



# More Than Bricks and Mortar:

## Building an Inclusive Student Well-being and Health Center

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# Today's Journey

- Background about this project
- Building and design decision STRATEGIES that equitably promote well-being in a college health and wellness center
- Building and design THEMES/ELEMENTS which promote well-being
- Strategies for PROGRAMMING that equitably promote student well-being

*Acknowledgement:*

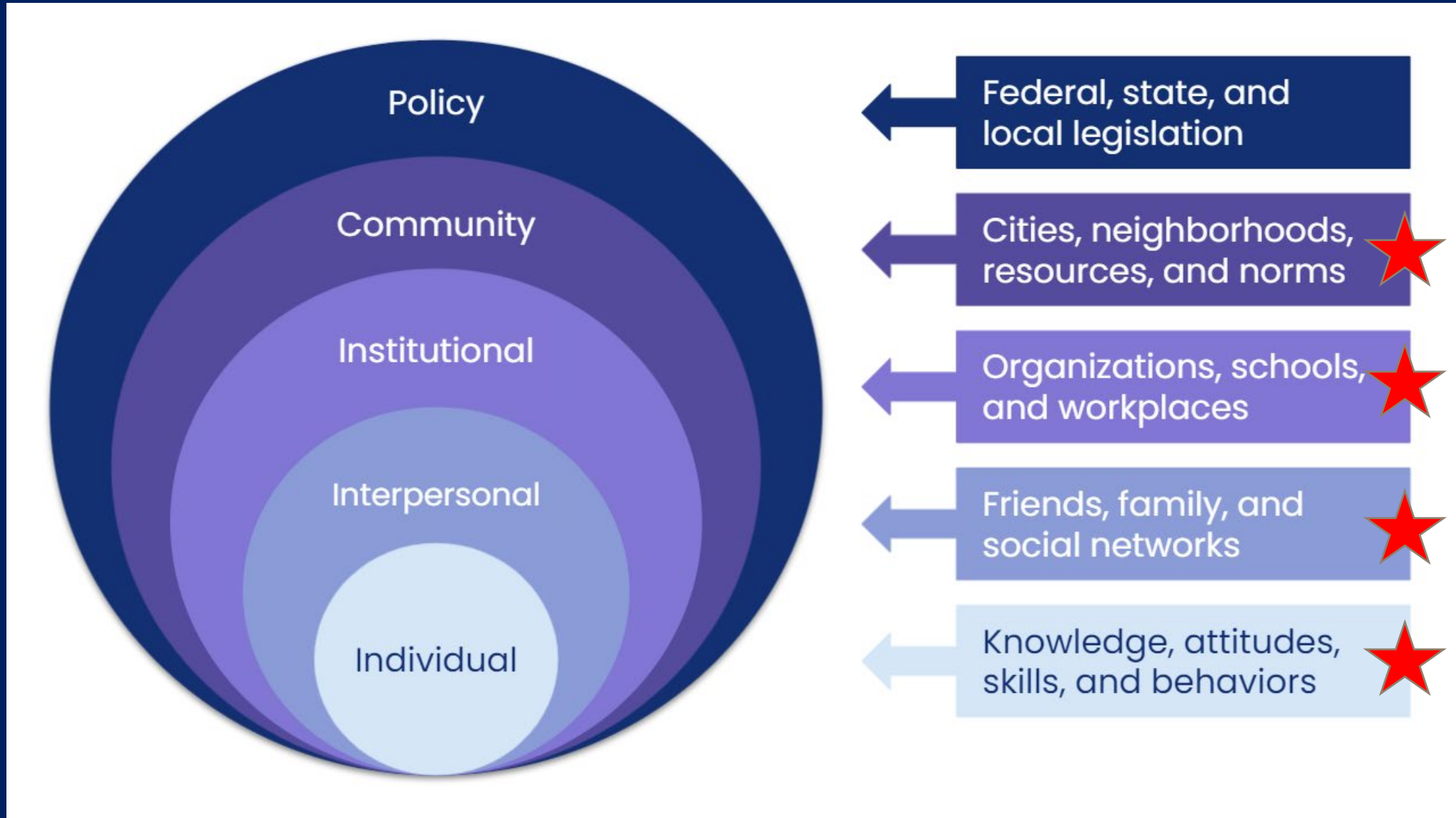
*Most building photography by Lincoln Barbour / Design by VMDO and Duda Paine Architects*



