UNIVERSITY of WASHINGTON

LIVEWELL

HEALTH PROMOTION & PREVENTION

IMPACT & UTILIZATION REPORT
ACADEMIC YEAR 2025-2026











ABOUT LIVEWELL

Supporting student well-being through confidential advocacy for survivors, substance use education, suicide prevention initiatives, peer wellness coaching, basic needs navigation, skill-building workshops, and engaging wellness events.

LiveWell offers a variety of services for students at the University of Washington in Seattle:

- Alcohol & Other Drug (AOD) consults
- Confidential Advocacy for survivors
- Events
- Peer Health Education workshops
- Peer Wellness Coaching
- Student Needs Navigation
- Suicide Intervention Program (SIP)

LiveWell services and programs are funded in part by student fees and are provided at no additional cost to students.

LiveWell equips students with lifelong skills to make intentional, healthy choices for themselves and their communities. LiveWell is committed to cultivating a culture of wellness that enhances the Husky experience — at the UW and beyond.

LIVEWELL

HEALTH PROMOTION & PREVENTION

Alcohol & Other Drug (AOD) Consults

Works one-on-one with students who want to learn about the impacts of alcohol or other substances in a private, non-judgmental setting

Confidential Advocacy

Supports individuals who have experienced sexual assault, relationship violence, or stalking

Confidential Advocates are **confidential** and **do NOT report** to the university

Peer-Led Health Education

Peer-led education on health and wellness topics through evidence-informed workshops

Peer Wellness Coaching (PWC)

One-on-one peer support for students on a variety of health and well-being goals, teaching evidence-informed skills and knowledge

Suicide Intervention Program (SIP)

Helps students experiencing suicidal ideation connect to resources for stability and safety

Student Needs Navigation

Helps connect low-income students to local and state resources to help address affordability and basic needs security

Stay in Touch

Location: Elm Hall 109
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To learn more about our services and programs, please visit our website wellbeing.uw.edu/livewell

LIVEWELL

HEALTH PROMOTION & PREVENTION

24,570

Students attended educational workshops and health promotion events

16,681

Students received outreaches, services, and support

Alcohol & Other Drug (AOD) Consults

8,409 personalized substance use online assessment and one-on-one consults

Confidential Advocacy

97 ***students*** **31** ***faculty and staff***

received individual LiveWell advocacy and support

Peer-Led Workshops

18,228 health education workshop student participants

Peer Wellness Coaching

109 student meetings with a Peer Wellness Coach

Suicide Intervention Program (SIP)

89 students received outreach from the SIP Coordinator

Student Needs Navigation

7,946 students received an outreach or individual assessment

AY 2025-2026 Services Snapshot

ALCOHOL AND OTHER DRUG (AOD) CONSULTS

Description

LiveWell Alcohol and Other Drug (AOD) Consultations offer students a **private and confidential space to reflect on their substance use**, learn harm-reduction strategies, explore impacts on health and performance, and find support for reducing or abstaining.

UW student feedback

- 100% of students that filled out the LiveWell AOD consultation feedback survey reported feeling comfortable sharing their experiences.
- 100% of students that filled out the AOD consultation feedback survey also...:
  - Felt that the AOD coordinator took the time to understand their situation.
  - Felt they were able to make their own choices about what they wanted to do or not do.
  - Indicated that they were connected to additional support and resources.

8,409

personalized substance use online assessment and student consults through 1-1 meetings

Key takeaways

- The total number of students who were referred to and engaged with the AOD coordinator doubled that of last year and tripled from that of two years ago.
- Self-referrals increased by 200% from last academic year, demonstrating students taking the initiative to locate services and engage on their own.
- 8,360 students completed the Alcohol eCHECKUP TO GO, up from 6,155 last year.

For more info, visit:
wellbeing.uw.edu/livewell/services/alcohol-other-drug-consults/

CONFIDENTIAL ADVOCACY

Description

Confidential Advocacy provides a safe and **confidential space for survivor support**, helping students identify what they want or need after an incident of sexual assault, relationship violence, or stalking has occurred.

UW student feedback

- 98% reported feeling the Advocate provided a safe environment to share their experiences.
- Clients state that they feel that they can trust CA with confidential information without being judged for their historical choices or present situation.
- Clients comment that they appreciate being able to access information without feeling pressured.

97 students

31 faculty and staff

received individual advocacy and support

Key takeaways

- AY25-26 saw an increase in intimate partner violence among students and staff. This increase may be the result of more individuals coming forward and finding support and does not necessarily indicate a rise in experiences.
- Alcohol continues to be a significant factor prevelant in sexual assault cases reported by students.
- All survivors who accessed services received care and support in addition to information on how to report to the University or the local police. LiveWell Advocates provide support to the individual through the reporting process for all those who requsted and reported.

