

# Peer Health Leadership (PHL) Program Report Academic Years (AY): 2019-20



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## Peer Health Leadership (PHL) Program

The PHL program focuses on developing student leaders on campus. The program consists of paid and volunteer opportunities and provides meaningful training, professional development, networking, skill building, and health education opportunities.

### Ambassador Program

The Ambassador Program is a volunteer program that provides opportunities for SF State students to be involved in health and wellness activities on campus and requires a minimum of four hours per month for one semester.

### Lead Ambassador Program

The Lead Ambassador program is an advanced volunteer program where students volunteer a minimum of eight hours per month for one semester, plan and manage program activities with a health educator and train new Ambassadors.

### Internship Program

The Internship is a paid and part-time student leadership opportunity. It is a peer health education program designed to build health education programming to raise awareness about health and wellness at SF State. Interns also work on a passion project that utilizes the knowledge and program planning skills that they have learned throughout the academic year.

### Other Student Leadership Opportunities

- Be Responsible, Educated, and Aware of Tobacco, Hookah, and E-cigarettes (BREATHE) Advocates
- H ED 480 internship
- Class internships
- CalFresh Navigators

Though there were other student leadership opportunities that were not necessary under the PHL programs oversight, there is a strong consensus to build unity among the different programs. Students from other programs may get assistance from the Peer Health Leadership Educator with hiring and logistics or provided opportunities to attend the PHL socials, training and professional development.

## Internship Components

The internship consisted of:

- Mandatory Orientation held before school begins in the fall
- Friday training which covered public health theories and professional development
- Program planning and leading workshops & events in their perspective health topics
- Passion Projects

## Internship Orientation

The internship orientation was a full day and was held on August 20<sup>th</sup>, 2019. The focus was on logistics of the internship, overview of HPW and for interns to get to know each other and staff.

## Internship Training

- **River of Life**

At the bi-monthly Friday training, students presented their river of life with their health topic teams. The river of life was implemented to help students to get to know each other better.

- **Training Schedule**

Training topic varied each Friday training and covered public health and social justice topics such as social determinants of health, socioecological model, power and privilege, health equity, cultural humility and professional development.

HPW Internship 2019-2020 Academic Year Training			
Date	Fall 2019 Training Topic	Staff	Readings/ Notes
8/20/19	Orientation	HPW Team	Student Handbook
9/6/19	Public Health 101 (Ecological model, SDOH, Prevention) – Part 1	Kim + Danielle	Upending the social ecological model Shelley D. Golden
9/13/19	Public health 101 (SJ, Health Equity, HED) – Part 2	Kim + Elizabeth	Ten Commitments for Community Health Education Meredith Minkler
10/4/19	Power & Privilege + Leadership	Kim + Denmark	White Privilege : Unpacking the Invisible Knapsack Peggy McIntosh
10/11/19	Culture + Cultural Humility + Intersectionality	Kim + Jul	Cultural Humility Video <a href="https://www.youtube.com/watch?v=SaSHLb51V4w">https://www.youtube.com/watch?v=SaSHLb51V4w</a>
10/25/19	Liberation Education + Facilitation + Public Speaking	Kim + Jewlee	Growing Roses in Concrete Video <a href="https://www.youtube.com/watch?v=2CwS60ykM8s">https://www.youtube.com/watch?v=2CwS60ykM8s</a>
11/1/19	Community Organizing + Tabling/Outreach + Networking Relationship	Kim + Taylor	The Power Of Relationship Building <a href="https://www.youtube.com/watch?v=O5vU8oWNdE0&amp;feature=youtu.be">https://www.youtube.com/watch?v=O5vU8oWNdE0&amp;feature=youtu.be</a>
11/22/19	Share out about Passion Project Proposals	Kim + Priyam	None
12/6/19	Study Session!	HPW Team	None
I			
Date	Spring 2020 Training Topic	Staff	Readings/ Notes
2/7/20	Self- Care & Community Care (Boundaries/ Work Life Balance)	Kim + Jul	None
2/21/20	Project Work Time – Work in office	Kim	None
3/6/20	Field Day	Kim	None
3/20/20	Project Work Time – Work in Office	Kim	None
4/3/20	Resume + Future Planning (How to use your skills)	Kim +Brandon from CSLD	Need Resources
4/17/20	Project Work Time & CE Art Project – Work in Office	Kim	None
5/1/20	Culminating Event for Interns	HPW Team	Invite Community
5/8/20	Study Session!	HPW Team	None

