

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

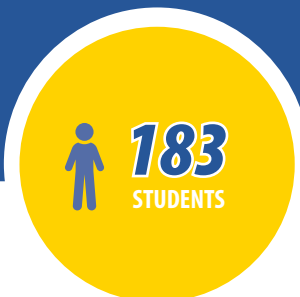
Workshops explore holistic wellness utilizing components of the wellness wheel and de-stigmatize the negative connotation that society has placed on complications in mental health.

Behind Happy Faces



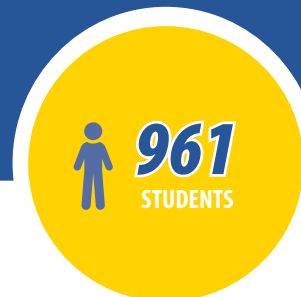
Behind Happy Faces

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

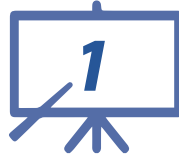
Workshops

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



101
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



733
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



262
STUDENTS

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.

23
STUDENTS



ALCOHOL & OTHER DRUGS

Workshops

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

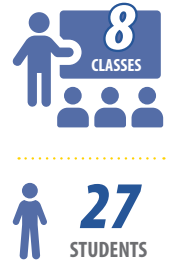
Intro to AOD

Students learn the foundational knowledge about alcohol & other drugs, and how to keep themselves safe and others around them when confronted with challenging situations.



Alcohol Awareness Class

Students sanctioned for alcohol policy violations participate in our weekly Alcohol Awareness Class, or what we call "Happy Hour."



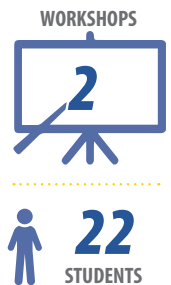
Intro to Cannabis

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



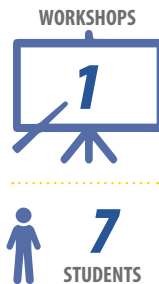
Prescription Drugs

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



Vaping

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



Rave Drugs

Students are taught about commonly used drugs that are used at raves, festivals, and other large scale events.



Understanding Addiction

Students learn about the often stigmatized topic of addiction, how dependence can happen, and treatment options.



Consultations

Consultations are generally either BASICS (Brief Alcohol Screening & Intervention for College Students) for alcohol, or AOD Consultations for any other substance.

19 STUDENTS



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.



828
STUDENTS

Time Management

This interactive workshop will provide tips and strategies to help make the most of the 24 hours in your day.



252
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.



1,088
STUDENTS

Resilience

Student learn strategies and explore the ability to recover and bounce back from adversity and hardships, and to feel stronger and more capable to cope.



486
STUDENTS

Consultations

17
STUDENTS



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



Quick Bites

Quick Bites is a brief, virtual lunch and learn series on Zoom with our RDN, Jody Margolis, who will cover various nutrition hot topics.

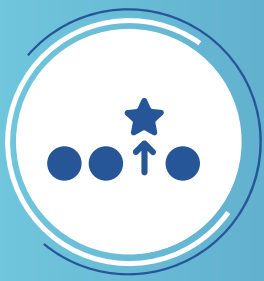
WORKSHOPS



Consultations

Individual Nutrition Education Sessions are non-medical and free to all students. Each session consists of a 60 minute one-on-one confidential appointment with a Registered Dietitian Nutritionist (RDN). The session may include goal-setting, strategy development and an action plan.

93
STUDENTS



MISCELLANEOUS & UNIQUE PROGRAMS

Workshops

Due to COVID-19 and the Stay at Home order, we improvised and adapted some of our workshops and programs for the new environment, as well as created a few new ones.

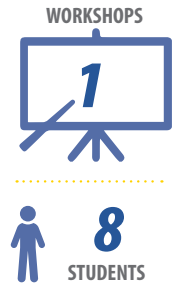
Okanagan Charter

The Okanagan Charter calls on institutions of higher education to infuse health and well-being into the campus environment and lead health promotion action and collaboration locally and globally.



