WELLBEING SERVICES
ANNUAL REPORT
2020-2021
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Wellbeing Services of Campus Health and Wellbeing

Wellbeing Services spans areas of health promotion, basic needs and food security, gender- and power-based violence response and prevention, and collegiate recovery.

Our desire is to cultivate a culture of health and wellbeing on our campus for students, staff and faculty to live and be well. We offer education, programming and opportunities for individuals to develop their skills and abilities to achieve wellbeing, as well as address individual and systemic barriers that may hinder their path to wellness.

Campus Health and Wellbeing remained open during the COVID-19 pandemic and played a key role in campus-wide communications, public health outreach and basic needs support. We administer and support several campus-wide assessments including the Healthy Minds survey, ACHA-NCHA survey, and gender-based violence campus climate survey. We use data and the lived experiences of those we serve to inform our goals and decision making.
Highlights

- Our Communications Specialist created 9 campus-wide emails to students to keep our community up to date on testing requirements, public safety measures, campus updates and more.
- Health Educators and Peer Health Educators created a comprehensive set of resource guides for students coping with shelter-in-place orders, the transition to virtual learning and more.
  - Escaping the Bear: Using Your Anxiety to Confuse Your Body
  - Peer Guide | COVID-19 & Mental Health
  - Peer Guide | Relationships and Sexual Health during COVID-19
  - Alcohol, Cannabis & Other Drugs
  - Making Health & Nutrition a Priority
  - Remote Resources for Gender- and Power-Based Violence

TOTAL REACH
120,000
Instagram reach over 2020-2021 school year

DIRECT ENGAGEMENT
3,256
Instagram engagement for the 2020-2021 school year

IN-PERSON CONTACTS
14,000
Total In-Person Public Health Liaison Contacts for the 2020-2021 school year

STUDENTS HIRED
15
Public Health Liaison students hired in the 2020-2021 school year
Campaigns

COVID MYTHBUSTERS

COVID-19 Fiction
"I tested negative, so I know I don't have COVID-19"

COVID-19 Fact
Getting tested increases the likelihood of detection of COVID-19 and helps save lives! However, COVID-19 has an incubation period of 2-14 days, so testing may not detect recent COVID-19 exposure. (CDC.gov)

SPRING BREAK SAFELY

Tip 1
Hiking Safely

Tip 2
Beach Safety

TRAVEL TIPS

TIP #01
PLAN
START PLANNING YOUR TRIP HOME TODAY.

TIP #02
ESSENTIAL SERVICES ONLY FOR 14 DAYS BEFORE LEAVING

TESTING & COMPLIANCE REMINDERS

How to...

1. Schedule Spring tests now
2. Apply for Spring Quarter testing exemptions
3. Make sure to get tested every three days

Public Health Liaisons

In Fall 2020, the Public Health Liaisons (PHLs) were formed to provide students with COVID-19 education and essential items necessary to slow the spread of the virus. Liaisons were deployed to walk campus distributing face masks, hand sanitizer and general health information. Thousands of campus community members were engaged by our PHLs to promote positive health practices.

“I’ve got a Golden Ticket!”

To reinforce positive behavior on campus, golden tickets were given to those on campus demonstrating behavior consistent with CDC guidelines. Tickets could be traded in for prizes from Wellbeing Services.
HEALTH EDUCATION

Our professional Health Educators use individual, group, community and systemic strategies to improve health knowledge, attitudes, skills and behaviors of the Cal Poly community. Our purpose is to positively influence the living and working conditions that influence a person’s health.

Services

- Trained and workshops for the Cal Poly community
- Advising and Mentoring of Peer Health Educators
- BASICS/CASICS (Brief Alcohol Screening & Intervention for College Students and Cannabis Screening and Intervention for College Students) are Motivational Interviewing led techniques to work with students experiencing moderate to severe negative consequences as a result of their use. These interventions are offered both through self-referral and the student conduct sanctioning process.
- Violence prevention consultations with student leaders, faculty and staff

Highlights

- Facilitated large scale surveys to assess student health outcomes.
  - The Healthy Minds Study was administered in Fall 2020 to undergraduate and graduate students, examining mental health, service utilization and related issues.
  - ACHA-NCHA III was administered in Winter 2020 and was a CSU-Wide initiative to measure health outcomes for college students.
- In response to the national and local fentanyl overdose issue, overdose prevention education was provided to campus employees, and Campus Health & Wellbeing procured 96 units of Narcan for distribution. Education was provided to 185 Resident Advisors, 45 Campus Health & Wellbeing staff and providers, and 108 Fraternity & Sorority Life members.
- Peer Health Coaching model launched
  - Peer Health Coaches were established as a new peer health team and received special training to help their peers navigate delicate topics pertaining to their wellness.

