



YEAR IN REVIEW

2015 - 2016

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LETTER FROM THE DIRECTOR

This year, the Student Wellness Center (SWC) really “put down its roots”, solidifying the department’s identity and establishing ourselves as a campus resource. We kicked off Fall 2015 with an exciting Launch Party that welcomed hundreds of students and staff to the third floor of Robo! Throughout the year, we enhanced and expanded our flagship programs (BASICS, Dartmouth Bystander Initiative, and Thriving@Dartmouth) while simultaneously doing strategic planning for the four-year sexual violence prevention project, assessing program effectiveness, and developing new and exciting offerings for student engagement. While our efforts primarily focus on promoting health positive behaviors for students to reach their full potential, the knowledge and skills students gain through our work extend far beyond these behaviors. In refining our vision and mission, we examined our portfolio and observed three core themes running through our work: **reflection, intention, and connection.**

With the fast-paced term system, students have shared that they rarely find time to pause and think about their experiences— past, present, and future. Many of our programs, from Koru mindfulness workshops to BASICS conversations, provide students with space and time to reflect and, in turn, to make intentional choices that better align with their personal goals and values. To borrow language from one of our student groups, the SWC encourages Dartmouth students to act “on purpose” when making any decision, including practicing self-care, communicating or interacting with each other, or determining their academic schedule. Knowing that human connection is essential to growth and wellbeing, we also provide experiences for students to connect in meaningful ways both with our department and with each other. Whether it be through Thriving@ Dartmouth, Emotional Intelligence pilots, Kripalu Wellness Immersions, or many of our other offerings, the formation of communities built upon trust and openness has been a meaningful byproduct of SWC programming.

I’m excited to share our accomplishments, outcomes, and student stories from 2015-2016 in the following pages. It warms my heart to see the growth of our department, and I feel honored to be a part of an amazing team of professionals who truly seek to make Dartmouth the best it can be.

Enjoy!




Caitlin K. Barthelmes, Director

Reflection – Intention – Connection

A photograph of two women in a workshop setting. The woman on the left, with long brown hair and wearing a white and yellow striped shirt, is holding a small dark glass bottle with a white cap and smelling it. The woman on the right, with dark hair and wearing a green and black plaid shirt, is also holding a similar bottle and smelling it. In the background, another person is partially visible, and a bulletin board with various notes is on the wall.

Meditation Room

- Please enter quietly
- Find a seat on a cushion, chair, or the floor
- Grab a card to guide yourself, or put in headphones & close your eyes to listen to a fully guided experience.

A stylized illustration of a landscape. In the center, a large, solid red circle (representing a sun or moon) is partially obscured by a dark green evergreen tree. The background features rolling mountains and hills in shades of blue and grey, with some areas having fine line shading. The sky is a light blue-grey color. The entire illustration is framed by a thin red border.

The North Suite contained the “Zen Zone” with materials on mindfulness, an aromatherapy room, and a chance to sign up for 15-minute shoulder massages with certified massage therapists. Students also enjoyed mingling with each other and staff in the South Suite over healthy snacks, including the much desired Kettle Corn, and wellness-inspired elixirs. The conference room was transformed into an art-therapy space, which was packed with students throughout the event (and after)! The staff offices offered an “Affirmation Station”, a “Pop your stress” room, and tension relief moves to offset a sedentary lifestyle.

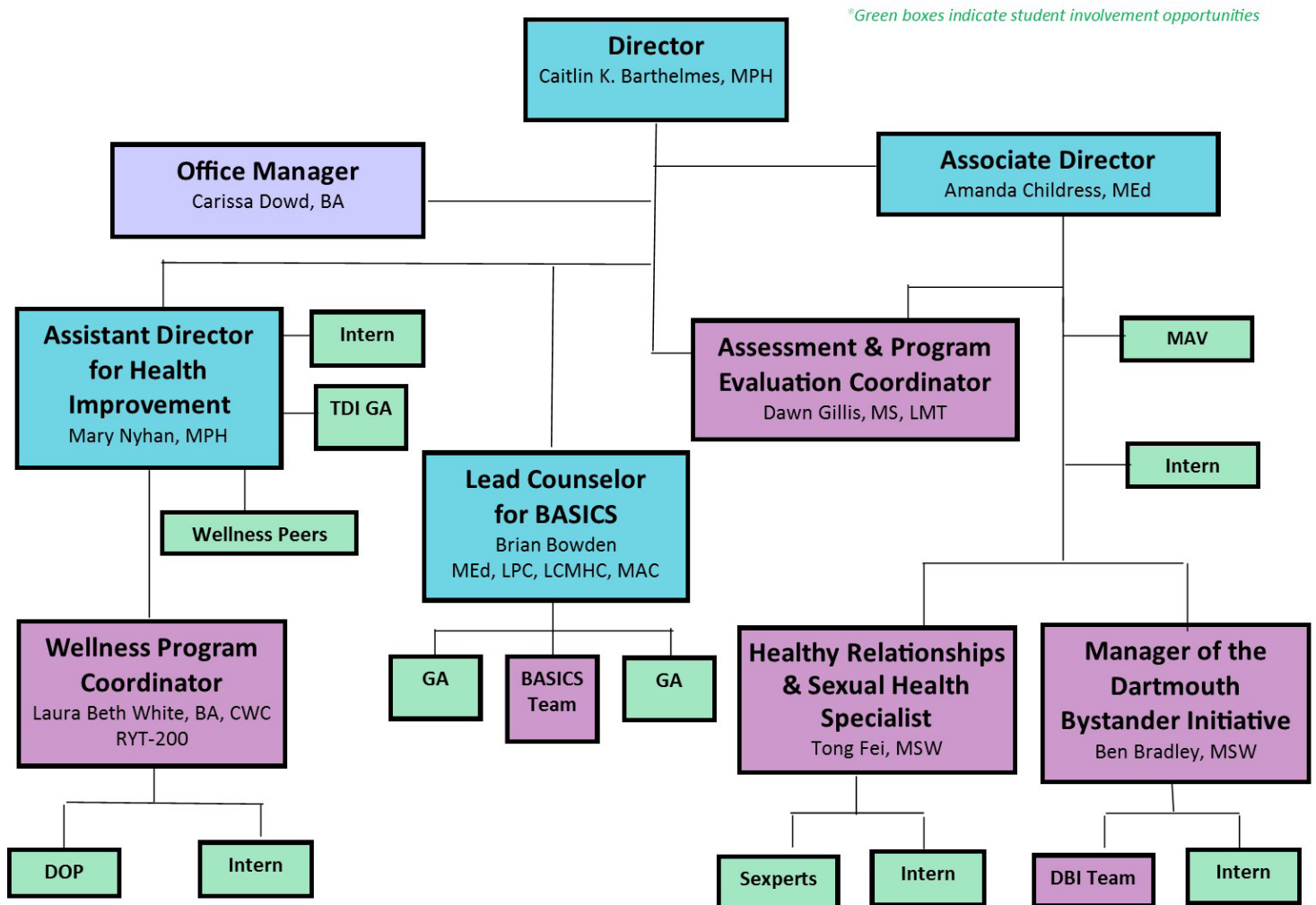


STAFF UPDATE

SWC Mission

The staff at the Student Wellness Center strive to cultivate an environment that supports the wellbeing of our students by translating research into action, embracing innovation, and encouraging positive change on the individual and community level.

The Student Wellness Center



We achieved our goal from last year of stabilizing our staff! We successfully hired a Healthy Relationships and Sexual Health Specialist, a full-time Assessment and Program Evaluation Coordinator, and a new Wellness Program Coordinator. We also restructured to include an Associate Director position to help oversee departmental activities. For the first time in many years, the SWC will be fully staffed heading into the Fall term!

STALL STREET JOURNAL

The Stall Street Journal (SSJ) is our monthly health promotion publication. Displayed in restrooms throughout campus, the SSJ serves as our primary mechanism for delivering health information and social marketing messaging to large numbers of students. In developing content for the SSJs, we aim to educate, motivate, and inspire students through positive, inclusive, empowering language and visuals. The Wellness Program Coordinator continues to work closely with the SWC Design Intern to develop and produce student-centric messages and designs.

