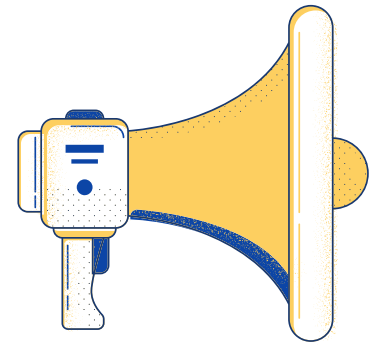




Office of Health Promotion

Mission



The Office of Health Promotion seeks to create the healthiest possible campus environment in which all students, as individuals and as members of the college community, are able to flourish. We do this by:

- Advocating for health-supporting environments guided by cultural inclusion, respect, equality and equity;
- Focusing on population-level outcomes for the prevention of high-risk behaviors and promotion of overall well-being through the use of initiatives that are evidence-based and/or theory-informed;
- Mobilizing the entire campus community for collective action toward health.

Vision

We envision a flourishing Carleton in which the entire campus community supports relationships, environments, and behaviors that are in pursuit of the wellbeing of all Carleton community members.



History

- Established in 2016 in the Division of Student Life
- Stemmed from need to increase support for student wellbeing outside of clinical services
- Inherited the Student Wellness Program (SWA) from SHAC
- Located in Sayles-Hill Campus Center, 162
- In 2024, OHP combined with Sexual Violence Prevention.



Tica, the original SWA Dog - in front of the "SWAOffice" during OHP's first year as an office in Laird (2016-2017)

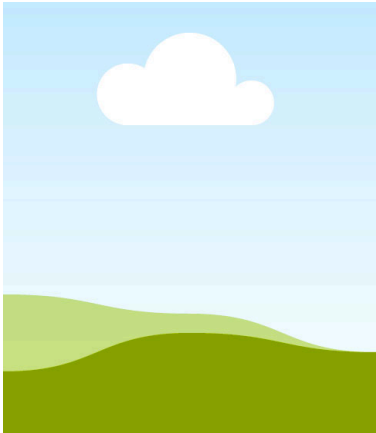
WHO WE ARE



Patrick Gordon

Director

he/him & they/them



TBD

Associate
Director



Grace Espinoza

Sexual Violence
Prevention Coordinator

she/her



**Student Wellness Advocates
(SWAs)**

A Public Health Approach



Wellbeing is shaped by more than just our individual behaviors.

Evidence/Research Based Practices

5 Priority Areas



**Mental Health &
Wellbeing**



**Sexual
Wellbeing**



Sleep



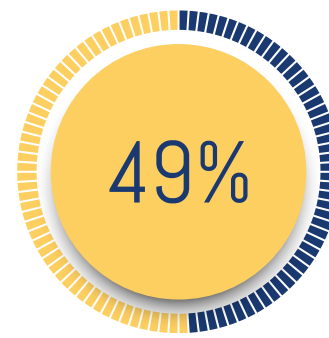
**Alcohol &
Other Drugs**



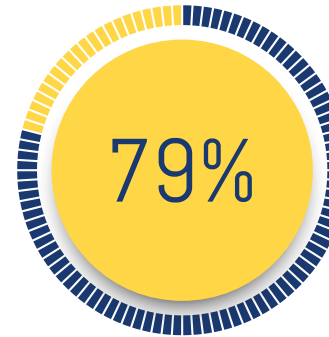
**Sexual Violence
Prevention**



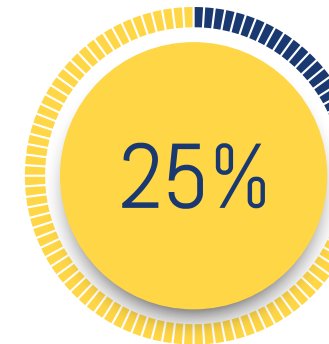
MENTAL HEALTH & WELL BEING



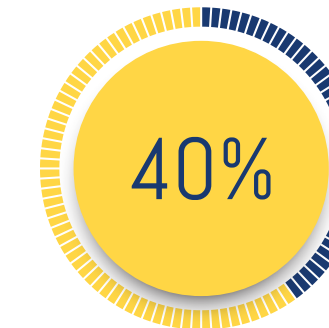
screen positive for
experiencing loneliness



