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This Call to Action was prepared by the Healthy UND 2020 Steering Committee and the Healthy UND 2020 Priority Action Groups (Appendix C), with input from the Healthy UND Coalition and the campus community. Special thanks to all the members for investing their time and expertise in establishing the priorities, recommendations, goals, and objectives included in this report and to the following individuals who drafted the report: Laurie Betting, Associate Vice President for Health and Wellness; Jane Croeker, Health and Wellness Promotion Director; Bethany Brandvold, 2011-12 Healthy UND/Healthy UND 2020 Coordinator; Michael Little, 2009-11 Healthy UND/Healthy UND 2020 Coordinator; Karina Wittmann, Assistant Director of Nutrition and Wellness Programs; Dustin Frize, Dining Services Dietitian; Mandy Dockendorf, 2010-11 Coordinator of Fitness; Ashley Martin, Health and Wellness Resource Office Assistant; Nikki Seabloom, Assistant to the Associate Vice President for Health and Wellness; and Hope Anderson, Health and Wellness Resource Office Administrative Assistant.

Introduction

Healthy UND 2020 is a campus-wide initiative of the University of North Dakota (UND), based on Healthy People 2020, which was launched in the spring of 2009. The group was charged by President Robert Kelley with prioritizing the top health and wellness issues that negatively affect students' academic success and retention, and developing an action plan to address those issues. This initiative is designed to identify long-term health and wellness priorities, recommendations, goals and objectives for UND as the institution looks forward to the year 2020. President Robert Kelley summarized the purpose, *"In creating a campus-wide approach to health and wellness issues, we can increase the likelihood that students achieve academic and personal success by pursuing a high quality of life and sense of well-being."*

The Healthy UND 2020 initiative is built upon the 11 year history of the nationally recognized Healthy UND Coalition. The mission of the coalition is to work in partnership to promote healthy lifestyle choices by enhancing awareness, building skills, changing social norms, and creating a healthier environment by emphasizing all seven dimensions of wellness (Appendix A). Monthly meetings of the Healthy UND Coalition and campus forums were used to invite input on the Healthy UND 2020 priorities and action plan. In addition to involving Healthy UND members, the Healthy UND 2020 planning process engaged a diverse array of stakeholders, including students, faculty, staff, and administrators from various departments and organizations.

In the fall of 2009, the initiative took the form of a steering committee composed of 25 members, who evaluated student data and focus group information and identified five priority issues:

- Alcohol & Other Substance Use/Abuse
- Managing Mental Health
- Nutrition/Diet
- Physical Activity/Exercise
- Learning Healthy Social/Relationship Skills

In the fall of 2010, more campus community members joined the initiative and re-formed into five Priority Action Groups, each focusing on one of the priorities. These groups met monthly to evaluate environmental factors, analyze problems, share best practices, establish goals, create smart objectives, develop strategies, and ultimately create the Healthy UND 2020 Action Plan.

This Healthy UND 2020 Action Plan is data driven, using rich data sources including: American College Health Association National College Health Assessment, CORE Alcohol and Other Drug Survey, Recreational Benchmarking, and health and wellness indicators gleaned from surveys conducted by the Office of Institutional Research. Focus groups and opinion surveys were also conducted to gather qualitative data.

Healthy People 2010/2020 and Healthy Campus 2010 were used to build a solid foundation for the Healthy UND Coalition and create a blueprint for the future through Healthy UND 2020.^(1,2) See Appendix B. The Healthy UND 2020 Action Plan is evidence based, practice informed, and action oriented. All of these recommendations are based on campus and community mobilization strategies designed to influence health behaviors at the personal, relationship, institutional, community, environmental, and policy levels.

Call to Action

Healthy UND 2020 calls upon our entire campus community to positively impact the academic and personal success of students by taking the following actions:

- Create policies, systems, and environments which support healthy choices
- Promote administrative, faculty, staff, parental, and student role modeling
- Develop cultural competencies and expand programs for diverse populations
- Enhance tailored programs for high risk populations
- Infuse health and wellness into the curriculum and imbed them in essential studies
- Require a first year experience course with health and wellness components
- Support education and media campaigns to enhance awareness, knowledge, and skills
- Expand and centralize health and wellness data collection and needs assessments
- Enhance health and wellness training and resources for faculty and staff
- Create self-care stations across campus
- Increase resources and hire a grant writer
- Encourage early intervention and promote the entire continuum of care
- Expand research and academic endeavors to further understanding of effective strategies
- Foster evidence based clinical and community prevention strategies
- Encourage partnerships to enhance coordination, reach, and effectiveness
- Continue to provide visible leadership and serve as champions for health and wellbeing
- Create a campus culture in which healthy choices are the norm

The Priority Action Groups section of the report, on pages 3-11, presents the specific recommendations, goals, objectives, and strategies developed by the five Priority Action Groups. The final section, Moving Forward, highlights some of the work that has already begun to implement the Healthy UND 2020 Action Plan. It also lays out the schedule for Healthy UND meetings for the coming year, in which focused attention will be given to each of the five priority areas. Healthy UND will continue to foster partnerships and work collaboratively to seize all available opportunities to work toward a Healthy UND 2020.

We are poised to sustain the momentum of implementation with unwavering forward motion. In order to achieve this broad, long term vision of a Healthy UND 2020, our walk and talk must be strong, repetitive and hopeful. For this vision to become a reality, we need continued leadership and commitment from President Kelley, Vice President Reesor and the other members of the president's cabinet, student body leadership, and the entire campus community. Role modeling, advocacy and mentorship by administrators, faculty, staff, and students are necessary to create a campus culture in which healthy choices are the norm and students are positioned to be academically successful.

We must be vocal and visible and create synergy with other activities. We must dovetail this work with the university's strategic priorities for an Exceptional UND and other initiatives to enhance the campus-wide commitment to students' health and wellbeing. An ongoing, equitable, and sustained institutional investment in Healthy UND/Healthy UND 2020 is required. The Healthy UND Coalition needs a consistent operating budget and support for a Healthy UND coordinator to continue the momentum. Financial support will also be needed to implement many of the recommendations. This is our call to action for building a Healthy UND 2020.

Priority Action Group Reports

Alcohol and Other Substance Use/Abuse Priority Action Group

Preventing drug abuse and excessive alcohol use increases people's chances of living long, healthy, and productive lives. Excessive alcohol use includes binge drinking (i.e. five or more drinks during a single occasion for men, four or more drinks during a single occasion for women), underage drinking, drinking while pregnant, and alcohol impaired driving. Drug abuse includes any inappropriate use of pharmaceuticals (both prescription and over-the counter drugs) and any use of illicit drugs. Alcohol and other drug use can impede judgment and lead to harmful risk-taking behavior. Preventing drug abuse and excessive alcohol use improves quality of life, academic performance, and workplace productivity; reduces crime and criminal justice expenses; reduces motor vehicle crashes and fatalities; and lowers health care costs for acute and chronic conditions. Effective drug abuse and excessive alcohol use prevention include implementing policies to reduce access, identifying substance abuse early and providing people with necessary treatment, and changing people's attitudes toward drug abuse and excessive alcohol use.⁽³⁾ Although tobacco falls under this category, it is not addressed in this report, due to the comprehensive tobacco free efforts being undertaken by a separate campus committee.

Recommendations

- A. Enhance campus and community collaboration, environmental supports, and policies to reduce alcohol and other substance abuse
- B. Expand and institutionalize a rich array of alcohol-free activities (NightLife @ UND)
- C. Provide sufficient funding to support a full-time Substance Abuse Prevention Director
- D. Increase the number of faculty, staff, and students who are role models for responsible use
- E. Enhance connections between faculty and student service professionals
- F. Increase accountability and consequences for all on and off campus alcohol violations by requiring parental notification on the first offense and by increasing the severity of consequences for repeated violations
- G. Prohibit alcohol use in common areas of fraternity houses
- H. Support development/expansion of the community substance abuse prevention coalition
- I. Eliminate drink specials/establish price floors
- J. Increase the alcohol excise tax

Goals, Objectives, and Strategies

- A. Goal I: Enhance student awareness and knowledge of alcohol and other substance use/abuse
 1. Objective 1: Increase the percentage of students who report receiving alcohol and other drug use information from their institution. Strategies include:
 - a. Require an Intro to Health and Wellness Class for all students, which would include meaningful and significant content about how alcohol and other substance abuse impacts physical, emotional, and social dimensions of wellness
 - b. Require an online alcohol and other substance use/abuse education module for all incoming freshman
 - c. Host Peer Theater for all incoming students during Welcome Weekend
 - d. Increase number of classes which include alcohol/substance education content
 - e. Incorporate alcohol and other drug information in student orientation binders

