MISSION

We empower students to make informed decisions that support individual health and a healthy campus environment by providing comprehensive programs and coordinated services to:

- Build **awareness** through assessment and goal setting
- Create **balance** by taking a wellness based approach to health
- Develop healthy and sustainable **habits**
- Take **pride** in achieving your personal best
- Inspire **community** by leading fellow Anteaters to be healthy

VISION

To be a leader in collegiate health promotion by focusing on the unique and relevant health needs and concerns of UCI students in support of their academic success

VALUES

Advocacy • Awareness • Empowerment
SEXUAL & RELATIONSHIP HEALTH

WORKSHOPS

HIV/AIDS
This workshop consists of the most updated information about HIV infection and AIDS, including modes of transmission, symptoms, HIV testing, prevention methods, treatment and public health/social implications of HIV/AIDS.

SEX & COMMUNICATION 101
This workshop gives an overview of STIs, birth control, consent/boundaries and communication. Practice using communication skills by providing scenarios & discussion on how to respond.

HEALTHY RELATIONSHIPS
This interactive workshop explores healthy vs unhealthy relationships, sexual boundaries and consent, and communication skills. Scenarios are presented for discussion and practice.

CONSULTATIONS
Individual consultations provide students with information about HIV or other STIs, birth control methods, concerns about sexual health and relationships and any questions students have so they can make informed and safe decisions.

SUMMER 2018
8 STUDENTS

FALL 2018
18 STUDENTS

WINTER 2019
22 STUDENTS

SPRING 2019
14 STUDENTS
ALCOHOL & OTHER DRUGS

WORKSHOPS

Alcohol and Other Drug workshops are centered on content-norming and combating false information about substance use and abuse.

**ALCOHOL 101**
Students learn the foundational knowledge about alcohol & alcohol safety and how to keep themselves safe and others around them when confronted with challenging situations.

- **14 WORKSHOPS**
- **549 STUDENTS**

**MARIJUANA 101**
Students learn the basics about marijuana. What is it? What are the effects? Who uses it and how is it used?

- **5 WORKSHOPS**
- **310 STUDENTS**

**PRESCRIPTION DRUGS**
Students hear about commonly misused/abused medications, current trends and how to recognize signs of abuse.

- **3 WORKSHOPS**
- **54 STUDENTS**

**ALCOHOL AWARENESS CLASS**
Sanctioned students participate in either our weekly alcohol awareness class (Happy Hour) or our Brief Alcohol and Other Drug Screening and Intervention for College Students (BASICS).

- **SUMMER 2018**
  - **5 WORKSHOPS**
  - **23 STUDENTS**
- **FALL 2018**
  - **11 WORKSHOPS**
  - **47 STUDENTS**
- **WINTER 2019**
  - **8 WORKSHOPS**
  - **60 STUDENTS**
- **SPRING 2019**
  - **8 WORKSHOPS**
  - **43 STUDENTS**

CONSULTATIONS

Alcohol and Other Drug consultations focus on the individual needs of the students. Typically, students seek to better understand their own current habits involving substances while learning about adjustments they can make to keep themselves safe as well as the students around them.

- **SUMMER 2018**
  - **3 STUDENTS**
- **FALL 2018**
  - **13 STUDENTS**
- **WINTER 2019**
  - **18 STUDENTS**
- **SPRING 2019**
  - **8 STUDENTS**
Workshops educate students about stress and how to create a life of wellness through self-care strategies and time management. Student are asked to self-reflect and set goals to create positive change for themselves.

**COOKING DEMO**
In this workshop, students learn how to make healthy food on a budget by watching a live cooking demo. Students learn nutrition concepts, get to ask cooking questions, take home the recipe, and taste a sample.

This workshop was co-facilitated by CSWHP & FRESH Hub and presented for students and parents at SPOP. The workshop talked about the issues current students face regarding food insecurity and healthy nutrition at UCI and other college campuses.

**YOGA/MEDITATION**
In this workshop, students learn how to practice yoga and meditation to achieve relaxation with deep breathing exercises as well as strengthening and stretching poses.

**FINANCIAL WELLNESS & TIME MANAGEMENT**
This interactive workshop will provide students with tips and tools to help them plan a budget and set financial goals.

This workshops provides tips and strategies to help make the most of the 24 hours in your day.

