

The background image shows a wide, paved path on a university campus. Several students are walking along the path, some towards the camera and others away. The path is flanked by large, mature trees with green foliage. In the distance, a brick building with a tower is visible. The overall scene is bright and sunny, with long shadows cast on the path.

From Prevention to Possibility: *Building Campus Environments Where Students Can Thrive*

Presented by:

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Learning Objectives

Explain how the current higher education and public policy landscape is shaping prevention and student wellbeing efforts on college campuses.

Distinguish between traditional, programmatic prevention approaches and integrated, institution-wide strategies that position wellbeing and belonging as foundational to student success.

Apply a systems-level framework to align prevention, mental health promotion, and campus engagement efforts with broader institutional priorities.

Identify practical, scalable strategies for advancing prevention and student wellbeing initiatives within complex and evolving campus environments.

Movement I: A Personal Transformation



**Before we talk about
prevention, I'd Like to
tell you a story.**

2015: Student Voices Spark a National Conversation



**How can I
support
you?**



**“I'm not sure you can...
because you're an
administrator, and the
administration is part of
the problem...”**

**...I am tired of being
resilient.”**

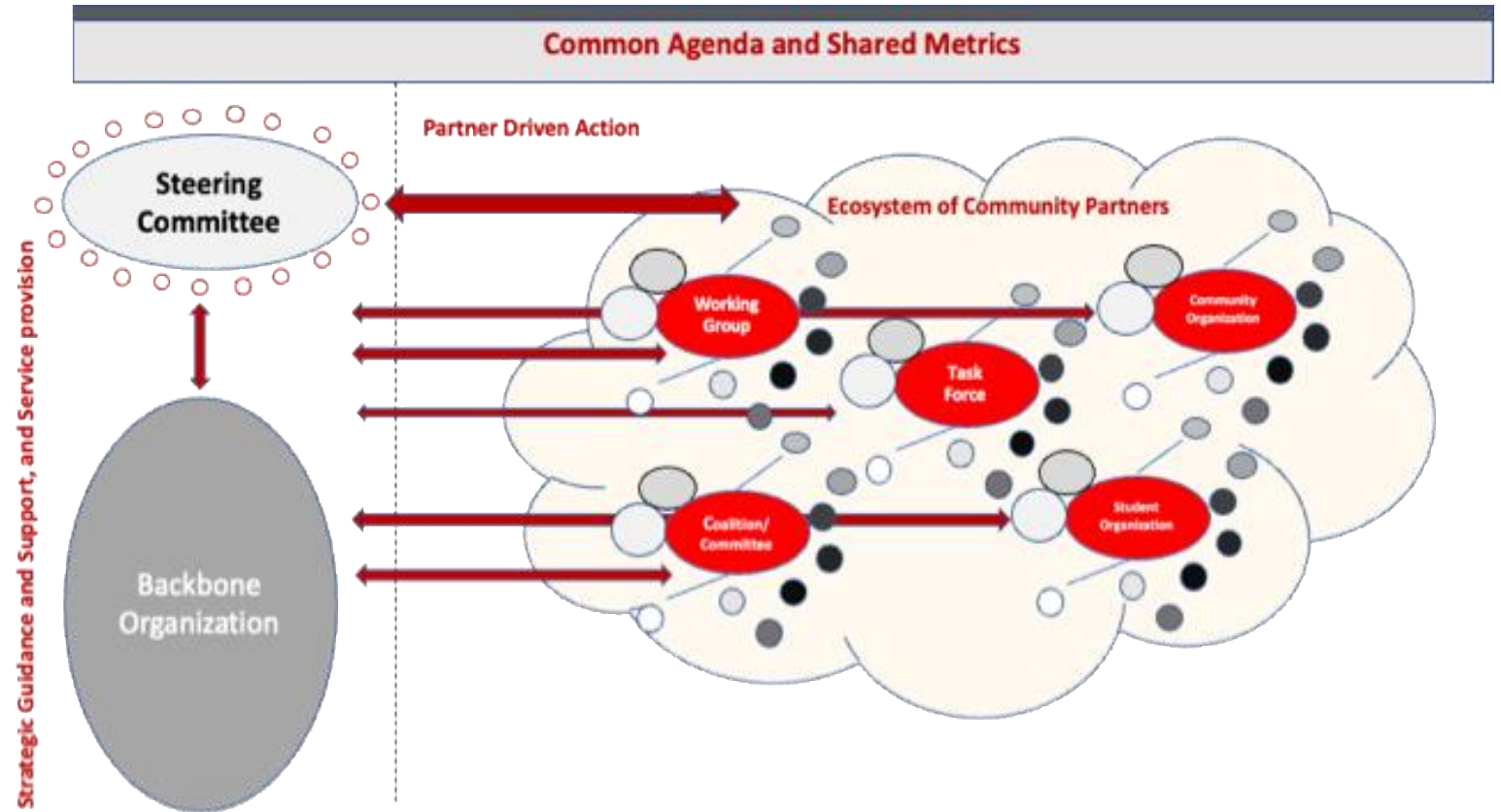
- Student



**We created
space.**

**Healthy campuses don't
happen by chance. They
are intentionally cultivated.**

Movement II: Seeing the Campus as a Living System



CHANGES IN TIMES OF DISRUPTION

disrupt
to interrupt (an activity, event, or process) by causing a disturbance or problem