- f. Package and deliver alcohol and other drug information in effective ways so students will read it, process it, and learn from it
 - g. Reach incoming students before they get to UND
 - 2. Objective 2: Encourage family members to support and deliver low risk use messages. Strategies include:
 - a. Work with the ND Higher Education Consortium on Substance Abuse Prevention on the ND Department of Transportation Parents Lead Partnership to promote family conversations about alcohol abuse at Getting Started, Welcome Weekend, and Family Weekend
 - b. Implement parental notification on the first offense
 - c. Support efforts by the Vice President of Student Affairs Residence Services, Campus Life and Safety Team, Dean of Students Office and others to engage family members of students to encourage conversation about alcohol and other substance use/abuse
- B. Goal II: Promote responsible use of alcohol.
 - 1. Objective 1: Reduce the proportion of students engaging in high-risk drinking of alcoholic beverages during the past two weeks (5+ drinks in one sitting), as measured by NCHA and CORE.^(4, 5)
 - 2. Objective 2: Increase the percentage of students who know and follow the 0,1,2,3 approach:
 - a. Increase the proportion of students who choose not to use alcohol (0).
 - b. Increase the proportion of students who drink no more than one drink per hour (last 30 days) (1).
 - c. Increase the proportion of students who drink alcohol no more than two times per week (2).
 - d. Increase the proportion of students who drink no more than three drinks in one day (3).
 - e. Engage students, faculty, staff, and administrators in a large promotional campaign to infuse the 0,1,2,3 message throughout the campus community to ensure that we are speaking with one voice on alcohol use/abuse issues.
- C. Goal III: Reduce negative consequences from alcohol and other substance use/abuse.
 - 1. Objective 1: Reduce the proportion of students engaging in illicit drug use or non-medical use of prescription drugs during the past 30 days. Strategies include:
 - a. Increase education and awareness of illicit and non-medical use of prescription drugs and the potential legal ramifications, institutional, and personal consequences
 - b. Employ drug sniffing dogs in campus housing
 - c. Increase funding for illegal drug/enforcement and prevention efforts
 - 2. Objective 2: Decrease the proportion of students who experienced negative consequences due to alcohol abuse. Strategies include:
 - a. Promote alcohol free activities and responsible use of alcohol to reduce negative consequences
 - b. Work with the UND Women's Center and Community Violence Intervention Center to enhance awareness of the impact of alcohol and other substance use and abuse on judgment and personal safety
 - c. Support efforts by the UND Women's Center, Community Violence Intervention Center, and others to encourage males to play an active role in reducing alcohol and other drug related sexual assaults and relationship violence

- d. Enhance education about negative consequences of alcohol and other substance use and abuse
- 3. Objective 3: Decrease alcohol bystander effects (non-drinker hangover, noise, destruction of property, etc.), as measured through police reports (noisy party, criminal mischief, and disturbance calls), housing reports, concerns brought to the Dean of Students Office, CLAST, and survey results.
- D. Goal IV: Reduce drinking and driving.
 - 1. Objective 1: Reduce the proportion of students who report that they drove after drinking any alcohol at all (last 30 days).
 - 2. Objective 2: Increase the proportion of students who report using a designated driver "Always" or "Most of the Time." Strategies include:
 - a. Enhance awareness of potential consequences of driving under the influence or riding with someone under the influence
 - b. Expand and promote Cab Crawler
 - c. Expand and promote sober driver programs (sober brother/sister/friend)
 - d. Expand DUI checkpoints and saturation provided by community and regional law enforcement
 - e. Promote the buddy system

Priority Action Group membership is given in Appendix C. An inventory of current campus services and resources may be found in Appendix D.

Managing Mental Health Priority Action Group

Mental and emotional wellbeing is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of college life, work productively, and make meaningful contributions to their communities. Anxiety, mood (e.g., depression) and impulse control disorders are associated with a higher probability of risk behaviors (e.g., tobacco, alcohol and other drug use, risky sexual behavior), intimate partner and family violence, many other chronic and acute conditions (e.g., obesity, diabetes, cardiovascular disease, HIV/STIs), and premature death.⁽³⁾

Positive mental and emotional wellbeing depends on many factors, including quality relationships with faculty and staff, family and friends, employment in a positive workplace environment, the ability to participate and contribute to the community, and the ability to access appropriate mental health services when needed.

Recommendations

- A. Increase funding for mental health
- B. Remove the stigma that surrounds mental health issues and create a comfortable environment for open conversations about mental health issues
- C. Conduct a needs assessment for education, awareness, and early intervention
- D. Address issues related to UND's ability to manage students with complex mental health needs
- E. Hire a grant writer so we can take advantage of available opportunities to secure funds for our campus
- F. Create a more welcoming/relaxing storefront for Student Health and Counseling Center

- G. Develop cultural competencies
 - 1. Identify disparate populations, diverse groups, and at risk students
 - 2. Increase proportion of diverse students who are accessing services
 - 3. Coordinate mental health needs of cultural minority groups
 - 4. Increase campus programming for diverse populations
- H. Incorporate mental health awareness in first year experience programs
- I. Provide families with mental health resources
- J. Promote awareness and acceptance of self and others

Goals, Objectives, and Strategies

- A. Mission: Provide a mentally healthy environment to increase both campus and community support for mental health and mental health education and awareness.

- B. Goal I: Increase campus and community support for mental health.
 - 1. Objective 1: Increase the proportion of students with mental health disorders who receive treatment. Strategies include:
 - a. Create a campus-wide Medical Leave Policy that considers Mental Health
 - b. Implement a student insurance plan endorsed by NDUS that covers Mental Health
 - c. Increase access to psychological services (i.e. provide courtesy transportation/vouchers for rides to and from referral appointments at the hospital, clinic, and other facilities)

 - 2. Objective 2: Increase the proportion of students who utilize prevention and outreach services. Strategies include:
 - a. Utilize ResLife Community Network
 - b. Educate families and students to think through transitional issues that can come at odds with required curriculum
 - c. Nurture and support coordinated leadership responses for UND incidents involving students
 - d. Develop a center (space) for Ten Percent Society

 - 3. Objective 3: Enhance coordination of academic and student services, professional mental health training, and ongoing support for students, faculty, and staff to serve students and families. Strategies include:
 - a. Building to combine mental health services
 - b. Enhance technology
 - c. Coordinate referrals
 - d. Increase counseling psychology, community services, and psychology staff supervision
 - e. Increase mental health training and ongoing support for housing staff (e.g. Resident Assistants, Housing Living Learning Communities)
 - f. Increase mental health training and ongoing support for advising staff

- C. Goal II: Increase campus education and awareness of mental health.
 - 1. Objective 1: Increase the proportion of faculty and staff who are reporting concerns for students. Strategies include:
 - a. Define levels and expectations for faculty involvement with students' mental health
 - b. Increase mental health education and training for faculty and staff (e.g. staff meetings, workshops)
 - c. Coordinate data collection, analysis, and dissemination of H&W issues – feeds campus committee recommends policies, strategies, etc.

- i. Abuse of Rx drugs education/data/assessment
 - d. Initiate Mental Health First Aid Training
 - e. Seek opportunities through BlueCross BlueShield – ND Wellness
 - 2. Objective 2: Increase the proportion of students who are reporting mental health concerns. Strategies include:
 - a. Increase opportunities for students to gain knowledge of mental health issues and accessibility on campus
 - b. Increase the proportion of students who report receiving information from their institution about mental health
 - c. Become more vocal about the issues going on, on our campus with positive statements from university leadership (e.g. President, Student Body President)
 - d. Increase promotion and advertising through the graduate school, law school, and medical school
 - 3. Objective 3: Decrease mental health stigma. Strategies include:
 - a. Become more vocal about the issues going on, on our campus with positive statements from university leadership (e.g. President, Student Body President)
 - b. Support mental health related student organizations (e.g. Active Minds)
 - c. Talk openly about mental health during Welcome Weekend and Getting Started
 - d. Enhance first year experience advising
 - e. Provide motivational interviewing/advisement training for all housing staff, professors, and offer it to parents
- D. Goal III: Increase campus support for student stress reduction.
- 1. Objective 1: Increase the proportion of students who manage stress effectively. Strategies include:
 - a. Develop student self-care centers to enhance access to self-assessments and on-line health and wellness information
 - b. Provide options for students to apply what they are processing through (e.g. stress management classes, mission trips, financial peace classes, NightLife @ UND)
 - c. Promote and provide training for relaxation and meditation
 - d. Promote stress reduction strategies through existing health and wellness programs
 - 2. Objective 2: Increase the proportion of faculty and staff who manage stress effectively. Strategies include:
 - a. Increase natural lighting and access to outside views
 - b. Promote the use of the stairs
 - c. Promote intermingling among departments/offices
 - d. Increase awareness of existing benefits and related services (e.g. Employee Assistance Program, ND Wellness)
 - e. Provide opportunities and equity for faculty and staff to attend health and wellness activities
 - f. Improve environmental wellness
 - g. Support ergonomics

Priority Action Group membership is given in Appendix C. An inventory of current campus services and resources may be found in Appendix E.

Nutrition/Diet Priority Action Group

Healthy eating can help reduce people's risk for heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer, as well as help them maintain a healthy body weight. As described in the Dietary Guidelines for Americans, eating healthy means consuming a variety of nutritious foods and beverages, especially vegetables, fruits, low and fat-free dairy products, and whole grains; limiting intake of saturated fats, added sugars, and sodium; keeping trans-fat intake as low as possible; and balancing caloric intake with calories burned to manage body weight. Healthy eating is influenced by access to healthy, safe, and affordable foods, as well as by individuals' knowledge, attitudes, and culture.⁽³⁾ The UND community can provide people with the information and tools they need to support healthy eating and make healthy options affordable and accessible.

Recommendations

- A. Support the Guiding Stars program
- B. Create an assessment/benchmarking survey tool

Goals, Objectives, and Strategies

- A. Overarching Goal: To create and promote a culture of healthy eating and sound nutrition for the entire campus community.
 - 1. Objective 1: Increase the proportion of students who are aware of dietary guidelines and recommended portion sizes. Strategies include:
 - a. Create or revise programs and services to implement best practices
 - b. Provide information at Getting Started and through the first year experience class (i.e. create a wellness-based one)
 - c. Distribute a housing mailing to first year students and use social media to share information/follow-up
 - d. Develop a nutrition newsletter
 - e. Utilize and involve the counseling and student success centers (e.g. how nutrition is related to "brain power" and mental wellbeing)
 - f. Infuse nutrition across the curriculum on campus
 - g. Refer students to Student Health Services/Dining Services dietitians
 - h. Implement point of purchase information/education/awareness
 - i. Use web-based/social media to engage students
 - j. Make sure portions presented are in line with dietary guidelines
 - k. Facilitate tray-less dining and increase number of meatless Mondays
 - l. Create an assessment tool to evaluate progress, while using peer educators for implementation
 - m. Utilize peer educators
 - n. Address dietary guidelines
 - 2. Objective 2: Increase the proportion of students who follow dietary guidelines and recommended portion sizes. Strategies include:
 - a. Promote fruit and vegetable consumption
 - b. Address dietary guidelines
 - c. Evaluate availability, attractiveness, presentation, and price of foods
 - d. Educate students of health benefits

- e. Conduct campus-wide promotion (National Nutrition Month [March], National Fruit and Vegetable Month [September])
 - f. Forge partnerships with student organizations/Greek Life- include a Wellness Ambassador
3. Objective 3: Create and implement suggested nutrition guidelines for campus community events where food is served.
- Strategies include:
- a. Hold Involvement Expos, NightLife @ UND, bake sales, etc.
 - b. Define healthy options
 - c. Create and implement suggested guidelines for meetings, conferences, and campus events serving food

Priority Action Group membership is given in Appendix C. An inventory of current campus services and resources may be found in Appendix F.

