

Let's Talk Men's Health Month

Live Well, Be Well Podcast • Season 5, Episode 9 • Running Time 16:13 minutes

SUMMARY KEYWORDS

students, dependents, resources, UC san Diego, health, campus, men, calfresh, advocating, partnerships, childcare, ucsd, support, website, specifically, eric schneider, pandemic, form, people, basic

SPEAKERS

Eric Schneider, Christopher, Andrew Hua

Christopher 00:04

Welcome to Live Well, Be Well, a podcast where we speak candidly about all things health and well-being. My name is Christopher and I'm a health educator at Health Promotion Services here at UC San Diego. On this episode of Live Well, Be Well, we'll be discussing Men's Health Month, some other men's health topics; as well as Men's Health Week, Father's Day, a bunch of things like that; as well as information and resources for students with dependents and student fathers. So, we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started.

Christopher 00:41

You may not have known but June of each year is Men's Health Month. This is my first June in this role at the university so I wanted to go all out. This whole month we have educational health programs virtually, as well as over social media, covering a range of men's health topics. For instance, we just released the first video of a new anti-stigma campaign promoting mental health services for college men. This new series, called Talk It Out, will highlight a new guest each month. Additionally, we're holding events all month long, so check out our calendar of events at HealthPromotion.ucsd.edu. Also, to learn more about men's health and well-being, simply find topics at the top of that page and select men's well-being from that list to go to the main page for all things men's health. Also, if you want to simply celebrate on your own time, feel free to download a special Zoom background for this month so you can show off your Men's Health pride. Not only is June Men's Health Month, but June 14th to 18th is Men's Health Week. Also, June 20 is Father's Day.

Christopher 01:53

In honor of all of these things. Today's episode will highlight services available for students with dependents, which includes student fathers. Next, we will hear from a current student about what it's like to be a student parent and what has helped them succeed. Without further ado, it is my pleasure to introduce you all to Andrew Hua, a staff member here at UC San Diego who is one of the primary points of contact for students with dependents. We are so glad to have you with us, Andrew, and can you please introduce yourself, tell us a little bit about what you do, and then share some tips and resources for students.

Andrew Hua 02:30

Hello, my name is Andrew Hua. I use he/him/his and they pronouns. I am the Student Affairs case manager and outreach specialist for UC San Diego. Just to give you a quick introduction of who I am and what I do. I am a case manager that provides support to students around campus, specifically with the Graduate Division and Seventh College. But Case Management Services do stretch out to other undergraduate colleges as well. And what we do is provide support to students, whether it be related to financial resources or basic needs resources. We have partnerships that build across Financial Aid, Office for Students with Disabilities, mental health resources, as well for both on- and off-campus. So, we have a number of resources that we connect students with, depending on what their needs are. So that's a bit about the case management piece.

Andrew Hua 03:26

The other piece about my role is that I do support initiatives and efforts related to students with dependents. So, what that means is that anytime there's a student with dependents, who is having a difficult time, trying to navigate resources or looking for resources, partners around campus sometimes connect those students with me, or their Dean of Student Affairs who are always able to connect those students with the resources that we have established on this campus.

Andrew Hua 03:56

So, to give a summary, I've only been in my position for about a year now. And the research that we've been able to collect and put together has, you know, grown exponentially. We have a website that kind of addresses some of the resources and outlines some of the support systems here at UC San Diego. So, if students are looking for a bit of COVID-19 resources, and seeing what can support them during these difficult times, then there's a tab for that. We have established a students with dependents assistance form where students can get consultation on resources that specifically are dedicated to support their needs, and their current situation. And sometimes those lead to financial support, such as an emergency grant. But overall, you know, that consultation piece kind of brings all the resources together and is dedicated to that students need specifically so, they're getting an individualized consultation.

Andrew Hua 05:03

On our website as well, we kind of provide some solutions for childcare. We also acknowledge that there are some very awesome child-friendly study areas when we are allowed to meet up in person, so things to explore and build community around.

Andrew Hua 05:22

Further, we also want to just get connected, right? We advertise and market events, and also student groups, for students get involved in, so that they can find other students with dependencies to build community with. We have a listserv on our website, so students can sign up and get updates on our, you know, current events, what resources are available, new and exciting projects. So, if you're interested, that's definitely a place I would encourage students to sign up for our listserv and get those monthly emails.

Andrew Hua 06:12

In addition to that, we do talk about aspects of health insurance for dependents, what part-time and leave options look like for some of our students. In addition, if you haven't heard, those who are undergrads and their students were dependents, there's priority enrollment. So, we can definitely explore those as well.

Andrew Hua 06:22

You know, lastly, I will share that we do have many partnerships around campus, such as our wonderful partnerships with Health Promotions for Men's Health Week, but also, we built partnerships with other entities on campus, whether it's Recreation, Athletics, Basic Needs, or even Student Life, right. So, one of the things I want to highlight is one of our partnerships around Knockaround camps, which is, you know, we see it as a level of temporary childcare option for afternoon fun for their students, or their children. So, if you have children that are interested in you know, participating recreational events and giving, you know, students with a dependent space to either go shopping, grocery shopping, relaxation, or even studying, that might be an option. And we do have some financial support systems to cover the cost of those temporary childcare options.

Andrew Hua 07:29

So that just gives you a quick summary of my role and also some of the resources and services we provide. If you have any questions, feel free to reach out to me and you can do so by emailing aHua@ucsd.edu. But other than that, hope to meet you or see you around.

