WELLNESS PROMOTION & EDUCATION

APRIL 2020 🐰

NEWSLETTER

WHO WE ARE
EVENTS & SOCIAL MEDIA
PEER SPOTLIGHT
MONTHLY HEALTH AWARENESS
S.M.A.R.T. GOALS
PEER ARTICLE
Who We Are

Purpose

WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.

What We Do

- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources (i.e. Kognito Suicide Prevention & 3rd Millennium Courses)
- Host campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)
PLEASE FOLLOW US ON SOCIAL MEDIA! WE HAVE TRANSITIONED ALL OF OUR EVENTS AND ACTIVITIES TO AN ONLINE FORMAT. STAY UP TO DATE WITH COVID-19 AND OTHER WELLNESS INFORMATION.

Follow us on Instagram
@CI_WELLNESS

ADD US ON FACEBOOK
@ WELLNESS PROMOTION & EDUCATION
**Peer Spotlight**

**YENIS GONZALEZ**

Major: Health Science  
Minor: Chicana/o Studies  
Wellness Peer Educator  
Certified August 2019

**ABOUT ME**

My name is Yenis Gonzalez Gonzalez and I am currently in my last semester as a Senior here at CI. I am also a commuter student from the San Fernando Valley and a first generation student. After I graduate I plan to pursue my Master’s degree in Public Health. One thing that I enjoy about being a Wellness Peer Educator is being able to inform students and the CI campus community about the beneficial resources that are offered on campus.

**Hobbies**

Exploring new food places, playing basketball, going to Six Flags, and hanging out with friends

**FAVORITE QUOTE**

“Challenges are what make life interesting; overcoming them is what makes life meaningful.”  
- Joshua J. Marine

**DESCRIBE WHAT WELLNESS MEANS TO YOU**

Wellness to me is the process of recognizing one’s mental, physical, spiritual, and emotional health to live a healthy and balanced life. It can also be an extension of one’s everyday decisions which results in reaching good health and the state of being happy. Although the process can be a journey, it is often rewarding to get to know different versions of yourself to keep track of one’s overall well-being.
COVID-19 FAQs

What Is COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. COVID-19 is caused by a novel (new) coronavirus that was first detected in Wuhan, China in fall 2019.

How Does It Spread?

The virus can be spread from person to person through respiratory droplets from an individual who has an infected cough or sneeze. The droplets can enter a person’s mouth or nose into those who are in close proximity or by inhaling droplets into their lungs. The virus can also survive on surfaces and be transmitted when touching a contaminated surface.

Source: CDC.GOV
What are the symptoms?

Symptoms can be mild to severe, and can be fatal in some cases. Symptoms primarily include:

- Fever
- Dry Cough
- Shortness of breath

How to prevent this illness?

There is currently no available vaccine to prevent COVID-19, but several vaccines are currently in clinical trials. Experts are aiming to make the vaccine available in about 12-18 months. The best way to prevent this illness is by practicing social distancing and good personal hygiene (see next page).

Source: CDC.gov
Preventing COVID-19

- Wash your hands often with soap and water for at least 20 seconds
- If soap and water is not available, use hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands

- Avoid close contact with those who are ill
- Practice social distancing to avoid spreading the disease, even if you don’t have symptoms. Stay at least 6 feet apart from others at all times.

Source: CDC.gov
April Health Awareness

Alcohol Awareness Month

According to the U.S. Department of Health & Human Services, approximately 14.8 million people age 12 or older had an alcohol use disorder.

Sexual Assualt Awareness Month

Sexual Assault refers to sexual activity when consent is not obtained or not given freely. The #MeToo movement began to start the conversation about victims of sexual assault nationwide and is now a worldwide movement.
According to the Rape, Abuse & Incest National Network, 11.2% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students).

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

For more information, visit: www.rainn.org

One in two transgender individuals are sexually abused or assaulted at some point in their lives.

For more information, visit: www.HRC.ORG

Among undergraduate students, 23.1% of females and 5.4% of males experience rape or sexual assault through physical force, violence, or incapacitation.
ADVOCACY SERVICES ARE AVAILABLE TO ALL CSUCI STUDENTS, FACULTY, AND STAFF MEMBERS WHO HAVE BEEN IMPACTED BY SEXUAL ASSAULT, DATING AND DOMESTIC VIOLENCE, AND STALKING.

TITLE IX

24-HOUR HOTLINE: (805) 656-4439

TITLE IX & INCLUSION OFFICE: LINDERO HALL
HOURS: 8AM - 5PM
EMAIL: TITLEIX@CSUCI.EDU
HEALTH FOR ALL

Health for all raises awareness about the health disparities that continue to affect different racial and ethnic groups. It is coordinated by the U.S. Department of Health & Human Services Office of minority Health.

This year’s theme is Active & Healthy.

This year’s annual theme, which is provided by the Office of Minority Health and minority health advocates around the nation, encourages the opportunity to advance health outcomes by highlighting the benefits of incorporating small amounts of moderate-to-vigorous physical activity as recommended by the Physical Activity Guidelines for Americans.
Did You Know?

Wellness Promotion & Education has a mentoring program that helps you achieve your goals! Want to eat healthier? Want to try a new workout routine? Want to stop procrastinating? WPE can help!

How Does It Work?

Meet one on one with one of our friendly BACCHUS trained peer educators to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

How Do I Get Started?!