Physical Activity/Exercise Priority Action Group

Engaging in regular physical activity is one of the most important things that people of all ages can do to improve their health. Physical activity strengthens bones and muscles, reduces stress and depression, and makes it easier to maintain a healthy body weight or to reduce weight if overweight or obese. Even people who do not lose weight get substantial benefits from regular physical activity, including lower rates of high blood pressure, diabetes, and cancer. Healthy physical activity includes aerobic activity, muscle strengthening activities, and activities to increase balance and flexibility. Personal, social, economic, and environmental factors all influence physical activity levels. ⁽³⁾ The UND Community should live, work, and learn in environments that provide safe and accessible options for physical activity, regardless of age, income level, or disability status.

Recommendations

- A. Partner with the Office of Instructional Development to incorporate physical activity expectations and policies into essential studies
- B. Incorporate health and wellness into UND's mission
- C. Incorporate health and wellness into all campus planning
- D. Actively campaign against pay-per-credit tuition payment system
- E. Incorporate physical activity into all Intro to U-Life classes
- F. Look for funding opportunities through employee assistance programs and BlueCross BlueShield
- G. Study a cohort from freshmen through senior year to identify physical activity impacts

Goals, Objectives, and Strategies

- A. Goal 1, Objective 1: Increase the proportion of students who engage in aerobic physical activity of at least moderate intensity for at least 150 minutes per week, or vigorous intensity for at least 75 minutes per week, or an equivalent combination. Increase the proportion of students who perform muscle-strengthening activity at least two times per week. Strategies include:
 - 1. Use an advertising campaign (e.g. Did you get your minutes today?, throw down a challenge)
 - 2. Partner with a national challenge
 - 3. Use surveys to track changes.

4. Partner with local businesses to provide incentives
 5. Promote student discounts at YMCA, etc.
 6. Promote an exercise buddy program
- B. Goal 2, Objective 1: Reduce prolonged sedentary activity among college students. Strategies include:
1. Improve classrooms and computer lab designs in order to encourage physical activity
 2. Encourage professors to incorporate physical activity into active learning experiences
 3. Promote physical activity breaks while studying
 4. Promote studying while you exercise (e.g. studying at the Wellness Center)
 5. Promote computer timers
- C. Goal 3, Objective 1: Increase the proportion of student trips made by walking. Strategies include:
1. Develop a U-life passport campus walking tour
 2. Promote using stairwells by providing signage around campus (e.g. calories burned, distance)
 3. Promote exercise logging (e.g. track and field and mapmyrun.com)
 4. Provide pedometers to students
 5. Encourage park and walk
 6. Add lighting to stairwells
- D. Goal 3, Objective 2: Increase the proportion of student trips made by biking. Strategies include:
1. Establish a bicycle loan system/bicycle library across campus
 2. Add smaller bike racks
 3. Partner with local businesses to rent bikes
 4. Partner with city to create more bike lanes (e.g. create a path to downtown and continue to University Avenue)
 5. Provide bike maintenance classes
 6. Partner with local businesses to establish on-campus bicycle clinics in the spring
 7. Encourage local businesses to create bike self-care stations on campus
 8. Increase indoor storage for bikes
 9. Offer a six month parking pass
 10. Offer parking rebates for days you ride your bike
- E. Goal 4, Objective 1: Increase awareness of physical activity benefits. Strategies include:
1. Promote exercise as a stress reliever through workshops and presentations
 2. Promote classes that teach the benefits (e.g. Fitness for Life, PWX 327, Basic Instruction Programs)
 3. Promote awareness of benefits of physical activity at Getting Started
- F. Goal 4, Objective 2: Increase awareness of physical activity resources. Strategies include:
1. Partner with Medical school to provide free health screenings for students (e.g. blood pressure, cholesterol testing)
 2. Incorporate teaching U-Life into tenure track for professors
 3. Recommend that the Healthy UND website has a direct link on UND's website home page
 4. Identify the proportion of Student Health visits that are related to physical activity

- G. Goal 5, Objective 1: Increase provision and availability of physical activity resources. Strategies include:
1. Use Health and Wellness input on built environment planning
 2. Get a pool at Wellness Center
 3. Create an exercise room in the Chester Fritz library to increase ease of access to exercise equipment and encourage study breaks

Priority Action Group membership is given in Appendix C. An inventory of current campus services and resources may be found in Appendix G.

Learning Healthy Social/Relationship Skills Priority Action Group

Supportive relationships, such as family connections, long-term friendships, and meaningful connections between students, faculty and staff or coaches, build resilience and wellbeing. Students who feel more connected to their families, schools, and society are less likely to have suicidal thoughts or behavior. Creating safe, supportive, and healthy campuses also promotes student attendance, academic achievement and work productivity. Social developmental strategies (i.e., enhancing social and life skills, positive peer-bonding) can enhance self-esteem, help people handle difficult social situations, and empower people to seek help when needed. The UND community should support programs and policies to prevent abuse, bullying, violence, and social exclusion, build social connectedness, and promote positive mental and emotional health. Safe shared places for people to interact (e.g., parks, faith-based and community organizations) foster healthy relationships and positive mental health among community residents and help prevent depression and suicide.⁽³⁾

Recommendations

- A. Get students more involved in off-campus activities
- B. Support off-campus needs assessment
- C. Encourage a warm and welcoming atmosphere
- D. Foster a sense of belonging as an institution
- E. Review UND's mission and consider including health and wellness
- F. Help students make informed choices
- G. Promote cultural diversity
- H. Promote students to feel engaged at UND
- I. Support the Campus Life and Safety Team

Goals, Objectives, and Strategies

- A. Goal 1, Objective 1: Increase off and on campus students' awareness and use of relationship and social skill resources. Strategies include:
 1. Increase faculty and staff awareness of on-campus resources (e.g. CLAST, crisis team, UCC, office spotlight on UND website)
 2. Complete a needs assessment
 - a. Identify what resources students use and recommend
 - b. Identify where students find help for relationships
 3. Promote off campus resources (e.g. mental health providers, CVIC, Valley Health)
 4. Survey students on preferred method of information sharing

- B. Goal 1, Objective 2: Decrease percentage of students who report being “shuffled” around to different campus offices. Strategies include:
1. Ensure accessibility through up-to-date technology
 2. Evaluate spatial relationships of departments and offices and determine if it would be beneficial to utilize a one stop shop approach by placing multiple resources in one place
 3. Communicate with faculty and staff the available resources and how to best utilize these resources (e.g. staff networking/workshops, new employee campus-wide orientation, and re-evaluate staff knowledge of process)
 4. Encourage two-way communication
 5. Create open communication such as electronic suggestion box with posted responses
 6. Be “distance student” friendly
 7. Encourage offices to seek feedback through evaluations by students and stakeholders
- C. Goal 1, Objective 3: Increase percentage of students, faculty, and staff who engage in positive, local community activities. Strategies include:
1. Create a process to track information of who is engaging where
 2. Utilize new student orientation (Freshman Getting Started, Transfer Student Getting Started, Welcome Weekend, etc...) to promote community engagement activities to students and their families
 3. Promote service learning and community engagement across all campus departments
- D. Goal 2, Objective 1: Increase percentage of students who participate in extracurricular activities and student organizations. Strategies include:
1. Utilize Collegiate Link and identifying sustainable funding and available tracking functions
 2. Conduct a needs assessment for on-campus student involvement
 3. Define “extra-curricular”
- E. Goal 2, Objective 2: Increase the proportion of students reporting sufficient emotional support from campus resources. Strategies include:
1. Decrease the proportion of students who have felt lonely or isolated in the past 12 months
 2. Provide consistent and gentle leadership via the tone at the top
 3. Conduct a pre and post assessment
 4. Promote positive peer relationships
 5. Raise awareness that everyone is a resource
 6. Define resources in a broad way
 7. Publicize list of “who to call if you see ___ behavior”
 8. Hold a campus-wide forum to discuss emotional support
 9. Facilitate workshops to describe how to communicate with students
 10. Mobilize the student population to support each other
- F. Goal 2, Objective 3: Decrease the proportion of students who are in a relationship that is physically, emotionally, or sexually abusive. Strategies include:
1. Welcome and encourage anonymous reporting
 2. Make resource cards available in more campus locations such as CVIC info, Women’s Center, etc.
 3. Make information more readily available, e.g. bathrooms, walls, and work with facilities
 4. Goal 1, #1
 5. Empower the student body by increasing peer education regarding relationships

- G. Goal 2, Objective 4: Increase students' satisfaction and engagement in advising relationships. Strategies include:
1. Utilize Office of Instructional Development (OID) support for instruction and advising strategies and involve faculty
 2. Create a central advising office
 3. Clarify advising policy/procedures
 4. Adopt all Council on Advancement of Standards in Higher Education recommendations
 5. Implement a policy to meet with advisor before registering
 6. Have new faculty complete advising orientation and Alice Clark Program when employed at UND
 7. Establish mandatory teaching training for potential professors
 8. Create open forums
 9. Use online advisors
 10. Implement instructional practices to demonstrate strategies to create a healthy relationship environment

Priority Action Group membership is given in Appendix C. An inventory of current campus services and resources may be found in Appendix H.

