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### HSLIC Wellness Room

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# Wellness Room

2022 HSLIC Seed Funding Grant Recipient



HEALTH SCIENCES LIBRARY  
& INFORMATICS CENTER

THE UNIVERSITY OF NEW MEXICO HEALTH SCIENCES

# Goals

- Supply our students, including those with neurodiverse needs, with spaces to unwind, rest, and re-center
  - Accessibility through Universal Design
  - Trauma-informed care
  - Autonomous space
    - This means offering **options**



[University of Nevada, Las Vegas,  
Student Wellness Center](#)



## Why?

Pre-Pandemic we were already seeing higher rates of mental health issues within the health sciences

“The prevalence of depressive symptoms among (health sciences) students was 12.9%, significantly higher than in the general population, and was 16.1% among female students versus 8.1% among males”

Dahlin, M., Joneborg, N., & Runeson, B. (2005). Stress and depression among medical students: a cross-sectional study. *Medical education*, 39(6), 594–604. <https://doi.org/10.1111/j.1365-2929.2005.02176.x>



# Budget

- Initial request: \$1210.00
- Furniture, art supplies, sensory tools, lighting, and art
- Once the room was set up:
  - purchased surge protector, vacancy door sign, privacy film
- Saved \$300 for replacements
  - Ended up using this money for supplies for the large space



# Room Setup

- Space survey
  - Looked at individual study rooms
  - A lot of measuring, looking at existing furniture
- Choosing furniture
  - adaptable, small profile
- Choosing supplies
  - based on target community
  - tools to de-stress
- Lighting considerations
  - options for neurodiverse folks





# Assessment

- Focus groups have affirmed the reasoning for creating this space
  - “Live in the Library!”
  - Being inside and online all of the time leads to fatigue, so need resources to unplug
  - Having student focused wellness resources helps with issues mentioned regarding the North Campus gym
  - Having options for movement indoors is necessary to full wellness of students
  - A need for quiet space to unwind was mentioned many times
- In-room survey & Informal feedback
  - See sampling of feedback on the next slide



## Sample Feedback

Thank you. I found out my grandfather is dying today and I was able to know this room was here for me to come and have some quiet alone time and meditate/pray/cry. Thank you.

I had too much stress today. Laying down for 20 min. Helped me calm down and now heading to my exam! Thank you.

Just wanted to reach out about this room- I've already seen multiple people posting on Snapchat etc about how grateful they are to have a space to pray in and to unwind. This was such a great idea, and I wanted to just let you know how grateful all of us are for the library staff and everything you guys do 😊

“Love the Wellness Room and your launch speaker!! Well done. Thank you!!” -Vice President and Diversity, Equity & Inclusion Executive Officer





# Updates to original proposal

- Expansion opportunity
  - 316 renovation
  - Idea Board for larger space
- Expanded budget
  - New proposal request for \$1060.00
    - Furniture options
    - Acoustic padding
    - Comfort items (fake plants, blankets, pillows)
  - Used remaining \$300 from original budget



Ferris State University Birkam Health Center

# Conferences and Publications

- CLAPS Conference
  - proposal submitted and accepted
- ACRL Virtual Conference Presentation
  - planning to submit in Oct. for virtual conference
- Open Access Journal
  - Journal of the Medical Library Association



## Next Steps

- Set up Wellness Room in 316
  - hopefully before Fall semester
- Promote the new space
  - Twitter, Student Newsletter, etc.
- Continue to get student feedback



# Questions?

**Thank you to everyone who has supported this project!**