CampusU: SBIRT software launched

- SBIRTs (Screening, Brief Intervention, and Referral to Treatment) programs are helpful in early identification of problematic substance use behaviors. ScreenU for Alcohol, Cannabis, or Opioids was launched in Winter 2021 and will allow students to access anonymous surveys to help them determine if their level of use falls in the moderate, high risk, or possible dependence range.

Kimme Huntington
She/Hers
Health Educator, Prevention Specialist

James Ramirez
He/His
Health Educator, Health Communications Specialist

Jennifer MacMartin
She/Hers
Health Educator, Prevention Specialist for Gender-Based Violence Initiatives

Kristen Vinther
She/Hers
Health Educator, Prevention Specialist
• Restorative curriculum development for those accused of sexual misconduct
  - The ROAD (Restorative Opportunity for Accountability & Dialogue) Training is an opportunity for students accused of sexual misconduct to process the harm they may have caused through a restorative lens. Previously called Men & Masculinities Training, the curriculum was updated in Summer 2020 to be more inclusive of non-masculine identities. This is a partnership between Health Education and Student Diversity and Belonging. This year, 3 participants completed the 3-month program.

Goals

• Expand Alcohol, Cannabis, and Other Drug (ACOD) Programming: We will expand our ACOD prevention efforts through hiring a second ACOD Prevention Specialist and administering SBIRT (Screening, Brief Intervention, and Referral to Treatment) programming to all incoming students through orientation programs. We will launch Reframe, an app that will be free to Cal Poly students who would like to monitor, cut back, or quit their use of alcohol, opioids, or behavioral addictions.

• Recommitment to diversity, equity and inclusion: Wellbeing Services will improve our outreach methods to reach more diverse student demographics, as well as offer culturally specific programming, specifically for BIPOC students.
PULSE (Peers Understanding, Listening, Supporting, Educating) is a Peer Health Education program that promotes a thriving campus culture through programming that increases knowledge and skills to achieve holistic well-being. Their primary goal is to provide information that is approachable, educational, and inclusive of all identities and backgrounds.

Highlights

• In response to rising STI concerns during the pandemic shutdown, EROS distributed condoms and education to campus
  - 7,500 condoms were delivered to the Rec Center, COVID Testing Sites, Campus Health & Wellbeing, Housing, and Fraternity & Sorority Life housing. Outreach included stickered condoms with usage information and signage about CHW’s sexual health services.
• ACOD provided outreach regarding high-risk substance use for St. Patrick’s Day
  - In anticipation of the high rates of binge drinking and substance use typically associated with this holiday, the ACOD team offered education about partying safely, sexual assault prevention, and the prevalence of fentanyl and where to obtain Narcan (naloxone) through social media, in-person outreach, digital signage in highly trafficked locations, and city partnerships.

Goals

• Increase strategic partnerships to improve health equity and access to student health services. PULSE will explore how our services and content is reaching and connecting with students from marginalized communities, specifically related to substance use, physical health, and eating disorder programming.
• Increase collaboration across teams. PULSE will work more collaboratively to address the complexities of student wellbeing, especially mental health among college students.

• Pilot a PULSE outreach “street team” program that will engage with the campus community at various on-campus locations. PULSE will recruit a dedicated group of volunteers to canvas campus promoting wellness and strategies to access health.

