



University Council

Via university.council@eur.nl

Date

03-05-2021

Subject

Response to letter of joining the Caring Universities consortium

Our reference

CvB/EB/LvS/275.690

Your reference

UR/MH/38424

Page

1/2

Department

Executive Board

Visiting address

Burgemeester Oudlaan 50
Erasmus Building
A2-10

Postal address

P.O. Box 1738
3000 DR Rotterdam
The Netherlands

T +31 10 408 1644

E ann.obrien@eur.nl

W www.eur.nl/English

Dear members of the University Council,

Thank you for your letter regarding participation in the Caring Universities (CU) initiative. First, we would like to apologize for the delayed response to your request. This was mainly due to the ongoing process with CU that we will describe in this letter.

Your request to the Executive Board was 'to assess whether EUR can join Caring Universities and support its mission'. In response to this, the EUR program Student Wellbeing has taken action to gain more insight into a) the wishes of the taskforce and University Council regarding CU, b) the data on the CU mental health screener and modules, c) the vision and future trajectory of the CU consortium and d) possible collaboration between CU and EUR on student wellbeing.

The following actions have been completed by the program Student Wellbeing:

- 1) January 2021: Following an email of the task force wellbeing to the director of Academic Affairs about joining CU, the program manager Student Wellbeing of the EUR had a meeting with the task force (this was before the EB received the letter from the U-council). Because the task force only had contact with the CU coordinator and did not yet have access to the intervention, we agreed that the CU partners would be asked about their experiences with the intervention and that a login code for the CU modules would be requested.
- 2) February 2021: the program manager Student Wellbeing gained information via CU consortium partners about their experiences with CU. They indicated that the collaboration in the CU-consortium works well, but that the CU modules were less used by the students than was expected. Actions on it were required according to them.
- 3) February - April 2021: the program manager contacted Prof. Dr. Pim Cuijpers (VU Amsterdam) and Dr. Sascha Struijs (coordinator CU) in February and received the official letter from the University Council to the EB in March. The EUR program team

had three meetings with Dr. Cuijpers and Dr. Struijs regarding the CU intervention data, the vision and future plan of CU and possible cooperation between CU and EUR. The main conclusion of both parties was that cooperation can be very fruitful and can provide a win-win situation for CU and EUR and ultimately the students because of the complementarity in expertise: CU is mainly focused on *indicated prevention* (for students who have already an elevated level of mental health problems) and the EUR approach is mainly focused on *universal prevention* (for all students regardless of level of problems). Moreover, CU develops non-interactive modules and the EUR is specialized in interactive, engaging modules. The next step for the EUR would be to join the CU consortium in the short term (which would imply access to the CU intervention for all EUR students) and to cooperate in further development of a joint offer to students, that include universal and indicated prevention. This trajectory suits well the call in the U-council's letter for a 'cooperative interuniversity approach'.

- 4) April 2021: the program manager informed the task force about the still ongoing process with CU and shared the login code to the CU modules with them.

We hope to have informed you adequately with this response and will update the task force about the next steps with CU.

Your sincerely,

The Executive Board of the Erasmus University Rotterdam,



Prof. dr. H. Brinksma

Chair of the Executive Board