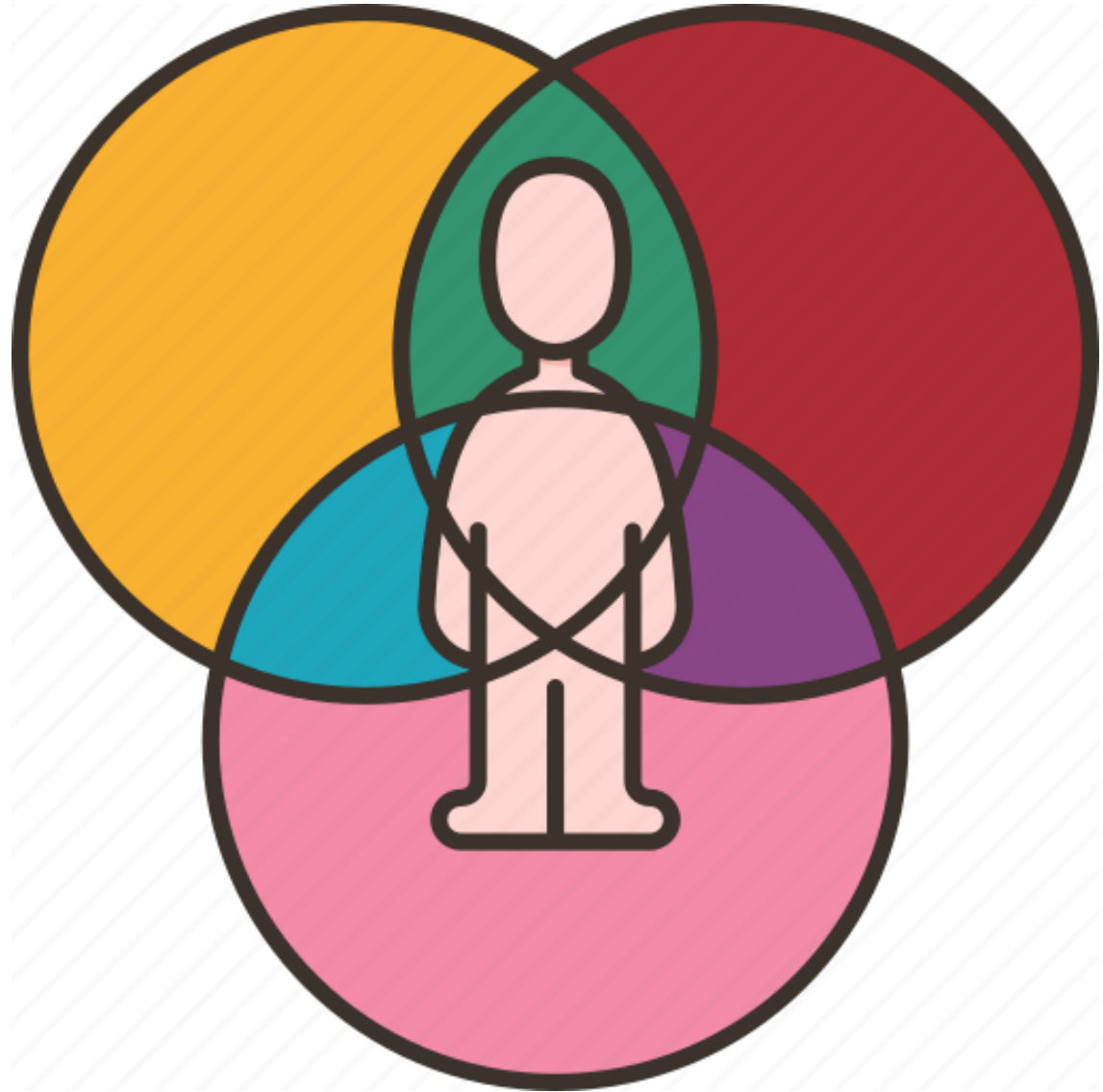
Pandemic
Climate
War
Inequities

Fear
Anxiety
Uncertainty
Racism

Xenophobia
Preparedness
Trauma/PTSD

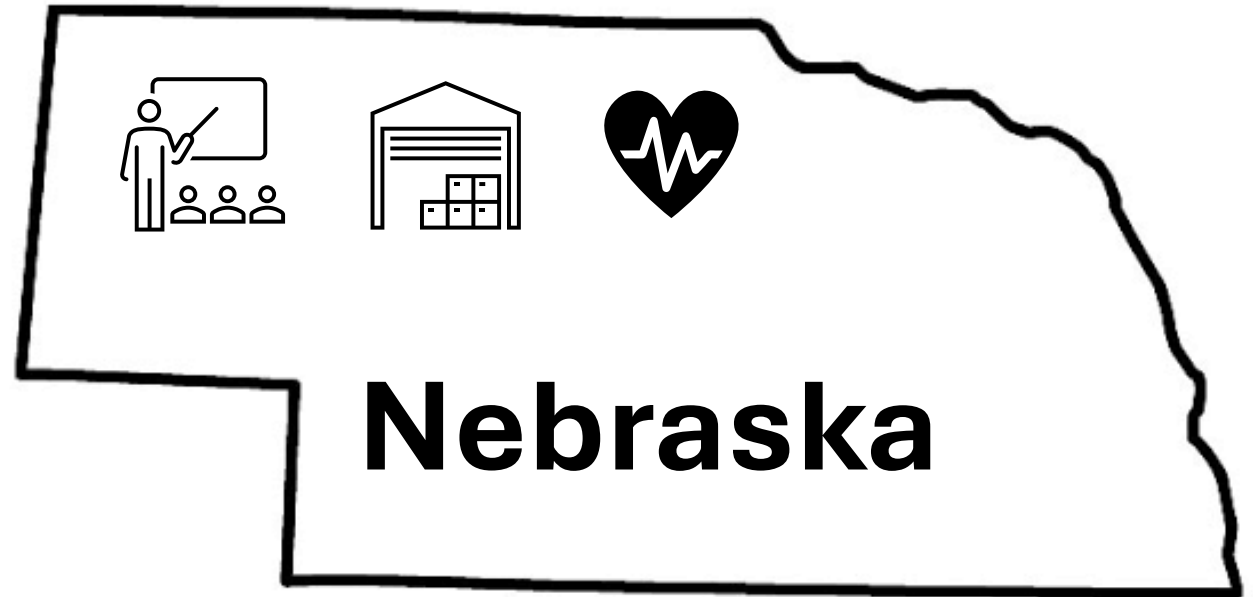
Intersectionality
Healthcare
Politics

**Students
don't live
single issue
lives.**

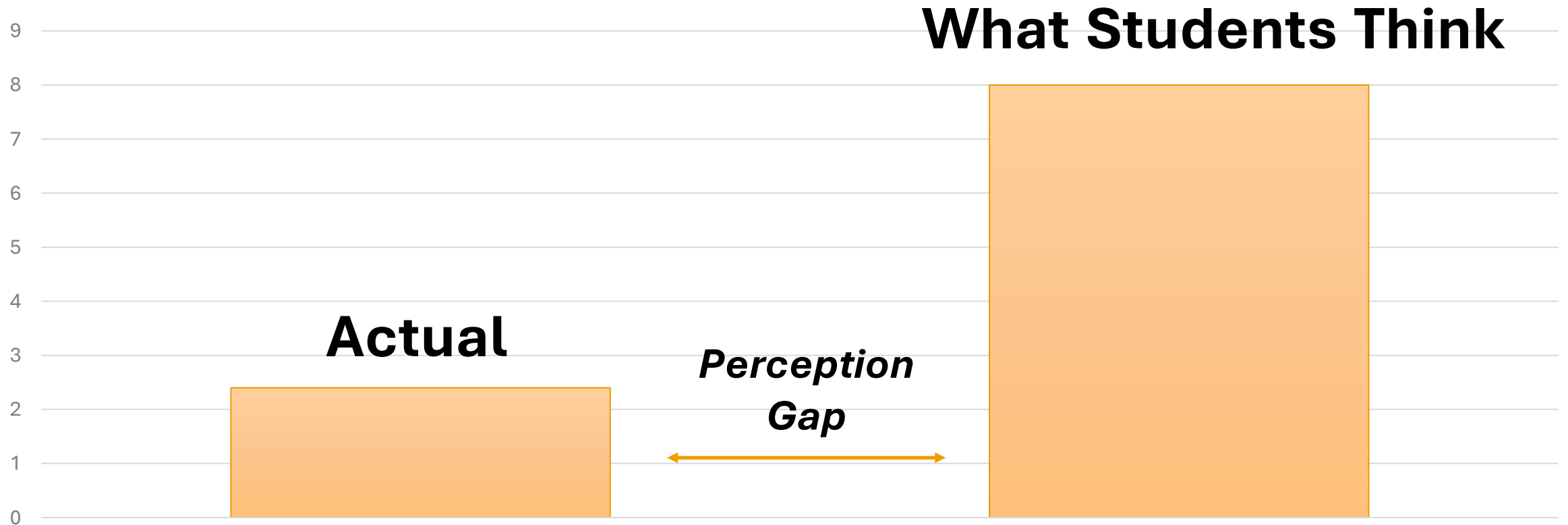


Start With Strengths

73.8% of entering students abstain from alcohol.



Perception Influences Behavior



Programs matter. Healthy conditions amplify their impact.

Program Thinking

- Focus on interventions
- Change behavior
- Individual office
- Success = participation

Conditions Thinking

- Focus on environments
- Shape the conditions that influence behavior
