

# 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

The Center offers a variety of trainings and workshops to provide students with accurate information on important health and wellbeing topics that enhance their personal and academic success at UCI. These workshops and trainings help students develop positive health behaviors, effective coping skills, and other strategies to take care of themselves and one another.

EMOTIONS  
 EMPOWERMENT SAD  
 WELL-BEING POSITIVITY  
 RESILIENCE DEPRESSION STRESSED  
 AWARENESS SELF-CARE AWARENESS  
 ANXIETY COPING LONELY GRAPY ANGER  
 BALANCE DISTRESS HOPE STIGMA SUPPORT  
 HURT COMPASSION PAIN STRIVING CRISIS  
 EMPATHY FEAR HEALING DISORDER COMFORT  
 LOVE SUFFERING CLARITY BLAME FEELS  
 BREATHE LACK COURAGE ADVOCACY NEGATIV-  
 ITY FAITH SELF-LOATHING SELF-EFFICACY  
 ABUNDANCE WISDOM DISTRACTED ACCEPT  
 FOMO MOODY PEACE TIRED FORGIVE  
 FRUSTRATED GRACE PERSPECTIVE  
 IMPULSIVE FREEDOM SLEEPLESS  
 JOY OBSESSED ENOUGH  
 WELLNESS

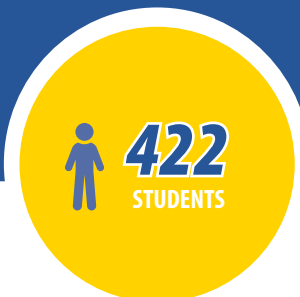


### Behind Happy Faces



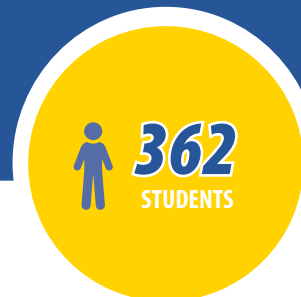
#### Behind Happy Faces

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



231  
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



395  
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



113  
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.

26  
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.

WORKSHOPS



67  
STUDENTS

### Alcohol Awareness Class

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



108  
STUDENTS

## Consultations

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

15  
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 workshop focuses on the key concepts of stress and how stress affects our body and mind. Students will explore their own personal stressors and discover tips to help deal with stress using self-care practices.



**203**  
STUDENTS

### *Time Management*

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



**18**  
STUDENTS

### *Resilience*

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



**119**  
STUDENTS

## Consultations

Wellness consultations consist of a 45 – 60 minute one-on-one confidential appointment to provide education and resources to help you meet your wellness goals.

**19**  
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.

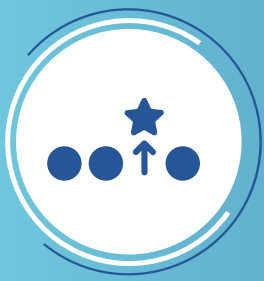
WORKSHOPS



## 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.

**62**  
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.

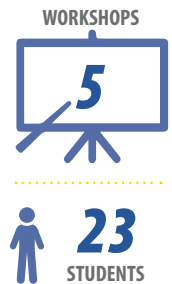
### Okanagan Charter

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.



### Journal to 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



### Teambuilding

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



### 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.







# 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.

**2,725**  
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.

**34**  
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.

**901**  
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.

**222**  
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.

**22**  
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.

**85**  
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.



**4,085**  
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.



**198**  
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.



**11**  
STUDENTS



**4,294**  
STUDENTS

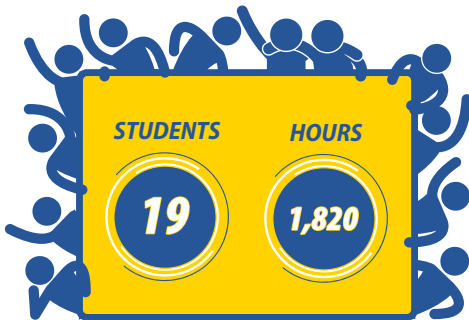
**Total Online Touches**



# 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 serve UCI through, campus events and outreach, facilitating workshops, developing health materials and passive campaigns, and serving as health advocates.



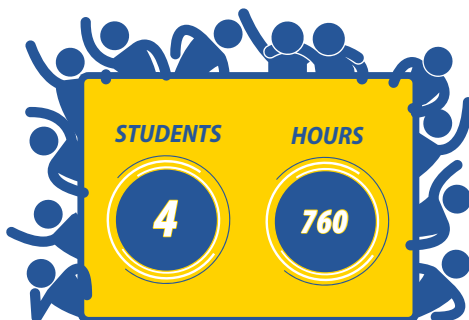
## Interns/Volunteers

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.

## 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 our social media accounts, updating the website, creating & distributing flyers, and capturing footage of events on photo and video.



## Office Assistants

Office Assistants provide administrative support and customer service at our front desk as well as provide support to our professional staff in their programming efforts within the UCI community. They are some of the first faces you'll see entering our Center, and as such they are trained to be helpful, compassionate, and non-judgemental to better accommodate the students who visit us.

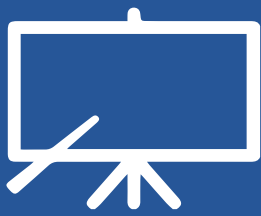
# ANNUAL REPORT

2021-2022

# TOTAL 17,589



STUDENTS



## 143

WORKSHOPS



WORKSHOP  
ATTENDEES

## 3,370

STUDENTS



SERVICES

(Wellness Room, Condoms, Lactation Station,  
Office Visits, Wellness Walks)

## 3,967

STUDENTS



CONSULTATIONS

## 122

STUDENTS



EVENTS/OUTREACH

## 5,836

STUDENTS

## 47

EVENTS



ONLINE EDUCATION

## 4,294

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.*