

Holistic Health and Wellness

Previous	Current	Trend	Target	Rating
New Indicator: target, metrics & data to be developed in AY23				Initial

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

Health Clinic: 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. Students served 1,908, including 147 contacts via telehealth

Mental Health and Wellness is still building its reputation and identity. This year they have served 77 students with an additional 63 who asked for services but did not attend. Additionally, the unit has done considerable outreach to staff and faculty with regard to substance abuse and MH, identification and referral.

Rainy Day Food Pantry: The LCC Food Pantry is a valuable resource that supports the basic needs of LCC students. Student Life and Leadership works closely with students in order to collect valuable data that will help them meet students' specific needs. During COVID campus closures, services were modified to provide students with customizable food boxes that could be picked up from campus or delivered to them. Food Pantry provided food and services to over 700 students in the 2021-22 academic year. The Food Pantry truly represents LCC's values in terms of compassion, accessibility, and resources for supporting student success.

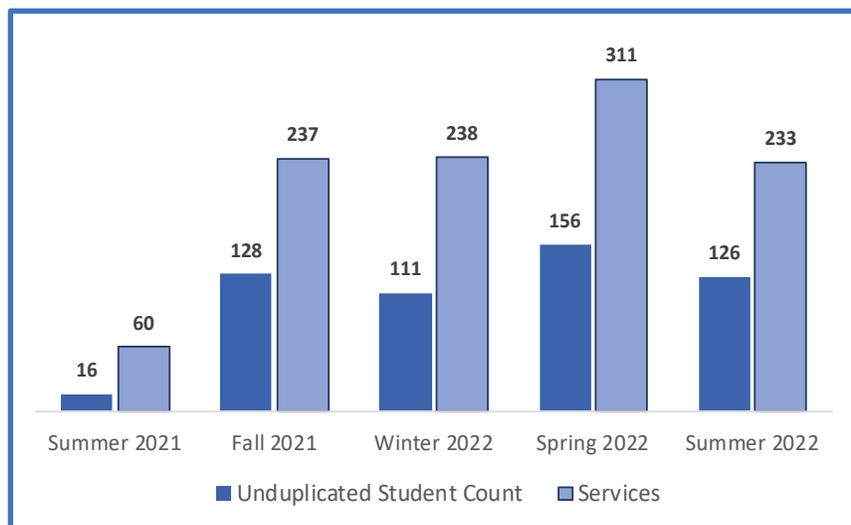


Figure 1: Rainy Day Food Pantry Utilization

Employee Health and Wellness Resources

Employee Health 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 six free confidential counseling visits per incident per person per plan year and 4 free coaching sessions per person per plan year. The Moda Health tools and coaching programs provide employees with a wide range of health information and motivation. Lane Community College has also provided ongoing clinics for employees to get COVID-19 vaccines and boosters.

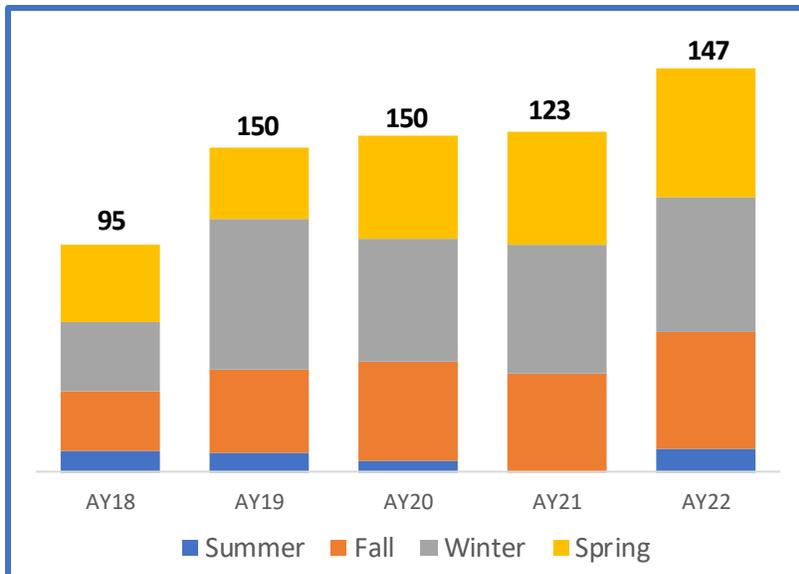


Figure 2: Employee Fitness & Wellness Enrollments 2018-2022

Employee Wellness Program: The Employee Wellness Program began in the fall of 2003 with a “wellness interest” survey to assess employee health needs/wants, direct the Program and promote awareness of the Program. The goals of the Program were to increase wellness levels of employees and reduce health related costs by lowering rates of injury and illness by providing information and resources as well as improving the work environment to support community and individual wellness practices. In August of 2019 the College and the LCCEF negotiated

an MOA to provide paid wellness release time for all contracted classified staff consisting of one hour each week. This hour can be used for any Wellness or P.E. classes, or individual activities such as stretching or walking, and needs to be discussed with the employee’s manager.

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

In the Spring of 2020, the Employee Wellness Program went online to maintain all classes, support groups, and other events. The College obtained grants and funding through MODA and the OEA Choice Trust to provide resources to support the mental, emotional and physical health of all employees. During the pandemic the number of class offerings were increased, The College provided more ergonomic support and maintained attendance levels in wellness classes through zoom. Efforts in 2022-2023 will focus on offering more classes, support groups and events in person on campus as well as continuing with some zoom/hyflex options to maintain accessibility for employees on all Lane campuses and/or for those who might be working from home.

Starting in Fall 2022, the Health Clinic and Mental Health and wellness became the Student Health and Wellness Center starting. The unit has done considerable outreach to staff and faculty with regard to substance abuse and mental health, identification and referral. Goals for the 2022-2023 academic year include continuing to continue to communicate the name change and promote holistic services through the center. Additionally, the center hopes to attract significantly higher amounts of students served now that services are back on campus. Completion of the respite and recovery room with additional programming for students that identify psychosocial stressors and interventions is also an important goal for the year to come. The MHWC will continue to build relationships across campus that integrate mental health and substance abuse treatment.