Kutztown University Health Ambassadors

KU Health Ambassador (KUHA) Program is a peer-to-peer initiative that was founded in 2007 to provide leadership opportunities and successful life learning experiences. KUHA members gain practical experiences for their educational and personal development.

Membership
- Membership is open to all KU students.
- In support of academic excellence all members must maintain a minimum of a 2.0 G.P.A. or better.
- KUHA supports academic success and graduates have an opportunity to wear a KUHA stole at graduation.
- KU Health Ambassadors meet weekly.
- Volunteer membership is open and all expertise is welcomed in event/workshop planning & implementation.
- KU Health Ambassadors’ successes include: Health and Wellness Expos, Philanthropic Events, Great American Smoke Out Brunch, peer-to-peer informational tables, and more...
- KUHA is member of the Boosting Alcohol Consciousness Concerning the Health of University Students (BACCHUS) Network.

KU Health Ambassadors
KUHA@kutztown.edu
What type of services can I access at the Office of Health Promotion and Alcohol & Drug Services?

HPAOD Services’ vision is “Striving for a healthy collegiate environment that supports student success.” We have a variety of services available for students.

**Services**

- Tobacco cessation
- Technical assistance in health and wellness workshop planning
- Guest speakers
- Brief Alcohol Screening Intervention for College Students (BASICS)
- Alcohol Use Disorders Identification Test (AUDIT) screenings to assist student organizations in meeting their risk management goals
- NEW this year - STEP UP! Be a Leader, Make a Difference!
- Health education workshops
- KU Health Ambassadors provides hands-on successful leadership experiences
- Public service announcement campaigns
- Social norm campaigns
- BACCHUS Peer Educator and trainings offered
- SOLACE Recovery

**Programs**

**Alcohol and Other Drugs Awareness**
Boozed & Confused, Pill Popping Culture, SOBER choices, WEED, Brief Alcohol Screening and Intervention of College Students, Alcohol Use Disorders Identification Test screenings, STEP UP! and more

**Healthy Lifestyles**
Cold & Flu Awareness, Healthy Eating Germs!, Got Milk, Pink Party, Stress Free Zone, and SLEEP zzzz

**Relationships and Sexual Responsibilities**
Condom Obstacle Course, HIV/AIDS Awareness, Sexy Chat*, SEX BINGO

**Tobacco Awareness**
Thinking of Quitting, Tobacco Cessation, INHALE*

**Community Outreach**
PSA campaigns, Philanthropy Wellness Activities, President’s Roundtable on Alcohol and Other Drugs, Kutztown Living Program

**Resources**

- Brochures
- Health & wellness tool kits
- Health & wellness teaching tools
- Local community networking
- Community health learning opportunities
- Interactive displays

**Events**

- Health and Wellness Expos
- Great American Smokeout
- Stress Prevention Awareness (SPA) Day
- St. Patty’s Day Shamrock Station
- National Alcohol Collegiate Week

**How do I contact HPAOD Services?**

**Hours of Operation**
Monday - Friday
8:30 a.m. – 12 p.m., 1-5 p.m.
and by appointment.
610-683-4082 (select 3)

Brief Alcohol Screening and Intervention of College Students (BASICS) services are available by appointment. Please contact AODteam@kutztown.edu for more information. A representative will contact you in 2-3 business days.

We encourage students to contact our office a minimum of 3 weeks prior to your event so we are able to meet your needs.