

January - February 2022 Impacts

55 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 2022 off with a bang. After reflecting on our first hybrid semester, we returned this Spring even better than before.

Recruitment and Training

2022 PHC and IFC Health Worker Training

- We began this Spring by preparing our new PHC and IFC Health Workers to start their roles with **New Health Worker Training**.



Guest Speakers at Weekly Seminar

- This semester, we have been thrilled to welcome guest speakers from several on-campus programs to train Health Workers in their areas of expertise.

Topics of discussion and Guest speakers included:

- Physical Health — **Dr. Turnoff and Dr. Leland-Arizmendi**
- Mental/Emotional Health — **Peter Cornish, PhD**
- Sexual Health — **Sexual Health Education Program (SHEP)** Representatives
- Financial Health and Health Care Consumerism — **Bears for Financial Success**
- Holistic Health, Periodic Screening, and Hygiene — **Dr. Annie Hope**

Mental Health & Wellbeing at UC Berkeley

Resources and Opportunities for building a thriving community

- Peter Cornish, PhD

Berkeley
UNIVERSITY OF CALIFORNIA



Creating a Spending Plan



For all links in this presentation: linktr.ee/bffsbudget

THANK YOU!

Thank you so much to all of our guest speakers for helping equip Health Workers with the *knowledge, tools, and resources* they need to effectively serve the campus community!

For more information visit HWP webpage, uhs.berkeley.edu/healthworkers or contact Karen Hughes, HWP Supervisor at 510-643-9073 or khughes@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. January-February topics included:

- Physical Health
- Mental and Emotional Health
- Sexual Health
- Help-Seeking and Effective Referrals
- Social Health

From January to February, 168 unique Health Tips were posted via online mediums & physical locations — reaching thousands of students.



Health Tip Live:

Our teams of Health Workers hosted **in-person education** events on health topics pertinent to their community.

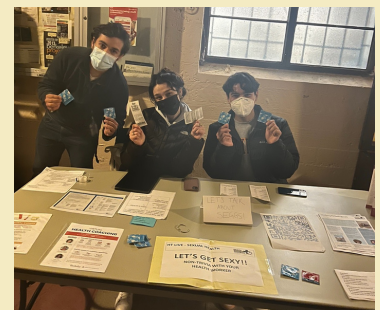
• Event topics included:

- Energy
- Hygiene
- Mental Health
- Stress Management
- Sexual Health
- Body Image and Nutrition
- Financial Health

9 community education events
Over 170 students reached in person

66

[Residents] got really vulnerable with sharing their experiences with body image, "fat talk", the toxicity of social media, and their own relationships with food. They really liked that it was an **open discussion and a safe space** to talk about these issues... They told me that spreading awareness about this is so important, and it is crucial to destigmatize body image.



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"Residents found the information from UHS website about what [hygienic practices] to do weekly, semesterly, and everyday helpful. I printed out flyers of that part of UHS website and gave it out."

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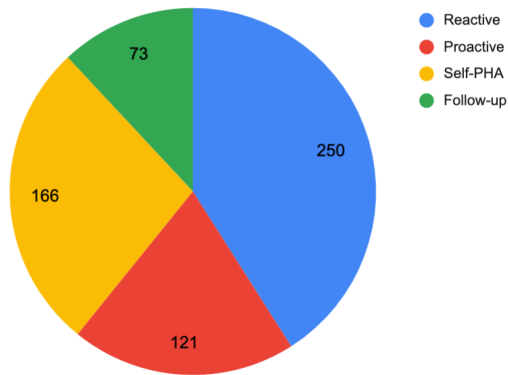
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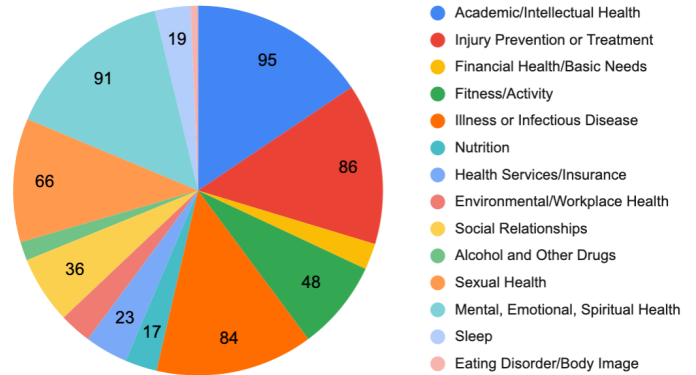


