

Health Promotion and Advocacy Annual Report

July 2023 – June 2024

Health Promotion

Student Health

Student health initiatives are broad and range from one-time and annual events to multifaceted initiatives designed to integrate well-being into the student experience. All student health initiatives are rooted in evidence, equity, and inclusion. This academic year, Student Health offered more initiatives to promote health and hosted three Healthcare Leadership interns during spring quarter.



Husky Health Coalition

In October 2023, Student Health, in partnership with ASUWT, introduced the Husky Health Coalition to the UWT community with the goal of establishing UWT as a well-being focused campus. The Coalition’s mission is to enhance holistic student health and well-being by promoting healthy choices and behaviors through collaboration, evidence-based initiatives, and harm reduction. Members include Student and Academic Affairs staff, Library staff, students, and faculty. The Coalition hosts three topic-focused working groups that are informed by UWT National College Health Assessment data: basic needs, alcohol and other drugs, and mental health.

Over the course of the academic year, the Coalition met monthly to understand health promotion frameworks and best practices for carrying out health promotion initiatives on a college campus; share ideas and perspectives; identify and carry out opportunities for collaboration; conduct a SWOT analysis of UWT’s College Health Program; and make informed, data-driven decisions. The Husky Health Coalition hosted two senior Healthcare Leadership interns that carried out working group efforts under supervision of the Health Promotion Specialist.

Outcomes of Husky Health Coalition efforts include the planning and foundation for a UWT-tailored mental health promotion and suicide prevention campaign, an environmental scan of campus basic needs support, and a literature review of the most recent evidence-recommended cannabis harm reduction tools specific to college students. Additionally, through discussion and analysis, the Coalition decided to focus AY 2024-25 efforts on building a comprehensive training program for students, and especially, for faculty to increase awareness of campus health resources and how to access them.

TimelyCare

Student Health implemented TimelyCare in July 2023. TimelyCare provides a wide range of free, on-demand, physical and mental tele-healthcare services to UWT students, 24/7/365. TimelyCare also provides psychiatric services, including prescriptions. Student uptake of TimelyCare has been lower than anticipated, despite the Health Promotion Specialist’s best efforts to market the service and encourage the campus community, including faculty, to encourage uptake to students in support of the ongoing awareness building efforts by the Specialist.

As of June 2024, 294 students are registered in TimelyCare, totaling roughly 5% of UWT students (including graduate students). Most registrations occurred in September 2023 and January 2024, due to

promotion at New Student Orientation and an incentive-based marketing push at the start of winter quarter. Half of registered students are in the age range 18-22, and another 30% are aged 23-29; in terms of gender, more females (66%) are registered than males (32%) or another (2%).

One-third of visits occur after business hours, and users waited an average of six minutes waiting for their on-demand visit to begin. The top four reasons for a TalkNow visit are depression (33%), stress (33%), anxiety (17%), and suicide ideation (17%). These reasons are consistent with UWT National College Health Assessment data.



User satisfaction data is limited as it is voluntary, however feedback is generally positive in that students report feeling hopeful about the future and a have sense of relief after their visit with a TimelyCare provider. Students also report that with the help of TimelyCare, they are more likely to complete their course of study, engage with peers, improve grades and remain in classes.

Harm Reduction Initiatives

Student Health provides students access to free harm reduction resources. Student Health, with the support of the ASUWT President, obtained a grant from the Washington Department of Health (DOH) in the form of nasal spray Naloxone and began offering free NARCAN on campus in October 2023 to any



person of the UWT campus community. Marketing was minimal and the program was rolled out softly as the DOH could not guarantee that they would be able to provide more in the future. As of June 2024, 67 kits of NARCAN have been provided to students, faculty, and staff. UWT community members obtain NARCAN by completing the free NARCAN online order form to ensure each recipient is trained on how to administer NARCAN, per DOH requirements. Then, they pick up their order at Psychological and Wellness Services. Each order includes the manufacturer's handout on administering NARCAN. A [Student Health webpage](#) was developed to educate the campus community on NARCAN and opioid overdose

prevention. When asked on the online order form how they heard about the NARCAN program, participants reported 'word of mouth' and 'flyers' as the most frequent methods.

The 2023-24 academic year marked year two of the free condom program, renamed to the Safer Sex Supplies program. Students have two ways in which they can access free condoms and other safer sex supplies: the restroom condom dispensers and the online order form. This year, Student Health added four additional dispensers in the men's and women's restrooms on the first floor of GWP and JOY. The GWP dispensers are the most frequented, followed by the Library restroom dispensers, and then the JOY dispensers. Student Health also added a dispenser to the first floor MAT all-gender restroom to increase equitable access.