- Shared institutional responsibility
- Success = healthier campus conditions

Movement III: Thinking Like a Systems Leader



**The questions we ask
determine the solutions we
build.**

Systems thinking begins with better questions.

Traditional Question

**How many students
attended?**

**How many referrals were
made?**

**What program should we
build next?**

**Whose responsibility is
this?**

Systems Question

**What condition changed
because students
participated?**

**How easy is it for students to
find and trust care?**

**What environment are we
trying to cultivate?**

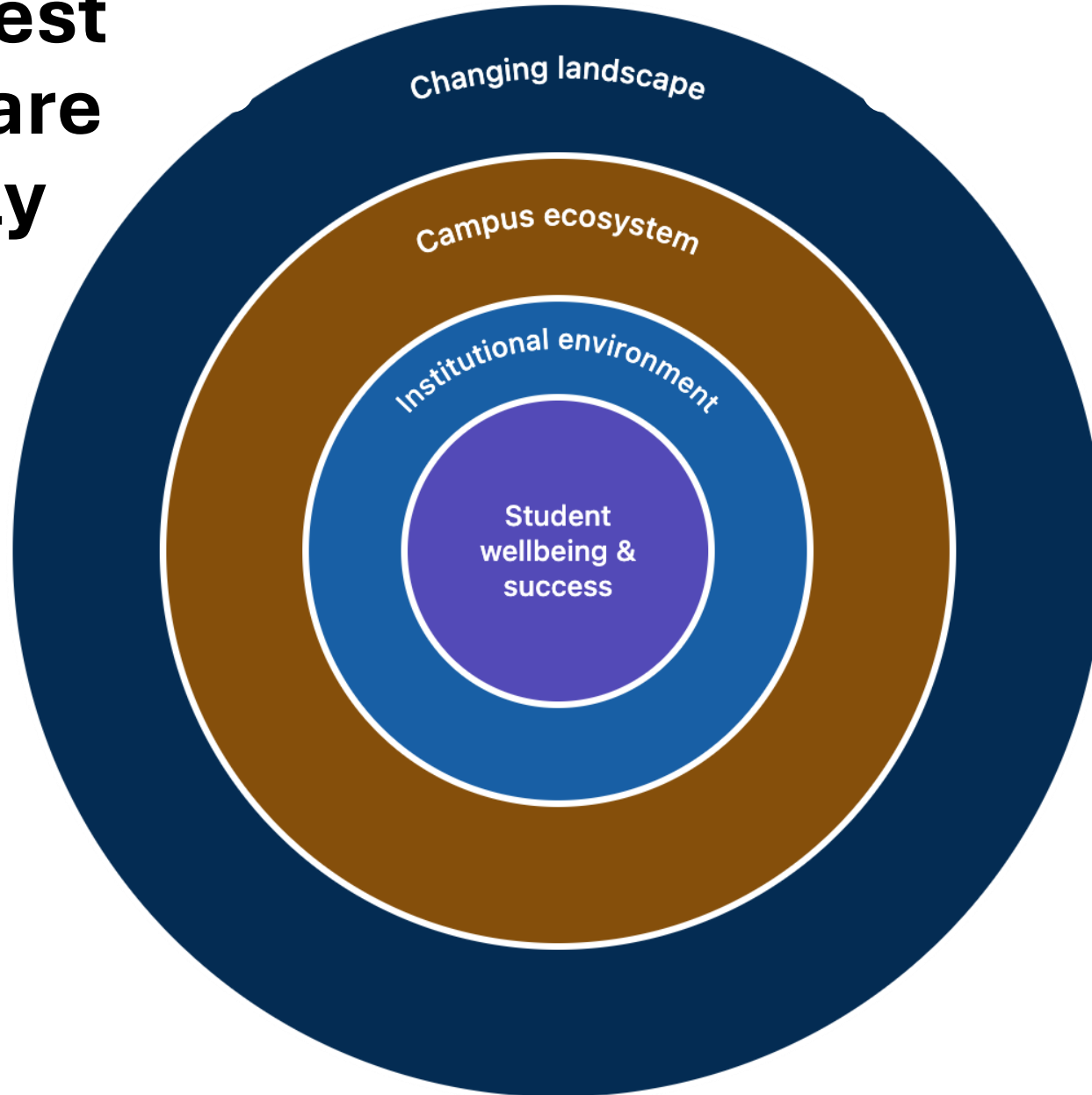
**How do we share
responsibility across the
institution?**

