

# 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.

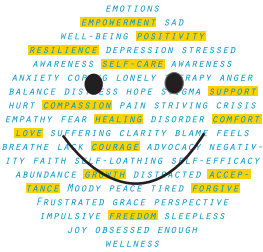
*Throughout this report we will be reporting student participation/engagement numbers that reflect the number of students who attended/participated in our programs and services. As many students may engage in our programs and services multiple times, this should not be confused to represent the number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



Behind Happy Faces

## NARCAN 101



### WORKSHOPS

19

### 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.

**302**  
STUDENTS

### WORKSHOPS

13

### Narcan 101

Participants learn the signs and symptoms of opioid overdose, what actions to take, and how to administer Narcan nasal spray to save a life. Participants also receive one free box of Narcan.

**86**  
STUDENTS

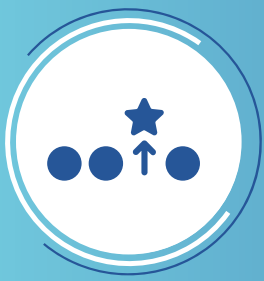
### WORKSHOPS

11

### 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.

**64**  
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.

WORKSHOPS



**104**  
STUDENTS

### *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.

WORKSHOPS



**96**  
STUDENTS

### *WISHES Survey*

A survey to identify the factors that enhance student engagement and a sense of belonging, allowing us to develop strategies that support flourishing and thriving on campus.

WORKSHOPS



**19**  
STUDENTS

### *Wed. Wellness Walks*

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

WORKSHOPS



**72**  
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 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



### Anteaters For Recovery

A support group program for those who are in recovery from alcoholism, drug addiction, eating disorders, and more. This program is not therapy or group counseling, but rather a support system where you can heal, grow, and thrive with others.

WORKSHOPS



## Consultations

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

22  
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.

17  
STUDENTS



# NUTRITION & BODY IMAGE

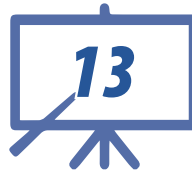
## Workshops

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.

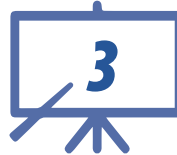
WORKSHOPS



### 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.

**66**  
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.

**16**  
STUDENTS



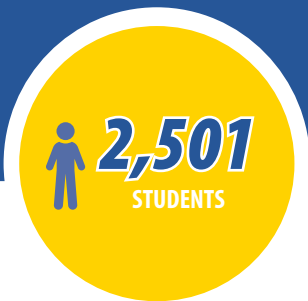


# SERVICES



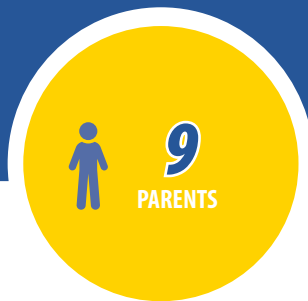
## *Condom Co-op*

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.



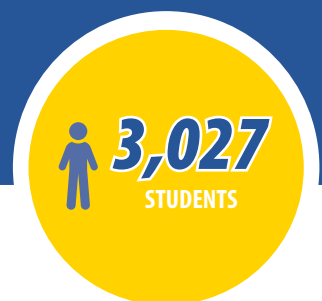
## *Lactation Station*

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.



**8,731**  
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.



**153**  
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.



**18**  
STUDENTS



**8,902**  
STUDENTS

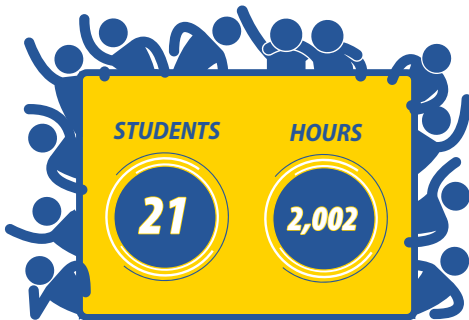
**Total Online Touches**



# 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.



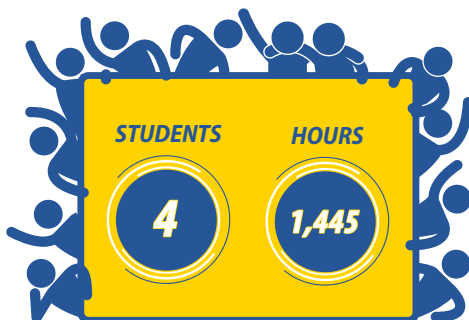
## Interns/Volunteers

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 States 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



# SPECIAL PROJECTS

## **All Staff**

**Departmental External Review:** CSWHP is conducting an extensive external review of our department in 2024. Starting in January of 2024, the entire staff was made aware of the project and began a self-study process using the Council on the Advancement of Standards (CAS) Self-Assessment Guide. The self-study was completed during the Winter Quarter. A Self-Study Report was written by the Director and Assistant Director during the Spring Quarter and sent our external review team in July. The External Review Team will visit the campus in the fall, with a final report expected by the end of the calendar year.

## **Doug Everhart**

**Faculty Workgroup on Student Wellbeing:** Continue to participate in a 12-member faculty workgroup, convened by the Provost, to address student wellbeing. One significant outcome was the faculty "Resource Guide" on how to support student mental health from a "supporting wellbeing first" lens.

**Institute for Pedagogical Wellness Advisory Board:** Participated in a 12-member advisory group that developed and implemented an 8-week institute that taught faculty theory, principles, and practice around creating a culture of wellbeing in the classroom. The institute included one faculty member and one graduate assistant from each of our 15 schools.

