In reflecting upon this past academic year, it is challenging not to become completely absorbed - and overwhelmed - by the coronavirus pandemic, the senseless killing of black and brown people, escalating racial tensions, continuous political upheaval, and all that has consumed our campus, our nation, and our world over the last several months. Yet, despite these trying times and troubling circumstances, Babson persists.

I am proud of the work that Babson Health and Wellness accomplished this year in support of the student experience. Our multidisciplinary team of mental health counselors, social workers, psychologists, nurses, nurse practitioners, consulting physician and psychiatrist, prevention and health promotion specialists, advocates, case managers, chaplains, support staff, interns, graduate assistants, trainees and peer educators are united in providing collaborative, evidence-based prevention and education initiatives, confidential intervention and treatment services, pastoral care, and student-centered advocacy to address undergraduate and graduate students' mental, emotional, physical, spiritual, and social well-being.

The Babson Health and Wellness annual report serves as a year-in-review, capturing utilization data across departments, new initiatives, key outcomes, and student testimonials. Ultimately, this is a story about how holistic health and well-being drives student success. Health and safety continues to be the cornerstone of the Babson experience. Whether face-to-face or engaged in a virtual learning environment, well-being is central to students' academic, personal, and professional success, and it continues to be a great privilege to play a role in helping to create the conditions for student success.

Be well,

Ryan M. Travia, Ed.D.
Associate Dean of Students for Wellness
The mission of Counseling and Psychological Services (CAPS) is to provide high-quality, responsive, inclusive and flexible mental health services to all eligible Babson undergraduate and graduate students, supporting whole-person wellness and empowering students to thrive in their endeavors during and beyond their time at Babson. CAPS provides clinical services, education and prevention services, and crisis response.

“Your presence in my life remains inspiring. I find myself using the tools you taught me on my own, and I feel myself to be in a better place than ever before.” - Senior

2019-2020: Year at a Glance

Total Number of Distinct Students Seen at CAPS: 398
Total Number of Appointments: 1123

Presenting Concerns by Percentage

- Relationships: 100%
- Stress: 75%
- Anxiety: 50%
- Depression: 25%
CAPS is committed to providing excellent services to all students, and to improving our ability to serve underrepresented students.

We have engaged in diversity trainings, creating spaces and materials that reflect all students at Babson, and locating off-campus referrals for students desiring to work with clinicians whose identities match their own.

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"I'm already on my path to a sustainable life; thanks to your help."
- Senior

"Your work contributes in a dramatic way to the wellness of people such as myself."
- MBA Student
Undergraduate Utilization

Total Visits = 3974
Total Babson Visits = 3593

Graduate Utilization

Total Babson Visits = 1060

Health Services

Our mission in Health Services is to assist Babson students in maintaining optimum physical and emotional health through the provision of high quality, comprehensive medical care in combination with health education and wellness services that are both easily accessible and cost effective.

Health Services serves the students of Babson College and Olin College of Engineering.

Celebrating Dr. Sharon Yardley

After 14 years of service, Dr. Sharon Yardley has stepped down from her position as the Director of Health Services.

Sharon led many critical initiatives during her tenure, including changing the clinic from an MD model to an NP model and starting travel medicine.

Sharon also led several Babson service trips to Rwanda, Tanzania, and more.

While at Babson, Sharon received the "Women Who Make A Difference" award. Sharon received her Doctor of Nursing Practice in 2018 from Regis College. Sharon has taught many courses on treating the transgender patient.

Prior to Babson, Sharon was the Director of Health Services at both Suffolk University and Wentworth Institute of Technology, and has served as a SANE nurse.

Sharon will continue as a member of the Health Services team as a Nurse Practitioner.
Top 4 Visit Reasons: Overall
- SIIC (Sudden Injury or Illness Clinic) Visit (554 visits)
- Immunizations (355 visits)
- Cold or Flu (286 visits)
- Not Feeling Well (252 visits)
- Phone Consultations (372)

Top 5 Visit Reasons: Same Day
- SIIC (Sudden Injury or Illness Clinic) Visit (554 visits)
- Cold or Flu (286 visits)
- Not Feeling Well (252 visits)
- Sore Throat (208 visits)
- Personal Problem/Not Specified (174 visits)

Top 5 Visit Reasons: Advanced
- Women's Health/Contraception (294)
- Follow-Up on Acute Problem (145)
- STI Screening (129 visits)
- Concussion/Head Injury (90)
- Travel (55 visits)

Babson Health Services Dashboard
- 117 HPV Shots
- 355 Immunization Visits
- 661 Advanced Appointments
- 2424 Same Day Appointments
- 373 Triage Appointments
- 25 Nutrition Appointments
- 434 Flu Shots

"Thank you for all of your consistent support throughout the past few years! All of you have been very kind and very willing to work with me and answer all of my questions. You make an incredible impact on this student body, so thank you for keeping us all healthy." - Senior

"Thanks for taking care of me for the past 2 weeks. I really appreciate your time and effort." - Senior
Religious and Spiritual Life (RSL)

RSL provides a welcoming and liberating space for students to discover and explore their spiritual journeys, interconnectedness within their identities, and building community. We believe our support and care should go beyond programming and events, therefore we are intentional about establishing relationships with students regardless of religion or beliefs.

The student experience and outcome is most important to our work and dedication to equip, engage and edify every individual we encounter.
We created sacred spaces for students to pause and reflect on the meaning of existence and purpose of experiences. These shared moments are expressed through art, teachings, dance and meditation.

