

The MindWell Pod promotes emotional well-being through academic programs, experiential learning, policies, research, and communications to build a culture of health. This is essential given the need to address high rates of distress and need for mental health services:



- Anxiety is the top presenting concern among college students (41.6 percent), followed by depression (American Psychological Association, 2016). More than half of our students feel frequently overwhelmed by all they have to do.
- At UCLA, 16% of our 45,000 students utilize the UCLA Counseling and Psychological Services (CAPS). This is higher than the national average, where only about 10% of students use their counseling centers (ACHA, 2018). This reflects in part our success in overcoming negative perceptions of getting treatment, but the need far outstrips our capacity.
- Highlighting the urgency of the problems, over 25% of students presenting to CAPS reported suicidal ideation, and over 20% reported a history of trauma.



Semel HCI student staff host an activity about gratitude at the 2019 Spring Celebration.

MindWell promotes students' emotional wellbeing in multiple ways:

- The Mind Lexicon Project examined student understanding of mental health and mental illness terminology and found that increasing knowledge reduces expressions of stigma. We are creating a five-year plan to educate students and eliminate expressions of stigma.
- MindWell developed the Campus Resource Mapping project to provide a Chancellors'-level view of UCLA's resources to support well-being and are working closely with Student Affairs to create an online platform tailored to individual and cultural differences and needs.
- MindWell is working closely with Counseling and Psychological Services, the Resilience in your Student Experience (RISE) program, and others to increase mental health knowledge, awareness of campus resource and prevention programs for students, staff and faculty.

ACADEMIC PROGRAM

The Semel HCI held a Mind Body Summit in 2016 where over 40 deans, faculty, senior administrators, students and staff met. The following lists some of the outcomes:

- Life Skills courses cultivating cognitive, emotional and social competencies and teaching students scientific theories behind productivity, wellbeing and thriving in college and beyond. Up to 500 students take these courses annually. Goal: teach 1000 students annually.
- Semel Institute faculty, working with MindWell, are submitting a new proposal for an undergraduate minor in Brain and Behavioral Health, and working to establish the Semel Academy that will offer undergraduate degrees.

EXPERIENTIAL LEARNING & RESEARCH

MindWell has sponsored, developed, and promoted Instruction in techniques for stress reduction, physical improvement and coping resources:

- The Mindful Music program; we now are being funded by the National Endowment for the Arts, to establish at UCLA an NEA Research Lab with will develop an Arts Impact Measurement System (AIMS) to study the impact of arts on well-being.

MindWell has worked closely with the Mindful Awareness Research Center to promote and support meditation training and resources that free to students, staff and faculty.

- Stress and Resilience Assessments (SARA) were studied with a grant from the American Association of Colleges and Universities, and we helped support other programs (the Happiness Challenge, Reboot Camp) to promote well-being.
- Sleep Week, Nap Maps and Sleep Hygiene tips have been developed to promote healthy sleep habits.
- UCLA Resilience Training Program for Pediatric Residents that adapted and Evaluated a Military Resilience Skills Training for Pediatric Residents.

Come to a Pod meeting!

For more information and pod meeting times, please visit our website at:

mindwell.healthy.ucla.edu

POD CO-LEADERS



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