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 Deps 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

**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

**Community-Wide Education**

- **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).

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

Peer Health Advising (PHA)

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

Spotlight: HWP Pilot - Academic Departments

- Our Partners:
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