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## *Division of Student Affairs*

### **WellCat Prevention**

### **Annual Report 2021 - 2022**

## **Departmental Annual Report Outline**

### **I. Departmental Mission Statement \***

WellCat Prevention is committed to providing evidence-based educational programs and services that raise campus awareness about alcohol and drug misuse. WellCat Prevention strives to engage, enable, and empower students to make responsible and healthy choices, especially in areas where substance misuse is a concern.

#### **Department Goals**

Our goal is to create a campus-wide, pro-active approach to alcohol prevention, which will result in a healthier and safer campus for our students.

- To counteract the belief that consuming alcohol is an essential part of the college student tradition
- To create an environment where alcohol is not the center of student life
- To encourage a spirit of mutual cooperation and concern between students and the community on responsible use of alcohol
- To educate students about the potential hazards and dangers of excessive alcohol use
- To help students achieve their full academic, personal and career potential via healthy lifestyle choices
- To reduce the incidence of alcohol related absenteeism, vandalism, acquaintance/ date rape, violence and death among our student population
- To reduce the amount of binge drinking on our campus
- To train students on the importance of being a positive empowered bystander

### **II. Departmental Accomplishments - A highlight**

- i. Facilitated 256 sanction referrals from University Housing
- ii. Wildcats Alcohol & Consent Training: 1277 students trained
- iii. Other Educational Presentations: 32 presentations reaching 643 students
- iv. National Collegiate Alcohol Awareness Week – WellCat Prevention created a weeklong program to bring awareness to collegiate alcohol consumption. The week consisted of an education tabling experience educating students on the realities of drinking and driving and the cost of drinking, our Wildcats ROAR How to Help a Friend presentation and a partnership with University Police Department running a Prescription Drug Take Back Event collecting 161.5 lbs. of expired or unused prescription medications.
- v. Halloween – WellCat Prevention staff canvassed student housing on and off campus with 500 door hangers encouraging students to stay safe over the Halloween weekend

and sharing information on how to access resources. Additionally, WellCat Prevention hosted two days of tabling to bring awareness to alcohol consumption and the dangers of mixing substances and collaborated with FSA to hand out over 800 water bottles with alcohol poisoning warning labels over two days of Halloween weekend.

- vi. Great American Smoke Out: collaborated with community partners to host a tabling fair sharing the harms of smoking and vaping with the student body, and challenging students to quit vaping or smoking for 24 hours.
- vii. De-Stress Programming: provided resources and educational activities on staying safe and healthy during stressful times.
- viii. Health Relationships Week: partnered with WellCat Safe Place, U Matter, WellCat Counseling Center, Gender and Sexuality Equity Coalition (GSEC), and the Cross-Cultural Leadership Center (CCLC) for Healthy Relationships week. WellCat Prevention provided a tabling opportunity to students with tips on talking to a friend who may be struggling with their relationship with alcohol and drugs.
- ix. Mocktail Mondays-WellCat Prevention brought our Mocktail Monday virtual program in person by tabling on campus and partnering with departments like the Cross-Cultural Leadership Center (CCLC) and Basic Needs to discuss safe drinking behaviors and sharing recipes for non-alcoholic drinks.
- x. Safe Spring Break: created an educational tabling experience for three days to promote safe drinking behaviors, outdoor activities within Chico, and tips on how to stay safe over the Spring Break holiday.
- xi. Cesar Chavez Day: Canvased on and off campus student housing to hand out over 500 door hangers encouraging students to stay safe over the weekend and letting them know how to access services and attend campus events. Additionally, WellCat Prevention collaborated with FSA to pass out over 1200 water bottles with alcohol poisoning warning labels during Cesar Chavez Weekend.
- xii. HUB Partnerships: Collaborated closely with University Housing HUB staff to bring late night alternative programming opportunities to students. Events included Get Cheesy in the Courtyard, Bingo Nights, Winter Festival, Casino Night, Video Game Nights, and Day on the Green where WellCat Prevention staff would host events, make smoothie mocktails and share information on office resources and events.
- xiii. Celebrate Safely: Collaborated with Alumni and Parent Engagement at their Senior Send Off event to launch our Celebrate Safely campaign encouraging students to celebrate graduation and the end of the semester safely, reaching over 600 students.

#### **Diversity Efforts:**

- WellCat Prevention strives to create an inclusive work environment. Diversity is always a priority consideration when hiring new staff.
- Staff Training
  - Professional staff and students are required to complete an online training that addresses equity and access.
  - All new staff hired at CSU, Chico are required to attend a Diversity training.
  - WellCat Prevention student staff attended a CCLC diversity training for student staff, a training about gender and sexuality facilitated by a representative from Stonewall Alliance Center of Chico, as well as title IX and sexual assault awareness training.
- Community Outreach
  - Collaborated with offices like Basic Needs and the CCLC to bring our

Mocktail Monday program to more students

- Continuing Education
  - Professional Staff attended webinars such as “Exploring the Link between Substance Use Prevention and Structural Racism,” “Does “Sober” Mean White,” and “Braiding Western Treatment Modalities and Indigenous Approaches for SUDs: Sweetgrass Method”

### **III. Changes in Policies and Procedures**

- No significant changes were made to policy or procedure

### **IV. Resources Summary**

#### **Resource Allocation:**

- The majority of WellCat Prevention budget is used for software that supports our services, operating costs such a printing, tech support, and office supplies, branding efforts and name recognition giveaway items, staff uniforms, and programming supplies.

