



Division of Student Affairs

Campus Alcohol & Drug Education Center Annual Report 2014 – 2015

I. UPDATED: Departmental Mission Statement

The Campus Alcohol & Drug Education Center is committed to providing evidence-based educational programs and services that raise campus awareness about alcohol and drug abuse. CADEC strives to encourage, enable and empower students to make responsible and healthy choices, especially in areas where substance abuse is a concern. **(Also See NCHIP AIM Statement Attached)**

CADEC's mission is aligned with CSU Chico's institutional mission in many important ways:

- A Commitment to **Excellence** in our prevention and education programming
- Dedication to **Research** based practice
- Commitment to **Innovation**
- Constant striving to **Serve** the local, regional and global communities
- A **Collaborative** spirit
- We embrace, engage and celebrate our **Diverse** community

II. Departmental Accomplishments –

- ✓ Awarded \$10,000 seed money grant by the Stacie Matthewson Foundation – Transforming Youth Recovery to establish a Collegiate Recovery Center at CSU Chico
- ✓ Eighteen completed NCHIP Task Force Studies involving at least seven different campus departments and one community under the NCHIP Improvement Model for Change (PDSA – Plan-Do-Study-Act)
- ✓ At least eight more NCHIP Studies are actively being conducted involving at least nine different campus departments

- ✓ Creation and implementation of “Students Seeking Recovery” weekly support group for students wanting a confidential, non-judgmental setting in which to explore substance misuse and recovery options. Weekly group co-facilitated throughout the 2014-2015 academic year by Program Director – a Licensed Advanced Drug/Alcohol Counselor and two peer educators employed and trained by CADEC who are living in recovery
- ✓ Following presentation at First Friday by NCHIP Task Force five new departments became actively engaged members of the CSU Chico NCHIP Task Force – newest partners include: Student Judicial Affairs, Academic Advising, AS Productions, Accessibility Resource Center, Fraternity and Sorority Affairs
- ✓ Development and Implementation of Parent Education Workshop for Summer Orientation: “College Drinking: Science, Myths & Realities” 234 Parents/Caregivers attended 27 separate workshops – Outcomes Data included as an Appendix

○ **Other Accomplishments:**

- ✓ Implemented a training on-campus on the evidence based model, Screening, Brief Intervention and Referral to Treatment (SBIRT) in collaboration with the UCLA’s Integrated Substance Abuse Programs; Facilitated by Dr. Jim Peck of UCLA
- ✓ Completed execution of Memorandum of Understanding with Skyway House Drug and Alcohol Treatment Center (a subsidiary of Acadia) for implementation of the SBIRT Model at CSU Chico. Skyway House is currently hiring a Certified Drug and Alcohol Counselor who will be based at the CSU Chico Student Health Center providing SBIRT three days per week and at CADEC two days per week providing BASICS sessions

III. Changes in Policies and Procedures

- **Peer Staffing Update:** In order to provide student staff with more meaningful and intentional learning experiences we implemented a change in our student staffing structure and also added student staff positions to more effectively serve students and the campus community. Since CADEC currently has no professional administrative staff, student staff play a vital role in the day-to-day operations of CADEC, office management and the creation of a welcoming, non-judgmental environment which students feel safe entering and asking for help with challenging personal concerns. CADEC Peer Educators also play a critical role in CADEC’s outreach, prevention and education efforts. Student staff are now able to choose between two different opportunities in providing service at CADEC: Student Office Assistant or Peer Educator. Delineating these two vital

student roles has allowed for much better functioning of our team, improved our operations and allowed us to provide more effective service. We also created the student staff position of “Lead Office Assistant” and “Lead Peer Educator” providing new, unique opportunities to take on leadership roles. Lastly, we have created the new student staff position of “Recovery Peer Mentor/Collegiate Recovery Assistant.” This is a Graduate student position and directly serves our newly formed “Wildcats Seeking Recovery” program.

