

WPI Center for Well-Being

Paula Fitzpatrick, PhD

Director, Center for Well-Being

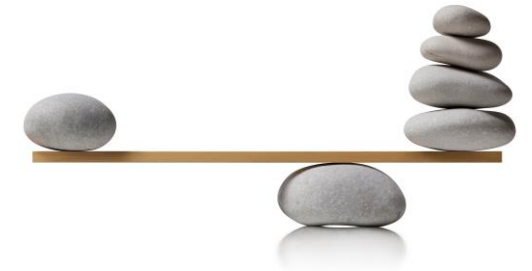
Cultivate a Culture of Care

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

- **Holistic Well-Being**

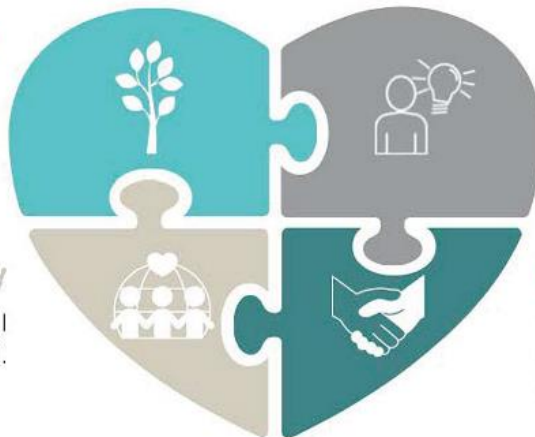
- Proactive and Prevention Strategies
- Build Resilience

- **Balance**



Health & Vitality

Develop daily habits and practices for managing energy.



Meaning & Purpose

Discover what you enjoy and what matters to you.

Community

Get involved. We all belong at WPI.

Relationships

Take time each day to connect with friends and family.

- **Seasonality of Life**



Center for Well-Being



**Paula Fitzpatrick, Ph.D.,
Director**

**Center Hours:
M- F 8:30am - 9:00pm**

Phone: 508-831-6494

**Daniels Hall 102
Contact us at: cwb@wpi.edu**



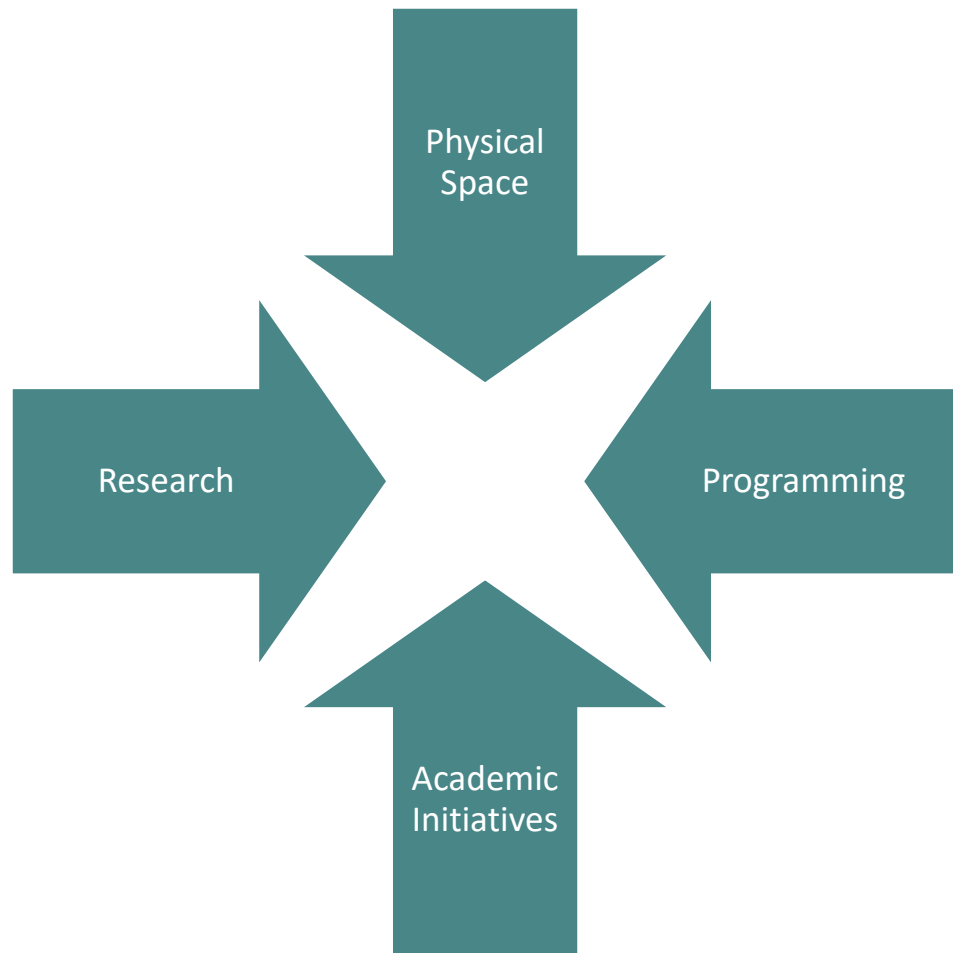
**Jermoh Kamara, MPH, CHES,
Associate Director**



**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



KORU
mindfulness



RADICAL
HEALTH®

Primary Focus of CWB and SDCC

Center for Well-Being (CWB)

- Holistic Well-Being
- Population-level interventions
- Proactive and prevention strategies
- Evidence-based health and well-being promotion and education
- Not licensed therapists
- Programs for employees as well as students

Student-Development & Counseling Center (SDCC)

- Mental Health
- Individual interventions
- Short-term therapy targeted to area of concern
- Individual and group therapy
- Licensed therapists
- Support undergraduate and graduate students

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

At-Risk Mental Health Faculty and Staff

Worcester Polytechnic Institute



Completions	Faculty	Staff
969	65%	82%

Would you recommend this course to your colleagues?

Yes	No	
916	84	92%

How would you rate your preparedness to recognize when a student is experiencing signs of psychological distress (for example – being anxious, depressed, or disengaged)

Pre	Post	% Increase
47%	82%	74%

How would you rate your preparedness to talk with a student in psychological distress to motivate them to connect with mental health support services

Pre	Post	% Increase
47%	80%	70%

I feel confident in my ability to talk with a student in psychological distress to motivate them to connect with mental health support services

Pre	Post	% Increase
63%	88%	40%

I feel confident I can help a suicidal student seek help.

Pre	Post	% Increase
46%	81%	76%

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

“ quote fancy

Questions? Comments? Suggestions?



Thank you



(anilakkus/Getty Images/iStockphoto)