#### **Human Resources:**

- No significant changes to staffing

#### **Facilities/Equipment:**

- WellCat Prevention is located in Sutter 150p, which is located within University Housing. While this allows us to be very accessible to first year students living on campus, a more central location (for instance, in the SSC) would make us much more accessible to the rest of campus.

### **V. Program Assessment for Past Year**

#### **Program Objectives:**

1. Train and prepare student staff to begin offering in person services after a year of online-only services during the pandemic
  - a. Met
2. Re-introduce in-person services to the campus community while utilizing continued virtual services when necessary
  - a. Met
3. Train new Prevention Coordinator to run program for the Fall Semester while Program Coordinator is on maternity leave
  - a. Met
4. Enforce all Covid-19 safety precautions in office to maintain a safe workspace for both professional and student staff
  - a. Met
5. Move our office to include new office space located in the Hub at University Housing and create outreach on campus to ensure students know how and where they can find us to access services
  - a. Met
6. Continue to bolster assessment efforts by expanding assessments to include 1:1 direct services
  - a. Met
7. Continue to work on building strong relationships across campus with students, staff, and faculty so that we can continue to provide students with Prevention services when needed
  - a. In Progress

#### **Ongoing Assessment Efforts**

### ***Demographic Reporting***

- See Appendix A

### ***Service Usage Summary***

Meeting Type	Number of Referrals	Meetings Completed
Individual Ongoing Assessments	N/a	31
Brief Alcohol Screening & Intervention for College Students (BASICS)	18	13 (two sessions each)
Cannabis Screening & Intervention for College Students (CASICS)	17	7 (two session each)
Peer Educator Motivational Interviewing Session	75	59
Walk In Meetings	n/a	20
AlcoholEdu for Sanctions	145	145

### ***Student Assessment of Satisfaction, Quality and Student Learning Outcomes***

- A pre and post survey is collected for each presentation done by our office. Overwhelmingly, this data shows that learning objectives have been met. To include each individual assessment done by our office would add far too much length to this document. For more information or to see the data collected, please contact Kait or Kelsey.
- Appendix B shows results from a voluntary survey students are asked to take after any meeting at our office.

## **VI. Analysis:**

It is clear from the data collected that the majority of students we serve are first year students. A goal we have for our office is to reach more of campus. This ranges from different groups of students to students in different years. We need to adjust our outreach to not only reach out directly to a more diverse range of students, but to inform the entire campus community about our services and what we offer for students.

Our data collection tools can also be refined. Many questions (for example, “reason for making an appointment” in appendix A) in our demographic assessment tools do not actually collect the kind of data we were looking for. This is an error on our end and these questions can be updated to be more clear for the students who are filling out our forms.

Additionally, we can increase our efforts for feedback on individual meetings, as we had very low turn out for this optional survey (Appendix B). We can utilize incentives and timely communication (emailing students as soon as they leave the office) to increase respondents on these forms.

