

# Fall 2023 Impacts

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 2023-2024 academic year off with a bang! We are excited to share with you all the amazing accomplishments and developments that had taken place this Fall.

## Recruitment and Training

### Fall 2023 New Health Worker Training

- To kickstart the semester, we started off with two days of training on **August 26th and 27th** for all health workers starting their term of service this Fall.
- By the end of their training, our health workers were well-versed in creating health tips, conducting peer health advisings, time management, and much more.



### 2023 New PHC Health Worker Orientation

- On **December 5th**, 7 new PHC health workers began their term of service for the 2024 academic year with a quick overview and introduction to the Health Worker Program.



### New Coordinators

- Congratulations to our new PHC Health Worker Coordinators for 2024. We are so excited to have you on board!
- Thank you to our outgoing PHC Coordinators for all of your dedication and hard work this past year! You will be dearly missed!

Thank  
you!

Thank you to all our guest speakers this semester for their time, knowledge and passion. A big thanks also to our outgoing 2023 Health Workers! We wouldn't be where we are today without your dedication and hard work!

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or [laurenmagdaleno@berkeley.edu](mailto:laurenmagdaleno@berkeley.edu).

# Fall 2023 Impacts

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



## Community-Wide Education

**Health Tips** - Health Workers make weekly flyers on health issues and resources relevant to their communities. Fall 2023 topics included:

- Preventative Health
- Sexual Health
- Alcohol and Other Substance Use: Harm Reduction
- Workplace Wellness and Ergonomics
- CSA training
- Social Determinants of Health
- SVSH Prevention
- Environmental Health: Ecogrief

From August to December, unique Health Tips were posted via online mediums & physical locations — reaching thousands of students every week.

## Health Tip LIVE

Our Health Workers displayed exceptional dedication to their community by organizing numerous in-person education events focusing on relevant health topics.

### Event topics included:

- Energy and Sleep
- Stress Management
- Financial Health
- Self Care
- Hygiene
- Sexual Health
- Women's Health
- Nutrition
- Alcohol Safety
- Mental Health
- Narcan Training

### In Spring 2023:

35 community education events  
Over 1500 students reached!

**THE SOCIAL DETERMINANTS OF HEALTH**  
Oct 5, 2023  
Health Tip #6

At Berkeley, you can easily find supportive teams that help you be successful in every criteria of the social determinants of health (SDOH). These are the conditions in which people are born, grow, live, work and age.

**The Social Determinants of Health**

Each person's overall health is determined by a variety of factors, including genetic factors, lifestyle choices, and also the conditions in which they live or grow up in. Economic stability is directly related to good health. Less stable communities may be subjected to worse environmental hazards, and having access to more nutritious (and usually more expensive) food is better for one's health. This makes resources such as those listed to the right important within all communities!

**Dear Oski,**  
What are some on-campus resources I can turn to for support on my well-being?

- Basic Needs Center: food, housing, finance
- Career Center: research hub for jobs and internships
- UC Berkeley Financial Aid and Scholarships Office: financial aid support for better education
- Student Learning Center: free and accessible academic support system for students by students
- Night Safety Services: UC Berkeley Police Department (BearWalk)
- Be Well at Work: supports employees and staff
- Gender Equity Resource Center: Cal community fostering a safe and inclusive community

**Resources**

- <https://shorturl.isma13k>
- [https://www.vout.uisi.com/watch?v=5h\\_ksm8RaEg](https://www.vout.uisi.com/watch?v=5h_ksm8RaEg)

**Tang Center Hours**

General: M-F 9-4, Sat/Sun 10-4  
Urgent Care: M-F 8:30-4  
Advice Nurse: (510) 643-7197  
Counseling: M-F Virtual Services 8-5  
Tang Number: (510) 642-3000

**Your Health Workers**

Jia Jin He, (415) 326-5688  
[jiajinhe@berkeley.edu](mailto:jiajinhe@berkeley.edu)  
Andrew Park, (415) 630-3853  
[andrewjpark@berkeley.edu](mailto:andrewjpark@berkeley.edu)  
Camille Wiener, (661) 670-4677  
[camillewiener@berkeley.edu](mailto:camillewiener@berkeley.edu)



For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or [laurenmagdaleno@berkeley.edu](mailto:laurenmagdaleno@berkeley.edu).