# Brief Project Timeline for the Creation of UVA's New Student Health and Wellness Building

- 2013 – Study on old building expansion
- 2015 – Feasibility study approved by the Board of Visitors to move forward
- 2017 – Selection of the Architects
- 2017-2019 – Research, focus groups, meetings with the Architects
- 2019 – Construction begins! And more research on furniture, equipment, AV, etc
- September 2021 – Moved in...

# Socio-Ecological Model



# Goals of Student Health and Wellness Project

- **House the Department of Student Health and Wellness**
- **Serve as a University Student Center**
- **Integrate within the new Green Street**
- **Create spaces that physiologically changes those who enter**

*“We are not just a sick-model center; we are also looking at, ‘What can we do for those students who are well?’”*

- Dr. Chris Holstege, Executive Director  
UVA Department of Student Health and Wellness

Goals of Student Health and Wellness Building

House the Department of Student Health and Wellness  
*in an equitable way for all units*



Goals of Student Health and Wellness Building

**Serve as a University Student Center**

*with a well-being lens that is inclusive of all students and actively teaches about the full spectrum of well-being*

**We value and respect all persons  
regardless of age, disability,  
gender identity or expression,  
national origin, race, religion,  
sex, and sexual orientation.**



Department of  
Student Health and Wellness





# Goals of Student Health and Wellness Building

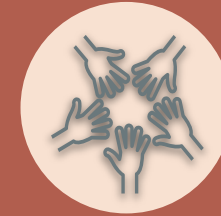
Space that physiologically changes those who enter through use of evidence-informed, welcoming and calming materials, light, scent, sound, etc.



# Building and Design Decision STRATEGIES that Equitably Promote Well-being



Review cross-  
disciplinary  
research



Involve all units  
and all staff



**Get input on  
EVERYTHING**



Visit other  
Universities and  
buildings



Bring in student  
voices for every  
aspect



Survey your  
staff - before  
and after and  
WAAAY after

# Simple Building and Design Elements that Promote Equity in Well-being

Some space is reservable, but much is not (removes competition for spaces)

Spaces are accessible, but equally important, WELCOMING.

Furniture is as diverse as our students' bodies.

# Accessible AND Welcoming Spaces



# Furniture



# Building and Design THEMES that Promote Equity in Well-being

- **Use of the natural world - Connectivity and Community through Earth's four spheres**
- **Spaces for social well-being**
- **Promoting movement**
- **Public health signage**
- **Diverse department means more holistic care**

# Building and Design Theme

## Use of the natural world





# Building and Design Theme

## Spaces for social well-being



# Building and Design Theme

## Promoting movement



# Building and Design Theme

## Public health signage

*Please* wash your hands

20-SECOND  
*well-being*  
ACTIVITY

*Think of one thing that  
brought you joy today.*

for at least *20 seconds!*

# Building and Design Theme

**Diverse department means more holistic care**





## Building and Design Spaces that Promote Equity in Well-being

- Art Therapy - equitable access when therapy group not in session
- Collegiate Recovery Program Safe Space
- Reflection Rooms (quiet, prayer, meditation, stretching - not prescriptive of what contemplation should look like)
- Lactation room
- Living Room vibe (ie, not a museum)



# Strategies for PROGRAMMING that Equitably Promotes Student (and Staff) Well-being

- Healthier
- Great co
- Collegia
- Teaching
- Peer He
- Student
- Outdoo



aces

g games)

# Are We Where We Planned to Be?

- Sign In for Room Usage
- Swipe In for After-hours
- Requests for Reservations
- Teaching Kitchen classes
- Providing Building Tours
- Observation
  - How many...
  - Doing what...
- Talking with Students
- Training Student Leaders
- Dust off staff survey?



Questions?