



CU Well. CU Thrive.

Elevate Well-being

# Pop Quiz!



What is Well-being?



# Why Elevate Well-being?

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Mental Health and Well-being has been identified as a top institution risk that impacts multiple areas of university life and ability to succeed with Clemson Elevate.

# The Current State: Who We Are?



28,747

Top Risk Factors+:

Mental Health

Alcohol and Drug

Stress Management

Isolation and Loneliness



6,281

Top Risk Factors:

Qualitative: Stress  
Management/Mental Health

Work-life Imbalance

Well-being resources

Financial

\*Health Risk Behavior Data not available



17,843

Top Risk Factors\*:

Obesity

Hypertension

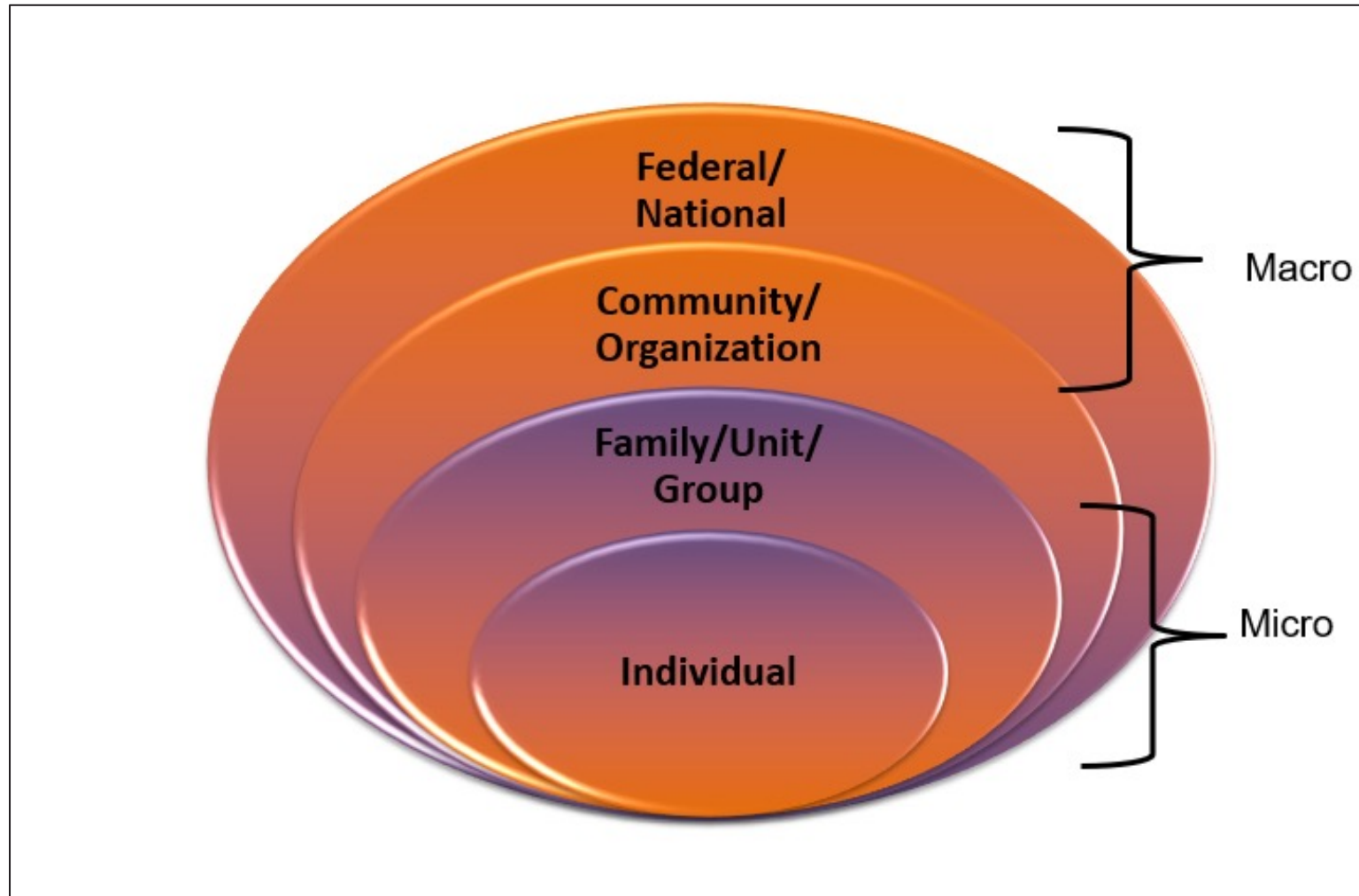
High Cholesterol

# Vision

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*To grow thriving individuals  
that transform the world.*

