

PRESENTED BY UCLA'S STUDENT WELLNESS COMISSION

SUNDAY, MARCH 12, 2023 9:30 a.m. - 3:30 p.m. CARNESALE COMMONS

9:30-10 a.m.

Registration is open & breakfast is available!

**ROOM NAME: PALISADES** 

10-10:10 a.m.

Introductions by SWC Organizers

**ROOM NAME: PALISADES** 

10:10-10:45 a.m.

Keynote Speaker - Dr. Chaitali Mukherjee

**ROOM NAME: PALISADES** 

10:55-11:40 a.m.

**Workshop Session 1** 

NATIONAL COALITION AGAINST PRESCRIPTION DRUG ABUSE (NACPDA)

**ROOM NAME: PALISADES** 

STUDENT HEALTH EDUCATION & PROMOTION

(SHEP) AND DIVERSWC

ROOM NAME: VENICE A & B

STUDENT HEALTH ADVISORY COMMITTEE

(SHAC)

ROOM NAME: HERMOSA A & B

11:45-12:30 p.m.

**Panel Discussion** 

**ROOM NAME: PALISADES** 

12:30-1:30

p.m.

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ROOM NAME: PALISADES

12:30-1:30 p.m.

Research Poster Presentations

ROOM NAME: CARNESALE COMMONS 2ND

FLOOR







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SUNDAY, MARCH 12, 2023 9:30 a.m. - 3:30 p.m. CARNESALE COMMONS

1:30-1:55 p.m.

### Workshop Session 2 - Round 1

SWC PLANNED PARENTHOOD ROOM NAME: PALISADES

BRUINECESSITIES AND DAYS FOR GIRLS

**ROOM NAME: VENICE A & B** 

SWC CPR/FIRST AID

ROOM NAME: HERMOSA A & B

CALIFORNIA HEALTH PROFESSIONAL STUDENT

ALLIANCE (CaHPSA)

**ROOM NAME: MALIBU** 

2-2:30 p.m.

### Workshop Session 2 - Round 2

SWC PLANNED PARENTHOOD

ROOM NAME: PALISADES

BRUINECESSITIES AND DAYS FOR GIRLS

ROOM NAME: VENICE A & B

SWC CPR/FIRST AID

ROOM NAME: HERMOSA A & B

CALIFORNIA HEALTH PROFESSIONAL STUDENT

ALLIANCE (CaHPSA)

ROOM NAME: MALIBU

2:35-3 p.m.

### **Health Literacy Summit**

ROOM NAME: PALISADES

3-3:30 p.m.

### **Closing Ceremony**

**ROOM NAME: PALISADES** 

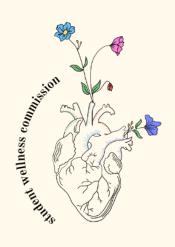
3:30-4 p.m.

### OPTIONAL Post-Function Networking

ROOM NAME: PALISADES







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## **Meet our Panelist Speakers!**



Dr. Mopelola Adeyemo

CLINICAL INSTRUCTOR WITHIN THE DIVISION
OF CLINICAL NUTRITION AT UCLA



Tucker Avra

FOURTH YEAR MEDICAL STUDENT AT DAVID
GEFFEN SCHOOL OF MEDICINE
THE DIRECTOR OF HARM REDUCTION OF LOS
ANGELES (HRLA)



**Dr. Maliha Khan**LGBTQ+ HEALTHCARE FELLOW FOR 2022-2023



Deborah Glik
PROFESSOR IN THE DEPARTMENT OF
COMMUNITY HEALTH SCIENCES AT THE UCLA
FIELDING SCHOOL OF PUBLIC HEALTH

## Meet our Keynote Speaker!



Dr. Chaitali Mukherjee
INTERNAL MEDICINE SPECIALIST
OVERSEES THE UCLA ARTHUR ASHE STUDENT
HEALTH AND WELLNESS CENTER







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## **Workshop Session 1**

#### National Coalition Against Prescription Drug Abuse (NCAPDA)

FOUNDER/CEO OF NCAPDA, APRIL ROVERO, WILL BE HOSTING A WORKSHOP ON NARCAN (NALOXONE) TRAINING AND THE DEVASTATING STATISTICS ABOUT NARCOTIC ABUSE AND HOW WE CAN HELP FIX THIS ISSUE.

