WPI Center for Well-Being

Paula Fitzpatrick, PhD
Director, Center for Well-Being
Cultivate a Culture of Care

“You can’t flourish without other human beings. They give you things that you cannot give yourself.”

~ Archbishop Desmond Tutu

- Holistic Well-Being
  - Proactive and Prevention Strategies
  - Build Resilience

- Balance

- Seasonality of Life
Center for Well-Being

Center Hours: M- F 8:30am - 9:00pm
Daniels Hall 102
Contact us at: cwb@wpi.edu
Phone: 508-831-6494

Paula Fitzpatrick, Ph.D.,
Director

Jermoh Kamara, MPH, CHES,
Associate Director

Lindsay Baker, MBA,
Office Services Coordinator
Center for Well-Being Services

- Safe space to gather, relax, reflect, and recharge
- Coordination of Wellness Day Programming
- Mental Health Awareness & Suicide Prevention Education
- Peer Advocacy, Learning and Wellness Coaching
- Well-being Promotion Programs & Consultations
- Wellness Courses for PE Credit (undergraduate students)
- Academic Initiatives to Study and Promote Health and Well-being (IQP, MQP, graduate work, etc.)
- Promote and Engage in Well-Being Research

Physical Space

Research

Programming

Academic Initiatives

KORU mindfulness

WPI
# Primary Focus of CWB and SDCC

<table>
<thead>
<tr>
<th>Center for Well-Being (CWB)</th>
<th>Student-Development &amp; Counseling Center (SDCC)</th>
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<tbody>
<tr>
<td>• Holistic Well-Being</td>
<td>• Mental Health</td>
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<tr>
<td>• Population-level interventions</td>
<td>• Individual interventions</td>
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<tr>
<td>• Proactive and prevention strategies</td>
<td>• Short-term therapy targeted to area of concern</td>
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<tr>
<td>• Evidence-based health and well-being promotion and education</td>
<td>• Individual and group therapy</td>
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<tr>
<td>• Not licensed therapists</td>
<td>• Licensed therapists</td>
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<tr>
<td>• Programs for employees as well as students</td>
<td>• Support undergraduate and graduate students</td>
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Support for Faculty

- Referral resource to connect students with support services
- Well-being presentation to class, department, lab
- Wellness workshops at retreats
- Opportunity to support your own well-being on Wellness Days
- Koru Mindfulness Meditation for employees and graduate students
- Mental health education for faculty to
  - Recognize student distress and make referrals
  - Engage in difficult conversations
How would you rate your preparedness to recognize when a student is experiencing signs of psychological distress (for example – being anxious, depressed, or disengaged)?

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<tr>
<th>Pre</th>
<th>Post</th>
<th>% Increase</th>
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<tbody>
<tr>
<td>47%</td>
<td>82%</td>
<td>74%</td>
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Would you recommend this course to your colleagues?

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<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Total</th>
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<tbody>
<tr>
<td>916</td>
<td>84</td>
<td>92%</td>
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How would you rate your preparedness to talk with a student in psychological distress to motivate them to connect with mental health support services?

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<tr>
<th>Pre</th>
<th>Post</th>
<th>% Increase</th>
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<tr>
<td>47%</td>
<td>80%</td>
<td>70%</td>
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I feel confident in my ability to talk with a student in psychological distress to motivate them to connect with mental health support services.

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<th>Pre</th>
<th>Post</th>
<th>% Increase</th>
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<tbody>
<tr>
<td>63%</td>
<td>88%</td>
<td>40%</td>
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I feel confident I can help a suicidal student seek help.

<table>
<thead>
<tr>
<th>Pre</th>
<th>Post</th>
<th>% Increase</th>
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<tbody>
<tr>
<td>46%</td>
<td>81%</td>
<td>76%</td>
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Ongoing Collaborations

- New Faculty Orientation
- New Student Orientation
- Insight Program
- Residential Services
- PERLA
- Morgan Center for Teaching Excellence
The greatest things ever done on Earth have been done little by little.

William Jennings Bryan
Questions? Comments? Suggestions?
Thank you