



## CSU Health Network Health Education and Prevention Services (HEPS) Overview

*Updated 8/21/19*

**CSU Health Network Purpose** - Supporting Ram success through care for the mind and body.

**HEPS Mission** - The CSU Health Network Health Education and Prevention Services supports the health and well-being of students through the identification of campus health priorities and delivery of evidence-based initiatives and services that enable students to accomplish their academic goals and thrive. This involves fostering awareness, skills and addressing the environmental context in which health behavior decisions are made.

### **Focus Areas**

- Substance Abuse Prevention
- Mental Health Initiatives
- Resiliency and Well-Being
- Peer Education (CREWS)
- Sexual Health Initiatives
- Spiritual Care
- Tobacco Cessation
- Health Communications and CSU Health Network Marketing

Support bicycle and pedestrian safety, financial wellness, fitness, nutrition and interpersonal violence prevention campus efforts.

### **Staffing**

- HEPS Director – Christina Berg, MPH
- Associate Director of Communications – Kate Hagdorn, BSBA
- Manager of Substance Abuse Prevention and Assessment – Monica Keele, MPH
- Manager of Sexual Health and Outreach Initiatives – Gwen Sieving, MS
- Manager of Mental Health Initiatives – Janelle Patrias, MSW
- Manager of Resiliency and Well-Being – Viviane Ephraimson-Abt, MS.Ed, LPCC
- Communications Coordinator – Abby Ross, BS
- Administrative Specialist - Valerie Lewis, AA
- Information Desk Assistant – Dee Hewett
- Spiritual Care Resident – Olivia Kail
- Guest Associate - Peter Strening, Spiritual Care Director of Fort Collins Chaplain Education Program (CSU Health Network Executive Director supervisor)
- Student Assistants
  - Student Assistant - Graphic Designer
  - Student Assistant - Communications
  - Student Assistant – Substance Abuse Prevention
  - Student Assistants – Mental Health Initiatives (2)
  - Student Assistant – Resiliency and Well-Being
  - Student Assistant – Sexual Health Initiatives
  - Student Assistants - CREWS Peer Education (2)
  - Student Assistants – Information Desk (4)
  - Active Minds President
- CREWS Peer Educators (20-25) and Active Minds Members (8-10)



- Interns (varies)
- Advise ASCSU Department of Health Director
- Advise Multi Faith and Belief Student Counsel
- Advise Active Minds

**Presentation Requests** - <http://health.colostate.edu/services/presentation-request/>

#### **Topics**

- Alcohol
- Mindfulness
- Marijuana
- Sexual Health
- Resilience
- Self-Care and Well-Being
- Stress Management
- Suicide Prevention
- Tobacco
- Dating and Healthy Relationships - Women and Gender Advocacy Center
- Dental Health – Dental Clinic
- Financial Management – Student Financial Aid
- Fitness – Campus Recreation
- Nutrition On Campus Students – University Housing
- Nutrition Off Campus Students and Campus Apartments - Kendall Reagan Nutrition Center

**Tobacco Cessation** - Appointments made through CSU Health Network Access Center 491-7121 or Counseling Services 491-6053. No fee except for no show.

**Spiritual Care Consultation** – Appointments made through CSU Health Network Access Center 491-7121.

**Student Health Data** - Available upon request.

#### **Campus/Community Prevention Initiatives**

##### **Mental Health**

###### **Flourishing-Resiliency-Well-Being:**

- YOU@CSU student success portal (<https://you.colostate.edu/>) that connects students to personalized on-campus and online resources in the areas of Succeed (Academics/Career), Thrive (Physical/Mental Health) and Matter (Purpose/Community/Social)
- Current YOU@CSU enhancements include: (1) goal setting function that will populate with First Year/Momentum Year goals (successfully complete 30 credits, Math and English, 9 credits in interest area; develop a productive academic mindset; and engage in major and advising guidance, including using YOU@CSU student success portal), as well as other goals related to student success, health and well-being, (2) full integration of SliverCloud health and well-being cognitive-based therapy skill building modules with coaching support and (3) launch of loneliness prevention app that encourages healthy, social risk-taking and supports the changing of thinking patterns and approach to relationship building



- Psychosocial Mindset Intervention where new students during Ram Orientation watch a video used to share common college transition challenges and strategies to overcome these challenges from peers with varying identities, followed by reflection facilitated in small groups
- Ram Orientation CSU Health Network parent and family presentation supporting your student messaging, encouragement of conversations and checking in with student regarding substance use, stress management and mental health
- Ram Welcome parent and family Resilience 1.0: Challenges and Steps to Success workshop
- Growth mindset faculty, staff and student leader training
- Growth/academic mindset cultivation, as part of First Year/Momentum Year goals
- Growth mindset Residential Curriculum Program integration
- Rams Fail Forward Campaign to normalize, learn from and recover from failure
- Well-being health communications and Sleep Campaign new Spring 2020
- Spiritual Care Services individual and group consult, outreach and crisis response
- Mindfully Managing Stress psychoeducational workshops through CSU Health Network Workshops and Groups series
- Stress management, self-care, test anxiety and sleep outreach
- Health and Medical Center StillPoint Reflection space, relaxation pod and HeartMath and Muse self-regulation technology to support skill-building
- Financial literacy online education Transit and @Work Financial Wellness with new incoming students
- Semester at Sea mental health and well-being efforts support
- In development:
  - Training for immediate application to stressful/traumatizing events
  - Tools for resiliency and well-being systemic integration into the classroom and advising sessions
  - Large scale student resiliency and well-being student curriculum