Moving Forward

The Healthy UND 2020 Action Plan, which was developed at the request of President Robert Kelley, represents a long-term, far-reaching, campus-wide initiative to address the impact of health and wellness on academic success and retention as we move toward the year 2020. It is based on the Healthy People 2020 Action Planning Framework, which emphasizes the need to use a socio-ecological approach to influence determinants of health at the individual, relationship, institutional, environmental, systems, and policy levels.⁽²⁾ UND will be successful in reducing risk factors, diseases, and injuries to enhance health, wellbeing, quality of life and academic success only by employing comprehensive, purposeful, prevention-focused strategies.

Implementation of Healthy UND 2020 recommendations, goals and objectives will require a significant additional financial commitment by the institution. Investing in the health and wellness of the campus community will reap tremendous benefits in enhanced quality of life, wellbeing, academic success, and retention. Continued contributions and bold leadership will be needed from all sectors of the campus community to position UND as a premier higher education institution and national leader in advocating health and wellness.

Lori Reesor, University of North Dakota (UND) Vice President for Student Affairs, sums up the purpose and importance of Healthy UND's work as follows: *"We want students to be successful at UND and maximize their learning experiences both inside and outside the classroom. A key to success is for students to learn how to make good decisions about their own health, whether it is about diet, exercise, sleep or making responsible decisions about alcohol and other drugs. We want students to be safe and healthy so they are able to be productive learners. By making safe and healthy choices, students will learn good habits which should carry with them throughout their lives. We are here to provide quality education about these decisions, excellent staff, services, and facilities, and continued support as students explore their healthy choices."*

Every UND student, faculty, staff member, administrator, and community member can play a part in moving the Healthy UND 2020 initiative forward. Ongoing administrative support and active engagement of students, faculty, and staff are vital to integration of health and wellness into the learning mission of higher education. Collaboration will be crucial to the advancement of health and wellness promotion efforts. Synergy exists between the Healthy UND 2020 process and the President's Strategic Priorities for an Exceptional UND led by Provost Paul LeBel.

The Healthy UND Coalition and Healthy UND 2020 have continually based their strategies on best practices and used renowned national health priorities as the framework for the implementation and utilization of its own health goals, objectives, and recommendations. Our successes show that UND has made great strides in creating a healthier campus community. We will continue this momentum into the future by sharing and inviting feedback on this report as we move forward with implementation.

Healthy UND partners have already seized opportunities to leverage existing resources and staff time to begin implementing Healthy UND 2020 recommendations, goals, and objectives. President Robert and First Lady Marcia Kelley's ongoing, visible, and vocal support for health and wellness have enabled UND to serve as a national leader in this area. Vice President for Student Affairs Lori Reesor's efforts to review, revamp, and revitalize student orientation and first year experience complement and support this initiative, as does her work to form an ongoing alcohol and other drug committee to continue the work of the Healthy UND 2020 Alcohol and Other Substance Use/Abuse. Each of the other Vice Presidents have also played a leadership role including: Provost and Vice President for Academic Affairs

Paul LeBel, who led the Exceptional UND planning process; Vice President for Research and Economic Development Phyllis Johnson, who oversees large scale health and wellness research efforts; Vice President for Health Affairs Joshua Wynne, who is working with partners to bring a Master's Program in Public Health to North Dakota and who provides hands on experiences through "Joggin' with Josh"; and Vice President of Finance and Operations Alice Brekke, who provided assistance with Tobacco Free UND by providing signage and staff support to encourage policy compliance.

Faculty members are integrating health and wellness in the classroom and their research efforts. Staff members are engaged in a variety of efforts to promote health and wellbeing, create a more caring campus community, and connect students to services. Students are serving as role models, peer educators, volunteering to be part of advisory committees and participating in other health and wellness related organizations. They also work with faculty in academic departments and staff in service units to conduct needs assessments and develop programs. Peer educators, other health and wellness staff, and numerous partners conduct outreach, presentations, and other educational and program activities on a daily basis. Residence Services recently partnered with the Health and Wellness Unit to promote on-line alcohol education for first year students and Dining Services has enhanced healthy food options. Advocacy efforts to support policies, systems, and environments that help make healthy choices easy choices are occurring on campus and in the community.

Meetings of the Healthy UND Coalition for the 2011-2012 academic year will provide further opportunities to better understand and exchange ideas about each of the five Healthy UND 2020 priorities. These meeting are designed to further the development of concrete strategies to address each of the Healthy UND 2020 priorities. Each monthly meeting will focus on one priority according to the following schedule:

Friday, November 18, 2011	12:00pm-1:00pm	Memorial Union River Valley Room Focus: Physical Activity/Exercise
Friday, December 9, 2011	12:00pm-1:00pm	Swanson Room 17 Focus: Alcohol and Other Substance Use/Abuse
Friday, January 27, 2012	12:00pm-1:00pm	Swanson Room 10-12 Focus: Mental Health
Friday, February 24, 2012	12:00pm-1:00pm	Memorial Union River Valley Room Focus: Nutrition/Diet
Friday, March 23, 2012	12:00pm-1:00pm	Memorial Union River Valley Room Focus: Healthy Social/Relationship Skills
Friday, April 27, 2012	12:00pm-1:00pm	Swanson Room 10-12 Focus: Yearly Wrap-Up

Healthy UND/Healthy UND 2020 challenges the institution and the community to dramatically enhance our investment in prevention. A healthy and fit campus community is vital to productivity, innovation, and entrepreneurship essential to our future. We must expand efforts to create healthy and safe communities to enhance quality of life, wellbeing, academic success and retention.

For comments, questions, or to get involved contact:
Jane Croeker or Bethany Brandvold, Healthy UND Co-Chairs
UND Health and Wellness Resource Office
Memorial Union, Room 149, 2901 University Ave Stop 8262
701.777.2097
und.healthwellnessresources@email.und.edu

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The Priority Action Groups established their goals, objectives and recommendations by reviewing best-practice articles on each of the priorities. For more on these articles please visit the Healthy UND website, <http://und.edu/health-wellness/healthy-und>.

Appendices

- A:** Vision and Mission Statements
- B:** Action Planning Framework
- C:** Steering Committee and Priority Action Group Membership
 - Healthy UND 2020 Steering Committee (2009-2010)
 - Alcohol and other Substance Use/Abuse Priority Action Group
 - Managing Mental Health Priority Action Group
 - Nutrition/Diet Priority Action Group
 - Physical Activity/Exercise Priority Action Group
 - Learning Healthy Social/Relationship Priority Action Group
- D:** Alcohol and other Substance Use/Abuse Campus Inventory
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- F:** Nutrition/Diet Campus Inventory
- G:** Physical Activity/Exercise Campus Inventory
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Appendix A

Vision and Mission Statements

Healthy UND Vision

Healthier UND Students, Faculty, and Staff.

Healthy People 2020 Vision⁽⁴⁾

A society in which all people live long, healthy lives.

Healthy UND Mission

Work in partnership to promote healthy lifestyle choices by enhancing awareness, building skills, changing social norms, and creating a healthier environment.

Healthy People 2020 Mission⁽⁴⁾

To improve health through strengthening policy and practice.

Healthy People 2020 Overarching Goals⁽⁴⁾

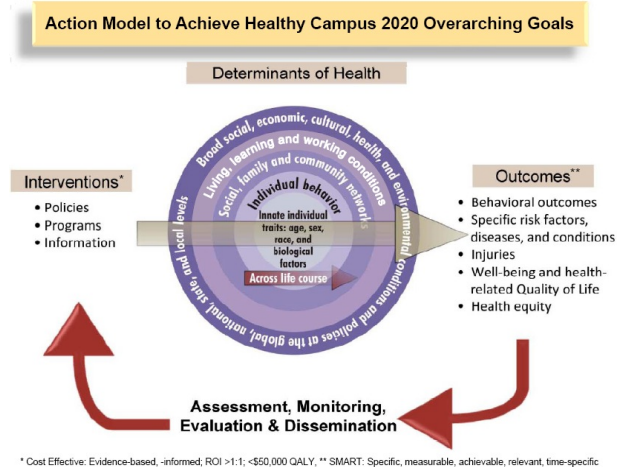
- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease, and disability as well as the opportunities for progress.
- Provide measurable objectives and goals that are applicable at the national, state, and local levels.
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- Identify critical research, evaluation, and data collection needs.

Healthy UND Overarching Principle

Emphasize all seven dimensions of wellness: physical, emotional, spiritual, intellectual, occupational, social, and environmental.

Appendix B Action Planning Framework

Healthy People 2020 Action Model/Planning Framework⁽⁴⁾



This Healthy People 2020 Action Model/ Planning Framework is designed to assist in the development, implementation, and evaluation of health goals and objectives by employing a comprehensive, science-based approach based on the determinants of health.

Healthy UND 2020 Steering Committee

The Steering Committee used the Healthy People 2020 Action Model/Planning Framework and reviewed student health and wellness data to set health and wellness priorities for our campus.⁽⁴⁾

Healthy UND 2020 Priority Action Groups (PAGs)

The five PAGs met throughout 2010-2011 and worked to create general recommendations; set goals, objectives, and strategies; and inventory current resources and services available for each of the priority issues. For information on PAG meeting agendas, meeting minutes, best practice articles, references, and campus programs, services, and policies inventories, please go to <http://und.edu/health-wellness/healthy-und/>.

