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HEALTH EDUCATION

# The Interactive Wellbeing Map

OUTLINE

- HSU Basic Needs Model
- Theoretical Grounding
- Wellbeing Map
- CIY
- Data Since Launch
- Next Steps
- Activity
- Questions

# Health & Wellbeing Services

Prevention: Health Education

Acute Care: Student Health Center

Short Term Care: Counseling and Psychological  
Services (C.A.P.S.)





# HEALTH EDUCATION

PREVENTION RESOURCES



# Health Education



Social Justice &  
Identity Based  
No FEAR, SHAME or  
GUILT

Check IT  
Oh SNAP! Student  
Food Programs  
Peer Health Education

# Check IT Bystander Intervention



Consent Culture:  
Training/Workshops  
Events  
Party Merch

# Oh SNAP! Student Food Programs



Food Pantry  
Farm Stand  
Cooking Classes  
Nutrition Education  
CalFresh Sign-up & Support

# Oh SNAP!



HUMBOLDT STATE UNIVERSITY

**OhSNAP!**



## Open Hours

**MONDAY - THURSDAY:**

**9 AM - 11 AM**

**1 PM - 5 PM**

**FRIDAY:**

**9 AM - 11 AM**

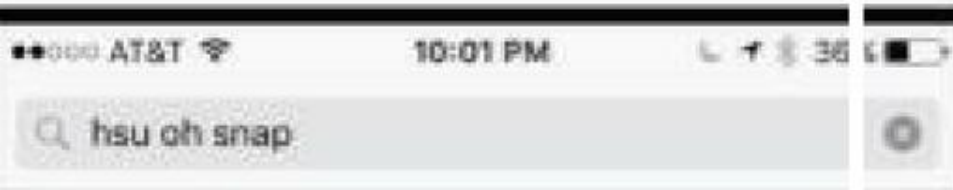
**2 PM - 5 PM**



Bring your own reusable bag! Download our App to avoid waiting,  
and to be the first to know about free food!  
Located in RWC 122. <http://hsuohsnap.org/>

**TIP**





HSU Oh SNAP  
Ravin Craig

OPEN



# Oh SNAP APP!

Part of a larger food  
reclamation effort

Use it to donate  
leftovers &

Contact students  
about free food

TEXT US QUESTIONS 707.633.8604

Oh SNAP!



**EBT** is now accepted @  
the HSU Marketplace

# Oh SNAP! Student Food Programs



[facebook.com/HSUOhSnap](https://facebook.com/HSUOhSnap)

[HSUOhSNAP - Instagram, Twitter](#)

[hsuohsnap.org](https://hsuohsnap.org)

Download the APP!

[ohsnap@humboldt.edu](mailto:ohsnap@humboldt.edu)

707.826.4556

# Oh SURE! Student Health Insurance Support



Medi-Cal Sign Ups  
ACA Sign Ups  
Family PACT Sign Ups  
County Transfers

# Oh SURE!



## Family PACT Card



Reproductive Health Services  
Sign up with PHE, OH Snap,  
Planned Parenthood, or at the  
Clinic

TEXT US QUESTIONS 707.633.8604

# Prevention Medical Outreach

Planned Parenthood:  
Every Wednesday from 1-4:30 pm  
2nd Floor of the JGC

HIV/Hepatitis Testing and PrEP  
Services:  
Starts Sept. 7th  
Every Thursday from 11 am-4 pm  
Van behind the Health Center

# Peer Health Education



Wellbeing Map - CIY  
Classroom Presentations  
Office Drop in: M-F 9-5PM  
Events

TEXT US QUESTIONS 707.633.8604

# Peer Health Education



TEXT US QUESTIONS 707.633.8604



# Peer Health Education



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# Humboldt Haze

Humboldt is a SMOKE FREE CAMPUS

Harm Reduction based education model

Meets students where they are at

Focuses on party culture, drug culture, social norming, and open conversations

**H**UMBOLDT  
**AZE**

TEXT US QUESTIONS 707.633.8604

# Faculty/Staff Wellbeing Ambassadors



Selected Staff and Faculty members who provide guidance to their peers about how to access and navigate vital health and wellbeing resources available to students.

## *Theory in Practice*

Maslow

Frankl's Reversal of Needs Theory

When lower order needs are not fulfilled, two things can happen:

- 
- 1) It becomes harder to focus on higher order needs
- 
- 2) Psychological needs become MORE important

Chronic resource insecurity and feeling unsafe leads to increased anxiety, hopelessness, and depression

The ability to make meaning helps one cope with injustice and resource insecurity.

