WELLNESS PROMOTION & EDUCATION

FEBRUARY 2020 NEWSLETTER

WHO WE ARE
EVENTS & SOCIAL MEDIA
PEER SPOTLIGHT
MONTHLY HEALTH AWARENESS
S.M.A.R.T. GOALS
CLINICIAN'S CORNER
Who We Are

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

Purpose

WPE offers 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).
EVENTS & SOCIAL MEDIA

Tabling & Outreach

- **2/5 - Clubs & Orgs Fair**
  - 12:00 pm-3:00pm @ South Quad
- **2/6 - Clubs & Orgs Fair**
  - 12:00 pm-3:00pm @ South Quad
- **2/12 - Sex+ Week**
  - 1:00pm-3:00pm @ South Quad
- **2/13 - Sex+ Week**
  - 1:30 pm-3:30pm @ South Quad
LET'S TALK ABOUT SEX BABY...

SEX+ WEEK

Come to our carnival full of sex education, games, and fun prizes!

WHEN:
FEBRUARY 12TH 1-3PM
FEBRUARY 13TH 1:30-3:30PM

WHERE:
SOUTH QUAD
Presentations & Workshops

- February 13th: Birth Control Workshop
  Time: 12:30pm-1:30 pm
  Location: STUDENT UNION BUILDING 1080

- February 27th: STI Workshop
  Time: 3:00 pm-4:00pm
  Location: STUDENT UNION BUILDING 1080

Follow us on Instagram: @CI_Wellness
Follow us on Facebook: @CIWPE
My name is Bryan McAfee. I am currently a 2nd year student here at CI. It has been my 2nd year as a peer educator working with Wellness Promotion and Education. I plan to add a developmental psychology minor to my major and also go to graduate school to receive my master’s degree in psychology.

**Hobbies**

Hanging out with friends, poetry, roller-skating, and playing video games

**Favorite Quote**

“Life doesn’t require that we be our best, only that we try our best”.

**Describe What Wellness Means to You**

I feel that a major part of what wellness means to me comes from grit, perseverance, and Maslow’s Hierarchy of Needs. People aren’t at their peak wellness if they don’t have their basic needs met, and often times have to rely on grit and perseverance to help them get through tough periods of time. I’ve seen others and myself use their grit and perseverance to get whatever they need to help them improve whatever situation they or me may be in. To me grit and perseverance in difficult situations despite someone not having all of their needs met according the Maslow’s Hierarchy of Needs is a sign that they are trying, and on the path to wellness for ourselves and others sometimes that’s all we can do.
February Health Awareness

Heart Health Awareness Month:

According to the Centers for Disease Control and Prevention (CDC), Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.

Teen Dating Violence Awareness Month:

February is dedicated to increasing awareness about dating abuse within teenage relationships and the resources that are available for teen victims and survivors.
According to the Kansas Coalition against sexual and domestic violence, 1 in 3 adolescents in the US is a victim of physical, sexual, emotional, or verbal abuse from a dating partner.

For more information, visit: www.kcsdv.org
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.

24-hour hotline: (805) 656-4439

Title IX & Inclusion
Office: Lindero Hall
Hours: 8am - 5pm
Email: titleix@csuci.edu

For more information, to report a concern, or to schedule an appointment, visit CSUCI.EDU and search 'Title IX'
NATIONAL CONDOM WEEK

February 14 - February 21st

Condoms have an effectiveness rate of 98%, condoms continue to be the most affordable and effective method of protection and prevention when engaging in sex.

For more information visit: www.ncsddc.org

According to the ACHA-NCHA Data Reports, only 38.5% of students at CSU Channel Islands reported using a condom while engaging in vaginal intercourse, and only 8.9% of students used a condom while engaging in anal intercourse.
FREE CONDOMS!

FREE CONDOMS AVAILABLE IN:

THE MULTICULTURAL DREAM CENTER
BELL TOWER 1530

WELLNESS PROMOTION AND EDUCATION
ARROYO HALL 115

STUDENT HEALTH SERVICES
YUBA HALL
REGULAR CARDIO WORKOUTS CAN:

- STRENGTHEN YOUR HEART AND BLOOD VESSELS
- IMPROVE THE FLOW OF OXYGEN THROUGHOUT YOUR BODY
- LOWER YOUR BLOOD PRESSURE AND CHOLESTEROL
- REDUCE YOUR RISK FOR HEART DISEASE, DIABETES, ALZHEIMER’S DISEASE, STROKE, AND SOME KINDS OF CANCER

Visit the Campus Rec!

Free Fitness Classes and Personal Training!

Location:
63 Arroyo Hall
Corner of Oxnard St. and Ventura St.
SMART Goals!

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!
As many of you are aware, the California State University System (CSU) launched its Graduation Initiative 2025 (GI 2025), which is its ambitious plan to increase graduation rates, eliminate equity gaps in degree completion and meet California's workforce needs (CSU, 2020). While the CSU has benchmarks for the CSU as a whole, each institution has campus-specific goals to reach with regards to student success. CSUCI is in the midst of our GI 2025 efforts, and we are fully committed to our students' success.

