

CSU CHANNEL ISLANDS

# STUDENT HEALTH & WELLNESS



PRESENTERS:

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**WELLNESS  
PROMOTION &  
EDUCATION**

CHANNEL ISLANDS  
BOATING CENTER

BASIC  
NEEDS

CAMPUS  
RECREATION

STUDENT  
WELLNESS

WELLNESS  
PROMOTION  
& EDUCATION

STUDENT  
HEALTH  
SERVICES

DOLPHIN  
GUARDIAN  
SCHOLARS





# WELLNESS PROMOTION & EDUCATION



Wellness Promotion and Education empowers students to thrive and flourish using an evidence-based and holistic approach to wellbeing as a capacity for student success. We collaboratively create systems that facilitate this capacity and encourage student connectedness to themselves, each other, their communities, and the planet. Our programs are student-led and center equity, justice, and inclusion.

## WPE CORE VALUES:

- ✧ BELONGING & ENGAGEMENT
- ✧ EQUITY & JUSTICE
- ✧ SELF-DETERMINATION & EMPOWERMENT
- ✧ SYSTEMS APPROACH
- ✧ EVIDENCE-BASED PRACTICE

# WHAT'S IN A NAME?

## WELLNESS

an active **process** through which people become aware of, and make choices toward a more healthy and fulfilling life.

## THE WPE APPROACH

**Health Promotion:** the process of enabling people to increase control over, and to improve, their health...moving beyond a focus on individual behavior towards a wide range of social and environmental interventions (WHO, 1998).

**Population Health:** the health outcomes of a group of individuals including patterns of health determinants and policies and interventions that link these two (Silberberg, Martinez-Bianchi & Lyn, 2019).



