

# August/September 2021 Impacts

56 community peer educators and “first points of contact” to help others build, find, and use resources for wellness, stability, and prosperity



After a fully remote year, the Health Worker Program is back in person with our student-led community education programs, accessible peer support services, steady self-care, and agility.



## Recruitment and Training

### New Health Worker Training on August 28-29, 2021

- All Unit Health Workers and New Health Workers engaged in two packed days of training before starting their new roles.
- Our Health Workers practiced their skills in active listening and peer-to-peer health advising, alongside learning more about on-campus resources and our community education initiatives to build their health promotion toolkit.



### Peer Health Assessment (PHA)

**Peer PHAs** (3/wk min, includes follow ups) Proactive, responsive and follow up 1 to 1 conversations by video, phone, text & **in person**. Attend community events regularly to meet people, initiate conversations and build relationships.

**Self PHA:** (1/wk max) Reflect on your self-care and/or HW performance plus/deltas. What resources might help? Record your action choice. (2 hrs/wk)

#### Karen's Top Tips:

- Absorb, explore, try, and stay up to date with resources
- Embrace “not knowing”; power of listening; “not the expert”
- Respect Privacy (at residence, at Tang, Confidentiality Agreement)
- Know and follow the PHA Protocols for Uncommon Situations
- Be visible, available, accessible

## Visibility 101

HWP 2021-2022  
Eyiunmi Laseinde, Unit 8 Coordinator  
Adapted from Tomas Herrero

**Thank you** to campus partners who continued to promote our **Health Worker Recruitment** for our remaining positions. We received applications from several phenomenal students. Applications for any remaining open positions are accepted on a rolling basis. Check our [website](#) for a list of open positions, as well for more information on PHC and IFC 2022 Health Worker Recruitment.

## Community-Wide Education

**Health Tips:** Health Workers make weekly fliers on pertinent college health issues and resources relevant to the communities they serve. Health Tips are more personal and relevant than ever. August/September topics included:

- Stress and Stress Management
- Alcohol, Other Drugs, and Harm Reduction
- Social Health and Relationships
- Sexual Health, Safe Practices, and Addressing Sexual Violence and Sexual Harassment
- Colds and Flu



**Health Tip Live:** Our team of Coordinators hosted 4 virtual community education events on specific health topics pertinent to the student population. 29 attendees to date.

- **Events from August/September:**
  - Friendly First Aid: Injury Prevention & Treatment
  - Communication Station!
  - The Power of Knowing Your Normal
  - Dealing with Decision Paralysis

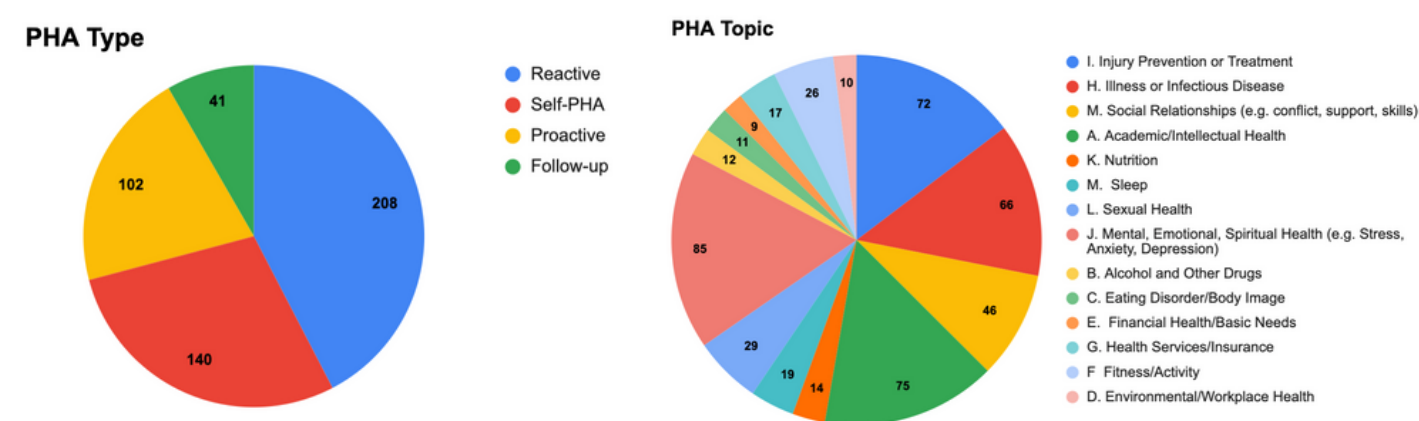
### IN CASE YOU MISSED IT...

All Health Tip Live events are recorded! Recordings are available at this [link](#).

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Karen Hughes, HWP Supervisor at 510-643-9073 or [khughes@berkeley.edu](mailto:khughes@berkeley.edu).



Peer Health Advising (PHA)



- Total: 491 PHAs
- Mental/Emotional/Spiritual health, Academic/Intellectual health, and Injury Prevention/Treatment were all top topics this fall as health workers supported students in their return back to life on campus.

HWP Spotlight - Meet Your Health Worker Social Media Highlights

At the start of the fall semester, our 43 Health Workers introduced themselves to the campus community as a whole through our first series of "Meet Your Health Worker" Instagram Story spotlights!

Meet Your Health Worker stories were posted across 4 days. With 200 to 400 views per story, Health Workers introduced themselves to more students than ever!

We would like to give a huge shoutout to Kat Madrigal Cheng, UHS Communications and Design Lead, and Julia Dunker, HWP Unit 4 Coordinator, who made these spotlights possible. Thank you for helping us reach and support more students in our community!

*"Being highlighted by the UHS social media story felt like I was really part of the Berkeley health community. It was wonderful!"*  
- Adyson Posner, Unit 4 Health Worker

*"I'm really proud that this project allowed Health Workers to share with the UC Berkeley community how they take care of themselves. It's really important to normalize consistent self-care for Cal students."*  
- Julia Dunker, Unit 4 Coordinator

Meet Your UHS Health Workers!

Name: Yihyun  
Location: Unit 1  
Favorite #BeWellCal activity: Knitting

Meet Your UHS Health Workers!

Name: Eniola  
Location: I-House  
Favorite #BeWellCal activity: Reading while listening to soft instrumental jazz

Meet Your UHS Health Workers!

Name: Mohit  
Location: Panoramic/Enclave  
Favorite #BeWellCal activity: Going to the gym

Successes

- We have been successfully holding in-person classes, where Health Workers can more meaningfully engage in dialogue about the health topics at hand.
- Health workers have returned to supporting students in-person and have are once again offering physical resources.
- We have expanded our Academic Departments branch to include the Psychology, African American Studies, Ethnic Studies, and Gender and Women's Studies departments.

Challenges

- Like many other students, Health Workers have been navigating social fatigue, all while still supporting the health of students in their communities.
- While we are glad to be back in person, our HWP class is held away from our normal location in the Tang Center. Navigating discussion section and classroom setup has been a challenge.
- Recruiting students to live on-site and be Health Workers for the on campus residence halls appears to be a challenge once again.