



BOISE STATE UNIVERSITY

WELLNESS SERVICES Campus Impact

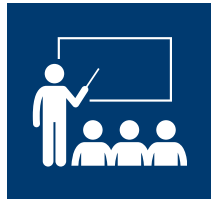
2023-2024

Our mission is to provide preventative health education, advocacy, and resources to empower the Boise State Community to prioritize well-being.

MENTAL HEALTH + LIFE SKILLS



Updated crisis resource signage campus-wide (285+ signs) in partnership with Central District Health



Collaborated with Dean of Students to develop Suicide Prevention Training for Faculty. Launching in Fall 2024.



Launched Mental Health Screening Days. Screened 453 students for anxiety and depression.



In partnership with JED Campus, created Here for You Fest Program and Suicide Prevention marketing campaign increase engagement by 615%.

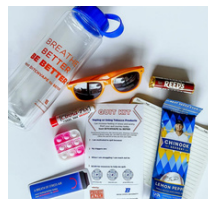
ALCOHOL AND OTHER DRUGS



Developed campus wide NARCAN distribution program in partnership with Department of Public Safety. August 5th launch.



In partnership with JED Campus, we co-launched an alcohol screening tool, reaching 1,900 students through clinics, FSL, and housing programs.



Partnered with CDH to offer nicotine and tobacco screenings reaching 585 students and 200+ quit kits given out.



Alcohol Social Norms Media Campaign-reached 9,860 students

SEXUAL HEALTH



Offered 4 free STI & HIV Testing drop in events. 60 students tested.



Collaborated with IDHW to offer safer sex product dispensers and Love Lab. The Love Lab was at 13 events with 1,499 attendees

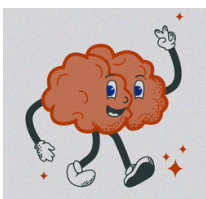


Dispensed 30,000 + Condoms, 5,000 units of lubricant, 200 dental dams, 200 internal condoms



Created a Sexual Health workgroup to coordinate and implement best practices and policies in the clinic.

NUTRITION + BODY IMAGE



Launched a 1-credit Healthy Mind Healthy Body Class.



Launched Healthy Mind Healthy Body Trainings for 140 FSL, Housing and Campus Rec Staff.



Launched Body Acceptance Week Campaign Reaching 892 students



Changed UHS procedures to make weight declination available to all patients

UNDERGRADUATE + GRADUATE STUDENT WELLNESS



88

PROGRAMS

37

WORKSHOPS

12,799

Participants

105%

Increase in Participation



GradWell
be well, to do well

240% increase
in graduate student engagement

EMPLOYEE WELLNESS

152%
increase in
program
participation
since 2022-2023

2,244
participants
across events,
workshops, and
educational
activities



8 NEW
Wellness Champions



26 MILLION + STEPS
MoveWell Challenge

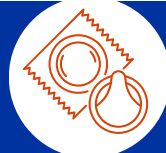


855 Gallons Consumed
Swig64 Water Challenge

COLLABORATION ACROSS CAMPUS AND IN THE COMMUNITY



JED CAMPUS
Steering Committee



SEXUAL HEALTH
Working Group



JED CAMPUS
Substance Misuse



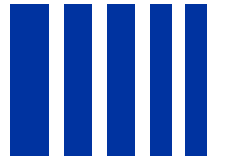
HPV FREE
Idaho



CCRT
Membership



OPIOID OVERDOSE RESPONSE
Central District Health and Public Safety



LEVERAGING EXTERNAL FUNDING

- \$5,000 COKE Grant
- \$11,200 Substance Misuse Grant



- \$3,000 Body Image Funding
- \$10,000 Sexual Health Funding

SOCIAL MEDIA

WEBSITE

7% growth
in followers on Instagram

21,969
website sessions

Up 28% from
last year

12,664
engaged Sessions

Up 190% from
last year



1,109
pieces of
content shared
Instagram, X
and Facebook

58%
engagement rate
Up 121% from
last year



16,768
total users
Up 37% from
last year