

# October-December 2021 Impacts

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



With our first full semester back in-person, the Health Worker Program is thrilled to have made it through the semester without a COVID-19 lockdown. We are eager for the day we can continue our peer education programs and class in-person with no masks.

## Recruitment and Training

### 2022 PHC and IFC Health Worker Recruitment

- We are thrilled to welcome our **new 2022 PHC and IFC Health Workers** to the program! We recruited 10 PHC and 4 IFC Health Workers.
- We began their term with our **New Health Worker Orientation** on December 7, where they met one another and engaged in group discussions and introductions in their PHC and IFC teams, led by the new 2022 PHC and IFC Coordinators.



### 2022 Health Worker Coordinator Recruitment

- Congratulations to our **new PHC, IFC, and Academic Department Coordinators** — *Ingrid Koback (PHC), Amanda Tanaka (PHC), Eric Nguyen (IFC), and Julia Piccirillo-Stosser (Academic Departments)* — on their new roles in the program!
- At our semesterly **Coord Planning Meeting** on December 6, We introduced them to their roles and our continuing coords — *Nanda Nayak (Unit 1), Mehr Sahota (Unit 2), Cecily Read (Unit 3), Julia Dunker (Unit 4), Paige Stewart (Unit 5), Eyiwunmi Laseinde (Unit 6)*. We also began planning for a strong start to the Spring 2022 semester.

THANK  
YOU

**Thank you** to our departing 2021 Health Workers and Coordinators for your service and the impact you made on the program and your communities! We wish you the best as you continue onto new avenues and hope you continue to promote wellness among those who surround you.

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Karen Hughes, HWP Supervisor at 510-643-9073 or [khughes@berkeley.edu](mailto:khughes@berkeley.edu).

# October-December 2021 Impacts

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



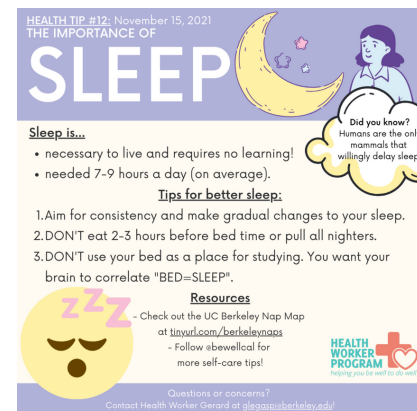
## Community-Wide Education

### Health Tips

Health Workers make weekly flyers on health issues and resources relevant to their communities. October-December topics included:

- Midterm Mindfulness
- Environmental Health
- Spiritual Health and Gratitude
- Intellectual Health
- Digital/Technological Health
- Conflict Resolution
- Sleep Health
- RRR Week Mindfulness

This semester, 392 unique Health Tips were posted on online mediums & physical locations — reaching thousands of students.



### Health Tip Live:

Our team of **Coordinators** hosted 7 virtual community education events on health topics pertinent to the student population.

#### • Events from October-December:

- Self-Care and Seeking Solutions
- More Than Your Weight: Body Image Workshop
- Let's Connect!: Cross-Cultural Connections
- Adulting and Aspects of You
- Steps to Sexcess!
- Drink Less for your Breasts & Sperm Count
- Think Positive! It Really Works!

#### IF YOU MISSED IT...

All virtual Health Tip Live recordings are available at this [link](#).

**Health Worker teams** hosted 31 in-person education events in their communities. Health Workers chose topics related to their communities' struggles and hosted tabling and workshop events to engage residents in conversations about these topics. Several Health Workers **collaborated with other on-campus organizations** — like *SHEP*, *Path to Care*, *Bears for Financial Success*, and more!

*Bowles Hall Health Tip Live event*



**Over the course of the semester:**  
**42** Health Tip Live Community Education Events  
**648** students reached

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Karen Hughes, HWP Supervisor at 510-643-9073 or [khughes@berkeley.edu](mailto:khughes@berkeley.edu).