experienced moderate to
high stress in the last 30
days



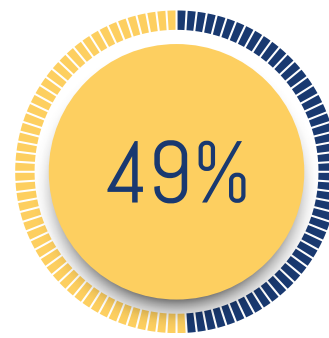
diagnosed with anxiety
AND depression



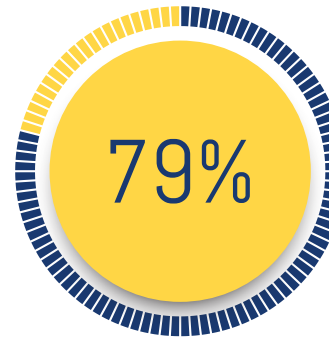
feel that health and well-
being is a priority at
Carleton



Of Carls *agree* or *slightly agree* that it is essential to practice self-care on a daily basis



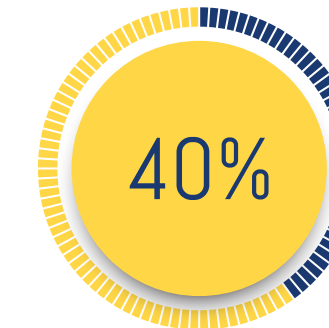
screen positive for experiencing loneliness



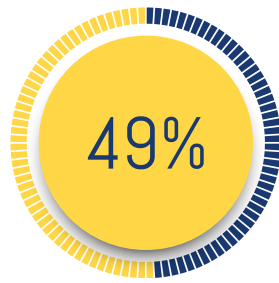
experienced moderate to high stress in the last 30 days



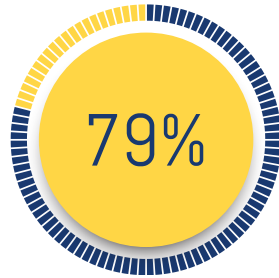
diagnosed with anxiety AND depression



feel that health and well-being is a priority at Carleton



Lonely



Stressed



Depressed & Anxious



Feel Carleton
prioritizes Well-Being

Programs & Services

SWA Dogs



**Mindfulness
Training**



**Skills Training to
Help Others**



**Mental Health
FIRST AID**



Case



Scout

SWA DOGS

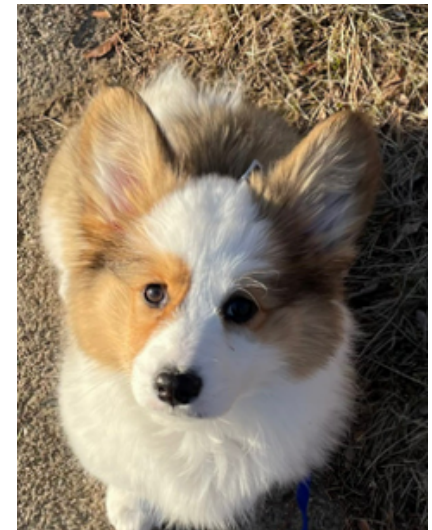


**4-5 days
per week**

**60 minute
sessions**



Maisy



Bea

PE 170: MINDFULNESS

Bridging your Mental & Physical Health

(0 Credits, PE Course, 10 weeks, 2 classes per week)

Counts towards PE Requirement

**Offered during the
Fall, Winter, & Spring
Terms in 2025-2026**

Increase understanding of mindfulness and meditation techniques through regular weekly practice.

Students will connect mindfulness skills to physical movement (i.e. walking, stretching and other intentional movement).

