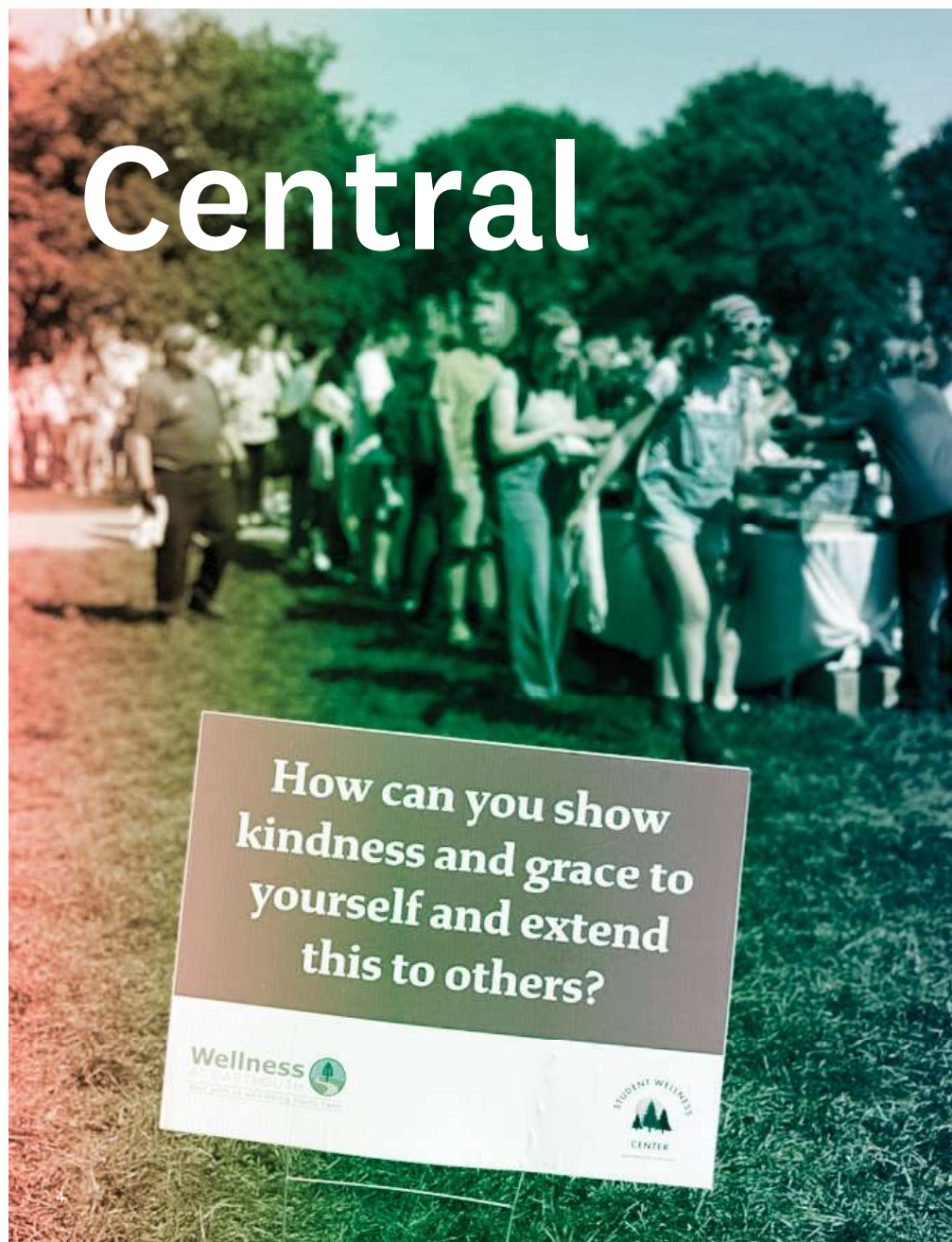


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Central

How can you show
kindness and grace to
yourself and extend
this to others?