THRIVE *through finals*

Stress weakens the immune system, making you more susceptible to getting sick, especially if you're sleep deprived!

- **Stay healthy** - Wash hands frequently and don't touch your mouth or eyes without washing first. The flu and other viruses can linger on surfaces for 24 hours!
- **Enhance productivity** -
- **Make a realistic master schedule** for the last week, reading period, and finals. Don't forget to include time for meals, sleep, and getting active.
- **Take a few deep breaths** as you begin your work to fully oxygenate your brain so you can focus in the moment.
- **Try uninterrupted 25-min blocks** instead of long study sessions. Take 5-min breaks between blocks to check email, snack, go outside, etc.
- **Get moving** - Even a short, 15-min workout can improve energy, productivity, memory, focus, & mood. Get your blood pumping and take a brief standing break every hour when you're in the zone!

Take care of your brain

- Nourish your brain: Fuel yourself for sustainable focus and energy with complex carbs, lots of fruits & veggies, protein, & healthy fats.
- Stay hydrated: If you are 1% dehydrated, you will experience a 15% decrease in cognitive function (focus issues, exhaustion, mood instability, brain fog, etc.).
- Get enough sleep: It makes you smarter! Sleeping adequately is associated with higher GPA and improved focus, memory, learning, and mood. Sacrificing sleep to cram is counterproductive.

20-Minute Mind-Body Restore

March 10, 1:30-5:30PM, Collis 101 (20-min group sessions)

Learn skills for calming the mind and releasing tension from your body. Distress and relax with Anna Terry (Director of Integrative Health for Dartmouth College Performance), Student Wellness Center Staff, and student mindfulness leaders.

Contact Mary Nghan (Mary.B.Nghan@dartmouth.edu) to sign up for a time slot!

Feeling depleted? Restore

Hydrate

Drink water to combat fatigue, brain fog, headaches, sleep issues, exhaustion, mood instability, depression, and stress. Help your body eliminate waste and renew on a cellular level with 10 glasses per day.

Nourish

Boost brain development, function, mood, immune system & metabolism. Get glowing skin!

- **Proteins** (fish, poultry, lean beef, eggs, edamame, tofu, legumes, yogurt)
- **Quality Carbs** (sweet potatoes, broccoli, leafy greens, lentils, quinoa, brown rice, whole grains)
- **Produce** (Eat the rainbow every day for essential vitamins and minerals)

Move

Chronically tired? Studies have found that regular exercise may be better at increasing energy than stimulants. Get moving to boost focus, mood, and memory while mitigating anxiety. Take every chance to get blood flowing, walk, take stairs, stretch. Aim for 150 min of moderate movement each week.

Breathe

Nourish cells with oxygen, cultivate calmness, and improve memory and emotional regulation with deep, mindful breathing. When stressed or anxious, we don't breathe deeply, which impacts blood flow and the brain's ability to perform optimally. Don't let stress hijack your brain!

Sleep

Sleep is when our brains and bodies rebuild, regenerate, and repair. During sleep, the brain clears out toxins to prepare for the next day. Without sleep, the brain is impacted like when drunk and you are more susceptible to stress, illness.

Join the Spring Break R&R Retreat

March 16-18 at the Mipple Center for Yoga and Health in Boston, MA.

- Two-person and private rooms available, prices start at \$398.
- **Reveland Conference** is available through the Student Wellness Center.

For questions, sign-up, or a financial aid application, visit Marla.Speed@dartmouth.edu.

Why Social Connections Matter

Belonging and love are fundamental human needs we all share!

Biologically, **Belonging** is tied to:

- Immune function
- Ability to heal and repair at a cellular level
- Sleep quality

Lack of social connection is a strong predictor of poor physical health, similar to obesity, smoking & high blood pressure!

Deepen a sense of belonging in the new House Communities!

Founders Day

- Find out what house you'll be in!
- Get free swag to rep your new house!
- Meet your house professors over snacks!

Friday, February 26, 8-9:30PM
Baker Hall

Late-night Foco breakfast to follow

Questions? Blitz House Communities@Dartmouth.edu

Having supportive social relationships is associated with:

- Reduced anxiety, depression, and psychological distress
- Long-term physical health and longevity
- Increased self-esteem and empathy

STAY BRIGHT!

As the sun sets earlier and earlier, try these ways to combat the effects of the darkness.

GET VITAMIN D

Vitamin D is associated with various mood disorders including depression, seasonal affective disorder (SAD), and PMS.

- Get outside each day for 20-25 minutes to boost focus, mood, and overall wellbeing. People who get outside have higher Vitamin D levels, are happier, concentrate better, and level faster.
- Eat fatty fish, egg yolks, fortified milks and cereals.
- Use sun lamps - visit the Student Wellness Center to sit in front of the lamp for 15 minutes, or rent one from Counseling and Human Development for your room.

GET MOVING!

Fight fatigue, boost mood & energy, and sleep better by getting active this winter.

GET SOCIAL

Social connectedness has many mental, emotional, and physical benefits. Nourish social relationships to boost mood, immune system, brain health, and longevity!

LIGHT UP

- Pick up reflectors to put on your backpack, jacket, bike etc so cars can see you
- Turn on your flashlight as you cross the street
- Wear white, bright clothing (or neon)
- Wear a headlamp
- Put lights on your bike (like Christmas lights)

Sustainable STIMULATION

STAY ENERGIZED AND PERFORM YOUR BEST WITHOUT THE CRASH

- **Used wisely:** caffeine, memory, alertness, and mood.
- **Too much:** caffeine, memory, focus, and health.

TO MAXIMIZE THE BENEFITS & MINIMIZE THE CRASH:

1. Drink it over a long period of time & wait before your 2nd cup! Slower sipping keeps you energized and more stable energy levels.
2. Hydrate with water before, during, and after. It is necessary for focusing and your caffeine can dehydrate you, less focus, & a bigger crash!
3. Time it wisely. Within 1hr of waking up, cortisol spikes, so you're alert naturally. Drink caffeine during cortisol LOWS (~9:30-11:30 am & early PM) to really feel its effect!
4. Avoid energy drinks. Even sugar free options can cause insulin to spike and crash, that's in addition to the caffeine crash! Couch!
5. Eat well. Having food in your stomach when you drink caffeine extends the effects and helps you sleep the next night.
6. Don't overdo it. The higher the high, the harder the crash. Up to 400 mg/day is safe for most adults, but sensitivity varies.

AND too much caffeine on a regular basis causes your system to stop releasing energizing hormones on its own, making you "need" caffeine to feel "up."

TRY RECHARGING WITH NATURAL ALTERNATIVES:

Limit sugar, Work, Space out, Walk outside, Hydrate often, Get enough sleep, Stretch, Eat, Meditate daily.

Mindfulness Tips

The practice of mindfulness is a simple, powerful, evidence-based method of cultivating calmness, focus, self-awareness, and compassion, while reducing anxiety, depression, and other negative mood states.

Mindfulness means being aware and accepting of whatever is going on in this moment - thoughts, feelings, bodily sensations, sounds, etc.

You will get distracted. Mindfulness is about noticing you get distracted, which strengthens the self-observing part of your brain.

The practice of mindfulness is like being compassionate with a lively puppy - when we observe that our mind has wandered, we gently and kindly guide it back to where we are in the present moment.

When you notice you are lost in thoughts or worries. Pause and bring your attention to your breath. Guiding your attention to your breath gives your brain a replacement for a few moments.

"Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally."

One way to practice tuning into your breath:

1. Place one hand on your stomach and the other on the center of your chest. Your hands will help you become aware of what part of your body you are aware of, and it can help you feel centered.
2. Let out a big sigh to relax your upper body before inhaling deeply through your nose, feeling your bottom hand move slightly as your stomach expands.
3. Pause momentarily, before exhaling through your mouth.
4. Take a few breaths enjoying the wave filling your airways, and becoming aware of your body as your hands rise and fall. Feel the pleasure of knowing that each intentional breath is a nourishing gift of oxygen to the cells of your being.

