



Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus
School of Medicine



Organizational Wellness Assessment

Our mission at the Behavioral Health & Wellness Program is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals.

1784 Racine Street, Mail Stop F478
Aurora, Colorado 80045

Phone: 303.724.3713 Fax: 303.724.3717
bh.wellness@ucdenver.edu

www.bhwellness.org



School of Medicine

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

Organizational Wellness Assessment

The Behavioral Health and Wellness Program (BHWP) evaluates organization and employee wellness by collecting and integrating data from a number of sources. We use this data to provide comprehensive feedback and recommendations to support implementation of wellness initiatives at your organization. We work with you to create pragmatic and specific wellness solutions, assisting you to create, implement and maintain wellness programming that addresses the unique needs of your organization.

Workplace Wellness Survey

Our workplace wellness survey asks employees to consider first their personal wellness and then their wellness as supported by their workplace. Each dimension of wellness is represented by its own set of pertinent questions, exploring both personal and workplace-related questions. *Employees' responses will be entirely anonymous.* Survey results provide a dramatic overall picture of how employees feel about their wellness as it relates to their workplace.

Site Visit

BHWP team members tour your workplace to complete an environmental scan. We evaluate the facilities for environmental factors that may affect staff wellness, including access to healthy food, opportunities for physical activity, workplace safety, and other supports for employee wellness.

Focus Group and Key Informant Interviews

During the site visit, we facilitate group and individual interviews with organization leadership and key employees. These interviews are opportunities to learn about the organization from multiple perspectives.

Review of Current Policies and Practices

We evaluate the current programming that is being promoted at your organization as well as review current employee health benefits and health-related policies, including medical insurance, worker's compensation, and employee assistance programs.

Organizational Assessment Report

Once all data is collected, BHWP will analyze, integrate, and summarize the information. We interpret this information from the perspective of your organization's stated mission, goals, and wellness needs. You will receive a detailed report, describing the data from our assessment, and detailed recommendations based on your organization's unique needs. This information is useful to facilitate strategic planning, decision-making, and future action.

Ongoing Technical Assistance

As your organization takes steps towards your workplace wellness goals, we can continue to work with you to plan for ongoing success through rapid improvement projects, creation of meaningful and manageable program objectives, promotion of learning communities, and measuring and evaluating change. Our intention is to build momentum in your organizations' wellness initiatives and to foster a culture of wellness. Our ultimate goal is always to promote sustainable and effective change that is aligned with the rapidly changing healthcare environment.