Call our office at (805) 437-3521 or visit us on the first floor of Arroyo Hall to make your appointment today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!
In this day and age, numerous college students will or have been introduced to various topics in regard to sexual health. As students transition from adolescence to young adulthood, many will slowly start to gain independence and make decisions about their own bodies and most importantly sexual consent. While college students adapt to new changes in their lives, many will unfortunately be uninformed about the dangers of unprotected sex and the rising numbers of sexually transmitted infections (STI's). This article will focus and address the lack of awareness of STI's, the importance of practicing safe sex, and the available resources for students to utilize.

To begin with, sexually transmitted diseases (STD's) are often referred to as sexually transmitted infections (STI's). Throughout many years, the following medical terms have been interchangeably in order to distinguish one another. For example, viral sexually transmitted diseases (STD's) are diseases that do not have a cure while STI's are bacterial infections that are treatable with antibiotics. In fact, one in two individuals that are sexually active will contract an STI when reaching the age of 25 (ASHA, n.d.). Sexually transmitted infections are spread through sexual contact. In most cases, individuals who are diagnosed with STI's will encounter asymptotic symptoms. Some common symptoms for STI's include pain during sex or when urinating, pain in the pelvic area, discharge in women and men, and unexplained fatigue to name a few.

On the other hand, there are more than 20 types of sexually transmitted diseases (i.e. Genital herpes, Chlamydia, Gonorrhea, HIV/Aids etc.) which can be caused by bacteria, parasites, and viruses. The most common infections in the United States is Chlamydia, Human Papillomavirus (HPV), and Genital Herpes. Nevertheless, people who do not seek treatment for STI's can experience various health complications which include infertility, malignancies, and much more (Subbarao & Akhilesh, 2017). With this in mind, it is very important to visit a medical provider to be safe of any possible STD's.

With the rising numbers of STI's on college campuses, it can certainly impact numerous student's overall well-being. It is reported that there is roughly an estimate of 20 million new STI's that happen each year, half of whom are between the ages of 15 to 24 years old (CDC, 2017). Although the following information raises concerns it is possible that this number has changed over the years. Despite the increase in STI's, there is a common prevalence for the following populations of African Americans, Hispanics, American Indians, and Pacific Islanders with Chlamydia and Gonorrhea (Shannon & Klausner, 2019).
However, there are a few alternatives to reduce the number of increasing STI's through safer sex practices. One way is by reducing the number of sexual partners. By doing so, this will let an individual become aware of how many partners one has been sexually active with. In addition, partners can regularly get tested as well. Another alternative to avoid infections is through abstinence. Meanwhile, another possible alternative is having an honest conversation with your partner and agreeing to be sexually active with just one person. In other words, maintain a monogamous relationship. Males and females can also consider taking HPV vaccines before becoming sexually active to prevent hepatitis B and HPV. Lastly, one of the most effective ways to reduce the spread of STD’s is by properly using internal and external condoms.

Moreover, there are numerous resources that students can utilize on their school campuses. For example, here at California State University Channel Islands students are offered available resources on campus. One useful resource is Wellness Promotion and Education which is located in Arroyo Hall. Students can learn more information and tips of preventing STI’s from a certified peer educator specialized in Sexual Health. Wellness Promotion and Education also offers sexual health workshops on STI’s and Birth Control. Another resource that students are also free to seek information, is by visiting Student Health Services (SHS) located in Yuba Hall. Students can also visit their website and find their contact information by calling 805-437-8828 to schedule an appointment. Lastly, the health center can refer students to off campus resources that are within the Ventura County area which are off campus clinic and urgent cares.

Overall, by bringing awareness of STI’s among students it can certainly educate many on the risks of contracting any infections and or viruses. More importantly, students who apply this information will not only be very informed but they are practicing safer sex and taking care of their overall being. Thus, with the available resources provided previously it can create an effective change in the campus community.

References


CAMPUS RESOURCES

CARE Team

The Campus Access, Retention & Equity (CARE) Team is a multidisciplinary partnership which consists of CSU Channel Islands (CSUCI) faculty, staff and administrators that evaluate and assess distressing or concerning behaviors exhibited by students.

To report a concern visit the CSUCI website and search for 'CARE Team'.

CAPS

Counseling & Psychological Services
Location: BTE 1867
Phone: (805) 437-2088
Services: Egg Chair, Relaxation Room, Counseling, Referrals, 24/7 Hotline
Student Health Services

Location: Yuba Hall
Telephone: 805-437-8828
Off-Campus Clinics & Urgent Care Facilities

Free or Reduced Prices to all CSUCI Students!

Los Posas Family Medical Clinic
3801 Las Posas Road #214 ~ Camarillo ~ 805-437-0900

Magonlia Family Medical Clinic
2240 E. Gonzales Road #120 ~ Oxnard ~ 805-981-5151
Urgent Care: 805-981-5181

Las Islas Family Medical Group Urgent Care
325 W. Channel Islands Blvd. ~ Oxnard ~ 805-204-9513

Moorpark Family Medical Clinic
612 Spring Road, Building A ~ Moorpark ~ 805-523-5400

Conejo Valley Family Medical Group

Santa Paula Medical Clinic
1334 East Main Street ~ Santa Paula ~ 805-933-1122

Sierra Vista Medical Clinic
1227 E. Los Angeles Avenue ~ Simi Valley ~ 805-582-4000
Urgent Care: 805-582-4050

Filmore Family Medical Group
828 Ventura Street ~ Fillmore ~ 805-524-2000
Urgent Care: 805-524-2000

West Ventura Medical Clinic
133 W. Santa Clara Street ~ Ventura ~ 805-641-5600
Urgent Care: 805-641-5620