



**Health Education  
Annual Report  
2006-2007**

## **Peer Health Education Program:**

Funding from the Student Fee Allocation Committee allowed for the Peer Health Education program to retain its structure as a departmental program, not a student-run organization.

All Peer Health Educators from the 2005-2006 academic year, with the exception of those who graduated or transferred, continued with the program.

Nine new Peer Health Educators were recruited into the program. Five students were recruited in the fall and received training in the spring. Four students were recruited in the spring and will receive training in Fall 2007.

Training for new Peer Health Educators was wholly restructured to cover a wider breadth of subject areas. Peer Health Educators must now successfully complete a one-semester internship during which they receive training and produce a new program to add to our roster of programs. The internship curriculum includes the following topics:

- Behavior Change & Health Promotion Theory
- Alcohol
- Nutrition & Healthy Eating
- Stress & Time Management; Sleep
- Dating & Relationship Violence
- Sexuality, Sexual Decision-Making, & Safer Sex
- Birth Control, Emergency Contraception, and Pregnancy Options
- Sexually Transmitted Infections
- Sexual Assault
- UMD Health Services

Additionally, new and veteran Peer Health Educators received a great deal of “continuing education” through our weekly meetings. Topics included:

- Anxiety disorders, Bipolar disorder, Self-injury, Asperger’s Syndrome
- Depression and Suicide Prevention
- Motivational Interviewing (3 weeks)
- Diversity

The Peer Health Educators also attended the Bacchus Network’s Peer Education Conference at the University of Maine where they attended break-out sessions and Certified Peer Educator Training.

## **Programming:**

The Peer Health Educators now offer four programs, three of which were developed by the interns this year:

- Sex Jeopardy (sexual health)
- The Absolute Truth (alcohol)
- Are You Afraid of the D.A.R.K? (dating/relationship abuse)

- Behind Closed Doors (sexual assault/consent)

**Awareness Events:**

The Peer Health Educators coordinated—or assisted with—many health awareness events, as detailed below.

**National Collegiate Alcohol Awareness Week: October**

- Launched Liquid Logic alcohol awareness campaign
- Distributed posters and brochures to Student Affairs staff
- Distributed brochures, postcards, BAC Zone cards to students
- Multiple viewings of the “Sam Spady Story” (story of a college student who died by alcohol poisoning)
- Campus-wide advertising campaign—banners, Channel 77, posters, etc.
- Distributed information on alcohol, alcohol poisoning, impaired driving

**Great American Smokeout: November 17, 2005**

- Distributed Quit Kits to smokers interested in quitting. Quit Kits contained information on quit smoking strategies, a list of online resources, and quit smoking aids such as mints, sugar free gum and straws.
- Distributed hundreds of stickers to non-smokers to raise awareness that most UMD students don’t smoke.
- Distributed information on quitting smoking.

**World AIDS Day: December 1, 2006**

- “5 for 25” Campaign—encouraging students, faculty, and staff to do 5 things to prevent the spread of HIV/AIDS in recognition of the 25<sup>th</sup> anniversary of the identification of HIV
- Gave away safer sex kits to promote safer sex
- Condom demonstrations
- Distributed red ribbons and information on HIV/AIDS, sexually transmitted diseases, contraception, and safer sex.
- Two viewings/discussions of the documentary, “A Closer Walk” (which focuses on the global impact of HIV/AIDS)
- Viewing of “And the Band Played On”
- Letter writing/petition to demand financial support for HIV/AIDS prevention and treatment services in U.S. and abroad, including:
  - \* \$8 million over 5 years to fund the training and retention of African healthcare workers
  - \* \$700 million this year for the Global Fund to Fight AIDS, TB, and Malaria
  - \* \$2.6 billion for the Ryan White CARE Act for the treatment and care of people living with AIDS in the United States

**Safer Sex Week: February**

- Gave away safer sex kits to promote safer sex
- Condom demonstrations

- Distributed information on HIV/AIDS, sexually transmitted diseases, contraception, and safer sex.

**Safe Spring Break: March**

- Gave away Safe Spring Break Kits containing: condoms, SPF-23 lip balm, SPF-15 sunblock, Purell hand sanitizer, and koozies (listing phone numbers for local cab companies).
- Distributed information on skin cancer, safer sex, alcohol, alcohol poisoning, and “date rape” drugs.

**Sexual Assault Awareness: April**

- White & teal/purple ribbon campaigns
- Distributed information on sexual assault, alcohol, and “date rape” drugs.

