



# California Health Sciences University

## CHSU CAMPUS WELLNESS POLICY

### **I. PURPOSE**

CHSU highly values the physical and mental health and well-being of every student, faculty, and staff member and will plan and implement activities and policies that support personal efforts by students, faculty, and staff to maintain healthy lifestyles and mental wellness. The members of the CHSU community are committed to developing and implementing strategies and policies that promote physical and mental wellness to ensure our relevance to the general population, as well as strengthening the overall population health.

### **II. FORMATION OF CHSU WELLNESS POLICIES**

The CHSU campus Wellness Program will be overseen by a Wellness Committee that consists of students, faculty, and staff representatives from all professional programs on campus. The CHSU Wellness Program will be based on input solicited from campus students, faculty, and staff, and wellness activities will be planned accordingly to promote and encourage healthy diet, physical activity, stress management, resilience, life balance, sleep and time management, and other elements of a healthy lifestyle among the campus community. Some resources and events will be specifically aimed at empowering medical students and pharmacy students to help them cultivate physical, emotional, and interpersonal/community wellness habits as part of their professional development. The CHSU Wellness Program will provide student life advising, wellness programming and learning environment initiatives to enable students to thrive academically and personally throughout their professional school experience and beyond.

CHSU's Wellness Program has created several avenues to promote wellness in students, faculty, and staff:

- A. A Wellness Committee of diverse students, faculty, and staff formed to address mental and physical health and wellness on our campus
- B. Individual counseling and therapy from a private behavioral health care provider
- C. Employee Assistance Program led by the Human Resources Department
- D. An annual wellness workshop for students, faculty, and staff
- E. Training of students, faculty, and staff to recognize warning signs in mental health and substance abuse (i.e. QPR, eCPR)



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- F. Campus wellness facilities which may include a meditation room, adequate indoor and outdoor student lounge areas, food vending with healthy options, and a campus gym and walking path
- G. Periodic symposia and presentations on wellness topics such as diet, exercise, sleep hygiene, time and stress management techniques, burnout, resilience, relaxation, etc.
- H. Recurring events such as “Wellness Wednesdays”, “Fuel Up For Finals” and the “Wellness Wagon” to support students, faculty, and staff throughout the semester

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- Policy Owner: University Student Affairs
  - Effective Date: 10/18/2017
  - Approval by Provost Date: 10/18/2017