# The Socioecological Model



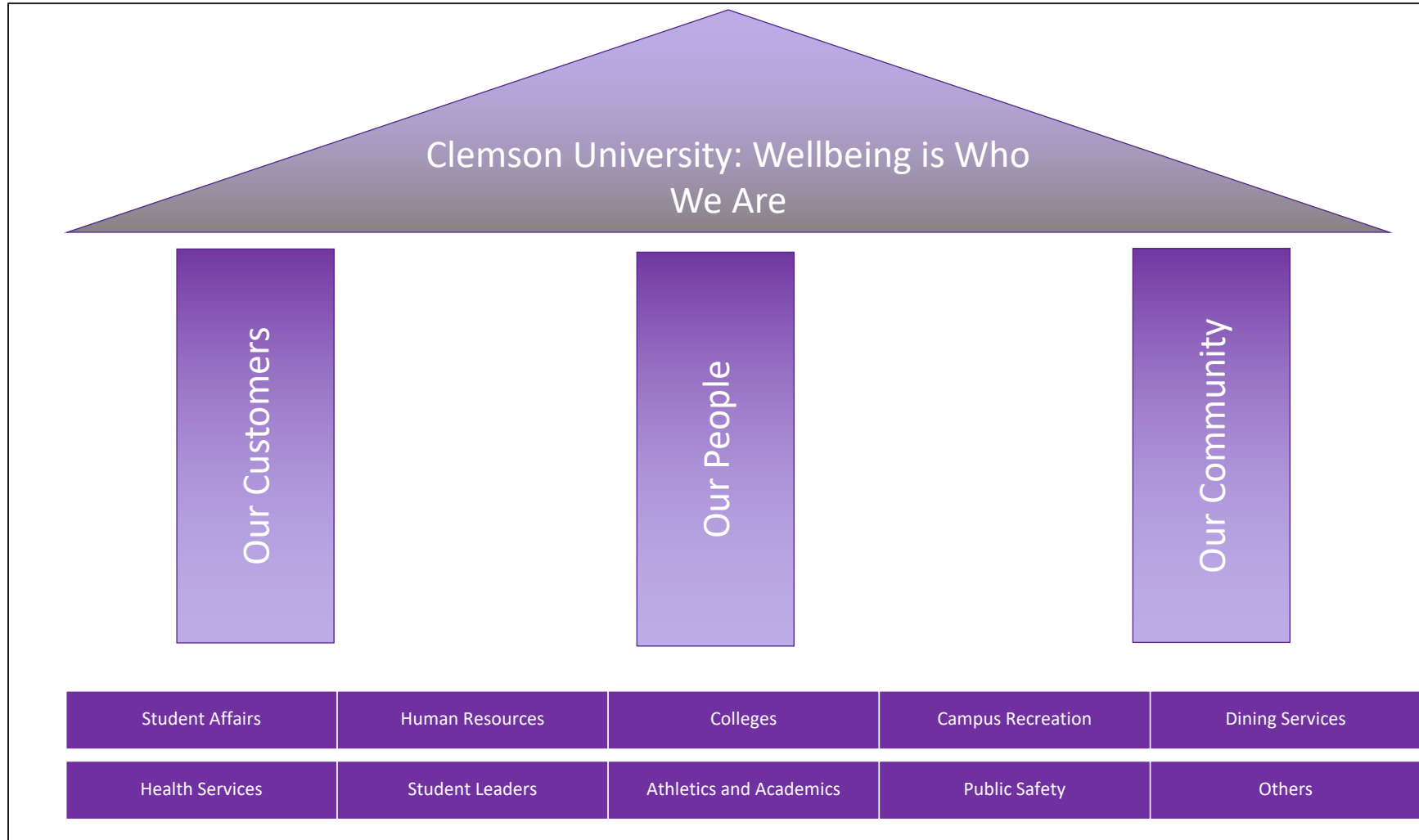
# Framework for Execution: Future State



\*Adapted from the US Surgeon General's Framework for Workplace Wellbeing; SAMSHA's Domains of Wellbeing Framework, and Healthy Campus Framework