Wellness
Center

STUDENT WELLBEING
CENTER

This year, the Student Wellness Center continued to make a high-impact difference across a wide breadth of programs, reaching even more students than before. We're excited to share that the Center has been elevated within Dartmouth's organizational structure, now reporting directly to the Chief Health and Wellness Officer under the President. This shift has allowed us to formalize our areas into dedicated departments, including Wellbeing Initiatives, Strategic Student Initiatives, Substance Misuse Prevention, and Violence Prevention, which includes institutional priorities like the Sexual Violence Prevention Project and hazing prevention efforts. As we reflect on the year, the dedication to our primary goal of empowering positive change on the individual, interpersonal, and institutional levels is evident.



Estevan Garcia
Chief Health and
Wellness Officer

Student Wellness Center



Caitlin Barthelmes
Executive Director



Amanda Childress
Associate Executive Director
& Director of Violence
Prevention

Strategic Student Initiatives



Katie Lenhoff
Director

Wellbeing Initiatives



Laura Beth White
Director

Substance Misuse Prevention



Brian Bowden
Director

Sexual Violence Prevention Project



Ben Bradley
Director

Overview

SWC Space

Our SWC Space, located in Berry Library, is staffed from 8:30am to 4:30pm on weekdays, with extended access hours until 7pm during Fall, Winter, and Spring terms. The space continues to be highly utilized by students, offering them opportunities to take breaks from the fast pace of Dartmouth life and connect with each other. Students can enjoy massage chairs, puzzles, games, and other activities on their own, with friends, or in larger groups at events held in the space. Additionally, three therapy dogs regularly visit our space to support student wellbeing and joy.

Student Employees

Across all departments in the SWC and centrally, we are proud to partner with student employees to extend our offerings and maintain a student-centered focus. Collectively, we employ 138 undergraduate and graduate students in various roles, including front desk interns, SVPP facilitators and student advisory board members, TIPS-trained bartenders, Seltzer Project interns, BASICS providers, yoga facilitators, wellbeing and design interns.

Student Group Partnerships

We continue to enthusiastically work with a variety of student groups on sponsoring and collaborating programs and events that support student wellbeing and prevent harm on our campus, including:

Dartmouth Student Government, Mental Health Union, Meditation Insight Tracker with Tuck/Thayer student, Little Joys Initiative, Alpha Phi Alpha Fraternity, Inc "Barbershop Talk," Green Key Prevention Kits, Student-led Storytelling Event

Institutional Initiatives

In recognition that community wellbeing is interdependent, we offered a number of experiences for staff and faculty to build skills and increase their own wellbeing, such as hosting Motivational Interviewing Trainings with Dartmouth Dialogues, offering Mental Health First Aid as a part of Commitment to Care, and partnering with the Dartmouth Center for Advancement of Learning to host listening sessions for faculty regarding student mental health and wellbeing.

We continue to support the growth of the Wellness Education Credit for undergraduate, by spearheading the multi-dimensional process and offering WE Courses centrally and within the Wellbeing Initiatives Department.



Caitlin Barthelmes
Executive Director



Amanda Childress
Associate Executive
Director
& Director of Violence
Prevention



Christiana Fitzpatrick
Office Manager

Yearly Usage of SWC Space

265

Average visits per week for year

7,420

Total Visitors for year

Tranquility Room

181

Average visits per week for year

4,963

Total Visitors for year

WE Credit Sampler Overview

Fall

35

Registered

27

Completed

77%

Completed

Winter

35

Registered

32

Completed

91%

Completed

Spring

40

Registered

39

Completed

98%

Completed

110

Total Registered for Year

98

Total Completed for Year

“Having dedicated spaces to either work or rest was helpful for me--knowing that I would be intentional with the time in sessions for the WE credit definitely gave me some peace of mind. At Dartmouth especially it can be difficult to take time out of the day to do so, and I ultimately appreciated the structure given by these sessions.”

Dartmouth Student

“...the most meaningful part of the sampler is the ability to mix and match different strategies surrounding wellness and wellbeing particularly for students.”

Dartmouth Student



Student Strategic Initiatives

Commitment to Care: Strategic Plan for Student Mental Health and Wellbeing

MENTAL HEALTH & WELLBEING RESOURCE WEBSITE

In October, Dartmouth's *Commitment to Care* leadership launched a new Mental Health and Wellbeing website: mentalhealth.dartmouth.edu.

