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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

FACEBOOK.COM/CHECKITHSU, INSTAGRAM.COM/CHECKITHSU,
CHECKITHSU.COM, CHECKITHSU@HUMBOLDT.EDU

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:

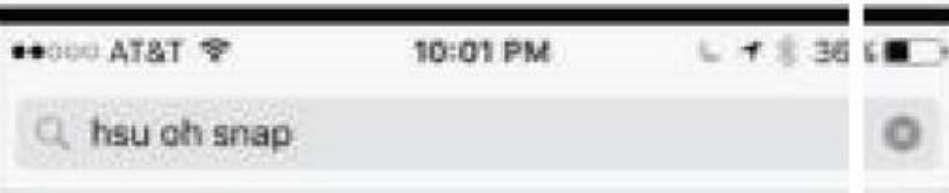
9 AM - 11 AM

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

[HSUOhSNAP - Instagram, Twitter](#)

hsuohsnap.org

Download the APP!

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



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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



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
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Map

Advocacy Based Peer Education Model

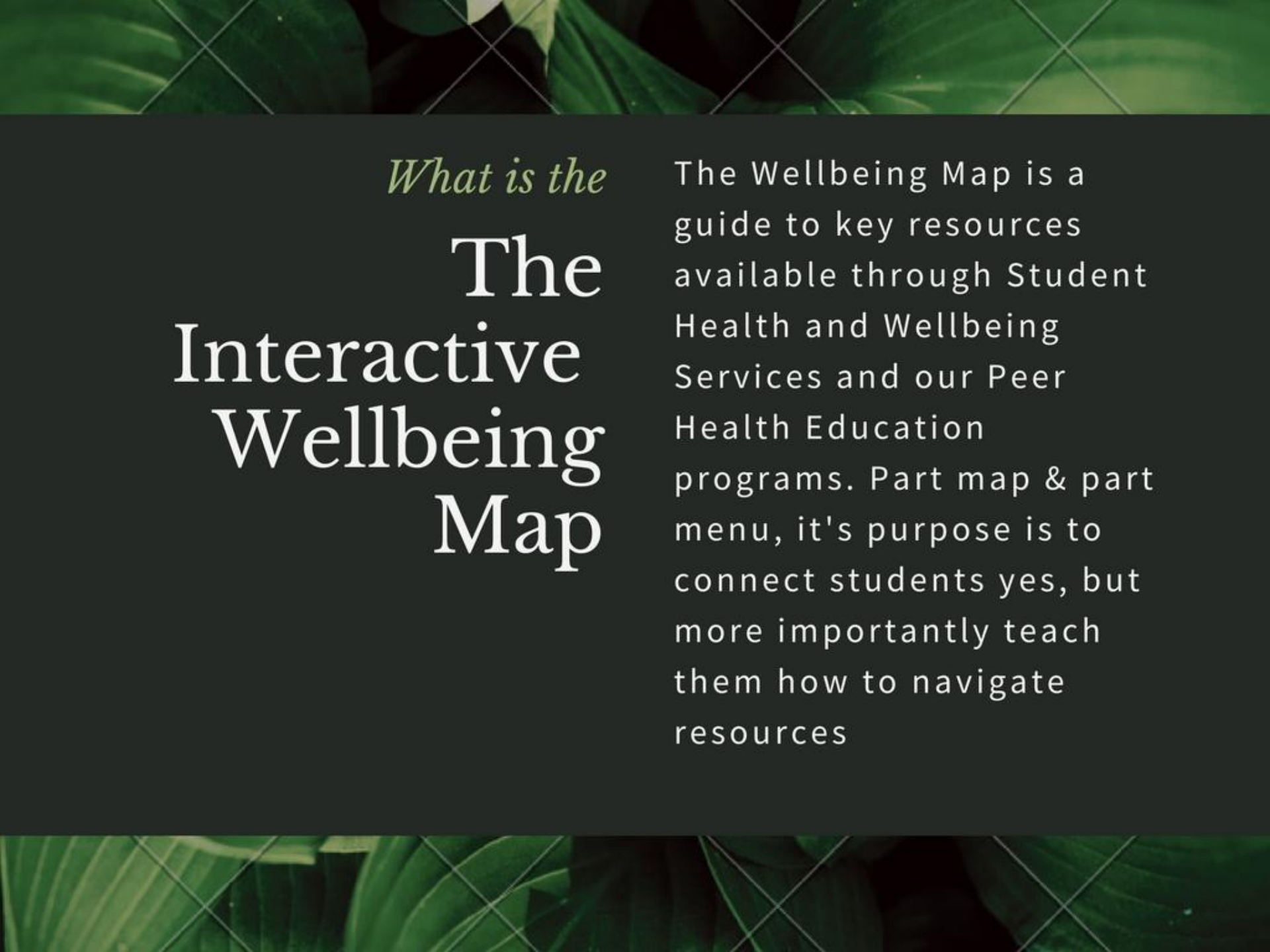
engage targeted populations in participatory learning processes, to empower them and enable them to promote their collective interests beyond a specific behavioral change.engage targeted populations in participatory learning processes, to empower them and enable them to promote their collective interests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

A close-up photograph of green leaves with spider webs. The webs are visible as thin, silken lines crisscrossing over the leaves. The leaves are a vibrant green color with visible veins.

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

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

EVENTS

LANDMARKS

C.I.Y. HEALTH MODULE

GET INVOLVED

OTHER RESOURCES

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
- 

A close-up photograph of green leaves with several spider webs draped across them. The webs are thin and intricate, forming a network of lines that crisscross the frame. The leaves are a vibrant green, and the background is slightly blurred, emphasizing the webs and the texture of the foliage.

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




Wellbeing Map/CIY - Data

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

85.7% - No

14.3% - Yes

- 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
- 



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



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?