

UC Student Mental Health Best Practice Conference 2014

Campus Collaboration through the “Power of the Peers” Network

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well-being • empowerment • life • learning

Objectives

1. Identify at least 2 strengths of a campus-wide peer network
2. Identify at least one key mental health component of a peer network training
3. Describe at least 2 strategies for developing mental health programs for underrepresented populations in a diverse college environment



Network History

- Created in February 2010
- Funded solely by the Division of Student Affairs
- Prompted by the fact that departments within Student Affairs were independently providing similar professional development and recruitment opportunities for their peer groups
 - posed a time challenge for presenters
 - student groups were unaware of one another's function, (often) similar missions, and how they could help each other
- Goals of the Network
 - link groups for purposes of training and recruitment
 - enhance programs, which could now be offered in a collaborative manner
 - provide knowledge necessary for purposes of referral between and amongst student groups/departments.



Peer Program Needs & Considerations

- UCR Diversity
- Representative of historically underserved populations
- Connect academic, health/wellness, ethnic/gender, recreational and campus-life groups
- Student-oriented, staff-supervised
- Department funded, no fundraising (separate from Student Orgs)
- Address common threads of mental health and resource utilization



Current Peer Network

“Ethnic/Gender/Cultural”

- Academic Mentorship Program (AMP) (African Student Programs)
- Asian Pacific Student Programs Peer Mentors
- Chicano LINK Mentors (Chicano Student Programs)
- Community OUTreach Educators (LGBT Resource Center)
- Military-Veteran Peers (Student Special Services)
- Native American Student Mentors
- Peer Connections (LGBT Resource Center)
- Student Disability Union Advocates

“College-life”

- Career Center Peers
- First Year Mentors (Student Life)
- Graduate Mentors
- International Peer Advisors (Int’l Student Resource Center)
- Residence Life Peer Review Board
- Student Conduct Peers
- TriO Scholars
- University Honors Peers

“Health & Wellness”

- Active Minds (The WELL)
- Biofeedback Technicians (Counseling Center)
- Community Service Ambassadors (The WELL)
- Golden ARCHES (The WELL)
- Outdoor Excursions Peers (Recreation Center)
- Preventive Care Advocates (Student Health Center)
- Sexual Assault & Violence Educators (SAVE) (Women’s Resource Center)
- Stressbusters (Counseling Center)



The “Power of the Peers” Network

- One staff peer network coordinator (50% FTE)
- Number of peer groups: 27 currently active
- Total number of educators/mentors: 250
- Number of staff advisors: 25



Recruitment

- Spring Recruitment Fair
 - Kickoff of recruitment season
 - Promotes visibility of network
- Requirements & applications vary by group
 - School year
 - GPA
 - Interview
 - Previous participation as a mentee/volunteer