This website consolidates resources from over 200 webpages onto a single platform, organized across eight dimensions of wellbeing:



Academic



Emotional



Environmental



Financial



Occupational



Physical



Social



Spiritual

In May, text updates pertaining to the status of all 73 *Commitment to Care* actions were added to the website.

Increased Staffing for Student Strategic Initiatives

In November, two newly created positions were filled to support Dartmouth's *Commitment to Care* data and communications needs.

The Director of Mental Health Evaluation and Assessment role:

- Supports Dartmouth's analysis and use of the Fall 2024 Healthy Minds Study (HMS) survey data
- Will lead the development of a comprehensive, multi-year, quantitative and qualitative *Commitment to Care* evaluation plan.

This role supports all five goals within *Commitment to Care* and is most closely aligned to Strategic Goal #5: Invest in innovative applications of evidence-based approaches to respond to changing environments and needs.

The Communications Manager role:

- Supports wide-ranging communications needs related to the implementation of *Commitment to Care*
- Serves as an embedded bridge between the Office of Communications and the Division of Health and Wellness



Katie Lenhoff
Director



Jamie Fairclough
Director of Mental Health Evaluation and Assessment

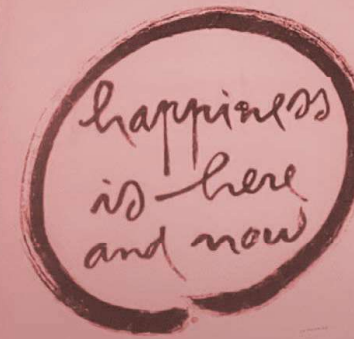


Brenna Mayer
Communications Manager, Strategic Plan for Student Mental Health

Other Projects In-Progress

- Fall 2024 Healthy Minds Study Survey dashboard development and data analysis
- Dartmouth Counseling Center pilot project at the Irving Institute for graduate and professional students
- Development of an online employee-facing mental health learning module, anticipated to launch in Fall 2025
- Continued Mental Health First Aid trainings for employees and students

Wellbeing Initiatives



Entering the meditation room,
I see my true mind.
I vow that once I sit down,
all disturbances will stop.

Gatha from Present Moment Wonderful Moment:
Mindfulness Verses for Daily Living
by Thich Nhat Hanh.

The Wellbeing Initiatives Department is guided by the Student Wellness Center's **Pathways to Wellbeing** and **Roots of Wellbeing**—holistic frameworks that prioritize accessibility, resilience, and meaningful connection. Through programming grounded in mindfulness, compassion, and presence, we help students develop self-awareness, cultivate inner resources, and thrive across all areas of their lives.



Pathways to Wellbeing



Roots of Wellbeing

Overview

Ongoing Wellbeing Offerings: Significant Growth

Engagement in our ongoing wellbeing offerings **more than doubled this year—from 943 to over 2,100 participants**. This growth in participation and reach reflects not only increased interest, but expanded access through a variety of formats including weekly classes, courses for WE credit, individual check-ins, workshops, and retreats.

Growing Team & Leadership

Hiring a **Mindfulness Program Manager** marks an important step forward in strengthening our sustainability and advancing our vision for a Mindful Dartmouth.

New Model for Student Leadership and Peer Support

Our pilot cohort of **7 trained Peer Wellness Coaches** is a major milestone in peer-to-peer wellbeing support at Dartmouth. This initiative expands our one-on-one offerings and empowers students with lived experience at Dartmouth to connect using skills in presence, listening, and Motivational Interviewing.

Campus-wide Collaboration

Partnered with **25+ academic/staff departments, professional schools, and student groups** to embed mindfulness and wellbeing across campus life—including academic and WE credit courses, First-Year Trips, and Sustainability efforts—with highlights such as a **Climate Hope Reflective Circle** and a week-long **Plum Village monastic residency** that engaged **1,200+ participants**.

