

ANNUAL REPORT

  @ucistudentwellness



ABOUT

Vision

To be a leader in collegiate health promotion by supporting the wellbeing and academic success of UCI students

Mission

We empower students to make informed decisions that support individual wellbeing and a healthy campus community. Our programs and services are comprehensive, inclusive, and evidence-based to help students create balance and develop sustainable habits.

Values

Advocacy: we advocate for individual and community wellbeing, as well as the resources necessary to achieve them.

Awareness: using a lens of equity and inclusion, we employ a data-driven approach to assess and raise awareness around the unique and specific needs of individual students, student populations, and the entire campus community.

Empowerment: we prepare students to take the information, skills and knowledge necessary to manage their wellbeing with them after graduation. We also hope they use these tools to have a positive impact on their families, workplaces and communities.

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.



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 WORTHY DISTRACTED ACCEPT
 FOMO MOODY PEACE TIRED FORGIVE
 FRUSTRATED GRACE PERSPECTIVE
 IMPULSIVE FREEDOM SLEEPLESS
 JOY OBSESSED ENOUGH
 WELLNESS

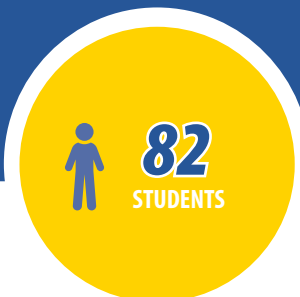


Behind Happy Faces



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.

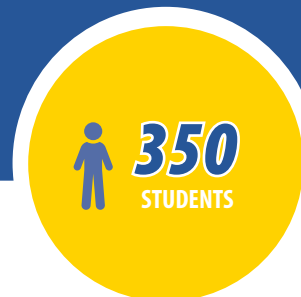


82
STUDENTS

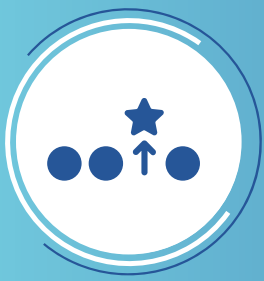


Step Up!

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.



350
STUDENTS



MISCELLANEOUS & UNIQUE PROGRAMS

Workshops

Wellness is multifaceted and not just limited to our topic areas. We also have interests and partnerships that expand on our robust services and topic areas that create unique workshops and experiences.

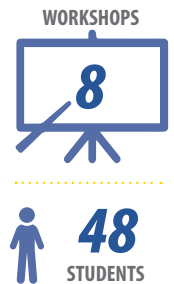
Okanagan Charter

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 space for students 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.



Wed. Wellness Walks

A bi-weekly stroll through campus and surrounding nature areas while incorporating mindfulness, meditation and ecological education.





ALCOHOL & OTHER DRUGS

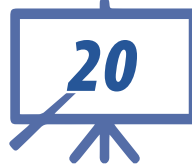
Workshops

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

Alcohol Workshops

These interactive workshops empower students to make informed decisions around alcohol. These workshops include harm reduction strategies, how to calculate a standard drink size and your BAC, how to recognize alcohol poisoning, etc.

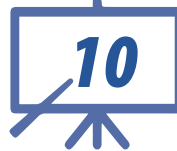
WORKSHOPS



Other Drugs Workshops

Students learn the foundational knowledge about drugs such as cannabis, nicotine, prescription drugs, party drugs, etc. and how to keep themselves safe and others around them when confronted with challenging situations.

WORKSHOPS



Consultations

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

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STUDENTS



MENTAL HEALTH & EMOTIONAL WELLBEING

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.

Mental Health Workshops

These workshops raise awareness about the mental health continuum, reduce stigma associated with mental illness, and promote help seeking behaviors. Our aim is prevent further deterioration of mental health and prevent suicide.

WORKSHOPS



Emotional Wellbeing Workshops

Emotional Wellbeing workshops encourage students to proactively take care of their emotional and mental health needs by learning skills such as mindfulness and being proactive advocates for their mental health.

WORKSHOPS



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.

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STUDENTS



NUTRITION & BODY IMAGE

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 Workshops

Nutrition workshops 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 Workshops

Body Image workshops offer information and discussion on positive body image including how to appreciate your body - your partner for life!

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.

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STUDENTS



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.

Sexual Health Workshops

These workshops consist of the most up to date information about STI/STD infection and transmission, birth control options, and negotiating safer sex practices.

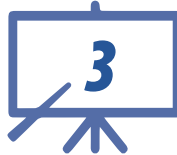
WORKSHOPS



Relationship Health Workshops

Relationship Health workshops explore health vs. unhealthy relationships, sexual boundaries, consent, and communication skills. We present different scenarios for discussion and practice.

WORKSHOPS



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.

15
STUDENTS

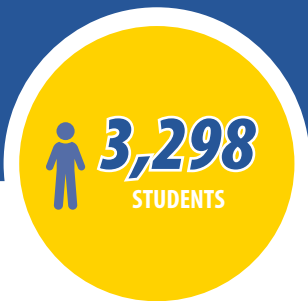


SERVICES



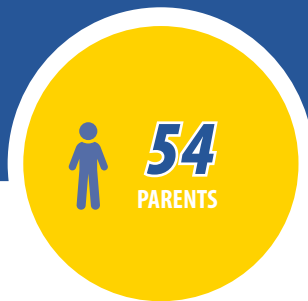
Condom Co-op

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.



