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 LiveEs 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 510-643-9013 or khughes@berkeley.edu.
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.

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.

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.