## Internship Passion Projects

- Presentation of Passion Projects via Zoom on May 1<sup>st</sup>, 2020
- Internship Culminating Experience Forum on iLearn
- Please go to the appendix (page 12) for passion project iLearn submissions
  - Not all passion projects are represented in the appendix

## Hiring Statistics

Numbers of interns and student assistants: 26 paid interns/student assistants total

- 18 HPW interns
- 2 CalFresh intern positions supported by CalFresh Outreach Grant (Center for Health Communities)
- 4 BREATHE Advocates
- 1 student assistant for HPW Front Desk and Administrative Support
- 1 Social Work Intern supported by UCorps Basic Needs Funding (left position in Spring semester)

## PHL Evaluation

Every semester, the PHL program does an end of the semester/year evaluation, intern evaluation and supervisor evaluation. The purpose is to get student feedback to make improvements and to evaluate student growth as well as staff management. Please see Ambassador Report for more information regarding student volunteers' feedback.

The spring 2020 semester was abruptly cut short due to the COVID-19 pandemic. We were notified about the shelter in place order on March 16<sup>th</sup>, 2020. All programs from then on were via online platforms such as iLearn and Zoom. Staff and students worked remotely until the end of the spring semester.

### Fall 2019 Semester Summary

#### **Things that interns enjoyed during the Fall 2019 semester**

These were the top categories:

- Connectedness & Community
- HPW Work and Programming
- Student Development

#### **Things that could be improved or changed**

These were the top categories:

- HPW Work & Professional Development
- Improving Relations
- Work Space Needs

#### **How do you think HPW can better foster a community here at our office?**

The top answers were about improving relationship with other departments and the SF State community, some work space recommendations, and more opportunities to get to know each other better.

### Spring 2020 Semester Summary

#### **Things that interns enjoyed during the Spring 2020 semester**

These were the top categories:

- Making new friends and connections
- HPW Community & Family
- Passion Projects

### **Things that could be improved or changed**

These were the top categories:

- Maybe more interactions with other interns
- Collaboration with other teams
- More hours

### **What has your experience been working remotely?**

Some positives from working remotely due to the COVID-19 pandemic were that it was a more relaxed work environment, supervisors were supportive of interns, and it was productive.

Some things that could have improve were that there were no separation from work and home life, technical issues, lack of motivation, communication issues, and interns missed the HPW office and seeing their peers.

For more detail information about 2019-2020 AY internship evaluation, please go to Box:

- PHL → PHL Evaluation → Internship Program

## **Key Takeaways & Recommendations**

The 2019-2020 academic year had a very successful fall and uniquely successful spring semester. HPW interns enjoyed working on their passion projects, but due to the COVID-19 pandemic, some had issues implementing and completing the projects. The PHL events were very successful in that they were opportunities for all PHL students to come together. We are grateful to have our Field day before shelter in place began in March.

As a team, we decided to change our internship program to a student leader program which will emphasize more on developing students' leadership and professional growth.

## **Challenges & Moving Forward**

The unexpected COVID-19 pandemic during the spring 2020 semester brought new challenges for our PHL program. Working remotely was something that has not been done before as a team and the limit to what can be done virtually was tested during this time.

Moving forward, our HPW team have implemented new ways to reach our students online and we quickly adapted our programming and were able to be creative with our virtual meetings and celebrations. This generated new ideas and programming that will be planned for our new Student Leader Program in fall 2020.

## PHL Events

Creating social events to bring all HPW Peer Health Leadership students together was something new that was implemented for the 2019-2020 academic year. One PHL event was scheduled for the fall and spring semester. The goal of the PHL events was to create more unity and build community among all of our PHL students. Both PHL events were a great success!