IV. Resources Summary

- Budget Summary – CADEC Operational and Programming Expenditures NOT including Travel and Salaries Totaled: **\$28,607.43**

- Staffing –

Trisha Seastrom –	1.0 FTE, Program Director, Licensed Advanced Drug & Alcohol Counselor
	<i>Currently offering position & negotiating salary for top candidate -</i>
	1.0 FTE - Prevention Coordinator
Sadie LaBriere –	0.5 FTE – BASICS Facilitator

- Facilities/Equipment – **CADEC maintains significant needs for new space within the Student “Success” Center, also known as the Student Services Center – CURRENT SPACE ISSUES:**

- ✓ No confidential waiting area for students, parents
- ✓ Serious confidentiality concerns with current individual offices (2) – voices can still be heard even with sound machines in use
- ✓ Individual “offices” (2) were not designed for clinical use with more than one person in the room
- ✓ No individual office space available for new hire, CADEC Prevention Coordinator
- ✓ No private area for quiet, confidential computer testing of students sanctioned by university to complete: Marijuana 101
- ✓ No space for Peer Educators to meet privately with a student to provide peer counseling
- ✓ Team of 15 CADEC Peer Educators, Fall 2015 – more than ever before, to meet the increasing demand for collaboration requests with CADEC and also fulfill the Red Watch Band program = No space for this large number of Peer Educators to work, meet and collaborate
- ✓ No space for Collegiate Recovery Center
- ✓ No space for Recovery Support Meetings for Students Seeking Recovery Options, for 12-step meetings – AA, NA, SMART Recovery – Student AA Meeting has decided to take meeting off-campus due to CADEC office

space situation changing as a result of campus closure not allowing them a 7:00 PM meeting year-round – this is a tremendous loss to our students seeking recovery options

V. Program Evaluation for Past Year –

Program Goals

- **The NCHIP CSU Chico Aim Statement will serve as the driving force behind any and all CADEC Department goals (see attached) – (Met and continuing)**
- Complete application for National Institutes of Health/National Association on Alcohol Abuse and Alcoholism (NIH/NIAAA) R01 Grant for Screening, Brief Intervention & Referral to Treatment (SBIRT) and Brief Alcohol Screening & Intervention for College Students (BASICS) for CADEC and Student Health Center and Skyway House collaborative system of care program to serve our students. *(Unmet due to staffing loss; Continuing to develop and seek appropriate future funding as staffing expands)*
- Complete project to take electronic (on-line) Part One and provide students with Personalized Feedback for of Brief Alcohol Screening and Intervention for College Students to accomplish three goals:
 - ✓ Provide better use-interface for students; increase satisfaction
 - ✓ Provide more effective personalized social norms feedback to students
 - ✓ To increase student capacity for BASICS Program
(Met)
- Work with campus partners such as UHFS, FSA, Athletics and CWC to expand the utilization of BASICS beyond just the mandated student population to targeted student populations *(On-going)*
- Collaborate with Peer Educators and other students in recovery to facilitate a weekly Recovery Support Meeting with CADEC Program Director on campus throughout this coming academic year with the objective of providing a safe space and open forum for any student seeking exploration of or options in regard to reducing or stopping their substance use. Any path to recovery will be a welcome topic in this setting. *(Met)*
- Develop an established fee structure for the CSU Chico BASICS Program *(Met)*
- Develop an established fixed budget for the CADEC Department *(Met)*
- Continue to enhance collaborative programming with the Student Health Center, the Counseling and Wellness Center and U_Matter through a regular collaboration forum with program leadership as well as regular forums for collaboration and team building between these programs' teams and students *(On-going)*

VI. Ongoing Assessment Efforts

- **DATA ON PROGRAM UTILIZATION:**

- **Clinical Services –**

- **Individual Clinical Assessments** (Provided by Program Director - Licensed Advanced Alcohol & Drug Counselor) –
 - ✓ 120 individual clinical assessments were conducted.
 - ✓ 43 students received on-going stabilization and pre-treatment services including additional Individual Counseling Sessions and Referrals to formal treatment
 - ✓ 26 family consultations were provided
 - ✓ 67 Individual Assessment Referrals received from Student Judicial Affairs (41 complete; 26 pending)
 - **BASICS Program – Brief Alcohol Screening & Intervention for College Students** (Provided by BASICS Facilitator)
 - 268 Referrals Received from Student Judicial Affairs (236 completed; 32 pending)
 - **R.A.D.A.R. Class – Raising Awareness of Alcohol & Drug Responsibilities** – Three hour Peer Taught Class for students referred by judicial affairs who have violated campus alcohol & drug policy – *Provided this academic year only for a limited number of students who were severely delinquent in completing the B.A.S.I.C.S. program they were originally assigned to*
 - ✓ 12 students participated in R.A.D.A.R. this academic year.