We provided a leadership training that centers on faith and its interconnectedness to other identities and how it engages and responds to societal norms, challenges and complexities.

I love coming to your office, it’s an escape from everything going on out there. - Junior

“I didn’t know how much I needed this.”
- Sophomore

“I was going to leave early, but I didn’t want to miss anything.” - Sophomore

We offered weekly programs that edify the soul, engage the mind and equip students holistically, with spiritual frameworks, resources and tools that last beyond college.
Wellness & Prevention Services supports population-level health, well-being, and safety through an evidence-based, environmental, community-oriented, strategic prevention portfolio that is grounded in harm reduction, health promotion, peer education, and direct services.

Wellness & Prevention Services includes:

- Mental health promotion
- Alcohol & other drug services (AODS)
- Sexual assault prevention & response services (SAPRS)
- Sexual health promotion

Direct Services Dashboard

- 95 individual substance use interventions
- 20 substance related hospital transports
- 49 disclosures of sexual or relationship violence
- 47 calls to the SAFE Hotline*

*24/7/36 confidential, anonymous crisis hotline for students who have been impacted by sexual and/or relationship violence
781-239-SAFE (7233)

alcohol & other drug services (AODS)

- Substance use interventions primarily addressed alcohol (62%), followed by marijuana (21%)
- Most students receiving an intervention engaged in an individual consultation (47%) followed by Basics (35%)
- 20% of interventions were voluntary

"I didn’t think I needed these meetings, but I learned new skills and will make smarter, healthier choices."
- Senior, AODS Client

New Alcohol and Other Drug Sanction Model Introduced

1) Implemented a new intervention intake form
2) Added an Online Personalized Feedback Intervention sanction
3) Significantly increased use of Substance Use Assessments

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**Past/Childhood Sexual Trauma**

Past/childhood sexual trauma was most commonly disclosed (23%), followed by non-consensual penetration, non-consensual contact, sexual harassment, and intimate partner violence (all 15%).

86% of clients identify as women and 13% identify as men.

**Seniors Represented the Highest Number of Disclosures**

Seniors represented the highest number of disclosures (35%), followed by juniors (23%).

Alcohol and/or drugs were a factor in 17% of disclosures.

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**Babson Project Team**

39% of varsity athletes report a positive shift in making a change to drinking behavior after participating in Project Team.

From Workshop 1 to 4: 15% decrease in practicing hangover; 11% decrease in black-outs.

75% of athlete non-drinkers report feeling supported by teammates in their decision not to drink.

"I walked away with feeling good about the way the team communicated about difficult topics. It really emphasized the way we are unified as a team and I think I learned a lot about the different ways we can support each other as a team."

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**148 Participants in the Social Connection Text Course**

- **Over 150 Sleep Kits Distributed Across Campus**

- **134 Calls to the Guided Meditation Voicemail**
  - 781-239-REST (7378)

- **Approximately 6,500 Condoms Distributed (Not Including Specialty Products)**

- **2 Sections of the Signature 6-Week Course, Grit & Resiliency**

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**Group Development & Communications**

- Implemented Restorative Group Development Model

- Party Grants in partnership with Bidwell, 54 parties provided with food & water

**Marketing**

- Recorded Sexual Health Demonstration Videos for Social Media

- Curriculum built two new curricula: vaping and nutrition

**Publications**

- Over 250 copies of the Stal Street Journal distributed each month

- Events powerful start to your week initiative

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**Sustained a Membership of 26 Peer Educators**

Successfully recruited for the 2020-2021 academic year, reaching 28 POWs!

Recognized with regional and national awards, including "Outstanding Organization" and "Outstanding Program"
After moving to remote work, CAPS clinicians personally contacted every student in our caseload, and offered to work with them to find treatment providers in their home state. We also offered to speak with their new clinicians to share the work we had been doing with the students. We provided on-going phone support to students where needed, and did phone sessions to end our work with graduating seniors and grad students. In addition, we trained to become tele-health providers and began offering tele-therapy to Babson students in May.

Health Services remained on-campus after the College moved to a remote workspace. The team is working tirelessly to secure PPE, to plan for student symptoms screening, to outline testing and contact tracing, began consulting regarding re-opening and re-entry, and started developing plans for quarantine and isolation. Health Services is also serving as the College’s primary contact for the Department of Public Health and other state and city constituents.

RSL transitioned all weekly programming online. This required adjusting programming hours to fit students’ “home” schedules. The Protestant Chaplain provided bi-weekly newsletters. The Muslim Chaplain provided weekly Qu’ran and Ramadan teachings. The Jewish Chaplain provided Welcoming Shabbat podcast. The Catholic Chaplain provided Saint Reflections. We completed our annual senior sendoff and blessings video. Staff co-facilitated a Racial Trauma, Tension and Terror Peace Circle.

Alongside our colleagues in Health & Wellness, Wellness & Prevention Services provided leadership for health communications and health literacy initiatives. These efforts included weekly newsletters, consultations with College Marketing, a prevention social marketing campaign, and authoring the health and safety module for a re-entry course required of all students in Fall ’20. We also launched several online support groups. Lastly, an innovative text course focused on social connection was launched to support community and social health.

POW continued to meet weekly after leaving campus in March. POW members remained a critical student resource, serving as referral agents and peer advocates. The organization maintained subcommittee work and focused on strategic planning, group morale, transition, and alumni engagement. POW also co-hosted a health and wellness trivia night with CAB. The POWs are expected back on-campus in mid-August, 2020 and will be trained on topics related to COVID-19, their role, and the “next normal” on-campus.