



USC Center for
Work & Family Life

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Introductions

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Center for Work and Family Life

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USC Healthy Campus

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Q&A

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.



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**



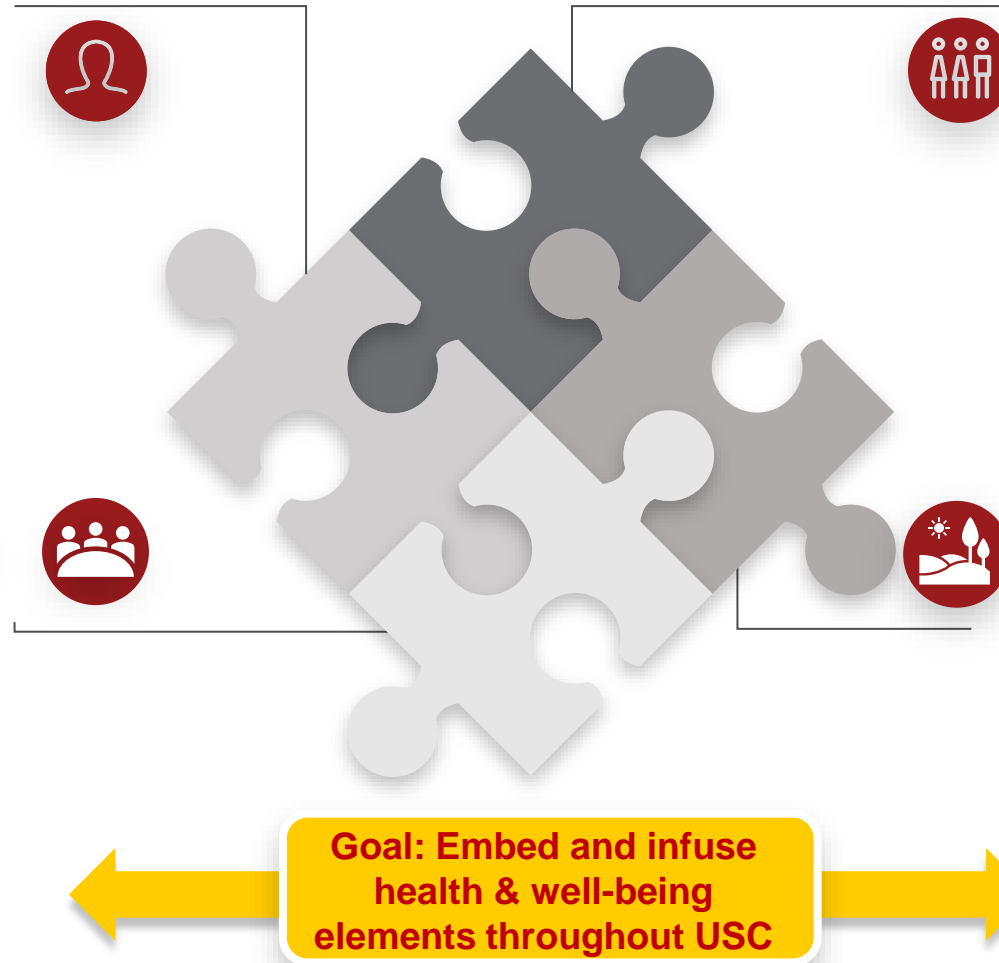
Individual / Personal Well-being

- 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



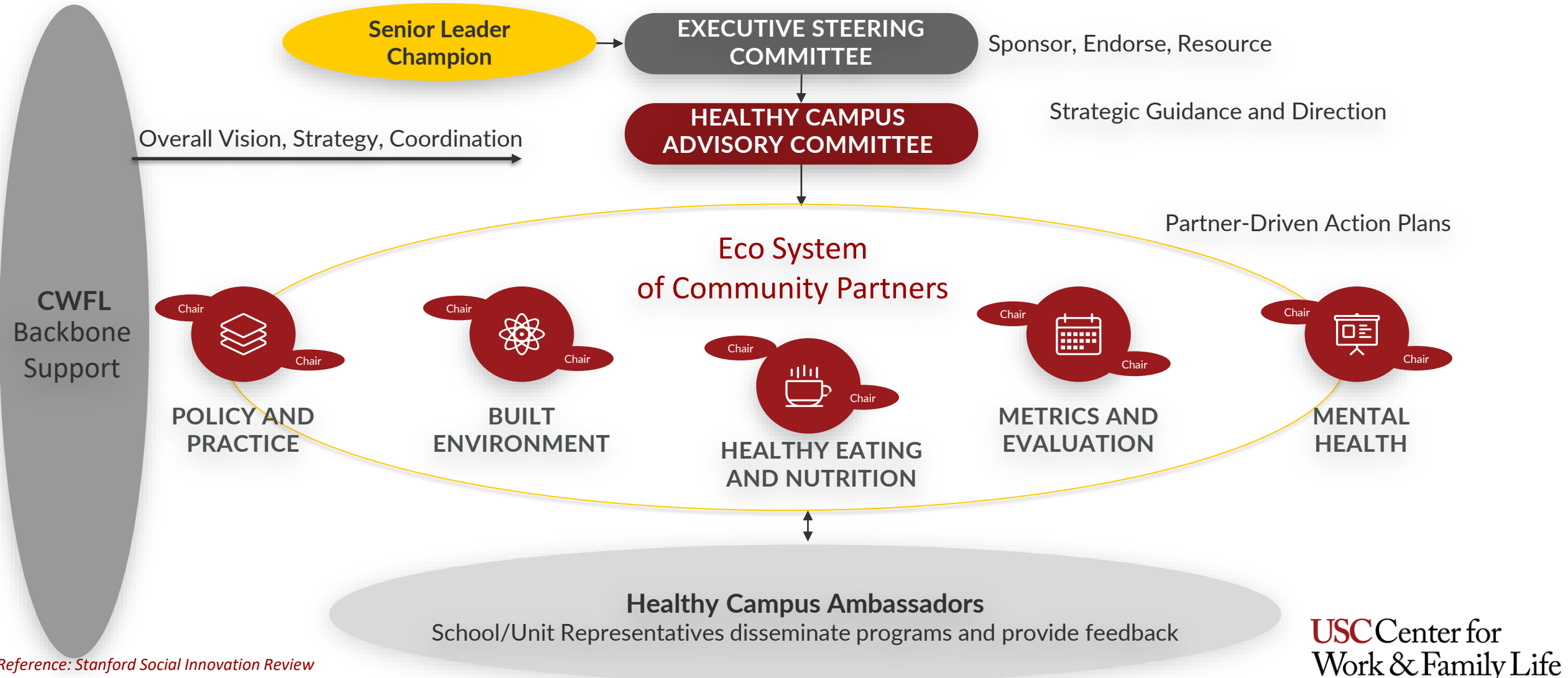
Leadership and Culture

- 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



Reference: Stanford Social Innovation Review
https://ssir.org/articles/entry/collective_impact



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.