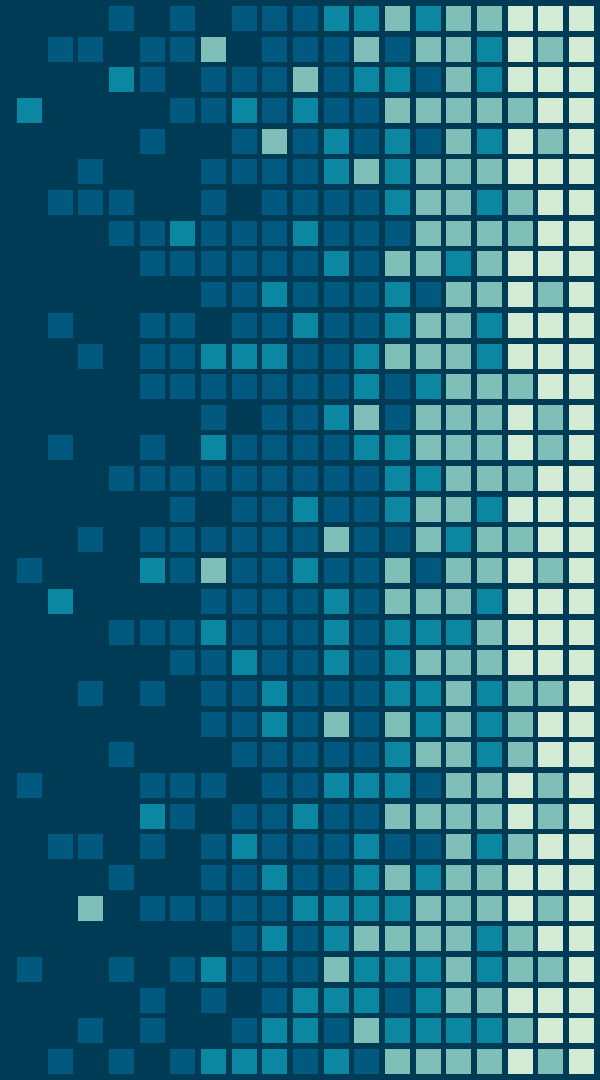


WELLNESS

CENTRAL

A CANVAS-BASED HEALTH AND WELLNESS
PORTAL FOR CCC STUDENTS



SUPPORT SERVICES ONLINE

There has been a clear need to offer significant support services online.

Initial support focused on online only students. Now it is ALL students.



ALL Students Use Canvas for all Classes

FACETO-FACE

HYBRID

ONLINE



ADDRESSING THE NEED THROUGH COLLABORATION

HSACCC

Health Services Association of California
Community Colleges



CVG OEI

California Virtual Campus Online Education
Initiative



California
Community
Colleges

California Virtual Campus –
Online Education Initiative

FCCC

Foundation for California Community Colleges



FOUNDATION *for* CALIFORNIA
COMMUNITY COLLEGES

MHWA

Mental Health and Wellness Association of CCC



YOUR SPACE @ YOUR PACE.

Wellness Central

WELLNESS CENTRAL

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

Wellness Central

“Your Space @ Your Pace”



DataDriven Module Choices

#REAL COLLEGE SURVEY
California Community Colleges
2015/2018

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

- 50%of respondents were food insecure in the prior 30 days,
- 60%of respondents were housing insecure in the previous year,
- 19%of respondents were homeless in the previous year.



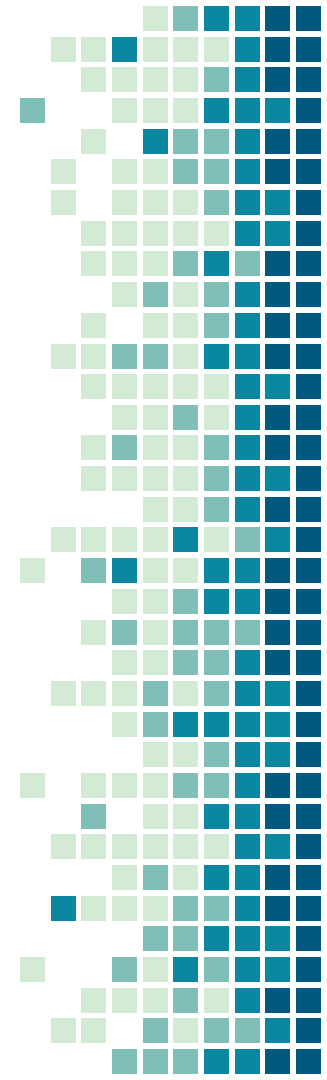
“ Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in a course; received an incomplete or dropped the course or experienced a significant disruption in thesis, dissertation, research, or practicum work ...”
(ACHANCHA)