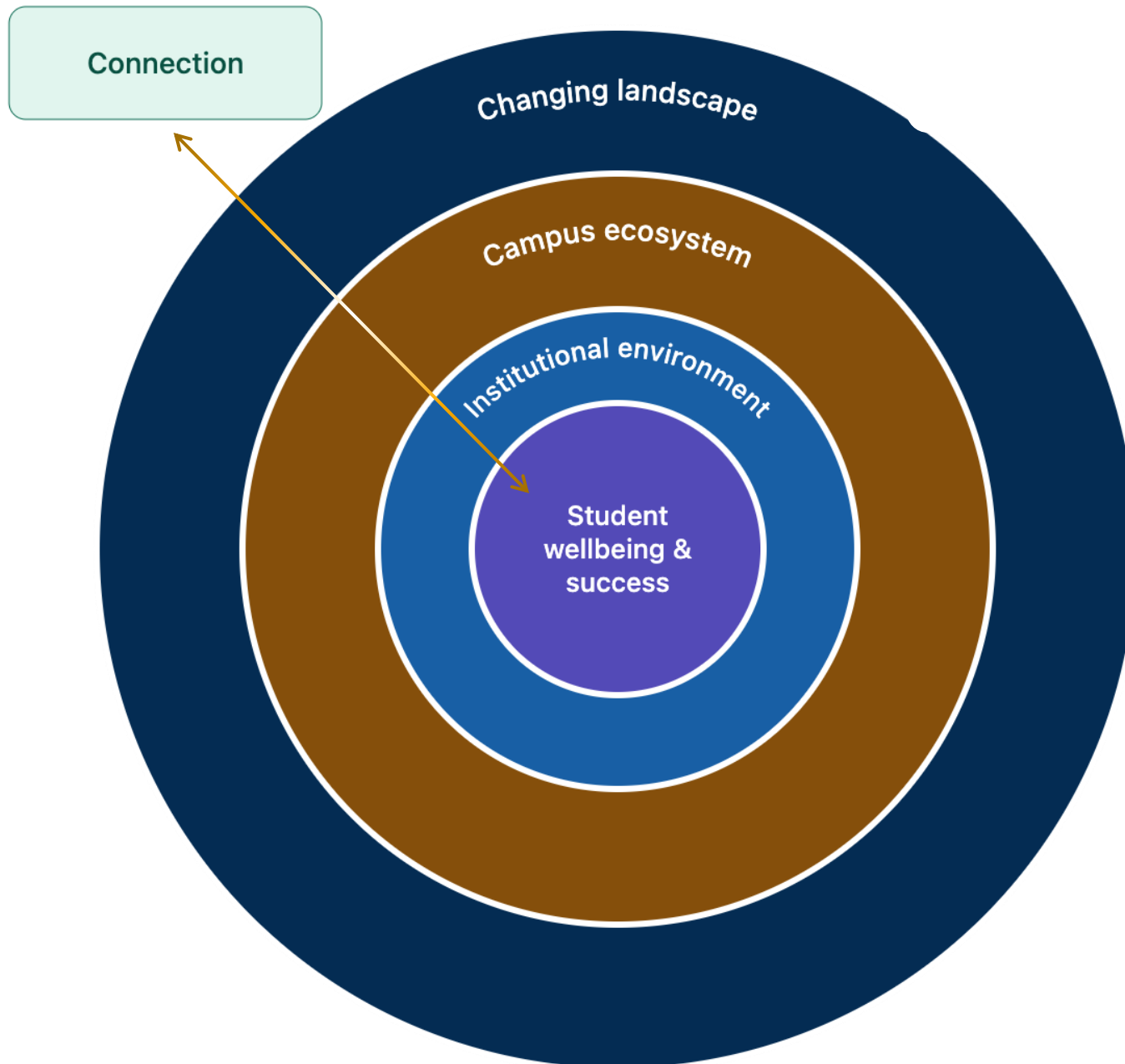
**Belonging is a health
outcome.**

**The healthiest campuses
are intentionally
cultivated.**

Movement IV: An Institutional Transformation

**The healthiest
campuses are