Goal: Students will identify at least 2 skills that they will continue to practice to support their well-being and identify an intention/goal for utilizing those skills.

PE 334: BEYOND HAPPY

Mindfulness strategies & The science of well-being

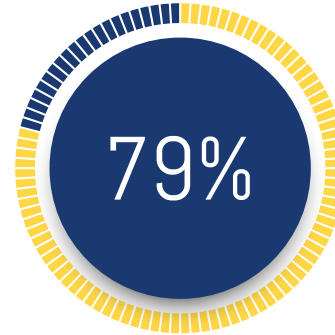
(3 Credits, PE Course, 10 weeks, 1 class per week)

**Offered during the
Fall & Spring Terms**

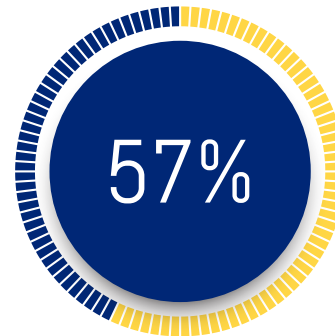
-
- Mindfulness & Meditation
 - Positive Emotions
 - Neuroplasticity
 - Learned Optimism
 - Gratitude
 - Strengths
 - Meaning



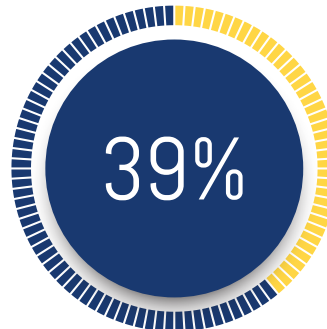
got enough sleep to feel rested on only 0-2 days per week



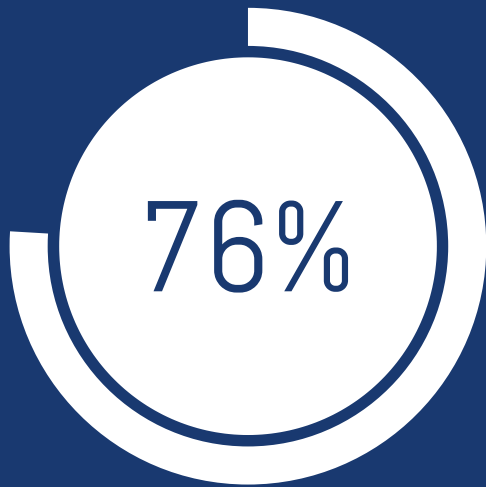
felt tired or sleepy during the day on 3+ days out of the week



think that Carls value getting sufficient sleep.



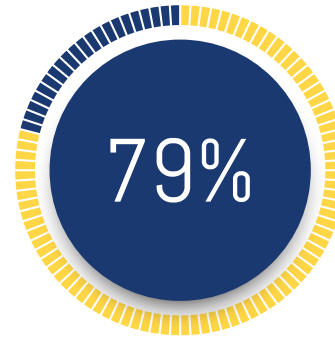
feel that the Carleton environment is supportive to their sleep



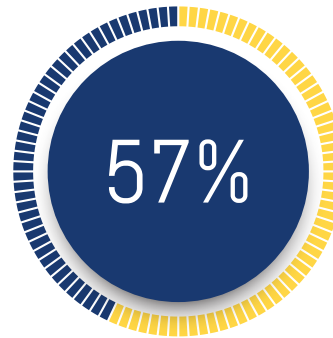
of Carls report getting at least 7 hours of sleep (on average) on weeknights during the past 2 weeks.



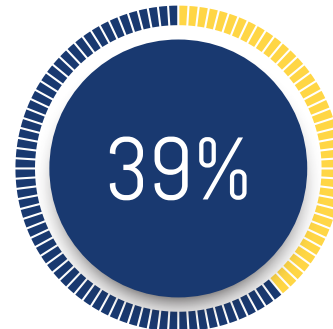
got enough sleep to feel rested on only 0-2 days per week



felt tired or sleepy during the day on 3+ days out of the week



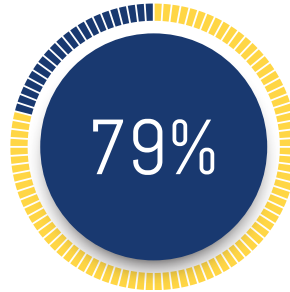
think that Carls value getting sufficient sleep.