TESTIMONIALS

“SOME POINTS OF PRIDE FOR ME SPECIFICALLY WERE LEARNING SO MUCH MORE INFORMATION ABOUT HEALTH TOPICS AND FEELING A LOT MORE CONFIDENT IN MY ABILITIES TO RESEARCH, EFFICIENTLY DEVELOP PROGRAMMING, AND CONNECT TO OTHERS FROM DIFFERENT BackgroundS THAN MYSELF.”
- Pulse Educator

“...EVEN THOUGH I THOUGHT I KNEW ABOUT THE TOPIC I DISCOVERED THERE WAS MORE I DIDN’T KNOW BECAUSE PEOPLE NEVER TALK ABOUT IT.”
- Program Participant
ACOD (Alcohol, Cannabis, and Other Drugs, affectionately known as the Party Safe Team) provides students with information to make safe and informed decisions about their substance use. ACOD focuses on the dangers of drug and alcohol use, social norm campaigns, harm reduction, and education about high-risk substances.

REAL (Reach-out Empower Accept Listen) focuses on nurturing the mental wellbeing of students. Peer Educators support students and their peers by providing educational presentations on stress management, mental health awareness, sleep hygiene and supporting a friend who is struggling.

HEAT (Health Enrichment Action Team) offers education regarding the benefits of eating a balanced diet and engaging in regular exercise as healthy habits for maintaining physical and mental wellbeing. Student educators facilitate presentations and workshops around navigating nutritional and physical activity recommendations, Campus Dining, preparing meals at home, finding exercise routines, and positive body image.

EROS (Educational Resources On Sexuality) offers education regarding sexual and relationship health. Student educators are trained to guide their peers through their birth control options, safe-sex practices, sexually transmitted infections, as well as healthy decisions about sex, dating, and relationships.

Peer Health Coaches provide 1:1 support to students for a variety of health needs, including physical, mental, substance related, relational, sexual, and more. Coaches also facilitate small group workshops specific to their areas of specialty.

Pulse (Promoters of Wellness) provides education about general health and wellbeing topics that are relevant to all college students, as well as provide skill building opportunities. Topics include Flu Shots and Vaccinations, Hand Washing, Bicycle and Road Safety, Concussions and Safety in the Outdoors.

HIGHLIGHTED METRICS

- **57** STUDENTS INVOLVED
- **226** PRESENTATIONS AND CAMPAIGNS
- **84,483** TOTAL INSTAGRAM REACH FROM 197 POSTS
Mustangs for Recovery is a collegiate recovery community that supports students affected by substance misuse and behavioral addictions. We provide a safe, sober-friendly environment for students and offer alternatives, support, community, and events geared toward students in recovery. Meetings are offered in both abstinence-only and harm-reduction models.

**Services**

- Peer-to-peer support
- Consultations with a professional staff member for recovery or treatment referrals and support
- Weekly recovery meetings
- Weekly Game Night with other California campus students to engage in a sober alternative and aid in creating community.

**Highlights**

- All meetings were converted to virtual format to continue support during COVID, as this was a vulnerable time for students who were new in their recovery journey.
- Mustangs for Recovery Grant was established and awarded to one student in Spring 2021 and one for Fall 2021.
  - The Henegar family has committed $10,000 per year for the next 5 years to support grants awarded to students with a minimum of three months sobriety from identified addictions. It was established to both support students in their path to recovery and act as an incentive for those who are new to sobriety.

**Goals**

- Increase student, faculty, and staff awareness about Mustangs for Recovery
- Increase student involvement with program development & social events geared toward sober students and students in recovery.
- Engage in more stigma reduction education through establishment of a training for staff and faculty to aid in identifying problematic use and educating about mindful language use.

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**MEETINGS**

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<tr>
<th>MEETINGS</th>
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<td>Recovery meetings held with 126 students in attendance</td>
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**TESTIMONIALS**

“FINDING A GROUP OF STUDENTS ON CAMPUS WHO SHOWED ME A PATH TO RECOVERY SAVED MY LIFE.”

“THE LOVE, CARE, AND SUPPORT...REMINDS US THAT WE DON’T HAVE TO DO IT ALONE.”

“BECAUSE THIS TOPIC IS STIGMATIZED, IT IS OFTEN HARD TO FIND OTHERS WHO ARE WILLING TO TALK ABOUT IT. NOT ONLY AM I ABLE TO LEARN MORE ABOUT RECOVERY BUT [I CAN] HELP OTHERS AS WELL.”