intentionally
cultivated.**

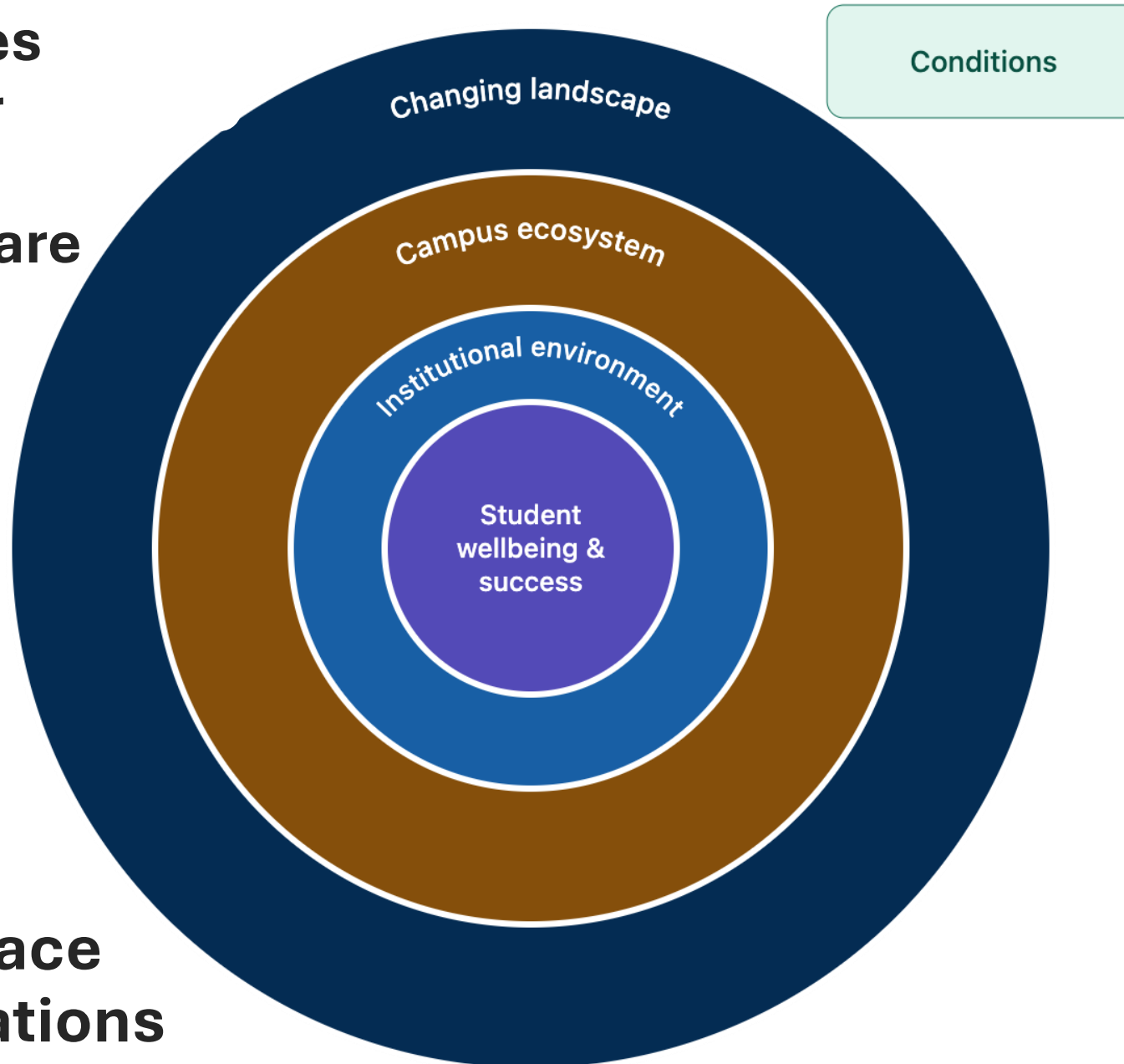




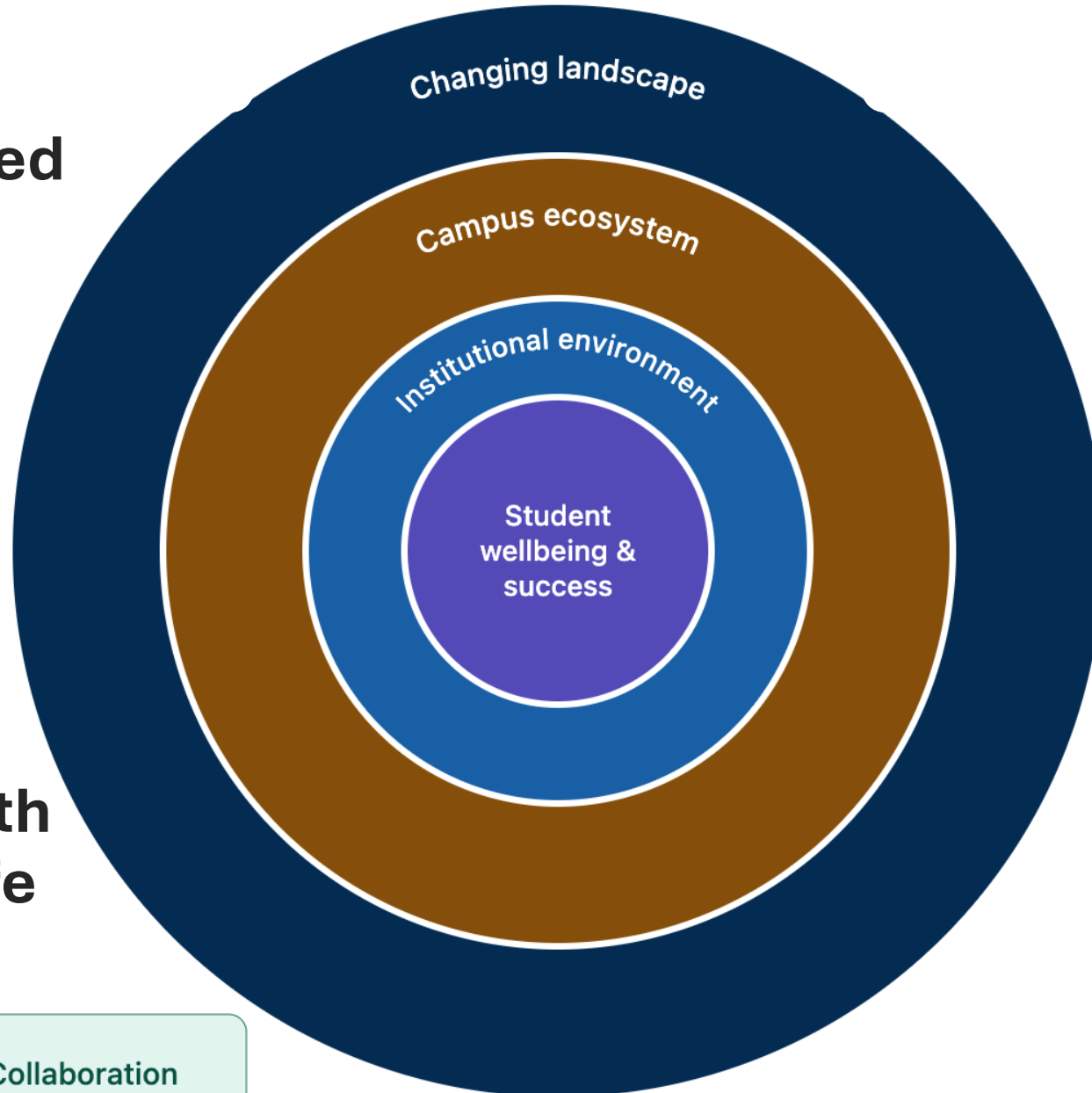
***Trust before
crisis.***

**Healthy choices
become easier
when healthy
environments are
intentionally