**STRESS MANAGEMENT & SELF-CARE**
This workshops focuses on the key concepts of stress and how stress effects our body and mind. Students will explore their own personal stressors and discover tips to help deal with stress using self-care practices.

**CONSULTATIONS**
Through 1-on-1 consultations and workshops, students can learn how to prioritize their time and prioritize their personal wellbeing. Students are educated about stress and how to create a life of wellness through self-care strategies and time management.

**SPRING 2019**
3 STUDENTS

**WINTER 2019**
3 STUDENTS

**SUMMER 2018**
1 STUDENTS

**FALL 2018**
6 STUDENTS

**WINTER 2019**
3 STUDENTS

**SUMMER 2018**
528 STUDENTS

**WINTER 2019**
47 STUDENTS

**SUMMER 2018**
91 STUDENTS

**WINTER 2019**
4 WORKSHOPS

**SUMMER 2018**
4 WORKSHOPS
**WORKSHOPS**

Workshops are centered around promoting balanced eating and body positivity which can reduce the risk of disordered eating as well as weight-related diseases such as prediabetes/diabetes, hypertension, cardiovascular disease and certain cancers.

**BODY PROJECT**

The Body Project is a 4-session workshop series for female-identified students consisting of activities and discussion that promotes body acceptance.

12 WORKSHOPS 43 STUDENTS

**BODY IMAGE**

This workshop offers information and discussion on positive body image including how to appreciate your body - your partner for life!

8 WORKSHOPS 81 STUDENTS

**HEALTHY EATING ON A BUDGET**

How to choose healthy foods to sustain energy throughout the day and teach how to shop for healthy foods and snacks that won’t break a budget!

4 WORKSHOPS 59 STUDENTS

**EATING FOR ENERGY**

How to optimize diet for ultimate college success. This covers the basics of a balanced diet, meal planning, hydration, and reducing caffeine and sugar.

8 WORKSHOPS 101 STUDENTS

**CONSULTATIONS**

The session includes goal-setting, strategy development and an action plan. Various topics may include sports nutrition, weight management, body image, vegetarianism, etc.

**SUMMER 2018**

11 STUDENTS

**FALL 2018**

31 STUDENTS

**WINTER 2019**

23 STUDENTS

**SPRING 2019**

17 STUDENTS
Workshops explore holistic wellness utilizing components of the wellness wheel and de-stigmatize the negative connotation that society has placed on complications in mental health.

**BEHIND HAPPY FACES**

This highly interactive and engaging program uses activities and discussion to help participants understand the difference between mental health and mental illness, as well as everything in between. This is important when we try to help people who may be struggling with mental health challenges and/or mental illness. By having a better understanding of the differences, we can get them to the appropriate resources for help. The program also makes talking about mental health and mental illness more comfortable and less intruding.

8 WORKSHOPS
179 STUDENTS

**STEP UP!**

This program covers the research and theories behind why people sometimes don’t intervene or help, and in doing so empowers them with the skills and confidence to do so in the future. This approach can be applied to a wide variety of situations including alcohol and other drug use, relationship concerns, mental health challenges, and more.

15 WORKSHOPS
698 STUDENTS
ZOT HEALTH FAIR
The Zot Health Fair is an annual Fall quarter event for students and staff to engage with campus and community resources to learn about information and services available to promote and support a healthy campus lifestyle.

SPRING FEVER
Spring Fever is a campus event focusing on how students can make healthy and safe choices over Spring Break. The event includes interactive booths covering topics on alcohol education, dating safety, sexual health responsibility, and sun protection and hydration.

DE-STRESS FEST
De-Stress Fest is a quarterly event that occurs during Finals Week that provides stress-relieving activities, therapy dogs, as well as free snacks and drinks to help students relax.

SEX WEEK @ UCI
Sex Week @ UCI is a week of interactive activities on Ring Road to educate students about body and sex positivity, healthy relationships, and overall sexual health responsibility. Students are given resources on birth control, STIs, STI testing sites, consent, the HPV vaccine, and PrEP. Condoms and condom cases were given out to encourage healthy behaviors. In addition, two lunch and learn workshops were offered: Sex Positivity and Healthy Relationships.
LACTATION STATION

Lactation station, which is one of only a few places on campus that is dedicated for nursing mothers. The room is attached to a private bathroom and continues to give nursing mothers a clean, safe and private space. Students, staff and faculty are welcome to use this service, as well as individuals participating in conferences at the Student Center when open.

