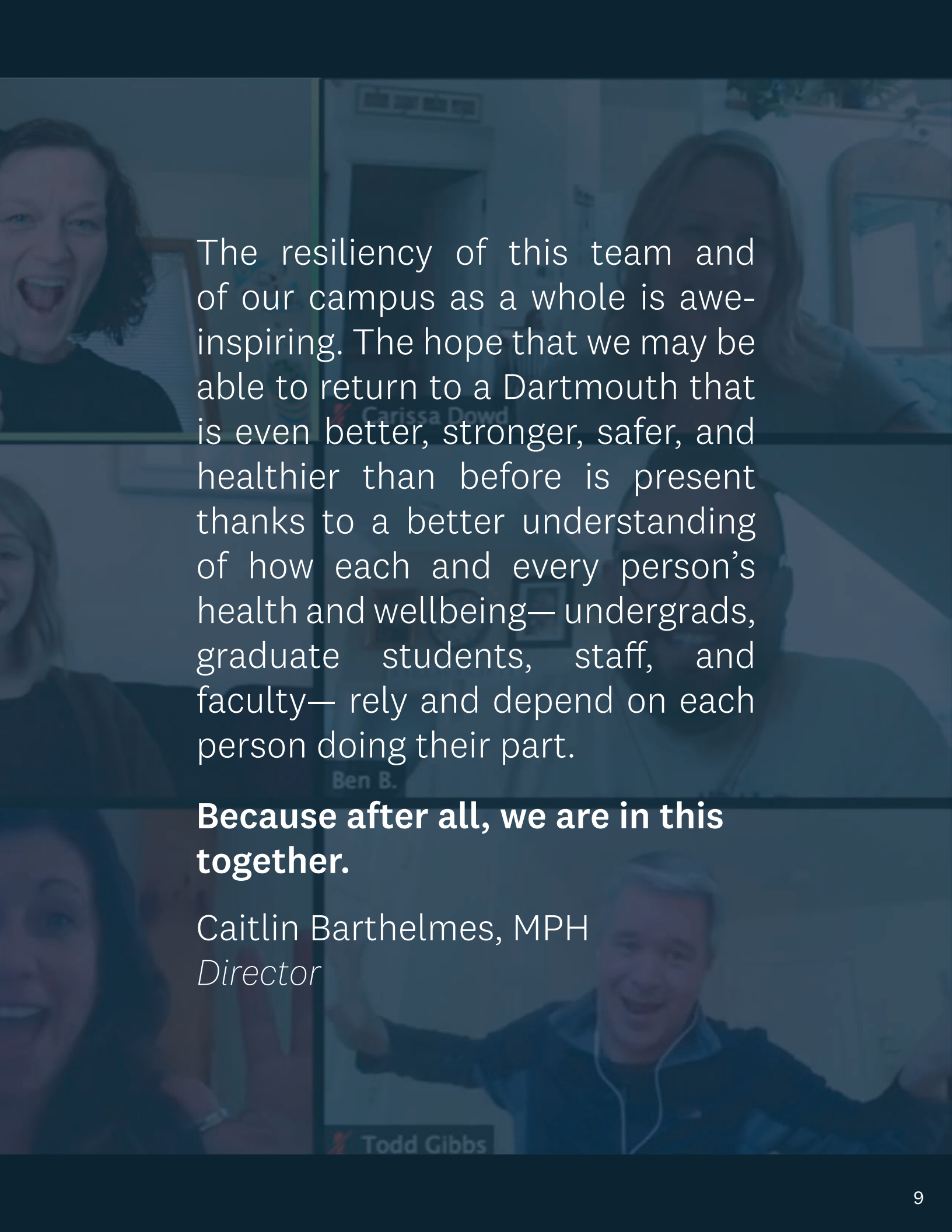
Our **Wellbeing** offerings, including mindfulness and yoga experiences, exploded in the virtual sphere resulting in a robust library of audio, visual, long and bite-sized experiences. The creation of an SWC blog invited deeper exploration into our monthly themes and the launch of our active Instagram has become a source of wellbeing support for folks far and wide. The Wellbeing Team also responded quickly to the call for a return to in-person group programming by offering moments of mindfulness, meditative hikes, and outdoor yoga throughout the year, scaling up as health and safety measures allowed.

