







MISSION

The Well at UCR empowers students to thrive academically and personally by providing comprehensive health education, resources, and essential supplies that support their overall wellbeing. Through strategic leadership and meaningful collaboration with campus partners, The Well develops, implements, and promotes evidence-based initiatives that foster healthy behaviors, build essential life skills, and cultivate supportive campus environments. Our holistic approach ensures that students are equipped with the tools and knowledge they need to maintain their health, achieve success at UCR, and carry these skills into their lives beyond the university.

2024-2027 STRATEGIC PLAN

The Well has completed or surpassed most of it's strategic goals ahead of 2027



Goal 1 Completed

Serve as the backbone for at least five projects or initiatives



Goal 2 In Progress

Be a host site for UCR's Master in Public Health program



Goal 3 Completed

Create and share a one-pager R'Healthy Campus annual report.



Goal 4 Completed

Increase fundraising by 25%



Goal 5 In Progress

Establish a pipeline program

SERVING AS A BACKBONE

Using the Collective Impact framework, The Well served as the backbone for Health, Well-being, and Safety to:

- Guide Vision and Strategy
- Support Aligned Activities
- Establish Shared Measurement Practices
- Build Public Will
- Advance Policy
- Mobilize Funding

40+

departments and offices received backbone support

100+

backbone activities and collaborations

AWARDS AND RECOGNITIONS

\$400K+ Raised for campus well-being efforts

2

Poster Presentations at ACHA Annual Meeting and NASPA Strategies Conference

2

Staff Assembly Get Recognized Awards

GROWTH

The Well experienced significant growth in various areas, including micromobility, student health services, and R'Healthy Campus efforts, for the 2024-2025 academic year compared to the 2023-2024 academic year.

The Well's Student Health Promotion Specialist increased the number of programs and tabling led and facilitated through Student Health Services

Total programs and tabling

Increased collaborative outreach on micromobility education, rules of the road, and device registration

Total micromobility tabling events

23-24 5

Increased outreach through tabling, presentations, and co-sponsored events for R'healthy Campus

Total participants at R'Healthy Campus events

2024-2025 IMPACT

Services & programs provided by The Well are open to & accessible by all 26,384 total undergraduate & graduate students. The Well accomplished all of its efforts with 5 professional staff, 18 student staff, & 170 peer health educators. The Well provided a total 42,787 individual supplies and had a total of 40,784 student interactions.

24-25 CAMPAIGNS & PROGRAMS

OFFICE VISITS - THE WELL & THE LOUNGE

GRADUATE

1511 †46%

SUBSTANCE USE Alcohol-Edu

21,082 Pre-Concert Safety Module

Naloxone Training

PUBLIC HEALTH Micromobility GlowRide

5,393 †44% CNAS HWS Presentations

MENTAL HEALTH Well-Being Walk-ins

Brave Spaces 6,520 † 41% Mindful Eras

SEXUAL HEALTH Sex Week
Lounge Chats

1,086 † 9%

TOTAL REACH: 34,081 ↑ 11%

MARKETING & COMMUNICATIONS

3.428 Instagram Followers † 18%

DIRECT SERVICES

TOTAL VISITS: 8,560 124%

TEA STATION

UNDERGRADUATE

6216 †26%

3,189 †72%

SLEEP KITS 1.610 †6%

SEXUAL HEALTH PRODUCTS

NTHFR

825

18,515

MENSTRUAL HEALTH PRODUCTS

6,334 †75%

COVID -19 TEST KITS PUBLIC HEALTH SUPPLIES

407 18%

11,594

NALOXONE KITS

493 †139%

QUIT KITS

FENTANYL TEST STRIPS

614

31

MIL ILUI UIII

TOTAL SUPPLIES DISTRIBUTED: 42,787



9,374 website clicks

435 listserv members

TESTIMONIALS



"Everyone in the Well is very friendly and the services are really helpful. Nothing makes my day better like getting a hot tea from the Well! Its so important to have these services on campus, especially the sexual wellness services."

"The Well was extremely helpful, especially when I would visit the office for period products. I am forever grateful."

"It's been amazing always having free, accessible health resources like contraceptives and menstrual supplies. I've never had to worry about forgetting my menstrual supplies or being caught off guard while on campus because it's so easy to just go to The Well and pick some up for the day."



WHERE WE ARE HEADING: 2025-2026

As we move into the upcoming year, The Well will begin a rebranding process, gradually introducing our new identity as **The Well - UCR's Well-being Strategist Office**. This shift more accurately reflects the scope and strategic direction of our work, emphasizing our commitment to holistic, inclusive, and evidence-based approaches that foster lifelong well-being and a thriving campus culture.

Aligned with our transition into the newly formed Holistic Health Division under the Health, Well-being, and Safety (HWS) Organization, The Well will continue to lead strategic health promotion, education, and well-being initiatives. Through strong collaboration with Mental Health Initiatives and Student Health Services, we are advancing a unified vision for holistic student success rooted in collective impact.

We will continue to embed the Collective Impact Model across our efforts and serve as a backbone support within HWS. Key initiatives planned for the coming year include the launch of a new text communication platform, a sustainable transportation program, the relaunch of our physical health education and promotion efforts, and a campus-wide nutrition program.

Reflecting on this past year, we recognize areas for growth and will be enhancing our health education efforts to better demonstrate impact through comprehensive data collection and analysis. Additionally, we plan to expand our walk-in service hours, strengthen our volunteer program, and extend support to the overall well-being of UCR students, faculty, and staff. These efforts are all part of our ongoing mission to provide the highest level of service and to position The Well as a leading strategic partner in promoting campus-wide well-being.

Acknowledgment:

This report was prepared by Marisol Torres and Jesus Gomez Manzo, with support from Dr. Connie Marmolejo.