Student Well-Being: The Well and Basic Needs

Summer 2020
Grad Student Orientation
Who We Are & What We Do

The Well is UCR’s student health promotion & education department, dedicated to holistic well-being and basic needs. Our professional and student staff provide education, activities, and resources on health topics important to UCR students, as well as opportunities for practicing healthy behaviors, to encourage lifelong wellness habits.

Our location in the HUB, central to campus and the R’Pantry, helps us provide daily support, resources, education, and connections for students.
How We View Well-Being

OUR MISSION & PHILOSOPHY

The Well promotes healthy minds, bodies, and communities through student-centered health education, access to resources, peer engagement, and collaboration, and strives to contribute to a safe, supportive, and connected campus environment.

Health and well-being are integral to personal and academic success.

The Well recognizes that there are often barriers to maintaining health and well-being, and we are here to help students overcome those challenges, to live healthy lives at UCR and beyond.
These Student Affairs departments, dedicated to listening, supporting and providing students with helpful resources and services for overall well-being make up our unit:

- Counseling And Psychological Services
- Recreation
- Student Affairs Case Management
- Student Disability Resource Center
- Student Health Services
- The Well
- *new* Basic Needs (& R’Pantry)

**OUR MISSION**

Raise awareness and empower students to develop lifelong health and wellness practices.
THE WELL

Resources Available

Health education, outreach & promotion, programs, and supplies

Online health assessments: AlcoholEdu, Kognito At Risk, and eCheckUpToGo

Mental health & suicide prevention education, outreach & promotion, programs

Peer group engagement, Power of the Peers Network coordination, and student staffing

R'Pantry operations, grocery bag distribution, and CalFresh support

Economic Crisis Response Team (ECRT) support

NEW BASIC NEEDS DEPARTMENT
OUR PEER GROUPS

ACTIVE MINDS
Mental health promotion, stress management, destigmatizing mental illness, suicide prevention and awareness

GOLDEN ARCHES
Physical health, nutrition, sexual health and reproductive justice, alcohol & other drugs, overall well-being

TEAM FRESH
Food security and food justice outreach, R’Pantry management, and CalFresh application information & support
ONLINE PROGRAMS: well.ucr.edu

MENTAL HEALTH TRAINING
Increase your knowledge and awareness of mental health and suicide. Learn how to talk with a friend who may be in distress. Connect a student with mental health resources.

GO!
Track your daily activity and earn prizes. Open to students, staff, and faculty.

ONLINE EDUCATION & ASSESSMENTS
AlcoholEDU and Cannabis/Marijuana eCHECKUP TO GO will provide you with information and personalized feedback about your individual use, risk patterns, and your aspirations & goals.
SIGNATURE PROGRAMS MOVED ONLINE

Like Golden Arches, Active Minds peer health educators continue to provide educational workshops and programs online, including their quarterly Therapy Fluffies event.

RECOVERY MEETINGS
Join other UCR students at a confidential space to seek recovery or harm reduction from alcohol, cannabis, and other addictive substances or activities. Allies and those are affected by loved ones with addictions are welcome!

CALFRESH APPOINTMENTS
Schedule a 15-minute appointment with a member of Team Fresh (UCR peer).

ACTIVE MINDS PROGRAMMING
Like Golden Arches, Active Minds peer health educators continue to provide educational workshops and programs online, including their quarterly Therapy Fluffies event.

GOLDEN ARCHES WORKSHOPS
Check The Well’s webpage for our upcoming events. Peer health educators are using Instagram Stories to lead mini workshops on a variety of topics.
NEW PROGRAMS during campus closure

COVID-19 WELLNESS KITS
Kits contain items for well-being usually distributed out of our physical office: face covering, hand sanitizer, condoms, period products, stress ball, sleep kit, and more. Visit well.ucr.edu for info on how to pick yours up.

VIRTUAL PEER COACHING
Set up a 15 minute meeting with The Well's Certified Peer Health Educators to get tips and learn resources related to well-being. This is a non-clinical/non-therapy resource.

MEET WITH A MENTAL HEALTH EDUCATOR
Book a 15 minute appointment with The Well's Mental Health Educator to learn more about skills and the resources available to you. This is a non-clinical/non-therapy resource.
WHERE TO FIND US

FACEBOOK
@wellucr
@ucractiveminds
@ucrgoldenarches

INSTAGRAM
@thewellucr
@activemindsucr
@ucrgoldenarches

OUR WEBSITE
well.ucr.edu
Thank you!

Devon Sakamoto, Director
devons@ucr.edu
well.ucr.edu