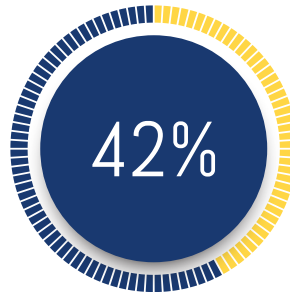
feel that the Carleton environment is supportive to their sleep



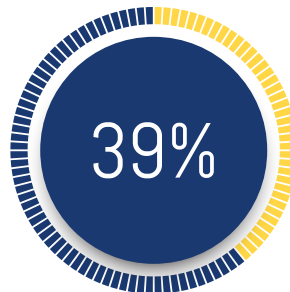
Rarely feel rested



Tired/Sleepy



Think Peers Value Sleep



Environment supports
sleep

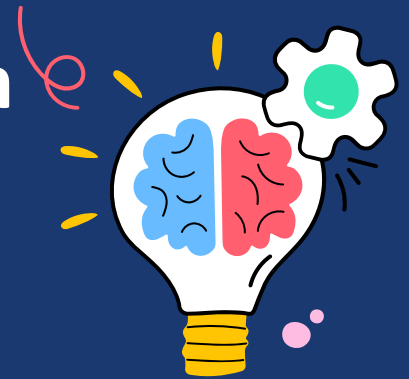
Programs & Services

Sleep Coaching



Sleep Education

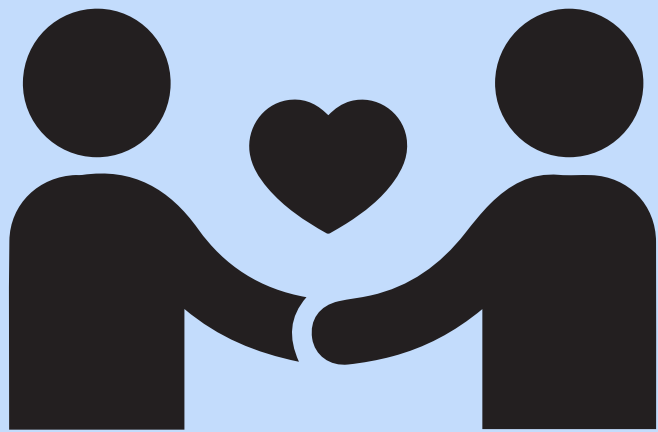
- Sleep Kahoots
- SWA Stalls



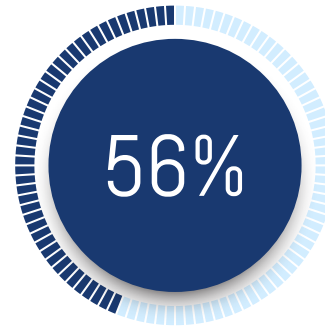
Norms Messaging

- 75% of Carls get 7-9 hours of sleep on weeknights





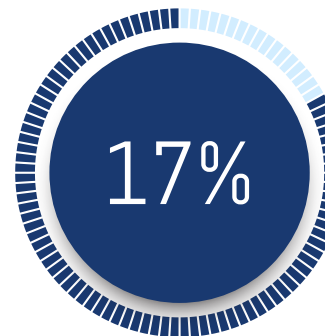
SEXUAL HEALTH



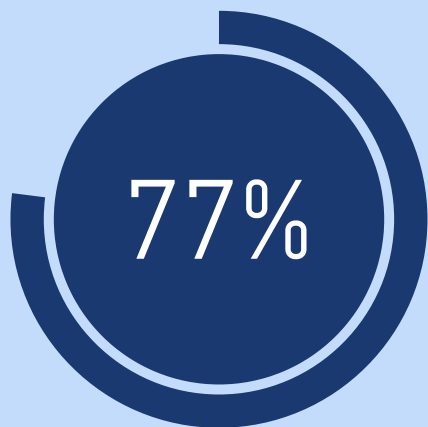
have had sexual
intercourse of some kind
(oral, vaginal, anal)



report using a condom or
protective barrier *"most of
the time"* or *"always"*
(during vaginal sex)