PROGRAMS



With the spotlight on racial injustice that occurred concurrently with the pandemic, the SWC has been inspired to think critically about our mission and embrace a more direct articulation of the connection between **social justice** and **public health**.

The SWC supported many **COVID-prevention** initiatives through our application of health promotion best-practices, ultimately increasing our visibility and fostering more campus-wide collaborative relationships.



The resiliency of this team and of our campus as a whole is awe-inspiring. The hope that we may be able to return to a Dartmouth that is even better, stronger, safer, and healthier than before is present thanks to a better understanding of how each and every person's health and wellbeing—undergrads, graduate students, staff, and faculty—rely and depend on each person doing their part.

Because after all, we are in this together.

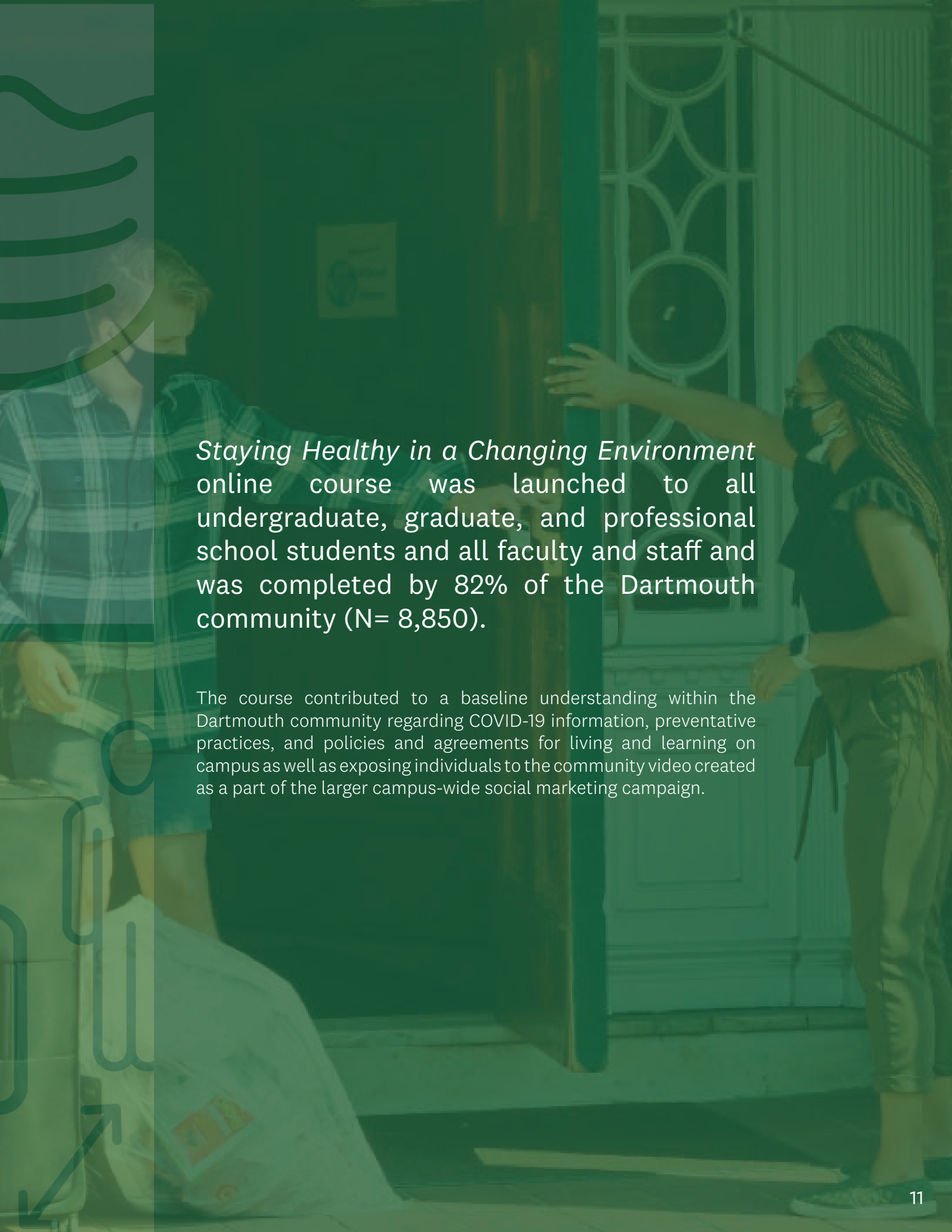
Caitlin Barthelmes, MPH
Director



COVID-19

PREVENTION EFFORTS

As an office that specializes in prevention and behavior change, we were happy to contribute our expertise to creating a safer, healthier community in the context of pandemic related needs.



