













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



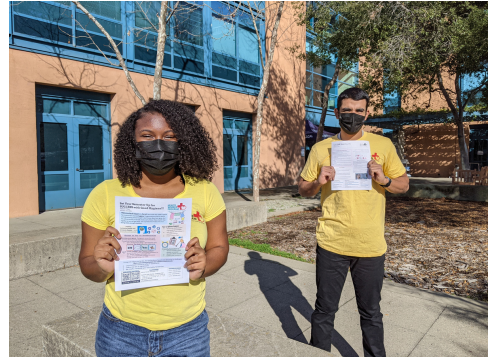
## Recruitment and Training

- 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!

<h1>Meet Your Health Worker Team!</h1> <p>PHC &amp; IFC • 2021 Spring Semester</p>	
<h2>Click the URL to Meet Your Greek Health Workers:</h2>	
 <p><b>Preethy Abraham, she/her</b>  <b>PHC Coordinator</b>   (415) 866-5374  <a href="mailto:preethy.abraham@berkeley.edu">preethy.abraham@berkeley.edu</a></p>	 <p><b>Sevana Chalian, she/her</b>  <b>PHC Coordinator</b>   (510) 737-0025  <a href="mailto:sevana.chalian@berkeley.edu">sevana.chalian@berkeley.edu</a></p>
 <p><b>Rati Corne, she/her</b>  <b>Support Kapano</b>   (510) 842-6422  <a href="mailto:rati.corne@berkeley.edu">rati.corne@berkeley.edu</a></p>	 <p><b>Abby Steinmetz, she/her</b>  <b>Daria Osha Osha</b>   (949) 691-2090  <a href="mailto:abby@berkeley.edu">abby@berkeley.edu</a></p>
 <p><b>Amanda Tanaka, she/her</b>  <b>Alpha Om Omega</b>   (510) 842-8724  <a href="mailto:amanda@berkeley.edu">amanda@berkeley.edu</a></p>	 <p><b>Anne Gallivan, she/her</b>  <b>PHC Coordinator</b>   (510) 862-2679  <a href="mailto:agallivan@berkeley.edu">agallivan@berkeley.edu</a></p>
 <p><b>Haley Summers, she/her</b>  <b>Alpha Phi</b>   (415) 250-3351  <a href="mailto:haley.summers@berkeley.edu">haley.summers@berkeley.edu</a></p>	 <p><b>Lily Zhong, she/her</b>  <b>Kapano Alpha Theta</b>   (510) 303-1930  <a href="mailto:lilyzhong@berkeley.edu">lilyzhong@berkeley.edu</a></p>
 <p><b>Nicole Pristin, she/her</b>  <b>Beta Gamma Beta</b>   (510) 737-1378  <a href="mailto:nicole.pristin@berkeley.edu">nicole.pristin@berkeley.edu</a></p>	 <p><b>Ingrid Koback, she/her</b>  <b>Beta Beta Beta</b>   (510) 833-7966  <a href="mailto:ingrid.koback@berkeley.edu">ingrid.koback@berkeley.edu</a></p>

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 <p><b>Stefanie Richard</b>, s/he/er 202 Ysa Alpha   (818) 388-2857 stefanie.richard@herakles.org <a href="https://www.youtube.com/watch?v=8888888888">https://www.youtube.com/watch?v=8888888888</a></p>	 <p><b>Devran Ogut</b>, he/him The Tropic Gamma   (916) 691-6909 devran.ogut@herakles.org <a href="https://www.youtube.com/watch?v=9999999999">https://www.youtube.com/watch?v=9999999999</a></p>
 <p><b>Julia Piccirillo-Stosser</b>, s/he/er Alpha Delta P   (314) 624-4824 piccirillj@herakles.org <a href="https://www.youtube.com/watch?v=0000000000">https://www.youtube.com/watch?v=0000000000</a></p>	 <p><b>Harshil Vijayan</b>, he/his The Delta Chi   (818) 422-7343 harshil1123@herakles.org <a href="https://www.youtube.com/watch?v=1111111111">https://www.youtube.com/watch?v=1111111111</a></p>
 <p><b>Avani Shah</b>, s/he/er Chi Omega Mu   (360) 809-6665 avani.shah@herakles.org <a href="https://www.youtube.com/watch?v=2222222222">https://www.youtube.com/watch?v=2222222222</a></p>	 <p><b>William Peres</b>, he/his Pi Kappa Phi   (214) 448-2988 williamperes@herakles.org <a href="https://www.youtube.com/watch?v=3333333333">https://www.youtube.com/watch?v=3333333333</a></p>
 <p><b>Andrew Sengkhayomong</b>, he/his Phi Gamma   (202) 442-1997 andrew.sengkhayomong@herakles.org</p>	 <p><b>Tim Hahn</b>, he/his Sigma Chi   (818) 373-5013 tim.hahn@herakles.org <a href="https://www.youtube.com/watch?v=4444444444">https://www.youtube.com/watch?v=4444444444</a></p>