Appendix C

Steering Committee and Priority Action Group Membership

Healthy UND 2020 Steering Committee Members (2009-2010)

Betting, Laurie	Associate Vice President for Health and Wellness	Health and Wellness
Behrens-Smith, Fawn	University Architect	Campus Capitol Projects and Planning
Bulus, Vincent	Graduate Student	Education and Human Development
Caine, Dennis	Professor and Chair	Physical Education, Exercise Science, & Wellness
Crawford, Sean	Student Senate Liaison	Student Government
Croeker, Jane	Health and Wellness Promotion Director	Health and Wellness
Dockendorf, Mandy	Coordinator of Fitness	Wellness Center
Doty, Jessica	Registered Nurse	Student Health Services
Fick, Kathy	Campus Minister/Director	Christus Rex Lutheran Center
Halgren, Cara	Dean of Students and Assistant Vice President for Student Services	Dean of Students Office
Heintz, Lucy	Clinical Instructor	College of Nursing
Hosford, Clint	Assistant Professor, Office of Medical Education	School of Medicine and Health Sciences
Jorde, Joan	Assistant Director	TRIO Programs
Kelley, Marcia	First Lady	Office of the President
Little, Michael	Healthy UND 2020 Coordinator	Health and Wellness
Lohstreter, Samuel	Undergraduate Student	Pre-Med
Luck, Sandi	Assistant Director for Health and Wellness Education	Health and Wellness
Morrisette, Vicki	Staff Counselor	University Counseling Center
Nelson, Shari	Assistant Director of Learning Services	Student Success Center
Refsland, Danielle	Undergraduate Student	Entrepreneurship
Rosaasen, Orlynn	Director of Dining Services	Dining Services
Stander, Karina	Assistant Director of Housing	Housing
Stolt, Wilbur	Director of Libraries	Chester Fritz Library
Stonehouse, Pauline	Assistant Professor	Educational Leadership
Wang, Doris	Clinical Instructor	Nutrition and Dietetics

Alcohol and Other Substance Use/Abuse Priority Action Group

Luck, Sandi, Chair	Assistant Director of H & W Education	Health and Wellness Education
Croeker, Jane, Support Person	Health & Wellness Promotion Director	Health and Wellness
Dunbar, Scott	Res Life Coordinator	Residence Services
Gerhardt, Cassie	Program Director for Student Involvement	Memorial Union
Heintz, Lucy	Clinical Instructor	College of Nursing
Hume, Wendy	Associate Professor	Criminal Justice
Kautzman, Angie	Peer Educator	Health and Wellness Education
Kelley, Marcia	First Lady of UND	Office of the President
Lund, Daniel	Assistant Chief of Operations	University Police
Murphy, Jim	Staff Counselor	University Counseling Center
Neuerburg, Linda	Assistant Director	American Indian Student Services
White, Tony	Assistant Professor	Department of Counseling

Managing Mental Health Priority Action Group

Gray, Jacque, Chair	Assistant Professor	Rural Health/Pathology
Betting, Laurie, Support Person	Associate VP for Health and Wellness	Health and Wellness
Behrens-Smith, Fawn	University Architect	Campus Capital Projects and Planning
Glennen, Deb	Director of Disability Support Services	Disability Services for Students
Hayden, Casey	Peer Educator	Health and Wellness Education
Morrisette, Vicki	Staff Counselor	University Counseling Center
Splichal, Susan	Qualitative Researcher	Family & Community Medicine
Whitcomb, David	Assistant Professor	Counseling Psychology
Williams, Kay	Medical Lab Technician	Human Nutrition Center

Nutrition/Diet Priority Action Group

Frize, Dustin, Chair	Dietitian	Residence Services/Dining
Wittmann, Karina, Support Person	Asst. Director, Nutrition & Wellness Programs	Health and Wellness
Benda, Bev	Health Promotion Coordinator	Center for Health Promotion & Prevention Research
Coleman, Mary	Assistant Professor	Pathology
Cowger, Judy	Counselor	University Counseling Center
Hall, Jenna	Peer Educator	Health and Wellness Education
Light, Steve	Assoc. Provost for Undergrad. Education	Academic Affairs and Provost
Rosaasen, Orlynn	Director of Dining Services	Residence Services/Dining
Schermerhorn, Danielle	Undergraduate Student	Entrepreneurship
Seabloom, Nikki	Administrative Assistant to Associate VP	Health and Wellness
Wang, Doris	Clinical Instructor	Nutrition and Dietetics

Physical Activity/Exercise Priority Action Group

Mortinson, Lindsey, Chair	Peer Educator	Health and Wellness Education
Dockendorf, Mandy, Support Person	Coordinator of Fitness	Wellness Center
Barrentine, Carl	Associate Professor	Humanities & Integrated Studies
Caine, Dennis	Professor	Physical Education, Exercise Science & Wellness
Diver, Billie	Student Senate Liaison	Student Government, Undergraduate
Hosford, Clint	Assistant Professor	Office of Medical Education, SMHS
Jorde, Joan	Asst. Director – TRIO Programs	Student Support Services
Kalb, Allison	Student	Occupational Therapy
Schwenzfeier, Aaron	Asst. Coach of Strength and Conditioning	Athletic Total
Stander, Karina	Asst. Director of Housing	Housing
Whitehead, Jim	Associate Professor	Physical Education, Exercise Science, & Wellness

Learning Healthy Social/Relationship Skills Priority Action Group

Nelson, Shari, Chair	Asst. Director of Learning Services	Student Success Center
Little, Mike, Support Person	Healthy UND 2020 Coordinator	Health and Wellness
Andrews, Sara	Peer Educator	Health and Wellness Education
Bernhardt, Sarah	Conflict Management Consultant	Conflict Resolution
Bulus, Vincent	Graduate Student	Educational Leadership
Burgess, Missy	Assistant Program Director of Student Involvement	Memorial Union
Doty, Jessica	Registered Nurse	Student Health Services
Ellertson, Donna	Administrative Assistant	Disability Services for Students
Fick, Kathy	Campus Minister/Director	Christus Rex Lutheran Church
Jarvis, Bill	Intern	University Counseling Center
Mendick, Kay	Program Director	Women’s Center
Stonehouse, Pauline	Assistant Professor	Educational Leadership
Casey Weaver	Assistant Director of Housing	Housing Residence

Appendix D

Alcohol and Other Substance Use/ Abuse Campus Inventory

Health & Wellness Unit

<http://und.edu/health-wellness>

Health & Wellness Peer Education Office

UND Health & Wellness Peer Educators are UND students who are committed to a campus social environment that provides lower-risk choices for students and promotes and reflects the attitudes, behaviors and values of a healthy lifestyle. The Peer Educators are trained to facilitate on-campus workshops about alcohol and other drugs. They also conduct one-to-one assessments of personal alcohol use, implement preventative programs such as NightLife @ UND, conduct media campaigns, provide presentations, and disseminate information on a wide variety of health topics.

<http://und.edu/health-wellness/peer-educators>

Health & Wellness Resource Office

Resource materials, handouts, display boards, and online information pertaining to alcohol and other substance abuse are available at the Health and Wellness Resource Office. Assistance is provided to students when further guidance is needed in accessing programs, services, and information.

<http://und.edu/health-wellness/resource-office>

Student Health Services

Information on alcohol and other substance use is available and provided to students in conjunction with clinic visits when appropriate. Students are screened for high risk alcohol use as part of their men's or women's health exam. Referrals are made to the University Counseling Center and other appropriate providers when further assessment, counseling, or treatment is indicated.

<http://und.edu/health-wellness/student-health>

University Counseling Center (UCC)

The University Counseling Center is a primary resource for issues and concerns related to alcohol and other drug use. UCC staff members are available to consult with students, faculty and staff regarding alcohol and other drug use/abuse. Some of the resources include: staff addiction counselor available for alcohol and other drug evaluations or assessments, resource library, online assessments, Student Chemical Assessment Review Program (SCARP), and Been There/Done That, a volunteer group for students who abstain from alcohol use.

<http://www.und.edu/dept/counsel>

Work Well Program

Work Well provides resources via the website for alcohol issues including a helpline, treatment facility locator, and quick links to support groups. Work Well also promotes the Employee Assistance program which provides eight counseling sessions at no cost to UND employees and families.

<http://und.edu/health-wellness/workwell/resources/alcoholism-resources>

Academic Programs/Courses

UND offers a wide variety of undergraduate and graduate academic programs and classes that are related to alcohol and other substance use/abuse, such as: Sociology, Counseling Psychology, Addiction Counseling, Social Work, Health Occupations, and a Bachelor of Science in Rehabilitation and Human Services.

Cab Crawler/CAT Crawler

Student Government provides discount cards for the CAT Crawler and Cab Crawler. Students can obtain an inexpensive and safe ride home when they provide their Cab Crawler card, as well as ride the CAT Crawler at no charge. Discount cards can be found at the Student Government Office in the Memorial Union.

<http://sg.und.edu>

Center for Rural Health

The Center for Rural Health utilizes state, tribal, and local data to guide substance use prevention planning, programming and evaluation for projects. They provide presentations assessing substance consumption and consequences in North Dakota. They also provide publications on North Dakota's Epidemiological profiles of substance use/abuse.

<http://ruralhealth.und.edu/topics/20>

Dean of Students Office

Code of Student Life/President's Alcohol Expectations

The Code of Student Life (Code) articulates University expectations of students to comply with federal and state laws, as well as local ordinances related to alcohol and other drugs. Continued or abusive use of alcohol and other drugs has health consequences. Violations of UND's alcohol and drug policy will be addressed by the University through the Code for students.

In accordance with a 1998 amendment to the Family Educational Rights and Privacy Act, the University of North Dakota may notify parents or guardians of students who, at the time of disclosure, are under the age of 21 and have violated any federal, state, or local laws, or violated any rule or policy of the institution governing the use or possession of alcohol or a controlled substance. Notification will be made after the finding of a second alcohol offense and any subsequent alcohol offense or after the finding of a first alcohol offense if the violation is more serious, such as, but not limited to, driving under the influence of alcohol or in conjunction with another violation, especially one involving violence or property damage.

