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

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!

Open Hours
MONDAY - THURSDAY:
9 AM - 11 AM
1 PM - 5 PM
FRIDAY:
9 AM - 11 AM
2 PM - 5 PM

HUMBOLDT STATE UNIVERSITY
OhSNAP!

Bring your own reusable bag! Download our App to avoid waiting, and to be the first to know about free food!
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

TEXT US QUESTIONS 707.633.8604
Peer Health Education

Wellbeing Map - CIY
Classroom Presentations
Office Drop in: M-F 9-5PM
Events

Love knows no boundaries
Set & RESPECT boundaries
Ask, Share, Listen
Peer Health Education
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

HUMBOLDT HAZE

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.
Why is this important?

Holistic Solutions to Holistic Problems

Addressing issues of resource barriers and belonging while simultaneously creating new resources
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.

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 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, its purpose is to connect students yes, but more importantly teach them how to navigate resources.
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

Each topic area is then broken down into 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)

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)

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)

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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/CITY - 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
Thank You!

Questions?