



# CREATING A CULTURE OF WELL-BEING





# THE FOREFRONT OF LASTING CHANGE

Colleges have long been at the forefront of studying critical social issues — like diversity and sustainability — and responding in ways that create lasting change. Now, the University of Richmond is on the forefront of colleges exploring modern approaches to health and well-being. We must take a holistic approach to nutrition, physical activity, sleep, education, and disease prevention, as well as what *USA Today* called “the mental health crisis on U.S. college campuses.” By practicing good health, we will not only ensure a vibrant University community today but also shape the long-term health and well-being of our society.





# BUILDING A CULTURE OF WELL-BEING

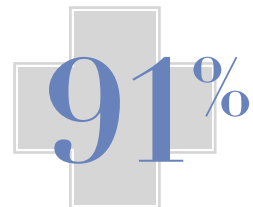
The University recently formed a Health and Well-being Unit, bringing together the work of Counseling and Psychological Services (CAPS), the Student Health Center, and Recreation and Wellness. This integration solidifies a decade of collaborative work and strengthens programs that support high achievement and a well-balanced life.

Well-being efforts also extend throughout our student development and academic units. Embedded in the first-year curriculum is a wellness education requirement designed to ensure that every student begins their Richmond experience with an understanding of the full spectrum of health resources available to them. The Richmond College and Westhampton College deans' offices are destinations for consistent academic and personal support.

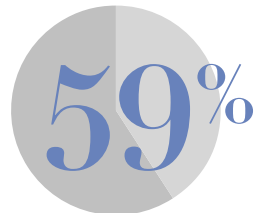
The Academic Skills Center helps students learn time- and stress-management skills. The Chaplaincy offers an array of spiritual programming to support students of all faith backgrounds. Our dining facilities offer a wide range of healthy food options and free nutrition counseling with our full-time dietician. And a growing number of peer education and advocacy groups train students to support their classmates.

The Weinstein Center for Recreation is a central hub of healthy and active living; more than 3,500 students used the center last year. The center's resources have been augmented in recent years with outdoor recreation facilities and intramural fields.

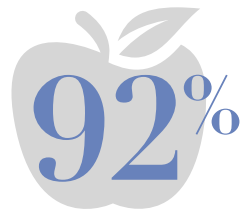
Our foundation is strong, but by further unifying and focusing our efforts, we can create a holistic culture of wellness that extends to every area of campus.



**STUDENT SATISFACTION**  
WITH THE STUDENT HEALTH CENTER



OF CAPS CLIENTS REPORT  
THAT COUNSELING SERVICES  
*help them stay in school*



*of students made*  
**HEALTHY CHANGES**  
*after completing a wellness course*



## CLAIRE COMEY, '19

**FOUNDING MEMBER,  
PEER SEXUAL MISCONDUCT  
ADVISORS**

Student-led group offers multidimensional support to classmates

## Group puts advocacy in students' hands

When she founded PSMA, Claire Comey wanted to ensure Richmond students are trained to offer comprehensive and thoughtful support and education to classmates, from practicing active listening to connecting with campus and local resources. "PSMA is successful because it's collaborative," she says. "I can tell students about a person they'll meet, the process they're going through, or what a resource can offer."





# AN INTEGRATED AND PROACTIVE APPROACH

The University of Richmond aspires to be a national leader in teaching resilience. We want to be a university that recognizes the interplay of physical, spiritual, and mental health, and its capacity to influence well-being throughout our students' lives.

We desire to increase the resources of “upstream” programs and activities that are associated with healthful decision-making and prevention. By instilling positive habits — ranging from nutrition and exercise to stress management and sexual health — we aim to proactively augment the “downstream” services associated with intervention and rescue.

The next frontier in teaching resilience will also include deeper integration of wellness education into the academic curriculum. Some faculty members have begun to incorporate meditation and mindfulness to facilitate deeper connections with both course content and

classmates. Others explore such subjects as access to healthy food and the business, legal, and sociopolitical aspects of health care.

We want to equip even more of our faculty and staff to infuse their student-centered work with techniques for managing work-life balance, navigating successes and setbacks, and fostering a spirit of perseverance.

This intentional approach will require looking for even more ways to bring together our already strong system of well-being initiatives. This collaborative mindset is at the heart of our new Health and Well-being Unit, which aims to better integrate our medical, counseling, and

health education efforts. But this office is only a first step. We must continue to bring together programs and initiatives in the most intentional way. And we must look to bring these functions together under one roof in a central destination for campus wellness.



#### NOURISHING THE BODY

Access to healthy food and nutritional education must be part of a coordinated wellness effort.



## TOM ROBERTS

ASSOCIATE VICE PRESIDENT,  
HEALTH AND WELL-BEING

Decades of leadership in  
wellness education

## Leading the way in healthy living

Richmond's Health and Well-being Unit supports the health of our community through sports and fitness programs, education, and medical and counseling services. For almost 30 years, Tom Roberts has led our recreation and wellness endeavors. “Most students associate wellness with the physical dimension,” he says. “A holistic approach goes well beyond the physical and strives to help students thrive socially, emotionally, spiritually, and intellectually. These dimensions are interconnected and necessary for students to reach their full potential.”





