

Campus Wellness & Mental Health ^[1]

Charge

- To succeed, the working group must recognize the strength of diverse communities and perspectives. We must continue and enhance our commitment to creating an inclusive culture in pursuit of our goals of excellence and meeting the needs of the state, nation and world.
- The World Health Organization defines health as: “a state of complete physical, mental, and social well-being not merely the absence of disease and infirmity.” Campus wellness, including accessibility of mental health services, are increasingly important to the health and well-being of students, faculty, staff, and their families. Each campus already has a significant range of services supporting wellness and mental health; therefore, we will help to define a collaborative path for making campus physical, mental, and social wellness a point of distinction and necessity for all four campuses. Together we will:
 - Benchmark campus physical, mental, and social wellness support services, share lessons learned, explore opportunities for collaboration
 - Identify metrics to effectively track and evaluate campus wellness and mental health in our diverse CU communities
 - Set specific goals for these metrics; and
 - Define and prioritize action items to become a national leader in this area.

Campus Working Group Leads

CU Boulder

Contact: CUStratWellnessMentalHealth.Boulder@cu.edu ^[2]

- Theresa Hernández, PhD, Associate Dean for Research and Professor, Department of Psychology and Neuroscience and Department of Physical Medicine and Rehabilitation
- Jennifer McDuffie, MS, Associate Vice Chancellor, Division of Student Affairs

CU Colorado Springs

Contact: CUStratWellnessMentalHealth.UCCS@cu.edu ^[3]

- Stephanie Hanenberg, FNP-C, Executive Director, Health and Wellness at the Gallogly Recreation and Wellness Center
- Paige Whitney, Director, Center for Active Living

CU Denver

Contact: CUStratWellnessMentalHealth.Denver@cu.edu ^[4]

- Kristin Kushmider, PhD, Dean of Students

- Kevin Masters, PhD, Professor, Clinical Health Psychology, College of Liberal Arts and Sciences

CU Anschutz Medical Campus

Contact: CUStratWellnessMentalHealth.Anschutz@cu.edu ^[5]

- Rachel Davis, MD, Medical Director, Student and Resident Mental Health; Director, OCD Clinic; Co-Director, Neuromodulation Program; Director, CU Medicine Faculty Practice; and Assistant Professor, Psychiatry-Other CI Services,
- Neil Krauss, Director of Outreach and Initiatives, Office of the Chancellor

Groups audience:

Strategic Planning

Right Sidebar:

[strategic_plng_SupportingData_campuswellness](#)

Source URL: <https://www.cu.edu/strategic-planning/working-groups/campus-wellness-mental-health>

Links

[1] <https://www.cu.edu/strategic-planning/working-groups/campus-wellness-mental-health>

[2] <mailto:CUStratWellnessMentalHealth.Boulder@cu.edu>

[3] <mailto:CUStratWellnessMentalHealth.UCCS@cu.edu>

[4] <mailto:CUStratWellnessMentalHealth.Denver@cu.edu>

[5] <mailto:CUStratWellnessMentalHealth.Anschutz@cu.edu>