



# Wellbeing Liaison Program 2017-18

## PROGRAM GOALS

The Wellbeing Liaison Program aims to establish a resource person within Faculties and units, who will share information on student wellness services and resources with colleagues. Key program goals include:



## BACKGROUND AND RATIONALE

As part of a discussion about sustaining UBC's Early Alert program in December 2013, key stakeholders - including Associate Deans, faculty, and staff from across Faculties and the Vice President-Students office - identified the need for a local resource person embedded within Faculties to support the effective use of the University's programs to support student wellbeing.

The exploration of this opportunity indicated that a Wellbeing Liaison within a Faculty, or a department in larger Faculties, could be beneficial in connecting faculty and staff to existing wellbeing programs and services. In addition, it was identified that a Wellbeing Liaison Program can serve as a community of practice to support Liaisons to build connections across faculties and facilitate conversations on how to best support staff and faculty in fostering student wellbeing. By engaging with faculty and staff across disciplines to promote student health and wellbeing, the Wellbeing Liaison program also builds on the call for action outlined in the Okanagan Charter to "embed health into all aspects of campus culture, across the administration, operations, and academic mandates"

Now entering its fourth year, the program will continue to expand to more Faculties and departments at the University and further develop its training and resources in response to feedback from current Liaisons.

## PROGRAM LEADERSHIP

The Wellbeing Liaison program is coordinated by the Health Promotion & Education unit in partnership with the Student Support Services Managers and Counselling Services. As a unit within UBC Student Development & Services, Health Promotion & Education collaborates with faculty and staff to create engaging and inclusive learning environments in which all students can thrive.

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## WELLBEING LIAISON ROLE

The Wellbeing Liaison role is designed to enhance the capacity of faculty and staff in creating a supportive campus environment. The program provides Liaisons the flexibility to choose how they define/interpret their role in their department or unit. Activities typically include:



## TIME COMMITMENT AND LENGTH OF TERM

Liaisons are asked to attend a mandatory two-hour orientation session; additional optional training are offered throughout the year (e.g., QPR, Early Alert, Mental Health First Aid, etc.). Community of Practice meetings allow Liaisons to connect with peers across campus and share practices and resources for their role. Regular email updates are sent to Liaisons to provide information on new tools, resources, and services for students.

- **Length of Term:** one year, with the option to continue in the role
- **Time Commitment:** overall, the time commitment is 2-4 hours per month – this will vary depending on the needs of the faculty or department and whether the liaison participates in optional training
  - **2017-18 Orientation:** 2 hour mandatory session: January 12th, 10:00 – 12:00
  - **Community of Practice Meetings:** 3 hours (1.5 hours in Term 1; 1.5 hours in Term 2)