What’s the Scoop?

NEWSTAFF MEMBERS
- **CARE**—Assistant director Eli Pascal, violence prevention coordinator Nadeeka Karunaratne, full-time advocate Jaclyn Wright, and grant coordinator Sallie Pappas
- **Campus Rec**—Team challenge program director Jason Ryba, rec special event manager Travis Childrey, and technology assistant Jake Akers
- **Career Center**—Associate director Jay Wall; Kelly Swanhelm, Denise Khaw, and Julie Nunez in employer relations; marketing coordinator Jennifer Strichart; and counselors Neda Moayed and Andrea Chung
- **Child Care Services**—New teaching staff Angelica Ang, Michelle Capistrand, Madeline Condrey, Collette Gallegos, Evelyn Godinez, Jennifer Mau, and Kelsey Turley
- **CSWHP & SHC**—Dietician Jody Margolis who splits her time between the two units
- **DSC**—Assistive technology manager Somphone Chen, braile and assistive technology specialist Matthew Allen, disability specialists Rosezetta Henderson and Cheng Ko, and front desk support Jenna Roberts
- **WHCS IT**—Systems administrator Jerzy Reuter, desktop support Henry Pennerman, and web and application developer Mitch Weiss

**NEW NAME & TITLE**
- The Center for Student Wellness & Health Promotion (formerly Health Ed) celebrates its name change alongside its 25th anniversary
- Dr. Holmes’ title changed to Associate Vice Chancellor

**NEW SPACE**
- Counseling Center annex space at Student Center
- Sailing’s new home, Marina Park boathouse, had its grand opening December 5!
- Launch of new Career Center, Counseling Center, CARE, and CSWHP websites. Next up for upgrades are Child Care and SHC
- New central websites for campus initiatives, on sexual violence prevention and response at sexualviolence.uci.edu, and Step Up UCIs training at stepupbystander.uci.edu

**NEW PROGRAMS & SERVICES**
- FitWell Voucher ‘prescriptions’ at the ARC for early intervention subsidized health advising/fitness training for vulnerable students
- DisAbility Ally Training program by DSC to create welcoming and safe spaces for all students
- Chiropractic and mobile health services, expanded radiology read capability, and gastroenterology at Student Health
- Revised procedure for by-appointment rapid results HIV testing at CSWHP

A WARM WELLcome TO...

**Child Care Services**

UC Irvine 50
1965-2015
Bright Past. Brilliant Future.

2015-16 Cluster Goals

**FINANCIAL RESOURCES**
Prepare for long-term fiscal health of cluster

**SPACE**
Address space issues

**SAFETY**
Continue to innovate (e.g., in child care, S.O.S., emergency preparedness)

UCI Child Care photos from 1975.
In many of our centers, the greatest sign that we have done our jobs well is that our efforts go completely unseen by the campus. We’d like you to remember that every day, the students experience the benefit of your work and dedication. Here is a small snippet of the important work our cluster has done over the past year.

**Wellness in the Spotlight**

Partnering with **Campus Rec** and **CSWHP**, the **AVC Office** successfully hosted the **Building Healthy Academic Communities Summit** in April. Special thanks are owed to Courtney Burkes, Doug Everhart, Kali Knapp, Rosezetta Henderson, Suzanne Powell, and Jill Schindele for their time and effort devoted to planning, and the many volunteers who helped the day of the event. Presentations of note at the summit include those given by **Lisha Higuchi** and **Lori Palmenter**. Also, CSWHP’s **Nutrition Peer Educators** received 2nd place in the National Wellness Challenge for their social media initiative to promote a healthy breakfast.

**Mark Carolina** and **Allison Keller** served as mock interviewers at NASPA’s Region VI SoCal Conference in February. **CARE’s CHAMPS peer educators** served as panelists in CSP’s Stand Up To... (SU2) program.

**Men’s Crew** club team raced at the Western Intercollegiate Rowing Association Championships in April and placed first in the men’s varsity eight.

**Lori Palmenter**, **Anwar Thomas**, **Lisha Higuchi**, and **Jan Serrantino** created and successfully presented the **disAbility Ally Program** to over 500 faculty and staff. They also created a **Faculty Handbook** for working with students with disabilities.

**Doug Everhart** was featured in a two-part article on health education programming for student athletes in the journal “College Athletics and the Law,” and presented the **Step Up! bystander program** at the NASPA National AOD Abuse Prevention Conference in January.

