Opening the Door to Student Wellness: An access services lead collaborative effort to help students

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Opening the Door to Student Wellness

An access services lead collaborative effort to help students

Access Services in Libraries Conference Fall 2023
Introductions

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Rowan University

- Located in Southern New Jersey
  - Multiple locations (Main Campus, 2 Medical Schools, programs stretch over different campuses including community colleges in the area)
- ~20k Students across all campuses
- Growing number of students registered with Office of Accessibility, currently over 16%
- Total percentage of minority students (based on race) ~33.6%
Campbell Library

- Centrally Located on the Main Campus in Glassboro, NJ
- 6 Floors (4 accessible for student use)
- Open 99 hours a week / 322 days per year
- Extended hours (till 2 AM) during finals
- Print Materials on site (over 350,000 print books)
- Electronic Resources: books, journals, images
  (700,000 electronic books, 104,000 electronic journals, and 370 subscription databases)
- Library Building is 25 years old. Renovation to begin summer 2024.
- ~25k visitors a month
DEI Adult

- Spring 2021 DEI Survey
  - 42 responses, prompted the need for more in-depth information

- Spring 2022, DEI Equity Survey 2.0
  - Over 500 respondents, targeted marketing helped with responses
  - Led to individualized student interviews

- Overall conclusions
  - Lack of awareness of library resources and services across all student populations
  - BIPOC and LGBTQ+ students didn’t see themselves reflected in the library
Student Wellness

● Growing concern nationally (Protecting Youth Mental Health, from the US Surgeon General came out in 2021)
● More than 60% of students met the criteria for at least one mental health problem
● Pre and post pandemic this has been an issue for our campus
● Our Student Wellness Center has rolled out programs to help including:
  ○ Expanded times
  ○ Free teletherapy
  ○ Pet therapy
  ○ A Well-being initiative (Rowan Thrive)
Organic Encounters

- Information Desk foot traffic
- Monthly contests
- Campus resources (workshops/food pantry/research help/mental health support/tutoring services)
- Messages of Positivity
- Questions of the week
- Customer Service
Organic Encounters Continued

Who Is Your Role Model?
Jane Lynch
MAMIQUE MODI

Where Would You Like to Travel?
India
Thailand
NeaLand

What Is Your Dream Job?
Philanthropist
General Counsel
Veterinary Medicine
Partnership with Campus Departments

- Student Success Services (tutoring, writing center, testing services)
- Financial Aid
- Social Justice Inclusion and Conflict Resolution
- Wellness Center (finals, suicide prevention month, Fresh Check Day)
- Shreiber Pet Therapy
- Office of Accessibility Services/Center for Neurodiversity
- The SHOP (food pantry)
- Orientation Services
Campus Partnerships

Shreiber Family Pet Therapy Program

“Sit and Sip” Pop-Up with The Wellness Center
Campus Partnerships Continued

Fresh Check Day Tabling Event in Partnership with The Wellness Center
Staff Trainings/Staff Wellness

“Question, Persuade, Refer” (QPR) Training
- In person suicide prevention training held by the on-campus wellness center

Foundations of Diversity, Equity, and Inclusion (DEI) Certificate
- 4 synchronous and interactive learning modules created by the university’s Division of DEI
“Using Narcan: An Overview”

● On campus naloxone training provided by the wellness center

● Narcan is with the defibrillator across from the information desk, one in library administration, and one in the university archives.
Program Planning Process

Weekly Meetings

- Planned event activities, planned dates for events
  - Held 10 events so far – more are planned!
- Created list of items that were needed
- Marketing Coordinator designed social media posts, posters, and stickers!

Campus Departments

- Solidify partnerships to support programming
  - Attended 2 events with other departments

Library Administration

- Develop budget and list supplies needed for implementation
Budget/purchasing

- Sit and Sip event for Suicide Prevention month ($150 coffee/tea/hot chocolate/snacks)
- Camp Campbell ($150 friendship bracelet supplies, game rentals, sidewalk chalk, stickers, rock painting supplies, smores trail mix)
- Monthly Contests ($30 monthly - candy and gift cards)
- Mystery Month ($150 snacks, puzzles, stickers)
- Decorations ($20 monthly)
- Pride Festival ($75 LGBTQIA Books for Raffle and giveaways)
Program Planning

“Wag-Tail Wednesdays”
- Therapy dogs from the Schreiber Pet Therapy Program spend time with students inside the library on select Wednesdays (also occurs on an occasional Tuesday – Tail Tuesdays!)

“Mystery Month”
- Mystery themed activities
  - Blackout poetry
  - Puzzles
  - Mystery-themed snacks
Programming Pictures

Smores Trail Mix Event

Friendship Bracelets Event
Statistics/data

- **Whiteboard Replies**
  - On average, when rounded, we received a total of **111** replies
  - The most we have received in one week was **140**
  - The least we have received in one week was **71**

- **Monthly Contest Responses**
  - We received an average of **32** replies for our monthly contests

- **Positive Notes Taken**
  - Approximately **216** positive notes were taken as of 11/9/2023

- **Blind Date Books Checked Out**
  - Our first “Blind Date with a Book” had over **16** check-outs.
  - Our last “Blind Date with a Book” had **14 out of 14** books checked out.
Social Media Promotion

CAMP CAMPBELL
OCTOBER 2023
FRIENDSHIP BRACELETS

OCT 3 | 11 am - 1 pm | Create your own friendship bracelet and exchange with a friend at our first camp KICK-OFF event!

“Everything you lose is a step you take
So make the friendship bracelets
Take the moment and taste it
You’ve got no reason to be afraid”
- Taylor Swift

PLAY YOUR STRESS AWAY

“Playing board games can help lower stress and increase feelings of calmness. The simple act of having fun can help boost serotonin, relieve symptoms of anxiety, and increase enthusiasm in other areas of your life.”

THE FUTURE IS WHAT YOU MAKE IT...
CREATE YOUR VISION BOARD AT CAMPBELL LIBRARY!
Assessment

- Will have an IRB approved Study for Spring 2024
  - Two separate surveys
    - One for all students to take
    - One for students to take after they attend an library wellbeing event
  - Looking to gather data on how students think the library helping their mental health in general
  - Want to gauge if events have a positive impact on students
  - Also looking for how connected students are to the space and the service we provide
Future plans

“Library Lab”
● Science themed activities
  ○ “Brown-bag Stem”
  ○ Slime
  ○ Legos
  ○ Trivia

“Wellness Resources Libguide”
● Work in Progress
Takeaways

- Students want “chill” events (not lectures)
- Not every event is going to be super successful, but if you help one student it makes a difference
- PLAN, PLAN, PLAN
- You don’t need a lot of staff, you need devoted staff
- Ask departments and student organizations to partner
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