Data driven Module Choices

NCHAACHA SURVEY

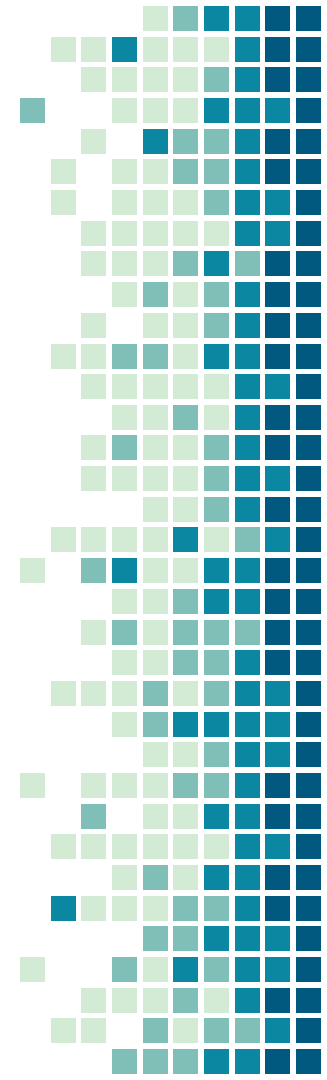
Health Interferes with Academic Success

- Stress
34.2%
- Anxiety
27.8
- Sleep Difficulties
22.4
- Depression
20.2
- Work
15.3
- Cold/Flu



Modules Physical/ Mental/ Social Health

- Academic Wellness
- Anxiety
- Birth Control
- Cold/Flu
- Dental Care
- Depression
- Financial Wellness
- First Aid
- First Generation
- Foster Youth
- Homeless and Housing Support
- How to Help Others in Distress
- Hunger
- LGBTQ+
- Mindfulness
- Mood and Food
- Natural Remedies
- Nutrition
- Physical Activity
- PrEP HIV
- Quit Smoking
- Sexual Assault
- Sexual Health
- Sleep
- Spirituality
- Stress Relief
- Vaccines
- Veterans



Data driven Module Design

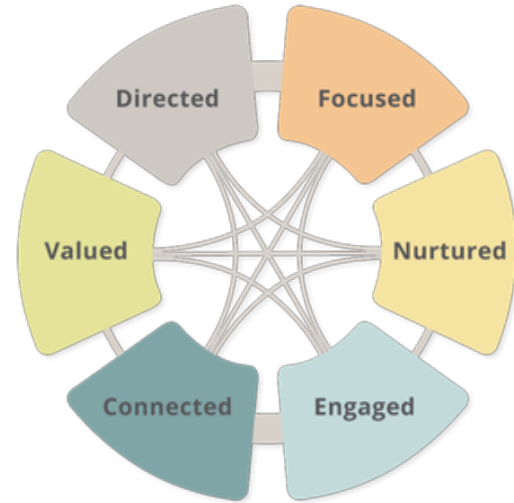
- RP Group Student Success reDefined
- “Motivational interviewing” supportive format
- Front page newspaper design- easy access to info
- Student focus groups



RP Group Model

Six Success Factors Definitions

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

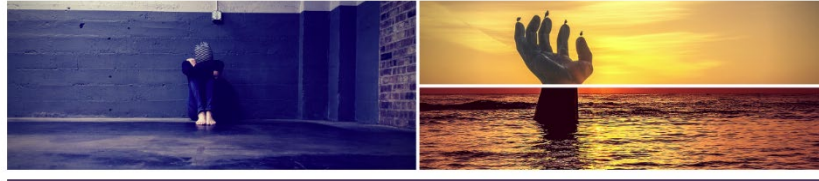


Six Success FactorsSM
theRPgroup

Holistic Model



Homeless and Housing Support



Hunger



Accessing Wellness Central



Wellness Central: Your Space at Your Pace

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

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

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

Your success in college depends on good health!

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



Wellness Central Landing Page

Streamlining the Adoption Process

Currently in a 1 year pilot, CVC
OEI Canvas instance August
2019-August 2020.

Goal: customization at the local
college

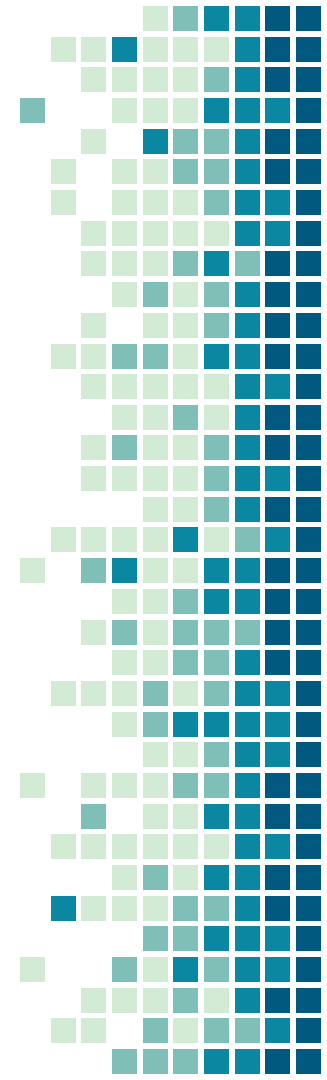
Landing Page Data on visits
and usage not Student
Information.

Total Visits since Fall 2019:

619

Number of Colleges:

68



Streamlining the Adoption Process Cont.

Step by step adoption guidelines will focus on:

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

Dashboard

MiraCosta COLLEGE

Account

Admin

Dashboard

Courses

Calendar

Inbox

Commons

Studio

Wellness Central

Tech Help

Student Support Hub
SSU

Student Support
Student Support Hub
Hub

Student Online Orientation
Spartan Prep Orientation
Orientation

CCC Health & Wellness
CCC

Coming Up [View Calendar](#)

Nothing for the next week

Recent Feedback

Nothing for now

Start a New Course

View Grades

Wellness Central on the Global Navigation Menu in Canvas

Marketing material Link

Flyer

Powerpoint

Social

Talking Points

Toolkit



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COMMUNITY COLLEGES



Questions?

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