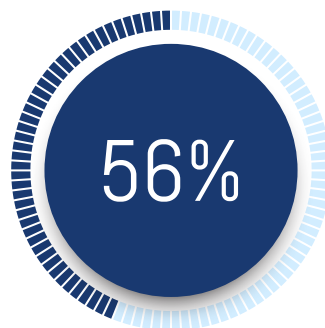
(they or their partner)
used emergency
contraception in the past 12
months



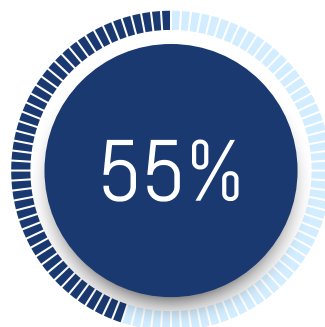
Have had **2 or less sexual partners** in the last 12 months



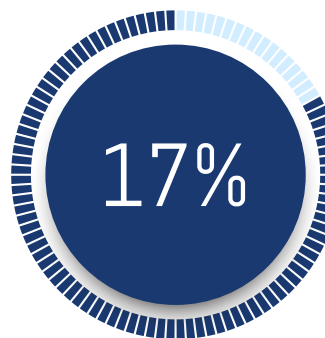
Have had **3 or less sexual partners** in the last 12 months



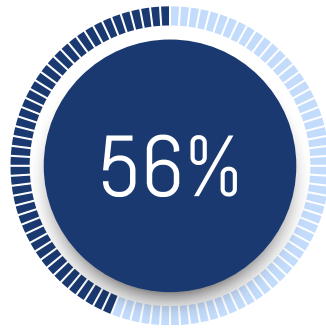
have had sexual intercourse of some kind (oral, vaginal, anal)



report using a condom or protective barrier “*most of the time*” or “*always*” (during vaginal sex)



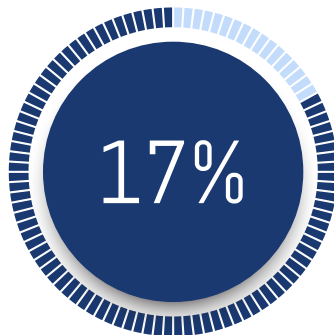
(they or their partner) used emergency contraception in the past 12 months



Sexually Active



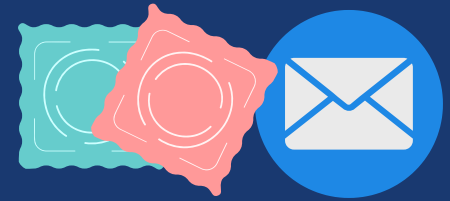
Using Barrier
Methods



Used Emergency
Contraception

Programs & Services

Junk Mail



- Sexual Health Supplies delivered weekly to students Mailboxes in Sayles
- Condoms, Oral Dams, Lube, Tampons, Pads, Menstrual Cups, Emergency Contraception, Pregnancy Tests

Sexual Health Education



- Sexual Health Kahoot
- SWA Stalls

JUNK MAIL

In this academic year...

