

2022/23 Wellbeing Strategic Initiative Fund - Summary Report

UBC Wellbeing Strategic Initiative Funds are granted to departments and units at UBC's Vancouver and Okanagan campuses to support our commitment to the Okanagan Charter to become a health and wellbeing-promoting institution, as outlined in UBC's Wellbeing Strategic Framework. This year, funding supported 21 projects across the six Wellbeing Strategic Priority Areas: Mental Health & Resilience (MHR), Collaborative Leadership (CL), Food & Nutrition (FN), Physical Activity (PA), Social Connection (SC), and Built & Natural Environments (BNE).

Project Title	Unit Lead	Partners	WSF Priority Areas	Grant	Description
Staff Awards of Excellence- Wellbeing Award 2022	Workplace Health & Wellbeing, Human Resources UBCO		CL	\$2,000	The UBCO Staff Awards of Excellence recently added a new Wellbeing Award for individuals or teams to recognize, reward and amplify actions that support embedding health in all aspects of campus culture and health promotion leadership and collaboration.
Co-creating a Community Food Hub on Campus - paper	School of Population and Public Health	Campus Health, Office of Wellbeing Strategy	FN, CL	\$3,000	Preparing a scientific publication on Food Hub engagement research to share with campus communities, researchers, and other post-secondary institutions to inform other food security interventions.
"Promoting Health and Wellbeing" stream within Campus as a Living Lab Fund (x2 projects)	Sustainability Hub	Office of Wellbeing Strategy	All	\$50,000	UBC's Campus as a Living Lab (CLL) additional projects with a specific focus on promoting health and wellbeing in line with advancing UBC Wellbeing Strategic Framework targets.
Suicide Awareness & Intervention Training (SAIT) Launch	Health Equity, Promotion and Education		MHR	\$2,000	Communications materials to support the launch of the new Suicide Awareness & Intervention training (SAIT) course, where anyone from campus can learn skills to help someone who may be experiencing suicidal ideation.
Social Connection Project Assistant WL - IBPOC Connections HUB	Health Equity, Promotion and Education		SC	\$6,604	Work Learn position to support social connection through the IBPOC Connections Hub.
Grad Student Wellbeing and Graduate Student Wellbeing Ambassadors Program	Health Equity, Promotion and Education		SC	\$5,000	Position to coordinate and host gatherings of grad student champions across campus and shared opportunities for grad students (e.g. Thrive/MoveU grants).
Thrive Grants	Health Equity, Promotion and Education	Workplace Health & Wellbeing, Office of	MHR, SC	\$10,000	Grants of up to \$300 for student groups, departments or units to host an event promoting mental health and resilience during Thrive month.

		Wellbeing Strategy			
Thrive by the Fire	Campus & Community Planning	Blank Vinyl Project, Office of Wellbeing Strategy	BNE, SC, MHR	\$1,360	To kick off Thrive month at UBCV, Thrive by the Fire is a cozy concert outdoors and a partner resource fair highlighting mental health resources and supports on campus.
Food Hub Market Operations and Student Staffing	Office of Wellbeing Strategy	Sustainability Hub, Health Equity, Promotion and Education, Agora, AMS Food Bank	FN, SC, CL	\$15,000	Operating funds and student-staff funding to support the Food Hub Market, an at-cost grocery store in the Centre for Interactive Research on Sustainability at UBC Vancouver.
Move UBC Grants	UBC Athletics & Recreation	Physical Activity Committee, Office of Wellbeing Strategy	PA, SC	\$10,000	Micro grants for student groups, departments or units to host an event promoting physical activity during Move UBC month.
Sprouts Community Fridge Supports	Sprouts		FN	\$2,000	Increasing the resiliency of the community fridge and pantry, by both supplementing the donated food with food purchased from bulk suppliers, and investing in volunteer community around this initiative.
Healthy Masculinities Group	Student Wellness (Counselling)	Sexual Violence Prevention and Response Office	MHR, SC	\$3,000	This psycho-education therapeutic group is an 8-week structure with topics include defining masculinity, intersectionality, power and privilege, men's mental health, anger & violence, healthy relationships and consent.
Sustainability Scholar – IBPOC experience in mental health	Health Equity, Promotion and Education, Human Resources	Office of Wellbeing Strategy	CL, MHR	\$6,900	Graduate student position to support a greater understanding of IBPOC experiences in mental health at UBC.
UBC United Way Campaign Champions Fund	UBC United Way Campaign	Ceremonies & Events	SC, CL, MHR	\$2,000	The UBC United Way Campaign Champions Fund is a way of providing a small amount of funding (up to \$300) to UBC United Way volunteers in order to reduce barriers to running community building or fundraising events/initiatives as part of the United Way Campaign.
UBCO Sustainability Scholar- Climate & Food & Active Transport	Campus Health	UBCO Campus Planning	BNE	\$4,400	Graduate Sustainability Scholar research project to inform an engagement strategy to facilitate behavior change to reduce GHGs related to food, waste, and transportation at UBC Okanagan.

Postcards Home	The Library and Global Engagement Office (UBCO)		SC, MHR	\$800	An event in which students are invited to send a postcard “home” to friends or family, fostering social connection on campus through a shared activity, as well as external connection as it reinforces existing relationships, anywhere in the world.
Healthy Eating Tips for Families- a resource book!	School of Kinesiology		FN, SC	\$2,000	A “healthy eating tips for families” book that will be promoted and made available widely across campus including various departments, residents/families, daycares, students, staff, and faculty.
SmartNursing Faculty and Staff Session	School of Nursing		MHR	\$2,000	Through a series of workshops, the SmartNursing program trains participants to: Manage stress, employ self-care techniques, create effective strategies and enhance concentration and executive function.
Freedge for Fuel (F4F)	Freedge for Fuel (F4F)	Agora Café (Land and Food Systems)	FN, SC, MHR, CL	\$2,000	To provide immediate relief for UBC students living with food insecurity by establishing community fridges across the Vancouver Campus.
UBC ARTIVISM: Politics of the Body	Faculty of Arts		CL	\$2,000	UBC ARTIVISM 'A Festival of Creative Resistance' is a student initiated and run art festival that highlights the ways creative practices are used to express and advocate for social justice.
TOTAL FUNDS DISBURSED				\$132,064	