



University of Connecticut

**University of Connecticut
Health Education Office
A Part of Student Health Services
2006-2007**

Health Education Office Staff

University Professional Staff: Joleen M. Nevers, MAEd, Health Education Coordinator

Graduate Student Staff: Amelia Lerner (20 hours)
Amanda Augeri (20 hours)
Jessica Galanos (10 hours)

Graduate Practicum's: Conor O'Rourke (10 hours Spring Semester)

Undergraduate Student Staff:
(At least 4 hours to max of 10) Katie Agostine (Spring Semester)
Nyesha Eaton (work study)
Rachel Faulkner
Laura Gasiorek (Spring Semester)
Zane Haider
Mike Hardej (work study)
Haley McCarthy (work study)
Tan Pham
Tyler Shaw
Sarah Vincent

English Writing Internships: Liz Ulreich (Fall Semester)
Sarah Kearns (Spring Semester)

Office Internships: Pam Kravitz (Spring Semester)
Office Volunteers: Samati Niyomchai (Spring Semester)
Volunteer Peer Educators (Sexperts): 22 consistent volunteers



UConn's Health Education Goals and Objectives

Health Education Goals:

- Target health needs through ACHA standards, Healthy People 2010 and student assessment
- Provide accurate and up-to-date health information to the UConn student body
- Engage students in outreach activities, group facilitation and one-on-one interactions
- Provide tools to allow students to make healthy decisions

Health Education Objectives:

- Review and update program materials and handouts each semester or annually as appropriate
- Staff will conduct literature reviews and/or web-based research using appropriate databases or search engines for each topic reviewed
- Write/establish goals for each program in accordance with ACHA and Healthy People 2010 recommendations
- Collect measurable data and feedback to make necessary program changes
- Review feedback for continuous improvement and growth
- Offer at least 7 program options per semester to the campus community
- Provide at least 5 awareness weeks or days per semester
- Provide weekly office hours and appointments as needed for consultations and/or questions from students
- Provide health handouts, pamphlets, posters and web resources to students
- Watch for indicators or trends and measure where appropriate

Goals for Sexuality Education:

- Increase students' knowledge of prevalence of Sexually Transmitted Disease transmission in the college population
- Increase students' awareness of what sex is (oral, anal and vaginal as well as other)
- Increase students' knowledge of methods to reduce risk of pregnancy
- Increase students' knowledge of safer sex tools and how they are used
- Increase students' awareness of resources on campus for sexuality issues including: STD prevention, pregnancy prevention options, abstinence, GLBTQ issues, and others.
- Increase students' awareness of safer sex supplies within the Health Education Office and in other parts of campus
- Have students' utilize resources on campus

Goals for Wellness Education:

- Increase students' knowledge and awareness of health and wellness
- Provide multifaceted programs to assist students with making connections to various dimensions of wellness
- Promote healthy behaviors to reduce risk and harm among students
- Increase students' awareness of national screening guidelines and the importance of early detection
- Increase students' awareness of resources on and off campus

Goals for Stress Management/Education:

- Increase student knowledge of stress management techniques
- Increase student utilization of stress relieving resources
- Increase student awareness of resources on and off-campus

Health Education Overview 2006-2007

The Health Education Office had a busy year with 19,242 students attending a class, program, event or having individual contact with our office. There were a total of 280 programs 133 during the day with 10 of those programs at 4 different UConn branches and the six remaining programs at other colleges, high schools and middle schools. The remaining 147 programs were in the evening in the residence halls, cultural centers, Greek life, student groups, etc. The Health Education office was also busy with students stopping by the office. Students came by the office to obtain goodie bags (a pre-assembled bag of assorted condoms, dental dams and lubrication) which 1,752 were given out while 731 condom/dental dam/lubrication requests were given out, 118 abstinence kits and 238 bulletin boards were given out to students and CAs. The Health Education Coordinator also had 210 individual appointments with students throughout the 2006-2007 year. Surveys were conducted about our programs to make sure that we were meeting the intended goals that were set forth.

Active Programming:

Events and Awareness Weeks

Health Education provided 74 workshops, events and awareness weeks throughout the 2006-2007 academic year to 8,303 students. The workshops are an opportunity for professional staff to present on specific topics where more elaboration, detail and expertise is utilized. A few of the sexuality topics included sex toy safety and break up etiquette. There was total of 5 workshops reaching 127 students.