Campus Life and Safety Team (CLAST)

CLAST exists to assess and address the behaviors of those people in the UND community who may be a threat to themselves or others, or who need help dealing with serious life difficulties. CLAST meets every Monday at 1:00 p.m. during the fall and spring semesters and at other times as determined by the Dean of Students (DOS) or members of the team. CLAST members include the following: Dean of Students, Student Services Officer (2), Dean of Students Office, Chief of UND Police, Director of Residence Life and Education, Director of University Counseling Center or designee, Director of Student Health Services, Student Health Services designee, Associate Provost, Program Director for Student Involvement, Senior Associate Athletic Director, Internal Operations/SWA, and other specific individuals (Residence Hall Directors, etc. as needed).

CLAST reviews reports generated by the University Police Department (UPD), Housing, and the Dean of Students Office (DOS) and other committee members regarding students concerns and issues. First, CLAST develops a fuller understanding of students' health and safety concerns and how an individual is interacting with the university community. Next, CLAST ascertains support systems that the student may have in place and lines of communication that can be expanded upon. Finally, CLAST address whether additional steps need to be taken to address the issues and what practices can be implemented to put them in action.

Crisis Coordination Team

The Crisis Coordination Team, a program operated through the Dean of Students Office, is available to assist with any emergency situations involving a UND student 24 hours a day, seven days a week. Crisis situations include major accidents, a student believed to be missing, sickness that interferes with classes, death, suicide, situations involving intentional self-harm, psychological trauma, and sexual offenses. The Crisis Coordination Team can be reached during regular UND office hours (weekdays 8:00 a.m. – 4:30 p.m.) at 777-2664; and evenings, weekends, and holidays at 777-3491.

Human Resources/Drug Free Workplace

Employee Assistance Program (EAP)

The University of North Dakota provides employee assistance services to all employees and their immediate family members. Immediate family members include the spouses and/or children living in the same household as the employee, or dependent children attending school. When the employee or the employee's family members contact EAP, a staff member will assess their situation and provide the assistance needed to resolve it. This may include personal contacts with the counselor and/or referral to a professional who is specially trained in their area of difficulty. All contact with the EAP is confidential. The EAP provides up to eight annual counseling sessions without cost. Counseling in the following areas is available: alcohol and drug concerns, family or marriage concerns, emotional concerns, work-related concerns and financial concerns.

NightLife @ UND

NightLife @ UND provides free, non-alcohol related, late-night events on Friday and Saturday evenings from 9pm to 1am every non-holiday weekend during the academic year. There are a variety of events offered from live music and free movies, to basketball tournaments and scrapbooking workshops. Events held at NightLife @ UND are hosted by student organizations. Funding for NightLife @ UND comes from student government funds, as well as support from the numerous campus and community organizations including: The University Counseling Center, Memorial Union, Health and Wellness, University Counseling Center, Office of Student and Outreach Services, Altru Safe Communities, North Dakota Department of Transportation, and Dakota Medical foundation.

Residence Services/Housing

Residence Services/Housing plays an active role in promoting health and wellbeing, including educating the campus community about the dangers and consequences of high risk alcohol and other substance use and abuse. Residence Life staff partner with other campus entities to enforce campus policies and to assist students in accessing services that will help them be successful. All Residence Life staff are trained to work with substance use/abuse issues and other concerns impacting academic success. Collaborative efforts include involvement in Healthy UND/Healthy UND 2020, CLAST, Crisis Coordination Team, SCARP, E-ChUG promotion, and NightLife @ UND. Residence Services/Housing offers a Wellness Living and Learning Community (WLLC) to support students in making healthy choices.

University Police Department (UPD)

The UND Police Department has gone to residence halls, class rooms, Greek Houses, and many other venues, to talk about the dangers of alcohol, the consequences (not only criminally if underage or while driving, but to their future), as well as answer any questions students may have. By being a part of the Healthy UND 2020 initiative, being on patrol, and being in the halls and houses talking to students, the UPD shows great initiative and a proactive mindset while dealing with alcohol and substance abuse issues at UND.

Wellness Living/Learning Community (WLLC)

The Wellness community, located in Brannon hall, focuses on living a balanced lifestyle within the college environment. As members of the Wellness "wing" students have the opportunity to develop healthy practices, and incorporate the seven aspects of wellness: emotional, intellectual, physical, occupational/vocational, environmental, social, and spiritual. Students participating in the program sign a contract promising not to abuse alcohol and other drugs.

<http://und.edu/student-life/housing/residence-halls/living-learning>

Appendix E

Managing Mental Health

Campus Inventory

Health & Wellness Unit

<http://und.edu/health-wellness>

Health & Wellness Peer Education Office

UND Health & Wellness Peer Educators are UND students who are committed to a campus social environment that provides lower-risk choices for students and promotes and reflects the attitudes, behaviors, and values of a healthy lifestyle. The Peer Educators are trained to facilitate on-campus workshops for mental health, self-care, stress management, healthy relationships, and other topics impacting wellbeing. They also implement fun programs, such as NightLife @ UND, conduct media campaigns, provide presentations and disseminate information on a wide variety of health topics.

<http://und.edu/health-wellness/peer-educators>

Health & Wellness Resource Office

Resource materials, handouts, display boards, and online information pertaining to mental health, stress, and healthy relationships are available at the Health and Wellness Resource Office.

Assistance is provided to students if further guidance is needed to access programs and services.

<http://und.edu/health-wellness/resource-office>

Student Health Services

Information on mental health and stress management is available and provided to students in conjunction with clinic visits when appropriate. Referrals are made to the University Counseling Center when further assessment, counseling, or treatment is needed.

<http://und.edu/health-wellness/student-health>

University Counseling Center (UCC)

The University Counseling Center is a primary resource for issues and concerns related to mental health, healthy relationships, and stress management. The staff of the Center is available to consult with students, faculty, and staff regarding mental health issues. UCC offers many services to UND undergraduate, graduate, and professional students. These services include brief individual counseling and therapy, consultation, couples and group counseling, and assistance with referrals.

<http://www.und.edu/dept/counsel>

Wellness Center

The Wellness Center provides a meditation room called the Hopper Danley Memorial Quiet Lounge where members can escape from the chaos and demands of everyday life and fulfill their need for silence. Students can enjoy the serene atmosphere of the lounge as they meditate, pray, quietly reflect, or simply sit in silence. The lounge is equipped with a free-standing water feature, fireplace, and comfortable seating. The quiet lounge is an intentionally unprogrammed area that allows for

spiritual connectivity, meditation, and growth in spiritual wellness. Occasionally, there is a yoga class held in this serene location. Featured in the floor of the Hopper Danley Memorial Quiet Lounge is a labyrinth. A labyrinth is an ancient symbol that relates to wholeness. At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are. It is a place to walk for prayer and meditation.

http://und.edu/health-wellness/wellness/facility/quiet_lounge

Work Well Program

The Work Well Program promotes the Employee Assistance Program, which offers a variety of workshops and eight free counseling sessions to staff, faculty, and their families to assist in the areas of: marital and family concerns, work-related problems, emotional and behavior issues, financial problems, and alcohol and drug dependence.

<http://und.edu/health-wellness/workwell>

Academic Programs/Courses

UND offers a wide variety of academic programs and classes that are related to mental health, such as: Psychology, Social Work, Health Occupations, Counseling Psychology, Clinical Psychology, Recreation and Tourism, and Community Services.

Center for Rural Health

The Center for Rural Health is one of the nation's most experienced organizations committed to providing leadership in rural health. Their mission is to serve the people of the state, region, and nation. The Center serves as a resource to researchers, educators, policymakers, and health care providers across the state of North Dakota and the nation. Some of the projects the Center has facilitated relating to mental health on the UND campus include: Campus Suicide Prevention, Mood Disorder Assessment in Northern Plains Indians, National Institute of Mental Health Outreach Partnership, and State Epidemiological Outcomes Workgroup.

<http://ruralhealth.und.edu>

Conflict Resolution Center

The Conflict Resolution Center provides mediation services to the UND campus community. They also offer conflict management training/education, mediation training, and facilitation. The Conflict Resolution Center is the only community mediation and training center in the Dakotas.

<http://conflictresolution.und.nodak.edu/>

Wellness Living/Learning Community (WLLC)

The Wellness community, located in Brannon hall, focuses on living a balanced lifestyle within the college environment. As members of the Wellness "wing" students have the opportunity to develop healthy practices, and incorporate the seven aspects of wellness: emotional, intellectual, physical, occupational/vocational, environmental, social and spiritual.

<http://unet.und.edu/student-life/housing/residence-halls/living-learning>

Appendix F Nutrition/ Diet Campus Inventory

Health & Wellness Unit

<http://und.edu/health-wellness>

Health & Wellness Peer Education Office

UND Health & Wellness Peer Educators are UND students who are committed to a campus social environment that provides lower-risk choices for students and promotes and reflects the attitudes, behaviors, and values of a healthy lifestyle. The Peer Educators are trained to facilitate on-campus workshops for nutrition. They also implement fun programs such as NightLife @ UND, conduct media campaigns, provide presentations, and disseminate information on a wide variety of health topics.

<http://und.edu/health-wellness/peer-educators>

Health & Wellness Resource Office

Resource materials, handouts, display boards, and online information pertaining to nutrition and diet are available at the Health and Wellness Resource Office. Assistance is provided to students when further guidance is needed for accessing programs and services.

<http://und.edu/health-wellness/resource-office>

Student Health Services

A Licensed Registered Dietitian provides individualized counseling to students on a wide range of topics, including eating disorders. Nutrition is also coordinated into health assessments conducted by healthcare providers.

