

2024/25 UBC 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, \$121,000 of funding supported 23 projects from three funding streams: Supporting Wellbeing in Classroom Environments, Advancing Community and Planetary Wellbeing through Health Equity and Wellbeing Priority Area Committees and Leads.

Funded Projects

Project Title	Unit Lead	Grant \$	Description
Supporting Wellbeing in Classroom Environments			
Improving mental health and wellness through syllabus modification Phase II	Biochemistry and Molecular Biology	5,000	We aim to reduce the mental health burden on our undergraduate student population by providing a mechanism for instructors to distribute workload for their students. The goal of this project is to leverage the scheduling tool developed for the computer-based testing facility.
Addressing student wellbeing in climate change learning – A UBC-based resource.	Sustainability Hub	5,000	Produce a resource that captures lessons learned by a group of faculty members in different disciplines applying climate change and wellbeing content and pedagogies in the classroom. This resource will then be shared widely with UBC faculty and other interested audiences on both campuses.
Development of a mindfulness and self-compassion retreat for graduate students	Grad Student Society	5,000	To develop and deliver the 'Mindfulness and Self-Compassion Retreat for Graduate Students' at GSS to address mental health issues identified in GSS Student Satisfaction Survey, and to enhance emotional intelligence and stress relief techniques, thereby improving well-being and academic performance.
Advancing Community and Planetary Wellbeing through Health Equity			
Intersectional Equity: Scaling Wellbeing Initiatives for IBPOC Students	Department of Family Practice, Midwifery Program	5,000	To adapt an existing framework from within UBC to guide and implement wellbeing initiatives that specifically support IBPOC students and then scale up for other students.

Inclusivity & Accessibility at St. John's College: HEPE & SJC Wellbeing Pilot	St. John's College	5,000	Through a student-centered approach, this project aims to provide recommendations and implement outcomes for improving the inclusivity, accessibility and overall wellbeing of policies, procedures and overall culture at St. John's College, in partnership with Health Equity, Promotion and Education.
Supporting Indigenous Student and Staff Wellness and Food Security through Community Gardening	Indigenous Programs and Services	5,000	This project will support the planned construction of an Indigenous Student Community Garden at the Okanagan Campus. The Community Garden will support Indigenous student food security through growing food that can be used at several of IPS's community events and our outreach work.
Graduate Human Library (GHL) Initiative at Graduate Student Society (GSS)	Graduate Student Society at UBC	5,000	To allow the UBC graduate student community to participate in a series of social connection experiments where they get to exchange ideas and share the life stories that shape who they are, to breakdown stereotypes and improve health equity, thereby empowering them as planetary health stewards
Syilx Horse Medicine for Stressed Students	Okanagan School of Education	5,000	This program brings 3 full days of Syilx Horse Medicine to campus during high-stress times of the year. A Syilx equine therapy provider will offer Indigenized Equine Assisted Wellness sessions to students, including separate sessions for Indigenous students with added elder facilitation.
A Peer Mentoring Program to Support Sense of Belonging in Undergraduate Faculty of Science Students	Computer Science, Mathematics, Physics and Statistics	5,000	We will partner with undergraduate students in the Faculty of Science (FoS) to address two specific aims: Aim 1. Characterize barriers and enablers in transitioning across university timespan; Aim 2. Pilot test a FoS undergraduate peer-mentoring program co-designed by students through Aim 1.
Enhancing Cultural Knowledge Sharing at the 2024 Indigenous Wellbeing Gathering Conference	Community, Culture, and Global Studies	5,000	The aim is to enhance cultural knowledge sharing at the 2024 Indigenous Wellbeing Gathering Conference (IWGC). Syilx Knowledge Keepers will be invited to share through storytelling and a land-based walk to ground the conference in Syilx territory and Indigenous knowledge, while enriching the event.
Queer Thriving and Decolonial Futurity Workshop: writing community wellbeing	UBC School of Education	5,000	This collaborative cross-campus initiative aims to address and support the mental well-being of queer students through a 3-day immersive workshop on creative writing that empowers the imagining of queer futures.

Creating an Inclusive Wellness Space for Diverse Students, Staff, and Faculty	Department of Education and Counseling Psychology, School and Applied Child Psychology program	5,000	1) Facilitating a “Wellness Space” for UBC students, staff, and faculty, which will be dedicated to culturally responsive resources and materials. 2) Reporting on the “Wellness Space” (and informing the design of a similar space) at The Inaugural Conference on Critical Social Justice in Psychology.
FoM Wellbeing Champions	Graduate and Postdoctoral education, Office of Research, Dean's Office, Faculty of Medicine	5,000	To address health equity, the Faculty of Medicine (FoM) Wellbeing Champions program aims to a) extend UBC wellbeing Resources from UBC campus to FoM distributed sites and to b) adapt existing health promotion resources at distributed teaching and learning sites.
Climate Wellbeing Sustainability Ambassador Projects	Sustainability Hub	2,500	Climate mental health and wellbeing workshops for UBC community, and an intercultural toolkit for non-English speakers on climate wellbeing, coping, and adaptation.
Wellbeing Priority Area Committees and Leads			
Thrive Grants	VP HR- Workplace Wellbeing (UBCV, UBCO) & Health Equity, Promotion, and Education	10,000	Grants for UBCV and UBCO student groups, departments or units to host an event promoting mental health and resilience during Thrive month.
The Better Sleep Project	Health Equity, Promotion, and Education	5,000	This project aims to create a sustainable, accessible and innovative educational video that highlights the role of sleep in students' wellbeing, offering practical tips and promoting healthy and evidenced sleep habits to enhance academic and personal success.

Food Systems Committee Grants	Campus and Community Planning, Student Housing and Community Services	10,000	Grants to Food Systems Committee members which aim to support initiatives that showcase observable or measurable benefits to promote food skills and knowledge to UBC community members.
Mind In Motion	School of Kinesiology	5,000	Mind in Motion (MIM) is an on-campus evidence-based treatment for students with depressive symptoms. For the 24-25 school year, we plan to implement the second iteration of MIM while preparing to deliver the program as a component of work-integrated learning for kinesiology students in 25-26.
UBC Okanagan Intercultural Activity Series	UBCO Athletics & Recreation	1,500	The UBCO Intercultural Activity Series aims to promote social connection and physical activity by exploring sports from different cultures. This series of events provides a space for students on campus to learn new skills, meet other students, learn about other cultures and find community on campus.
Move Grants	UBCV Athletics & Recreation	10,000	Micro grants for student groups, departments or units to host an event promoting physical activity during Move UBC month.
Queering Kinship: Celebrating Lineages of Love and Communities of Care	Campus and Community Planning	2,000	“Queering Kinship focuses on rethinking kinship and queerness, exploring how queer identities establish relationships and what it means to connect, build community, and find home.” This event aims to create space for this reflection and celebration to take place.
Supporting Student, Faculty, and Staff Wellbeing through the Teaching and Wellbeing CoP	School of Journalism	8,000	The Teaching and Wellbeing CoP coordinator position will be supported by faculty members and staff units (HEPE, OWS, HWB) to implement faculty engagement sessions (e.g. CTLT, lunch and learn sessions) to build community of support and learning around embedding wellbeing pedagogies in the classroom
Wellbeing in Learning Environments Pilot Seminar Series	Health Equity, Promotion, and Education	2,000	The primary aim is to create an opportunity for faculty to showcase innovative ways that they are embedding wellbeing practices and initiatives in learning environments. The secondary aim is to create a space for connection with peers who are invested in or curious about improving wellbeing in the classroom.
		\$121,000	