

# 2019 HEALTH PROMOTION PROGRAMS ANNUAL REPORT



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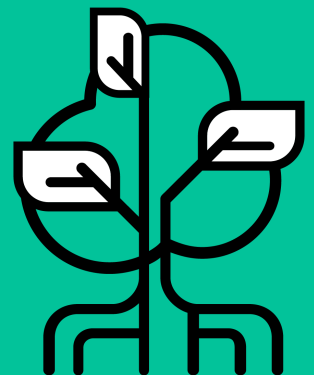
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# Year in Review

1



The 2018/19 Academic Year began with the Health Promotion Programs Office being broken into. The investigation process delayed the start of placement and pushed back training but with support from the Inter Professional Education Coordinator we were able to get back on track fairly easily within 3 weeks.

## Building on 2018

Based on student feedback received from 2018, we focused our efforts on improving the following areas. Our aim was to increase meaningful student contact and engagement as well as to remove barriers to access which were either preventing or discouraging students from using SHARP.



Engage in Intentional Collaborations



Make Sharp Easier to Access



Introduce Inter-Professional Education

## Making of a SHARP Team

Our journey would not have been possible without our dedicated placement and work-study students, valued partners and the many professionals who gave of their time to train and prepare the SHARP team to competently assist students.



- 6 BScN
- 6 BSW
- 7 WorkStudy

The Team



- 60+ Hrs Training
- 7 Training Partners

Training



- Mentoring
- Leadership
- Behavior Change
- Program Planning

Content Areas

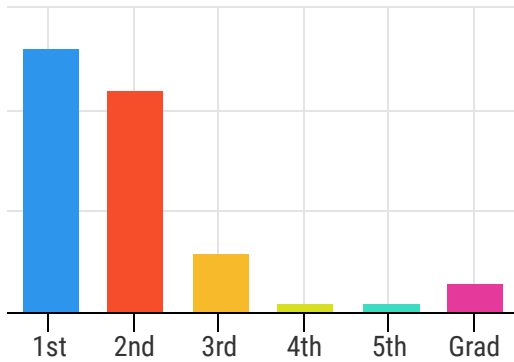


# STUDENT ENGAGEMENT

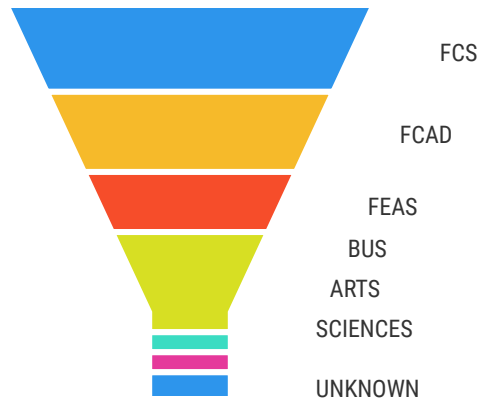
INCREASING STUDENT RESILIENCE AND GROWTH

## OUR CLIENT

### Year of Study



### Faculty



### General Concerns (brief advising)



- Anxiety
- Stress
- Sleep
- Nutrition
- Time Management

### Specific Concerns (on going peer support)



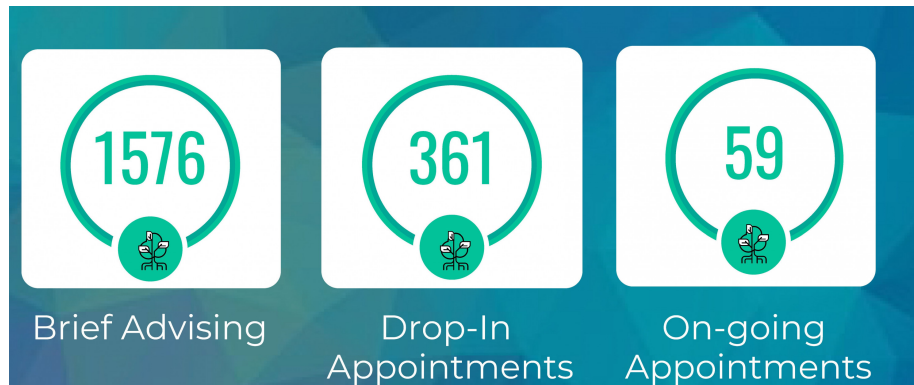
- Stress & Anxiety
- Connections
- Sleep
- Nutrition
- Time Management