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**aa meeting**

Tuesdays | 7-8pm | Bldg 27-11
Safer is Cal Poly’s primary resource regarding gender- & power-based violence, which includes intimate partner violence, sexual assault, stalking, sexual exploitation and harassment.

Services Offered

**PREVENTION EDUCATION**
- National Awareness Month Programming (October: Domestic Violence, January: Stalking, April: Sexual Assault)
- Customized workshops and presentations
- Quarterly Safer Leadership Training
- Monthly newsletters for: the general campus community, faculty & staff, and Fraternity & Sorority Life members
- Prevention consultations for campus leaders

**ADVOCACY AND SURVIVOR WELLNESS**
- Confidential support from state-certified Campus Advocates
- Accompaniments to law enforcement & Title IX
- Connections to campus & community resources
- Survivor wellness programming
- Available to students, faculty and staff

Kara Samaniego  
She/Hers
Assistant Director of Wellbeing

Gillian Cutshaw  
She/Hers
Confidential Campus Advocate

Jennifer MacMartin  
She/Hers
Health Educator, Prevention Specialist for Gender-Based Violence Initiatives

Sara Wilson  
She/Hers
Confidential Campus Advocate

Irene Tobias  
They/She
Confidential Campus Advocate
Goals

- Create a comprehensive outreach strategy for faculty and staff, that includes trainings, workshops and other ways to continue to stay engaged in gender and power-based violence prevention and response.
- Develop long-term survivor wellness programming to support survivors on their healing journey.
- Increase outreach to and assess the needs of underserved communities on campus, specifically BIPOC communities, through listening sessions and partnerships.
- Increase prevention education around stalking to meet the need identified in the 2020 Campus Survey on Sexual Violence.

Highlights

- Safer hired two additional full-time Campus Advocates.
- Strong Partnerships and Collaborations
  - Our campus completed the final year of our Department of Justice Office on Violence Against Women Campus Programs Grant. The grant supported numerous large-scale collaborative efforts including a campus-wide survey on sexual violence, funding a Project Coordinator, and initiatives to further increase access to services for survivors and create a more trauma-informed campus culture.
  - Our Prevention Specialist worked with numerous partner agencies to obtain a $70,000 grant from the Center for Care Innovations, aiming to end intimate partner violence in San Luis Obispo County.
  - Safer strengthened our partnership with Fraternity & Sorority Life, reinvigorating the Safer Reps program for each chapter to have a designated liaison with Safer and establishing FSL for a Safer Campus, a group of student leaders dedicated to culture change within their community.
- Safer Leadership Training
  - 38 students completed a rigorous 21-hour training about gender- and power-based violence prevention and response. Many participants go on to volunteer or work with Safer, or bring the knowledge gained to other student leadership roles across campus.
- Commitment to trauma-informed care
  - Safer staff delivered workshops about responding to violence and creating a trauma-informed classroom. Presentations were offered to faculty and staff departments across campus, reaching 112 individuals.
- Safer’s Survivor Resource packet was updated to increase accessibility and provide information needed to begin the healing journey. Packets are given to Cal Poly Police, Campus Health and Wellbeing providers, and Resident Advisors who are often first responders to disclosures of violence.
- Safer staff presented at conferences on “Examining the Triple Pandemic: COVID-19, Interpersonal Violence & Systemic Racism.”
- Advocates spent an average of 21.3 hours with survivors who were engaged in a reporting process, often receiving the support of multiple Safer advocacy staff. This is compared to an average of 1.47 hours spent with non-reporting survivors.
- A notably higher percentage of advocacy interactions were not gender and power-based violence related, perhaps identifying Safer as a confidential, safe, and available resource for a variety of issues during COVID.
- Survivor wellness programs
  - Safer hired a Survivor Wellness intern. They assisted with the planning of Safer’s virtual Take Back the Night event which included a trauma informed yoga workshop, a grounding skills workshop, and a survivor speak out event.
  - Safer hosted a book circle on Pleasure Activism by Adrienne Maree Brown.

SAFER LEADERSHIP TRAINING TESTIMONIALS

“SLT WAS UNBELIEVABLY ILLUMINATING.”