Halloween Party was on October 31<sup>st</sup>, 2019

- 40 students (Interns, Ambassadors, Lead Ambassadors, PHL students' friends, former PHL students)
- All HPW staff were present
- There was a costume contest, prizes, food, and activities for students

Field Day was on March 6<sup>th</sup>, 2020

- 33 students & staff (HPW Staff, Interns and Ambassadors)
- There were relay races, ring toss, and other field games
- HPW staff and students were grouped into team by color and created team mottos

## Ambassador Program

- Please see Ambassador Report Fall 2019 - Spring 2020 in Box
- PHL → PHL Evaluation → Ambassador Program



## Photos

### Orientation





## Friday Training



## PHL Halloween Event

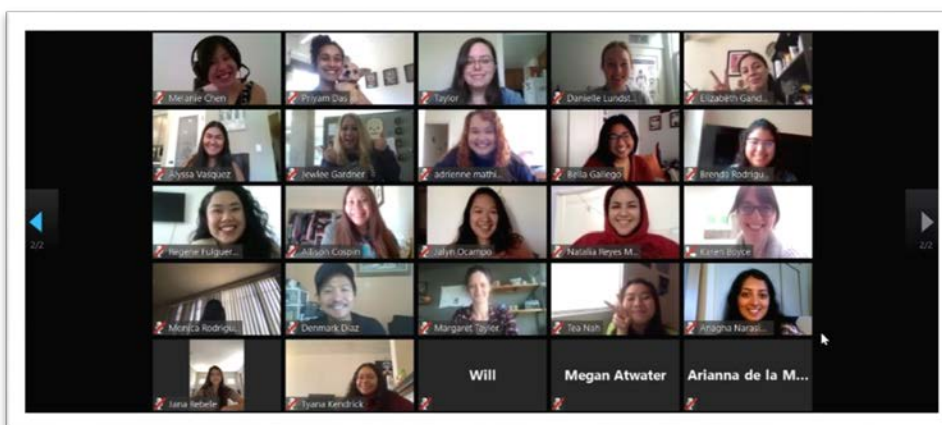
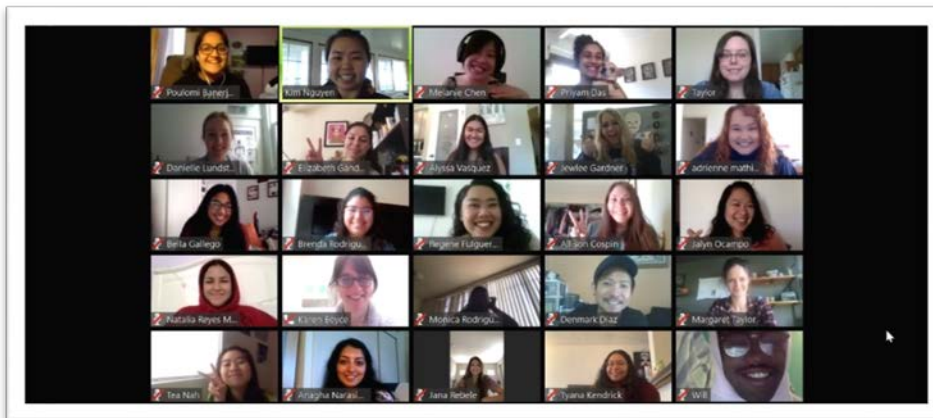


## PHL Field Day





## End of semester & End of the year party



## Appendix – Passion Projects

### Monica Rodriguez - Basic Needs Website

For my passion project, I collaborated with Tyana to update the basic needs website. We're adding more resources focused on housing for students. Tyana & I are splitting the work by focusing on different aspects of housing, I am gathering information about tenant's right, what to do before/after moving in, and basic info about housing applications.

### Tyana Kendrick- Basic Needs Website Update

Monica and I have been working together on a resource update to add to the basic needs website. My portion of the research is focused on commuting/travel, public transportation, parking, car rentals, and how to use your SFSU student discount for these resources. I want to help students figure out how to get to and from campus because that is something I personally struggled with when I transferred to SFSU. I would love to make a comprehensive step by step guide if time permitted but I have been focusing on getting the best links and finding current student discounts. If anyone has suggestions we are going to be working on this until early next week, and you can email me at tkendrick@mail.sfsu.edu.

### Poulomi Banerjee -- Shred What You Said!

Shred What You Said was an online instagram story that consisted of a video to the activity. The activity was to write down a letter to whoever you wanted to about something that has been stressing you out in your life. Instead of sending it, however, you are supposed to rip up the paper, symbolizing the "shred of that stress". This tactic helps a lot to alleviate stress and can be done through other means as well-- If a student wanted to draft an email about the things they were stressed out about and just delete the email instead of sending it, it would have similar effects to alleviating the stress. I personally think handwriting a note causes more of an effect, however because it takes time and effort to physically write a note so at the end, it means a lot more when they shred it themselves.

