

UNIVERSITY ACCOMMODATION

Title:	HEALTH AND WELLNESS IN RESIDENTIAL HALLS
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Purpose:	To set out principles and means for addressing health and wellness issues within the residential halls
Relevant To:	University Accommodation Staff Residents of Halls within University Accommodation portfolio
Responsible Officer:	Director, University Accommodation
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Related ANU Policies:	Disclosure of Information by Students with a Disability or Illness
Related ANU Procedures:	
Related UA Policies:	
Related UA Procedures:	

1 Principles

The ANU is committed to providing an environment within which the interests of University staff and students are equally promoted and safeguarded. The meaning of “interests” is expansive, embracing the whole sense of individual welfare. Thus, the Division of University Accommodation articulates the following “Health and Wellness” policy, giving expression to the regulatory and procedural framework underpinning the interests of residents within Halls of Residence at the ANU.

2 Health & Wellness Education in Halls

Students come to Halls of Residence at an age where they are making life management choices with regard to such matters as relationships, alcohol and drug use, study and work patterns and health maintenance.

The Halls of Residence admit concomitant responsibility to empower residents to make informed decisions about these complex issues. The Halls of Residence will conduct seminars and discussion groups, with the aim of assisting residents to make thoughtful choices.

The Halls of Residence also recognise the need to promote individual good health and general well being in their respective communities. Poor diet, skewed sleeping habits, over-commitment and inadequate exercise and recreation, can often combine to significantly undermine academic performance and potential. The Halls will actively promote and provide programs and opportunities for understanding and improving intellectual functioning and mental/physical health. The Halls will liaise with the University Counselling Centre and the Academic Skills and Learning Centre to support pastoral and academic goals, and with organisations such as the ANU Sport and Recreation Association and ACT Health as well as the ANU Health Service to find relevant and appropriate responses to student health and wellness issues (e.g. a quit-smoking program in Hall). The Halls will also work to provide a greater range of non-alcoholic based social events to assist in the same goal (e.g. a night at the local theatre, group entry in a fun run, a ski weekend).

3 Emergency Medical Procedures/Transport to Hospital

The non-emergency transport to hospital is a private matter. Where appropriate, the Hall will recommend the use of a taxi. Where a resident chooses to be taken to hospital in a private vehicle, the Hall will recommend that a friend, in addition to the driver, also travel with the person seeking medical care.

The only appropriate transport in an emergency is an ambulance. Ambulance costs are the responsibility of the person seeking medical care. It is highly recommended that Residents have health cover that includes ambulance travel.

If staff/functionaries accompany a resident to a hospital there is no requirement for them to remain after medical care has commenced.

3.1 Informing Emergency Contact Person(s)

As a general rule, informing the nominated emergency contact person(s) is at the option of the resident. However, in cases where there is grave concern for the health or well being of a resident, the Head of Hall may contact the emergency contact person(s) nominated by a resident in their Room Agreement.

4 Security in Halls

Security is everyone's concern, and residents are expected to play their part in this by:

- behaving appropriately, and ensuring that their guests/visitors do the same;
- notifying appropriate people of suspicious or dangerous incidents; and
- following appropriate instructions from ANU Security and authorised ANU personnel.

The Halls will maintain an appropriate regime, in conjunction with ANU Security, to assist in providing all residents with an environment that is safe and secure. The Heads of Halls will ensure that their staff and functionaries are appropriately trained to deal with security issues, including when issues should be referred to ANU Security or the Police.

Residents are responsible for the security of their personal property within the Hall.

5 Alcohol and Other Substance Abuse

Residents who have a recognised problem with the consumption of alcohol will be encouraged by Halls to seek professional counselling and advice. Halls will treat such residents with empathy and support, however inappropriate behaviour caused by the over-consumption of alcohol or any other drug in Hall will be dealt with in accordance with the disciplinary provisions contained in the Room Agreement and Hall Handbooks.

Residents are required to be aware of, and abide by, the legislation regulating liquor on the University's campus.

The Halls of Residence do not tolerate the possession or consumption of illegal drugs within the Hall, its grounds, or the grounds of the University. A Resident who breaches this policy may have his/her Room Agreement terminated immediately. Whether the Room Agreement is terminated is at the discretion of the Head, acting reasonably in the circumstances.

Should any resident self refer, seeking assistance to overcome addiction to an illegal substance, or if a resident is having problems with dependence to prescribed drugs (sleeping tablets etc), Halls will take all reasonable action within the law to provide support during this process.

6 Underage Residents and the Safeguarding of Minors

The Halls of Residence are dynamic communities made up primarily of adults, and there is limited capacity to adequately support and safeguard underage residents. Accordingly, students who will not reach 18 by the end of the forthcoming academic year will not necessarily be admitted as residents of a Hall. In determining whether to admit students who fall within this age category, the Head will take into consideration the background and maturity of the student, and the availability of alternative University approved accommodation.