# Student Health Education & Promotion (SHEP) and DiverSWC

DIVERSWC'S WORKSHOP WILL BE FOCUSED ON THE INTERSECTION BETWEEN DIVERSITY, EQUITY, AND INCLUSION AND HEALTH.

SHEP'S WILL FOCUS ON PROVIDING A GLIMPSE INTO THE LIFE AND STRUGGLES OF STUDENT WORKERS.

# Student Health Advisory Committee (SHAC)

SHAC WILL PROVIDE ADVICE ON HOW TO NAVIGATE THE CONFUSING WORLD OF ASHE CENTER. HOW TO NAVIGATE THEIR OPTIONS AND FIGURE OUT WHAT THEY WANT. THERE WILL BE PLENTY OF INFORMATION ON WHAT IS AVAILABLE AT THE ASHE CENTER AND CAPS, INCLUDING RESOURCES THAT STUDENTS MIGHT NOT KNOW ABOUT!

## **Workshop Session 2 : Round 1**

#### **SWC Planned Parenthood**

THIS WORKSHOP WILL BE FOCUSING ON THE CLINICAL SERVICES PROVIDED BY PLANNED PARENTHOOD AND WILL COVER THE TESTING TIME WINDOWS FOR STI AND PREGNANCY TESTS, AS WELL AS THE VARIOUS CONTRACEPTION METHODS AVAILABLE IN GENERAL AND SPECIFICALLY THROUGH PLANNED PARENTHOOD.

### **BruiNecessities and Days for Girls**

THE HISTORICAL TABOO SURROUNDING MENSTRUATION HINDERS ACCESS TO LEARNING HOW TO SAFELY AND PAINLESSLY MENSTRUATE. THIS WORKSHOP WILL BE DISCUSSING HOW MENSTRUAL STIGMA CONTRIBUTES TO INDIVIDUALS HIDING THEIR PAIN, AS WELL AS SIGNS TO SEEK MEDICAL ATTENTION DUE TO COMPLICATIONS WITH MENSTRUAL PAIN.







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## Workshop Session 2: Round I (con't)

#### **SWC CPR/First Aid**

WHAT DO YOU DO WHEN YOU FIND SOMEONE UNCONSCIOUS? HOW DO YOU STOP A BLEED? THESE ARE ALL QUESTIONS THAT WILL BE ANSWERED BY AN INTRODUCTORY COURSE ON FIRST AID. HOSTED BY UCLA STUDENTS, YOU WILL LEARN THE BASICS OF FIRST AID AND HOW TO DEAL WITH SIMPLE INJURIES AND MEDICAL EMERGENCIES.

#### California Health Professional Student Alliance (CaHPSA)

THIS WORKSHOP WILL PROVIDE AN INTRODUCTION INTO OBTAINING AND USING HEALTH INSURANCE WITH A FOCUS ON HEALTH LITERACY AND ADVOCACY OF THE STUDENTS.

## Workshop Session 2 : Round 2

#### **SWC Planned Parenthood**

THIS WORKSHOP WILL BE FOCUSING ON THE SOCIAL ISSUES SURROUNDING REPRODUCTIVE HEALTH AND INITIATING DISCUSSION ON HOW SOMEONE'S INTERSECTIONAL IDENTITY (RACE, SOCIOECONOMIC STATUS, GENDER) AFFECTS THEIR ACCESS TO REPRODUCTIVE HEALTHCARE. WE WILL BE DIVING INTO THE TOPIC OF PURITY CULTURE AND SEXUAL STIGMA WITHIN THE U.S. IN ORDER TO EXPLORE HOW SOCIAL AND CULTURAL FACTORS AFFECT PEOPLE'S ACCESS TO REPRODUCTIVE HEALTHCARE.

### **BruiNecessities and Days for Girls**

SEE WORKSHOP SESSION 1: ROUND 1

#### **SWC CPR/First Aid**

SEE WORKSHOP SESSION 1: ROUND 1

#### California Health Professional Student Alliance (CaHPSA)

SEE WORKSHOP SESSION 1: ROUND 1

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