

March - May 2022 Impacts

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



The Health Worker Program ended the 2021-2022 academic year on a reflective note. We are headed into summer ready to shape our program for a strong start in Fall 2022.

Recruitment and Training

2022-2023 Unit and Academic Health Worker Recruitment and Orientation

- Thank you to all our campus partners for help with our 2022-23 recruitment!
- We received about fifty-five applications for approximately 28 positions, making it one of our biggest recruitment seasons yet!
- We oriented our New Health Workers on Tuesday, May 3rd, where they got to meet their cohort, Unit teams, and Coordinators.
- We do still have a few open positions for students living on-site in Units 1, 2, 3 and 4. Applications accepted until positions are filled. **Please refer anyone who may be interested!**

Spring 2022 Coordinator Retreat

- The 2022-23 Coord Team gathered on Monday, May 2nd to meet each other, reflect on the program's strengths and challenges, and lay out plans for Fall 2022.



THANK YOU!

Thank you so much to all of our Health Workers who served for the 2021-2022 academic year! You have made such big impacts your communities and we wish you the best moving forward!

For more information visit HWP webpage, uhs.berkeley.edu/healthworkers or contact Karen Hughes, HWP Supervisor at 510-643-9073 or khughes@berkeley.edu.

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Community-Wide Education

Health Tips - Health Workers make weekly flyers on health issues and resources relevant to their communities. March - May topics included:

- Financial Health & Health Care Consumerism
- Holistic Health & Periodic Screening
- Spiritual Health
- Career Health
- Civic Health
- Environmental Health
- Timely Intervention
- Stress Management

From January to May, 375+ unique Health Tips were posted via online mediums & physical locations — reaching thousands of students.



Health Tip Live:

Our teams of Health Workers hosted **in-person education** events on health topics pertinent to their community.

• Event topics included:

- Energy
- Hygiene
- Mental Health
- Stress Management
- Sexual Health
- Body Image and Nutrition
- Financial Health
- Alcohol and Other Drugs



43 community education events
Over 950 students reached



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Residents found the table super informative and serving as a great reminder for the community, many of my participants learned a great deal about common personal hygiene practices that **SHOULD** be practiced routinely.

66

The specific harm reduction resources concerning naloxone and fentanyl test strips were highly helpful and many **students took initiative** after the workshop to acquire their personal stash of Narcan in case of emergencies.

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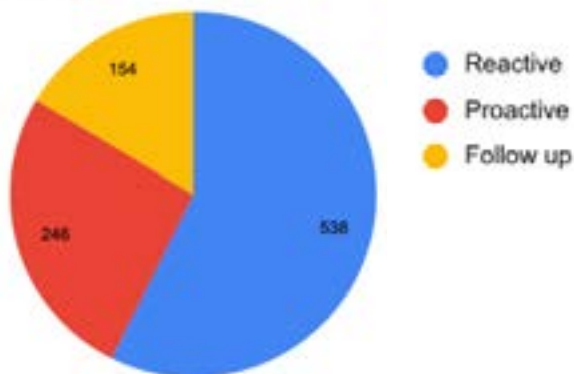
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Peer Health Advising (PHA)

PHA Type



PHA Topic



- Total: 938 PHAs
- Total Time Spent on PHAs: 25,816 minutes
- The most pressing PHA topics for students were; Mental/Emotional/Spiritual Health, Academic/Intellectual Health, Injury Prevention & Treatment, and Illness and Infectious Disease.
- Of the 938 PHAs with residents, 535 (~57%) were first-time conversations between a resident and their Health Worker.

Read the examples below for a glimpse into some real scenarios our Health Workers supported residents with this semester.

“

Resident talked about how they find it difficult to socialize without alcohol. We explored their reasons and how it can be helpful to have a game plan before going out (limiting alcohol consumption, etc.) They decided to make their game plan for that night. When I followed up with them, they were pleased with how their night went and were happily surprised that their friends were supportive of their decision.

”

“

Resident previously came to me after injuring their ankle and it wasn't getting better. I originally recommended RICE (rest, ice, compress, and elevate) because it was a minor injury with some swelling. When it didn't get better immediately, they decided to go to Tang, where the doctor said the same thing as me --RICE. Resident thanked me for the correct advice in the first place.

”

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HWP Spotlight - Use and Review a Two Free Resources

As part of their assignments this semester, Health Workers used and reviewed two free university resources in the realms of:

- Basic Needs
- Financial Health
- Mental Health and Counseling
- Physical Health
- Sexual Health
- Safety
- Student Support and Engagement

By directly using the resources they refer to residents, Health Workers are better equipped to support their residents in navigating the space.

Health Workers also submitted reflections on their experiences. Read some of their key insights to the right.

“

Overall the service was great, the staff helped me get the food I needed. The staff is very knowledgeable, after discussing food allergies they were able to distinguish which food would be safest. It is very accessible as you just need your Cal card or SID#. I would recommend this resource but I would make sure to get there early rather than later as they can run out at times.

“

So often, I've referred residents to the advocates at PTC; however, having a personal session myself as a secondary survivor (someone supporting another), I've gained so much wisdom and clarification on what defines sexual harassment... The advocate I spoke to was SO kind, friendly and reassuring. Above all else, I deepened my understanding on what constitutes a healthy relationship, with a major emphasis on consent.

“

The wellness and health coaching resource is awesome! I was able to book my appointment through Tang... This is a great resource I would recommend to all students to help identify areas of their life they want to improve and make a real change in.

Successes

- **Recruitment for the 2022-2023.** This semester's recruitment season was one of our biggest ever. We met and interviewed so many qualified candidates and are thrilled to welcome some of them to our program next semester.
- **Health Tip Live.** We were thrilled to have reached so many students **in person** this semester with Health Tip Lives. Some Health Workers enjoyed connecting with residents so much that they continued to host Health Tip Live events even after completing the assignment.

Challenges

- **In-class involvement, enthusiasm, and motivation.** With the stress and shift of returning back to fully in-person classes, Health Workers were less motivated to engage in class topics.
- **Class attendance.** In-person Health Worker attendance was not ideal this semester, possibly due to offering of a class recording when absent.
- **Scheduling time with Health Workers.** Many of our Health Workers engage in several activities aside from the program, making it more difficult to schedule individual time with them.

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