EFFECTS OF ALCOHOL...

For adults who choose to drink, understanding the physical effects of alcohol can help you imbibe in a way that fits with your goals and a balanced lifestyle.

ON SLEEP

Even consumed up to 8 hours before going to bed, alcohol keeps you from achieving regular REM cycles, making sleep less effective. You can get 8 hours and still feel groggy the next day.

ON THE BRAIN

Alcohol inhibits learning, memory, and attention by disrupting brain activity and disrupting sensory processing.

When BAC is at or below 0.05, increased dopamine is released in the brain's reward circuit.

ON THE BODY

Alcohol dehydrates your whole system, which causes brain fog, fatigue, focus issues, stress, and emotional instability.

Alcohol slows metabolism, weakens the immune system, decreases endurance, increases blood alcohol and weight gain. It cancels out fitness gains. Drinking prevents muscle recovery for ~4 days by reducing protein and repair hormones.

WHEN MIXED WITH OTHER DRUGS

Mixing alcohol with other drugs puts you at risk for dangerous reactions.

Mixing with Marijuana has unpredictable results. "Best case scenario" is a depressed state from really, worst case scenarios can include psychotic break, panic, anxiety, paranoia, muscular & neurological impairment, passing out, nausea, vertigo, and vomiting.

Mixing with sedatives, sleep aids, and downers can increase sedative effects to extreme impairment, unconsciousness, coma, or death.

Mixing with anti-anxiety meds, antidepressants, & attention meds also compounds sedative effects, impairing motor control, increasing drowsiness, dizziness.

Visit the Student Wellness Center website for anonymous alcohol & marijuana lab assessments. Check up on www.dartmouth.edu/~health/focus-and-adolescents.html

everything's better with veggies

a diet rich in vegetables can:

- protect bones, reduce stress, make skin glow
- reduce bloating & help manage appetite and weight

the real comfort food: vegetables have nutrients that improve your resilience to stress!

Magnesium helps balance cortisol and is vital for muscle and nerve function!

What is a plant-based diet?

A plant-based diet includes more volume from plants than animal sources. Includes lots of whole grains, beans, lentils, fruits and vegetables - but not necessarily strictly vegetarian. It is a healthy lifestyle for all - from meat eaters to vegans.

omega-3 fats and B-vitamins help reduce anxiety and depression

vitamin K reduces inflammation, which is aggravated by stress

folate helps the body form red blood cells and is important for your brain

Benefits of a plant based diet: dispelling common myths of plant-based eating

Cooking Demo and Sampling Thursday 11 am - 2 pm, Paganucci Lounge

Cook and sample with Daniel Tomanek, monkey hole, dill, kale, bruschetta, free hummus, hot pink hummus, and crackers & cheese

Keep it up with Dartmouth on Purpose 21-Day Veggie Challenge! Sign up and set a goal to increase veggie intake along the way for the next April and DOP will support you along the way with motivational emails & free wellness!

AMP it up!

The new Alcohol Management Policy

Changes from SEMP & AMP Highlights! Remember - a successful event is a planned event.

You can have more than one type of alcohol at an event. You can have beer, wine, cider, or malt beverages at your event at the same time! No hard alcohol.

There are no restrictions on alcohol containers. Can, bottles, & kegs can be at the same event (all kegs must be registered through Office of Student Life).

There is no formula for how much alcohol you can serve at your event. You & the Office of Student Life can have a discussion on the amount of alcohol to purchase and serve at your event.

Questions? Contact Alcohol Management Program@Dartmouth.edu

No more "on the fly" events! Register your event online with the Office of Student Life - within the appropriate amount of time & in the appropriate Tier.

Tier	Meeting	Online Registration	Door	Bar	Walk-throughs
Tier 1	Required	Required	Managed internally by members and officers	None	None
Tier 2	Required	Required	2 door monitors at all times	> 2 TIPS trained bartenders	2 or more DOSS walk-throughs during event
Tier 3	Required	Required	2 door monitors at all times	Managed by AMP Event Staff	2 or more DOSS walk-throughs during event & third party security

KRIPALU

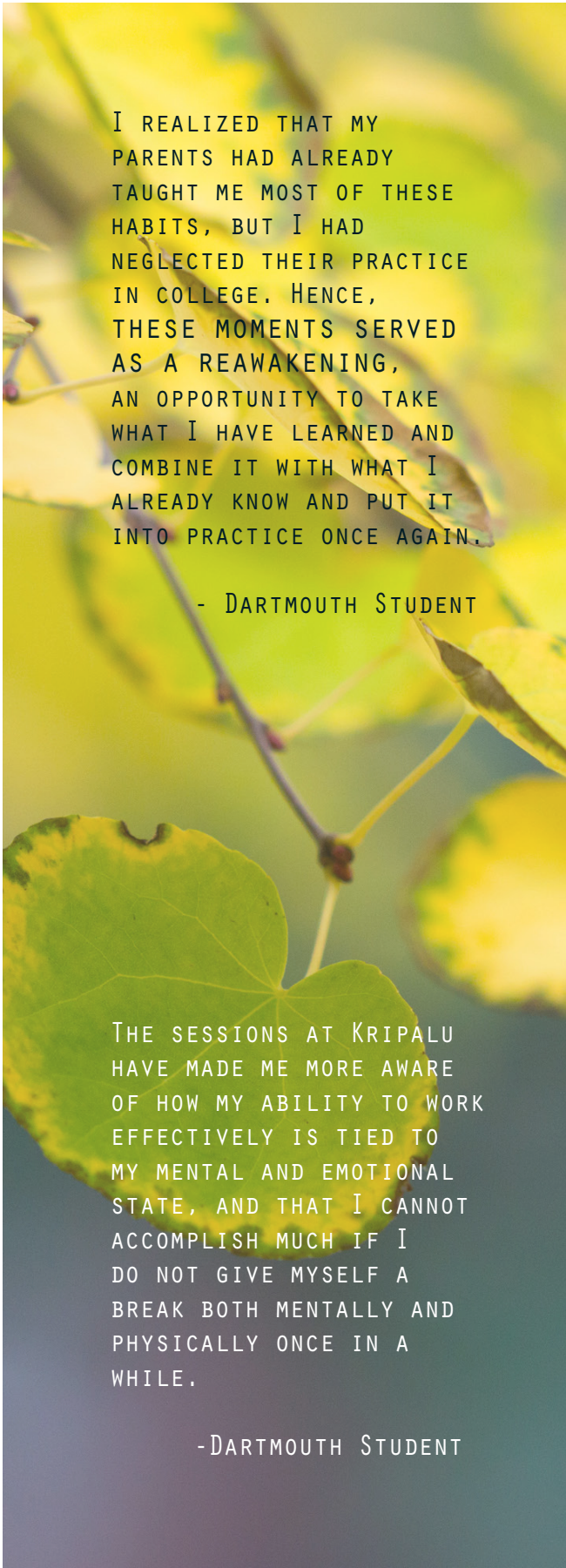
Building on last year's success, we again offered two opportunities for students to participate in R&R retreats at the Kripalu Center for Yoga and Health in Stockbridge, Massachusetts. In this tranquil, restorative setting,

students are able to fully immerse themselves in the diverse classes, workshops, and other offerings based on the Kripalu approach to health – focusing on the well-being of body, mind, heart, and spirit.

This year, we worked closely with the Kripalu staff to develop a customized program for our Dartmouth group centered largely around building resilience, buffering stress, and integrating wellness practices into the demanding life of a college student.

On each trip, two SWC staff accompanied a small group of students (5 over winterim and 10 during spring break) to Kripalu for a three-night, four-day retreat. The SWC offers several scholarships through an application and interview process to make the experience accessible to all students. Student reflection papers point not only to the relaxation and rejuvenation experienced during the retreats but to a deeply impactful experience with important and transformative takeaways.