Peer Health Advising (PHA)

PHA Type



PHA Topic



- Total: 610 PHAs
- Total Time Spent on PHAs: 9,966 minutes
- The most pressing PHA topics for students were; Mental/Emotional/Spiritual Health, Academic/Intellectual Health, Injury Prevention & Treatment, and Illness and Infectious Disease.
- Of the 444 PHAs with residents, 302 (~68%) 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.

Resident asked where they could fill their prescription now that the Walgreens closed their pharmacy. Suggested the Tang Center since all students can use it regardless of SHIP. or CVS on Telegraph. They decided to go to CVS.

Resident was feeling down because of the situation in Ukraine. I saw them in the hall and said hi and asked how they were doing. They're feeling a bit better because their family was able to flee to Poland, but the whole situation is still overwhelming. I let them know that I'm here to talk and to help get professional support, if they want.

Resident felt disrespected by friends using their phones during a breakfast gathering to which she'd invited them. She wished she'd been more assertive with them. So we explored practicing assertiveness with everyday objects and worked her way up to actually telling her friends. They were understanding, and the resident felt good about the conversation and talking about her feelings. Will continue to practice in everyday life.

Resident with bad seasonal allergies was having difficulty seeing, breathing and couldn't get to class that week. They tried over the counter methods and nothing was helping. I searched "allergies" on the UHS website, and it seemed like the best course of action was going to primary care, so I helped them make an appointment on etang, which they hadn't really done before outside out COVID.

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HWP Spotlight - Meet and Know My Community

Each semester, Health Workers complete the "Meet and Know My Community" assignment. It requires that Health Workers meet with key leaders in their communities — RDs, RAs, chapter presidents, academic advisors, etc. — to identify needs in their communities, discuss opportunities for collaboration, and clarify aspects of their role.

Additionally, Health Workers must engage with diverse members of their community. Talking to and introducing themselves to people across their communities gives Health Workers a stronger sense of how they can serve and collaborate with others as a community member.

According to our incoming team of Coordinators for the 2022-2023 academic year, this Meet and Know My Community Assignment is the ***most important Health Worker assignment of all.***

Here are some of the key insights our Health Workers reflected on with this assignment:

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"By utilizing slack, I am able to reach every member in our house, and members can voluntarily join the health channel, if they wish to get more detailed health promotion information. I have received individual texts and in-person testimonials from members, reassuring me that the health worker role is much more visible this semester and I'm providing benefits to the house."

“

"A plus from last semester was bouncing back from the outbreak and being able to effectively stop transmission and spread throughout Bowles Hall after the initial spike."

“

"We did a good job in terms of letting residents know that they could come to us if they needed to talk, and we seemed to be good at providing resources should a resident need confidentiality or want to take further steps with a situation."

Successes

- **Flexibility in assignments.** Our ability to reflect on and change our assignments from semester to semester allows us to reshape our program to best fit the needs of the campus community.
- **In-person classes.** We have welcomed and more meaningfully interacted with guest speakers.
- **Health Workers feedback for UHS and other campus programs.** Health Workers completed a "Use and review a free resource assignment" and provided feedback on their experiences, which we will share with program contacts.

Challenges

- **Comfort with UHS website.** Several Health Workers continue to struggle with navigating and finding information on the UHS website.
- **Knowledge of Tang vs. "Outside" resources.** Health Workers are most familiar with UHS-Tang resources. However, these may not be the most accessible options for all students.

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