

March/April 2021 Impacts

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



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



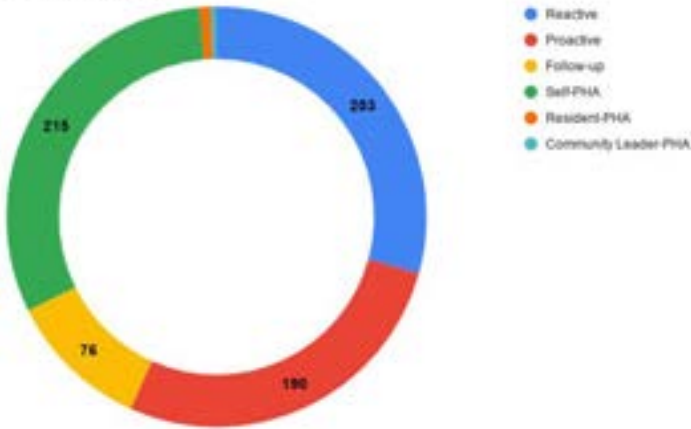
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Peer Health Advising (PHA)

PHA Type (Mar-April)



PHA Topic (Mar-April)



- 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.



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.

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.