**Jan Serrantino** was a contributing author to the **Guide to Assisting Students with Disabilities**. Equal Access in Health Science and Professional Education was published in August.

**Suzanne Helbig** presented “Seeking Insight and Innovation? Include Introverts!” at the National Association of Colleges and Employers Conference & Expo in June. She was also invited to Beijing in October to co-present “Key Trends in US Career Centers” at the International Forum on Career Education.

**Jessica Ortega** served as co-M.C. for UCI’s Raza Graduation.

**Jan Serrantino** and Anwar Thomas presented a positive approach for supporting students with high functioning autism, service animals, and ally training at the Pacific Rim International Conference on Disability and Diversity in May. Jan also presented on accommodations in clinical settings at the Association of California Nurse Leaders Annual Conference in February, and by webinar for the Association of American Medical Colleges in July.

The cluster once again collaborated with the Claire Trevor School of the Arts in May to host **Piece of Mind**.

The **CARE’s Right to KNOW peer educators** assisted UC Riverside to develop a similar peer education program on their campus.

**Campus Recreation custodial supervisor Jake Soto** was spotlighted in a video on the Chancellor’s Advisory Committee on Staff website.

**Greek Life** peer educators presented on **CARE’s Violence Intervention and Prevention** program at the Association of Fraternal Leadership & Values West’s Annual Conference in April.

At the UC Best Practices in Mental Health Conference, **Lisha Higuchi** and **Jan Serrantino** presented on working with students on the autism spectrum, and **Brenda Lapinid** and **Sheena Danesh** presented on the importance of coordination of care on campus.

**Awards & Elections**

**Jasmine Blackburn** was elected chair of the OC Tobacco Education Coalition.

**CARE** secured a $300K grant from the DOJ’s Office on Violence Against Women. Over 20 staff and campus community partners have completed the **Green Dot** bystander intervention training. UC Office of the President also now requires all campuses to have a sexual assault victim advocacy “CARE” office, and a healing yoga program will be offered at all campuses.

**Career Center’s Employer Engagement Initiative** outreach challenge to visit 100 employers was a finalist for a Career Services Excellence Award and featured at the NACE conference innovation showcase.

The **Counseling Center** celebrates their 45th anniversary this year and was TAPPED! at the Student Affairs update for their successful efforts to decrease student wait times. Counseling Center **Peer Educators** received a $1,000 Lime Green Ribbon Campaign grant from Each Mind Matters.

UCI’s team in the Each Mind Matters’ **Directing Change** student film contest won 3rd place in the suicide prevention category.

Continues on next page →
Dear Wellness, Health & Counseling Family,

I am excited to have been able to welcome you back to a new school year, filled with the opportunities of each new year: new relationships to forge, new challenges to overcome, and new opportunities to change the lives of the students and UCI community members we serve. I’d like to take this opportunity to THANK YOU FOR ALL THAT YOU DO.

All of you are central to our mission and share your talents every day in the service of some very lucky students. During my past three years here, I’ve been able to witness first-hand how our cluster contributes to the mission of the University. Every time a prescription is filled, a caring ear is offered, an academic accommodation is granted, a parent walks away from UCI daycare with confidence, or a student has successfully earned an internship opportunity, we are making a difference. Your daytime, evening, and weekend efforts have matched students with important community resources, and your efforts have helped UCI to gain some of the national and international recognition it has recently earned. Thank you again for all that you do to keep our students healthy in body and mind. I look forward to the continuation of another successful year together.

This year, we are focusing on shoring up financial resources for the future, safety planning, and addressing our space needs. We are thrilled that the campus has recognized our need for additional space. We hope that we can make VC Parham’s vision for a new wellness building a reality and will do all that we can, jointly, to articulate our needs far and wide to students, parents, faculty, staff, and outside community members. By continuing to nurture our partnerships, we can make the dreams we have for this campus and our students a reality. I hope you have a wonderful academic year.

—Marcelle
Compassion Fatigue & A Moment for Self-Care

Those who work with clients suffering from the consequences of traumatic events can experience a cumulative response to the stress that comes with such work: compassion fatigue. This can be in the form of emotional, behavioral, cognitive, somatic, and spiritual reactions, and can be partnered with burnout, which is emotional exhaustion/withdrawal associated with increased workload and institutional stress. Compassion fatigue can occur due to exposure to just one client’s case or cumulatively.