### Arianna de La Mancha - Sexual Healing: A Mini Zine Series for QTPOC

I started a zine series called "Sexual Healing: A Mini Zine Series for QTPOC" that covers topics such as, consent, relationships, and safer sex practices. This project changed a lot and became very difficult for me due to recent circumstances. I was in need of my QTPOC community/support to help me find clarity and remember why this project was important to me in the first place.

I ultimately wanted to highlight QTPOC's experiences surrounding identity, sexual health and sex education, so I produced a digital questionnaire where folks could anonymously answer questions about all things sexual health. I was blown away with the amazing responses I got! I collected participants' responses and created an eBook in Canva so that this can be a resource in the future to other QTPOC who could identify or maybe even find comfort with these experiences.



Megan Atwater - "Mental Health in May!" Social Media Campaign

My passion project is a Social Media Campaign that will be taking place on the @SFStateCares Instagram every Monday for the month of May. The campaign will consist of posts that I illustrated that educate people on certain parameters of mental health. The goal of this campaign is to get students to identify May as Mental Health Awareness month and get them motivated to engage in taking care of themselves mentally. Stay tuned for the first post on Instagram on May 4th!

Tina Nguyen "CalFresh 101 Sesh"

My passion project is a graphic video on CalFresh. It helps explain to students what CalFresh is, how it helps, and if they need it. I also go through eligibility requirements, steps on how to apply, and what to expect during the application process. The video also includes ways to eat on a budget and ways to shop smart as well as what you can and can't buy with CalFresh. This will be hosted in a Zoom meeting and there will be a 30 minute Q & A. At the end, there is a raffle where two lucky winners will be chosen in a week to win a \$125 Amazon gift card.





Bella Gallego / "What Were You Wearing?"

Since the work I do through Thinking of You is already connecting students to resources available, on and off campus, and providing additional support and workshops/discussions to survivors and supporters of survivors, I wanted to create a project that was focused more on commenting on the broader issue of who is typically seen as a victim of sexual assault and the main factors that contributed to assault.

"What Were You Wearing?" is a now online storytelling exhibit dedicated to survivors. Our hope was to hear from survivors coming from communities of color, queer/trans/gender non-conforming/non-binary identities, male-identified people, diverse gender identities, people with disabilities, different socioeconomic status, and of people existing at the intersections of multiple identities. We wanted to empower survivors to own and share their narratives to help challenge society's stereotyped myths of who is victimized by sexual assault. Through this exhibit, we aimed to crush the myth that a person's clothing at the time of their assault is an excuse to be harmed or be blamed for their victimization, while illuminating how sexual assault can happen to and can be committed by anyone.



### Melanie (Mel) Chen: Crease & Release

For my passion project, I wanted to have students try a simple but fun activity to relieve stress. I created simple illustrations showing step-by-step how to fold different origami shape. First I ask students to write on the back of the origami paper what may be stressing them out / whatever is on their mind. I uploaded these illustrations to @SFStateCares Instagram Story so students can screenshot these steps and make these origami anytime they like. My goal is to show that even something stressful / worrying can be folded and shaped into something beautiful with enough care.

You can view my Instagram story series on Canva:

[https://www.canva.com/design/DAD6S1wHSWM/T2JON4t3jGumCx\\_Xm\\_NqVA/edit](https://www.canva.com/design/DAD6S1wHSWM/T2JON4t3jGumCx_Xm_NqVA/edit)

### Regene Fulgueras - Gator Connect Gallery

Originally my passion project was going to be a tabling event where I printed out the Gator Connect posts and have a mini gallery where students can look at the posts and participate in posting their answer "how do you connect with yourself" on a board. The Connection Campaign is definitely a highlight and one of my favorite projects to do as the Marketing Coordinator which is what mainly inspired me to use it as my passion project. Now my transformed Passion Project will be online coming out May 20th. It will be a collage of all the Gator Connect posts and a final question featuring myself looking back at the project as a whole. So it will be a post and an Instagram story, the Instagram story will be the interactive part that I wanted to incorporate and it will surround connecting with ourselves, the people around us, and our

environment. I'm sad things didn't pan out the way most of us planned our passion project, but I am just as excited or even more to get this out next month. :)