Staying Healthy in a Changing Environment online course was launched to all undergraduate, graduate, and professional school students and all faculty and staff and was completed by 82% of the Dartmouth community (N= 8,850).

The course contributed to a baseline understanding within the Dartmouth community regarding COVID-19 information, preventative practices, and policies and agreements for living and learning on campus as well as exposing individuals to the community video created as a part of the larger campus-wide social marketing campaign.

SOCIAL MARKETING CAMPAIGN

Social marketing is a health promotion approach. It utilizes effective marketing strategies to develop campaigns encouraging positive behaviors for the benefits of individuals and society as a whole. The SWC team lead efforts to create a social marketing campaign related to COVID-19 prevention *tailored to Dartmouth's community*.


The SWC team worked with partners across campus to create a **community video** that used *positive, inclusive, and empowering* approaches to encourage positive preventative behaviors. The video featured undergraduate, graduate, and professional school students, faculty, and staff sending messages for individual and collective responsibility, care, and compassion through the practices of hand hygiene, physical distance, and other transmission-reducing, community-building techniques.



COVID-19

Get the latest information from the CDC about COVID-19.

[LEARN MORE](#)

 See more resources on Google [↗](#)


Community COVID Prevention

7,074 views • Sep 2, 2020

 42

 DISLIKE

 SHARE

 SAVE

...



Dartmouth ✓
72.9K subscribers

[SUBSCRIBE](#)

Dartmouth community members share why preventing COVID is important and how we can work together to do our part to protect each other.

Before coming to Dartmouth, **the Class of 2024** reported that they were already **practicing recommended public health guidelines** to stop the spread of COVID-19 and **believe it is important for Dartmouth students to do so.**



The Class of 2024 Masks Up!

99% of the Class of 2024 reported wearing a **face covering** often or always when physical distancing was difficult.

93% reported doing so always/almost always!

Data from the August 2020 Dartmouth Short Survey (RR 95%, N=1,090)

Dartmouth Wellness Center

Class of 2024

Doing Your Part



98% of the Class of 2024 avoided leaving their home if feeling sick often or always.



95% of the Class of 2024 reported frequent, proper handwashing (20 seconds or more) or using hand-sanitizer often or always.



98% of the Class of 2024 covered a cough with a tissue or elbow often or always.



Data from the August 2020 Dartmouth Short Survey (RR 95%, N=1,090)

Dartmouth Wellness Center

5,596 Dartmouth students completed the COVID-19 Prevention Course

82%

of all **Dartmouth students*** completed the community-wide COVID-19 Prevention Course "**Staying Healthy in a Changing Environment**"



*Undergraduate, graduate, & professional students

98% of Dartmouth students feel it is **very or extremely important** to wear a **mask** around other people.



Data from post-survey COVID-19 Prevention Course (RR 82%, N= 5,596 students)

96% of Dartmouth students feel it is **very or extremely important** to **take action** if you observe **unsafe behaviors** related to health during the pandemic.



Data from post-survey COVID-19 Prevention Course (RR 82%, N= 5,596 students)

86% feel it's **extremely important!**

Dartmouth Wellness Center

In this Together

Doing Our Part by Staying Apart



Data from post-survey COVID-19 Prevention Course (RR 82%, N= 5,596 students)

Dartmouth Wellness Center

99%

of Dartmouth students are prepared to take steps to **protect others** from contracting COVID-19.



Data from post-test COVID-19 Prevention Course (RR 82%, N= 5,596 students)

Dartmouth Wellness Center

Social Norms slide decks were also created and displayed on screens across campus, including in the dining hall and House Centers for the Class of 2024 (First Years) and for the general student population. The slides featured student statistics from the *Staying Healthy* course as well as data gathered from the *Dartmouth Short Survey*.

