

August-September 2022 Impacts

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



The Health Worker Program started the 2022-2023 academic year with high energy! As an ever-changing program, we are thrilled to share with you all of the new developments and successes of Fall 2022 thus far.

Recruitment and Training

2022-2023 New Health Worker Training

- **August 27-28:** We started off the semester by training for all of our Health Workers starting their term this Fall.
- This immersive and interactive 2-day training included cultural humility and anti-racism training, peer counseling practice, goal-setting, and more.

Ongoing Recruitment

- Much of our energy at the beginning of the semester was devoted to continual recruitment to fill our open positions.
- Open positions still remain in Unit 4! Please spread the word.

Weekly Training

- Every week, Health Workers engage in ongoing training on a specific health topic.
- We want to thank all of our guest speakers who took time to contribute to our ongoing training!
 - Tami Cate (UHS)
 - Robin Mills (Sexual Health Education Program)
 - Ashika John (Path to Care)
 - Becca Gardner (Collegiate Recovery Program)
 - Bears for Financial Success
 - Officer Jessica Perry (BPD)
 - Sara Sloan (UHS)



For more information visit HWP webpage, uhs.berkeley.edu/healthworkers or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or laurenmagdaleno@berkeley.edu.

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Community-Wide Education

Health Tips - Health Workers make weekly flyers on health issues and resources relevant to their communities. August - September topics included:

- Stress Management
- Sexual Health and Safe Sex
- Understanding and Preventing SVSH; Supporting Survivors
- Alcohol and Other Drugs

From August to September, 130+ unique Health Tips were posted via online mediums & physical locations — reaching thousands of students.



Peer Outreach: Academic Department Wellness Presentation

As we return to normalcy, we have begun hosting peer education workshops with campus departments! This has been a phenomenal way to support students who may not have Health Workers in their academic departments or living spaces.

On September 29th, Julia Piccirillo-Stosser, our Academic Departments Health Worker Coordinator, hosted a wellness workshop with L&S Sophomore students.

Any departments that are interested in hosting a peer wellness presentation can reach out to **hwpcoordinator@gmail.com** to schedule!



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It was wonderful to hear the discussion you facilitated with our class' students. I appreciate how the student perspective you bring elicits deeper disclosure, reflections and questions. I hope your encouragement and resourcing supports a few more of us to tend to our wellbeing.

- L&S College Advisor

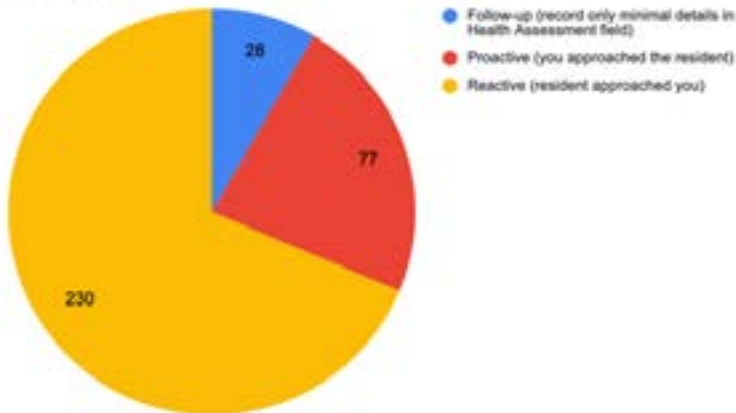
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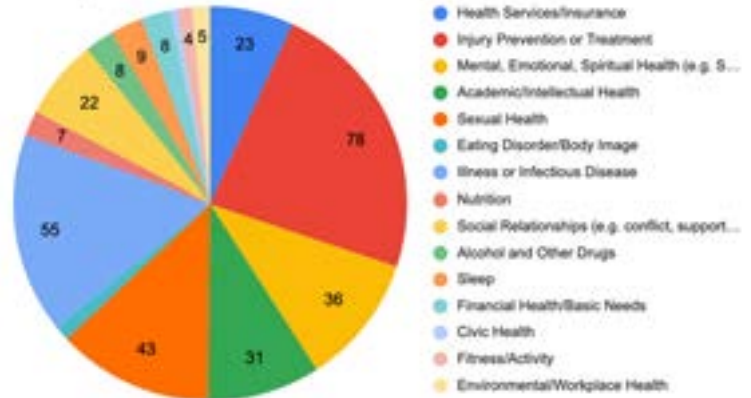


Peer Health Advising (PHA)

PHA Type



PHA Topic



- Total: 335 PHAs
- Total Time Spent on PHAs: 5,280 minutes
- The most pressing PHA topics for students were: Injury Prevention & Treatment, and Illness and Infectious Disease, and Sexual Health.
- Of the 335 PHAs with residents, 262 (> 78%) were first-time conversations between a resident and their Health Worker.

Read the examples below for a glimpse into some real scenarios our Health Workers supported residents with this semester.

“ This week, a resident approached me asking for resources for a rash... She had the misconception that Tang would not help her without SHIP. I reminded her that all Cal students are eligible for treatment at the Tang Center regardless of whether they have SHIP or not.

“ As I was putting up the HT for this week, a resident approached me and said that this week's tip was very helpful to them! They appreciated that Berkeley had a lot of sexual health resources.

“ Discussed resident's interaction with the Advice Nurse, resident found it to be a super helpful resource, said they will definitely utilize it again in the future.

“ She was worried about walking home alone and I suggested Bear Walk to her... She used it and our manager said he'd never heard about it but is going to send it out to the workers so they can use it after their late shifts. Resident said it was a success and would use again!

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HWP Spotlight - Incoming Program Director: Lauren Magdaleno

After 10+ years with the Health Worker Program, our Program Director, Karen Hughes, is preparing to transition out of her role and pass our program onto our incoming Program Director — Lauren Magdaleno.

We have spent these first couple months of the semester introducing Lauren to the role of Program Director! She has been taking on her responsibilities with grace, efficiency, and enthusiasm.

We are so thrilled to have Lauren on our team and we are eager to see how she brings her own personal touch to the program over time.



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Being a part of the leadership team for the Health Worker Program has been a truly rewarding experience so far. It's inspiring to see the work you put into teaching and training lead to positive outcomes in the campus community. I'm so proud of our Health Workers and I'm excited to see what else they will achieve this semester and academic year!

Successes

- **Team Bonding.** Since our in-person training, our Health Worker teams seem to have bonded and continue bonding weekly during discussion section.
- **Proactive visibility efforts.** With the energy of the new semester, several of our Health Workers have been conducting extensive outreach to ensure students are aware of our program and services.
- **Transitioning new Program Supervisor.** Transitioning Lauren into her new position has gone smoothly and she has taken great initiative leading meetings and program planning.

Challenges

- **Attrition and turnover.** At the beginning of the semester, we tend to have some program attrition. Balancing program attrition with ongoing recruitment for open positions has been time-consuming and challenging for our Coordinator team.
- **Midterm Exams.** As midterm exams come around, we have seen the energy of the beginning of the semester die down. With that comes difficulty managing Health Worker responsibilities with academic demands.

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