Cross-Department Collaboration

We achieved our goal of purposeful integration of content from each area of the SWC in various outreach modes, such as the newsletter, social media, and Stall Street Journal.

New Ways to Rest and Reflect

This year's retreats, classes, and creative offerings — like **mindful photography, reflective journaling, iRest Yoga Nidra course, and time in nature** — gave students space to recharge and reconnect through a variety of lenses and modalities.



Laura Beth White
Director



Alleah Schweitzer
Wellbeing Program
Coordinator



Michael Krass
Mindfulness Project
Manager



Sid Babla
Wellbeing Coordinator

Ongoing Wellbeing Offerings:

“[The Wellbeing Coach] was able to bring things into perspective, connect me to different thoughts, noticing where I am able to bring joy in the responsibilities that I have. These wellness checks have been amazing. Today, I was able to talk about strategies that I have been doing in my experiences and directly applying it to situations I might meet in the future.”

Dartmouth Student

WEEKLY CLASSES

Yoga
86 sessions
723 students reached

Meditation
96 sessions
777 students reached

Total Sessions Offered: 182
increase from last year's 132

Total Attendance: 1500
increase from last year's 943

+60% growth
in total
attendance
from last year

MIEA (INTRO TO MINDFULNESS)

6 4-week Intro to Mindfulness classes offered
54+ participants reached

WE CREDIT CLASSES

Foundations of Mindfulness
22 completions

Peer Support
12 completions

iRest Yoga Nidra
43 completions

WE Sampler
98 completions

REQUEST A WORKSHOP

29 sessions offered
282+ participants reached
16 unique groups

FIRST-YEAR TRIPS

7 Meditation/Yoga Trips
70 students

RETREATS

3 Overnight/Half-Day Retreats
63 participants

WELLNESS CHECK-INS

263 1:1 Wellness Check-ins
Total number of completed check-ins

Doubled
from last
year

Outreach and Support:

Social Media
107
posts

SoundCloud
13.7K
plays in the last 12 months

YouTube
7.4K
views this AY (34.9K cumulative)

Newsletter
~9
Newsletters sent per term

>51%
Open rate
>16%
Subscriber rate

Audience grew 26%

Headspace
2,207 total Dartmouth enrollments
1.66 Million cumulative year minutes of Headspace
Average of 342 active users per month
Engaging with at least 1 piece of content per month

Top content areas -

- **Non-Courses:** The Wakeup, Green Noise (Sleep Sound), Orange Noise (Sleep Sound), Sleepcast, Brown Noise (Sleep Sounds)
- **Courses:** Letting Go of Stress, Managing Anxiety, Basics, Pro Level 1, Self-Compassion

"I really enjoyed connecting with other community members each week and using the time to recenter myself after the weekend. These sessions reminded me to take a breath and remember that I have tools to take myself out of stressful situations."

Dartmouth Student

Wellbeing Pilots and Innovations:

11+
PILOT PROGRAMS

7
TRAINED PEER WELLNESS COACHES LAUNCHED

25+
ACADEMIC & CAMPUS PARTNERS ENGAGED

1,200+
PARTICIPANTS IN PLUM VILLAGE MONASTIC WEEK-LONG VISIT

Peer Wellness Coaching Internship
Nature Immersions & Nature Rx
Reflective Journaling Weekly Offering
Mindful Photography
Climate Hope Circling*
Hood Wellbeing Events*
Retreats (½ day and multi-day)
Cultivating Trusting Relationships with Body and Food*
Mindful May*
Mindful Dartmouth*
Mindful Teacher Community*

*This program/event was done with our campus partners (see list below)

"I am impressed that Dartmouth has forged this collaboration with the monastics of Plum Village. Every human who has a mind with which they have struggled, can learn how to train their mind and how to reduce their suffering. Integrating this training in a modern university setting will have a real impact on our world."