The development and distribution of a print and digital **COVID-19 health promotion social norms marketing campaign** was the result of a cross-campus collaboration between the SWC, Wellness at Dartmouth, and the Office of Communication. The team conducted formative research with students and staff to develop campaign ideas, imagery, and slogans. Working with a professional designer, the ideas were translated into a **print and digital poster series** that featured quotes from Dartmouth community members, educational information, and data gathered from the *Staying Healthy* course endorsing positive preventative practices. The posters were printed and distributed in buildings throughout campus including at the COVID-19 testing site as well as made available for download on the *Dartmouth Together* website.

Using normative data in a social marketing campaign strengthens efficacy. In highlighting the behaviors of the healthy majority, misperceptions are corrected and desired behaviors are endorsed as the “norm” of the community.





Disinfect Surfaces

DOING OUR PART. IN THIS TOGETHER.



Mask-up, Dartmouth

Wearing a cloth face covering reduces the spread of COVID-19, particularly when used universally within communities.

DOING OUR PART. IN THIS TOGETHER.



Wash Your Hands

DOING OUR PART. IN THIS TOGETHER.



SCIENCE SAYS . . .

We know that **almost half** of people with COVID-19 are **asymptomatic**.

COVID-19 **spreads** more easily in **crowded places, close contact settings, and closed spaces.**

TO PREVENT THE SPREAD OF COVID-19:

- Only attend or host gatherings of **9 people or less**
- Wear a **face covering** around others
- Prioritize **meeting outside or open doors & windows** for ventilation
- Keep **at least 6 feet** from others



For more information please visit covid.dartmouth.edu
www.who.int | www.cdc.gov

DOING OUR PART



DARTMOUTH TOGETHER



96% of the Dartmouth community feels it is **very or extremely important** to take action if you **observe unsafe behaviors** related to health during the pandemic.

TAKING ACTION IN POSITIVE WAYS:

Share why it is important to you that everyone follows the guidelines.

Give the benefit of the doubt. Mistakes happen.

Let's remind each other to do our part.

Ask a friend or colleague to help you remember yourself and remind others.



Data from "Staying Healthy in a Changing Environment" COVID-19 prevention course. Completed by 82% (N= 8,850) of undergraduate, graduate, and professional school students, staff, and faculty



93% of the Dartmouth community **strongly agreed** they are **prepared to take steps to protect themselves** from contracting COVID-19.

HELP PROTECT YOURSELF AND OTHERS

- Wearing a well-fitted face covering
- Washing hands for at least 20 seconds
- Practicing physical distance
- Avoiding large gatherings
- Filling out your daily TSA
- Complying with testing and quarantine procedures

"The Dartmouth community is truly unparalleled in how much we genuinely care about one another so I'm confident we will all take actions to ensure one another's safety."
—Jonathan "Jack" Nicastro '23

Data from "Staying Healthy in a Changing Environment" COVID-19 prevention course. Completed by 82% (N= 8,850) of undergraduate, graduate, and professional school students, staff, and faculty

OTHER PROJECTS

STALL STREET JOURNAL

We created a special edition of the Stall Street Journal, our health promotion flyer posted in bathrooms across campus, in Winter 2020 to help inform the study body of preventative practices.

COLD, FLU, AND CORONAVIRUS PREVENTION

With the cold and flu season in full swing and the presence of the coronavirus in our community, help avoid transmission and protect yourself with these handy tips.

SWAP THE GREETING

No handshaking or hi-fiving! Try out a new greeting like a slight bow, throwing up a peace sign, or giving a head nod or friendly wave.

SHARING IS NOT CARING

When it comes to viruses, avoid sharing drinks, utensils, vaping or smoking devices, food or anything else that may involve saliva. Whether it's on the sports field, in the dining hall, or at the pong table, keep tabs on your own items and don't share with others.

RESIST THE ITCH

We typically touch our hands to our nose or mouth about 90 times a day without knowing it! Hand-to-face contact is often how viruses enter our body. Notice when your hand is starting to go towards the face. Pause and resist this automatic act.

CHECK YOUR BIAS

Viruses and illnesses can affect us all. Make sure you are not making assumptions about people's likelihood of spreading an infection based on how they look, their heritage, or other qualities.

KEEP IT CLEAN

Wash your hands with soap for at least 20 seconds (sing Happy Birthday twice!) and/or use greater than 60% alcohol-based hand sanitizer frequently when you are out at public spaces and whenever you return home.

AVOID SURFACE CONTACT

Contaminated surfaces can remain infectious. Get creative when needing to touch possibly infected surfaces: only use your knuckle to touch light switches or elevator buttons, open doors with your closed fist, hip, or use a paper towel, or use a disinfectant wipes when available.