designed.**

- **Policy**
- **Technology**
- **Scheduling**
- **Culture**
- **Physical Space**
- **Communications**



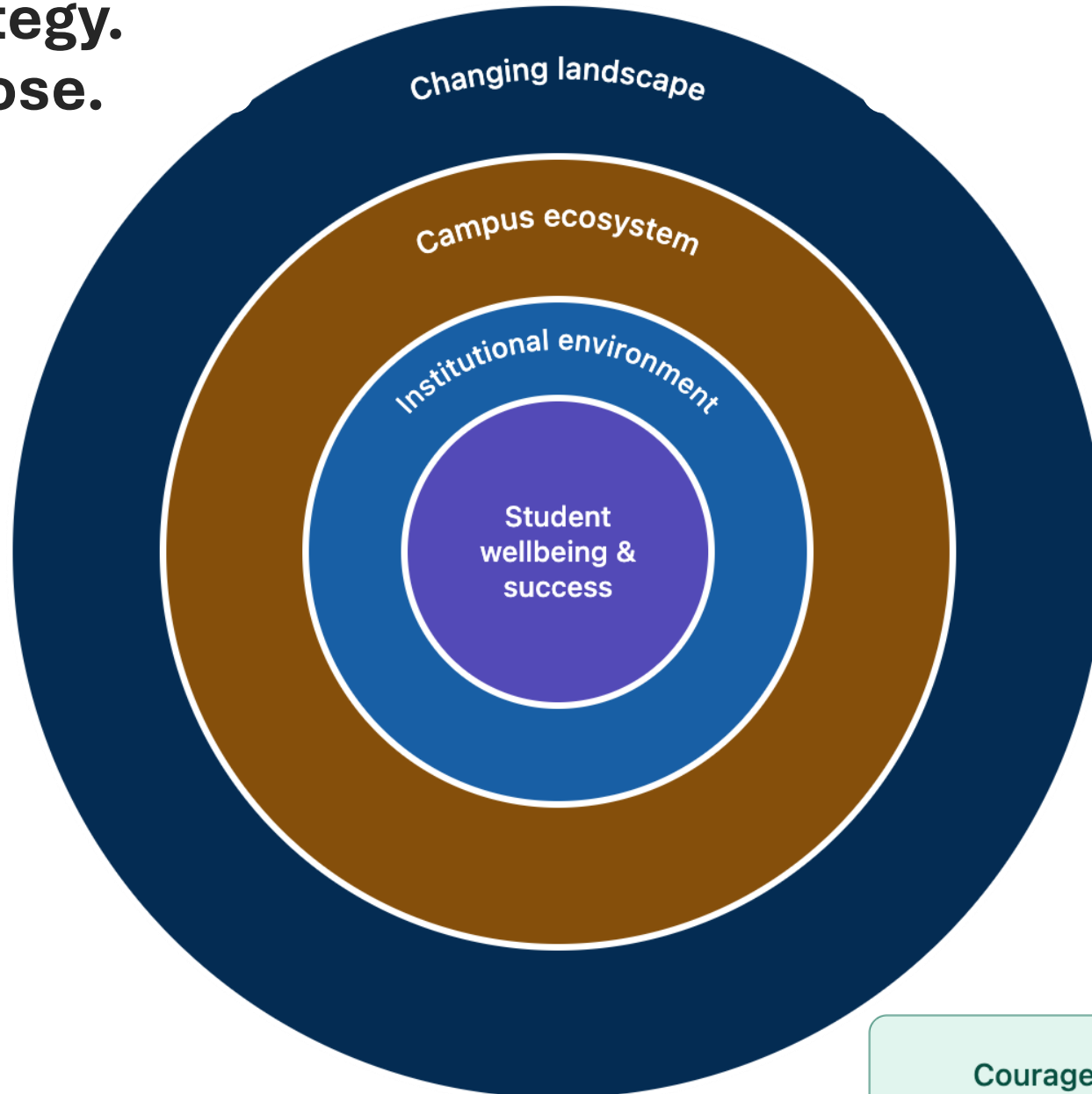
**Shared
responsibility
produces shared
outcomes.**