Dartmouth Faculty Member

12 Partners

Tucker Center
Academic Skills Center
Outdoor Program Office and
Dartmouth Outing Club
Dartmouth Center for the
Advancement of Learning
House Communities
The Hood Museum
Counseling Center
Dartmouth Dining
Dietician Team
Sustainability
Wellness at Dartmouth

OTHER STAFF/STUDENT
SUPPORT DEPARTMENTS

Campus Partnerships

9 Partners

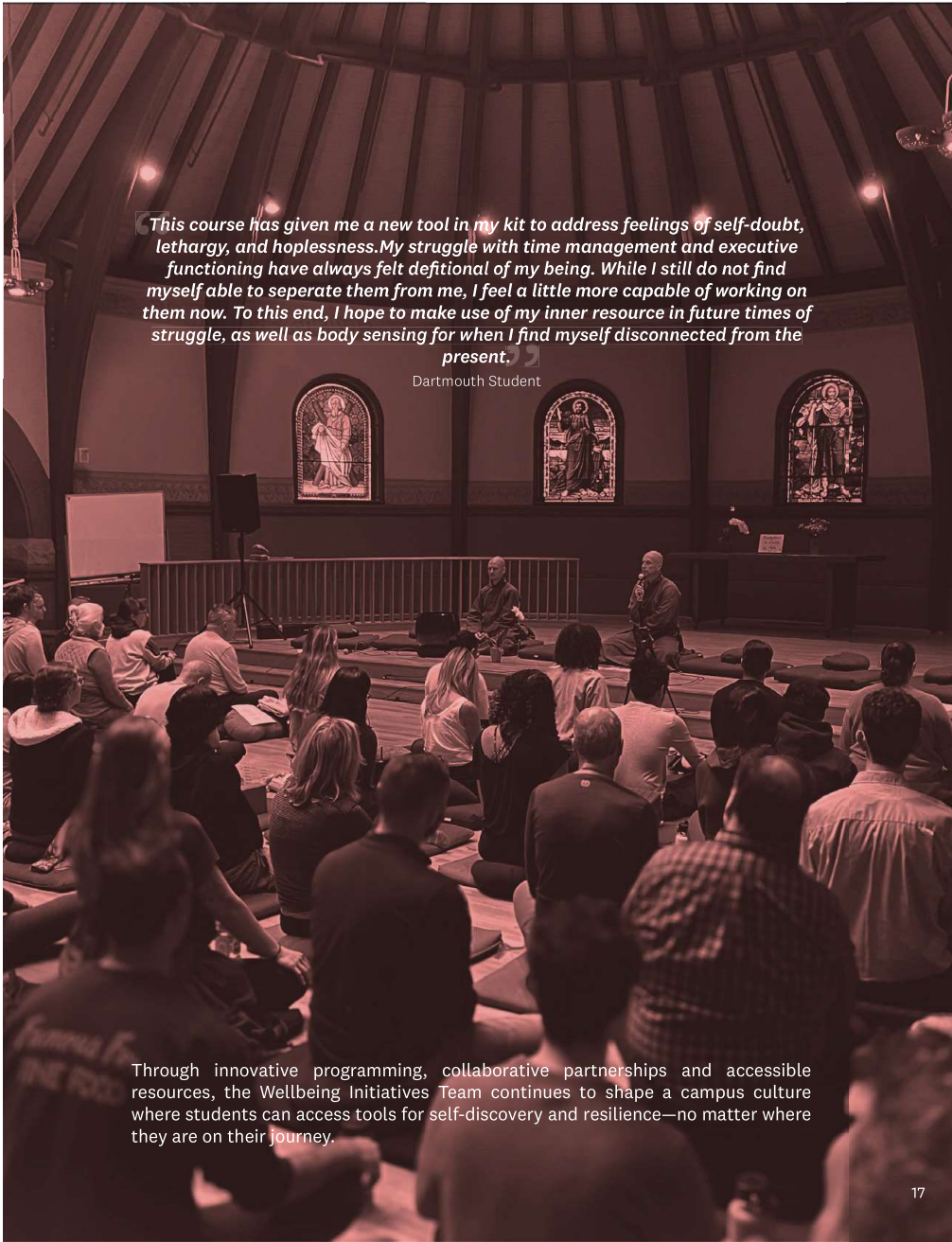
History Department
Religion Department
Linguistics Department
Middle East Studies
Anthropology
Sociology
Geisel School of Medicine
Thayer School of Engineering
Tuck School of Business