GRAB A TISSUE


Cough or sneeze into a disposable tissue and discard. Wash your hands or use hand sanitizer. Use your elbow only if necessary (the clothing on your elbow can also remain infectious).

STAY HOME AND REST

If you are experiencing symptoms (fever, cough, sore throat), stay home! Be a good neighbor and help break the cycle of transmission. For questions, concerns, or if you're experiencing difficulty breathing, call Dick's House at 603-646-9400 (students) or your primary care provider (staff/faculty).


content sourced from:
The Centers for Disease Control and from recommendations from James Rob, MD, UC San Diego, professor of pathology and one of the first molecular virologists in the world to study the coronavirus

The Stall Street Journal | Student Wellness Center
3rd Floor ROBO | 603.646.9414
designedbysebastianlogue22



COPING WITH COVID-19

A coping guide entitled "Wellbeing Tips during COVID-19" provided supportive practices and resources for students navigating the uncertainties and transitions brought about by the pandemic.

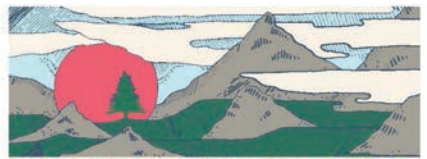


Coping with COVID-19: Wellbeing Tips for a New Chapter at Dartmouth

Our 2020-2021 academic year will look and feel a little different from most years in the long history of Dartmouth. Despite the challenges we face as a community, our team at the [Student Wellness Center \(SWC\)](#) is committed to helping you make the most of this time in your life.

Navigating the many transitions that will be a part of your experiences over the next year will likely push you to the limits of your capabilities. And, like all transitions in life, these experiences will also offer opportunities to consider what kind of person you want to become, how you will participate and respond in your communities, and what capacities you need to develop to do so effectively. Our hope is that as you discover your abilities to both care for yourself and look out for others, you will steadily feel more and more empowered to thrive.

This overview will offer ideas for enhancing your abilities to care for yourself and others using our SWC framework for wellbeing. This framework is made up of different pathways and outcomes that can sustain you through adversity and help you maximize the successes and accomplishments of this year. For each pathway, we have included both Dartmouth-specific resources as well as broader readings and practices that can help to bolster your wellbeing. Included are ideas that help cultivate a sense of perspective, facilitate mindful engagement and authentic connection, and culminate in intentional actions you choose to take that can contribute to an overall sense of meaning and purpose in your life.



STUDENT WELLNESS CENTER at Dartmouth College

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2020 Dartmouth Health Survey During COVID-19 Pandemic

Office of Institutional Research
June 2020

DARTMOUTH

DARTMOUTH HEALTH SURVEY

With Health Services, we adapted the *Dartmouth Health Survey* to gather pandemic and other health and wellbeing related data from students in the Spring of 2020

WHAT'S THE DIFFERENCE?

A collaboration with Health Services resulted in a digital flyer distributed to students and posted online to facilitate a better understanding of pandemic terminology.

OFFICIAL COVID-19 PREVENTION KIT

This handout was made available alongside prevention supplies distributed by the College.



COVID-19 Terminology: What's the Difference?!

Physical or Social distancing, self-isolation, quarantine... With so many terms being used during this pandemic, it can be hard to know what you are supposed to do and why. Use this handy chart to help guide your way through being a pandemic disruptor! Do it to protect your loved ones, your friends, the stranger on the street. We are all in this together!