If your role opens you up to compassion fatigue or you are already experiencing this form of vicarious trauma, it is important to understand your stressors and work to develop healthy coping strategies, (conscious efforts to solve personal and interpersonal problems, and master, minimize or tolerate stress/conflict,) especially since people in caregiving fields are often those that tend to care for the needs of others before their own.

HEALTHY COPING SKILLS TO PRACTICE

- **Attitude** – Using the power of positive thinking and remembering that you may not have control over the stress-inducing event but you always have control over your belief about the event.
- **Humor** – Laughing can temporarily banish feelings of anger/fear, replacing them with more lighthearted/hopeful feelings, and positive emotions from humor can create neurochemical changes to buffer immunosuppressive effects of stress.
- **Boundaries** – Focusing on assisting students to reach goals/outcomes, reassuring them they do not need to become a friend to receive services, not sharing your problems with them, sharing any concerns to your supervisor.
- **Time Management** – Tracking your time, establishing goals, keeping interruptions to a minimum, structuring meetings/appointments, improving communication skills, using a planner, keeping your work area organized.
- **Nutrition & Exercise** – Providing your body with healthful energy like complex carbohydrates, protein containing essential amino acids, energy-rich polyunsaturated fats, and antioxidants from fruit and vegetables, to repair and build the body. Engaging in a full range of physical activities – aerobic, anaerobic, stretching, and breathing.
- **Relaxation** – Engaging in relaxation techniques like breath work, body scan, progressive muscle relaxation, meditation, guided imagery, yoga, and aerobic exercise.
- **Connection** – Actively seeking connection with and support from peers, family, and friends.

FOUR CHOICES YOU CAN MAKE

- **Accept** things as they are. Learn from past experiences and don’t fight the same fights over and over again. Talk with someone. Use positive self-talk. Remember the power of a simple smile.
- **Avoid** needless stress. Reduce the amount of time you spend with someone who constantly bothers you. Make your schedule flexible if possible to give yourself some control in avoiding minor stressors like traffic. Don’t take on more than you can handle.
- **Alter** a stressful situation. Ask someone to change their behaviors and be willing to change yours. Communicate feelings in an open way. Take risks. Assess your time to see how it can better serve you and your students. Problem solve through collaboration. Be more assertive.
- **Adapt** by learning to cope. Look at stress as an opportunity. Think of the positive things in life and put things into a larger perspective. Move on from things that aren’t worth getting upset over. Don’t use caffeine, alcohol, drugs, and food as coping techniques.

“First heal yourself, and then go out and heal others.” – Maya Angelou

QUICK ENERGY FIXES FOR BURNOUT

- Avoid stimulants like sugar, tea, coffee, alcohol, cigarettes for a week.
- To keep your body fueled and your blood sugar levels balanced, eat a high-energy breakfast, and snack often on small amounts of healthy foods that give you energy instead of drain it from you.
- Go for a brisk walk when feeling lethargic.
- Practice deep breathing throughout the day.
- Rest and relax. Don’t take work home.
- Invest time in personal relationships, social activities, and hobbies.

Source: Office for Victims of Crime Training and Technical Assistance Center (2015). Compassion Fatigue / Vicarious Trauma Training.

UCI is a proud founding member of the National Consortium for Building Healthy Academic Communities, and was host to the 2015 BHAC Summit this April. Summit photos can viewed on OSU Nursing’s Flickr.

Some twisdom from our nationally recognized Summit speakers:

**TAKE A BREAK & GET UP**

#sitting 5 hours/day=same on health basis as smoking a 1 ¼ packs of cigarettes. @davidagus

**BE IN THE MOMENT**

.@bernmelnyk: You can’t fully engage when you are multitasking.

**BE CREATIVE & INNOVATE**

.@bernmelnyk: Standing meetings are good for cardiovascular health – and you’ll get through meetings a lot faster! #BHAC2015

**EVERYTHING IS CONNECTED**

.@UCIrvine’s Dan Cooper: Exercise can stimulate growth of many types of tissue, including muscle, mitochondria, neurons #BHAC2015

**IT’S NOT JUST A JOB**

We need to bring enthusiasm, humor to workplace. @bernmelnyk

**TAKE CARE OF YOURSELF**

Happy people may have stronger immune systems, live longer. #BHAC2015

To learn more about NCBHAC, including on their webinar series, visit: healthyacademics.org

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