

October 2020 Impacts

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



October flew by because we were having a lot of fun engaging, educating and empowering our peers! We settled into our routines and saw the impacts of our work!

Recruitment and Training

- Shout out to our amazing Student Coordinator Team and their grand help this fall!



- Along with Karen Hughes, these seven Res Hall and three Greek Coordinators plan & administer the program and g train and mentor the Health Workers.
- **PH197 guest speakers included:**
 - Robin Walley LCSW, UHS Alcohol and Other Drug Specialist
 - Dr David Presti, PhD Dept of Molecular and Cellular Biology Professor
 - Dr. Kristi Panik MD, UHS Psychiatry Director
 - Poojan Karnik, SHEP Health Educator

Spotlight: Use a Free Tang Resource

- Every month, HWs personally use a free UHS or other campus wellness resource to help them better describe it in detail and refer it to others.

"I've already had a couple health workers stop by drop in nutrition counseling - great job encouraging them to try out services!" - UHS Staff

"I was able to learn a lot about internship & job opportunities I was not aware about before" -Unit 8 HW

- **Popular this Month:**
 - **Student Learning Center Drop-In Services and Study Groups**
 - **Career Center and Career Counseling**
 - **Drop-In Nutrition Counseling**
 - **UHS Advice Nurse**

Community-Wide Education

- **Health Tips:** weekly fliers on pertinent college health issues and resources. October topics included:

- **Social Health and Relationships**
- **Alcohol and Other Drugs**
- **Brain Health**
- **Sexual Health**



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- **Social Media:** Health Workers' tips and experiences featured on the [Be Well Cal Instagram](#).

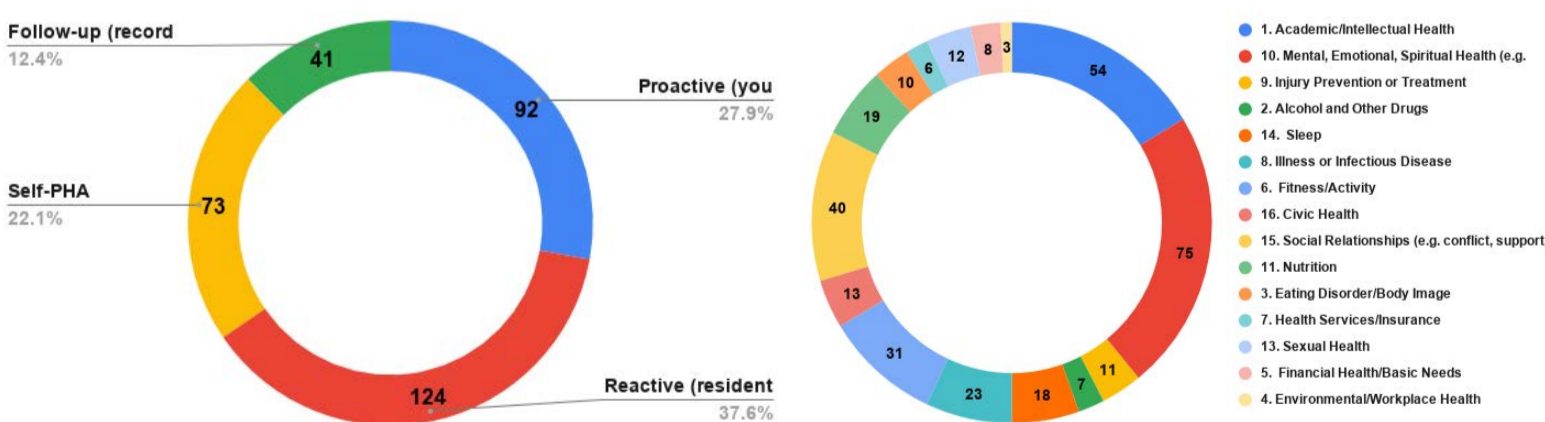
- **October Health Tip LIVE Calendar:**



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Peer Health Advising (PHA)



- More students reached out to us for support (reactive)
- Health Workers initiated more engagement with their communities (proactive)
- 330 PHAs this month - 45% increase as compared to last month!
- Top Topics: *Mental, Emotional & Spiritual Health*

Successes

- Though fully remote, Health Workers still found ways to support and appreciate each other.
- HT LIVE cross-unit teams brought new levels of personality, passion, planning to their presentations! [Recordings online](#)
- HW Performance Review and Planning - the experience of reflecting on previous period's goals and performance helped both Coords and HWs re-center and re-energize for the rest of semester.

Challenges

- Updating "Real" Bulletin Boards while we're remote. [Here's](#) what we provided for our partners to print and post in October.
- Our "Socially Distanced" Tea Party for HWs in Berkeley was thrown for a loop when Memorial Glade was surrounded by caution tape!
- Staff turnover among our residential partners is hard on both sides.

For more information visit HWP webpage, <https://uhs.berkeley.edu/healthworkers> or contact Karen Hughes, HWP Coordinator at 510-643-9073 or khughes@berkeley.edu.