Building on the sense of community and shared experience students feel at Kripalu will be a priority in the coming year. We want to give "Kripalu grads" opportunities to connect after their retreats and check in with one another around how they are integrating the practices, ideas, and mindsets developed during their retreats into their Dartmouth lives. Additionally, we are exploring ways to expose more students to the powerful lessons and experiential aspects of the Kripalu immersion retreats.



I REALIZED THAT MY PARENTS HAD ALREADY TAUGHT ME MOST OF THESE HABITS, BUT I HAD NEGLECTED THEIR PRACTICE IN COLLEGE. HENCE, THESE MOMENTS SERVED AS A REAWAKENING, AN OPPORTUNITY TO TAKE WHAT I HAVE LEARNED AND COMBINE IT WITH WHAT I ALREADY KNOW AND PUT IT INTO PRACTICE ONCE AGAIN.

- DARTMOUTH STUDENT

THE SESSIONS AT KRIPALU HAVE MADE ME MORE AWARE OF HOW MY ABILITY TO WORK EFFECTIVELY IS TIED TO MY MENTAL AND EMOTIONAL STATE, AND THAT I CANNOT ACCOMPLISH MUCH IF I DO NOT GIVE MYSELF A BREAK BOTH MENTALLY AND PHYSICALLY ONCE IN A WHILE.

-DARTMOUTH STUDENT

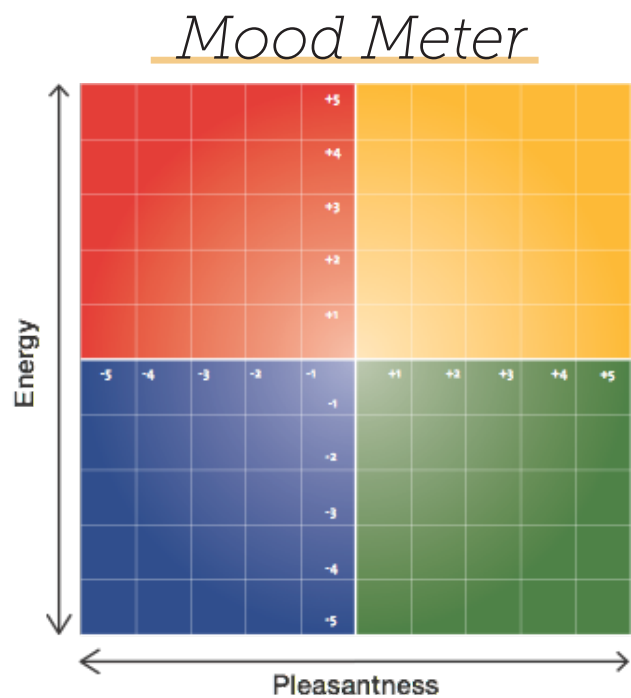
EMOTIONAL INTELLIGENCE

This year we worked closely with experts at the Yale Center for Emotional Intelligence to adapt their curriculum and pilot EI workshops designed specifically for college students on our campus. Emotional Intelligence (EI) is the capacity to perceive and identify one's emotions and the emotions of others and the capacity to regulate and express emotions in support of intellectual function and growth, emotional growth, stress management, and empathetic navigation of the social environment. Put simply, EI is the ability to understand your own emotions and the emotions of others and to use your emotions effectively to guide thinking and action.

EI is not fixed; rather, we can develop and strengthen our EI skills throughout our lifetime. The literature strongly supports the strong connection between EI and wellness - both physical and emotional.

Lower EI is associated with many of the destructive, unhealthy attitudes and behaviors we seek to improve at Dartmouth— including unhealthy relationships, chronic stress, and emotional and intellectual burnout— as well as maladaptive lifestyle choices, including high-risk alcohol and drug use. In contrast, higher EI is associated with improved physical health, cognitive and social functioning, psychological wellbeing, and academic performance. Looking beyond the college years, higher EI is also associated with successful workplace behaviors and effective leadership skills.

The Yale Center for Emotional Intelligence has developed and tested RULER—a framework for teaching and supporting the development of EI in K-12 settings. RULER, which stands for Recognizing, Understanding, Labeling, Expressing, and Regulating emotions, is an evidence-based approach that helps schools integrate emotional intelligence into their everyday practice. In our Dartmouth pilots, we introduced the students to RULER skills primarily through the Mood Meter tool.



Emotional Intelligence
Benefits associated
with high emotional
intelligence:

- OPTIMIZED ATTENTION, MEMORY, AND LEARNING
- IMPROVED DECISION MAKING AND JUDGMENT
- BETTER RELATIONSHIP QUALITY
- LESS ANXIETY AND LESS DEPRESSION
- LESS LIKELIHOOD TO ABUSE DRUGS, ALCOHOL, & CIGARETTES
- STRONG LEADERSHIP SKILLS
- LESS AGGRESSIVENESS AND BULLYING
- BETTER ACADEMIC PERFORMANCE
- BEING VIEWED AS CONSCIENTIOUS AND SENSITIVE

THRIVING @ DARTMOUTH

EI Integration into Thriving@Dartmouth (T@D)

We developed a series of small-scale pilots to rapidly test delivery of EI tools and content and to make improvements to ensure feasibility and scalability. The main goal of this initiative is not to determine “why” EI on college campuses but “how” we can effectively implement these programs. The Mood Meter App and a series of EI classes teaching the core RULER concepts were embedded into T@D, a PE course introducing students to mindfulness and other holistic wellness practices and concepts, during the winter and spring terms. Post-EI curriculum, students gave feedback.

“IT HELPS A LOT TO RECOGNIZE WHEN MY EMOTIONS ARE INFLUENCING MY PERCEPTION OF SOMEONE OR MY ACTIONS. IT HELPS ME RE-CENTER WHEN THOSE MOMENTS OCCUR, SO I CAN BE THE BEST PERSON FOR OTHERS AND MYSELF.”

“IT ALSO GAVE ME SOME INCREDIBLY HELPFUL SUGGESTIONS FOR ALTERNATIVE AND MORE EFFECTIVE STRATEGIES [TO COPE].”

— DARTMOUTH STUDENTS

“BEING ABLE TO EXPRESS MY EMOTIONS NOW MEANS THAT I CAN ASK FOR ADEQUATE HELP FROM PEOPLE AROUND ME.”

EI Integration into a Living Learning Community

The next step in the piloting process was to test the delivery of the Mood Meter/RULER skills in a slightly larger setting with students of varying levels of interest in wellness. We partnered with the Thought Project LLC to offer three 90-minute “mini-seminars” to LLC residents and other interested students. Thirty-two students signed up to participate, and attendance varied between 18 and 25 participants per session. Students appreciated the active, experiential nature of the program, and feedback suggested that students want even more discussion-based EI programming!

Next Steps

The fall term will bring exciting new EI-related projects to Dartmouth’s campus. We will be conducting a research study with our partners at Yale and our partners within Residential Education to evaluate the feasibility and efficacy of delivering the RULER framework and tools to a cohort of first-year students in the context of their residential experience. This groundbreaking work puts the Student Wellness Center - and Dartmouth as a whole - at the forefront of understanding how to successfully integrate EI into a higher ed setting!

KORU

Koru Mindfulness®

is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management skills to college students and other young adults. The program was developed by psychiatrists at Duke University. Koru courses are taught in four weekly 75-minute sessions. The curriculum comprises a mix of mindfulness skills and meditation taught through guided practice, discussion, reflection, at-home practice, and readings.

A total of 86 students participated in Koru Mindfulness® classes offered through the Student Wellness Center this year (2 T@D classes and 4 stand-alone classes).

Beginning in the winter term, we adapted the T@D curriculum to include Koru Mindfulness® and Emotional Intelligence. The decision to focus on mindfulness and EI in the T@D experience was driven by a deep look at the evidence supporting the potential benefits to college students of developing skills in both areas and close attention to student feedback on the course.

