

HEALTHY CAMPUS CASE STUDY	
Name of Institution	Trinity College Dublin, The University of Dublin
Who led the initiative?	Trinity Sport and Trinity Student Counselling Services
Date and timeframe of the initiative	2018 - ongoing
What was the reach of the initiative?	120 students participated (over 350 applied / showed interest)
Initiative Title	Mind Body Boost
Aims/ Objectives	<p>MBB is a practical intervention program aimed at third level students, delivered by the experts in the respective sport and counselling services. It aims to promote equality and inclusion by facilitating access for students who have low levels of physical activity and mental health issues, who for whatever reason have had limited opportunity for taking part in sport.</p> <p>The project unites people to engage in combined physical and mental supports. MBB uses the proven anti-depressant effects of exercise to prevent the development of serious mental health problems in those at-risk and hard to reach groups. The 6-week custom designed fitness and mental program includes mindfulness skills training and improved self-knowledge through psychoeducation.</p> <p>By combining the elements of group inclusivity, challenging – but achievable – physical activity, and psychological support tools, MBB comprehensively addresses the societal issues of social isolation, physical activation, mood, and stress management problems.</p>
The rationale for the action, including any identified health needs	While mental health difficulties within the 3 rd -level population may run as high as 20%, we know that most students do not seek help. Similarly, while many students feel pressure to be physically active and fit, a significant proportion report reluctance to use available sports facilities out of fear or embarrassment. MBB is designed to be an attractive, accessible way to engage students with Sport and Counselling services – to expose them to

	<p>both physical activity and mental health literacy in a fun, informal way. By teaching students to embed healthy physical and mental practices into their lives, MBB seeks to promote overall wellbeing and to prevent serious physical / mental health difficulties from arising.</p>
<p>Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)</p>	<p>National Student Mental Health & Suicide Prevention Framework</p> <p>‘Realising Potential: A Strategy for Sport and Physical Activity 2022 – 2026’ (Trinity College Dublin)</p> <p>Sport Ireland Participation Plan, 2021-24</p>
<p>Summary</p>	<p>Conceived in 2018 at Trinity College Dublin, Mind Body Boost secured Erasmus + European funding before Covid-19 to be piloted across multiple partner institutions across Europe.</p> <p>Mind Body Boost (MBB) is an evidence-based intervention, devised to support young people in managing their mental and physical health. MBB addresses the social isolation, poor lifestyle balance, mental health difficulties and low levels of physical activity of young people. MBB is based on a ‘social prescribing’ model, seeking referrals from sports coaches, health professionals and educators. The partnership between mental health and physical activity services augments the traditional social prescribing model to provide holistic support to young people through a single intervention.</p> <p>So far, led by Trinity College Dublin, MBB has:</p> <ul style="list-style-type: none"> • Reduced students’ social isolation and mental health issues, increased their physical activity levels, and improved their overall health • Developed a best practice model, handbook and toolkit and intellectual outputs, to ensure that the project can be replicated and scaled up elsewhere in other institutions or organisations for the benefit of more European citizens • Improved sharing of good practice and cultural exchanges amongst partner organisations <p>Impact:</p> <p>The MBB project has already been piloted successfully in Trinity College Dublin and the University of Galway, and the results have shown through surveys and testimonials that the project positively impacted their lives, with some students who had reported beforehand that they particularly suffered</p>

	<p>from social isolation had now made friends and really enjoyed learning together in a group.</p> <p>Almost all the students said the project improved their motivation and confidence to engage in regular physical activity. They also noted they found the psychoeducation and mindfulness aspects beneficial for stress management and their mental health. There was also a large change of attitude with the participants who were disinclined/ambivalent to sport before the project (60%) saying they would be more or very likely to use the university sports facilities and programmes into the future. On a larger scale this project has great potential to positively impact the lives of more students.</p> <p>MBB participants have access to a bespoke MBB smartphone app for tracking their progress, reviewing key skills such as stress-management and mindfulness exercises, and providing feedback on their experience.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>Internal Stakeholders: Students' Union, College Health Service, Tutorial Service, Trinity Disability Service</p> <p>External Stakeholders: 6 countries represented - University of Galway, Technological University of Munich (Germany), University of Stirling (UK) University of Limerick, Universidade Europeia (Portugal), Vilnius University, It's Great Out There (NGO, Belgium); Associated partners: Nightline Paris, European Network of Academic Sports Services</p>
<p>How was the initiative organised?</p>	<p>MBB was initially organised in Trinity College Dublin as a local pilot between TCD Sport and Counselling Services (2018-19). Following initial pilot success, a successful funding bid was led by Trinity Sport to the Erasmus+ fund. The project is being delivered in five phases over 36 months from the 1st of January 2021 to the 31st of December 2023. All partners will contribute to the planning and delivery of each phase and will be assigned responsibility for one of five working packages. Recent international pilots of the new programme took place in Semesters 1 and 2 of 2022-23 academic year. Trinity Sport are leading the international collaborations for producing the final programme materials.</p>
<p>What resources did you need?</p>	<p>€391,675 was awarded across 8 partner organisations for the duration of the programme. Trinity run MBB interventions using the developed materials, 1 mental health professional, 1 Sport/Fitness expert, and teaching / exercise space in the Trinity Sports Centre.</p>
<p>Has it been evaluated? How successful has it been?</p>	<p>MBB has been oversubscribed in Trinity since its conception in 2018. Each 6-week programme has space for 20 students, but over 100 applications are received each semester.</p>

	<p>Both health and mental health outcomes are measured via the MBB app and through pre-post programme surveys.</p> <p>Positive impacts have been observed on:</p> <ul style="list-style-type: none"> • improved confidence and motivation to engage in physical activity • sleep, healthy routine and self-care behaviours • mental health literacy, awareness of stress triggers • increased self-compassion
Any future plans, including the sustainability of the initiative?	It is planned to fully embed the programme after 31 Dec 2023 into a routine collaborative offering at Trinity College Dublin. Dissemination of the model across Europe is also planned.
Key Learning Points	<p>It is highly advantageous to collaborate across service areas on student wellbeing programmes.</p> <p>Creating fun, accessible preventative programmes is a good way to attract students (oversubscribed regularly).</p> <p>Scheduling the programme to fit into less-pressurised times of the academic year increases participation and retention (e.g., early in the semester vs. later when exams are looming).</p> <p>Students find the connection between mental and physical health highly salient.</p>

Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input type="checkbox"/>	Leadership, Strategy & Governance <input type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input type="checkbox"/>

Consult <input type="checkbox"/>	Campus Culture & Communications <input type="checkbox"/>	Healthy Eating / Food <input type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input checked="" type="checkbox"/>	Personal & Professional Development <input type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	
		Physical Activity / Active Transport <input checked="" type="checkbox"/>	
		Wellbeing on the Curriculum <input type="checkbox"/>	
		Health & Sustainability <input type="checkbox"/>	
		Other <input type="checkbox"/>	

Contact Details

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Links	https://www.mindbodyboost.eu/ see attached draft PowerPoint from short presentation done internally to Trinity – this can be elaborated/improved if we are invited to present

