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)
Tabling & Outreach

- **10/9 - Mental Health Awareness Week**
  - 10:00am - 12:00pm @ Broome Plaza

- **10/10 - Mental Health Awareness Week**
  - 11:00am - 1:00pm @ SUB Courtyard

- **10/16 - Exam your Mams: Breast Self Exam (BSE) Awareness**
  - 10:00am - 12:00pm @ South Quad

- **10/17 - Exam your Mams: Breast Self Exam (BSE) Awareness**
  - 11:00am - 1:00pm @ Central Mall

- **10/23 - National Health Education Week**
  - 10:00am - 12:00pm @ Broome Plaza

- **10/24 - National Health Education Week**
  - 11:00am - 1:00pm @ SUB Courtyard

- **10/30 - Alcohol Awareness Week**
  - 10:00am - 12:00pm @ SUB Courtyard

- **10/31 - Alcohol Awareness Week**
  - 11:00am - 1:00pm @ Broome Plaza
Presentations & Workshops

- 10/7 Mindfulness Monday 5:00pm - 6:00pm @ El Dorado Hall 140
- 10/8 Adulting 101: Safer Sex and Condom Sense 1:00pm - 2:00pm @ Bell Tower 1530
- 10/9 Adulting 101: Safer Sex and Condom Sense 2:00pm - 3:00pm @ Bell Tower 1530
- 10/22 Adulting 101: Financial Wellness 1:00pm - 2:00pm @ Bell Tower 1530
- 10/23 Adulting 101: Financial Wellness 2:00pm - 3:00pm @ Bell Tower 1530

Follow us on Instagram: @CI_Wellness

Follow us on Facebook: @CIWPE
I would describe myself as an empathetic person who enjoys bringing positivity to others and helping them to be the best versions of themselves. I am pursuing a degree in health science in order to attain a career I am passionate about, where I can aid others.

Majors: Health Science
Wellness Peer Educator
Certified August 2019

ABOUT ME

Hobbies

Listening to music, dancing, hanging out with friends

FAVORITE QUOTE

"Happiness often sneaks in through a door you didn't know you left open"
John Barrymore

DESCRIBE WHAT WELLNESS MEANS TO YOU

Wellness to me means having a balance in your mental and physical state. It is continuously choosing to make healthy choices, even in difficult times. It is having resiliency and being able to bounce back from every obstacle life throws at you.
National ADHD Awareness Month [www.add.org]
No two people with ADHD are exactly the same and everyone experiences ADHD in their own way. Over 11,000,000 people in the US have ADHD.

National Down Syndrome Awareness Month [www.upwithdowns.org]
Down Syndrome is the most commonly occurring chromosomal condition.

"It's not about celebrating disabilities, it's about celebrating abilities."
- NDSS Goodwill Ambassador, Chris Burke

National Bullying Prevention Month [www.pacer.org]
Bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression.
National Breast Cancer Awareness Month

1 in 8 women will be diagnosed with breast cancer in their lifetime.

Woman of all ages are encouraged to perform breast-self exams at least once a month.

How to perform a breast-self exam on the next page!
How to Perform a Breast-Self Exam

1. Use the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast/armpit area. Feel for any lump, thickening, or hardened knot.

2. Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipple. Next, rest your palms on your hips and press firmly to flex chest muscles. Look for any dimpling, puckering, or changes.

3. When lying down, the breast tissue spreads out evenly. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in circular motions. Also, squeeze the nipple and look for any discharge or lumps.

For more info
www.nationalbreastcancer.org
SILENCE HIDES VIOLENCE

Speak against domestic violence now.

For more info
www.breakthecycle.org

National Domestic Violence Awareness Month
SMART Goals!

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!

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!
Reducing Stigma of Professional Counseling

When I first began my career as a therapist back in the early 1990’s, seeking professional counseling meant that something was “wrong” with you. People thought that only “sick” people went to therapy. This phenomena is referred to as mental health stigma and can be divided into two types, social stigma and self-stigma. Social stigma is considered the reaction that the public has towards those who seek professional counseling. In contrast, self-stigma can result in a person seeing themselves as weak or damaged in some way for seeking counseling. These beliefs often come from our personal definition of counseling, which is cultivated based on our family of origin, culture, religion, and the media. I understand that for many of us a message is sent early on to avoid sharing our personal stories with anyone outside the family unit. As a therapist, I respect this philosophy and understand that students may be struggling with this internal conflict just to make that initial appointment. I will openly address the strength and courage that it takes for someone to come in within our first meeting. By the end of our time together, most of my clients will tell me that counseling was not nearly as difficult as they thought it would be. They often report finding relief from being able to explore their thoughts and emotions with an unbiased person. Professional counseling is about providing a safe and confidential space to talk about your concerns, whatever they may be, without feeling judged or lectured (we will leave that up to your parents and friends).