Practicing mindfulness has many physical, intellectual, emotional, social, & spiritual benefits. Mindfulness can:

- INCREASE GRAY MATTER DENSITY IN REGIONS LINKED TO LEARNING, MEMORY, EMOTION REGULATION, AND EMPATHY
- IMPROVE FOCUS, MEMORY, AND ATTENTION
- BOOST SELF-COMPASSION AND EMPATHY
- ENHANCE RELATIONSHIPS AND COMMUNICATION
- INCREASE POSITIVE EMOTIONS AND DECREASE NEGATIVE EMOTIONS
- LOWER STRESS
- IMPROVE SLEEP
- BOOST IMMUNE SYSTEM
- HELP MAINTAIN A HEALTHY WEIGHT
- ENABLE US GET TO KNOW OUR TRUE SELVES AND SEE OURSELVES OBJECTIVELY

“ [I] REALIZED THAT I DON'T HAVE TO BE A VICTIM OF CIRCUMSTANCE. I CAN USE ONLY MY OWN MIND TO IMPROVE MY SUBJECTIVE EXPERIENCE. ”

“ THIS CLASS HAS BEEN INVALUABLE TO MY JOURNEY/ DESIRE TO IMPROVE MY ACADEMICS THIS TERM. ”

“ THIS CLASS HAS BEEN INCREDIBLY POWERFUL, ENLIGHTENING, AND UPLIFTING AND I HOPE MANY MORE STUDENTS WILL BE ABLE TO EXPERIENCE IT. ”

— DARTMOUTH STUDENTS

Wellness Around Dartmouth

Photos by Eli Burakian '00





DARTMOUTH BYSTANDER INITIATIVE

This was another year of growth and action for the Dartmouth Bystander Initiative (DBI). The facilitation team expanded to 11 members from 8 different offices on campus. There were over 2,436 student interactions with DBI across 67 workshops. This was the first year of the DBI Overview Talk during Freshman Orientation, introducing over 850 first-year students to DBI as a movement to end sexual violence. 2015/16 was also a year of even greater student input and workshop evaluation. Multiple focus groups and demos of workshops provided spaces for students to tell facilitators what worked and what didn't work, and to share their thoughts and ideas. Evaluations of the Pre-Recruitment workshop for students interested in joining Greek communities and Gameplan 3.0 workshops for varsity athletes both showed *statistically significant positive changes* in participants' attitudes regarding bystander intervention. DBI was successful in implementing its highest number of workshops ever, building on student buy-in and dedication to effectiveness to make important strides in mobilizing the community to prevent and end sexual violence at Dartmouth.

PRE RECRUITMENT WORKSHOP

We found *statistically significant changes in participants' attitudes* about bystander intervention, specifically in the context of the Greek system, between 405 matched pre- and post-surveys.

Students were presented with three scenarios representing a range of potential sexual violence. For all three, students were significantly more concerned, were more likely to think the student needed **their** help, and were more likely to intervene after attending the workshop.

Students also *agreed more strongly* with the following statements:

"The Greek community is supportive of bystander intervention."

"I have a role to play in preventing others from experiencing harm associated with sexual violence."

"Other members of the Greek community will support me if I intervene."

After the workshop, there was a *decreased gap between concern about a scenario and likelihood to intervene.*

744

DARTMOUTH STUDENTS
PARTICIPATED IN THE
GREEK PRE-RECRUITMENT
WORKSHOP IN FALL 2015

“SEXUAL VIOLENCE IS
LIKE A WILDFIRE:
IT HURTS US ALL
INDISCRIMINATELY,
BUT ALL IT TAKES
IS ONE OF US TO
INTERVENE TO STOP
IT.” - DARTMOUTH STUDENT

95%

*of participants would intervene in
the following situation:*

AT A DANCE PARTY, YOU NOTICE A FRIEND GRINDING WITH SOMEONE ON THE DANCE FLOOR. AT FIRST, THEY BOTH SEEM INTO IT, BUT THEN YOU NOTICE YOUR FRIEND STARTING TO TOUCH THE OTHER PERSON IN A WAY THAT APPEARS TO MAKE THEM UNCOMFORTABLE. **BEFORE THE WORKSHOP, 87% SAID THEY WOULD INTERVENE.**

97%

*of participants would intervene in
the following situation:*

WHILE PRE-GAMING, AN OLDER MEMBER OF YOUR HOUSE POINTS OUT SOMEONE THEY WANT TO HOOK UP WITH. THEY SAY THEIR PLAN IS TO GET THEM DRUNK TO “LOOSEN THEM UP.” **BEFORE THE WORKSHOP, 88% SAID THEY WOULD INTERVENE.**

“EVERY STAT WE HEAR MAY SOUND LIKE
JUST A NUMBER, BUT IT'S OUR FRIENDS,
TEAMMATES, FELLOW CLUB MEMBERS WHO
MAKE UP THOSE NUMBERS.” - DARTMOUTH STUDENT

DBI GAMEPLAN 3.0 HIGHLIGHTS

Our third iteration of DBI with varsity athletes focused on intervening to prevent online harassment. We evaluated pre- to post-workshop changes utilizing an anonymous, online survey with questions related to students' knowledge, beliefs, attitudes, and willingness to take action. Many of the items had high pre-workshop ratings, indicating a baseline of positive bystander attitudes and behaviors. For instance, **88.5% responded that they "Agree" or "Strongly Agree" with the statement "I believe that my actions can help to prevent or reduce harassment at Dartmouth."** One hypothesis is that these pre-test percentages may reflect prior participation in the annual DBI Gameplan series developed for athletic teams or attendance at other DBI trainings. Several items that showed statistically significant changes (pre- to post-workshop) are highlighted below.

Survey questions designed with desired shift
toward the Agree direction (n=129):

Agree or Strongly Agree %

I CAN PREVENT HARM IF I TAKE ACTION
WHEN PEOPLE POST HARASSING COMMENTS
ON SOCIAL MEDIA (I.E. YIK YAK OR
FACEBOOK).*

50.0%

PRE

70.4%

POST

IN MY OPINION, HARASSMENT
BETWEEN STUDENTS IS A PROBLEM
AT DARTMOUTH.*

12.2%

PRE

35.3%

POST

IF I SAW A FRIEND OF MINE SAYING OR DOING
SOMETHING I THOUGHT MIGHT MAKE OTHERS FEEL
UNCOMFORTABLE OR HURT, I WOULD TAKE ACTION,
EVEN IF IT MEANT CONFRONTING MY FRIEND.*

82.6%

PRE

87.7%

POST

Survey questions designed with desired shift
toward the Disagree direction (n=130):

Disagree or Strongly Disagree %

COMMENTS OR JOKES MADE ABOUT A
PARTICULAR GROUP ARE NOT HARASSMENT
BECAUSE THEY ARE NOT DIRECTED AT
INDIVIDUAL PEOPLE.*

72.6%

PRE

80.1%

POST

THERE IS NOT MUCH I CAN DO TO
LESSEN THE IMPACT OF DEMEANING
OR HURTFUL ONLINE POSTS.*

44.6%

PRE

58.0%

POST

IF I AM NOT DIRECTLY PART OF A SITUATION
IN WHICH HURTFUL OR POTENTIALLY HARASSING
COMMENTS ARE BEING MADE, IT IS NOT MY
PLACE TO TRY AND STOP IT.*

65.5%

PRE

70.4%

POST

* p<.0005 (Related-Samples Wilcoxon Signed Rank Test)