“THE THINGS I LEARNED IN SAFER LEADERSHIP TRAINING WILL STICK WITH ME FOREVER AND I NOW FEEL AS IF I HAVE A HOME HERE ON CAMPUS.”

“THE THINGS I LEARNED IN SAFER LEADERSHIP TRAINING WILL STICK WITH ME FOREVER AND I NOW FEEL AS IF I HAVE A HOME HERE ON CAMPUS.”
OCTOBER: DOMESTIC VIOLENCE AWARENESS MONTH (8,632 REACH)

JANUARY: STALKING AWARENESS MONTH (10,496 REACH)

APRIL: SEXUAL ASSAULT AWARENESS MONTH (11,986 REACH)

PREVENTION EDUCATION METRICS

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<tr>
<td>Presentations</td>
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<tr>
<td>Events Reaching</td>
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ADVOCACY AND SURVIVOR WELLNESS METRICS

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<tr>
<td>People Served</td>
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<tr>
<td>Appointments</td>
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BREAKDOWN OF CRIMES

- Sexual Assault/Rape: 42
- Relationship Violence: 17
- Stalking: 12
- Sexual Harassment: 9
- Other: 27

COMMENTS FROM SURVIVOR FEEDBACK FORM

“If I didn’t have [their] support throughout my investigation process and hearing, I... might have quit the process all together.”

“[The advocate] ... took the time to listen to my story even though I felt so conflicted and confused on my own part.”

“As a mother of a daughter who was a victim of assault... it is not wasted on me how important this kind of advocacy is.”
In 2014, the Food Pantry was created out of a need identified by faculty and staff who were seeing an increased number of students going hungry and without the means to purchase basic food and supplies. Today, member of the Cal Poly community can choose from a wide variety of packaged and canned foods, frozen meals, and personal hygiene products.

Services
- Self-service pantry
- Monthly food distribution site co-sponsored with the SLO Food Bank
- Pop-Up Pantry in partnership with Front Porch and CalFresh

Highlights
- ASI Endowment
  - ASI has generously endowed the Food Pantry with $35,000 a year over the next three years. These funds will offset the cost of hiring student assistants and keeping the food pantry fully stocked.
- Successful operations during a pandemic
  - At a time when many CSU-operated food pantries had to close, the Food Pantry remained open five days a week, in large part due to the support of our AmeriCorps VIP Fellow. This helped meet the needs of those facing food insecurity during the pandemic.
- The Food Pantry opened its doors to Cal Poly employees.

**Strong Donor Support**
- The Stauffer Family donated $12,500 to the Food Pantry this year, which will support the ongoing operations of the pantry and enable us to further expand our reach.
- Our AmeriCorps VIP Fellow established new community partnerships with Front Porch and Los Harvest Boys to increase in-kind donations and expand our services.
- The Food Pantry benefitted from generous recurring and one-time donations from our Amazon wish list, local growers, College of Agriculture and Environment Science (CAFES), Campus Dining and private donors.

**Goals**
- Hire a full-time Basic Need Coordinator.
- Make the pantry more accessible by adding evening and weekend hours and including more on- and off-campus pop-up pantries.
- Continue to make the pantry more inclusive by providing more culturally based foods, providing easy to make recipe cards and increasing our outreach efforts.

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**TESTIMONIALS**

“THIS FOOD PANTRY TRULY HAS ME AT A LOSS FOR WORDS. YOUR INCREDIBLY THOUGHTFUL DONATIONS HAVE MADE A LASTING IMPACT ON MY LIFE.”

“I AM A STUDENT THAT PAYS MY WAY THROUGH SCHOOL, AND FINANCES ARE OFTEN TIGHT WHEN IT COMES TO PURCHASING MY GROCERIES. THIS PANTRY HELPED ME GET THROUGH A WEEK WHEN I DESPERATELY NEEDED HELP.”

“I NO LONGER HAVE TO WORRY ABOUT MY MEALS AND CAN FOCUS ON MY STUDIES.”

---

Oscar Velasco  
He/His  
AmeriCorps VIP Fellow  
Basic Needs & Food Pantry Coordinator

Danielle Robbins  
She/Hers  
Interim Basic Needs Coordinator