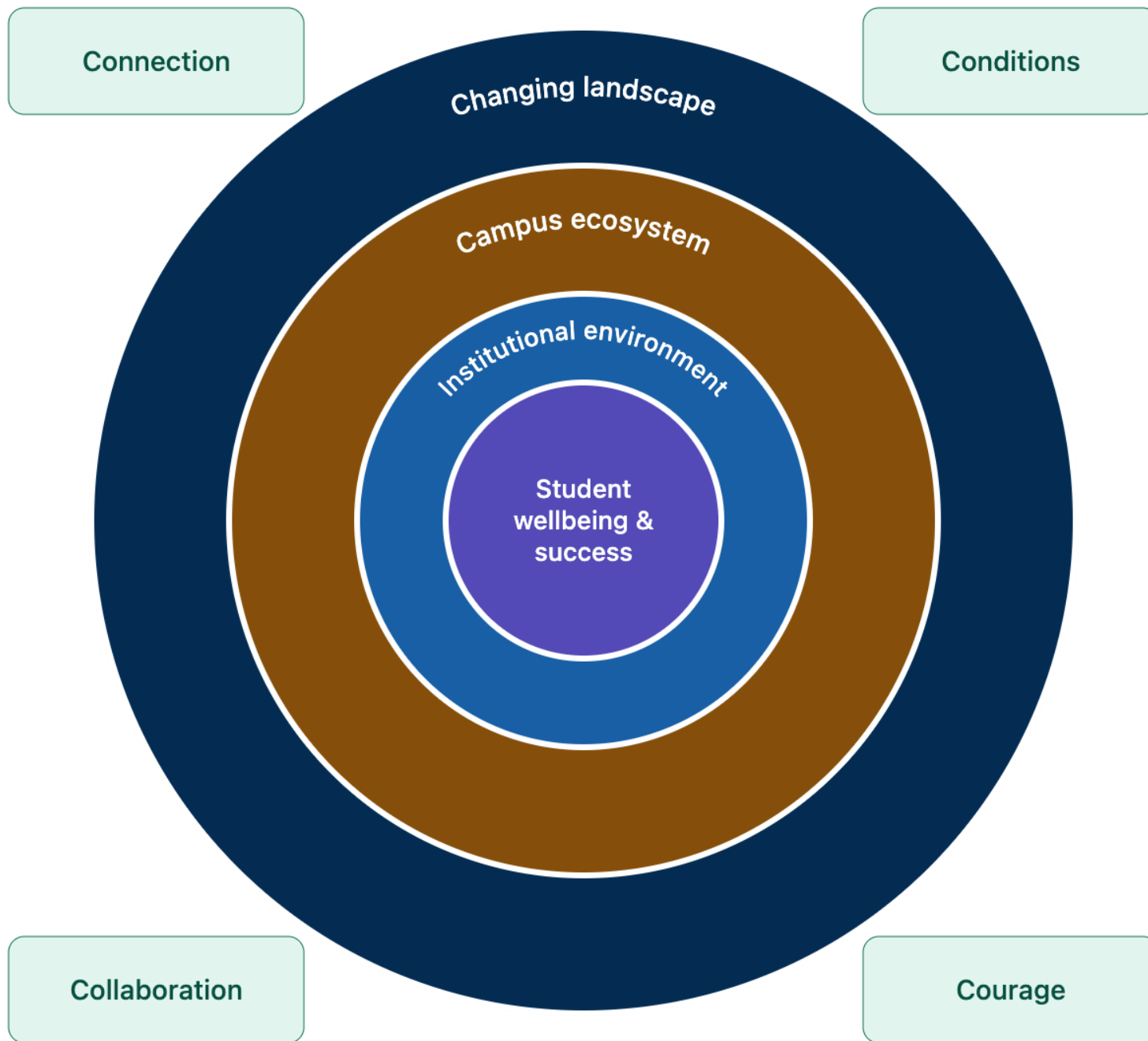
- **Faculty**
- **Students**
- **Counseling**
- **Student Health**
- **Residence Life**
- **Community Partners...**

Collaboration

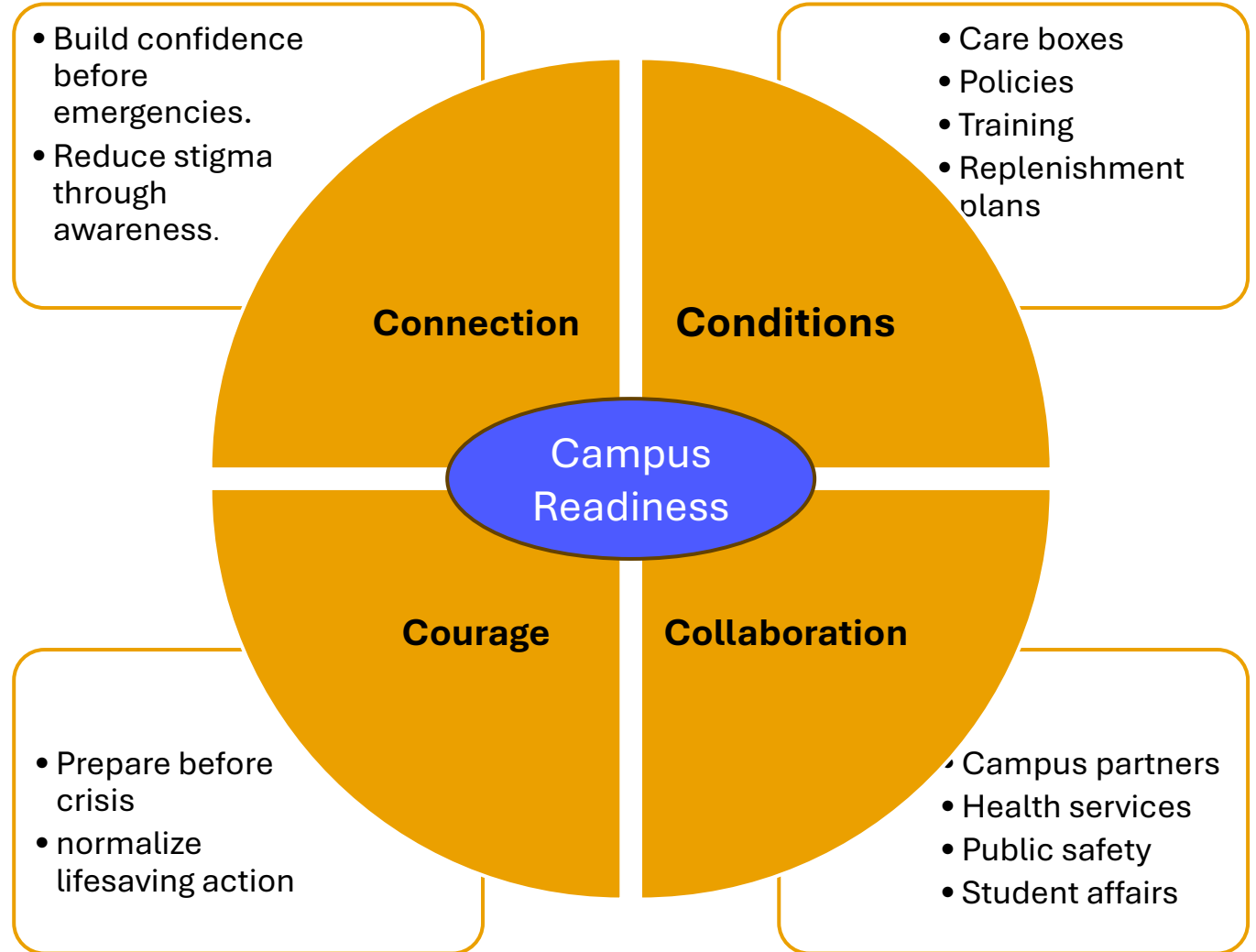
**Adapt the strategy.
Keep the purpose.**