SCHOOLS AND ACADEMIC
DEPARTMENTS

5+ Partners

Mental Health Union
First-Year Summer Enrichment
Program
Organic Farm Club
Greek Organizations
Wellbeing and Design Interns

STUDENT(S)/STUDENT GROUPS



This course has given me a new tool in my kit to address feelings of self-doubt, lethargy, and hopelessness. My struggle with time management and executive functioning have always felt deftional of my being. While I still do not find myself able to sepearate them from me, I feel a little more capable of working on them now. To this end, I hope to make use of my inner resource in future times of struggle, as well as body sensing for when I find myself disconnected from the present.

Dartmouth Student

Through innovative programming, collaborative partnerships and accessible resources, the Wellbeing Initiatives Team continues to shape a campus culture where students can access tools for self-discovery and resilience—no matter where they are on their journey.

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Substance Misuse Prevention

The signature offerings from the SWC's Substance Misuse Prevention department span both individual and environmental strategies for reducing the risks and negative impacts related to alcohol and other drugs. This approach, and the programs included, are selected and informed by the recommendations found within the National Institute Health's (NIH) College Alcohol Intervention Matrix (CollegeAIM), a tool that provides guidance based on an extensive review of decades of scientific literature. The individual interventions fall under the umbrella of Dartmouth Alcohol and Other Drug Intervention Programs (DAODIP), which provide opportunities for awareness-raising, education, skill-building, and referrals to resources as needed. A prevention-focused and harm reduction approach is core to the department.

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Overview

The Substance Misuse Prevention (SMP) department received approval and funding for a **full-time Alcohol Management Program (AMP) Coordinator position**, which will increase staff to serve students and prevention efforts focused on hosting lower-risk social events with alcohol.

In collaboration with institutional partners, SMP is **reviewing and updating the current AMP Policy** to improve its effectiveness and increase focus on the spectrum of prevention from harm-reduction to enforcement.

BASICS is SMP's most evidence-based post incident program providing support and resources for students involved in the misuse of alcohol and other substances. It also continues to receive positive student feedback from its participants.

In addition to SMP's 1:1 in-person sessions through DAODIP, on 4/20, SMP launched a **pilot of Clear30**, an app-based resource to support reducing and/or abstinence from cannabis use. The pilot added to SMP's pre-existing offerings of **eCHECKUP: Cannabis** an online educational and skill-building module.

Student interest continues to support the **Seltzer Project** throughout the year with expansions on "big" high-risk weekends, such as Bonfire, Winter Carnival, and Green Key.

The distribution of **Narcan**, an opioid reversal drug, continues to be made available through SMP. **Dartmouth Dining Services** welcomed training for all its supervisors and Narcan was made available within all dining locations. In collaborative pilot effort with **Dartmouth-EMS** Narcan was installed within social spaces of **Greek-affiliated** residential spaces. And planning is underway to include Narcan in new installations of over **100 AED Rescue Boxes** within all academic and residential spaces.

Collaboration with Regional, State and National resources, SMP provided our individual, anonymous overdose prevention pick-up supplies within the Student Wellness Center by adding fentanyl and xylazine test strips, in addition to Narcan. Over the course of the year, SMP **distributed 200+ individual Narcan doses and 100s Fentanyl/Xylazine Testing kits** to individual community members.



Brian Bowden
Director



Dawn Gillis
Assessment & Program
Evaluation Specialist

Flagship Programs

Alcohol Management Program (AMP)

TIPS CERTIFICATION

379 Participants
307 Certified Bartenders
945 Active Members

STUDENT ENGAGEMENT

623 Meetings with Student Leaders

EVENT MANAGEMENT

619 Registrations processed
593 Events held
209 Keg tags distributed

Brief Alcohol Screening and Intervention for College Students (BASICS)

INVITED

437 Students invited

SESSIONS

296 Completed

COMPLETION RATE

68% Completion rate

Online Courses

ALCOHOL EDU

98% Incoming students completed

CANNABIS CHECK-UP TO GO

46 Completions

ALCOHOL 101

233 Greek
80 Individual
313 Total

“The most valuable thing about [BASICS] was the open and honest dialogue we had.”
Dartmouth Student