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.



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.





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.



8,577
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.



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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



8,816
STUDENTS

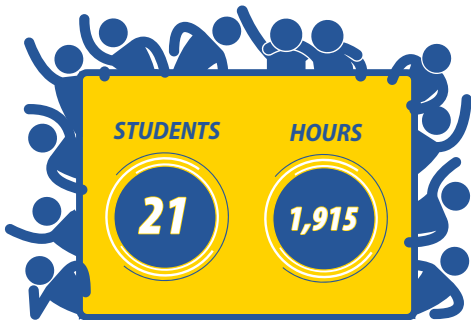
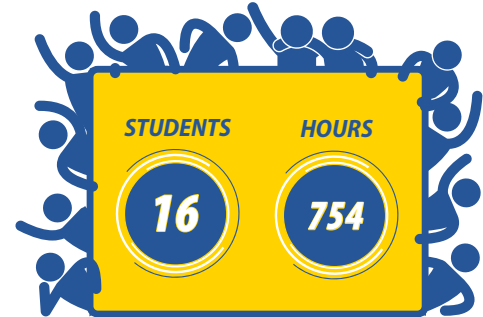
Total Online Touches



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.



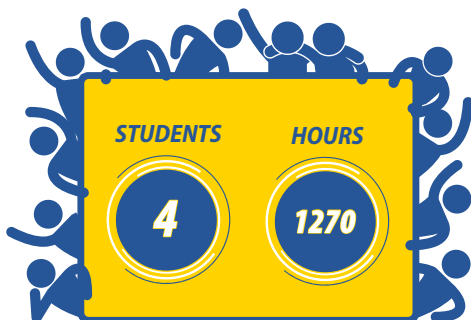
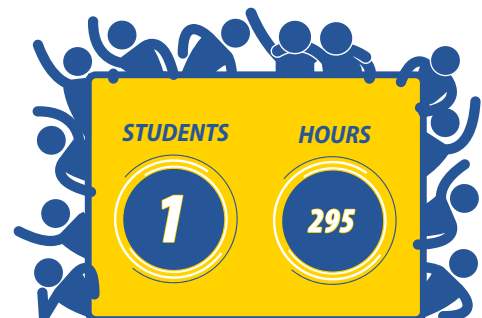
Interns/Volunteers

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.



STAFF ENGAGEMENT

Campus Committee Involvement

- Sustainability Workgroup (Doug)
- Wellness Ambassadors (Doug, Ying)
- Coordinated Campus Response (CCR) Team (Beth)
- Hazing Prevention Coalition (Doug, Cassie)
- Alcohol & Other Drug Task Force (Doug, Cassie)
- Smoke/Tobacco-Free Task Force (Doug, Cassie)

Local/Regional Committee Involvement

- Orange County Sexually Transmitted Infection Coalition (Beth)
- Tobacco & Vape-Free Orange County Coalition (Cassie)
- Orange County Prescription Drug Task Force (Cassie)
- Orange County Mental Health Coalition/Task Force (Toni)
- UC Systemwide Health Promotion Directors (Doug)
- UC Systemwide Sexual Health Program Managers (Beth)

National Committee Involvement

- United State Health Promoting Campuses Network (USHPCN) Steering Group (Doug)
- NASPA Health Promotion Leadership Knowledge Community (Doug, Beth)
- National College Dietitians & Eating Disorders (Jody)

Conference Presentations

- ***“Pathways & Strategies to Becoming a Health Promoting Campus”*** All Day Pre-Con
(Doug) 2023 NASPA Strategies Conference; January, 2023; Kansas City, MO
- ***“Health Promoting University Panel”***
(Doug) ACHA Webinar; February, 2023
- ***“Health Promoting University Panel”***
(Doug) Association of Schools & Programs in Public Health; March, 2023; Washington D.C.
- ***“A Campus-Based Approach to Thinking About Wellbeing”***
(Doug) Western Association of Campus & University Business Officers; May, 2023; Phoenix, AZ
- ***“Experiences Utilizing the Okanagan Charter to Advance Wellbeing at Seven Universities”***
(Doug) American College Health Association; June, 2023; Boston, MA

ANNUAL REPORT

2022-2023

TOTAL
23,376



STUDENTS



186
WORKSHOPS



WORKSHOP
ATTENDEES

3,363
STUDENTS



EVENTS/OUTREACH

4,988
STUDENTS



SERVICES

(Wellness Room, Condoms, and
Lactation Station)

6,059
STUDENTS



CONSULTATIONS

150
STUDENTS



EVENTS

56
EVENTS



ONLINE EDUCATION

8,816
STUDENTS



STUDENT STAFF
& VOLUNTEERS

42
STUDENTS



STUDENT STAFF
& VOLUNTEERS

4,234
HOURS

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.