Introductions

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Agenda

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Introductions

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Center for Work and Family Life

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USC Healthy Campus

04
Q&A
Empowering Employee Work/life Wellness

Health & Well-being Program
Infusing health and wellness into policy, practice, and procedures with USC Healthy Campus; Health promotion and education programs.

Trainings and Groups
Talks, groups, and trainings especially tailored for departments on a range of wellness topics.

Critical Incidents
Crisis interventions for individuals and teams following high-impact events; Partnering with departments across campus to prevent and manage crises.

Help when and where you need it!
- Serving Faculty, Staff, & Post-Docs
- Cost-free, confidential, convenient
- Call us 24/7 at (213) 821-0800
- Email us at CWFL@usc.edu

Consultations
Workplace consultations for leaders to support, empower, and manage their teams; Orientations to health and wellness services for large groups, onboarding, resource fairs.

Coaching
Executive coaching for faculty, directors+, physicians to help them succeed in leadership roles; Coaches are International Coaching Federation-certified.

Short-Term Counseling
Problem identification, assessment, short-term, solution-focused brief intervention to help employees identify and resolve personal concerns that may affect their work; Support navigating health plan benefits for long-term counseling.
USC Healthy Campus

Individual / Personal Well-being
- Health & Well-being Promotion and Education (virtual or in-person)

Goal: Awareness, education, skill building, experiential learning, motivation, behavior change

Institutional Practices, Policies, and Systems
- Health in All Policies
- HR practices
- Faculty practices
- Healthy Equity
- Remote work support/Transformation

Goal: Embed and infuse health & well-being elements throughout USC

Leadership and Culture
- Healthy Campus Senior Leader Champion
- Culture Journey collaboration
- Advisory Committee
- Wellness Ambassadors
- Healthy Department Certification

Goal: Build the framework for creating a culture of health and well-being

Infrastructure and Sustainability
- Built Environment
- Sustainability
- Healthy Food Options
- Active Transportation
- Healthy Buildings and campus grounds
- Hydration Stations
- Ergonomics
SURVEY PURPOSE
Gather data to inform strategy, explore needs, and obtain baseline and annual outcome metrics to gauge program progress.

METHODS
Population includes USC Faculty & Staff across schools and units; Distributed annually each Spring via web-based survey.

CONFIDENTIAL
Responses will be anonymous, and data only shared in aggregate format; Will be able to share at the school/unit level.
Opportunities for Faculty to be part of Healthy Campus

**COMMITTEE AND WORKGROUPS**
1-2 hours a month to serve on the Advisory Committee or associated workgroups (topics TBD).

**COLLABORATE**
Serve as an expert resource, collaborate on programs, research/evaluation.

**INTEGRATE HEALTH & WELL-BEING**
Integrate health & well-being into academic practices – teaching, learning, research.

**ROLE MODEL**
Support, promote and inspire colleagues and students to live a healthy lifestyle.