WELLNESS ROOM

The Wellness Room is a peaceful space designed to help students relax and be mindful in order to reduce stress.

The Wellness Room includes:
- Massage chairs
- Yoga mats & meditation pillows
- Memory foam bean bags
- Tea station with herbal, green and black teas
- Self-guided wellness activities (journals and journaling prompts, mindfulness and wellness themed books, coloring and drawing supplies, origami paper, puzzles, playdoh etc.)

CONDOM CO-OP

The Condom Co-Op continues to be a popular and needed service. Students can access up to 5 free internal and external condoms and /or dental dams and 2 individual lubricants upon request daily. This service is crucial as barriers are the only way to protect against STIs for those who are sexually active.

ANONYMOUS HIV TESTING

The HIV testing program has been very successful in providing free, confidential and anonymous testing to students. Students receive their results in 20 minutes using the Federally-approved Oraquick In-Home HIV Testing kit. They also receive information on the importance of other STI screenings, establishing a well-care program while at UCI, and discussing healthy sexual and relationship behaviors and practices.
The Center for Student Wellness & Health Promotion also utilizes online educational programs to supplement our efforts.

**FIRST**

First-year Internet Required Safety Training (FIRST) is a 40-minute program that covers both alcohol and sexual violence, and is required to be completed by all new students to campus (first-year and transfer students). The 20-minute alcohol section covers some basic info about alcohol physiology, campus data around alcohol use, and campus resources.

8,689 STUDENTS

**E-CHUG**

E-CHUG (an online alcohol assessment tool) helps students assess their attitudes and behaviors associated with alcohol use. This module is required for students who take the Alcohol Awareness Class and/or BASICS appointments. Students can also access and take E-CHUG on their own, if they choose.

224 STUDENTS

**E-TOKE**

E-TOKE (an online cannabis assessment tool) helps students assess their attitudes and behaviors associated with cannabis use. This module is required for students referred for AOD consultations, specifically for cannabis violations. Students can also access and take E-TOKE on their own, if they choose.

40 STUDENTS
STUDENT INVOLVEMENT

PEER HEALTH EDUCATORS
CSWHP Peer Health Educators are a group of trained student volunteers who provide outreach to their fellow Anteaters on topics of alcohol and other drugs, sexual health, healthy relationships, nutrition, stress management, self-care, and mental health awareness. The PHEs educate and empower their peers to be proactive in maintaining their wellness and thus preventing negative effects from stress and lack of self-care, poor nutrition, unsafe sex, and unhealthy alcohol and drug use. The PHEs present these topics in front of groups in the form of presentations and also table at large and small events. Most outreach is requested by outside groups such as student organizations, housing communities, sororities and fraternities.

FIELD STUDY/PRACTICUM
The Center for Student Wellness & Health Promotion is one of many placement sites for students in the School of Social Ecology (4-unit course) & the Program in Public Health (8 unit course) to complete their internship. Supervised by the Assistant Director, students learn about all of the programs and services the CSWHP has to offer, work at the front desk, assist with tabling and other promotional events and work on various projects. Both programs require 100 hours to complete their internship with an evaluation submitted to their field study or practicum Director at the end of the quarter.

PROGRAM ASSISTANTS
Program Assistants work with the Program Managers and Department Coordinator on various projects including data collecting & recording; front desk coverage, event coordination and coverage.

MARKETING ASSISTANTS
Marketing Assistants work with Program Managers to create, design and produce marketing materials for various programming events; they’re responsible for managing the department’s social media accounts, updating the website, creating & distributing monthly MailChimp.
CWSHP ANNUAL REPORT 18-19

STUDENT ENGAGEMENT

- Office Visits: 388 Students
- Workshops: 6,312 Students
- Consultations: 202 Students
- Workshops: 242 Workshops
- Condom Co-op: 5,053 Students
- Events/Outreach: 17,216 Students
- Online Education: 8,689 Students
- Lactation Station: 213 Students
- HIV Testing: 66 Students
- Events/Outreach: 118 Events

Total: 38,134 Students