- **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

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<div> <div> <h1>*Work in Progress*</h1> <p>HEALTH 147 MAY 14TH, 2021</p> </div> <div>  </div> </div>	
<p>Stress is unfortunately a factor in the lives of every college student. As stress builds, it's only natural that many students will turn to substances to relieve themselves. The use of drugs and alcohol are common stress relievers among college students, and although there's nothing wrong with it, it's important to realize that constant use of these substances can lead to a dependence on them.</p>	
<p><b>Identifying Dependence</b></p> <ul style="list-style-type: none"> <li>Is the use of this substance preventing you from reaching your goals?</li> <li>Do you have to use this substance to feel normal? Are you stressed out when you are abstinent due to your dependence?</li> <li>Are you having a hard time functioning normally without this substance?</li> <li>Do you use more than you intended?</li> <li>Do you have trouble focusing when you are not using this substance while under the influence?</li> <li>Saying yes to these questions can indicate a growing dependency!</li> </ul>	<p><b>Harm Reduction</b></p> <ul style="list-style-type: none"> <li>Avoiding alcohol and other substances that can harm your health has a good impact on your health, respect the law.</li> <li>Use substances in moderation, in other words, respect the dose.</li> <li>Avoid mixing drugs or drugs and alcohol.</li> <li>Get help for using (getting medical, releasing free of charge).</li> <li>Know your reaction if you choose a substance that is not prescribed by a doctor.</li> <li>Know signs and steps to take for a possible overdose.</li> <li>Analyses your reaction when you use a substance.</li> <li>Recognize other dangers when choosing to use a substance (don't pressure and let the other decide to use what they don't want to do)</li> </ul>
<p><b>Key Resources</b></p> <p><a href="#">Substance Use Clinic</a>  <a href="#">Partly Safe Club</a>  <a href="#">Nicotine and Other Drugs</a></p>	<p><b>OTHER TRNG CENTER RESOURCES:</b></p> <p>Trng Address: 2222 Bessard Hwy          407-698-1000  <a href="#">Trng Email: trng@trng.com</a>          Trng Appointment Schedule: 510-545-2300</p>
	<p><b>HEALTH WORKERS:</b></p> <p>William Peters  <a href="#">wepeters@trng.edu</a>          407-698-1428</p>

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# INTELLECTUAL HEALTH

HEALTH TIP #1  
FEBRUARY 21, 2021

## WHAT DOES INTELLECTUAL HEALTH

Although most people associate intellectual health with academics and grades, it's important to consider all the ways we learn and how we can best protect other parts of our lives and also why we've decided to seek deeper learning in first place! One of the greatest things about Berkeley is being able to meet like-minded people with a thirst for knowledge. With all the stressors of a pandemic class, a lot of things get lost for learning so remember to sprinkle the fun classes and lectures with all those requirements. ☺

## HOW TO FALL IN LOVE WITH LEARNING AGAIN

READ A GOOD BOOK FOR PLEASURE [www.hawaii777.com](http://www.hawaii777.com)

Read a good book for pleasure and entertainment with your family and friends. [www.hawaii777.com](http://www.hawaii777.com)

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### PODCASTS ARE THE NEW HITLIST

Here's a list of the best podcasts available in 2021.

#### BERKELEY TALKS

A Berkeley News podcast featuring faculty talks and conversations at UC Berkeley. It's managed by the Office of Communications and Public Affairs. [www.berkeleytalks.org](http://www.berkeleytalks.org)

Read a good book for pleasure and entertainment with your family and friends. [www.hawaii777.com](http://www.hawaii777.com)

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## ACADEMIC RESOURCES

### STUDENT LEARNING CENTER

The Student Learning Center is a resource for students who need help with their studies. [www.slc.berkeley.edu](http://www.slc.berkeley.edu)

### ADJUNCT COURSES & STUDY

The SLCC offers courses that are taught by adjunct faculty and are designed for students who need help with their studies. [www.slc.berkeley.edu](http://www.slc.berkeley.edu)

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## KEY RESOURCES

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## OTHER THANG CENTRE RESOURCES:

ADJUNCT COURSES & STUDY

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- **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).


