NEBRASKA

Building a Campus Well-being Collective

Lessons Learned, Early Successes, and Ongoing Challenges

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Welcome & Introductions

- Who We Are
- Session Roadmap
  - Why the Well-being Collective was created
  - How it was built
  - Early wins
  - Challenges and pitfalls
  - Lessons Learned
  - Discussion & Q&A

Poll/Reflection Activity

- How would you describe your institution's approach to Well-being?

Why a Well-being Collective?

- Student Experience
  - Mental health concerns
  - Substance use concerns
  - Financial stress
  - Social isolation
  - Academic pressure

- The Institutional Challenges

  Many campuses have:

  - Multiple committees
  - Multiple initiatives
  - Multiple experts

  But not always:

  - Shared priorities
  - Shared outcomes
  - Shared accountability

UNL's Well-being Landscape

- Division of Student Life
  - Alcohol & Other Drug Education
  - Counseling & Psychological Services
  - Campus Recreation
  - Financial Well-being
  - University Health Center
- Academic Success Units
- Faculty and Staff partners

The CAS Framework

- Why CAS?

  Provides guidance for:

  - Shared responsibility
  - Cross-functional Collaboration
  - Population-level Well-being
  - Systems thinking

- Key Takeaway

  Well-being isn't owned by one department.

  It's everyone's work.

Creating the Well-being Collective

- Initial Goals:
  - Reduce duplication
  - Bring stakeholders together
  - Identify priorities
  - Increase visibility
- What we did first:
  - Established membership
  - Created Steering Committee
  - Developed structure

Well-being Collective Structure

- Student Life
- Campus Recreation
  - Alcohol & Other Drug Ed.
- CAPS
- Student Advocacy & Support
- Residence Life
- Dining Services
- SLICE
- Culture & Community
- CARE
- Health Center

What We Got Right Early

- Early Successes:
  - Building relationships
  - Increased awareness
  - Shared language around well-being
  - Better understanding of campus resources
  - Greater visibility with senior leadership
- Anecdote:
  - The biggest early win wasn't programming – it was connection

Reality Check: Challenges We Encountered

- Pitfalls:
  - Competing priorities
  - Meeting fatigue
  - Defining scope
  - Measuring success
  - Balancing strategic vs operational work
  - Sustaining engagement

The Abbott Grant Opportunity

- Opportunity:
  - Large-scale funding opportunity

    Allowed us to:
    - Advance key initiatives
    - Increase visibility
    - Develop infrastructure

- Unexpected Challenges:
  - Capacity constraints
  - Focus shifted toward grant deliverables
  - Difficulty maintaining broader Collective momentum

- Key Lesson:
  - Success can create new challenges

Lessons Learned So Far

- Relationships before strategy
- Don’t move faster than trust
- Shared language matters
- Expect uneven engagement
- Progress isn’t linear

Small Group Discussion

- What is one barrier to collaboration on your campus?
- What is one opportunity for greater alignment?

Where We Are Today

- We’re still building:
  - Strategic plan
  - Shared metrics
  - Coordinated assessment
  - Sustainable structure
  - Prevention-focused alignment

Practical Takeaways

If You're Starting

- Start with relationships

If You're Stuck

- Clarify purpose

If You're Growing

- Build assessment early

If You're Leading

- Celebrate progress

Questions & Resources

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Resources

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- The default fonts are acceptable and available across all Microsoft Office products.
- UNL's color pallet is built into the template color theme. >

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Questions & Discussion

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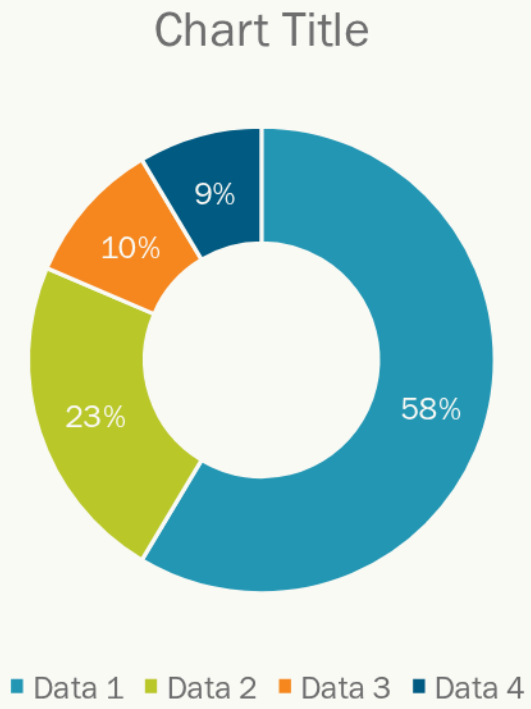

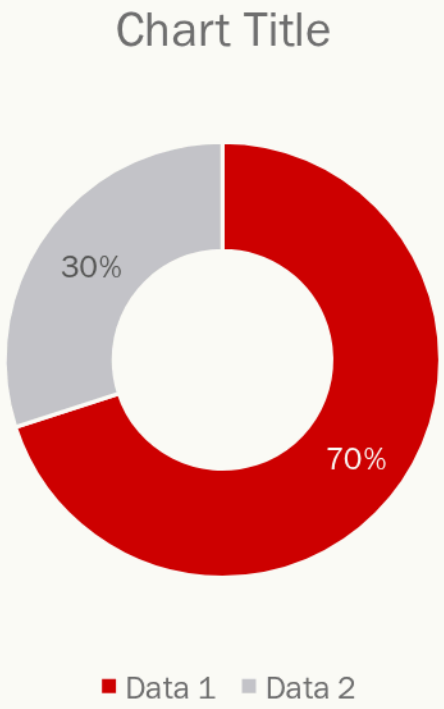

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