	Who?	What?	How?	Why?
Physical Distancing (aka Social Distancing)	Everybody!	Deliberately increasing the physical space between people to avoid spreading illness. Wear a mask in situations when physical distancing is difficult.	Only go out for essentials like food and medicine Avoid group gatherings and limit visitors Stand 6 feet apart from others (When someone coughs or sneezes, infectious droplets typically fall to the ground under 6ft or 2 meters) Practice exemplary hygiene Enjoy the fresh air! Outdoor activity is lower-risk for contagion than indoor and can boost wellbeing for the mind, body, and spirit.	Practicing strict physical distancing is key to stopping the chain of transmission resulting in the mitigation of the damage and death rate of this pandemic. Without physical distancing, our healthcare system will be overwhelmed and providers will not be able to treat the most severe cases, resulting in unnecessary deaths. This concept is widely known as "flattening the curve" which refers to the potential positive impact these behaviors have on the shape of epidemiological models of disease spread.
Self-Observe aka Self-Monitor	"People WITHOUT symptoms who have had low-risk exposure with someone who has tested positive for COVID-19"	Monitor health for symptoms and limit interactions with others for 14 days Symptoms: Fever or chills Cough, sore throat Shortness of breath or difficulty breathing Muscle or body aches New loss of taste or smell Headache Nausea, vomiting or diarrhea Nasal congestion or runny nose	Practice strict physical distancing from members outside your household, wear a mask when in public and when you cannot stay 6 ft from others. Practice exemplary hygiene Take temperature twice daily Remain alert for symptoms listed to the left: If you develop symptoms, call a medical care provider (don't just show up).	14 days is the longest time between when you may have been exposed to COVID-19 and when symptoms may begin. It is very important to monitor your health during this time so that you can be taken care of and know when to seek medical advice to determine if isolation is recommended.
Self-Quarantine	"People WITHOUT symptoms who have had known exposure to someone with COVID-19"	Stay at home with no outside visitors for 14 days Symptoms: Fever or chills Cough, sore throat Shortness of breath or difficulty breathing Muscle or body aches New loss of taste or smell Headache Nausea, vomiting or diarrhea Nasal congestion or runny nose	In addition to the same practices as Self-Quarantine: Take your temperature and record any symptoms 2x per day. You may be told to report your temperature/symptoms to a public health official. Practice physical distancing from roommates or members of your household. Wear a mask when you are unable to do so, and when you go for a walk. If you become sick during this time, call a medical provider.	Communication with public health officials facilitates coordination of care for you and others impacted and will tell you when your quarantine is over. Your contribution of tracking and recording data will be in the understanding of the virus and how it moves through a community.
Self-Isolation	"People WITH symptoms who have either... had very close contact (within 6ft for around 30 minutes or more, or engaging intimate activity for a shorter period) with someone who has tested positive for COVID-19 received a positive COVID-19 test result"	Stay at home and avoid contact with all others, including family or roommates	In addition to the same practices as Self-Quarantine or roommates: Stay in a separate room from the rest of your household and use a separate bathroom. Keep toothbrushes separate. Wear a mask when unable to be 6ft from household members. Family, roommates, and pets should avoid contact with sick person and practice self-quarantine. Clean and disinfect common spaces and shared bathrooms regularly.	Self-isolation gives your body the chance to fight off the infection and recover. It is also the safest way to protect others from being infected.

*Recommendations change rapidly, for up to date info see [CDC website](#), [New Hampshire DHHS](#), and the [Dartmouth COVID-19 website](#). Updated July 1, 2020

COVID-19 Prevention Kit

Why do I need this?

Face coverings may help prevent people who have COVID-19 from spreading the virus to others. **Wearing a cloth mask will help protect people around you.**

Face Coverings



Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay **six feet apart**

Thermometer



Symptoms of COVID-19 include fever and chills, as stated by CDC. A temperature above **100.4 degrees Fahrenheit** or **38 degrees Celsius.**

Dartmouth members are asked to take their temperature and fill out the **Temperature Screening Assessment (TSA)** daily.

Dartmouth members are encouraged to wash their hands frequently for at least **20 seconds** with soap and water.

Hand Sanitizer



If soap and water are not available, CDC recommends consumers use an **alcohol-based hand sanitizer that contains at least 60% alcohol.**

Disinfectant Wipes



Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

GRIEF, LOSS, & WELLBEING

A Grief, Loss, & Wellbeing webpage was created to help students process the number of losses they experienced over the course of the year.

Wellbeing Resources for Transition
Virtual Student Wellness Center
Grief, Loss, & Wellbeing >
Prevention
Racial Justice & Wellbeing
RAIN Meditation
Resources & Information
Wellbeing Tips
Wellbeing Theme
Mindfulness & Meditation
Wellness Check-ins
Yoga
Additional Offerings
Wellbeing Pathways

**TUCKER CENTER
GRIEF
RESOURCES**

Grief, Loss, & Wellbeing



GRIEF, LOSS, & WELLBEING

"Grief is the intense emotional response to the pain of a loss. It is the reflection of a connection that has been broken. Most important, grief is an emotional, spiritual, and psychological journey to healing."
-David Kessler