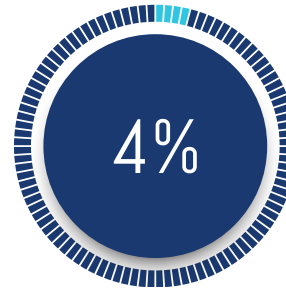
442 orders



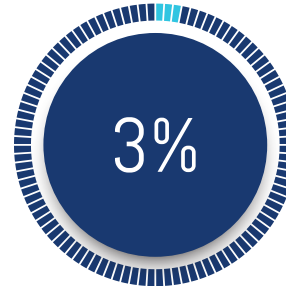
- 3170 external condoms
- 190 internal condoms
- 760 lube packs
- 2166 tampons
- 3267 pads
- 53 menstrual cups
- 176 pregnancy tests
- 56 boxes of Plan B



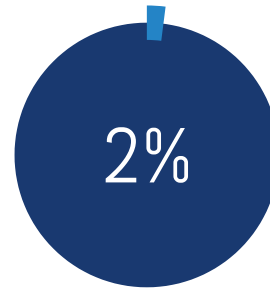
SEXUAL VIOLENCE PREVENTION



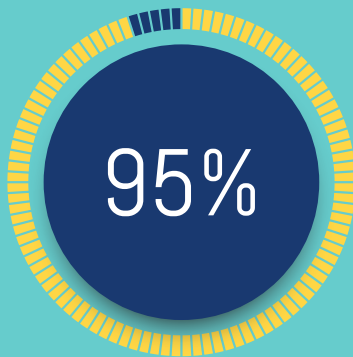
Experienced sexual touching without their consent



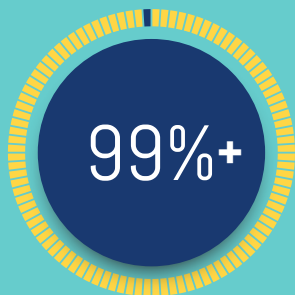
Reported being a victim of stalking



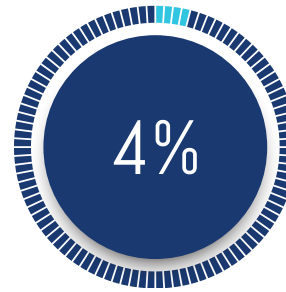
Reported someone pressured them into unwanted sexual contact by threats, coercion, or using alcohol or other drugs.



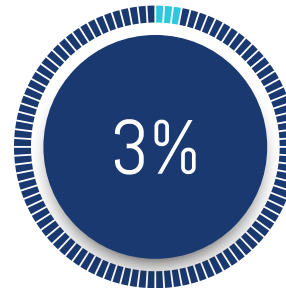
Would take action in a situation in which someone was trying to take advantage of another person



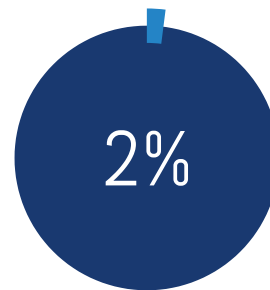
Agree that “Clear, verbal, and sober permission is the best way to make sure a person is okay with sexual activity.



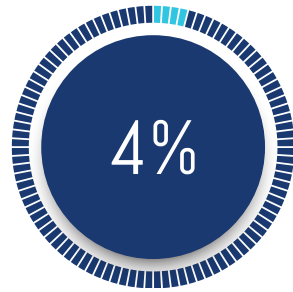
Experienced sexual touching without their consent



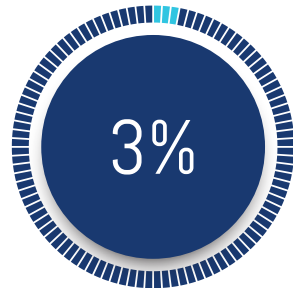
Reported being a victim of stalking



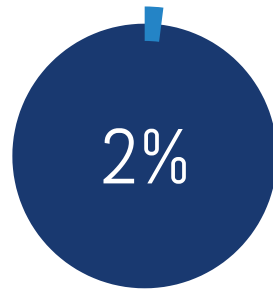
Reported someone pressured them into unwanted sexual contact by threats, coercion, or using alcohol or other drugs.