#### **Help Seeking-Access-Mental Health Treatment Promotion:**

- Higher-risk student targeted use of Interactive Screening Program (ISP), that involves email deployment of brief screening, personalized feedback and an opportunity to connect virtually with a Counselor, a bridge to in-person counseling
- Flourishing/resiliency assessment part of University Housing's Taking Stock Program, happening six weeks into Fall semester with follow up/intentional conversations by Resident Assistants and deployment of the Interactive Screening Program for identified high-risk students
- Advertisement of online screening program (anxiety, depression, disordered eating, substance use) that provides personalized feedback and prompts connection to services when warranted: <http://health.colostate.edu/resources/>
- Help seeking communications and Tell Someone service promotion support
- Body Positive and Disorder Eating Awareness outreach, led by Women and Gender Advocacy Center
- Student staff trainings on supporting student mental health and referral
- Sample syllabi messaging and resources on Institute for Teaching and Learning website
- CSU Health Network exploration of underrepresented students access barriers and protective factors and use of Universal Design principles to keep historically marginalized students at the heart of care delivery



- Mental health screening in the medical clinical encounter
- Comprehensive counseling and psychiatric care services and marketing of services
- Imbedding counselor in Athletes and Diversity Programs and Service areas

#### **Suicide Prevention:**

- Notice and Respond, suicide prevention training for employees and student leaders
- Suicide Reporting Best Practice Guidelines woven into the Collegian's Code of Ethics
- Suicide risk campus environmental scan and protocols
- Postvention communication and outreach

#### **Substance Abuse Prevention**

##### **First Year Students:**

- Rams Take Care, Rams Take Action Ram Orientation session that integrates alcohol norming and bystander messaging; Ram Orientation Leaders trained in program content, motivational interviewing, bystander intervention and practical skills for program delivery
- AlcoholEdu online module, required for incoming students under the age of 23 to facilitate healthier decisions related to alcohol and drug use; includes the setting of expectations and norms clarification, as well as provides personalized feedback and tailored content that engages abstainers, light to moderate drinkers and frequent drinkers with customized messaging; educates on the mental and physical effects of alcohol and alcohol poisoning, as well as prepares students to engage in active bystander behavior
- Sexual Assault Prevention online module, required for incoming students focuses on issues associated with stalking, relationship violence and sexual assault; students learn about consent, how to help a friend, and how to intervene in a situation that might escalate to sexual assault
- AlcoholEdu and Sexual Assault Prevention modules prompt new students to e-sign that they have read related campus policies, starting Fall 2019
- Ram Orientation CSU Health Network parent and family presentation supporting your student messaging, encouragement of conversations and checking in with student regarding substance use, stress management and mental health
- Student staff trainings on their role in creating an environment that encourages healthy decisions around alcohol and other drugs; trained in motivational interviewing, active bystander techniques, harm reduction and referral
- University Housing's community development, Living Substance Free floors in the residence halls and CSU Police Department officer liaison program
- Setting Expectations Campaign within University Housing, where clear messaging is blanketed about campus substance use policies and consequences for violation, as well as messaging to reinforce AlcoholEdu content related to how to help a friend with alcohol poisoning and promotion of Medical Exemption Policy

##### **Fraternity and Sorority Life:**

- GreekLifeEdu online module, required completion by the majority of fraternity and sorority chapters by (inter)national organization
- Harm Reduction and Risk Management Workgroup, composed of staff, administrators and students, meets biweekly; focus on exploration, implementation and updates to harm reduction and prevention strategies specific to the fraternity and sorority community



- Fraternity and Sorority Joint Policy on Risk Management group annually review risk management policy that governs the community to make updates based on experience and best practice; current policy: <https://fsl.colostate.edu/wp-content/uploads/sites/12/2019/05/Fraternity-Sorority-Joint-Policy-on-Risk-Management.5.2019.pdf>
- Intentional follow up regarding violation of alcohol related policies and online publishing of student organization conduct outcomes
- Risk Management Officer Workshop Series is hosted for chapter risk management officers on a variety of harm reduction related topics, with at least once per year (each fall semester), a workshop focuses on alcohol abuse prevention; additionally, workshops have been hosted on marijuana abuse prevention and social event management
- Tailgating Summit, started in Fall 2017, where fraternity and sorority community discuss tailgate event strategies for harm reduction and safe behavior
- Promotion of resources, grounded in harm reduction, for chapters to utilize when planning social events with alcohol: <https://fsl.colostate.edu/resources/risk-management-harm-reduction-resources/>