<table>
<thead>
<tr>
<th>Metric</th>
<th>CSUCI GI 2025 Goal</th>
<th>Most Recent Cohort</th>
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</thead>
<tbody>
<tr>
<td>Freshman 4-Yr Graduation Rate</td>
<td>40%</td>
<td>23.4%</td>
</tr>
<tr>
<td>Freshman 6-Yr Graduation Rate</td>
<td>67%</td>
<td>54.5%</td>
</tr>
<tr>
<td>Transfer 2-Yr Graduation Rate</td>
<td>54%</td>
<td>47.7%</td>
</tr>
<tr>
<td>Transfer 4-Yr Graduation Rate</td>
<td>78%</td>
<td>78.6%</td>
</tr>
<tr>
<td>Gap -- Undergraduate Minority</td>
<td>0%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Gap -- Pell Recipient</td>
<td>0%</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

We are proud to say that we have recently met our transfer 4-year graduation benchmark. As you can see, however, we still have much work to do, especially with regards to how we can better support our first-year students to ensure they progress towards their degree completion. While there are many factors related to student success, the last two decades of research have demonstrated that academic aptitude is not necessarily the best predictor of academic success. In fact, we now know that factors such as **grit and perseverance** (Duckworth, 2007), **growth mindset** (Dweck, 2007) and a strong **sense of belonging** (Strayhorn, 2018) to the campus community are all directly related to student success in higher education. This is especially true for first-generation college students and students from historically underrepresented groups.

Our Wellness Promotion and Education Program (WPE) plays a vital role in developing these concepts, as we know that the promotion and facilitation of student wellness is directly related to student success. WPE’s efforts are especially important, as we know that students across the nation are experiencing increased levels of depression, anxiety, stress, trauma and relationship difficulties, all of which impact students’ ability to be successful in school (Bauer-Wolf, 2019). This is also true here at CSUCI, as the data from our National College Health Assessment (NCHA) indicate that a significant portion of our surveyed students reported numerous stressors that impact their well-being. In addition, we saw an increase in these stressors from 2016 to 2018 (percentage wise).

<table>
<thead>
<tr>
<th>Last 12 Months</th>
<th>2016 (n=692)</th>
<th>2018 (n=290)</th>
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<tbody>
<tr>
<td>Felt Overwhelmed</td>
<td>85.1%</td>
<td>88.6%</td>
</tr>
<tr>
<td>Felt Overwhelming Anxiety</td>
<td>59.8%</td>
<td>68.3%</td>
</tr>
<tr>
<td>Felt Things Were Hopeless</td>
<td>45.3%</td>
<td>57.2%</td>
</tr>
<tr>
<td>Felt So Depressed It Was Difficult to Function</td>
<td>33.9%</td>
<td>48.4%</td>
</tr>
<tr>
<td>Seriously Considered Suicide</td>
<td>10.1%</td>
<td>14.8%</td>
</tr>
<tr>
<td>A Verbal Threat</td>
<td>15.8%</td>
<td>20.4%</td>
</tr>
<tr>
<td>An Emotionally Abusive Relationship</td>
<td>9.6%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Sexual Touching Without Consent</td>
<td>8.4%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Stalking</td>
<td>7.1%</td>
<td>9%</td>
</tr>
<tr>
<td>A Physically Abusive Intimate Relationship</td>
<td>2.5%</td>
<td>1.7%</td>
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</tbody>
</table>

"...we want to maximize the power of peer-to-peer support in promoting student wellness and success."
As such, one of the Division of Student Affairs’ (DSA) top priorities is to facilitate a comprehensive, campus-wide student wellness initiative to help address these concerns and provide a broader and more effective support system for our students. While we want to assist students in developing more adaptive coping strategies, we also want to ensure that we are providing students with safe campus spaces and support systems that are grounded in theory and best practices.

WPE will play a primary role in this endeavor and will be leading our campus-wide efforts to develop more informal, psychoeducational, curricular-based support programs, which will work in collaboration with a variety of campus programs. Perhaps most importantly, we want to ensure that these efforts are also student-led initiatives, and we want to maximize the power of peer-to-peer support in promoting student wellness and success. We hope to engage a variety of programs and organizations across campus, including Counseling and Psychological Services (CAPS), Associated Students Incorporated, Student Organizations, Academic Faculty, Campus Recreation, Housing and Residential Education, Multicultural Dream Center, Basic Needs Program and our CARE Team. In addition, we are building a robust case management model, with case managers in our CARE, Basic Needs and CAPS programs. This case management component will provide individual-level support to our students, by assessing and identifying student needs and the subsequent coordination of support services (both on-campus and in the community).

We are in the early stages of this student wellness initiative, and we will be continuing to develop the foundation for our programming throughout the spring semester. Developing and implementing a campus-wide, large-scale initiative is extremely challenging, but we are fully committed to the well-being and academic success of our students. I have confidence that we will meet our goals, and I am thankful for the work, dedication and commitment of WPE in leading these efforts.

By Richard Yao, Ph.D.
Vice President for Student Affairs
Student Health Services

Location: Yuba Hall
Telephone: 805-437-8828
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
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