**Pre-Finals Stress Reduction**

- Massage therapists from the Wellness Resource Center provided free chair massages during finals period in the fall and spring semesters.
- Collaborated with Sodexo/Dining Services, Wellness Resource Center, and Counseling Services to offer a Zen Den during the fall finals period. Offerings included:
  - Stress Reduction/Sleep Kits
  - Free chair massage
  - Relaxation/Guided Imagery
  - Quiet Space with free herbal tea, fountain, soft music

The Peer Health Educators also supported and participated in the following events, sponsored by other organizations/departments: Take Back the Night (Women’s Resource Center), Sigma Phi Rho AIDS Benefit, Make a Difference Day (Frederick Douglass Unity House).

**Awards & Recognition:**

The Peer Health Educators were awarded:

- Pride Alliance OUTRight Support Award (2005, 2007)
- Office of Residential Life, Outstanding Educational Program (2007)

**Individual Consultations:**

The volume of individual (one-on-one) consultations increased significantly this year. Student assistance was provided for the following health-related or personal concerns: alcohol abuse, career planning, death of loved one, drug abuse, eating disorders, mental illness, relationship issues (break-up), unhealthy/abusive relationship, roommate concerns, sexual health, sleep, smoking cessation, stalking, stress, suicide attempt, and time management.

**Workshops:**

I presented workshops on alcohol/alcohol poisoning, sexual health, and suicide prevention.

### **Educational Resources:**

Launched “Liquid Logic,” a print alcohol education/awareness campaign (supported by the Governor’s Highway Safety Bureau Alcohol Education Grant). There are four components to the campaign: (1) Educating students about what constitutes a standard drink (2) Educating students about safer drinking tips (3) Educating students to recognize the signs of alcohol poisoning and what to do if they believe someone is in trouble (4) How to get help with an alcohol problem

Collaboration between Athletics, Health Education, Health Services, Judicial Affairs, and Orientation permitted the purchase of MyStudentBody.com (MSB), an online prevention and education program for college students, developed and scientifically tested with support from the National Institutes of Health. Incoming first year students were required to complete the alcohol component. MSB-Alcohol is also often used as a judicial sanction for students who violate the alcohol policy.

### **Preceptor-Community Nursing:**

I was the preceptor for two nursing students enrolled in the Nursing 431-Community Nursing course.

One student researched college/university Good Samaritan (or Medical Amnesty) programs and summarized her findings and recommendations for UMD.

The second student researched college/university tobacco policies and summarized her findings and recommendations for enhancing UMD’s smoking policies.

### **Grant Activities:**

- Co-authored Violence Against Women Campus Grant proposal to the Department of Justice

### **ACHA-NCHA:**

Conducted the American College Health Association’s National College Health Assessment (ACHA-NCHA) in Spring 2007. ACHA-NCHA data provides us with a current profile of our student’s health behaviors and perceptions. Reference group data permits us to compare our student population against national averages. The NCHA also provides us with alcohol and drug use survey data, a component of the biennial review of their AOD efforts required by the Drug Free Schools and Communities Act (DFSCA).

### **Massage Program:**

Launched table massage program for students and massage club program for staff/faculty, in collaboration with the Wellness Resource Center of N. Dartmouth.

## **Speakers:**

Health Education sponsored or co-sponsored the following speaking engagements:

- “I (Heart) Female Orgasm” (March 15, 2007)  
Marshall Miller & Dorian Solot
- “Sex, Love, and Intimacy in a Pornographic Culture” (April 18, 2007)  
Gail Dines, Ph.D.

## **Committees:**

I participated in the following Committees:

- Sexual Assault Committee
  - Created web-based Anonymous Sexual Assault Reporting form
- Programming Committee

## **Campus Collaborations:**

Partnerships were vital to the establishment of the Health Education Program and are critical to our continued success. I formally collaborated with the following departments and student organizations over the past year:

- Athletics
- CITS
- Counseling Center
- Dining Services/Sodexo
- Frederick Douglass Unity House
- Health Services
- Judicial Affairs
- Nursing
- Office of Housing and Residence Life
- Pride Alliance
- Public Safety
- Sigma Phi Rho
- Student Activities Involvement & Leadership (SAIL)
- Women’s Resource Center

I also benefited from the support from several community-based organizations and businesses, including:

- American Cancer Society
- Partners for Clean Air
- Samaritans of Fall River and New Bedford
- Wellness Resource Center, North Dartmouth
- The Women’s Center

## **Professional Development:**

### **Conferences, Workshops, & Other Training**

- QPR Instructor Workshop

### **Membership**

- American College Health Association
- New England Health Education Network

### **Reviewer**

- Journal of American College Health

## **Awards:**

- Pride Alliance Harvey Milk Activist Award

## **End Notes:**

I will submit, for our review and discussion, an addendum to this report outlining Health Education's 2007-2008 program activities and goals and my outstanding/ongoing concerns.