**Advocacy for Systemwide Adoption of the Okanagan Charter:** Continued consultation and work with various groups to advocate for UC to be the first statewide college/university system to adopt the Okanagan Charter. We have five of the ten campuses who have already adopted. The UC Student Mental Health Oversight Committee (UC SMHOC) and Council of UC Staff Assemblies (CUCSA) both included systemwide adoption as a primary recommendation in their annual reports.

**Chair the Comprehensive Wellbeing Initiative (CWI):** Has served as the lead for the CWI since UCI adopted the Okanagan Charter in 2021. Serves as overall leader of the initiative, leads the Core Leadership Team, and supports all of the pillars of the initiative and their respective leadership teams.

**WISHES Survey:** Led a multidisciplinary team in piloting a new survey, the Wellbeing Improvement Survey for Higher Education Settings (WISHES). The survey was conducted twice per quarter, and included about 14 validated wellbeing scales/measures. Disaggregated results (by self-reported ethnic identity) of four measures (Psychological Distress, Loneliness, Flourishing, and Belonging) were then used to identify a specific population to focus some attention on, with the goal of implementing some actions that could "move the needle" (data) in a positive direction.



# SPECIAL PROJECTS

## (CONTINUED)

### **Beth England-Mackie**

**Comprehensive Wellbeing Initiative (CWI) Pillar 4:** part of Core Leadership Team, which meets monthly to discuss health and wellbeing activities, events, and initiatives.

**WISHES Survey:** Part of the leadership team that piloted a new survey, the Wellbeing Improvement Survey for Higher Education Settings (WISHES). The survey was conducted twice per quarter and included about 14 validated wellbeing scales/measures. Disaggregated results (by self-reported ethnic identity) of four measures (Psychological Distress, Loneliness, Flourishing, and Belonging) were then used to identify a specific population to focus some attention on, with the goal of implementing some actions that could “move the needle” (data) in a positive direction.

**STI Coalition (STIC):** Co-Chair of countywide STI coalition that meets bi-monthly with the mission to reduce STI rates in Orange County and improve treatment access and maintenance. Represent colleges and universities.

**Coordinated Community Review Team (CCR Team):** member of team that meets bi-monthly and works to prevent sexual assault, dating and domestic violence, and stalking on the UCI campus and provide support services to those impacted by trauma.

**H.E.A.L.T.H. Class:** Co-Facilitated health class (NS 38) with ASUCI Student Health & Wellness Commissioners in Winter 2024 open to all majors for 1.3 Unit credit.

### **Jody Margolis**

**Energy Drink Task Force (EDTF):** Led by Jody Margolis since Spring '23, has 15 members from staff, faculty, and students. It addresses concerns about energy drink promotion on campus and the lack of policy enforcement. The focus is on high caffeine and stimulant content and their potential risks. The final report, with recommendations, will be submitted this summer to Marcelle Hayashida, Lin Tang, and Brice Kikuchi.

**Weight Stigma Collective:** Founded and led by Shantille Connolly, Sr. Health Promotion Specialist at UC Davis, the WSC a multi-disciplinary group from various universities. It aims to provide solutions for creating more weight-inclusive campus environments.



# SPECIAL PROJECTS

(CONTINUED)

## *Toni Martinez*

**Climate Resilience Class:** Mindfulness teacher for UC systemwide for-credit class (NS 144) in Spring 2025

**Mindfulness at UCI:** Multi-disciplinary group of faculty and staff with the goal of institutionalizing mindfulness and creating spaces (such as a labyrinth) to promote contemplative practice. Group was granted approval to host the 3rd Annual Health and Wellbeing Day slated for Spring 2025.

## *Cassie Finazzo*

**Narcan Distribution:** Launched Fall 2023 under SB 367, this free program provides Narcan training for students. Monthly one-hour sessions cover opioids, Narcan use, and the 911 response. Classes accommodate up to 12 students, with Narcan stored at the Student Health Center and distributed during training. Narcan is supplied by the Naloxone Distribution Project.

**Anteaters for Recovery:** Started Fall 2023, this program supports students in recovery from issues like substance abuse, eating disorders, and other life-altering challenges.

**Alcohol and Other Drugs Taskforce:** Established Winter 2019, this taskforce reviews campus substance abuse prevention efforts and compiles the biennial Drug-Free Schools Act report. Responsibilities include communication, meeting organization, and minutes.

**Hazing Prevention Coalition:** Formed Winter 2020, this group of students, faculty, and staff regularly addresses hazing prevention and promotes a healthy campus culture.

**Alcohol 101+ Study:** UCI participated in piloting the Alcohol 101+ study in Spring 2024. Students were placed in one of four conditions involving pre- and post-tests, the Alcohol 101+ module, and discussions with educators. Participants received a \$25 Amazon gift card. The study will continue in Fall 2024 with modifications.

**Certified Peer Educator Class:** A required NASPA course for incoming Peer Health Educators, held every Spring quarter, providing a non-expiring certification in peer education fundamentals.

# ANNUAL REPORT

**2023-2024**

**TOTAL**  
**27,403**



**STUDENTS**



**294**  
**WORKSHOPS**



**WORKSHOP ATTENDEES**  
**4,929**  
**STUDENTS**



**EVENTS/OUTREACH**  
**7,914**  
**STUDENTS**



**SERVICES**  
*(Wellness Room, Condoms, and Lactation Station)*

**5,537**  
**STUDENTS**



**CONSULTATIONS**  
**121**  
**STUDENTS**



**EVENTS**  
**103**  
**EVENTS**



**ONLINE EDUCATION**  
**8,902**  
**STUDENTS**



**STUDENT STAFF & VOLUNTEERS**  
**51**  
**STUDENTS**



**STUDENT STAFF & VOLUNTEERS**  
**5,105**  
**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.*