For more info, visit:
wellbeing.uw.edu/livewell/services/confidential-advocacy/

EVENTS & WORKSHOPS

Description

LiveWell **workshops** and **events** occur throughout the year and in various formats, from UW Orientation and FIGs to scheduled events and community forums. Our workshops, events, and programs explore topics that build healthy habits, promote self-growth and connection.

UW student feedback

- 91% of students learned some or multiple useful skills and information from our workshops.
- 95% of students, when asked how likely they were to recommend the workshop they attended to others, would recommend our workshops.
- 90% of event attendees rated their experience 4 or 5 stars, and 85% indicated they were likely to recommend LiveWell events to other students.

24,570

students participated in a workshop or health promotion event

Key takeaways

- Health promotion programming expanded significantly, growing from reaching 6,328 students.
- 18,228 students attended workshops this academic year, up from 17,771, and Social Connection & Preventing Isolation became our most popular workshop.
- In our most popular workshop (Social Connection & Preventing Isolation), the skill or topic that most resonated with students was how to approach a conversation with a new person.
- In our second most popular workshop (Mental Health), the skill or topic that most resonated with students was emotional regulation.

For more info, visit:
wellbeing.uw.edu/livewell/health-ed/

PEER WELLNESS COACHING

Description

LiveWell Peer Wellness Coaching (PWC) provides one-on-one meetings to help students strengthen their well-being, build problem-solving skills, and make positive, intentional changes. Trained **peer coaches support students in reaching their well-being goals** using evidence-informed coaching and a strengths-based approach.

UW student feedback

- 97% of students end their PWC appointment rating themselves on a 3 or higher (scale 1-5) when asked about their confidence working on their stated goal at the end of the session.
- 100% of people report feeling the same level of self-efficacy or increased self-efficacy at the end of their appointment.
- Relationships, time management, and stress/anxiety were the top coaching subjects this year; last year, loneliness and social isolation topped the list.

109

Peer Wellness Coaching meetings

Key takeaways

- We saw an increase in graduate students this year.
- More students returned for follow-up appointments, with 35 of 109 meetings being return visits.
- The top two student demographics for coaching appointments were first-year students at 39% and engineering students at 35%.
- We will use a drop-in coaching model next year to increase accessibility for students.

For more info, visit:
wellbeing.uw.edu/livewell/services/pwc/

SUICIDE INTERVENTION PROGRAM (SIP)

Description

The LiveWell Suicide Intervention Program (SIP) provides **compassionate outreach to students experiencing suicidal thoughts or behaviors.** The SIP Coordinator connects students with support, assesses safety, and helps create an individualized plan for ongoing care.

UW student feedback

89

students received outreach from the Suicide Intervention Coordinator

- "I was relieved at how easy it was to talk to you [SIP Coordinator], I was scared to talk to someone but I'm glad I did. And it's nice to know you're here if I need help."
- For many students with suicide concerns that have not accessed mental health support before, they reported the SIP program to be "helpful to have someone to walk [them] through [accessing help] and what [they] can expect moving forward." For many, the initial SIP meeting helps to normalize accessing care.

Key takeaways

- Referrals to the program increased dramatically, from 52 to 89. While not all students needed formal SIP assessment, they are all aware of the program and received information on resources available to them.
- 50% of the students who demonstrated a need for additional care related to suicide concerns had no pre-existing relationship with a mental health provider, which further demonstrates the importance of SIP.
- Many of the students that did not meet the criteria for enrollment in SIP received additional support and were given information about or assisted with connections to other campus or community resources.

For more info, visit:

wellbeing.uw.edu/livewell/services/suicide-intervention-program/

STUDENT NEEDS NAVIGATION

Description

LiveWell Student Needs Navigation provides guidance and connections to food, housing, health care, and financial aid adjustments for low income UW students. The Student Needs Navigator connects students to local and state programs to **help address affordability and basic needs security**.

UW student feedback

- "I received many resources and an overview of so many necessities that I couldn't possibly list them. I am so grateful, especially as a non-traditional older student, for this help. I doubt I could have found these resources like this on my own."
- "She was very patient with me in understanding my situation and helped me with next best steps to fulfill my technology needs, she was very warm and also asked me what else could the team do for me."

7,946

students received an outreach or individual assessment

Key takeaways

- Targeted outreach of 817 students utilizing New Students and Transfer Program survey info for students who requested to receive basic needs resources.
- Students seeking food assistance doubled from the previous academic year.

For more info, visit:
wellbeing.uw.edu/livewell/services/student-needs-navigation/



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