Healthy Campus Case Study

How to @ ATU

**Name of institution and initiative lead**
Atlantic Technological University - Donegal
4th year Health and Social Care students, Aine Hatzer, Claire Mc Caul, Caoinhe O Sullivan, Annie Brennan

**Date and timeframe**
6th November 2023, a 6-week timeframe

**What was the reach?**
All ATU Donegal students

**Aims and Objectives**
The aim was to provide tips and tricks to students that were just beginning their student life to make the move from secondary school to college as seamless as possible. When doing this we focused on 6 main topics these were Mental Health, Physical Health, Sexual Health, Healthy Environment, Addictive Behaviours and Healthy Eating to make students aware of issues that were arising and providing them with information and services that we felt would be of great importance.

**Aligned frameworks, policies, or strategies**
- Healthy Campus Framework
- National Student Mental Health & Suicide Prevention Framework
- Consent- Ending Sexual Violence
- Eu Green Alliance Work package 8 “A Healthy & Sustainable Campus

**Project Collaborators**
- Staff and students in ATU Donegal
- Eu Green Work Package 8 Delegates
- Sharon Ferguson Mental Health and Wellbeing Officer in ATU Donegal
- Steven O Donnell Online & Flexible Learning ATU Donegal

**Key Learning Points**
Key achievements were making the brochure and having a student voice on the student toolkit. From setting up stands, to interacting with students from all different courses and years in our information day in the college, we feel like the brochure was very successful. We listened to the students’ voices and will be very helpful for students for the next few years in the college.

<table>
<thead>
<tr>
<th>Healthy Campus Process</th>
<th>Whole Campus Approach</th>
<th>Topic</th>
<th>Population Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create</td>
<td>Campus Culture &amp; Communications</td>
<td>Substance Misuse</td>
<td>Students</td>
</tr>
<tr>
<td>Celebrate &amp; Continue</td>
<td>Healthy Eating / Food</td>
<td>Mental Health &amp; Wellbeing</td>
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<td>Sexual Health &amp; Wellbeing</td>
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<td>Health &amp; Sustainability</td>
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