Events are prescheduled programs that Health Education staff organizes for the UConn community. Some of the events that were sponsored or co-sponsored through Health Education included our Stop Over Stressing Series where 148 students attend and our Stress Down Day where 292 students attended. Health Education also participated in 9 Student Union Late Night Events to support non-alcoholic University sponsored events, serving mocktails and offering safer sex supplies and/or abstinence kits to students, with 5,188 in attendance.

Health Education hosted several awareness weeks throughout campus including oral health, World AIDS Week, Smokeout, Sleep, Sexual Responsibility, Spring Break, STD and Breast/Testicular Cancer. During these awareness weeks, Health Education highlights these topics with current information, resources and when appropriate give-a-ways that support the topic. For example, for Spring Break awareness we give out information about sun safety with sunscreen and during Oral Health awareness we gave out toothpaste, tooth brushes, floss, etc. given to us by local dentists. Through our week long events we interacted with 1,587 students.

Health Education also hosted its second annual event to raise money for the Hole in the Wall Gang Camp in Ashford, CT. The Health Education Office and its peer education group the Sexperts raised money during World AIDS Week for the camp. The Health Education Office and the Sexperts raised over \$800 for the camps HIV+ week. Instead of pledging money for a walk-a-thon, for each dollar raised in the weeks before the event, we hoped to teach a safer sex skill to a University of Connecticut student. To do so, Health Education hosted its second annual Condom-A-Thon during a Late night event during World AIDS Week. Over 150 students participated by practicing a safer sex technique e.g.—how to put on a condom.

Active Programming:

Programs

When a person calls to request a Health Education presentation in a class, residence hall, student group presentation, etc. It is classified as a program since it was not previously scheduled by Health Education and it is not necessarily open to the entire UConn community. The Health Education Coordinator and Graduate Staff presented 133 day programs to 3,762 students including 86 First Year Experience Classes to 1,472 new students. The Health Education Coordinator also provided 9 trainings to CAs (RAs) throughout the year, 12 Orientation sessions to 1,046 students and 6 programs to UConn Branches.

The Health Education office and its peer education group the Sexperts, provided 147 evening programs to 3,405 students throughout the year. Programs included topics on sexuality (61 programs to 2,035 students) and wellness topics (86 to 1,370 students) including aromatherapy, Spring Break Taboos, Massage 101, Pillows, Body Art and Sleep.

The total amount of programs presented throughout the 2006-2007 year was 280 serving 7,167 students.



Passive Programming:

The Health Education office offered 14 Stall Street News editions to the residence halls throughout the academic year. The Stall Street News is given to areas where a common bathroom is shared by the students. Additional Stall Street News are left outside of the Health Education office or taken to awareness events for individual students to obtain. Other materials for students is also provided outside of the office including pamphlets, Health Education handouts, etc.

Health Education provides safer sex supplies to CAs (RAs), cultural centers and other areas of campus to have on hand for students to obtain. Health Education provided 441 condom bags to such offices. The Health Education office also provides a basket of condoms for students outside of its office in South.

The Health Education undergraduate student staff create new bulletin boards that are distributed to CAs (RAs) with accurate information on various topics. Each year the staff creates 3-4 new topics and the office offered 20 bulletin board topics to 238 CAs (RAs).

Health Education launched its new website in January. Many of the student staff and volunteers were excited and utilized the new site throughout the semester. Its new feature, ask the Health Educator, had several questions sent in which were answered promptly and posted to the website. Also Health Education continues to maintain its weekly email list serve to over 250 university students and staff.

Peer Education Program: The Sexperts



The Health Education office has an established peer education group, the Sexperts for the past seven years. Currently this group consists of 22 volunteers who assist with evening programming requests across campus. They are required to participate in a mandatory Saturday training each semester, a mid semester meeting between the Health Education Coordinator and graduate students, one late night commitment and 3 hours a week for programming and the mandatory weekly meeting. The mandatory weekly meeting continues the educational component of the program for the Sexperts and asks experts from other areas on and off campus to train/talk with the group. Students pick which night of the week works best for their schedule for the semester and they are assigned programs each week by the Health Education Coordinator. Before each program, students are required to show up a half hour for set up and allow for time for the presenters to go over the material. After the program when a staff or graduate student is present, the program is processed for approximately half hour afterwards to discuss strengths and weaknesses of the overall program, presentation techniques of the individuals, personal development and management of the participants. New Sexperts observe sexuality programs the first semester while practicing the presentation skills through aromatherapy, pillows and massage. After the first semester, students are paired with an experienced Sexpert, usually someone who has been with the group for a year or more. Students who become Sexperts increase their own knowledge about the topic areas, develop professional language, practice their public speaking skills and communication skills.