# STUDENT ENGAGEMENT

INCREASING STUDENT RESILIENCE AND GROWTH

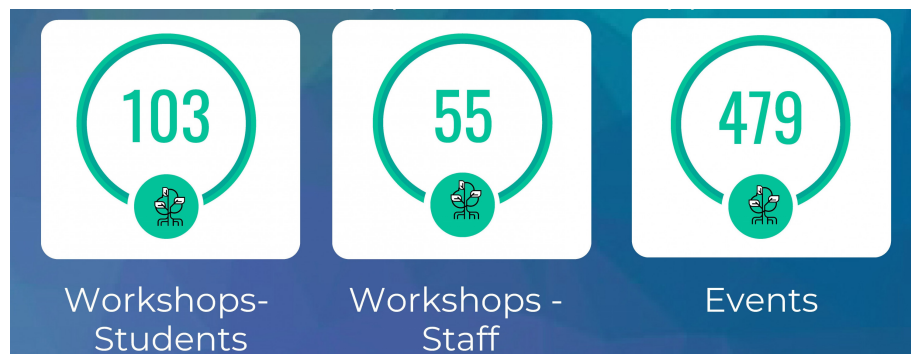
**2633** Total Student Interactions

## 1:1 Peer Support



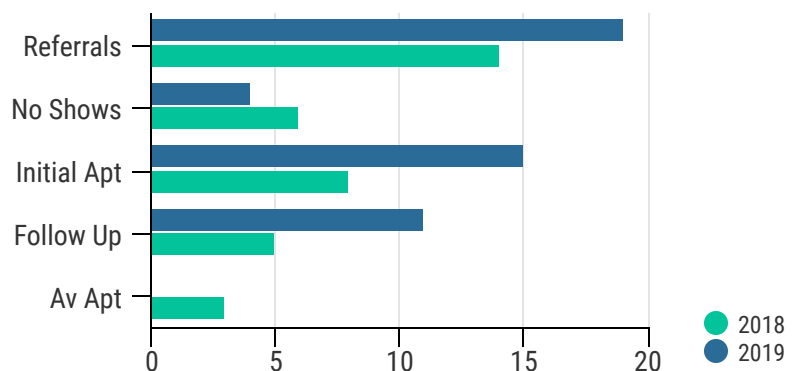
Overall we increased meaningful engagement (well-being related issues with a goal of improving the student's current health status) by 38% from last year. Our aggressive marketing campaign and increased physical presence on campus saw more students self refer to SHARP this year. We adjusted our delivery model to include drop-in sessions at outreach booths which was immediately well received and resulted in 361 students receiving just in time peer support for the challenges they were experiencing at that time.

## Outreach & Access



To meet our goal of engaging in intentional collaborations we were more strategic in who we partnered with. We had more in class SHARPER Student workshops this year than last year, we added SHARPER Staff workshops for staff and developed the Let's Talk Series to focus our outreach booths. All these strategies resulted in contact with 637 students and lead to either meaningful discussions on the student well-being experience or scheduling of follow up appointments with SHARP Ambassadors. Referrals from Counselling continue to grow and be a success

### CSDC Referrals

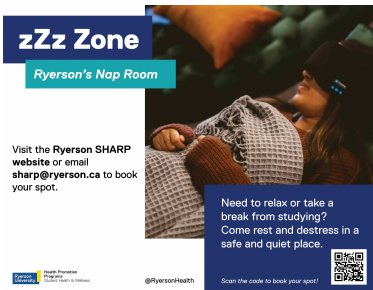


# CHANGES

## CHANGES FROM LAST YEAR

Introduced Drop In Appointments	<ul style="list-style-type: none"> <li>- 361 drop in meetings (outreach)</li> <li>- Removed appointment barrier</li> <li>- Facilitated initiation of ongoing appointments</li> </ul>
Introduced Let's Talk Series	<ul style="list-style-type: none"> <li>- +400 students participated</li> <li>- 4 Topics covered</li> <li>- Nutrition, School, Cyber-bullying, Relationships</li> <li>- Increased student engagement</li> </ul>

## NEW THIS YEAR

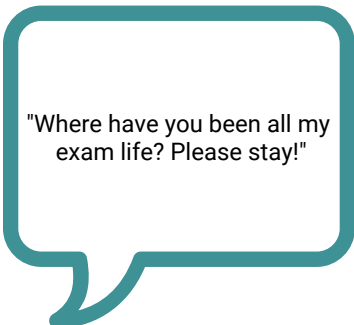
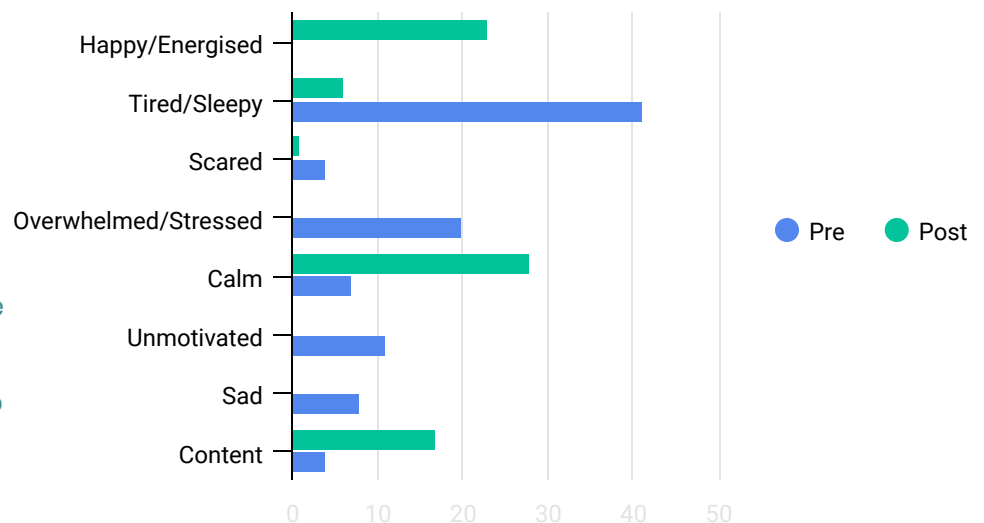


### The zZz Zone

This was a new initiative we were able to implement this year thanks to the generous contributions from Ryerson Alumni at last year's Giving Tuesday. For the two weeks of exams we provided a safe and secure quiet place where students could rest for an hour in-between exams. While napping is not a replacement for sleep, it can help make up for lost sleep and improve your cognitive function, mood and memory.

**9** Days    **36** Hours    **10** Stations/hour    **190** Total Users    **17** Repeat Users

### Pre & Post Evaluations



### The Brown Bag

Another new initiative we were able to implement this year in partnership with Ryerson Student Union and Ryerson Eats and also thanks to the generous contributions from Ryerson Alumni. For the two weeks of exams we provided a healthy Brown bag lunch to 1000 students, 100 per day.

# Experiential Learning

## The Placement Experience