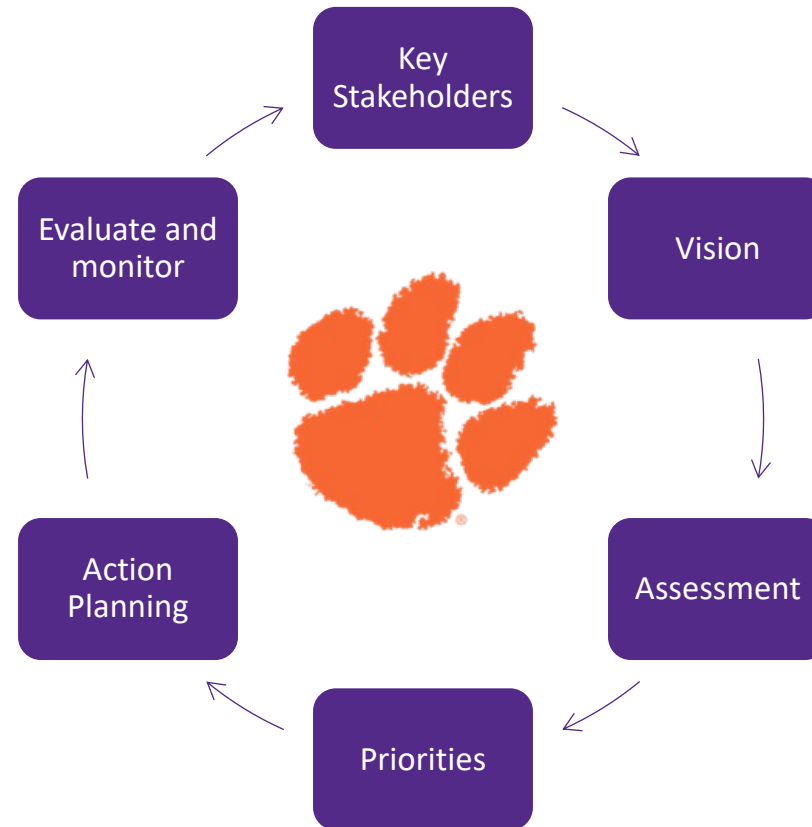


# A Framework for Execution

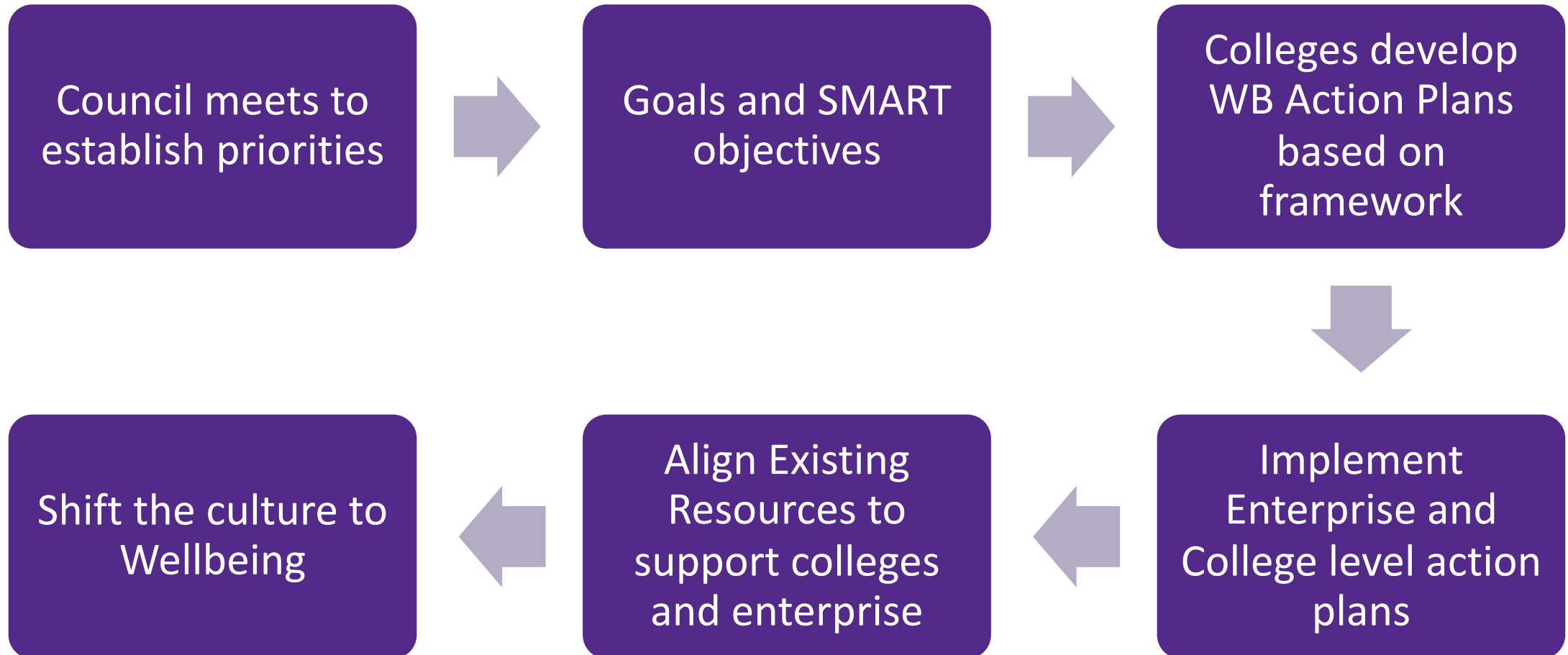


**Objective: To create a process that advances a culture