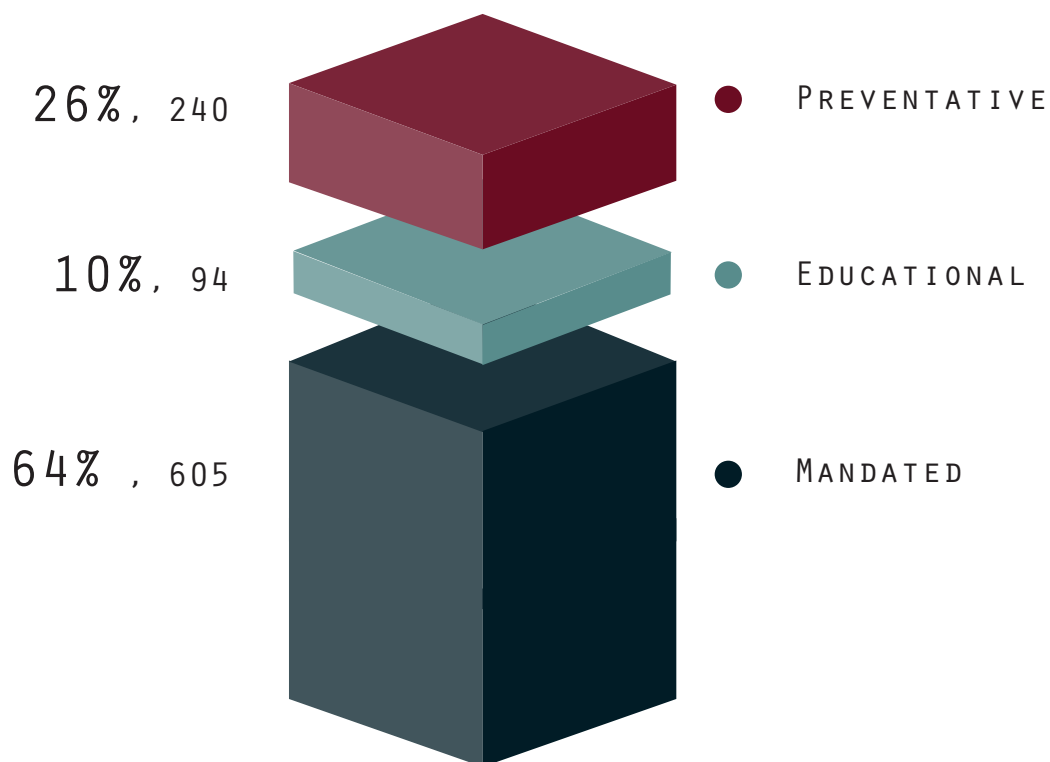
HIGH RISK DRINKING PREVENTION

BASICS

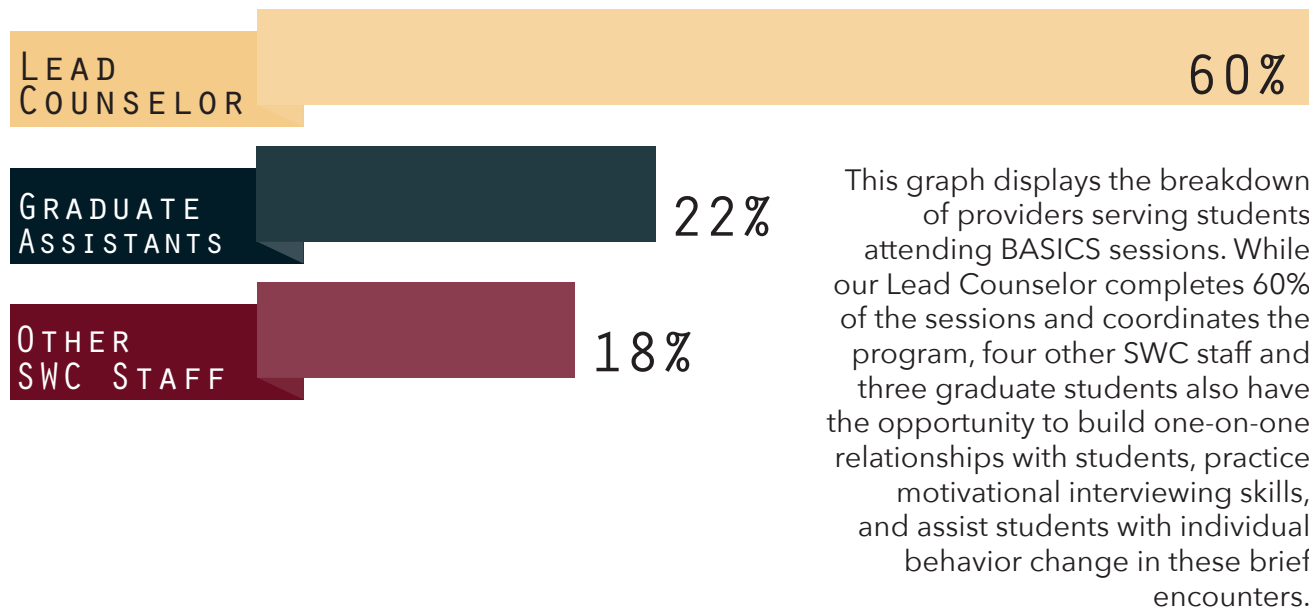
Students are invited to participate in BASICS (Brief Alcohol Screening and Intervention for College Students) for several reasons, including alcohol and other drug policy violations (mandated), participation in identified high risk groups (athletes, Greeks), and/or as an educational tool (for student groups like Undergraduate Advisors). Within the academic school year (July 1, 2015 - June 30, 2016), **939** students were invited to participate. **769** completed the in person feedback session. Possible reasons for non-completion are students may choose to be disciplined in ways outside of BASICS or they are not found responsible for a violation and therefore are not mandated to complete the session.

A key development in the BASICS program this past year was the training of several new professional staff and graduate student providers.

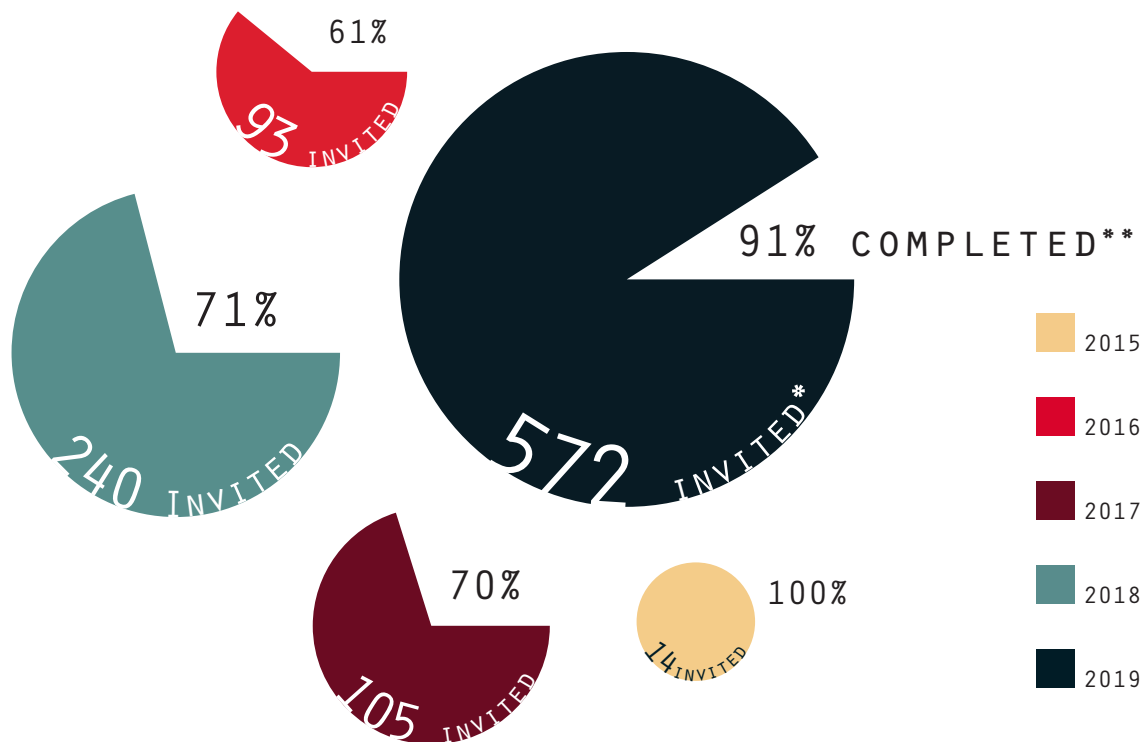
2015 - 2016 Invitation Categories (n=939)



2015 - 2016 In-person Session Completion by Provider (n=769)



2015-2016 Invitation By Class Year (n=939) *includes mandated, preventative and educational referrals*