#### Jana Rebele - HPW Ambassador Program Overview Video

For my passion project, I decided to create a video highlighting the different aspects of the ambassador program. Throughout the year, I took videos of different program events such as Therapy Cat and Tea Time Out as well of ambassador orientation, mix and mingle, and their CE. I wanted to be able to have a resource that potential ambassadors or those interested in the program could reference to gain insight into what the HPW ambassador program is through personal statements from ambassadors, event highlights, and a message from Kim explaining the program. I also included a short clip of our office to show what the inside looks like since some students aren't familiar with it. Hopefully, I will be able to add my video to the HPW website so those who are browsing it can watch it for more information!

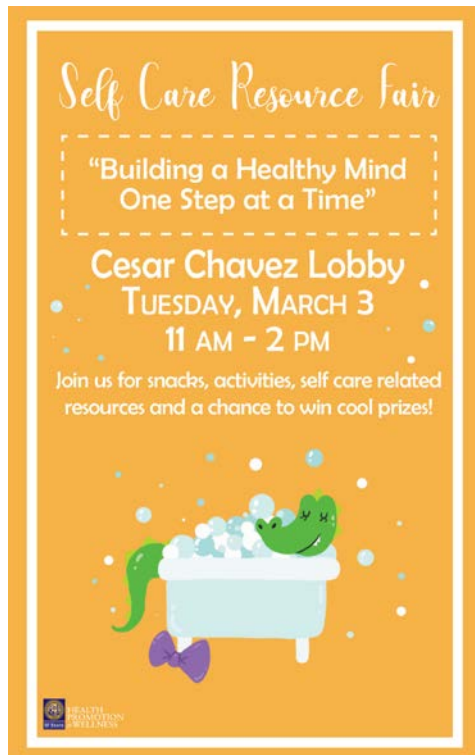
If you're interested in watching my video here's the link!:

<https://www.youtube.com/watch?v=rYnbPqngghEA&t=187s>

Hope you like it! :)

#### Jalyn Ocampo & Allison Cospin - Self Care Resource Fair

Our passion project consisted of on and off campus organizations tabling in the Cesar Chavez Student Center lobby, promoting their self care related resources. We aimed to provide a safe space for folks who stopped by, while emphasizing the importance of self care. Organizations brought their own activities, such as "Hit the Clit," a corn-hole game brought by the Women's Center, or ASPIRE's Question Jenga. Other activities during the fair included Wags for Wellness, a food demo courtesy of HPW's Nutrition Team, and the chance to win one of two self care kits. We had a great time sharing valuable resources and building community within SFSU.



#### Maggie-"Mindful Munchies"

Unfortunately, due to COVID-19, Anagha and I's Passion Project never took place. However, I'm proud to say that we completed all of the planning needed to hold this workshop if Danielle and her nutrition team plan to do so in the future. Our "Mindful Munchies" workshop combines breathing exercises and mindful eating techniques to assist students in stress relief and learn about intuitive eating in a fun way. We were planning to give out free yoga mats (and snacks!) to all attendees. Even though it never happened, it was still a great experience to learn more about intuitive eating and research ways to tailor the workshop to a college student population.

#### Anagha Narasimha Prasad - -"Mindful Munchies"

I and Maggie had a great experience working and designing the "Mindful Munchies" workshop. Even though the circumstance was unfavorable to conduct the workshop, we were able to learn and experience the measures to be taken to conduct a workshop from scratch. I hope our workshop materials will be useful in the future. This workshop can be a great holistic way to collaborate mindfulness from physical to the mental level for students in the future.



### Alyssa Vasquez - Ambassador Program Poster

For my passion project I wanted to create something that could be used to help promote the Ambassador Program. I decided to make a tri-fold poster board with Ambassadors' pictures throughout the past semesters, the requirements of the program, and a brief explanation of Health Promotion and Wellness' health topics and the programs/activities they facilitate. I created this poster to use for future tabling at either large HPW events, for Ambassadors to help with tabling, or for campus events like Gator Days. The overall purpose of this poster is to promote the Ambassador Program and recruit students who may be interested in gaining volunteer experience, learn about health and wellness, and become a part of the HPW community.