of student, staff, faculty, and community well-being.**

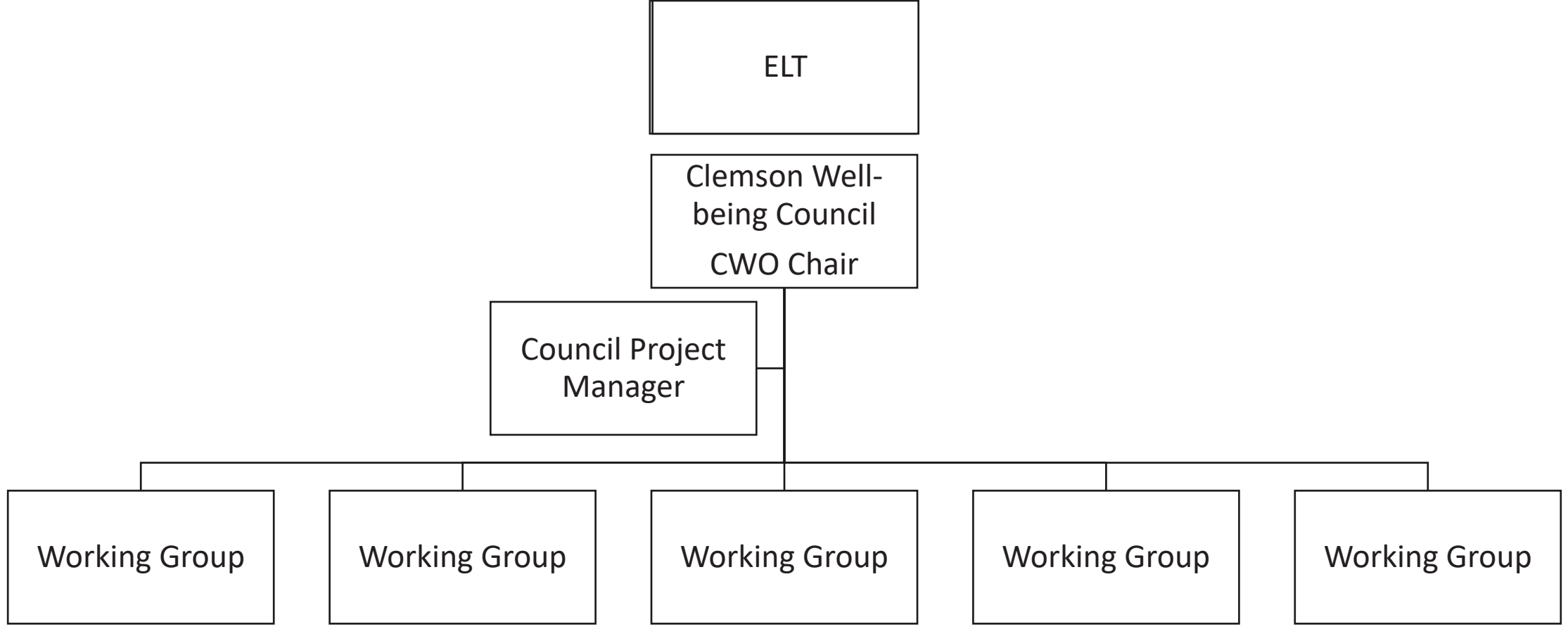
**Task 1: Establish and Charter the Clemson Well-being Council**