The  
Interactive  
Wellbeing  
Map



## *Theory in Practice*

Why is this important?

Holistic Solutions to Holistic Problems

Addressing issues of resource barriers and belonging while simultaneously creating new resources

The  
Interactive  
Wellbeing  
Map

# *Advocacy Based Peer Education Model*

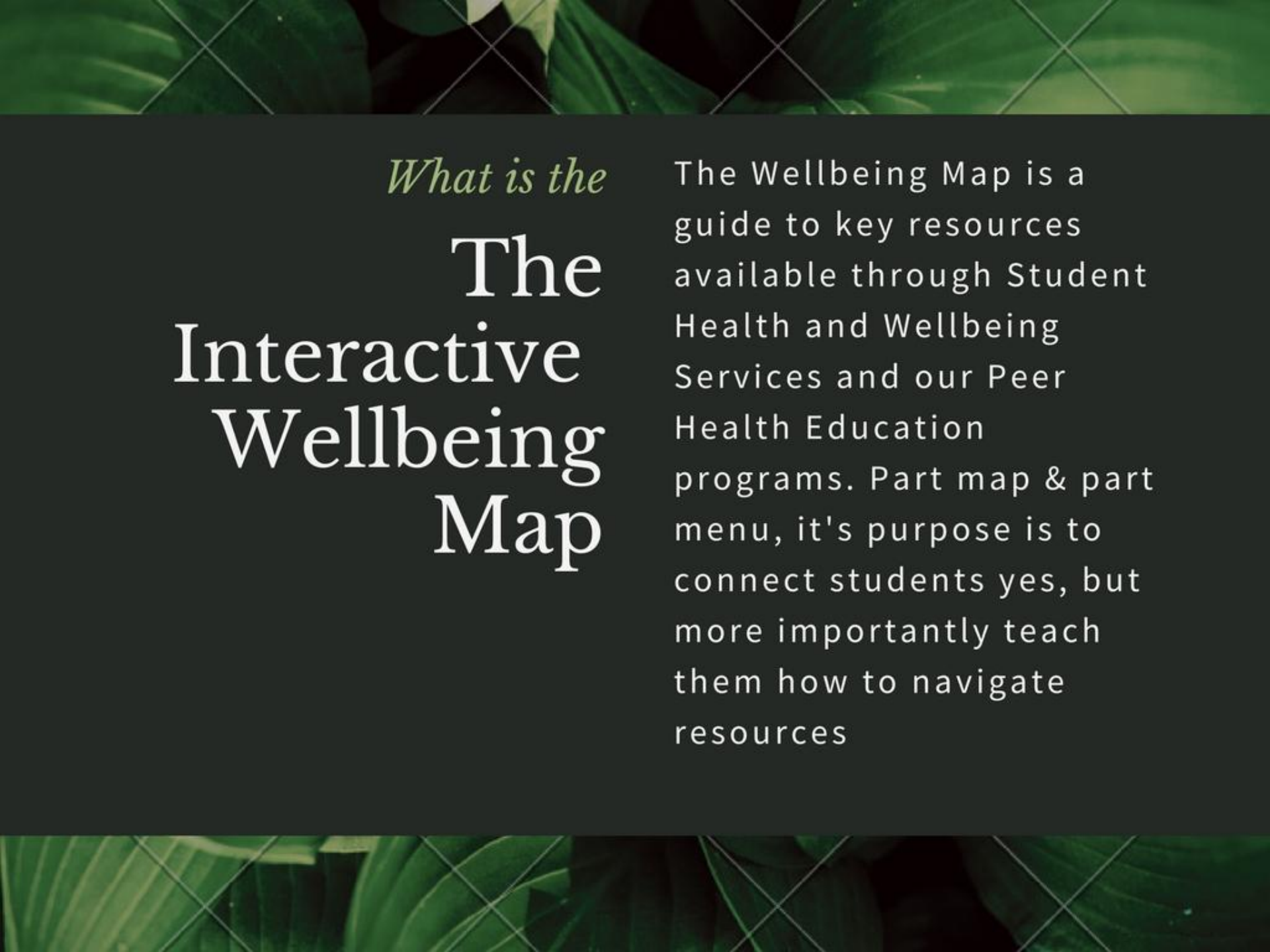
engage targeted populations in participatory learning processes, to empower them and enable them to promote their collective interests beyond a specific behavioral change.engage targeted populations in participatory learning processes, to empower them and enable them to promote their collective interests beyond a specific behavioral change.