Spring 2021


**Health Tip Live!**


Join UHS Health Workers for a virtual roundtable of their health tips


## How to Join

Descriptions and Zoom Links at [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers). All Health Tip Lives are free for UC Berkeley students.

- 

**Getting Things Done!  
Time Management**  
Monday, February 8, 4-5pm
- 

**Navigating Resources 101\***  
Wednesday, February 17, 4:30-5:30pm
- 

**Take a Break, Make a Change: Creating and Sustaining Wellness Habits**  
Monday, February 22, 7-8pm
- 

**The "Choice" to Participate  
Hazing Prevention and Intervention\***  
Tuesday, March 2, 5:15-5:30pm

\*also available via Facebook Live, [facebook.com/bewellcal](https://facebook.com/bewellcal)

- Expectations vs Reality\***  
**Making Moments for Mindfulness**  
 Wednesday, March 10, 7-8pm
- Eating: Nourishing Your Body and Mind**  
 Thursday, March 18, 6:30-7:30pm
- Financial Health and Wellness\***  
 Tuesday, April 6, 5:30-6pm
- Barriers to Belonging\***  
 Friday, April 16, 12:30-1:30pm



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](mailto:khughes@berkeley.edu).

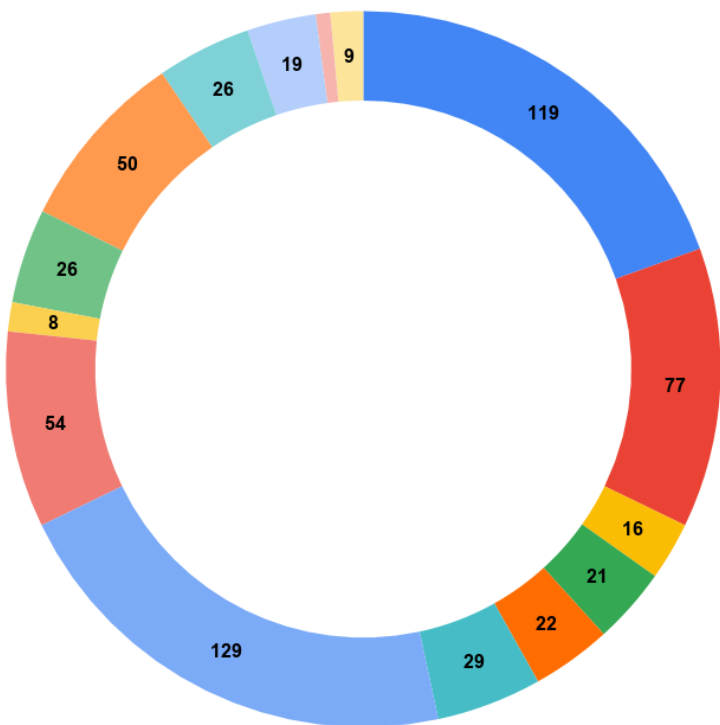
# January/February 2021 Impacts

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



## 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**  
MCB/IB | (510) 804- 9772  
madisonseifer@berkeley.edu  
4th year, MCB  
[Watch my Video Intro at https://tinyurl.com/MadisonSeifer](#)

**Gerard Legaspi, he/him**  
CNR | (562) 310- 1288  
glegaspi@berkeley.edu  
2nd year, MEB and NST  
[Watch my Video Intro at https://tinyurl.com/GerardLegaspi](#)

**Nataly ShayanSmith, she, her**  
Public Health | (949) 630 - 8377  
natalyshayanasmith@berkeley.edu  
3rd year, NST  
[Watch my Video Intro at https://tinyurl.com/NatalyShayanSmith](#)

**Alyssa Beu, she/her**  
Academics Coord | (562) 852-8361  
alyssiabeu@berkeley.edu  
3rd year, MCB & Public Health  
[Watch my Video Intro at https://tinyurl.com/AlyssaBeu](#)

#### Where can you find your health worker?

- **Weekly Health Tips\*\*:** Has your health worker's contact information, emailed out to RDs to share in weekly ENews, emailed to RAs to forward/share with residents
- **Contact them!** Call/text/email your health worker to arrange a virtual meeting to talk!
- **Tang Social Media:** Watch you HW "Walk the TCOY Talk" on Instagram and other Tang Social Media!
- **UHS Website:** [uhs.berkeley.edu/whosyourhw](https://uhs.berkeley.edu/whosyourhw)

#### 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 lobby bulletin boards- let us know your ideas/feedback.

**Offer 1-to-1 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.

## 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.