

**Student Health and Wellness Strategic Plan
2021-2027**

Vision: The Boston College Community recognizes student health and well-being as a foundation for student formation, reflecting the integration of intellectual, spiritual and social development.

Mission: Health and wellness is critical to student success. We capitalize on the strength of our multidisciplinary team to embrace the Jesuit Catholic value of *cura personalis*, care for the whole person: mind, body and soul. We do this by creating an inclusive, wellness-focused community that empowers our students to thrive in all areas of their lives, and connects health and wellness to student formation and academic achievement.

Strategic Priority: To create a culture of student well-being at Boston College

Goal I

Capitalize on the diverse skill set and shared strengths of the multidisciplinary *Health & Wellness* team to intentionally advance and sustain a holistic approach to student well-being

- Ensure each employee in all *Health & Wellness* departments understands the full functionality of the other departments, including services offered, signature programs, and referral process for students.
- Examine and refine cross-department communication processes and protocols, in order to facilitate collaboration and the seamless referral of students between departments to maximize care and the overall student experience.
- Leverage the multidisciplinary talents and expertise of health and wellness staff and the extensive data sets across these departments, to develop proactive strategies and create a coordinated response to critical issues that impact our students' well-being.
- Develop online and print material that highlights the interconnectedness of health and wellness departments and the importance of student well-being, to maximize understanding and access for students, parents, and other members of the BC Community.

Goal II

Partner with campus stakeholders to achieve a collective impact on student health and wellness

- Seek partnerships with stakeholders across campus for student well-being initiatives by sharing the health and wellness strategic plan and emphasizing the relationship between student well-being and success.
- Establish a mechanism for campus partners to connect on a regular basis for the purpose of shared dialogue, education, and/or response to factors impacting student well-being, including: existing policies and practices, the built environment, the impact of an expanding digital environment, and current events.
- Identify and implement a campus-wide initiative for mental health gatekeeper training (i.e., responding to students in crisis; suicide prevention).
- Build upon existing community awareness of sexual violence to expand prevention and response efforts and supports.
- Leverage campus-wide efforts focused on substance use prevention and education to expand community understanding of, and engagement with, the impact of these issues on overall student well-being and success.

Goal III

Educate and support students to facilitate their development as independent stewards of their health and wellness.

- Provide outreach to incoming students with known health conditions to facilitate knowledge and understanding of related campus resources and the process for seeking care and accessing services.
- Develop and implement a comprehensive approach to build upon the required first-year summer educational modules, which illustrates the connections between specific behaviors and overall well-being.
- Create and offer programming for all students, particularly seniors, that provides tools for lifelong self-care and information on navigating health care beyond campus offerings.

Goal IV

Increase equity, inclusion, and access to health-related resources for all students.

- Collaborate with University departments that provide services geared toward students from underrepresented groups to identify and implement strategies to increase access to health and wellness resources for diverse student populations.
- Connect with student affinity groups to promote health and wellness services and to understand and respond to any barriers that may discourage utilization.
- Approach the recruitment, hiring, and retention of health and wellness staff (including student employees) from an inclusive framework, with a goal of increasing the diversity of staff in all health and wellness departments.
- Utilize a social justice lens as a framework for assessment efforts in *Health & Wellness* departments.