Christopher 07:51

Well, thank you so much for sharing all of this, Andrew. It's great to know that there are many resources available for students with dependents and I hope that we can help spread the word about the services you provide, and that you can connect students to resources that may have never even thought existed. I'm thinking back to my own experiences in college, and college has the potential to be really challenging sometimes. And having a dependent or multiple dependents may add layers of complexity. On top of that. Let's hear from a current UC San Diego student, Eric Schneider, about what his experience as a student parent has been like. Hi, Eric, thanks for joining us today. I know you've been really active on campus, especially before the pandemic with advocating for and organizing with students with dependents. Can you share a little bit about what initiatives you've been working on? And how to get involved or connected with those efforts?

Eric Schneider 08:48

Yeah, I'm Eric Schneider. My pronouns are he/him/his. I'm a fourth year PhD student at Scripps Institution of Oceanography. And I'm the parent of soon to be six-year-old. So, we were initially formed as sort of an ad hoc committee, specifically to address the needs of students with dependents during the pandemic. So, I give a quick shout out to Travis Chamberlain, who led that initiative. And he got other people involved, including Heather and I. And so, Heather and I, along with our third co-chair Erica Silva, formed the Parents and Caregivers student org, as a way to continue this work, post-pandemic as well; so more long-term resources for students with dependents and we spend a lot of time advocating to various university officials and pushing for resources. Also spreading awareness of resources is another one of our goals, and then just helping build a community of students with

dependents at UCSD. And so yeah, we welcome involvement from anybody who wants to participate in those goals. Challenges that students with dependents often face is that, because we have so little time to advocate for ourselves, it's kind of easy to overlook us.

Eric Schneider 10:08

So, anybody that wants to get involved in advocating for a more inclusive campus is welcome to join us. So yeah, if you're interested in getting involved in either advocating for resources or just highlighting students with dependents and their experiences or whatever it is, or just being involved in our social circles, you can reach out to us at UCSDstudentsCaregivers@gmail.com. And we could probably link to that somewhere. So, saving, we also have a Twitter, which is @caregivers_UCSD, and UCSD is in all caps there. And we also have a blog, parentsandcaregiversatucsd.wordpress.com and Slack channel and a Facebook group. And we can link to all of those. And those are great ways to connect with us. And yeah, feel free to email us with questions or suggestions or anything if you're interested in getting involved there.

Christopher 11:12

As a staff member, I love listening to the experiences of students, because I want to know how to do my job better and best serve our Triton family. So really, thank you so much for sharing all of that. Are there any tips or things to know that you'd like to share with our listeners?

Eric Schneider 11:31

Yeah, that's uh, there are quite a few resources. I would also like to point out that there is a childcare reimbursement, if you're a graduate student researcher or an academic student employee, you likely qualify for this. And if your child is under the age of 12. And it's \$1,100 per quarter, so it doesn't cover all of your childcare expenses. But it definitely can help a lot of people. And so many people qualify for this and don't apply for it because they're unaware of it or aren't sure how to apply for it. So yeah, feel free to reach out to us if you have questions about it. But yeah, that's something that more people should be applying for, because it's just money for students with dependents sitting there. And it's easy to access.

Christopher 12:19

So that's a really great service. Thank you for bringing that to light.

Eric Schneider 12:24

The second thing that navigating a lot of the state and federal aid programs, like CalFresh is pretty challenging. UCSD's basic needs group does have somebody that can assist with this process. If you just go to their website basicneeds@ucsd.edu and you select the CalFresh assistance form, that's under the assistance forms drop down menu, somebody from Basic Needs can help with all that paperwork and navigating that system and even connect you with a county worker who is specifically assigned to UCSD if needed. And lastly, on a more somber note, cases of domestic violence have been increasing during the last year and a half. So, if you're in a situation that you need to escape from, you can contact the Sexual Assault Resource Center at 858-534-5793, that's 858-534-5793. And they may be able to help you find temporary housing to escape a dangerous situation and point you towards more resources that can keep you and your loved ones safe.

Christopher 13:35

I'm also curious about what direction you would like to see UC San Diego go to best support students with dependents.

Eric Schneider 13:44

Not taking care of students with dependents is an equity issue. There's something that I would like the university to be aware of. There's an analysis done by the Institute for Women's Policy Research that found that students with dependents are far more likely than the general student body to be women or people of color. And there are some great things happening. Hopefully we can keep this momentum going and get some more resources implemented. But yeah, I think what I hear the most from students with dependents is available and affordable childcare is an absolute must for so many student parents. And then I think it would also be great to see the definition of students with dependents expanded a little bit. And I think Andrew had a great definition at the beginning of the episode here. But so often the resources that are available are specifically for parents with children who are under the age of 18, or even under the age of 12. And there are so many other scenarios that people find themselves in where they do have dependents to take care of. So it'd be great to kind of see resources expanded to more people and more resources made available as well.

Christopher 15:02

Thank you for highlighting that. Equity is an integral and built-in part of these services. Anytime a service is available or offered, it's important for us to think about who is and who is not be included or addressed.

Christopher 15:18

Once again, I'm so grateful for both of you and for sharing your experiences and time with us today. And for all of you listening out there, happy Men's Health Month. Happy Father's Day, and I hope you have a fantastic week.

Christopher 15:32

So that concludes this episode of Live Well, Be Well. If you liked what you heard, and would like to learn more about topics related to health and well-being there's much more to come. Be sure to check out our website HealthPromotion@ucsd.edu, and follow us on Instagram and Facebook under [@UCSDHPS](#). Stay tuned for our next episode of Live Well, Be Well. Until next time, be kind, be true, and be you. Remember to be well is to live well.