# University of Washington Health and Wellness

**Organization overview**

* Department in Student Life
* Provide student services, outreach, education, and consultation to faculty and staff
* Member of the Consultation & Assessment Team; bi-weekly consult team tracking and consulting on students of concern
* Utilize outreach to connect with students who are not otherwise making it into the doors of student services on campus

**Student Care Program**

* *Approximately three-quarters of students with depression feel like they need help but only one-third of the students meeting criteria for depression actually receive help. (Eisenberg, et al., 2007)*
* Broadest program- working with students who come on the radar for various reasons: disruptive behavior, emotional crisis, medical emergencies, personal/social conflict
* Consult on best practices for responding to students in need and when appropriate, reach out and meet with students to create action plans to address the situation and continue to follow up as needed

**Sexual Assault, Relationship Violence Information Service (SARIS)**

* *Since coming to UW, 18% of students reported unwanted sexual touching, 10% reported feeling coerced into sex, and 4% experienced unwanted sex- 2011 UW Campus Safety Survey*
* Advocacy and outreach to students impacted by sexual assault, relationship violence, stalking, and harassment
* Helps explain polices and procedures and both on and off campus resources as well as assists students in reporting to police, or campus officials-students are never forced to report but they are given all the options and help knowing what students can expect from each service
* Provides education across campus on issues of consent, healthy relationships and bystander intervention training

**Suicide Intervention Program**

* *Suicide is the second leading cause of death for youth ages 15-24 (Forefront 2014)*
* Work with faculty, staff to connect to students planning, contemplating, mentioning, or discussing thoughts of suicide.
* Outreach and meet with the student to discuss reported incident
* Create a plan including counseling for those who meet threshold
* Coordinate with internal and external mental health services – 3 free sessions on campus
* Monitor and follow up

**Alcohol & Other Drug Education and Intervention Service:**

* *Almost all (96%) of students with an alcohol use disorder receive no alcohol services of any kind (Wu, et al., 2007)*
* Outreach and intervention and consultation for students around alcohol and other drugs
* Training for service providers on campus on strategies for brief intervention with alcohol
* Partnerships with Housing and Community Standards and Student Conduct, supervision of brief intervention programs around alcohol as well as marijuana and other drugs
* Training of Counseling Center and Hall Health staff around screening and appropriate responses to students identified through screening
* Trainings and presentations to key partners in Housing and Greek Life

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