

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



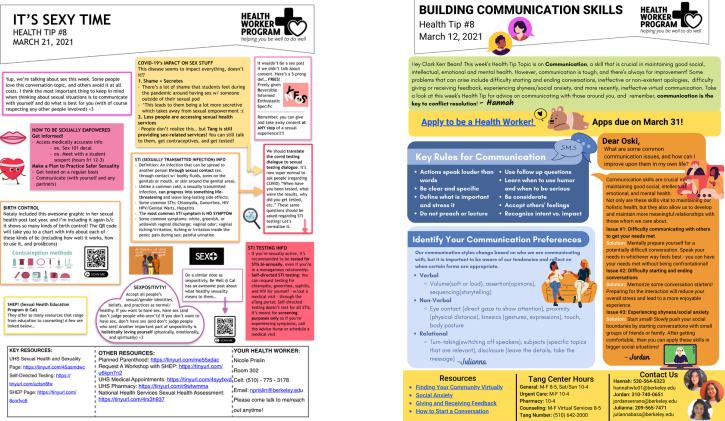
Thank you to campus partners who promoted our **2021-22 Health Worker Recruitment**. We received applications from a large number of diverse students. Interviews and selections occurred in April. Check our [website](#) in August for the updated “Who's Your Health Worker”. Applications will be accepted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

PH197 Speakers

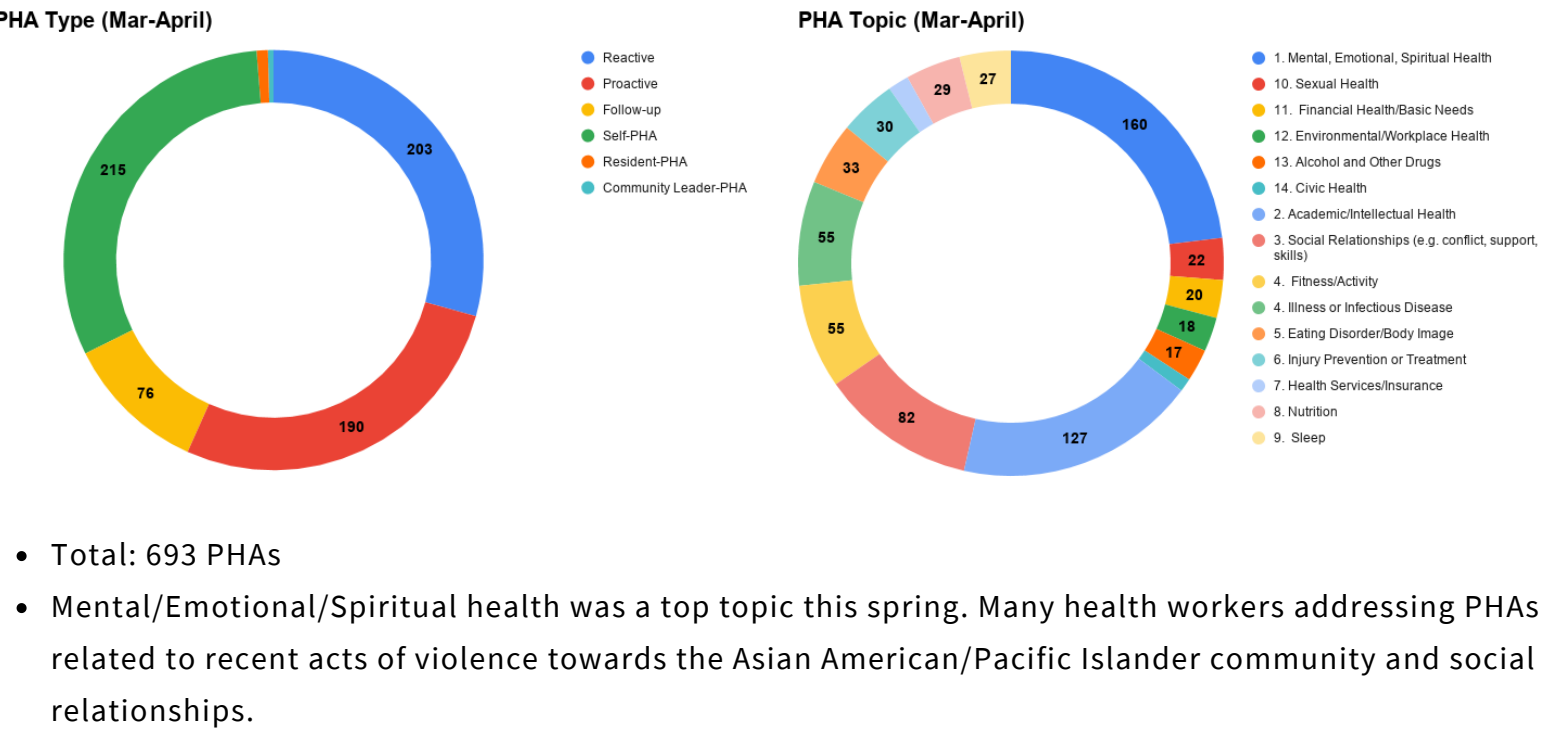
- Mariana Matthews** - PATH to Care Prevention Manager Undergraduate Programs
- Robin Mills MA** - UHS Healthy Sexuality Educator and Coach and **Poojan Karnik** - UHS SHEP Student Coordinator
- Dr. Annie Hope, MD** - UHS Primary Care
- Robyn Papathakis Shannon, PsyD** - UHS Behavioral Health
- HWP Coords: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



Peer Health Advising (PHA)



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).



Meet your Unit 4 Health workers!

We're here to help you Be Well to Do Well!

Mari
• Unit 4 HWP
• mari.sabamonte@berkeley.edu
• Unit video: tinyurl.com/mariaskimotous

David
• Unit 4 HWP
• davidusagay@berkeley.edu
• Unit video: tinyurl.com/DavidCrus

Mehr
• Unit 4 HWP
• mehr.sabamonte@berkeley.edu
• Unit video: tinyurl.com/u4-mehr

Mary Carmen
• Unit 4 HWP
• mcarri@berkeley.edu
• Unit video: tinyurl.com/MaryC8rid1uQ

What We Do

- Help you learn, find, and use resources for your wellness, stability, prosperity, and full potential
- Be your peer "first point of contact" for non-emergency health advising – private, 1 to 1 – text, call, or email. Supervised by UHS professional staff.
- Lead health roundtables monthly to discuss relevant college health issues.
- Post virtual health tips in enews and via RA emails weekly
- Share basic illness, first aid, and safer sex information
- Attend a weekly class on college health issues led by UHS professional staff

Chat with Us!

- Contact us to schedule a socially distant meetup at Foothill
- Connect via text, zoom, email, etc
- We are here to listen and we'd like to emphasize that we are here to listen without judgement
- Say hi! We will be around during meal times to chat/promote UHS events!

UNIVERSITY HEALTH SERVICES TONG CENTER

HEALTH WORKER PROGRAM
Helping you be well to do well

"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.



HWP Spring 2021	Agree	Strongly Agree
I have a strong understanding of what cultural humility is	55%	39%
I have a strong understanding of what being anti-racist means	52%	46%
My cultural humility/anti-racism training this year helped me gain understanding of anti-racism practices	58%	24%
Racism (anti-Black, anti-Asian, etc) is an issue at Cal	55%	27%

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 it 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.