California State  
University

WELLNESS  
PROMOTION &  
EDUCATION

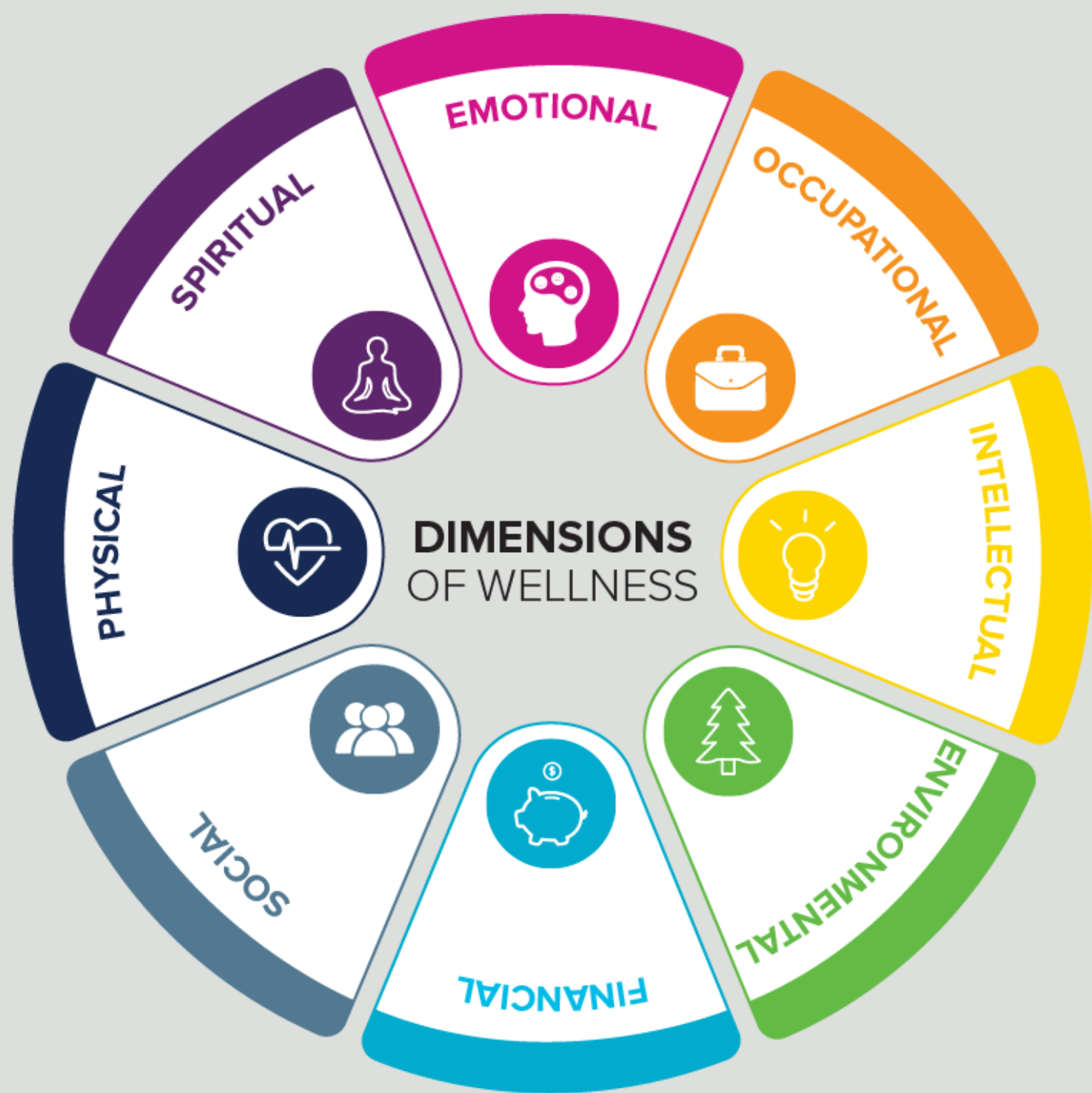
C H A N N E L  
I S L A N N E L



# SOCIAL DETERMINANTS/DRIVERS OF HEALTH (SDOH)



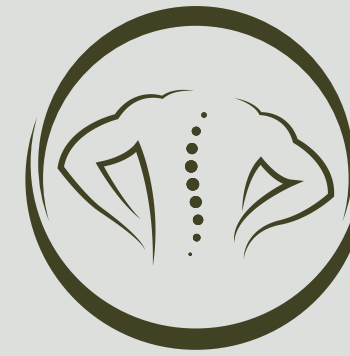
SDOH as described by the CDC





## Wellness Peer Educator Program (our backbone!)

- Leadership and professional development
- Social support, peer education & mentorship
- Facilitate events & workshops
- Health communication campaigns
- Expertise in evidence-based college health topics
- Advise campus policies (SHAC, Student Gov't Senator)
- Referrals to campus resources



WHAT  
WE  
DO



## Presentations & Workshops

- Time Management, Stress Management, Sleep Hygiene, Sexual Health, Financial Wellness, etc.
- Presentations requested by other campus groups
- Workshops put on by us



## Free Resources

- Condom kits & campus condom distribution
- Health education materials & myth-busting
- Tools and best practices for a general population

## You@College

- Free digital wellness tool for students
- Available 24/7/365
- Referrals to campus resources
- Evidence-based health articles



## Assessment & Data

- National College Health Assessment data used to create programming
- Event & workshop evaluations



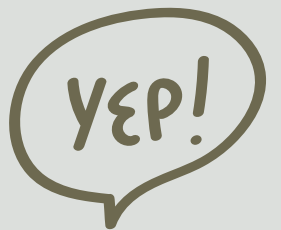


## WHAT WE DON'T DO



- One-on-one wellness coaching; individualized work
- Clinical appointments related to personal health and wellness (nutrition counseling, birth control or pregnancy options counseling, etc.)
- Focus only on disease prevention and individual behavior change

## WHAT WE WANT TO DO



- Reduce harmful barriers negatively impacting student's academic performance and success
- Increase healthy enablers supporting retention and matriculation
- Serve as a valuable resource, expert, and partner in student well-being initiatives and events
- Support student's general wellbeing at CI through workshops, tabling events, and social media campaigns





# STUDENT HEALTH SERVICES

Student Health Services (SHS) supports the well-being of our CI students by providing basic health care services. We are an outpatient clinic affiliated with the Ventura County Medical System. Our services are much like those offered at a primary care clinic.





# OUR SERVICES

## GENERAL HEALTH

- Basic Injury/Illness Treatment
- Gastrointestinal
- Upper Respiratory
- Basic Dermatology
- Physical Exams for enrollment purposes
- Prescriptions

## REPRODUCTIVE HEALTH

- Basic Gynecology/Pap smears
- STI Screening
- Birth control management
- Emergency contraception

## REFERRALS

- Dental/Vision Services - Conejo Free Clinic
- Medication Abortion - CSU Northridge



# AMBULATORY CLINICS

Services are available through the Ventura County Ambulatory Care Clinics. **Students must present their Dolphin ID card.** As with the campus clinic, fees will be charged for lab services, x-rays, and care beyond basic student health services.

Las Posas Family Medical Clinic - Camarillo

Magnolia Family Medical Clinic - Oxnard

Las Islas Family Medical Group - Oxnard

Moorpark Family Medical Clinic - Moorpark

Conejo Valley Family Medical Clinic - Thousand Oaks

Santa Paula Medical Clinic - Santa Paula

Sierra Vista Family Medical Clinic - Simi Valley

Fillmore Family Medical Group - Fillmore

West Ventura Medical Clinic - Ventura



# FLU SHOT CLINICS

Collaboration with the Nursing Program and the Student Nursing Association.

Every Fall semester, SHS will hold four flu shot clinics to provide FREE flu shots to all CI students, staff, and faculty.

# IMMUNIZATION REQUIREMENT

Per Executive Order 803, the CSU requires all incoming students who are 18 years and younger to provide documentation of vaccination or immunity for **Hepatitis B**.

SHS can assist with retrieving lost immunization records, referrals for immunization appointments, and review of verification records in collaboration with Complio.



American College Health Association  
**National College Health Assessment**

**PARTICIPATING CAMPUS**



# NEXT STEPS

- Offering additional STI testing via phlebotomy.
- Consideration for offering Physical Exams to more students.
- Possibility for offering Hepatitis B vaccine at SHS.
- Fentanyl Test Strips & Naloxone availability.
- Utilizing WPE Peer Educators to assist with future SHS outreach.

FOLLOW US!



@ci\_shs



@ci\_wellness