Karen Calfas, PhD, Assistant Vice Chancellor, Health, Recreation and Well-being Cluster

Dave Koch, Director, Recreation

Reina Juarez, PhD, Director, CAPS

Regina Fleming, MD, MSPH, Director, SHS
Functional Structure of the Well-being Cluster

Program Committee and Peer Education

Well-being Cluster Student Advisory Board

CAPS
SHS
SARC
REC

Health Ed
8 Dimensions of Well-being

- Physical
- Social
- Emotional
- Occupational
- Financial
- Environmental
- Intellectual
- Spiritual
Continuum of Health & Well-being

Illness & Symptoms
No symptoms
Optimal Well-being
Goals and Principles

- Student Centered
- Comprehensive (8 dimensions of wellness)
- Multidisciplinary & Transdisciplinary
- Use a public health approach
- Integrated
- Evidence-based
- Skill development
- Innovative use of technology
Our View of our “Core/Critical functions” in Student Wellness

**CAPS:** Direct services for clients (individual and group counseling)

**Recreation:** Access to fitness programs and facilities for whole student body

**SARC:** Crisis counseling to victims

**SHS:** Direct patient care (appointments and urgent care)

**WC admin:** Administration only (no programming)
FitLife Occupational

The University of California San Diego sponsors the Fitlife Occupational program as part of its commitment to creating a positive, healthy work environment. Fitlife occupational is an ongoing injury prevention program for high risk employees. Fitlife Occupational also offers workshops on and off campus and in our community.

- Shoulder Salutations
- Functional Knees
- Back At It
- Down to the Core
- Injury Prevention

FitLife Occupational is a mobile physical activity and educational program. It has been proven to reduce injuries, illness and stress, increase stamina, and create a healthy and fit lifestyle on and off the job. UC San Diego it is supported by Environment, Health and Safety and Recreation.
WorkStrong

WorkStrong is a University of California system wide post-rehab program offered to employees who have sustained more than one worker’s compensation injury. It is referred by their treating physician, and is part of the employee’s worker’s compensation medical treatment. WorkStrong is free and provides the following:

- 12 weeks with a health coach who will implement corrective exercises
- Ergonomic workplace evaluation
- Nutritional counseling with a Registered Dietician
- Deep tissue massage therapy
- Six months of free access to campus Recreation centers
- Access to a full range of exercise classes offered through campus Recreation
- Access to campus or health systems wellness/health improvement programs
- Tools to integrate what you have learned into your daily life

Goal:

- Decrease the likelihood of future workplace injuries and improve the overall health of UC employees.
Thank You!