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#Healthy DMU Enhancing your wellbeing

#Healthy DMU
A whole university approach

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What has it been suggested universities are responsible for?

- The mental wellbeing of students?
- Timely access to ‘treatment’?
- Keeping parents informed?
- Duty of care?

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What are universities actually responsible for?

- Duty of Care involves understanding remit, competence, appropriate boundaries
- Consumer Right considerations – are statements realistic?
- Equality Act requirements – Equality Act Technical Guidance
- Dfe statements around providing accessible learning environments
- OFS – requirements in relation to eliminating disabled and BAME attainment gaps

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What can Public Health Approaches contribute?

- Move from a service led approach to needs led approach
- Consideration of wellbeing needs on a population basis
- Moving away from a deficit based model
- Broad understanding of health based on people meeting their full potential
- Consideration of health inequalities e.g. BAME, Gender, Religion
- Gap analysis

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What we needed to do at DMU

- Improve compliance with the Equality Act
- Increase identification of mental health declarations
- Improve uptake of DSA
- Develop approaches to better consider engagement of BAME students and males
- Broaden approaches around wellbeing to meet the needs of the entire student body.

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What is Healthy DMU?

- Based on the ‘Healthy Universities’ concept – considering the needs of whole populations.
- Health and Wellbeing is about people having the opportunity to succeed not primarily about illness.
- A ‘whole university’ approach.
- Thinking about the needs of **all** students not just those who present to our services – changing **our** approaches.
- Anticipatory approaches as required by the Equality Act.

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Healthy DMU Key Principles?

- A whole university approach to student health and wellbeing
- Embedding health promoting & wellbeing behaviours within the normative culture at DMU
- Reduce student health and well-being inequalities
- Creating the opportunity for all students to reach their full potential
- Promote understanding of the close connection between health and wellbeing outcomes and academic outcomes
- A proactive approach to student skills development

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Healthy DMU Strategic Programme

- Thrive (Education and employment)
- Healthy DMU hub – https://www.dmu.ac.uk/healthy/index.aspx
- Staff Toolkit
- Training programme – in development

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Healthy DMU Related initiatives

- Universal Design for Learning including DMU Replay (2 million views)
- Single Point of Access (SPA) appointments
- Open Faith
- Healthy DMU masterclasses – move towards skills development

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