<http://und.edu/health-wellness/student-health>

University Counseling Center (UCC)

The University Counseling Center is a primary resource for mental health issues pertaining to nutrition and diet, eating disorders, and body image issues. The UND Counseling Center focuses on the message "Healthy at Any Size." UCC spearheads "The Body Project," a partnership between UCC, Psychology, and Health and Wellness, as well as promotes Love Your Body Week. Love Your Body Week, which supports positive body image, is coordinated by the UND Women's Center, with support provided by UCC, Health and Wellness, and SAND.

<http://www.und.edu/dept/counsel>

The Wellness Center

The Wellness Center provides many self-care choices that promote wellbeing. Some programs they offer in relation to nutrition include:

Culinary Corner

The Culinary Corner is the demonstration kitchen at the UND Wellness Center. Classes are open to students, Wellness Center members, faculty, and staff of the University, as well as University friends. Instructors range from students to guest chefs and each has their own specialty. Whether they make sushi or homemade pizza, participants will learn culinary skills and tips on healthy eating. The Culinary Corner also includes a “Recipe Box” recipe database, Ask a Dietitian-online versions, team building events, and information on nutrition presentations.

<http://und.edu/health-wellness/wellness/nutrition>

Nutrition Presentations

Various nutrition presentations are available through the Health and Wellness Unit and are led by a Registered Dietitian or Nutrition Peer Educators. Persons interested in an updated listing of available presentations or reserving a presentation date may contact Karina Wittmann, LRD at 777-0769 or karina.wittmann@email.und.edu. Presentations can also be requested via the Health and Wellness Peer Education Office at 777-4165.

<http://und.edu/health-wellness/wellness>

Work Well Program

The Work Well Program provides presentations to UND staff and faculty with on- and off-campus licensed, Registered Dietitians. The Work Well program also hosts three Weight Watchers at Work locations and a satellite program for the employees working off campus. This program assists employees with nutrition information and weight loss goals. WorkWell provides a financial return for employees who attend 80% of the meetings in each series. WorkWell hosts a challenge annually related to nutrition such as the past Fruit and Vegetable Challenge and the Food Pyramid Challenge. WorkWell also holds two “Farmer’s Market” opportunities for staff and faculty to pick up FREE produce at staff recognition events.

www.und.edu/workwell

UND Dining Services

<http://und.edu/student-life/dining>

Catering

Catering offers guidelines and tips to consider for individuals when selecting foods for events. These guidelines provide tips and recommendations for meals, snacks, and beverages in order to provide more nutrient dense food choices for students and colleagues.

<http://und.edu/student-life/dining/catering>

Chef's Table

Chef's Table events have been introduced as a way for UND Dining Services to teach and demonstrate how to prepare healthy, nutritious meals to students, staff, and faculty.

Fact Sheets

Nutritional fact sheets are provided electronically for many areas including: vitamins, minerals, fats, antioxidants, celiac disease, fats, healthy portions, whole grains, lactose intolerance, protein, etc...

<http://und.edu/student-life/dining/eatwell>

Faculty/Staff Meal Plans

The University of North Dakota Dining Services delivers high-quality meals to the entire UND community and offers a special meal plan for faculty and staff members.

Guiding Stars Program

UND has partnered with Guiding Stars to offer students an objective food rating system in the dining centers, convenience stores and Old Main Marketplace. Food is rated based on nutrient density using a scientific algorithm. Rated foods are marked with easy-to-follow tags indicating 1, 2, or 3 stars.

<http://und.edu/student-life/dining/guiding-stars>

Nutritive Menu Analysis

Nutritional information is provided for daily meals including nutrition facts and identification of food categories including: Vegetarian, Vegan, Contains Nuts, Gluten Free, and Guiding Stars: Good, Better, and Best. Vegan/Vegetarian group meetings are available, nutrition kiosks are provided at each dining center, and a nutrition tip of the day is provided online.

<http://www.nutrition.und.edu/foodpro>

Residential Hall Nutrition Education

Dining Services Dietitian, Dustin Frize, LRD, offers free nutrition education programs for residence hall programming as well as one-on-one nutrition education for students that live in the residence halls on campus.

Retail Dining Locations on campus include:

Old Main Marketplace, Stomping Grounds Coffee Shops, three convenience stores, three snack bars, many vending machines, fresh food machines, and frozen food machines. At all of these locations healthy eating options are easily identified.

Sick Trays

Sick Trays are available to students in the residence halls. If a resident is not feeling well enough to eat at a dining center, they may contact hall staff for a sick tray request form. They have two options, depending on the severity of illness. Both options require a friend, roommate or Resident Assistant (RA) to bring a meal to the resident's room.

Special Diets/Food Allergies

Dining Services makes every effort to accommodate the various dietary requirements of students and guests. Students with special dietary needs or food allergies need to make those needs known to Dining Services staff. Students may access a self-reporting form at: <http://ww2.housing.und.edu/forms/allergy>. Residents can order gluten free menu items and they will be ready at the dining center of their choice. A gluten free menu order form may be accessed at: <http://ww2.housing.und.edu/forms/glutenfree>

Sustainable Products

University of North Dakota Dining Services is committed to providing an environmentally friendly dining program that supports the campus community and the environmental and sustainable goals of the University of North Dakota's climate action plan. UND Dining Services offer returnable/re-usage containers for late night dining. Re-usable water bottles are offered to every student on a meal plan.

Academic Programs/Courses

The Department of Nutrition and Dietetics offers many classes on nutrition. Dietetic majors complete a coordinated program that encompasses both the academic requirements and the experiential training required before graduates may take the national credentialing examination required to become a Registered Dietitian (RD). Student Association of Nutrition and Dietetics (SAND) is one student organization within this department. The major in Community Nutrition is designed to enable students to develop a thorough understanding of nutrition and the ability to communicate those principles to the public. The focus of the major is achieving and maintaining health, and emphasizing changing nutritional needs throughout life. Graduates work cooperatively with other professionals in improving the overall health of individuals and communities.
<http://www.nursing.und.edu/nutrition-dietetics>

Eating Disorders Interdisciplinary Team (EDIT)

The UND Eating Disorders Interdisciplinary Team (EDIT) provides support to students coping with eating disorders to assist in the recovery process through assessments and limited outpatient services. EDIT is comprised of licensed health care professionals from the UND Counseling Center and Student Health Services.

Farmers Market

A farmers market is offered every Saturday from 9am until 2pm, June through September. The farmers market is located in the city of Grand Forks' town square and provides a wide variety of seasonal fresh fruits and vegetables.

Wellness Living/Learning Community (WLLC)

The Wellness community, located in Brannon hall, focuses on living a balanced lifestyle within the college environment. As members of the Wellness "wing" students have the opportunity to develop healthy practices, and incorporate the seven aspects of wellness: emotional, intellectual, physical, occupational/vocational, environmental, social, and spiritual. Students participating in the program sign a contract promising not to abuse alcohol and other drugs.

<http://unet.und.edu/student-life/housing/residence-halls/living-learning>

Women's Center

The Women's Center continually promotes positive body image. They play a lead role in the organization and facilitation of "Love Your Body Week."

<http://und.edu/student-life/womens-center>

Appendix G

Physical Activity/ Exercise Campus Inventory

Health & Wellness Unit

<http://und.edu/health-wellness>

Health & Wellness Peer Education Office

UND Health & Wellness Peer Educators are UND students who are committed to a campus social environment that provides lower-risk choices for students and promotes and reflects the attitudes, behaviors, and values of a healthy lifestyle. The Peer Educators are trained to facilitate on-campus workshops for physical activity. They also implement fun programs such as NightLife @ UND, conduct media campaigns, provide presentations and disseminate information on a wide variety of health topics.

<http://und.edu/health-wellness/peer-educators>

Health & Wellness Resource Office

Resource materials, handouts, display boards, and online information pertaining to physical activity are available at the Health and Wellness Resource Office. Assistance is provided to students when further guidance is needed for accessing programs and services.

<http://und.edu/health-wellness/resource-office>

Student Health Services

Information on physical activity is available and provided to students in conjunction with clinic visits when appropriate. Referrals are made to the University Counseling Center and other appropriate providers when further assessment, counseling, or treatment is indicated.

<http://und.edu/health-wellness/student-health>

University Counseling Center (UCC)

The UCC discusses benefits from physical activity for wellbeing, mental health, and positive mood. The UCC promotes regular physical activity in relation to a counseling environment as appropriate for a healthy lifestyle. Counseling services are available for mental health issues related to unhealthy exercise habits.

<http://www.und.edu/dept/counsel>

Wellness Center

The Wellness Center offers a variety of services and opportunities including free assessments, group exercise classes, Specialty Exercise classes, and personal training. The staff consists of nationally certified personal trainers, group exercise instructors, fitness experience staff and fitness interns. Free fitness services include: Fitness Floor Orientations, Getting Started with Weights, Strength Test, Standard Fitness Assessment, and Body Composition Skinfold Assessment. Wellness Center Membership offers the following opportunities: Personal Training,

Group Exercise, Intramural Sports (e.g. basketball, soccer, volleyball, etc.), Rock Wall, and Specialty Exercises (e.g. Beginner Boxing and Reformer Pilates).
<http://und.edu/health-wellness/wellness>

Work Well Program

The Work Well program provides and educates staff and faculty on a variety of physical activity programs. Staff, faculty, and insured spouses can participate in the Health Club Credit program, which allows them to earn \$20 per month for exercising 12 days a month. This program is provided as part of the benefit package from BlueCross BlueShield of North Dakota. In the past year, “Exercise with Mandy” classes were offered free to staff to work on muscle-stretching. Additionally, Work Well offers three challenges during the academic year, each focused on physical activity and another wellness dimension.
<http://und.edu/health-wellness/workwell>

Academic Programs/Courses

UND offers a wide variety of graduate and undergraduate academic programs and classes that are related to Physical Activity, such as: Physical Education, Health and Wellness, and Exercise Sciences, Athletic Training, Kinesiology, and Recreation and Tourism.