Seltzer Project

4,496 Cases distributed
118,188 Cans total

'24 SUMMER

896 Cases distributed
13,564 Cans total

'24 FALL

1,185 Cases distributed
34,092 Cans total

'25 WINTER

1,220 Cases distributed
32,216 Cans total

'25 SPRING

1,295 Cases distributed
38,336 Cans total

“[The BASICS provider] was non-judgemental and seemed to have my best interests at heart.”
Dartmouth Student

Violence Prevention: Sexual Violence Prevention Project (SVPP)

Situated in the Violence Prevention Department, the Sexual Violence Prevention Project (SVPP) is Dartmouth's groundbreaking, required multi-year curriculum designed to equip every undergraduate with the lifelong skills needed to build a safer, more equitable community. With a comprehensive, developmental, and asset-based approach, SVPP drives cultural change through four core outcomes: developing positive relationships and sexual behavior, using power responsibly to foster equity and belonging, intervening to prevent harm, and supporting those impacted by sexual violence.

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Overview

Increasing SVPP's Participation & Reach

The team delivered **300+ sessions**, including **272 required in-person trainings**, **9 online courses**, and **20+ by-request sessions**, with **1,083 (92%) first-years** and **990 (96%) sophomores** completing all required components. We also reached **15,489 viewers** through **57 social media posts** and featured SVPP content in the **Stall St. Journal**.

A Student-Centered Experience

Students remain at the core of SVPP, with around **75 student employees**, including **Student Facilitators**, **Student Advisory Board (SAB) members**, and **Interns** partnering on facilitation, curriculum development, and research. This year, students completed **nearly 6,000 post surveys**, and SAB conducted **150+ peer interviews** that guided new program elements grounded in student voice and experience.

Curriculum Milestones

We developed and launched **Power, Equity & Belonging 2**, completing the final component in the Sophomore Year Experience, and began developing the **Junior Year Experience** through **85 student interviews**, conversations with **11 campus departments**, and a curated database of **1,000+ peer-reviewed sources** to inform future curriculum design.



Amanda Childress
Associate Executive Director
& Director of Violence
Prevention



Ben Bradley
Director of SVPP



Dawn Gillis
Assessment & Program
Evaluation Specialist

22

Evaluation & National Recognition

We wrapped up final data collection for our **five-year research and evaluation project**, with early trends showing promising impacts on student learning and behavior. We also **presented at national and regional conferences**, drawing interest in our model of prevention.

Internal Collaboration & External Consultation

We deepened partnerships with groups like **PE & Club Sports, First-Year Trips, Dartmouth Dialogues, Greek Life, Student Presidential Committee on Sexual Assault (SPCSA), Sexual Assault Peer Alliance (SAPA), and Model UN**, while institutions like **Stanford and Princeton** sought our consultation on building their prevention efforts.

On the Horizon

We're piloting our first **Junior Year Experience** session this summer, preparing a flexible elective model for AY 2026-27, expanding prevention to **graduate, transfer, and exchange students**, increasing **student accountability partnerships**, and **taking on hazing prevention** as a new focus area within our department.



