

Holistic Health and Wellness

Mission Fulfillment Indicator (MFI) 16 measures availability and utilization of health and wellness resources for students and employees at Lane Community College. Health is the state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity. Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

Student Health and Wellness Resources

Student Basic Needs Resources:

In fall 2023, a survey was conducted to gather information about how the college can better understand and strive to meet students' basic needs, including food, shelter, transportation, and other necessities. Survey results indicated that a substantial number of Lane students struggle to meet their basic needs. This data will be used to inform future efforts to build student basic needs support systems.

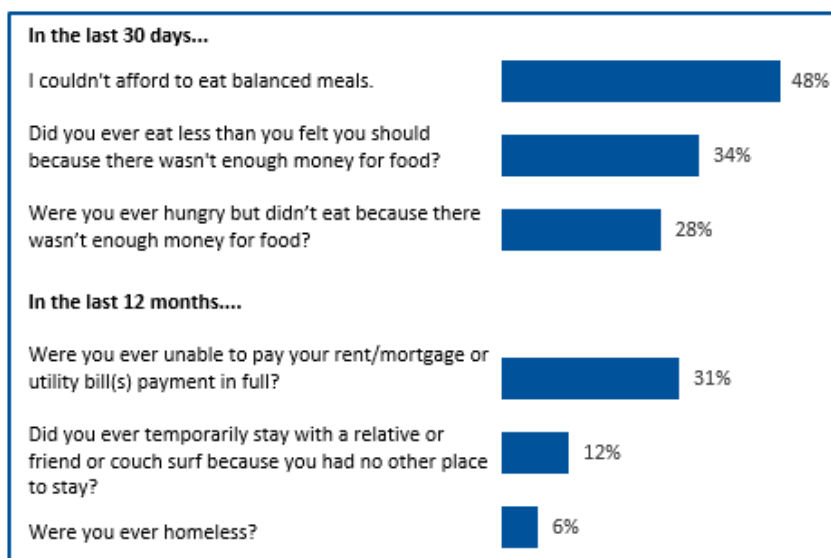


Figure 1. Fall 2023 Basic Needs survey results

Basic Needs Student Resources

- The LCC Food Pantry
- Clothing Stash
- CARE at Lane: CARE services are open to any student at LCC looking for resources and referrals for basic needs such as tuition assistance through partner agency sponsorship, as well as assistance applying for SNAP or other food and/or housing referrals.
- STEP at Lane: Coaching, resource navigation and support for LCC students who are SNAP recipients.
- ICAP: A program for individuals enrolled or eligible for vocational rehabilitation services.
- Opening Doors: Immigrant Workforce Services
- Free Computer Basics Classes
- Free Cooking Classes

Student Health and Wellness Center: Work was completed for a name change for the Health Clinic and Mental Health and Wellness to be dually named Student Health and Wellness Center starting fall 2022. During the 2022-2023 Academic Year (fall, winter, and spring terms) 184 clients were served with 1130 individual appointments and 28 group sessions.

The Zen Den offers massage chairs, crafting supplies, iPads for guided meditation, hula hoops, yoga mats, light boxes and snacks in a calming atmosphere.

Talk Campus is phone application that gives students free access 24/7 to other students all over the world. There is a staff version of this that provides the same service on a separate platform.

Tao is an online platform that provides information on mental health topics and concerns such as progressive muscle relaxation, facing fears, deep breathing, getting stuck in our thoughts, etc.

Employee Health and Wellness Resources

Lane's benefits package includes a wide variety of health resources. The employee assistance program provides the employee and their eligible dependents with up to eight free confidential counseling visits per incident per person per plan year and 4 free coaching sessions per person per plan year. The Kaiser Permanente and Moda Health tools and coaching programs provide employees with a wide range of health information and motivation. In addition to the mental health resources provided through the EAP and/or health insurance plan, the College implemented an anonymous online peer-to-peer resource through TalkLife Workplace, a free service to all Lane employees. Additional resources to support mental health include:

The **employee Zen Den** is a healing space for employees to de-stress. It will have a soothing meditation space and, in another room, there will be some light exercise equipment, crafts, puzzles, etc.

Kognito is an interactive virtual simulation application that uses role-play conversations to give learners practice with positive coping strategies, recognizing signs of distress, effectively communicating concerns and taking action to find additional support. All employees have unlimited, free access to this program.

Talk Campus is phone application that gives staff free access 24/7 to people all over the world.

Employee Wellness Program: The Employee Wellness Program began in the fall of 2003 with the goals of increasing wellness levels of employees and reducing health related costs by lowering rates of injury and illness by providing information and improving the work environment to support community and individual wellness practices.

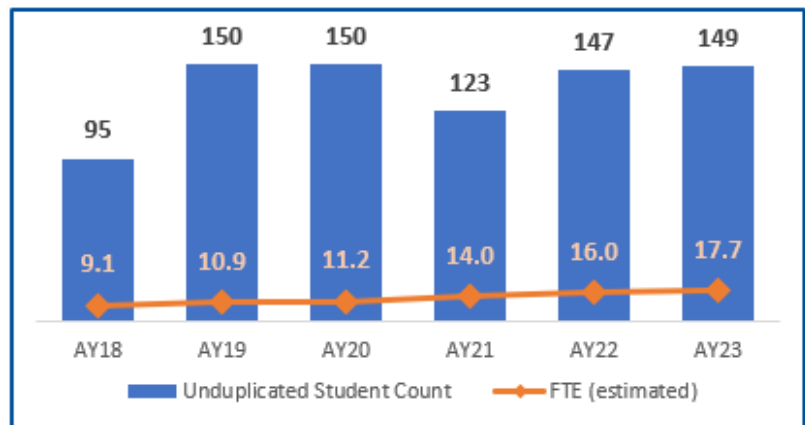


Figure 2. Employee Wellness Program Student Headcount and FTE

Peer Comparisons

The accreditation process calls for evidence-informed self-reflection along with meaningful comparison against peers to provide a contextualized perspective on an institution's quality. Because universities and community colleges develop wellness resources unique to their school's demographics and community needs, comparisons across institutions based on similar methodologies are not possible.

Lessons Learned & Next Steps

To continue the development of resources to support faculty and student health and wellness in 2023-2024, the college is committed to:

- Hiring a part time alcohol and drug counselor which will increase the center's capacity to serve students and have a more targeted approach to treating SUDS.
- Getting clinicians trained to provided QPR training and/or Mental Health First Aid.
- Promoting all mental health services including the Zen Den.
- Hosting events that bring awareness to Mental Health issues.