Assessment:

Health Education created, implemented and compiled surveys from FYE classes this semester. These surveys measured the objectives that we had for the class and students were asked to answer the survey after they had attended the class by their instructor. Health Education created these surveys to measure objectives for all of the programs it offers. This information is used to modify the programs for better student learning as well as to make sure we are meeting the objectives for each program. Health Education also held an abstinence focus group in the office to see if we are addressing the needs of the population.

Collaborative Professional Development, Serving as a Professional Resource and Professional Growth

Joleen Nevers, the Health Education Coordinator, presented at two conferences. During the fall semester in Portland Maine, *Facts and Fairytales; Pornography* was presented at the New England College Health Association (NECHA) conference. In the spring semester, also in Maine, *The Break Up Workshop* was presented by Joleen at the BACCHUS Network Area 10 regional conference as well as three other programs. Amanda Augeri, a Health Education Graduate Assistant presented *Handouts that Standout* and the Sexperts presented *Herbal Pillows & Massage 101* and *Rubberwear*. Joleen was also on the planning committee for the fall NECHA conference and was the program coordinator for the Bacchus regional conference in the spring. Joleen is the coordinator of the Connecticut Health Educators group, ACTWELL, which meets two times per semester. She coordinates the meetings place and dates while also keeping track of the agenda and sending minutes out to the list serve. Joleen is a member-at-large for the NECHA board where she is responsible for representing Health Education perspectives, writing articles for the newsletter, volunteers to be on the grant committee and other duties. Joleen also attend a Pornography and Pop Culture conference in Boston, MA. Joleen also participated in the campus-wide Peerfest conference. This conference was held at the beginning of the year for all UConn peer educators/leaders/mentors and Joleen presented a workshop and provided mocktails during the final event which was a reception where students met with University professionals.

Collaborations

The Health Education office collaborated with many departments and student groups throughout the year including but not limited to:

- Recreational Services
- The Women's Center
- Nutrition Services at Student Health Services
- Asian American Cultural Center
- The Rainbow Center
- Windham Regional Community Counsel
- Lambda Kappa Sigma Pharmacy Sorority
- Campus Activities
- The African American Cultural Center
- Puerto Rican Latin American Cultural Center
- Student Union Board of Governors
- Undergraduate Student Government
- Relay For Life
- Honors Fraternity
- UConn's Heart Program
- HILLEL
- English Department
- Women Studies
- AQUA (Allies and Queers Undergraduate Assoc.)
- QUAD (Queers United Against Discrimination)
- First Year Experiences
- Community Outreach

The Health Education Office participated in several outreach activities with other department and student groups including:

- The Body Pride Fair
- USG Student Appreciation Day
- Skate for AIDS with Rainbow Center/QUAD/AQUA
- HIV Awareness for Sorority
- Spring into Wellness Fair with Community Outreach

Volunteer Experiences and Awards



The Health Education Coordinator, Joleen Nevers, volunteered in several University and community initiatives throughout the year. This included the Vagina Monologues (approx 15 hours) and UConnects which a student who is not navigating the University system as well as they can is paired up with a volunteer for the semester to help him/her succeed. Joleen also volunteered with the Storrs Congregational Church and eight other UConn students for a week long trip to Slidell, LA, during spring break to assisting in rebuilding homes from Hurricane Katrina.

Exceptional Peer Education Programs which have made an impact on the campus community are nominated for the Peer Education Program of the Year Award. One exemplary program is recognized each year and this year's award is given to the Sexperts.

The Bacchus Network Area 10 Outstanding Advisor award was given to Joleen Nevers. This award is given to an advisor who has shown commitment to their peer education group, leadership in health and wellness, positive role modeling, and has brought a unique perspective/talents to their roles as an advisor.

IRB Research

The Health Education office has been recording Institutional Review Board research for approximately four years. This research includes several assessment surveys that were exempt and a HUM 1 on body art which has created the program Ins and Outs of Body Art. Students who choose to participate take part in a qualitative interview that lasts approximately one hour. The answers from the interviews and photos taken are used in presentations to provide students with information to make positive choices around body art. To date 23 students have been interviewed. Through the qualitative surveys an exempt survey was also created to gather quantitative data to get more information about the population.