Students may also access free safer sex supplies through the free online order form. Similar to the NARCAN program, students complete an order form for whatever supplies they need, no questions asked, and pick up their order in a brown paper bag from Psychological and Wellness Services. Supplies include latex lubricated condoms, non-latex condoms, dental dams, non-latex internal condoms, single-

used water-based lubricant packets, and specialty condoms if available. As of June 2024, 32 orders have been placed, equating to roughly 400 condoms provided to students in addition to other requested supplies.

Mental Health First Aid

The Health Promotion Specialist was trained as a Mental Health First Aid (MHFA) instructor in September 2023. MHFA is an evidence- and skills-based, interactive certification training in which participants learn about and how to respond to the signs of mental illness and substance use disorders. MHFA Student Health intends to offer MHFA training opportunities quarterly to students and employees, as separate trainings. Due to the Specialist managing a number of competing responsibilities, the first MHFA training was offered to Student Affairs staff in June 2024 but was postponed, with more training opportunities planned for Summer 2024 and next academic year.

Points of Pride

Student Health experienced several accomplishments over the academic year and considers them to be points of pride. The ASUWT President, of which Student Health has a very strong working relationship with, set as a new procedure that all ASUWT events must be planned using the [UWT Wellness Wheel model](#). Wellness Wheel models are commonly used in health promotion settings on college campuses to help students visualize and connect dimensions of health to their own lives, and consider their health goals. Student Health considers this a milestone towards achieving its goal to integrate well-being into the student experience.

Additionally, Student Health partnered with the ASUWT President to increase TimelyCare registrations by creating a trendy Instagram reel promoting gift card incentives for registrations. The ASUWT President did all of the video editing/reel development. After the reel had been posted to the PAWS Instagram page, TimelyCare reached out to the Health Promotion Specialist and said that they liked the reel so much that they would like to share it in their next customer newsletter as an example marketing strategy. TimelyCare starting following PAWS on Instagram in response to the reel.

In fall quarter, Student Health partnered with tri-campus Immunity Verification Program to offer the first on-campus vaccine clinic offering free MMR and meningitis A vaccines to students to support on-the-spot compliance with the tri-campus immunization requirement. The clinics were also open to the campus community and the public, and served 85 people.



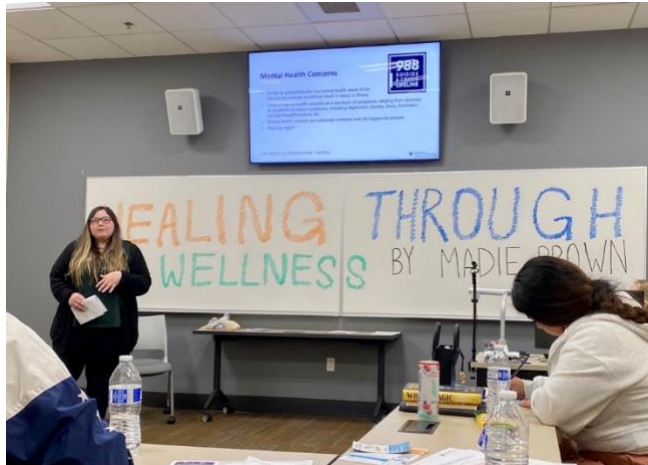
Outreach

PAWS Doctoral Psychology Trainees are required to facilitate two outreach opportunities per quarter and both PAWS and Student Health outreach are managed by the Health Promotion Specialist. Trainees are trained on facilitator and health communication best practices. Outreach can range from informal conversations, attending student-led events and tabling, workshops and trainings. All PAWS and Student Health outreach contain, at minimum:

- Anti-stigma and strengths-based efforts related to mental health

- PAWS and mental health resource awareness building
- Activities that promote mental health understanding and skill building

Over the 2023-24 academic year, PAWS experienced a noticeable increase in outreach requests from the campus community compared to the prior academic year. In total, PAWS and Student Health delivered 56 hours of outreach and served approximately 2,034 students (including quarterly New Student Orientations). This year, outreach was requested by five new campus partners: the Multicultural Association for Pre-Health Students RSO, AAPI Thrive faculty, Teaching Professor Menaka Abraham, Associate Professor Julia Eaton, and the School Nursing and HealthCare Leadership podcast.



The Office of First Generation Students continues to be PAWS' and Student Health's biggest outreach supporter by consistently requesting at least two outreach workshops each quarter. This helps to satisfy the Doctoral Psychology Trainee outreach requirement while also inviting topic experts into student spaces to provide evidence-based health education. Additionally, PAWS and Student Health outreach are consistently involved in New Student Orientation, Resident Advisor Training, Pack Advisor Training, and faculty pre-departure orientation for Study Abroad.

