

Prioritizing My Well-Being at Columbia with Alice! Health Promotion

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Your Presenter



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Alice! Health Promotion

What We'll be Talking About Today

- Who is Alice! Health Promotion?
- What is well-being? How do I prioritize it at Columbia?
- How can I connect with the Columbia community?
- How does Alice! Health Promotion support you?
- How can I connect with Alice! Health Promotion?

Who is Alice! Health Promotion?

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- Alice! Health Promotion (Alice!) works to create and sustain a healthy University community in which students can achieve their personal and academic goals
- Team of Health Promotion professionals with backgrounds in public health, student affairs, counseling, substance use and recovery, and Wellness Coaching

How does Alice! support students?

- We are a low-barrier service for students wanting to learn about, work towards, or navigate resources related to their well-being
- We are a confidential resource
- One-on-one meetings with students
- Partnerships with departments across campus to improve student well-being
- Large scale and policy initiatives to support student well-being

What is well-being? How can I
prioritize it at Columbia?

Well-being is a **positive state** experienced by individuals and societies.

It is a **resource for daily life** and is determined by social and environmental conditions...

A society's well-being can be observed by the extent to which they are **resilient, build capacity for action**, and are **prepared to transcend challenges**.

How do I prioritize my well-being at Columbia?

- Well-being looks different for everyone
- Think about: "What is important to you?"
- Reflect on what well-being means and looks like for you
- If you aren't sure where to start, make a health promotion appointment or come in for a health education visit

What are ways I can engage with my well-being at Columbia?

- Make time for eating, sleeping, and physical activity
- Find a club or student organization on campus
- Explore New York City
- Connect with nature
- Seek out resources, if needed

How can I connect with the
Columbia community?

Questions to Consider

- What do you want to get out of your time at Columbia?
- What does it mean to be here?
- There are no right or wrong answers!

How can I build community at Columbia?

- One-on-one interactions
- Getting involved
- Attend events

How does Alice! Health
Promotion support you?

Individual Services

- Health Promotion Appointments
- Health Education Visits
- Wellness Coaching
- Substance Use and Recovery Visits
- Sexual and Reproductive Health Visits
- Well-Being course
- *Go Ask Alice!*

Community-Level Services

- Workshops & Trainings
- Friend2Friend
- Naloxone and Fentanyl Test Strip Training and Kits
- Dog Therapy
- Volunteer positions

How can I connect with Alice!
Health Promotion?

Connecting with Alice!

- Visit us at our outreach events
 - Every other Friday in Lerner Hall
- Visit us during drop-in hours (in-person and virtual)



Same Day Service
<https://bit.ly/3Xsk68Y>

Connecting with Alice!

- Schedule an appointment
 - Complete the intake form for service they would like then use the link the follow-up email to schedule!
 - If you don't know what type of appointment, start with a Health Promotion Appointment!



Make an Appointment
<https://bit.ly/47sCJya>

Wrap-Up

Key Takeaways

- Alice! is your one stop shop for your health and well-being needs
- We offer support in variety of ways related to many health and well-being topics
- We work to support both individual and community well-being
- If you have questions, reach out to us at alice@columbia.edu

What's Next in the Webinar Series?

- Wednesday, 9/25 at 6 p.m.: Navigating My Own Healthcare with the Student Health Insurance Office
- Friday, 9/27 at 2 p.m.: My Mental Health with Counseling and Psychological Services (CPS)
- Thursday, 10/3 at 2 p.m.: My Physical Health with Medical Services
- Friday, 10/4 at 2 p.m.: Building Strong Relationships with Sexual Violence Response (SVR)

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Register for an upcoming event!



<https://bit.ly/4gqtxOU>

- Well-being workshops
- Naloxone and fentanyl test strip trainings
- Student health insurance webinars
- ...and more!

What did you think
of this webinar?



Survey
<https://bit.ly/4gqETT6>



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