- **Other Evidence-Based Training Programs**

- **Wildcat ROAR! Alcohol Overdose Prevention/Bystander Intervention**

- ✓ 37 individual workshops conducted
 - ✓ 622 Students Certified in 2014 – 15 Academic Year
 - ✓ Program fully evaluated through Stony Brook University and CSU Chico (see section on Learning Indicators)
 - **Mental Health First Aid Certification Training**
 - ✓ Four Trainings conducted
 - ✓ 90 Students, Faculty, Staff Certified
 - ✓ Program evaluated through National Council on Behavioral Health
 - **Mindfulness Based Stress Reduction Class**
 - ✓ Two courses offered (Fall & Spring)
 - ✓ 50 students/faculty/staff trained
 - ✓ Program evaluated through University of Massachusetts at Amherst

- CADEC served more than **1,200 other students** through additional specialized Alcohol & Drug Prevention Trainings created for student organizations and campus departments upon their special request during the 2014 - 2015 academic year. *An exhaustive list of these specialized trainings is available if desired*

Newest CADEC Outreach and Collaboration:

Wildcat Welcome Week – CADEC served **923** students

Partners: A.S., U.H.F.S., Alumni and Parent Relations, S.L.L., F.S.A., WREC Center, U.H.F.S. Programming, Union Label, C.C.L.C.

Labor Day/Wildcat Way Weekend – CADEC served more than **1,020** students (Included newly developed **Midnight Pancake Breakfast format**)

Partners: A.S., U.H.F.S., S.L.L., C.C.L.C., Union Label, U.H.F.S. Programming, WREC Center

National Collegiate Alcohol Awareness Week – CADEC reached more than **1,433** students with vital alcohol prevention and safety information

Partners: U.H.F.S. Programming, A.S., U.Matter, WREC Center, Skyway House

Prescription Drug Awareness Week – CADEC reached more than **3,000 students, faculty and staff** with prevention messages about prescription drug abuse

Partners: Skyway House, Enloe Medical Center, Butte County, U.Matter, U.H.F.S. Programming, A.S.

On-Going Outreach and Collaborations:

Halloween—**2,000 water bottles** were distributed and nearly 600 students attended **Midnight Pancake Breakfast**. **Four student organizations came together to volunteer and a total of 300 individual students.**

Partners: Inter-Varsity Christian Fellowship, Campus Cru, Fraternity and Sorority Affairs – five FSA chapters, A.S.

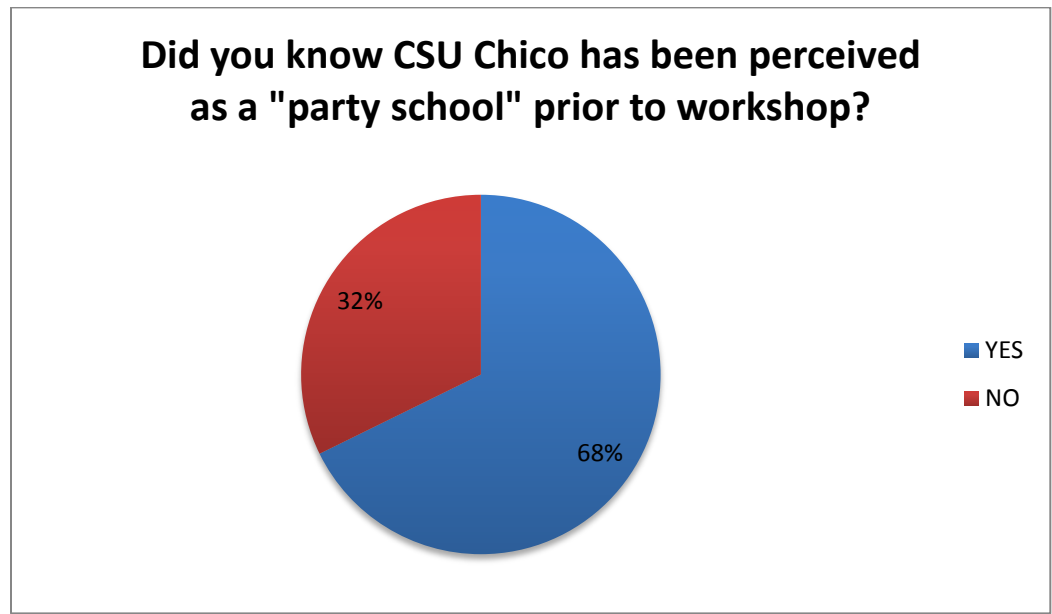
The Giving Tree – two local non-profits partner with CADEC and a myriad of students, faculty and staff to make this special program happen. This year **a record over 500 individual gifts** were purchased for local needy children.