# ADVANCING OUR STRATEGIC GOALS



## BUILDING A CENTRAL DESTINATION FOR WELL-BEING

University offices already take a unified approach to well-being. A central, integrated center that brings key resources and departments together under one roof is the next step in providing easy access to consistent and coordinated care.

The facility would allow offices such as the Student Health Center, Counseling and Psychological Services (CAPS), Disability Services, wellness education, nutrition services, and the Center for Sexual Assault Prevention and Response to increase efficiency and effectiveness through a collaborative approach to prevention and care. It would also reduce the stigma associated with visiting a stand-alone CAPS office.

The benefits of this integrated facility would be significant and distinctive for an institution the size and scope of the University of Richmond. Done properly, this initiative has the potential to be transformational in producing healthier and happier students who are well-prepared for lives of strength, resilience, and vitality. It would also bring national attention to the University as a leader in campus well-being and student health.



## A LIFETIME OF HEALTH

We would enhance our wellness education curriculum beyond the first year by creating a series of progressive workshops that last from matriculation to graduation. New courses and programs would build on a growing body of research about habit formation, happiness, and emerging adulthood, helping students establish healthy behaviors and develop resilience for a lifetime.



## FEEDING THE BODY AND MIND

Ensuring that attractive, healthy food options — along with nutritional education — are easily accessible on campus can help our students prepare for lives of health, wellness, and success.

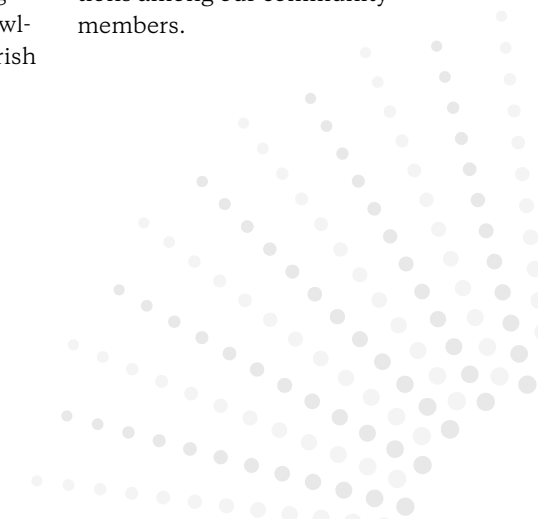
We look to expand our nutritional resources to ensure access to healthy food. We also would develop programs and initiatives that address our community's understanding of food and expand our knowledge about how to best nourish the body.



## PURSuing LIVES OF PURPOSE

We would create a robust and high-profile campus lecture series focused on the many paths to pursuing lives of purpose. Speakers would include national figures who are luminaries and thought leaders in the field of personal health.

These outside voices would bring targeted expertise and fresh perspectives to wellness education and foster conversations among our community members.





# MAKING IT A REALITY

The creation of a central, integrated well-being center is a priority for the University of Richmond — one that will propel us forward in our ability to provide holistic care for the well-being of our students. We have significant momentum in meeting this critical need.

Offices across campus have come together to craft an inspired vision for wellness at Richmond. The University has engaged an architect to help us visualize a future physical space to match that vision.

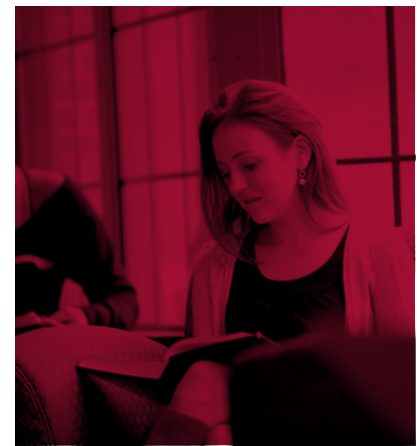
And, thanks to a generous lead gift from the Walrath Family Foundation, the corresponding fundraising effort is well underway. We are grateful for their leadership and their passion for the well-being of our Spider community.

Now, we need to follow their lead to make this critical facility a reality.

Help ensure that Richmond is a place that shapes and supports every aspect of our students' well-being. Make your gift today.

“Michael and Michelle Walrath believe strongly in the power of well-being to transform society, and their gift will have a lasting impact on our students. This center will enable students to develop a holistic approach to well-being that will not only serve them while they are on campus, but all of their lives.”

—Ronald A. Crutcher, President







# UNIVERSITY OF RICHMOND

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The University of Richmond exemplifies the transformative power of education. For generations, we have sought to educate students in an academically challenging, intellectually vibrant, and collaborative community. In recent years, the University has enjoyed remarkable momentum, and we now have an extraordinary opportunity to shape the future of the institution. Guided by the five principles of our strategic plan — Forging our Future, Building from Strength — we are enhancing programs and developing new initiatives that prepare students for lives of purpose, thoughtful inquiry, and responsible leadership in a diverse world.



**FORGING**  
*our Future*  
**BUILDING**  
*from Strength*