

HEALTHY CAMPUS CASE STUDY	
<b>Name of Institution</b>	Dublin City University
<b>Who led the initiative?</b>	DCU Student Support & Development
<b>Date and timeframe of the initiative</b>	Project conception began pre-COVID; however, it took off in 2022 when travel and in-person restrictions were lifted.
<b>What was the reach of the initiative?</b>	The initiative is aimed at the Health & Wellbeing of the entire student body, which is approximately 20,000 students.
<b>Initiative Title</b>	Care & Connect
<b>Aims/ Objectives</b>	To be 'Best in Class' in providing a student experience which is informed by a whole university approach to health and wellbeing. To this end, DCU engaged the collaboration of the Jed Foundation.
<b>The rationale for the action, including any identified health needs</b>	Having researched global best practise in providing excellence in health and wellbeing in universities, it was found that enhancing a general health and wellbeing university culture, as well as having excellent responses to acute health crises, would provide optimal outcomes.
<b>Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)</b>	Internally: JED Foundation site visit recommendations. Care & Connect aims to respond to all national HEI Frameworks addressing Consent and Sexual Health; Smoking; Healthy Eating; Physical Activity and Substance Use. There is a strong focus on supporting mental health and the initiative aims to respond strongly to the national Suicide Prevention Framework. Healthy Campus Charter and Framework
<b>Summary / Overview</b>	The DCU Care & Connect initiative aims to embed a culture of health and wellbeing across DCU. There is a structure of 4 working groups which feed into a Steering Committee which, in turn, informs the DCU executive. The working groups are made up of academic staff, students' union reps and support staff (including residential services, security services, counselling services etc). The four working groups are: <ul style="list-style-type: none"> <li>• <b>Healthy Choices:</b> Covering substance use including tobacco, alcohol and illicit substances. This group is also tasked with making</li> </ul>

	<p>recommendations in terms of healthy life choices concerning physical activity and nutrition.</p> <ul style="list-style-type: none"> <li>• <b>Healthy Relationships:</b> Covers issues relating to Sexual Health and Consent, Equality Diversity and Inclusion,</li> <li>• <b>Academic Environment:</b> This group makes recommendations relating to the academic calendar, exams and assessment, training and development needs in response to working with diverse student needs, remote learning and policy alignment.</li> <li>• <b>Crisis Support and Management:</b> This group is concerned with mental health responses in DCU including campus safety, suicide prevention, frontline support, referral processes and follow up.</li> </ul> <p>Of course, work on the above areas has been ongoing for many years, however the purpose of DCU Care &amp; Connect is to embed a culture across all of the university. The diversity in terms of professional membership and student representation means that the project is informed and owned by all, rather than one, body within the university. Concern for Health and Wellbeing is considered at all levels and the structure of DCU Care &amp; Connect allows for ongoing response to, and monitoring of, health and wellbeing across DCU campuses. The initiative is informed by recommendations from the Jed Foundation, a globally recognised leader in student mental health wellbeing, and national health frameworks with the support and guidance of the Higher Education Authority.</p>
<p><b>Did you collaborate with internal and/or external stakeholders to deliver?</b></p>	<p>Jed Foundation DCU Students' Union HEA DCU Academic and Support Staff</p>
<p><b>How was the initiative organised?</b></p>	<p>The Student Support and Development team examined the best in field for student wellbeing and identified Jed Foundation as a key collaborator in embedding a system wide approach to achieve optimal outcomes for students. DCU responds to national frameworks for health and wellbeing and Jed recommendations, along with pre-existing working groups within DCU, offered a structure to enable effectiveness in this regard. Jed was invited to inspect DCU campuses and look at policies and they made recommendations acknowledging the stronger areas in DCU. Jed recommended a Healthy Minds student survey which researched a broad range of health and wellbeing areas of student life. DCU Student Support and Development then assembled a cross disciplinary working group to review the results which were presented as a comprehensive set of recommendations based on the student feedback and DCU policy analysis. The working group evolved into the DCU Care &amp; Connect structure which divides the Jed recommendations into four subgroups. Each subgroup will identify achievable tasks and report to the steering committee. Anything that cannot be applied quickly and locally will be fed back to the DCU executive for follow up. The process will be reviewed on an annual basis to examine progress and problem solve any barriers that might arise.</p>

<b>What resources did you need?</b>	<p>Jed Foundation are professional consultants and required a fee.</p> <p>The branding and development of DCU Care &amp; Connect also required funding and working hours across various professions.</p> <p>HEA provide funding to DCU to facilitate implementation of actions relating to national HEI health frameworks. The DCU Care &amp; Connect initiative is designed to meet the requirements of these frameworks and therefore draws on this funding for its implementation.</p>
<b>Has it been evaluated? How successful has it been?</b>	<p>The initiative is in its early stages and the first meetings of the DCU Care &amp; Connect Subgroups have been held. There is a monthly consultation with Jed to discuss progress made and the recommendations from Jed have been colour coded. As progress is made in each individual area, those areas that were red or amber go to green. This is done only where Jed consultant is satisfied that progress has indeed been made. The work of subgroups will be identified as clearly defined, time oriented, actions which will either be achieved by a set deadline or not. Where actions have not been completed, barriers will be identified and fed into the Steering Committee for review.</p>
<b>Any future plans, including the sustainability of the initiative?</b>	<p>The process is in its early stages and each subgroup has agreed to identify goals for 2023 and 2024. The process will require a lot of change in terms of operations and policy at local and strategic level. There is a lot of work ongoing which compliments the DCU Care &amp; Connect initiative, so over time, it will be a case of deciding whether Health and Wellbeing has been sufficiently embedded into the daily decision making at various levels within DCU. Monitoring of this is the task of the DCU Care &amp; Connect Steering Committee which will make recommendations as to the sustainability and relevance of the structure over the coming years.</p>
<b>Key Learning Points</b>	<ul style="list-style-type: none"> <li>• A lot of work has already been done and is ongoing outside of DCU Care &amp; Connect and there is a lot of passion within DCU for the welfare of students.</li> <li>• An objective view of operations from an outside body provides a reliable appraisal of strengths and opportunities for growth.</li> <li>• Positive health and wellbeing outcomes rely on improving overall wellbeing on campus as well as having excellent acute responses to crisis when it presents.</li> <li>• Clearly defined structures and goals allow for optimal results and effective progress monitoring.</li> <li>• National frameworks provide guidance and evidence-based information on key areas for health and wellbeing focus.</li> </ul>

**Healthy Campus Framework Categories (please tick all that apply)**

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input checked="" type="checkbox"/>	Leadership, Strategy & Governance <input checked="" type="checkbox"/>	Alcohol <input checked="" type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input checked="" type="checkbox"/>	Campus Environment (Facilities & Services) <input checked="" type="checkbox"/>	Substance Misuse <input checked="" type="checkbox"/>	Staff <input type="checkbox"/>
Consult <input checked="" type="checkbox"/>	Campus Culture & Communications <input checked="" type="checkbox"/>	Healthy Eating / Food <input checked="" type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input checked="" type="checkbox"/>	Personal & Professional Development <input checked="" type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input checked="" type="checkbox"/>		Sexual Health & Wellbeing <input checked="" type="checkbox"/>	
		Tobacco Free Campus <input checked="" type="checkbox"/>	
		Physical Activity / Active Transport <input checked="" type="checkbox"/>	
		Wellbeing on the Curriculum <input checked="" type="checkbox"/>	
		Health & Sustainability <input checked="" type="checkbox"/>	
		Other <input type="checkbox"/>	

**Contact Details**

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