Nonconsensual
Touch



Experienced
Stalking



Pressured into
unwanted sexual
contact

Programs & Services

All-Campus Workshops

- Health Relationship Series
- Re-imagining Sexual Pleasure
- Boos, Baes, & Beginnings
- Ending & Mending Relationships
- Beyond Yes & No: A Deep Dive into Consent

Teams/Clubs Education

- Culture of Respect
- Consent & Boundaries
- Alcohol, Consent, & Incapacitation
- NCAA Mandate (All Varsity Athletes)

Bystander Intervention Training





ALCOHOL, CANNABIS & OTHER DRUGS

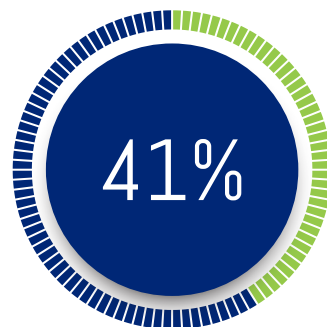


report alcohol use in
last 30 days

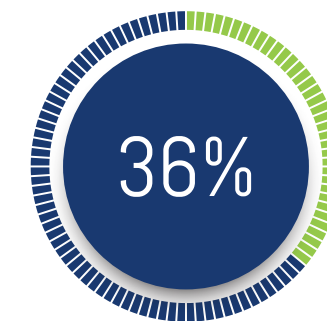


engaged in binge drinking*
in the last 2 weeks

*5 or more drinks in a single sitting



think that alcohol is a
central part of social life at
Carleton



have used cannabis within
the past 3 months



**of Carls had 4 or less
drinks the last time
they drank in a social
setting**
(only among drinkers)

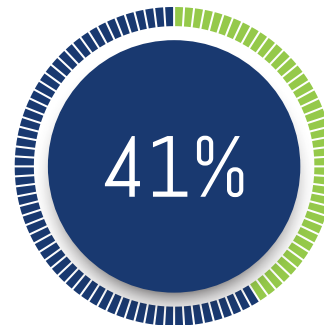


report alcohol use in
last 30 days

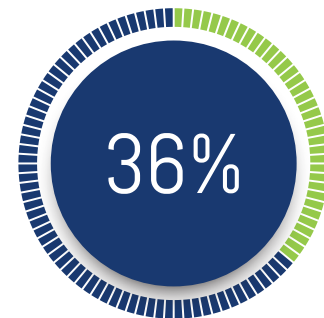


engaged in binge drinking*
in the last 2 weeks

*5 or more drinks in a single sitting

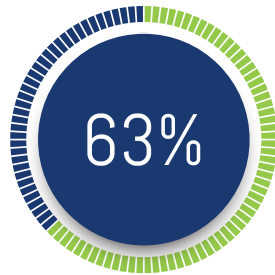


think that alcohol is a
central part of social life at
Carleton

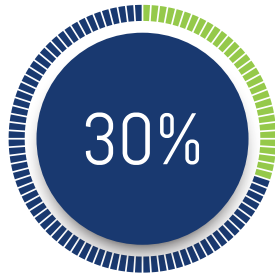


have used cannabis within
the past 3 months

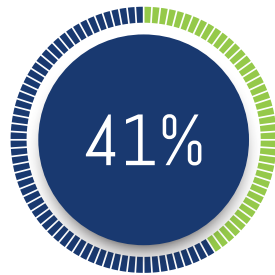
**Only 6% of Carls report using
cannabis on a daily or near daily
basis** *(only among those who
used cannabis)*



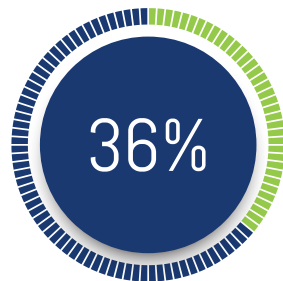
Drink



Binge Drink



Central to Social Life



Use Cannabis

Programs & Services

Alcohol Norms Education

- 94% of First-Year Class Fall Term



Alcohol/Cannabis Education

- Alcohol/Cannabis Kahoots
- SWA Stalls



Alcohol & Other Drug (AOD) Coaching



Student Wellness Advocates (SWAs)