Andre Betancur
Power and Equity
Specialist



Emily Hunnewell
Sexual Violence
Prevention Project
Assistant



Margaret Maurer
Curriculum Design
Specialist



Noah Stanton
Sophomore Year
Experience Coordinator



Whitney Skillen
Positive Relationships
Specialist



Amber Ward
First Year Experience
Coordinator

First-Year Experience

As of July 14, 2025

145

Trainings

1,083

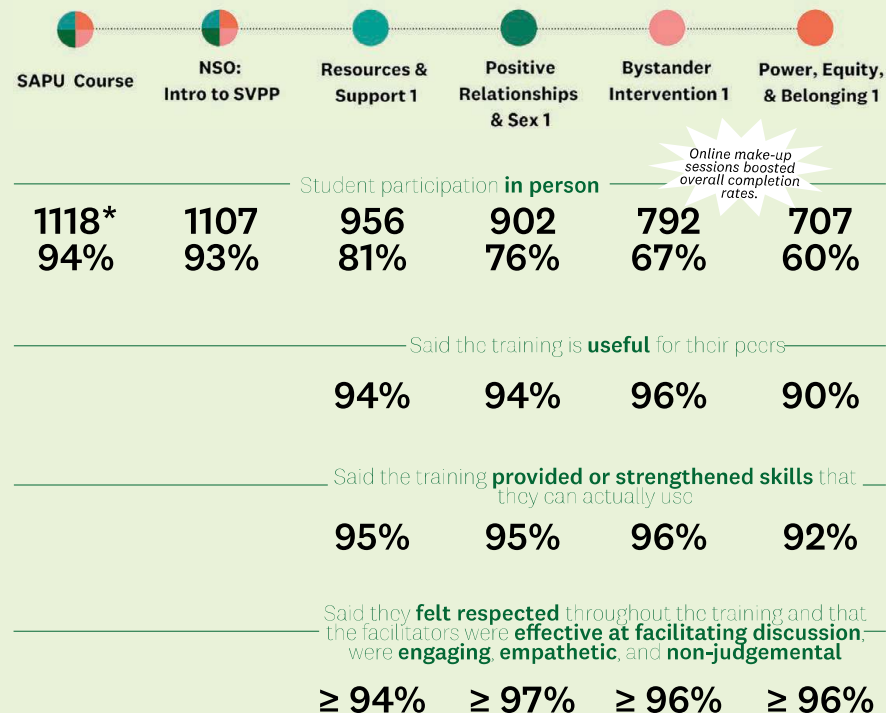
Students completed FYE

92%

Completion
rate

4,464

In-person student touchpoints



“This course makes us think about situations that do actually happen in real life. Then when they happen we’re more prepared. It also helps give us some dialogue we can use in the future.”
Dartmouth Student

*online only

Sophomore Experience

As of July 14, 2025

130

Trainings

990

Students completed SYE

96%

Completion rate

2,879

In-person student touchpoints



Student participation in person

915
85%

767
84%

622
60%

575
56%

Online make-up sessions boosted overall completion rates.

Said the training is **useful** for their peers

96%

93%

92%

88%

Said the training **provided or strengthened skills** that they can actually use

97%

89%

97%

93%

Said they **felt respected** throughout the training and that the facilitators were **effective** at **facilitating discussion**, were **engaging**, **empathetic**, and **non-judgemental**

≥ 98%

≥ 91%

≥ 95%

≥ 89%

"I feel like most people think the only approach to bystander intervention is direct confrontation but this training showed that there are multiple other ways."

Dartmouth Student

25

Student Involvement

34

Student facilitators

2

Facilitators celebrated facilitating over 50 trainings in their total time with us

23

new Student Advisory Board members for a total of 38 throughout the course of the year

5

Student interns worked intently on dedicated projects

5,883

Post-surveys were completed by students and 150+ peer interviews conducted by SAB, collecting student insights and feedback to guide our work

"After my second SVPP session on healthy relationships, I ended up calling the domestic violence hotline. Luckily, I was able to escape, but it was really really hard. It was probably one of the hardest things that I've ever done. So SVPP has a really special place in my heart because it really helped me escape something that I didn't think that I could."

Dartmouth Student

"I think the students derived a lot of community bonding from being able to hear from their classmates and to see that they were all there for the same reason."

Dartmouth Student



26

Curriculum Expansion

Began building out Junior Year Experience framework

85

Juniors and seniors interviewed about JYE

11

Departments and centers met with to discuss JYE

1,285

Sources added to our Research Database to support curriculum development



Social Media

57

Total SVPP Instagram posts

15,489

Total views across all 57 Instagram posts





Please visit us!

ONLINE



IN PERSON

First Floor Berry Library 179

PHONE

603-646-9414

EMAIL

Student.Wellness.Center@dartmouth.edu

INSTAGRAM

YOUTUBE

BLOG



Designed by Ronnie Ahlborn '22

