



Building a Campus Well-being Collective

Lessons Learned, Early Successes, and Ongoing
Challenges

Amy Lanham & Steve Woita

July 22, 2026

Welcome & Introductions

- Who We Are
- Session Roadmap
 - Why the Well-being Collective was created
 - How it was built
 - Early wins
 - Challenges and pitfalls
 - Lessons Learned
 - Discussion & Q&A

Poll/Reflection Activity

- How would you describe your institution's approach to Well-being?

Why a Well-being Collective?

- Student Experience
 - Mental health concerns
 - Substance use concerns
 - Financial stress
 - Social isolation
 - Academic pressure
- The Institutional Challenges

Many campuses have:

 - Multiple committees
 - Multiple initiatives
 - Multiple experts

But not always:

 - Shared priorities
 - Shared outcomes
 - Shared accountability

UNL's Well-being Landscape

- Division of Student Life
 - Alcohol & Other Drug Education
 - Counseling & Psychological Services
 - Campus Recreation
 - Financial Well-being
 - University Health Center
- Academic Success Units
- Faculty and Staff partners

The CAS Framework

- Why CAS?

Provides guidance for:

- Shared responsibility
- Cross-functional Collaboration
- Population-level Well-being
- Systems thinking

- Key Takeaway

Well-being isn't owned by one department.

It's everyone's work.

Creating the Well-being Collective

- Initial Goals:
 - Reduce duplication
 - Bring stakeholders together
 - Identify priorities
 - Increase visibility
- What we did first:
 - Established membership
 - Created Steering Committee
 - Developed structure

Well-being Collective Structure



- Student Life
- Campus Recreation
 - Alcohol & Other Drug Ed.
- CAPS
- Student Advocacy & Support
- Residence Life
- Dining Services
- SLICE
- Culture & Community
- CARE
- Health Center

What We Got Right Early

- Early Successes:
 - Building relationships
 - Increased awareness
 - Shared language around well-being
 - Better understanding of campus resources
 - Greater visibility with senior leadership
- Anecdote:
 - The biggest early win wasn't programming – it was connection

Reality Check: Challenges We Encountered

- Pitfalls:
 - Competing priorities
 - Meeting fatigue
 - Defining scope
 - Measuring success
 - Balancing strategic vs operational work
 - Sustaining engagement

The Abbott Grant Opportunity

- Opportunity:
 - Large-scale funding opportunityAllowed us to:
 - Advance key initiatives
 - Increase visibility
 - Develop infrastructure
- Unexpected Challenges:
 - Capacity constraints
 - Focus shifted toward grant deliverables
 - Difficulty maintaining broader Collective momentum
- Key Lesson:
 - Success can create new challenges

Lessons Learned So Far

- Relationships before strategy
- Don't move faster than trust
- Shared language matters
- Expect uneven engagement
- Progress isn't linear

Small Group Discussion

- What is one barrier to collaboration on your campus?
- What is one opportunity for greater alignment?

Where We Are Today

- We're still building:
 - Strategic plan
 - Shared metrics
 - Coordinated assessment
 - Sustainable structure
 - Prevention-focused alignment

Practical Takeaways

If You're Starting

- Start with relationships

If You're Stuck

- Clarify purpose

If You're Growing

- Build assessment early

If You're Leading

- Celebrate progress

Questions & Resources

Contact Information

Amy Lanham

amy.lanham@unl.edu

Steve Woita

steve.Woita@unl.edu

Resources





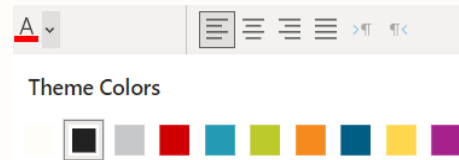


Template Tips

This Template meets [UNL brand standards](#) and provides users with an easy way to create on-brand presentations. Below are some tips that will make building the presentation a little easier.

- The default fonts are acceptable and available across all Microsoft Office products.

- [UNL's color pallet](#) is built into the template color theme. >

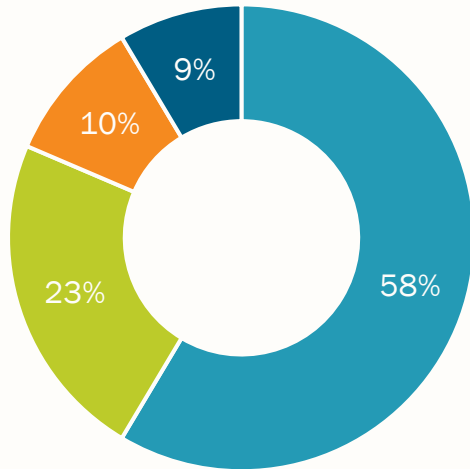


- When inserting a graph, chart, table, etc., it will automatically be styled according to brand standards. To adjust colors, use the built-in color theme.
- Slide numbers will automatically be included as slides are added. You can override this function if desired. Intro, Outro, Title and Section Title slides do not have page numbers.
- Using the Icons function in the Insert tab is an easy way to include consistent icons throughout a presentation.
- If inserting a photo with a transparent background into a grey placeholder block, you can remove the grey background color in the Shape Format tab.
- A variety of slide layouts can be found in the New Slide drop down menu in the Home or Insert tabs.

Questions & Discussion

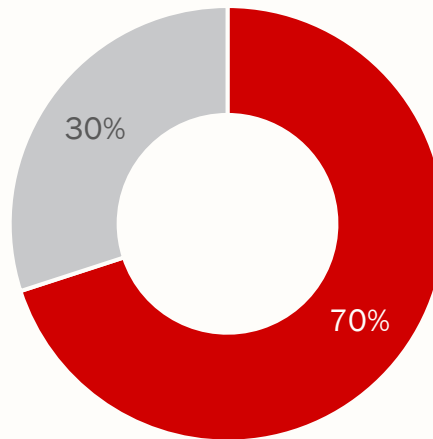
-

Chart Title



■ Data 1 ■ Data 2 ■ Data 3 ■ Data 4

Chart Title



■ Data 1 ■ Data 2

XX%

Metric description here

XX%

Metric description here

IN OUR
GRIT
OUR **GLORY®**