The Head of Hall or Dean of Residents will meet with all incoming residents who are less than eighteen years of age to inform them about specific programs in place to assist them during this transition phase to adulthood.

Heads of Halls will ensure that appropriate alcohol-free functions are provided so that underage residents are able to be included in the structured aspect of the social life in their community.

7 Cleanliness

The Halls are to be maintained at an appropriate level of cleanliness, including common areas and the rooms of residents. This is required for a number of reasons, including health issues, fire safety, and to assist all residents and staff in the general enjoyment of the facilities provided.

Residents are responsible for ensuring that their rooms and shared common areas (such as kitchens, bathrooms, etc.) are left in an appropriate condition at all times. Halls may provide skills training in this area for residents who require it. The Hall is responsible for routine cleaning of all common areas of the Hall.

8 Short-term Illness

Halls accept the possibility that residents may suffer a debilitating illness that is neither communicable nor notifiable, for a short time. In such cases, the Halls undertake to extend every reasonable support, and to encourage residents in the pursuit of their studies.

9 Severe Psychological Distress

Where a resident seems to be showing signs of significant psychological distress (such as self-harming behaviour, symptoms of a psychotic episode or suicidal ideation), a designated staff member will attempt to ensure that appropriate support is made available. This may include consultation with and/or referral to health or counselling services including ACT Mental Health, University Counselling Centre, ANU Health Service or another health service provider. A 'Safety Plan' may also be developed in collaboration with the resident. As with a medical emergency, where there is grave concern for the health or well being of a resident, the Head of Hall may contact the emergency contact person(s) nominated by a resident in their Room Agreement.

10 Long-term Illness/Disability

In addition to communicable diseases, which may have a direct impact on the operation of a Hall, residents occasionally suffer from long-term illnesses or disabilities. Where a resident suffers from a long-term illness or disability that imposes a significant burden upon the Hall, and it is unreasonable for the Hall to continue to bear this burden, the Hall reserves the right to terminate a resident's Room Agreement.

Before considering whether to terminate a Room Agreement, the Hall will:

- advise the resident of the impact that their illness has upon the operation of the Hall and the other residents, and request permission to discuss the resident's condition with other areas of the University, including Disability Services Unit, the University Health Service and their academic area; and
- hold discussions with the above areas to examine alternative methods and reasonable adjustments that will enable the Hall to assist in the management of the illness.

See also the Disclosure of Information by Students with a Disability or Illness Policy: http://info.anu.edu.au/policies/Policies/Students/Other/Disclosure_of_Information_Student_Disability_Illness.asp.

Only if the above discussions/resultant actions do not produce an appropriate management process will the Room Agreement be terminated.

11 Disease in Hall

11.1 Communicable Disease

In the case of contracting an infectious disease such as measles, a resident should, if possible, leave the Hall for the infectious period. If this is not possible, the resident is to cooperate with the Hall to ensure in-house isolation by:

- restricting himself/herself to his/her own study bedroom and a dedicated bathroom area;
- avoiding common areas of the Hall;
- excluding himself/herself from any Hall activities during the infectious period;

- careful hand washing etc if the infection is contagious by that route; and
- care with coughing, sneezing in common areas, etc.

The Hall will provide assistance with the provision of meals and other personal needs, within the capacity of the Hall. The Head of Hall or Dean of Residents will advise the resident of the statutory or recommended period of isolation.

If there is a breakout of an infectious disease involving a significant number of residents, the Head will seek medical advice from University Health Service about how best to contain it.

11.2 Notifiable Disease

Where a person has a reasonable suspicion that a resident has a notifiable disease, they will refer the matter to the Head of Hall. Where the Head of Hall reasonably believes the resident has a notifiable disease, the Head will refer the resident to the University's Health Service or the resident's own GP for a medical assessment of whether the resident has a notifiable disease.

If the resident does have a notifiable disease the Health Service or GP is required to report the disease in accordance with the *Public Health Act 1997*. They (or the Chief Health Officer of the ACT) may direct the University (and the Hall) on how any public health aspect of the disease is to be managed within the University or Hall, where applicable.

If a resident fails to attend a GP examination on request of the Head of Hall, they may be excluded from the Hall until such time as they obtain medical advice demonstrating that they do not pose a disease risk to other residents.

If a resident who does attend a GP examination is required to leave the Hall because they have a communicable disease, their return to the Hall is dependent on them obtaining medical advice demonstrating that they are fit to return to Hall.

Where a resident is required to leave Hall because they have a communicable disease, the Hall will provide reasonable assistance to enable the resident to locate suitable alternative accommodation. Financial hardship for relocation will be assessed on a case-by-case basis.