# Clemson Wellbeing Council



# The Clemson Well-being Council



# Building the conditions in which to Thrive



# Whole community/Whole Person approach



# What We Do

- Identify key priorities to ensure well-being of our community.
- Integrate well-being into Clemson Elevate pillars, policies, procedures, communication, and colleges.
- Create goals, SMART objectives, action plans, and metrics.
- Provide for collaboration and shared well-being governance.
- Establish a research agenda and identify seed grants for Clemson Wellbeing.
- Share lessons learned, best practices, and evidenced based research to scale efforts to reach students, employees, and the community.
- Identify gaps and overlaps in well-being programs and services, drive evidence-based well-being activities to support students, employees, and the community.
- Advocate for the well-being of the people of Clemson University and the State of South Carolina

# Wellbeing at Work



Dr. Miller,

I just wanted to express to you how incredible yesterday was. I was super nervous going into yesterday morning, but having Dr. Courie speak really helped calm me.

I found Dr. Courie inspirational. She was a reminder as to why I wanted to pursue my DNP. I know I am around educators and other nurse leaders at times during my career, but hearing someone so poised and enthusiastic about nursing, change and wellness was amazing. It really was a humbling experience to get to be apart of that.

Institutional Excellence; Office of the President; Student Affairs

## From the desk of the CWO: What is well-being, anyway?

Anna Fitch Courie

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Greg & Matt,

I met with Anna today. She is pretty darn amazing. Count me in as CAFLS wellness ambassador. I am impressed with her overall vision, her depth of experience, and most importantly, her commitment to guiding our organization and elevating Clemson's overall health-body, mind & spirit. I look forward to connecting with you and hearing your thoughts on the needs of CAFLS students, faculty, & staff. The council is scheduled for May 20<sup>th</sup>. I am grateful and honored to serve our college community in this way. Thank you for the opportunity.

Stay curious, Be creative, generous & kind~





# Resources

Workplace Concerns: <https://www.clemson.edu/human-resources/current-employees/workplace-concerns/index.html>

List of resources including

- Employee Assistance Program: ComPsych
- Reporting Discrimination
- Various Staff and Faculty Resources
- Substance Use Resources
- Employee Misconduct Information
- Training Calendar
- Financial
- Ombuds
- Conflict Management
- And More!

# Questions?

# Membership

Chief Wellbeing Officer

Medical Director

CAPS Director

AVP Emergency Management

AVP Student Life

Healthy Campus

AAD for Student Athlete Wellness

Graduate Student Representative

Undergraduate Student Representative

Faculty Senate Representative

Staff Senate Representative

Nutrition Auxiliary

Housing

Extension Services

MARCOM

MARCOM

Ombuds

HR

CARES Network

College of Engineering, Computing and applied sciences  
Ambassador

College of Business Ambassador

College of Ag, Forestry and Life Sciences Ambassador

Graduate School Ambassador

College of Behavioral, Social and Health Sciences Ambassador

College of Architecture Art and Construction Ambassador

College of Arts and Humanities Ambassador

College of Education Ambassador

College of Science Ambassador

College of Veterinary Medicine Ambassador

Campus Recreation

Honors College Ambassador

City of Clemson Representative