*Number of students invited from given class

**Percentage of class group that completed program

STUDENT GROUPS

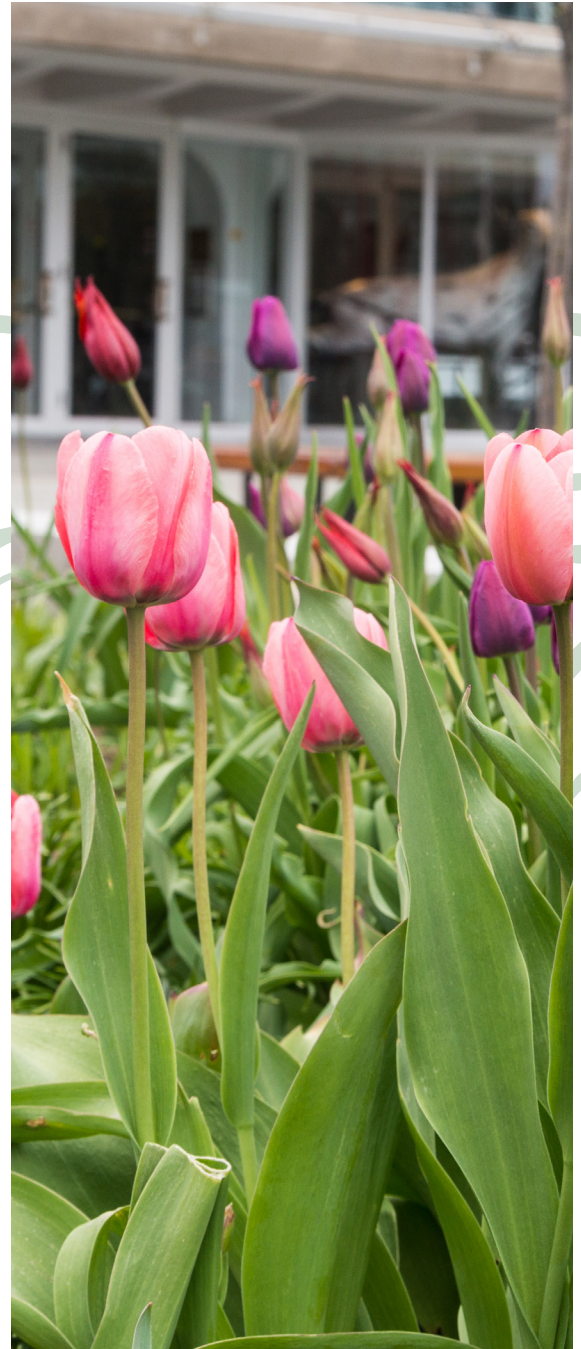
Wellness Peers

This year brought continued refinement of the Wellness Peers (WPs) program. WPs serve as resources for students who are looking to reflect on and discuss any wellness-related behaviors, issues, or concerns. They are trained in motivational interviewing (MI) to listen, support, and guide students in behavior change and to help students navigate resources that may be useful. This year, WPs participated in Koru mindfulness classes to help enhance their own wellness and to inform the work they do with their peers. They also connected with professional staff from a variety of campus resources so that they can make appropriate, informed referrals.

In Fall and Winter, the WPs offered weekly Saturday morning Wellness Check-Ins open to the entire campus (with a popular oatmeal bar!). They used their MI-informed group facilitation skills to help students reflect on the past week and discuss wellness-related goals.

Movement Against Violence (MAV)

Movement Against Violence (MAV) is a student-run organization that facilitates peer-led discussions about the nuances of sexual violence for a variety of student groups, primarily first-year floors and Greek houses. Between Summer 2015 and Spring 2016, MAV trained 40 new members, including 23 new facilitators, for a total of 50 active members. They delivered 73 programs for 1,314 distinct students using three curricula, two of which were pilots. Two additional curricula were also created in Spring 2016, one to be piloted to Greek members during Summer 2016 and the other to be delivered as part of LGBTQIA+ History Month and/or PRIDE. MAV also hosted White Ribbon Campaign (Fall 2015), a screening of *The Hunting Ground* (Spring 2016), and several smaller events. Also this year all current MAV curricula and programs were aligned with Sexual Violence Prevention Project (SVPP) learning objectives.



MAV
MOVEMENT AGAINST VIOLENCE



Dartmouth on Purpose

Dartmouth on Purpose (DOP) aims to help the Dartmouth community thrive by supporting self-reflection and intentional action. DOP had an exciting year, fueled by enthusiasm from new and returning members to bring mindfulness to the Dartmouth community. In the fall term, DOP launched two new panels around fraternity and sorority recruitment to encourage students to be true to themselves during the rush process. During the fall term they hosted Robert McPhee, who spoke to students about sustaining their energy to achieve success. DOP ran its regular, termly events during both fall and winter terms: distributing healthy snacks during finals ("Snack fairies") and offering the 21-day challenge. DOP succeeded in helping hundreds of students pledge to focus on making or breaking a habit within 21 days. Along the way, DOP supported these students through events such as meditation, yoga, and acupuncture! In the spring, DOP partnered with Dining Services during Greens Week to offer programming on mindful and plant-based eating. Lastly, at the end of spring term, DOP launched the first ever Gratitude Week with a community-wide "Thank You" barbecue as the main event. Over 400 students, staff, and faculty attended and showed appreciation for each other by signing thank you cards and sending "gratitude grams" to friends!

THRIVE
DARTMOUTH ON PURPOSE



SEXUAL VIOLENCE PREVENTION PROJECT

In January 2015, as part of his Moving Dartmouth Forward Plan, President Hanlon announced that Dartmouth will “introduce a comprehensive and mandatory four-year sexual violence prevention and education program for [undergraduate] students.”

Amanda Childress, Associate Director of the Student Wellness Center was chosen to spearhead the creation and implementation of the initiative. Together with faculty, staff, students, and community partners, the Sexual Violence Prevention Project (SVPP) began.

In this first phase, the SVPP working group researched evidence-based interventions and prevention strategies, developed a mission and identified four behavioral outcomes that students will demonstrate by graduation. These positive behaviors will indicate a culture shift where sexual violence is significantly reduced, if not eliminated, in our community. By engaging with the project, students will ideally show the following changes in behavior:

- INCREASED UTILIZATION OF RESOURCES AND SUPPORT SERVICES BY STUDENTS IN NEED
- INCREASED PROPORTION OF SEXUAL ENCOUNTERS AND SEXUALIZED INTERACTIONS IN WHICH PROACTIVE CONSENT IS PRESENT
- INCREASED RESPECTFUL COMMUNICATION AND INTERACTIONS BETWEEN INDIVIDUALS AND ACROSS DIFFERENCES
- INCREASED ACTS OF BYSTANDER INTERVENTION

Timeline

PRESENTED SVPP FRAMEWORK TO BOARD OF TRUSTEES, STAFF, AND STUDENT GROUPS

LAUNCHED SIX PILOTS

BEGAN DEVELOPING CONSENT WEBSITE

*Phase 2:
Project Planning*

WINTER
2016

ASSEMBLED PROJECT TEAM
BEGAN PROJECT PLANNING
DEVELOPED IMPELEMENTATION
TIMELINE
LAUNCHED CONSENT WEBSITE
LAUNCHED AND ASSESSED ONE
BYSTANDER PILOT

HIRED HEALTHY RELATIONSHIPS & SEXUAL HEALTH SPECIALIST

COMPILED INSTITUTIONAL
RESEARCH SURVEY QUESTIONS
AND ALIGNED THEM WITH SVPP
OUTCOMES

LAUNCHED FOUR PILOTS

SPRING
2016

SUMMER
2016

PRESENTED SVPP AT EVERFI
ANNUAL RESEARCH SUMMIT

DEVELOPED 1ST YEAR SVPP
EXPERIENCE

JOINED UNIVERSITY OF NEW
HAMPSHIRE PREVENTION
RESEARCH INSTITUTE
CONSORTIUM

HIRED .5 FTE ASSESSMENT
& PROGRAM EVALUATION
COORDINATOR FOR SVPP TO
DEVELOP SVPP ASSESSMENT
PLAN AND LONGITUDINAL
ASSESSMENT QUESTIONS

