We finished our first (and hopefully last) fully remote year with great community education programs, accessible peer support services, steady self-care, and agility.

Recruitment and Training

Thank you 2020-21 Student Coordinators

- You are all "reluctant" heroes!! You helped us guide HWP through the uncharted waters of Covid and we can’t thank you enough.
- 2020-21 Program Assistant: Karina Valdespino
- 2020-21 Unit Coords: Courtney Chau, Jennifer Choi, Loren Lewis, Tiffany Yu, Kayleigh Nealon, Marielle Fuentes, Tomas Herrero

Welcome New 2021-22 Student Coordinators

- 2021-22 Program Assistant: Courtney Chau
- 2021-22 Unit Coords: Eyiwunmi Laseinde, Paige Stewart, Mehr Sahota, Nanda Nayak, Julia Dunker, Cecily Read

Thank you to campus partners who promoted our 2021-22 Health Worker Recruitment. We received applications from a large number of diverse students. Interviews and selections occurred in April. Check our website in August for the updated “Who’s Your Health Worker”. Applications will be accepted on a rolling basis for any remaining open positions.

PH197 Speakers

- Mariana Matthews - PATH to Care Prevention Manager Undergraduate Programs
- Robin Mills MA - UHS Healthy Sexuality Educator and Coach and Poojan Karnik - UHS SHEP Student Coordinator
- Dr. Annie Hope, MD - UHS Primary Care
- Robyn Papathakis Shannon, PsyD - UHS Behavioral Health
- HWP Coords: Mari Sakamoto; Annie Gallivan, Marielle Fuentes, Andrew Sengkhamyong, Karina Valdespino, Alyssa Beu, Kayleigh Nealon

Community-Wide Education

- Health Tips: HWs made these weekly fliers on pertinent college health issues and resources more personal and “sticky” than ever. March/April topics included
  - SVSH and Hazing Prevention
  - Communication Skills
  - Sex and Relationships
  - Emerging Adulthood
  - Financial Health
  - Spiritual and Environmental Health
  - Skin Health
  - Sleep

- Health Tip LIVE:
  - 32 events scheduled for spring semester. 186 participants to date. Available recordings at the following link.
  - Included:
    - Springtime Physical Activities in Berkeley
    - Managing Mental and Emotional Stress
    - How to Stay Calm Before the Big Interview
    - Preparing for a Disaster
    - How to Get That Sleep Your Body Deserves
    - Hello Hygiene, Welcome Wellness
Total: 693 PHAs

Mental/Emotional/Spiritual health was a top topic this spring. Many health workers addressing PHAs related to recent acts of violence towards the Asian American/Pacific Islander community and social relationships.

HWP Spotlight - #1 Foothill Quarantine Efforts

- Shout out to our four Health Workers who re-upped up this semester to help support students relocated to Foothill for quarantine (close contacts) or isolation (tested positive).

"The Unit 4 Health Workers have added more dimension to the holistic program that is being offered by isolation & quarantine staff. Their collaboration has helped to connect our residents to specific resources that are individualized to the residents needs." - Amber Ulmer - Associate Director for Residential Conduct & Community Standards Residential Life - Dean of Students

Spotlight #2 - Cultural Humility/Anti-Racism Survey & Results

- One of our goals this year was to update our cultural humility training and expand our anti-racism curriculum.
- Our end-of-semester evaluations collected anonymous and insightful feedback re: Health Workers' training experience, level of understanding and suggestions for further improvement.

Helpful comments included: The HWP is currently doing a really good job; be cognizant of recent happenings/issues affecting Black people and other POC as they come up; provide spaces and resources to help us self care and process them; stay away from performative allyship; and don’t focus just Black trauma but also joy and other emotions too.

Successes

- Our new Academic Dept Health Workers are getting established and making an impact with their weekly Health Tips. Numerous HWP 2021-22 applicants learned about the opportunity that way.
- Greek Chapter Health Workers had high attendance and participation at most of their HT LIVE events (see above) which are typically embedded in or immediately following mandatory weekly member meetings.
- 100% of Health Workers this spring reported being clear on our mission, their role and having the resources to succeed.

Challenges

- Unit Health Workers have had low turnout for most of their HT LIVE events, despite creating a variety of interesting, high quality, interactive virtual workshops (see above). Is Zoom fatigue? Insufficient publicity & promotion? Students who say they want resources but then don’t prioritize using them for any of a dozen good reasons?
- Recruiting “continuing” students who want to “live in” and be Health Workers for the on campus residence halls appears to be a challenge once again.

For more information visit HWP webpage, https://uhs.berkeley.edu/healthworkers or contact Karen Hughes, HWP Coordinator at 510-643-9013 or khughes@berkeley.edu.