

ANNUAL REPORT

    @ucistudentwellness



ABOUT

Vision

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

Mission

We empower students to make informed decisions to 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

Throughout this report we will be reporting student participation/engagement numbers that reflect the number of students who attended/participated in our programs and services. As many students may engage in our programs and services multiple times, this should not be confused to represent the number of unique students who engaged with this program/service.

Values

Advocacy

Awareness

Empowerment



SIGNATURE PROGRAMS & TRAININGS

Workshops

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



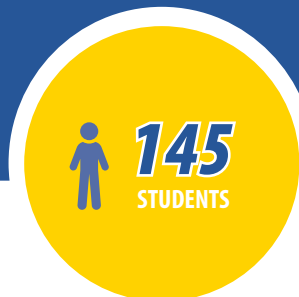
Behind Happy Faces

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.



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.





SEXUAL & RELATIONSHIP HEALTH

Workshops

Sexual and relationship health workshops are designed to provide awareness and knowledge of HIV/AIDS and other STIs, birth control options, safer sex behaviors and practices, and healthy relationships, including consent, boundaries and communication.

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.

WORKSHOPS



875
STUDENTS

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.

WORKSHOPS



1430
STUDENTS

Healthy Relationships

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

WORKSHOPS



506
STUDENTS

Consultations

SUMMER

4

STUDENTS

FALL

18

STUDENTS

WINTER

14

STUDENTS

SPRING

4

STUDENTS

Total: 45



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.

WORKSHOPS



Vaping

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

WORKSHOPS



Cannabis 101

Students learn the basics about cannabis. What is it? What are the effects? Who uses it and how is it used?

WORKSHOPS



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).



Consultations

SUMMER

2

STUDENTS

FALL

4

STUDENTS

WINTER

4

STUDENTS

SPRING

4

STUDENTS

Total:
14



WELLNESS

Workshops

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.

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.



413
STUDENTS

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



132
STUDENTS

Yoga/Meditation/Mindfulness

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.



415
STUDENTS

Writing + Wellness

Writing + Wellness Workshops provide space for students, faculty and staff to relax, reflect and realize wellness at UCI. In our casual, salon-style space, participants consider how we are—or are not—caring for our minds, bodies and communities.



59
STUDENTS

Consultations

SUMMER

0

STUDENTS

FALL

3

STUDENTS

WINTER

5

STUDENTS

SPRING

7

STUDENTS

Total:
15



NUTRITION

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.

Nutrition

This workshop empowers students with knowledge about how nutrition plays a key role in one's health. We hope to help students make informed food choices that promote a healthy weight and overall well-being.

WORKSHOPS



Body Image

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

WORKSHOPS



Consultations

SUMMER

14
STUDENTS

FALL

25
STUDENTS

WINTER

25
STUDENTS

SPRING

14
STUDENTS

Total: 78

LARGE-SCALE EVENTS



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.

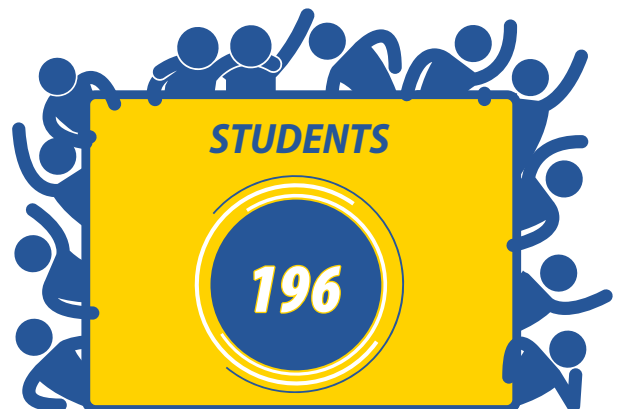


Spring Fever

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.





SERVICES



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.

3,498
STUDENTS



Lactation Station

Our dedicated Lactation room is attached to a private bathroom and gives nursing parents 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.

131
PARENTS



Wellness Room

The Wellness Room is a peaceful space designed to help students relax and be mindful in order to reduce stress. Amenities include Massage Chairs, yoga mats, meditation pillows, memory foam bean bags, tea station, and self guided wellness activities.

2,070
STUDENTS

Office Visits

Students visiting our office are invite to enjoy our various amenities and services, including the Wellness Room, Condom Co-op and consultations with our trained staff.

225
STUDENTS

Tips Training

A program that helps students make smart choices when faced with difficult decisions about alcohol use. During the workshop, students address drinking behaviors specific to UCI's drinking culture and develop intervention techniques appropriate to our campus.

30
STUDENTS

Wellness Walks

A bi-weekly stroll through campus and surrounding nature areas while incorporating mindfulness, meditation and ecological education. Enjoy the company of and meet new students, staff and faculty. Go at your own pace and feel free to leave if needed.

115
WALKERS



ONLINE EDUCATION

1

First-year Internet Required Safety Training (FIRST)

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.



8,985
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.



233
PARENTS



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.



36
STUDENTS



9,254
STUDENTS

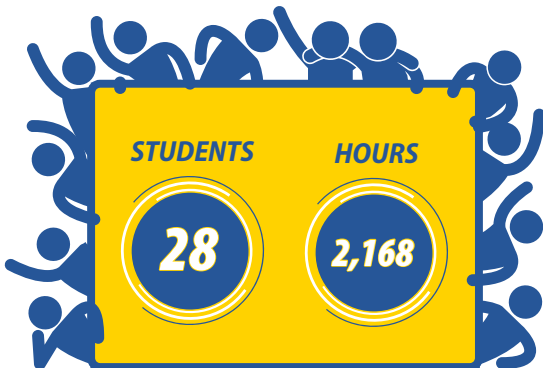
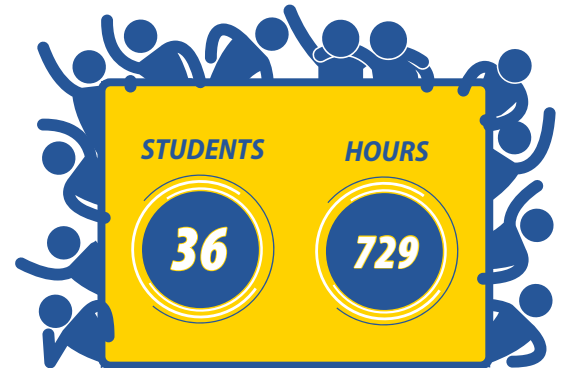
Total Online Touches



STUDENT INVOLVEMENT

Peer Health Educators (PHE)

Peer Health Educators (PHEs) are a group of trained student leaders that strive to promote healthy behaviors and lifestyles on campus by raising awareness and knowledge in various wellness topics. Our PHEs focus on the topics of Wellness (stress management, time management), Nutrition, Body Image, Alcohol & Other Drugs, and Sexual Health & Relationships, and Emotional Well-being. Our PHEs serve UCI through, campus events and outreach, facilitating workshops, developing health materials and passive campaigns, and serving as health advocates.



Interns/Volunteers

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.

Marketing Assistants

Marketing Assistants work with Marketing & Communications Coordinator to create, design, and produce marketing materials for various programming events and to promote the center. In addition, the Marketing Assistant are responsible for managing the department's social media accounts, updating the website, creating & distributing flyers, and capturing footage of events on photo and video.



ANNUAL REPORT

2019-2020

TOTAL 34,018



STUDENTS



UCI Student Wellness & Health Promotion

The numbers represented in this infographic are participation/engagement numbers. As some students use multiple CSWHP programs/services or use our programs/services multiple times, they do not reflect the number of unique students reached.