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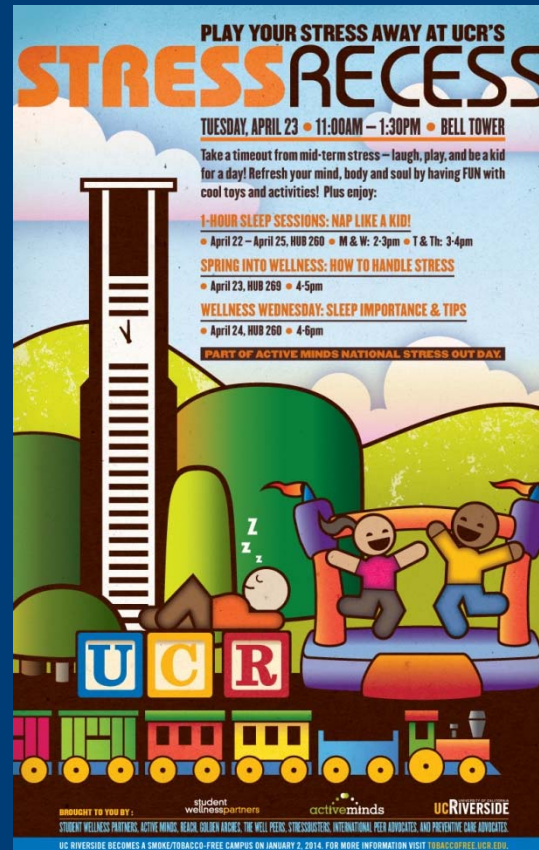
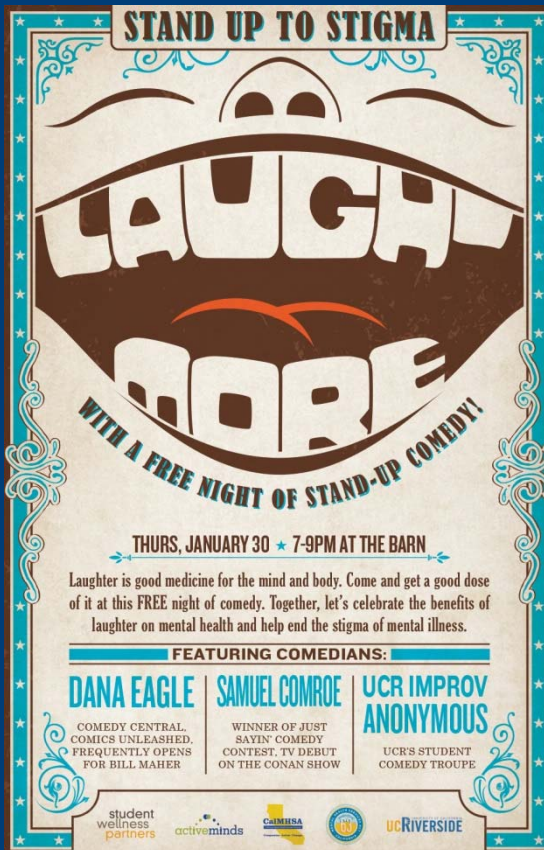
Zero Week Training



- Collaborative training for all peer groups
- Sessions coordinated for all groups
 - Diversity/Cultural Competency
 - Basic Helping Skills
 - Conflict Resolution
 - Bystander Training
 - Campus Connect (Suicide Awareness)



Collaborative Programs



Leadership & Professional Development

LOSE WEIGHT. LIVE WELL. LEAD OTHERS. Be inspired to improve yourself – inside and out.

INTERACTIVE RESOURCE FAIR, REFRESHMENTS, GIVEAWAYS, AND RAFFLE PRIZES AT EACH EVENT

FREE to Attend!

SPEAKER SERIES

October 15
6-8P • HUB 302 S

PAPA JOE AVIANCE

October 29
6-8P • HUB 302 S

JASON CONNELL

November 12
6-8P • HUB 302 S

KEVIN HINES

UC RIVERSIDE

- Lunchtime Learning workshops
 - Public Speaking
 - Stress Management
 - Coping with Bereavement
- Quarterly enrichment programs
 - Dealing with Seasonal Stress
 - Activist Training
 - Leadership speakers



Peer Steering Committee

- Made up of representatives from various peer groups
- Provides guidance for campus events
- Plans year-end recognition ceremony



Challenges & Lessons Learned

- Peer Network Coordinator position: gaining buy-in from staff advisors
- Peer educator/mentor retention and time commitment
- Ongoing training attendance
- “Speaker Series” and importance of innovative programming
- Integrating critical topics (ie: suicide prevention) with students’ perceived needs/interests
- Meeting needs & interest of individual groups, while maintaining overall purpose



The Future of “Power of the Peers”

- Expand Peer Steering Committee
 - Monthly cluster meeting to promote events
 - Representatives from all groups
- Enhance evaluation measures
 - Each group has different needs, but how can we measure the effectiveness and meaningfulness of our network?



Contact Us

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