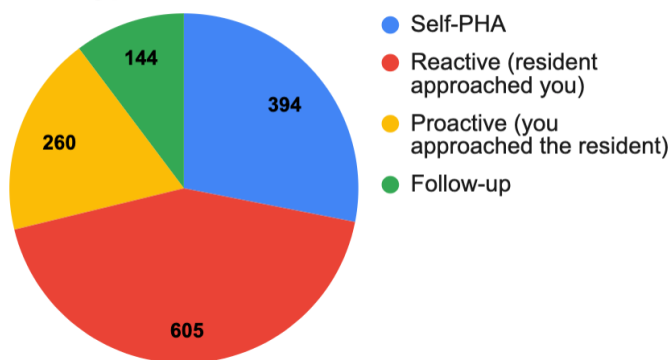
# October-December 2021 Impacts

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

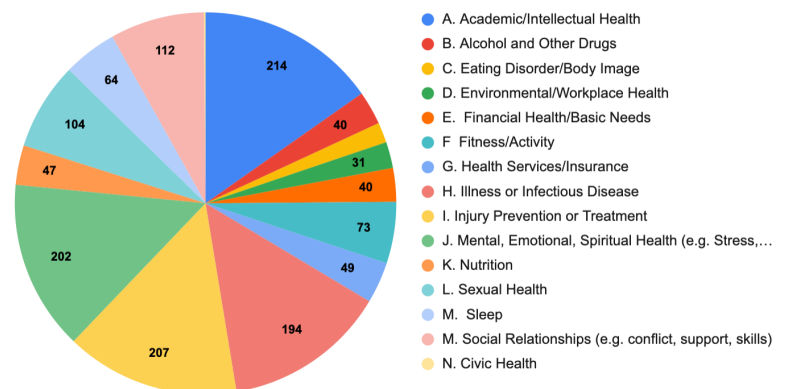


## Peer Health Advising (PHA)

PHA Type



PHA Topic



- Total (Aug-Dec): 1,315 PHAs
- Total Time Spent on PHAs (Aug-Dec): 34,115 minutes
- The three most pressing PHA topics for students this semester were; Injury Prevention & Treatment, Academic/Intellectual Health, and Mental/Emotional/Spiritual Health.
- Of the 1,009 PHAs with residents, 595 (~60%) 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 was trying to order lab tests and x-rays through the Tang Center. They called UHS and received a message through eTang but could not figure out how to order them. I guided them through the message portal and showed them how to order them by sending a new message.”

“Resident had consensual, but unprotected sex the night prior and asked for Plan B. We discussed ways of getting it and she did so. We reviewed several related resources including UHS STI/HIV testing, pregnancy testing, etc. and SHEP Sexpert Education Clinic, rapid HIV antibody testing, and sexual health outreach.”

“When I returned to my house after class, I saw a resident hyperventilating in the bathroom. I got them some water and we went to a private room to chat. They felt very overwhelmed during a community meeting and left. They were having a panic attack because they felt like they didn't belong in the community as a POC. We did some breathing exercises to stop the hyperventilation and explored possible actions. The resident decided to talk with community leaders about what can be done to be more inclusive.”

“Resident hit their head pretty hard. They at first just seemed to want to talk a bit. We talked about how they hit their head. They were also pretty intoxicated and mentioned they were "sad drinking." I asked an open-ended question, which led to the resident sharing that they had broken up with their S.O. earlier that day. I gave them some space and time to talk and just listened as they told the story.”

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Karen Hughes, HWP Supervisor at 510-643-9073 or [khughes@berkeley.edu](mailto:khughes@berkeley.edu).

# October-December 2021 Impacts

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



## HWP Spotlight - Health Worker Exit Survey

At the start of each Health Worker's term, they fill out an Entrance Survey, indicating their level of ability in a variety of skills. When they finish their role as a Health Worker, they complete an Exit Survey, where they indicate their abilities on the same skills, now that their term is complete.

Our 2021 cohort of Health Workers demonstrated dramatic improvement in several key skills related to the Health Worker Program:

Skill	Percentage of Health Workers reporting high or very high ability	
	Before HWP	After HWP
Knowledge of College Health Issues	66%	100%
Knowledge of specific UHS-Tang & local health resources	54%	100%
Social marketing	46%	100%
Graphics/Lay-Out Best Practices	46%	89%
Knowledge of Health-Related Fields/careers	71%	100%

### Successes

- **Continuity.** Despite the trials of our transition back to in-person activities, we stayed dedicated to our mission of promoting student wellness. We will start 2022 with a semester of experience.
- **In-person activities.** We successfully navigated the transition back to in-person programming.
- **Expansion to off-site Health Workers.** We learned what works and what doesn't in regard to off-site HWs. We opened up the opportunity to more students to play HW role and received much more interest in the program.

### Challenges

- **Location far from UHS.** It was tough for a “learn by doing” program to engage members when its theatre seating, fixed to the floor. Our location also made it difficult to engage UHS staff.
- **Time management.** Health Workers expressed issues with time management in regard to their involvement in the program.
- **IFC recruitment.** Continues to lag compared to PHC recruitment.
- **Engagement in residence halls.** HWs struggle with engaging residents in residence hall settings.

For more information visit HWP webpage, [uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Karen Hughes, HWP Supervisor at 510-643-9073 or [khughes@berkeley.edu](mailto:khughes@berkeley.edu).