## **Social psychological interventions**

brief exercises that target students' thoughts, feelings, and beliefs in and about school

## **Activated Health Education Model**

Assessment of Health  
Presentation of Awareness  
Clarification of Values &  
Planning



*What is the*

# The Interactive Wellbeing Map

The Wellbeing Map is a guide to key resources available through Student Health and Wellbeing Services and our Peer Health Education programs. Part map & part menu, it's purpose is to connect students yes, but more importantly teach them how to navigate resources

# *How It Works*

- Hosted in Canvas
- Can be dropped in to any class syllabus
- Interactive "Buzzfeed" style quiz to get people started
  
- [wellbeing.humboldt.edu](http://wellbeing.humboldt.edu)





# The Interactive Wellbeing Map

The Map is broken into different topic areas:



- Health & Identity
- Physical Health
- Sexual Health & Consent
- Adulting Skills
- Alcohol & Other Drugs
- Mental Health
- Health & Wellbeing Services 101
- Relationships & Belonging
- Food, Nutrition, & Housing

TEXT US QUESTIONS 707.633.8604

# The Interactive Wellbeing Map



Each topic area is then broken down in to different sections

Events: Campus-wide events that relate to the topic

Landmarks: Physical locations and offices on campus that you can visit for more info

CIYs: Choose It Yourself (C.I.Y.) Health Education Workshops that you can sign up for, request for your group of friends/club/organization, or do one-on-one with a Peer Health Educator.

Get Involved: Ways that you can organize, create, or volunteer to help health education happen on campus

Other Resources: Online, off campus, or other resources we think you might like to use

# Choose It Yourself (CIY) Skill Shops

The Wellbeing Map features Choose It Yourself (C.I.Y) Health & Wellbeing Presentations that students can sign up for through the Library Skill Shops.

The CIY Skill Shops are evidence based short health education sessions created by student Peer Health Educators (PHEs) with expert oversight to ensure the right information is presented in an approachable manner. All sessions have been created by students for students in conjunction with medical professionals, therapists, and or faculty on campus.



# Choose It Yourself (CIY) Skill Shops

Topics for CIYs include:

Health & Wellbeing Services 101

Sense of Belonging

Sexual Health

Friendships/Romantic Relationships

Relationship to Food/Body

Nutrition/Shopping

Motivation

Making Friends


Alcohol & Other Drugs

Sleep

Trouble Relaxing

Financial Wellness





*Areas of Focus:*

# Expert Support

Sense of Belonging: Vincent Feliz (C.A.R.E.), Dr. Craig Beeson (CAPS) Dr. Craig Beeson (CAPS).

Sexual Health/Romantic Relationships: Mary Sue (Check It!)

Relationship to Food/Body: Dr. Taylor Bloedon (Kinesiology)

Motivation: Dr. Pio Choong Yuk Kim (CAPS)

Making Social Connections: Molly Kresl (Clubs), Dr. Shannen Vong (CAPS)(CAPS)

Alcohol & Other Drugs/Humboldt Haze: Dr. Stephanie McGrath (CAPS AOD Coordinator)

Sleep: Dr. Jay Davis, M.D. (Student Medical Services)

Relaxation: Dr. Craig Beeson (CAPS)



# *CIY - Follow up*

- Post presentation email
  - 1 month follow up (PHE)
  - 3 month follow up (PHE)
  - 6 month follow up (Health Education Staff)
- 
- [wellbeing.humboldt.edu](http://wellbeing.humboldt.edu)





# *Wellbeing Map/CIY - Data*

- Launch September 2017
- 3164 page views - 321 unique viewers
- Took the map online quiz: 72
- Offered 12 CIY Presentations - 108 Students attended
- [wellbeing.humboldt.edu](http://wellbeing.humboldt.edu)




# *Wellbeing Map/CIY - Data*

Have you seen a medical provider  
about the topic of presentation?

85.7% - No

14.3% - Yes

- [wellbeing.humboldt.edu](http://wellbeing.humboldt.edu)
- 






# *Wellbeing Map/CIY - Data*

Have you used any of the tools you  
learned in the presentation?

71.4% - Yes

28.6% - No

- [wellbeing.humboldt.edu](http://wellbeing.humboldt.edu)
- 



# *Wellbeing Map/CIY - Data*

Has the issue improved since attending  
the CIY?

71.4% - Yes

14.3% - No

14.3% - Somewhat, I'm still working on  
it

- [wellbeing.humboldt.edu](http://wellbeing.humboldt.edu)



## *Basic Needs Barriers*

- What kind of barriers to integrating services do you have on your campus?
- Long term plans for sustainability for programs

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Thank You!

QUESTIONS?