

# Spring 2023 Impacts

49 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 2022-2023 academic year strong. We are excited to continue delivering and expanding community education programs, empowering individuals through peer support services, and collaborating with community leaders in the upcoming Fall semester.

## Recruitment and Training

### 2023-2024 Health Worker Recruitment + Orientation

- We are so excited to welcome our new cohort of residential hall and academic Health Workers for 2023! Thank you so much to our partners who helped promote HWP Recruitment.
- On May 2nd, 2023, we got oriented to the HWP goals, expectations, and activities at our **New Health Worker Orientation**.



### 2023 New Coordinator Retreat

- On May 1st, The 2023-24 Health Worker Coord Team came together for the first time to outline plans for Fall 2023, reflect on the program's strengths and weaknesses, and brainstorm new ideas.



### New Coordinators

- Congratulations to our new Health Worker Coordinators for 2023-24. We are so excited for the year we have in store!
- Thank you to our outgoing Coordinators for all of your hard work this past year! You will be dearly missed!

Thank  
you!

Thank you to our outgoing 2022-23 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](https://uhs.berkeley.edu/healthworkers) or contact Lauren Magdaleno, HWP Supervisor at 510-643-9061 or [laurenmagdaleno@berkeley.edu](mailto: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. Spring 2023 topics included:

- Preventative Health
- Financial Health: Emerging Adulthood
- Alcohol and Other Substance Use: Harm Reduction
- Social Health
- Physical Health
- Sexual Health: Healthy Relationships
- Stress Management
- Environmental Health

From January to May, 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
- Flu prevention
- Physical Health
- Academic Health
- Hygiene
- Mental Health
- Sexual Health
- Nutrition
- Alcohol Safety
- Body Positivity
- Stress Management



**In Spring 2023:**  
**39 community education events**  
**Over 900 students reached**

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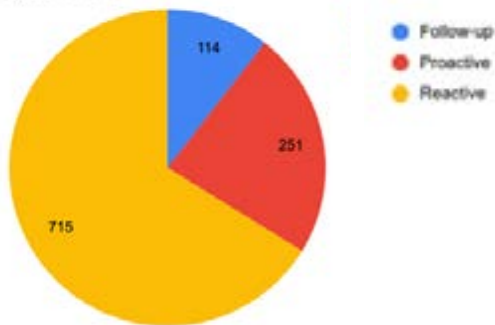
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## Peer Health Advising

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 January to May:

- Total: 1397 PHAs
- Total Time Spent on PHAs: 21,212 minutes
- The most common PHA topics for students were: Injury Prevention and Treatment, Sexual Health, and Mental, Emotional and Spiritual Health.
- Of the 1397 PHAs with residents, 620 (> 40%) 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.**

“ I overheard a resident in the dining hall talking about how she feels like she has been spending way too much money these past few weeks. I approached her and introduced myself, and asked if she would like to hear about some of the resources that the school offers regarding financial literacy... I told her about Bears for Financial Success and how they offer workshops helping students develop their financial literacy skills. I then shared with her the health tip I made two weeks ago about 'Emerging Adulthood' where there was a section about financial literacy. ”

“ This person was struggling with transitioning from community college... Our peer advising session was helpful because I was able to listen to her concerns and provide support, including resources to help her get involved more on campus. ”

“ A resident texted me asking if I had any fentanyl test strips. Although we do not have them as part of our health worker supply kit, I told them about locations on-campus where they can obtain free fentanyl test strips and Narcan. ”

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## HWP Spotlight - College of Environmental Design Wellness Session

On March 8th, one of our phenomenal academic department Health Workers, Riena Parente Ribeiro was invited by NOMAS (National Organization for Minority Architecture Students) to host a mental wellness and game night for the students of the College of Environmental Design.

Architecture is notoriously known for being a difficult major and NOMAS wanted to provide a safe space for people to talk to, a calm environment to practice meditation, and a fun time to play games with peers.



“Even though I helped host the event as Health Worker, I benefited immensely from sharing my opinions and concerns on studio culture and I also learned a lot from my older peers. I felt a strong sense of CED community at NOMAS’ wellness and game night and it was clear that everyone felt comfortable and happy to share what was on their minds.

- Riena Parente Ribiero

### Successes

- **2023-24 Health Worker Recruitment.** We successfully completed our big Spring recruitment season. We are confident that we have curated a strong team for 2023-24.
- **Collaboration with campus partners.** We have been able to establish and maintain contact with many of our on-campus partners this semester. Not only have we established strong contacts, but we also created working and mutually-beneficial relationships.

### Challenges

- **Lack of IFC involvement.** We have struggled throughout the year with IFC Health Worker recruitment and retention. We hope to rebuild the IFC program and work closely with CalGreeks.
- **Health Worker Visibility.** Some of our HWs struggled with visibility in their locations. Visibility is an ongoing process that is different in each student community. We are still figuring out what works best in each community and tailoring our visibility efforts.

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