LAUNCHED THREE PILOTS

BUILT SVPP WEBSITE

LAUNCH SVPP WITH CLASS OF
2020 PILOT YEAR 1

LAUNCH ASSESSMENT WITH
CLASS OF 2020

LAUNCH FOUR PILOTS

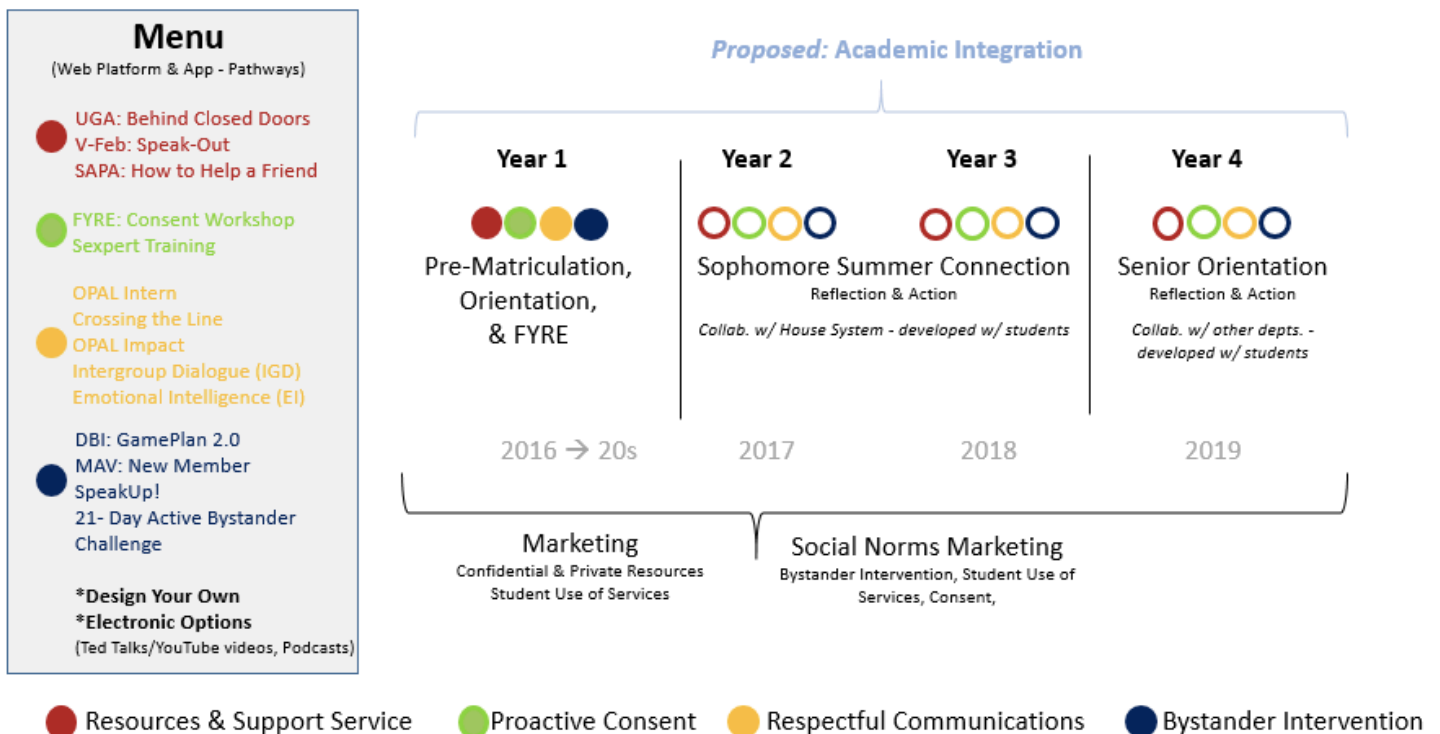
FALL
2016

*Begin Phase 3:
Implementation - Pilot Year 1*

Framework

The SVPP represents an opportunity to set a precedent among higher education institutions in reducing incidents of sexual violence and leading the way for sexual violence prevention across the country.

To provide sufficient dosage and create a comprehensive prevention and education experience, the working proposed students reach four milestones each year, for a total of 16 touchpoints over their Dartmouth career. Milestones align with each of the four behavioral outcomes and will allow students to participate in experiences that are appropriately timed to their intellectual, cognitive, and social development. Milestones can occur both in and outside of the classroom and will include varied teaching methods to account for different types of learners, provide experiential opportunities with interactive instruction, and focus on active skill-building. First-year students will be able to fulfill their four milestones without any changes to the current programming structure. Knowing that upperclass students have limited time, have varied interests, and travel regularly with the D-plan, a menu of options will be provided for students to engage in learning opportunities that are theory driven; socioculturally relevant; and suited to their interests, learning style, and time constraints (Nation et al., 2003). Milestones will also include two common experiences (currently referred to as Sophomore Summer and Senior Orientation) and an opportunity for academic integration. To reach our intended behavioral outcomes, we will need adequate time to develop pilots and assess new interventions to populate the menu. As new learning opportunities are developed, we plan to infuse many of them into existing academic and co-curricular programs to create a more seamless and cohesive Dartmouth experience.





GOING FORWARD THE YEAR AHEAD

Relationship Building

Connection is at the core of our work. This upcoming year we plan to focus on strengthening relationships and forming new bonds with individual students, a variety of student communities and organizations, staff, and faculty. This goal can be achieved through on-going informal interactions as well as intentional, collaborative programming efforts. By reaching out to new cohorts of people and learning from each other, we can better integrate wellness into the fabric of our community.

Translating Research into Practice & Embracing Innovation

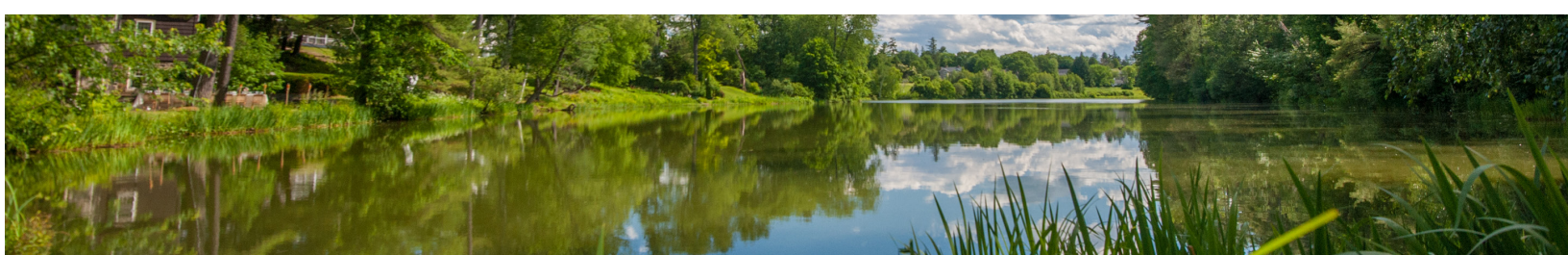
We will continue to implement evidence-based programming and evaluate its impact on our campus. Several projects are already underway (EI, SVPP, DBI, Koru, etc) that are founded on a solid research-base and have begun to show effectiveness. We are helping to move the field of health promotion in higher education forward through taking research into the real world and continuing to try new, exciting variations and ideas with intentional evaluation.

Expand the Reach of the SWC

Now that we are more firmly rooted in our own identity, we plan on exploring ways to spread wellness messaging and skills in both passive and active ways across campus. In addition to expanding the breadth and depth of our offerings to appeal to a variety of students, we can promote health through social marketing efforts beyond the Stall Street Journal, perhaps using technology and social media to spread our message.

Have Fun!

At the end of the day, enjoying our work is integral to sustaining and modeling wellness. Despite the hectic schedules and chaos that can ensue, taking time to revel in the reality that the work we do is important, valued, and gratifying remains a focus for the upcoming year. Finding ways to smile, laugh, and play together as a community is as important as the programming we offer.



The Student Wellness Center

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