

October-December 2022 Impacts

54 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 is ending Fall 2022 on a high note. We are excited to welcome a new cohort of Health Workers, grateful for our outgoing Health Workers, and excited about the accomplishments we have made this semester.

Recruitment and Training

2023 Greek Health Worker Recruitment + Orientation

- We are thrilled to announce that we are welcoming a new cohort of PHC Health Workers for 2023! Thank you so much to our partners who helped promote HWP Recruitment.
- We met and got oriented to the HWP goals, expectations, and activities at our **New Health Worker Orientation** on December 6, 2022.



Weekly Training

- Every week, Health Workers engage in ongoing training on a specific health topics and skills.
- We want to thank all of our guest speakers who took time to contribute during this period.
 - **Jessica Perry (BPD)**
 - **Sara Sloan (RN at UHS)**
 - **Aaron Cohen (CAPS)**

New Coordinators

- Congratulations to our new PHC Health Worker Coordinators: Nella Batah, and Veronica Herrero. We are grateful to all who applied. It was a tough choice to make!
- Thank you to our outgoing Greek and Academic Coordinators (Eric Nguyen, Amanda Tanaka, Ingrid Koback, and Julia Piccirillo-Stosser) for all of your hard work in 2022! You will be missed!

**Thank
you!**

Thank you to our outgoing 2022 Greek Health Workers! You have been so integral in your communities and we thank you for all of your hard work.

For more information visit HWP webpage, uhs.berkeley.edu/healthworkers or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or laurenmagdaleno@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. October-December topics included:

- Financial Health
- Micromobility
- Mental Health
- Sleep and Energy
- Mindfulness
- Spiritual Health
- Hygiene
- Academic Week + RRR

From October to December, 200+ unique Health Tips were posted via online mediums & physical locations — reaching thousands of students every week.

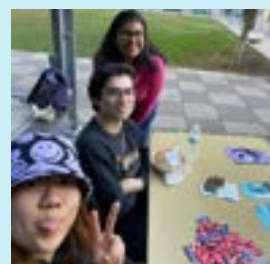


Health Tip LIVE

As individuals and teams, our Health Workers hosted **in-person education** events on health topics pertinent to their community.

• Event topics included:

- Energy and Sleep
- Hygiene
- Mental Health
- Sexual Health
- Financial Health
- Nutrition
- Alcohol Safety
- Body Positivity



In Fall 2022:
43 community education events
Over 1,100 students reached

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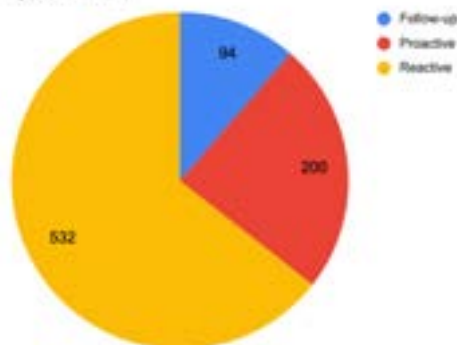
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Peer Health Advising

Health Workers conduct Peer Health Assessments (PHAs) with residents, which are one-to-one proactive, responsive, and follow up conversations about health concerns.

Type of PHA



PHA Topic



From August to December:

- Total: 826 PHAs
- Total Time Spent on PHAs: 14,241 minutes
- The most common PHA topics for students were: Injury Prevention & Treatment, and Illness and Infectious Disease, and Sexual Health.
- Of the 826 PHAs with residents, 542 (> 65%) 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.

“ They told me they've been having a lot of trouble sleeping for the past couple of months, and that it has been getting worse with the stress of school. We explored the refresh program for getting back on a consistent sleeping schedule and...there was a great chart in the HWP resource files to track their sleep every night. We talked about... limiting screen time an hour before bed and not eating a couple of hours before bed. We also discussed the Golden Bear Sleep and Mood Research Clinic that they could possibly visit if their sleep got worse.”

“ Resident said that they had a friend that was starting to develop a drinking issue. After listening to the resident speak, I provided resources about who they could talk to for themselves as well as their friend.”

“ As the resident opened up about their condition, I just listened and comforted them, letting them know that all of their friends and family are a support system and all of their feelings were very valid.”

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End of Semester Highlights

Health Worker Exit Survey

At the beginning and end of their one-year terms, Health Workers reflected on how they've changed. The table below displays the percentage of Greek Health Workers that expressed an increase in ability and having a high or very high ability skill level at the end of their term.

Skill	Increased	Indicated High or Very High Ability
Knowledge of College Health Issues	90%	90%
Knowledge of specific UHS-Tang & other health resources	100%	100%
Personal Time Management	50%	100%
Activity/Event Planning	90%	80%
Active listening/Peer Counseling	50%	100%
Social Marketing/Health Messaging	70%	80%
Graphics/Lay-Out	80%	90%
Knowledge of health-related fields & careers	90%	90%

“

My leadership skills have grown significantly, and I have enjoyed being able to connect with all the womxn in my chapter and provide helpful resources to them throughout this year.

”

“

Learning how to incorporate the HWP into my sorority was one of my best experiences here at Cal. I leave this role feeling very satisfied with the visibility that I provided to my chapter.

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HWP Spotlight - Outgoing Program Director: Karen Hughes, MPH

Karen is moving on from HWP after a little more than ten amazing years.

Here is what some Health Workers had to say about Karen at the end of Fall 2022:

- "She... encouraged me to really push for my goals as a Health Worker. Karen will be missed dearly!"
- "She went out of her way to make our days better and I am grateful to have had a teacher like her."
- "Karen has done a great job at visualizing the goals of this program and uniting all of us."
- "Amazing, easily approachable, inspiring, and incredibly knowledgeable."



“

It's been awesome for me to continuously research and educate the Health Workers on key health topics, tips for taking care of ourselves, and core health promotion skills. While there's no fountain of youth, it's helped me personally keep the best practices front of mind and fairly central to my own health & wellness.

I appreciate and value so many of the wonderful student leaders I've had the pleasure to meet and get to know. It's been, I hope, a mutually beneficial relationship. TCOY forever!!

Successes

- **PHC Health Worker Recruitment.** With an abundance of qualified applicants, we are confident that we have selected a strong team for 2023.
- **Academic Health Worker Visibility.** Having recently expanded our program to the Academic Departments, our Academic HWs had struggled with visibility. However, this semester, our Academic HWs received their first PHAs and are effectively building their visibility in their communities.

Challenges

- **IFC Retention.** While PHC recruitment was successful, we have struggled throughout the year with IFC HW recruitment and retention. We will be working to strengthen our IFC program.
- **Uncommon PHAs.** Some of our HWs struggled with responding to uncommon PHA scenarios, despite having clear protocols to follow. Their Coordinators and the Program Director stepped up to support them. We will be refining how to notice those who need more support earlier.

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