

January/February 2021 Impacts

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



Over winter break we made adjustments to enhance our strengths and address the challenges of our hybrid virtual/in-person communities.

Recruitment and Training

- Welcome to new PHC and IFC Health Workers for 2021! They finished initial training on Jan 23rd and quickly helped their communities through the February Covid 19 surge!



- Applications for 2020-21 UHS-Health Workers for Res Halls, Bowles, I-House and Academic Depts due March 31st!** We distributed our [recruitment flyer](#), [video](#), and [website](#) to the campus community!



PH197 Speakers

- Tami Cate** - UHS Communications Manager and **Elizabeth Adams**, DNP, RN - UHS Clinical Operations Manager & Nursing Supervisor, Primary Care
- Liat Wexler** - PATH to Care Center - Prevention Manager, Faculty & Staff
- Toby Morris**, MS, RD - UHS Dietitian and **Elizabeth Aong**, MPH, RD - UHS Clinical Dietitian
- Patrick B. McGrath**, PhD-NOCD Head of Clinical Services, **Stacey C. Conroy** LICSW, MPH - NOCD, **Keara E. Valentine**, PsyD - Stanford Univ, and **Radhika Sivaramakrishna**, Former Cal Parent
- Tobirus M. Newby**, LCSW - UHS Social Services Director
- HWP Coords: Courtney Chau, Tomas Hererro, Jennifer Choi, Tiffany Yu, Loren Lewis**

Community-Wide Education

- Health Tips:** HWs made these weekly fliers on pertinent college health issues and resources more personal and "sticky" than ever
 - Mental and Physical Hygiene
 - Belonging, Social Norms and Bystander Intervention
 - Nutrition & Eating/Body Image & Eating Disorders
 - Substance Use Disorder & Obsessive Compulsive Disorder
 - Lifelong Intellectual Learning and Curiosity
 - Occupational Health: Ergonomics and Anti-Racism



Health Tip LIVE:

- Campus-wide:** 2-3 events per month by our Coord Team are open to all. Archive of recordings on our [webpage](#). Live streamed events via [Be Well Call Facebook](#).
- Individual:** Health Workers are delivering HT LIVES for their communities throughout the semester. Topics include: Optimizing Productivity through Optimism (Unit 2); Springtime Activities in Berkeley (Unit 4); Black History Month (Unit 5); Preparing for a Disaster (Unit 6); Breast and Ovarian Cancer Prevention (PHC); Social Relationships (IFC).



Peer Health Advising (PHA)

PHA Topics (Jan-Feb)



- 1. Academic/Intellectual Health
- 15. Social Relationships (e.g. conflict, support, skills)
- 7. Health Services/Insurance
- 9. Injury Prevention or Treatment
- 4. Environmental/Workplace
- 14. Sleep
- 10. Mental, Emotional, Spiritual
- 6. Fitness/Activity
- 2. Alcohol and Other Drugs
- 11. Nutrition
- 8. Illness or Infectious Disease
- 13. Sexual Health
- 3. Eating Disorder/Body Image
- 16. Civic Health
- 5. Financial Health/Basic Needs

- Total PHAs: 659, Top Topics: *Mental/Emotional/Spiritual Health, Academic/Intellectual Health, Social Relationships*
- Because “virtual” Health Workers have really struggled to engage and do PHAs with “on campus” residents, this semester we expanded our PHAs to include any Berkeley student and/or student community leader. We also encourage Health Workers to do weekly Self-PHAs which have been useful and appreciated.

“Over the past week I've been dealing with a lot of stress and an overall overwhelmingly depressed mood with little motivation. I think the combination of the halfway point of the semester, some issues at home, and the amount of change coming in the next few months is definitely starting to compile and affect me... I use this weekly self-PHA as a way of monitoring my mood over time, and I am getting the help I need!”
 - Health Worker, 3rd year

Spotlight: HWP Pilot - Academic Departments

- When our UHS Health Workers pivoted to “remote” for Fall 2020, we discovered a pandemic silver lining! Our trained volunteer peer educators might be able to engage and help even more students than before! So during Spring 2021 we are partnering with three academic departments to pilot our holistic health and wellness support services to their students.

Our Partners:

- **School of Public Health Undergraduate Program:** Kimberly Henderson, Academic Advisor & Co-Manager
- **Rausser College of Natural Resources:** Jenny Miner, Academic Advisor, Environmental Sciences
- **Molecular and Cell Biology & Integrative Biology:** Natalie Tyson, M.A., LMFT, LPCC, Undergraduate Academic Advisor

Meet Your Health Worker Team!
Academics 2020-2021 Academic Year

Who's on our team?

- Madison Seifer, she/her**
MEd, MA | 2020-2021 HWP
madisonseifer@berkeley.edu
and over, MEd
- Gerard Legaspi, he/him**
CWR, URM | 2020-2021 HWP
gerardlegaspi@berkeley.edu
and over, MEd and MEd
- Nataly Shayan-Smith, she/her**
Public Health | 2020-2021 HWP
natalyshayan-smith@berkeley.edu
and over, MEd
- Alyssa Bui, she/her**
Academic Counsel | 2020-2021 HWP
alyssabui@berkeley.edu
and over, MEd & Public Health

Where can you find your health worker?

- Weekly Health Tips™ (the most health worker's current information, emailed out to 800+ peers in weekly 20mins, available in RA to support their well-being)
- Content shared
- Call/text/email your health worker to arrange a virtual meeting to talk!
- **Long-Social Media:** Watch your HWP "Watch the 10:00 Table" on Instagram and other Long-Social Media!
- UHS Mailboxes: uhs@berkeley.edu / <https://uhs.berkeley.edu>

What we do for our community

Research, write and share Health Tips in weekly ENews and via RA emails. We also highlight other information in the main table below. [Learn more about our feedback.](#)

Offer a-to-z private health-related advising. Share resources, and referrals as a knowledgeable and non-judgmental peer.

Health Tip LIVE - Virtual Monthly Roundtables. Share and discuss variety of college health issues with students from across campus. See list of upcoming events [here](#).

Collaborate/participate in community activities. Invite health workers to help and participate in your events. Let's work together to make an impact!

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HEALTH WORKER PROGRAM
helping you be well to do well

Successes

- HWP stepped up in multiple ways with Covid 19 prevention, testing and vaccination - especially during the February surge:
 - Amplified and customized campus education and messages, including UHS Coronavirus website and PartySafe: Healthy Pandemic Practices; filled needed volunteer roles
 - Alumni returned to serve students in quarantine/isolation at Foothill
- Weekly Self-PHAs are meaningful reflection/goal-setting time for Health Workers and help Coord Team provide them with timely support.

Challenges

- Peer Health Advising (PHA) activities are significantly fewer for virtual than in-person Health Workers; an endorsement for our traditional residentially-based approach.
- The Covid 19 surge in February - followed by fluctuating numbers of cases - made it hard for the Foothill Professional Staff to integrate their new Health Workers.
- Faced with new challenges, some PHC chapters asked their new Health Workers to perform Covid-related tasks beyond their role, responsibilities and training.