#### High Risk Times/Events:

- Campus administrator messaging at start/end of school year, Halloween, Spring Break
- Fort Collins Police/CSU Police Department joint party patrols, DUI saturation patrols, compliance checks all year, with greater emphasis during early Fall, Halloween, late Spring
- Community Welcome early Fall semester and messaging from Off Campus Life about good neighboring and party registration
- CSU sporting events substance abuse and related issues prevention includes: pre event/tailgating/same day policy communications, limiting hours of sales at venues, server training and game day protocols and policy enforcement
- Football Game Bystander Intervention: Building upon bystander education as part of Ram Orientation and AlcoholEdu online module required for incoming students 23 or younger, CREWS Peer Education engages student football game attendees in conversations, using brief motivational interviewing and pledging, to continue to foster bystander behavior and harm reduction
- Campus promotion of activities/events at higher-risk times; Ram Welcome First 50 Days promotion, list of things for student to engage in their first eight weeks on campus
- RamRide and late night bus route safety improvements
- Semester at Sea substance use prevention efforts, including student alcohol abuse prevention education with alcohol poisoning awareness, Medical Exemption Policy and active bystander intervention messaging; follow up includes post first port motivational interviewing questions activity
- Fail Safe program to address high-risk substance use among student organizations (in development)
- Addressing drink specials that target students (in development)

#### Outreach:

- CREWS Peer Education presentations/outreach – alcohol and other drugs, tobacco
- Cannabis education

#### Policy:



- Campus Policy Smoking, Vaping and Tobacco Use Policy: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=543>; Tobacco-Free Campus website: <https://tobaccofree.colostate.edu/> and policy change communications Spring 2019
- CSU Responsible Action/Medical Exemption: <https://resolutioncenter.colostate.edu/sc-procedures/>
- Campus Policy Alcohol and Drugs: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=738>
- CSU Residence Halls Policies: Alcohol and Drugs; Smoking, Vaping and Tobacco Use: <http://reshallpolicies.colostate.edu/alcohol-drugs>
- CSU Tailgating Policy being updated Summer 2019
- CSU Student Conduct Code: <https://resolutioncenter.colostate.edu/prohibited-conduct-behavior/>
- CSU Substance Abuse ticket for first time, low-level offenders
- Fort Collins Social Host Ordinance Fall 2016: new civil ordinance that holds people responsible for providing a place for underage consumption (alcohol and marijuana) to occur: <https://www.fcgov.com/neighborhoodservices/socialhost.php>
- Supporting community Responsible Alcohol/Marijuana Retailer organizations
- CSU Health Network protocol for students seeking pain medication prescriptions and/or refills

#### **Help Seeking-Treatment-Recovery:**

- Students with a Conduct Code violation related to alcohol and/or other substances are sanctioned to complete the Basics online assessment through CSU Health Network Drugs, Alcohol, and You (DAY) Program, which helps to determine the most appropriate level of intervention
- DAY works with sanctioned and non-sanctioned students across the spectrum of use, including addiction
- Ram Recovery Community, founded in 2017, provides peer support for students on all paths and in all phases of recovery including substance use disorders, eating disorders, as well as process and other mental health disorders
- Advertisement of online screening program (anxiety, depression, disordered eating, substance use) that provides personalized feedback and prompts connection to services when warranted: <http://health.colostate.edu/resources/>
- Partnering with the CSU Marijuana Research group to improve effectiveness of Electronic Check Up to Go Marijuana online screening, personalized feedback and intervention program for use at CSU
- Promotion of CSU Center for Prevention development and evaluation of Cannabis Use Disorder Peer Texting Intervention (Spring 2020)

#### **Sexual Health Initiatives**

- Spring Get Yourself Tested Campaign with sexually transmitted infections discounted testing
- CSU Health Network Women and Gender Care Nurse Sexually Transmitted Infections Clinic, providing screening and education for asymptomatic visits
- Condom availability and delivery program
- CREWS Peer Education presentations/ sexual health outreach





### **Marketing and Communications**

- Internal and external communications management with targeted groups (prospective/new/returning students, parents/families, underrepresented students)
- Services and access promotion
- Brand refreshment and management
- Health communications
- Web management
- Social media and digital screens

### **Healthy Lifestyle**

- FY18 Sun Safety grant outcomes - UV imager education, portable shade structures for Athletics, portable dispensers and sun screen for Ram Orientation and Ram Welcome events, sun safety education in YOU@CSU portal and CSU Health Network website, social media and Collegian coverage and Off Campus Life remove tanning amenity information from their website; campus UV imager education continuing by Health and Exercise Science class Fall 2019
- Bike Pedestrian Safety/Alternative Transportation CSU Moves education module, part of a comprehensive plan to support bike and pedestrian safety, as well as promote the use of alternate transportation through improved infrastructure and signage, policy and enforcement and education
- Healthier Vending Project, with improvements in snack options and increased number of healthier vending machines on campus in identified locations
- Promote services/outreach provided by Campus Recreation, Parking and Transportation (biking and pedestrian safety education), University Housing Nutrition Services and Kendall Reagan Nutrition Center and other campus partners