Bek Hall Fitness Center

The fitness center located in the basement of Bek Hall is open to all residence hall students. The Fitness Center has numerous cardio and weight training equipment available for use.
<http://und.edu/student-life/housing/residence-halls/bek-fitness>

Campus Walking Trails

There are numerous walking paths located throughout the UND campus. Indoor walking paths have recently been added to the 13 paths on the walking trail map. For information on locations and more visit the website.
<http://www.und.edu/dept/walk>

Hyslop Sports Center

The Hyslop Sports Center houses the swimming and diving pool, weight room, coaching offices and locker room facilities, racquet ball courts, and walking track.
http://www.fightingsioux.com/ViewArticle.dbml?&&DB_OEM_ID=13500&ATCLID=736153

Lifetime Sports Center

The Lifetime Sports Center provides outdoor equipment rental such as bikes, snowshoes, kayaks, and hiking equipment.
<http://union.und.edu/services/lifetimesports>

Student Organizations

There are over 20 physical activity related student organizations at UND such as Adventure Race Club, Ultimate Frisbee Club, and Women's Rugby Club.

<http://www.union.und.edu/involvement/studentorgs>

Wellness Living/Learning Community (WLLC)

The Wellness community, located in Brannon hall, focuses on living a balanced lifestyle within the college environment. As members of the Wellness "wing" students have the opportunity to develop healthy practices, and incorporate the seven aspects of wellness: emotional, intellectual, physical, occupational/vocational, environmental, social, and spiritual. Students participating in the program sign a contract promising not to abuse alcohol and other drugs.

<http://und.edu/student-life/housing/residence-halls/living-learning>

Appendix H

Learning Healthy Social/Relationship Skills Campus Inventory

Health & Wellness Unit

<http://und.edu/health-wellness>

Health & Wellness Peer Education Office

UND Health & Wellness Peer Educators are UND students who are committed to a campus social environment that provides lower-risk choices for students and promotes and reflects the attitudes, behaviors, and values of a healthy lifestyle. The Peer Educators are trained to facilitate on-campus workshops for healthy relationships. They also implement fun programs such as NightLife @ UND, conduct media campaigns, provide presentations, and disseminate information on a wide variety of health topics.

<http://und.edu/health-wellness/peer-educators>

Health & Wellness Resource Office

Resource materials, handouts, display boards, and online information pertaining to healthy relationships are available at the Health and Wellness Resource Office. Assistance is provided to students when further guidance is needed for accessing programs and services.

<http://und.edu/health-wellness/resource-office>

University Counseling Center (UCC)

The University Counseling Center is a primary resource for issues and concerns related to healthy relationships. The staff of the Center is available to consult with students, faculty, and staff regarding healthy social, professional, and intimate relationships. UCC offers many workshops, some of the workshops related to healthy relationships include: communication, family issues, intimacy, and relationships.

<http://www.und.edu/dept/counsel>

Wellness Center

The Wellness Center provides a healthy social environment for students and members. The center offers public computer areas where students can work together on projects or homework, several lounge areas to relax and socialize in, group exercise classes, cooking classes, and intramural sports.

<http://und.edu/health-wellness/wellness>

WorkWell Program

The Work Well Program promotes the Employee Assistance Program, which offers a variety of workshops and eight free counseling sessions to staff, faculty and their families to assist in the areas of: marital and family concerns, work-related problems, emotional and behavior issues, financial problems, and alcohol and drug dependence.

<http://und.edu/health-wellness/workwell>

Academic Programs/Courses

UND offers a wide variety of undergraduate and graduate academic programs and classes that are related to healthy social skills and relationships, such as: Sociology, Psychology, Counseling Psychology, Healthy Occupations, Social Work, and Recreation and Tourism.

American Indian Student Services

The office of American Indian Student Services (AISS) provides culturally appropriate student support services designed to enhance the academic and personal success of American Indian students attending UND. Services include recruitment, transitional support, a highly successful retention program, tutoring, study skills, ongoing encouragement, and advisement (academic, financial aid, personal, social, and cultural).

<http://www.und.edu/dept/aiss/>

Conflict Resolution Center

The Conflict Resolution Center (CRC) has become a leader in transformative mediation and conflict management over the past several years. They are one of the leading transformative mediation centers in the world. The CRC is the administrative office for the Institute for the Study of Conflict Transformation (ISCT), the "think-tank" for transformative mediation.

<http://conflictresolution.und.nodak.edu/about-crc>

Emerging Leaders

Emerging Leaders is a freshman leadership program funded and operated through Student Government. The program accepts 25-35 students for a commitment of one year. Applications are available in the Student Government office during the first two weeks of school. The Emerging Leaders program is dedicated to enhancing the growth of leadership, campus involvement and career development. Students plan events across campus and are networked with mentors on campus and in the community. More information is available in the Student Government office, located in the main level of the Memorial Union.

<http://sg.und.edu/offices-and-divisions/emerging-leaders>

Greek Life

The twelve fraternities and six sororities at UND create the Greek community. Greek membership provides students the opportunity to develop close friendships while encouraging ideals, goals, and leadership skills. Founded upon the principles of scholarship, leadership, community service, and lifelong friendships, Greek organizations practice these ideals every day in their pursuit of excellence. Rituals, values, and principles: these are what set Greek organizations apart from all other student

organizations. Involvement in a fraternity or sorority develops lifelong commitment to UND's campus through involvement in service, leadership, scholarship, and friendship.

<http://www.union.und.edu/involvement/greeklife>

International Programs

The Office of International Programs serves the entire university in promoting and supporting international education, provides resources and support for UND students studying abroad, supports the UND international population (students, faculty, scholars, and dependents), promotes global cultural awareness and builds bridges between cultures and countries. The Office of International Programs also holds Culture Series every Thursday night in the Memorial Union which features a taste of culture and food from different countries.

Leadership Development

The Student Involvement staff is designed to assist the students of UND in broadening their educational experience by providing a variety of leadership opportunities. In doing so, they will help students in any way possible. Students can find various leadership development and inspirational handouts. For more information or to learn more about leadership, students can stop by the Student Involvement office located in the Memorial Union.

<http://www.union.und.edu/involvement/leadership>

Memorial Union

The Memorial Union is the center of campus life at the University of North Dakota. As the "Heart of UND," the facilities and services of the Memorial Union contribute to the cultural, educational, recreational, service, and social activities of the University community.

<http://union.und.edu/new/union>

Multicultural Student Services (MSS)

The MSS Program provides quality support services (academic, financial aid, personal and social) which will enhance African American, Asian American, and Hispanic American student success at the University. The MSS Program serves as a general institutional contact and advocate for students, individually and collectively; works with UND departments and offices to address the unique needs of students; provides advice and counsel regarding broad campus issues; and promotes diversity throughout the campus.

<http://www.und.edu/dept/erabell>

NightLife @ UND

NightLife @ UND provides a healthy social setting with free late-night events on Friday and Saturday evenings from 9PM – 1AM every non-holiday weekend during the academic year. There are a variety of events offered from live music and free movies to basketball tournaments and scrapbooking workshops.

<http://www3.und.edu/org/NightLife @ UND>

Residence Services

Students residing in the residence halls have the option of becoming actively involved in numerous leadership positions either in one's hall or through the Association of Residence Halls (ARH). The ARH is the governing body of students who represent UND's residence hall system locally, regionally, and nationally. Individual halls have their own governments that offer, among others, the following leadership positions: president, vice president, treasurer, and wing representatives.

<http://und.edu/student-life/housing>

Student Ambassadors

UND utilizes a number of students each year to help orient the newest students to the university and its surroundings. As a student ambassador, the individual is an official representative of UND and can gain valuable leadership training experience. For more information, contact the Office of Enrollment Services, 701-777-6468.

Student Government

Student Government is the representative body for all students at the University of North Dakota. Comprising the leadership of the UND student body are the Executive Officers, Student Senate, Special Committees, and the Standing Committees (BOSP, MAC, SAC, and UPC).

<http://sg.und.edu/>

Student Organizations

UND supports over 270 student organizations that allow additional interaction with fellow students, faculty, and staff providing an educational, engaging, and entertaining element to the college experience. Students have opportunities to become involved in organizations from Academic, Cultural, Honorary, Military, Arts, Religious, Special Interest, and Sports and Recreation categories.

<http://www.union.und.edu/involvement/studentorgs>

Student Success Center

The Student Success Center provides programs and services to students to aid in the development and implementation of their educational plans and goals. Through the Center's programs and services, students are empowered to develop the skills and abilities to make a positive adjustment within the campus community. The Student Success Center focuses on three areas – advising, learning services, and programming.

<http://sas.und.edu>

ULead

ULead is a leadership certificate that students can earn by attending/experiencing various campus events throughout the semester. The goal is for students to enhance and expand their leadership skills in an intentional format.

<http://union.und.edu/new/involvement/leadership/certificate>

Volunteer Bridge

Volunteer Bridge serves as a resource for students providing information about volunteer opportunities in the Greater Grand Forks community. Volunteers may commit for a single event, a semester, or for an entire year. The following are issue areas for students to volunteer: arts, animals, environment, civic, elderly, health, human services, people with disabilities, and youth.

<http://www.union.und.edu/involvement/volunteer>

Wellness Living and Learning Community

The Wellness community, located in Brannon hall, focuses on living a balanced lifestyle within the college environment. As members of the Wellness "wing" students have the opportunity to develop healthy practices, while incorporating the seven aspects of wellness: emotional, intellectual, physical, occupational/vocational, environmental, social, and spiritual.

<http://und.edu/student-life/housing/residence-halls/living-learning>

Women's Center

The primary goal of the Women's Center is to coordinate efforts toward the removal of social, political, and economic barriers to women's full participation in society. This is accomplished in part through education, involvement with various university and community committees, and participation in the development and implementation of institutional policies.

<http://www.und.edu/dept/womenctr>