AOD in the Workplace

How alcohol and other drug policies in the workplace impact you as an employee, and how your substance use may affect your work.



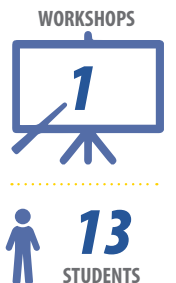
Teambuilding

Some of our workshops aren't about health topics, but are more activity and engagement based, for leadership and/or teambuilding purposes.



AOD & Mental Health

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



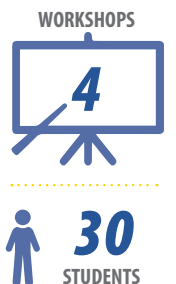
Social Determinants of Health

Speakers discuss the barriers impacting our community and possible solutions that allow families to move from surviving to thriving so that everyone in our community has an opportunity to be as healthy as possible.



Writing & Wellness

A virtual space for students, faculty and staff to relax, reflect and realize wellness at UCI through writing prompts. Participants consider how we are—or are not—caring for our minds, bodies and communities



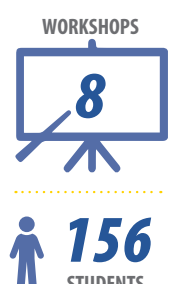
Improve Your Snooze

A holistic look at healthy sleep habits, and see what can be done to incorporate healthy sleep hygiene and practices into your life.



Emotional Well-Being

Led by our Emotional Well-Being Peers, this workshop provides a safe space where students can discuss mental health and mental illness.





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.

 **8,329**
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.

 **18**
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.

 **12**
STUDENTS

 **8,359**
STUDENTS

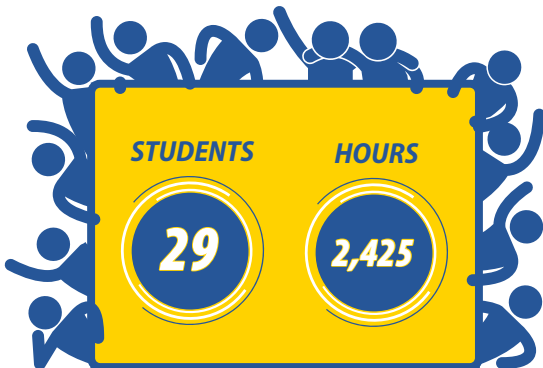
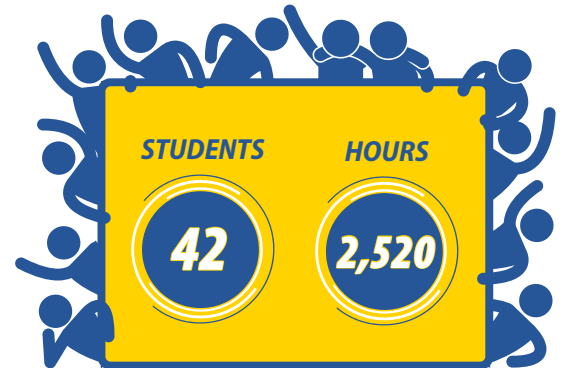
Total Online Touches



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, 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

Marketing Assistants

Marketing Assistants work with our Marketing & Communications Coordinator to create, design, and produce marketing materials for various programming events and to promote the center. In addition, the Marketing Assistants 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.



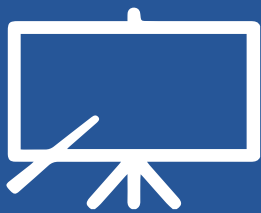
ANNUAL REPORT

2020-2021

TOTAL 17,615



STUDENTS



197
WORKSHOPS



WORKSHOP
ATTENDEES

7,149
STUDENTS



CONDOM CO-OP

1,000
STUDENTS

5,000 Condoms were donated to the UCI Student Health Center. Each student is allotted 5 condoms.



CONSULTATIONS

152
STUDENTS



EVENTS/OUTREACH

1,955
STUDENTS

105
EVENTS



ONLINE EDUCATION

8,359
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.