Outreach during the AY 2023-2024:

Outreach	Unit	Date	Reach
Pack Advisor Training	PAWS & Student Health	9/12/2023	8
Resident Advisor Training	PAWS & Student Health	9/14/2023	4
New Student Orientation	PAWS & Student Health	9/19-22/2023	Approx. 1300
TLC Student Worker Orientation	PAWS	9/25/2023	46
Vaccine Clinics	Student Health	10/5/2023	30
NCHA Overview for ASUWT Senators	Student Health	10/6/2023	4
Accessing Health Resources at UWT (open workshop)	PAWS & Student Health	10/10/2023	1
Vaccine Clinics	Student Health	11/2/2023	55
Counting Sheep & Prioritizing Sleep for Office of First Generation Students	PAWS & Student Health	11/6/2023	16
Managing Test Anxiety Effectively for Office of First Generation Students	PAWS & Student Health	11/21/2023	15

Winter New Student Orientation	PAWS & Student Health	12/19/2023	60
Mental Health Matters for TCCS 496	PAWS	1/11/2024	19
Mental Health Matters for TUNIV 190	PAWS	1/17/2024	11
Accessing Health Resources at UWT (open workshop)	PAWS & Student Health	1/18/2024	0
School of Nursing and HealthCare Leadership Podcast Interview	Student Health	1/25/2024	N/A
NCHA and PAWS Overview for AAPI Thrive Faculty	PAWS & Student Health	2/7/2024	11
Counting Sheep & Prioritizing Sleep for Office of First Generation Students	PAWS & Student Health	2/13/2024	6
Mental Health Matters and Campus Health Resources for Associate Professor Julia Eaton's classes	PAWS & Student Health	2/20/2024	35
Mental Health talk at ASUWT event	PAWS	2/28/2024	18
Stress Management for Office of First Generation Students	PAWS & Student Health	2/28/2024	15
Overview of PAWS for AAPI Thrive students	PAWS	3/6/2024	50
Spring New Student Orientation	PAWS & Student Health	3/15/2024	96
Overcoming Imposter Syndrome	PAWS	4/8/2024	15
Mental Health Matters for CEI RISE cohort	PAWS & Student Health	4/17/2024	15
3 RD Annual Denim Day at UWT	PAWS & Student Health	4/24/2024	90
Counting Sheep & Prioritizing Sleep for Office of First Generation Students	PAWS & Student Health	4/29/2024	10
Mental Health Matters for ASUWT Wellness Week	PAWS & Student Health	5/6/2024	25
Stress Management for Office of First Generation Students	PAWS & Student Health	5/9/2024	10
Confidential Advocacy Overview for faculty pre-departure Study Abroad orientation	Student Health	5/20/2024	5
Mental Health First Aid for staff	Student Health	Postponed	

Confidential Advocacy

The Confidential Advocate experienced another busy year with 114 total hours served (25 hours in autumn, 38 hours in winter, and 51 hours in spring) to 17 clients, five of which access services over

multiple quarters or every quarter. Most referrals came from within Student Affairs or from clients themselves, with some referrals coming from faculty.

User satisfaction data is limited as it is voluntary, however feedback is generally positive in that clients report they felt their identities were respected by the Advocate and that they would recommend the Advocate to a peer if they needed support. Additionally, clients felt moderately or strongly that after meeting with the advocate, their well-being improved, and they were better able to engage in their academics. Clients also strongly agreed that they felt more confident in choosing next steps while working with the advocate.

One client noted that they appreciated that the Advocate was “compassionate yet direct”. Another provided that they liked that they were able to see the Advocate as often as they needed and didn’t have to wait for an appointment; and that the Advocate checked in often to talk about next steps. Another client, a student parent, appreciated that the Advocate considered their child’s needs in addition to theirs.



The 3rd Annual Denim Day at UWT was held on April 24th, 2024. Denim Day is an international awareness day that seeks to raise awareness of sexual assault, educate on consent and sexual violence prevention strategies, and believe and celebrate survivors. At UW Tacoma, Denim Day is an interactive tabling fair and invites attendees to write messages of empowerment to survivors of sexual violence on pieces of donated denim jeans. This year, Denim Day at UWT was elevated to include the new Art & Solidarity Walk rooted in survivor justice. A Student Health intern supported Denim Day at UWT planning and marketing. Just over 90 campus community members attended Denim Day at UWT to learn about 19 different campus and community resources and engage in the message writing to survivors. This year, two new RSOs and two new campus partners

joined in to table. Denim was worn by many across campus in show of support for survivors.