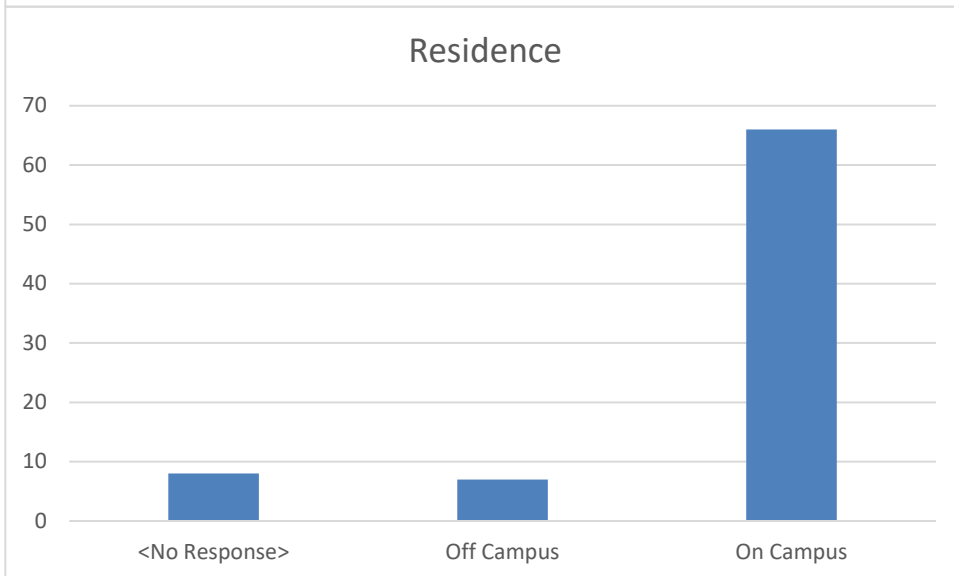
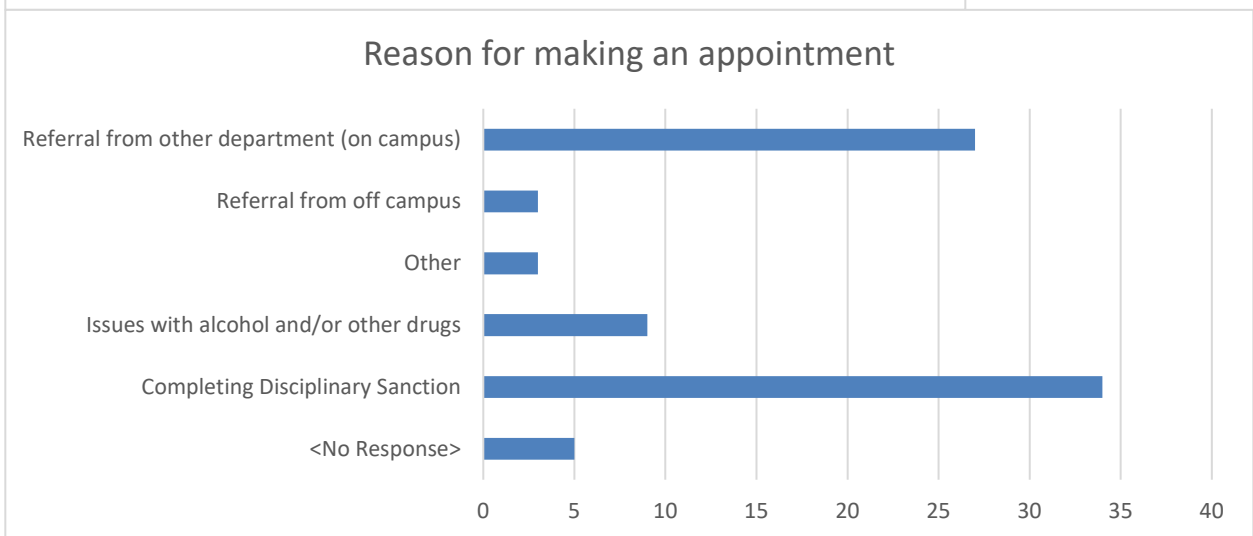
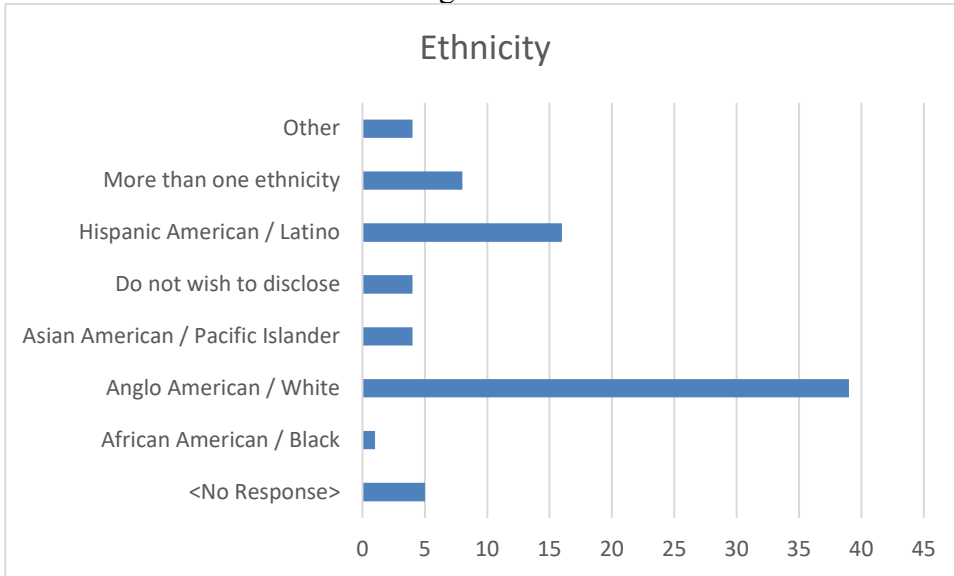
## **VII. Program Objectives for Next Academic Year**

1. Continue to educate campus community about the services we provide and how to offer them by:
  - Programming in different spaces on campus and with different affinity groups when possible
  - Visiting Staff and Faculty meetings in order to do educational presentations about our services and how to refer students

- Continuing efforts at brand recognition: after our name change campus does not recognize the name of our office or know what we do
2. Update assessment efforts in order to continue gathering relevant demographic data for students who utilize our services
  3. Facilitate focus groups aimed at assessing what kinds of recovery services are needed/wanted on campus
  4. Transition population level alcohol education programming to a service that can fully integrate into CSU Learn.

Appendix A:

Data collected is from students who made Peer Educator meets, BASICS meetings, CASICS meetings, and walk ins. In the future we will need to adjust the wording on “Reason for making an appointment” to get a better idea of students’ reasons for coming in.



### Year In School