# Spring 2023 Impacts

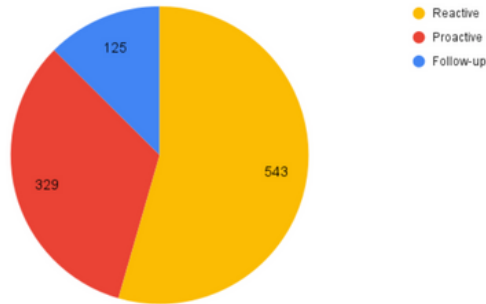
community peer educators and “first points of contact” to help others build, find, and use resources for wellness, stability, and prosperity



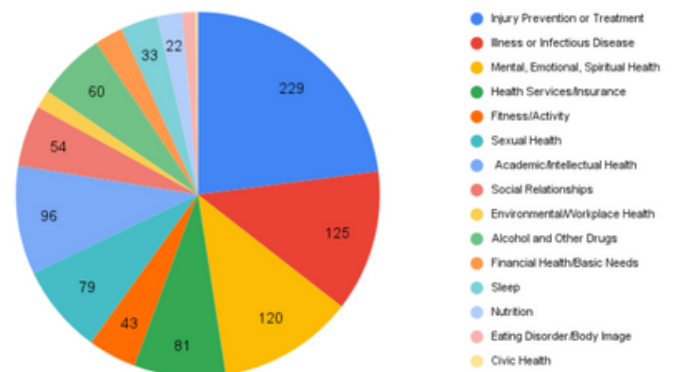
## Peer Health Advising

Health Workers conduct Peer Health Assessments (PHAs) with residents, which are one-to-one proactive, responsive, and follow up conversations about health concerns.

Type of PHA



PHA Topic



From August to December:

- Total: 998 PHAs with residents
- Total Time Spent on PHAs: 13,228 minutes
- The most common PHA topics for students were: Injury Prevention and Treatment, Illness or Infectious Disease, and Mental, Emotional and Spiritual Health.
- Of the 998 PHAs with residents, 655 (> 60%) 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.**

“ I saw a resident looking at the posters on my bulletin board about services from PartySafe@Cal. We talked about concerns they may have with substance use. I suggested the Harm Reduction Expansion Project on my health tip, which also allowed me to bring up services offered by the Collegiate Recovery Program. Though the resident herself didn't need the resources, she was worried about her freshman roommate who would often drink a lot at parties and wanted to know of resources that she might be able to recommend to her friend ”

“ I spoke to a resident concerned about not being able to afford care for an ongoing skin condition. They've been putting it off because of the potential cost for appointments and medication. I told them that they may be eligible to receive and use the Health Opportunity Fund to pay for any expenses at the Tang Center ”

“ I was studying in a lounge and a resident was there ... She told me that she's overwhelmed and her classes are too hard. I told her about the SLC and offered to make a study schedule with her... We updated her bCalendar and made scheduled times to study and relax. ”

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or [laurenmagdaleno@berkeley.edu](mailto:laurenmagdaleno@berkeley.edu).



# Fall 2023 Impacts

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



## HWP Spotlight: Representing the Health Worker Program at the Student Affairs State of the Division meeting

Our amazing Unit 1 and 2 Coordinator, Tatiana De La Sancha, was invited to speak on a student panel at the Student Affairs State of the Division meeting. This student panel of four exceptional students, each hailing from unique backgrounds, shed light on the experiences of student workers and volunteers and emphasized the importance of building courage, confidence, and connection.

Using the voices of current students, the Student Affairs State of the Division meeting aimed to highlight the transformative power of student involvement



“It was a great experience in which I had the opportunity to discuss the Health Worker Program and how we support our peers. I believe it not only increased awareness about our wonderful program but also helped people understand its importance. I loved being able to showcase the HWP!”

-Tatiana De La Sancha

### Successes

- **Health Tip Live Turnout.** We saw an increase in turnout to many of the Health Tip Live events. We are hopeful that this trend will continue into the next semester
- **Amazing guest Speakers.** We were able to invite many guest speakers this semester, both new and returning. Each guest speaker provided valuable insights and knowledge to our students, enhancing their learning in the process.

### Challenges

- **PHC recruitment.** We struggled with PHC recruitment and retention this semester. Many chapters still have open positions despite numerous outreach attempts. We will continue to actively recruit for these positions in the Spring.
- **Motivation during Midterms.** Some of our healthcare workers struggled with staying motivated during midterms. We hope to continue providing resources and support to our health workers as they encounter stressful situations.

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or [laurenmagdaleno@berkeley.edu](mailto:laurenmagdaleno@berkeley.edu).