



College Student Holistic Wellness

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New Mexico Legislative Health & Human Services Committee

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The Problem

- College students face a variety of medical and mental health challenges, along with health disparities.
 - Chronic medical conditions, depression/anxiety, substance use (legal and illegal), etc.
 - Financial, food, and housing insecurities
 - Pandemic exacerbated all



Student Holistic Development

- Social
- Emotional
- Physical
- Financial
- Academic



Our Approach – “meeting students where they are”

- Using an upstream approach to address social determinants of health.
- Improving macro-level systems while supporting students at the micro-level.

<https://www.youtube.com/watch?v=xYeAmafTGCA>

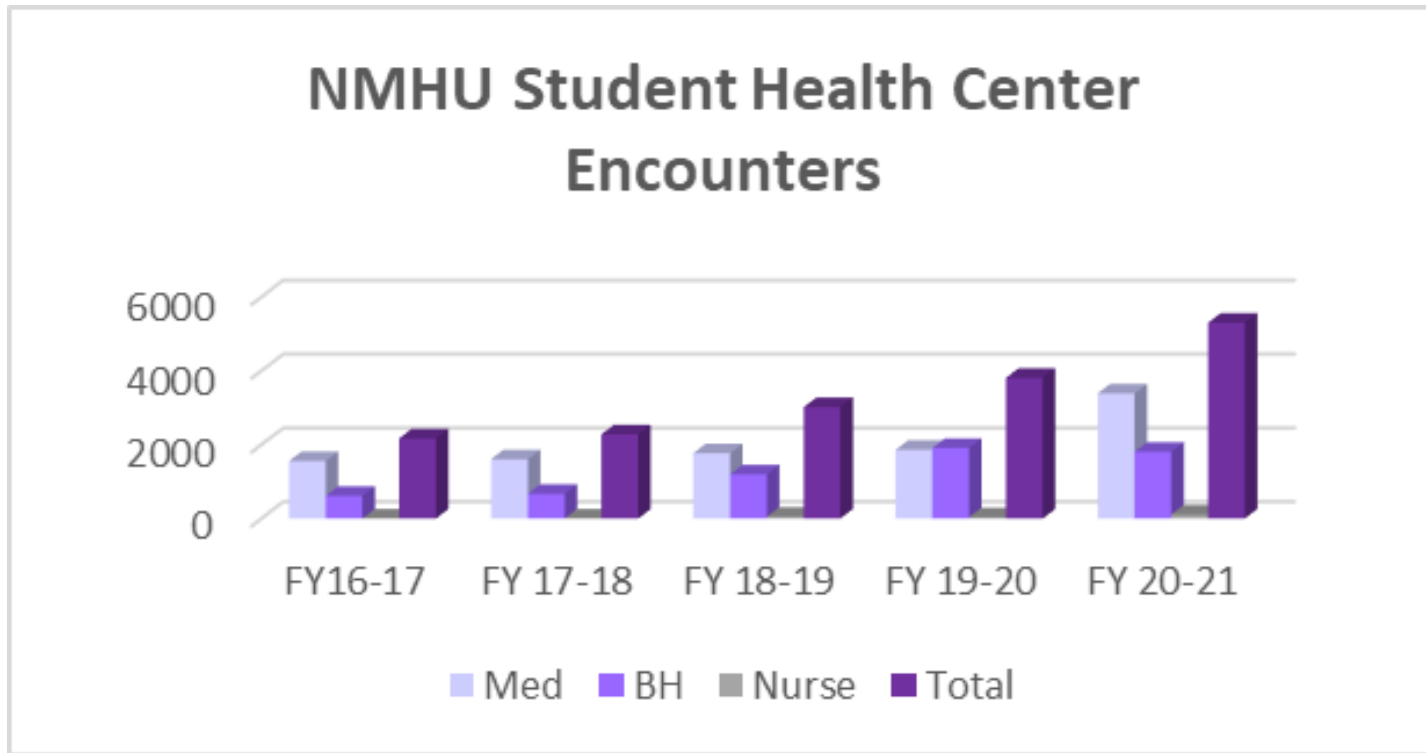


One Model

- Prevention Education
- “Just Health Screenings”
- Financial Literacy
- Integrated approach to care
- Student Behavioral Intervention & Support Team
- “General Store”
- Emergency Aid



Our Story



Future Opportunities

- Increased access to care via Telehealth services
- Care coordination on campus and in the community
- Dental care
- Local hub for college students



Questions?

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