Courage



Readiness is intentionally cultivated.



No office can do
this alone.
*Institutions
cultivate wellbeing
together.*

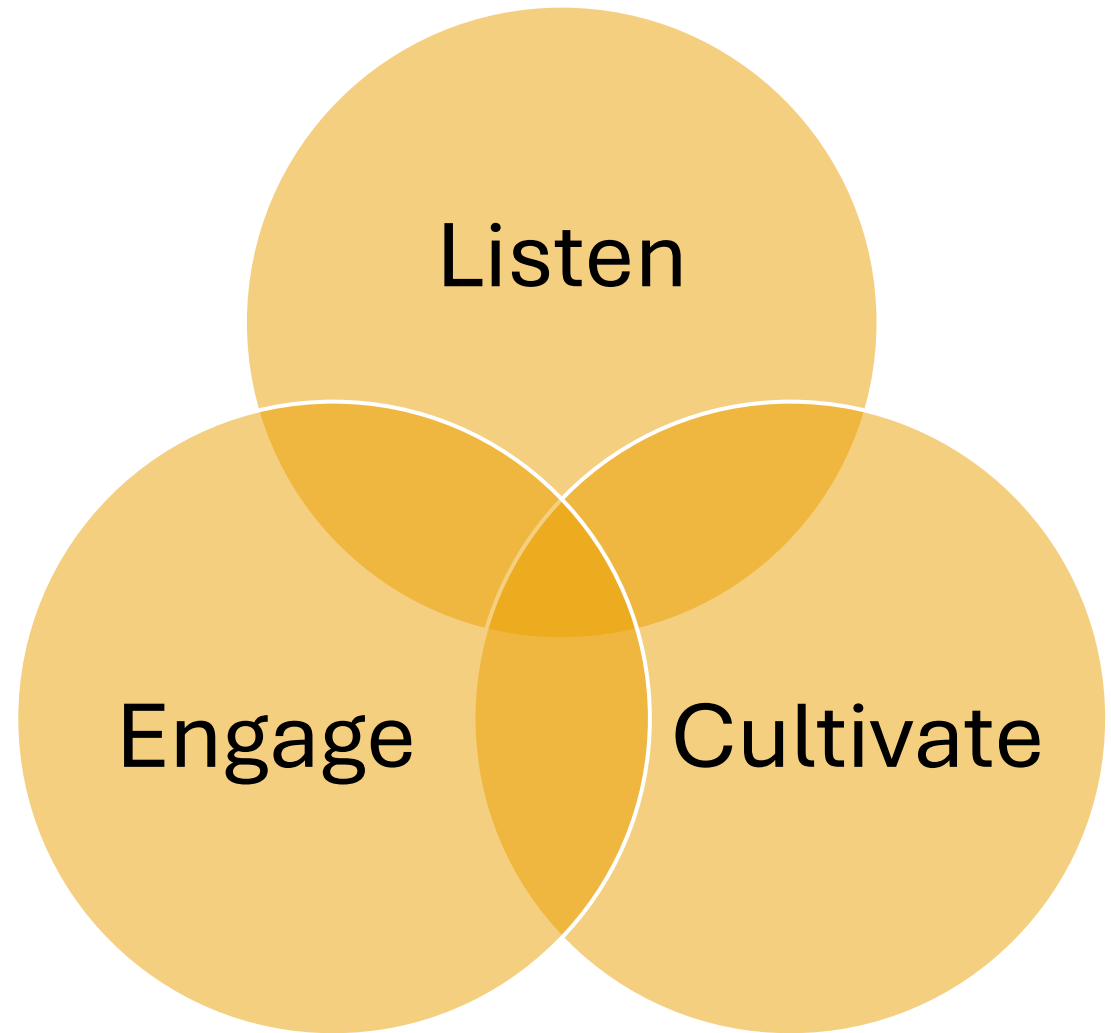


Movement V: Becoming A Cultivator



**How does
institutional
transformation
begin?**

*Relationships
before solutions.*



**Which commitment
needs the most
attention on your
campus?**



Monday Morning Leadership:

A Call to Action

- Be curious before being certain.
- Invite voices that are missing.
- Strengthen one relationship.
- Remove one unnecessary barrier.
- Leave one interaction stronger than you found it.



Healthy campus environments are intentionally cultivated.

*Every decision.
Every Relationship.
Every Environment.*

Connections → Conditions → Collaboration → Courage

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Thank you

What condition are we trying to cultivate?

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