THE NOOK



Free Resources for students
(condoms, dental dams, lube,
tampons, pads, N95 masks,
COVID tests, pregnancy tests,
emergency contraception, and
more)

Weekly Wellbeing Activities
created by the SWAs



SWA STALLS

25 SWA Stalls each Year

8 each term (4 first & 4 second half of term)

1 Summer SWA Stall Series

38 Locations across campus

CANNABIS COGNITION

Your cognition is important when it comes to focusing on work, weighing decisions, and remembering content for class. With the legalization of cannabis, new research is coming out on how our brains are impacted after use.

EXECUTIVE FUNCTION TYPE	0-6 HRS AFTER USE	< 20 DAYS AFTER USE	> 30 WEEKS AFTER USE
Attention/Concentration	Impaired	Mixed findings	Mixed findings
Decision Making & Risk Taking	Mixed findings	Impaired	Impaired
Inhibition/Impulsivity	Impaired	Mixed findings	Mixed findings
Working Memory	Impaired	Normal	Normal

If your cognition is being negatively impacted...

- **Take a tolerance break:** with prolonged use, your tolerance will increase; you will need to consume more to feel the same high. T-breaks can help maintain balance in your life and reset
- **Give it time:** cannabis can remain in the body for 2-4 weeks. It may take up to a month before experiencing improvements after reducing your dose
- **Try cognitive tracking:** use a cognition app to track your brain function over time alongside cannabis use

Improving Cognition Long-Term

The following methods can improve your brain functioning long-term and help reduce adverse side effects from cannabis:

- aerobic exercise
- mindfulness
- meditation
- therapy

Scan for more tips on how to improve and protect your cognition if you consume cannabis!

Bedtime Procrastination

What is it?

- Avoiding going to bed in order to regain personal time
- Can take the form of watching television or scrolling through the internet at night

Why is it harmful?

- Sleep procrastination prevents you from getting enough sleep
- Effects of sleep deprivation on mental health
 - anxiety
 - depression
 - problems with concentration, memory, and decision making
- Effects of sleep deprivation on physical health
 - weakened immune system
 - high blood pressure

Solutions

- Create a sleep routine — have a set bedtime and wake-up schedule
- Avoid caffeine in the afternoon and evening
- Try to leave time in your schedule for yourself
- Make your bedroom a relaxing environment

Need help with sleep? Sign up for sleep coaching!

LET'S TALK ABOUT (X) DINNER DISCUSSION SERIES

Previous Topics Include:

Digital Well-Being

Navigating the Health Care
System

People Pleasing

Self-Care

Burnout





SUPPLIES FOR RENT

Supplies rented during the
2024-2025 academic year

- 61 light boxes
- 57 yoga mats
- 20 activity trackers
- Various Books



Collaboration

- SHAC (services, referrals, data, supplies, mental health collectives, messaging, Mental Health First Aid, etc.)
- Res Life (Cues & workshops with RAs)
- SAO (Wellbeing messaging for Midwinter Ball & Sproncert)
- OIL (BIPOC Mental Health Collective)
- OAR, SMPR, ISL - SWA Stalls
- SEXploration series



Collaboration cont.

- **DOSO - Conduct referrals for AOD Coaching; Alcohol & Other Drug Policy Review Team**
- **Athletics - Sexual violence prevention w/SMPR**
- **Security - Medical amnesty education**
- **TRIO - Belonging & overcoming imposter syndrome**
- **Carleton Student Associate (CSA) - 6 menstrual supply stations across campus**
- **ASC - Mental Health Helping Skills training for tutors/prefects/consultants**

Upcoming opportunity:

Mental Health First Aid Training

**Monday, Oct 20th from
8:30am-5:00pm**

**Specific to the higher
education setting, no online
pre-work required, FREE!**



Thank You!



@carletonswas



“SWA Weekly Newsletter”



healthpromotion@carleton.edu



go.carleton.edu/ohp