I also believe that with an increase in public education on wellness and prevention, the stigma associated with seeking counseling has lessened greatly. At Counseling and Psychological Services (CAPS), we see students with a variety of concerns. Some students seek counseling to address stress related to school, poor time management, roommate concerns, relationship troubles, or just wanting to learn how to take better care of themselves. Other students have a history of trauma or have experienced grief and need a place to talk about how these events are effecting their lives at this moment. While others have a longer history of mental health concerns that can bring challenges to coping with the stress of school. Whatever the concern, we want you to know that CAPS is here to assist you with making your college experience a positive one, because you deserve it! Consider beginning your road to wellness by calling CAPS at 805-437-2088. You can schedule an appointment in advance or be seen the same day if you feel you are in crisis. We have bilingual Spanish speaking clinicians as well.

By Stacy Udolph, LCSW
Clinician, Counseling and Psychological Services (CAPS)
Health literacy is an important skill that everyone has to use in some capacity, whether you are nursing major planning to become a registered nurse or someone who is visiting the doctor’s office. However, despite its importance, not many people are very health literate, and this causes communication problems between them and their health care providers. These problems can take shape in form of not being able to fill out paperwork related to a medication you might need or not being able to accurately describe a concern or issue in great detail. The severity and urgency of these problems can be much worse depending on the situation, such as if it is an emergency or not. The lack of healthcare literacy is a major concern for health care providers, as they can’t make accurate assessments and offer effective care without accurate and proper information. The lack of healthcare literacy is a major concern for health care providers, as they can’t make accurate assessments and offer effective care without accurate and proper information. What makes this such a major concern, is that according to the U.S. Department of Health and Human Services on their Health Communication Activities website page, 77 million
American adults (⅓ of all American adults) have some kind of problem performing basic health tasks. Health literacy is a problem everyone faces, no matter their ethnicity or race (U.S. Department of Health and Human Services, p3).

Being health literate doesn’t mean you need to be able to hold a casual conversation about human anatomy and about the latest advancements/discoveries in the medical field with your healthcare provider, but it does mean more than asking a miscellaneous question here and there during a once a year doctor’s appointment. It means understanding the labels on prescription medicine, being able to follow through a treatment/medication plan, but more importantly, it means, according to Health and Human Services (HHS), “…the ability to obtain, process, and understand basic health information and services to make appropriate health decisions” (p1).

Another part of being health literate is when someone can effectively communicate with their health provider about any concerns or questions they may have, and that the person knows about the different resources they could use or have access to in and out of a medical institution. An example of a medical institution would be the on-campus clinic at Yuba Hall (behind Sage Hall), and an example of a resource they offer would be the free STI screenings or the one time medication refill they offer for all students.

Despite the lack of health literacy amongst the general populace, there are many methods, some easier and simpler than others but not as effective, to improve health literacy. Talking to your health provider about resources they offer in and out of the medical institution they are in and looking up the institution’s website for any additional information are a few easy and simplistic ways to increase your health literacy. The goal is to make communication between the provider and you as easy and understandable as possible and avoid potential mishaps in the future.
Just simply doing some of your own research during your free time and using the internet to look up medical information, can improve your health literacy. You don’t need to take a whole college course on anatomy or spend tons of money on a giant textbook to understand how nutrition can affect your health physically and mentally. Getting information and facts from trustworthy educational (.edu) or government (.gov) sites like the CDC (Center for Disease Control) is one of the best ways to have better health literacy due to their simplicity, the fact you can look at the information offered by these sites at any time, and the information is free and open to everyone.

Health literacy is something that affects everybody, no matter their racial or ethnic backgrounds. It affects the nurses and the doctors, it affects parents and their growing kids, it affects college students like us; and it is up to us as individuals and as a community to promote and improve health literacy among ourselves and elsewhere. Educating yourself and others is the key to promoting health literacy, whether that’s achieved through getting information online through trustworthy .gov or .edu sources, taking some sort of medical course, or some other way of increasing your medical/health knowledge and the pace at which you go about it, is up to you entirely. However, the sooner we begin to improve our health literacy, the sooner our quality of health care and lives improves and the sooner we can end this health literacy epidemic affecting the nation, and eventually reduce the 77 million people who can’t follow through basic health tasks down to 0.
CAMPUS & COMMUNITY RESOURCES

Student Health Services
Location: Yuba Hall
Phone: 805-437-8828
Services: Provides CI students with treatment for common injuries, illnesses, and other medical issues.

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

References

Off-Campus Clinics & Urgent Care Facilities

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