

President's Message

Dear Colleagues,

I am excited and proud of the release of our third edition of the Building Healthy Academic Communities Journal. The editorial board has been working diligently to make sure you, the reader, receive the highest quality research and best practices to guide your wellness efforts on your campus. As an industry, academic wellness initiatives are gaining a lot of ground. Across the nation, I see more and more college campus' focusing their resources and energy to building sustainable cultures of wellness, to improve the lives of the students, faculty, and staff that live and work there. I talk to so many academic professionals, from the practitioners implementing the wellness charge, the parents of students, the staff in clinical settings, to the faculty incorporating more self-care into the curriculum – we truly are making great progress! But, as you know, we have a lot more work ahead of us. We need to make sure we have leadership buy-in, grassroots efforts, and environments that make healthy choices the easier choices, all of this which takes time. This is why it is so important to share what we are doing, talk with each other about our successes and areas of opportunity. We learn best from each other, so let's continue to implement research projects that promote wellness, identify gaps where we can make great impact, and focus on how to enrich the lives of the thousands of folks that are a part of our academic communities. I invite you next year to attend the 2019 BHAC Summit, taking place at Ohio State University, April 30 - May 1. Come present, listen, learn, and above all, network with each other so we can continue this journey together. The Summit and the BHAC Journal are terrific ways in which we can share our work and passion with each other.

Sincerely,

Megan Amaya, PhD, CHES

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