Partners: B.M.U. Conference Services, A.S., U.H.F.S., C.C.L.C.

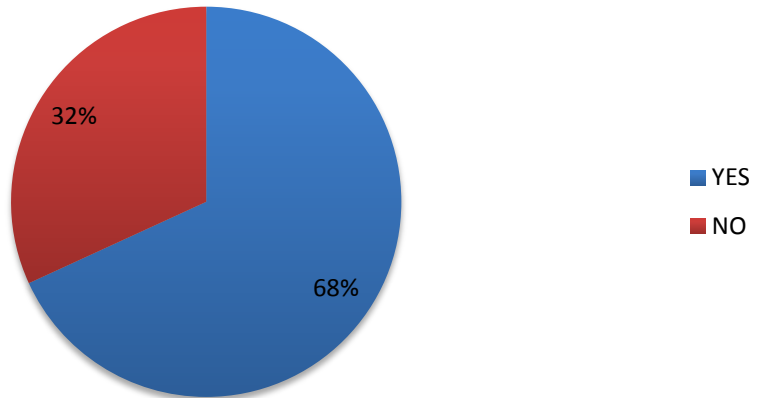
Sexual Responsibility Week – CADEC Peer Educators reached **450 students** with free packages of condoms and safety information regarding alcohol and sex.

Safe Spring Break – CADEC Peer Educators reached **500** students with prevention messages– a re-useable plastic cup stating, “Lead the Break” with alcohol safety tips on the other side

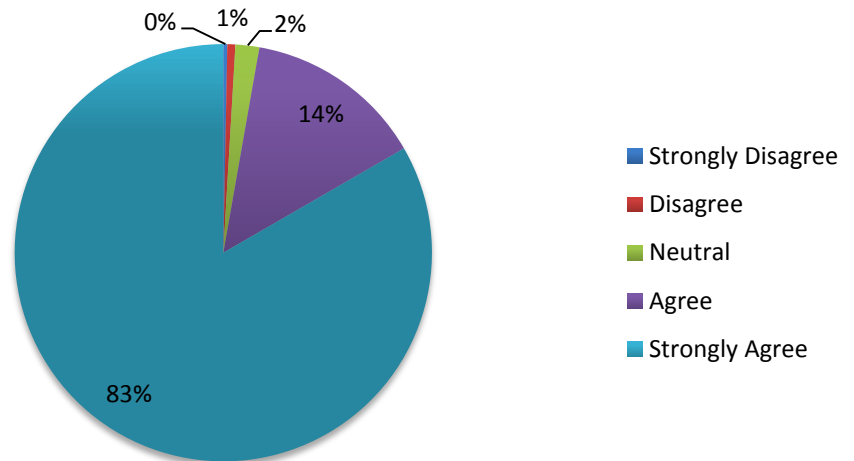
- **MOST CRITICAL PERFORMANCE INDICATORS/ LEARNING OUTCOMES:**
 - **Wildcat ROAR! Post Test Result 2014 - 2015**

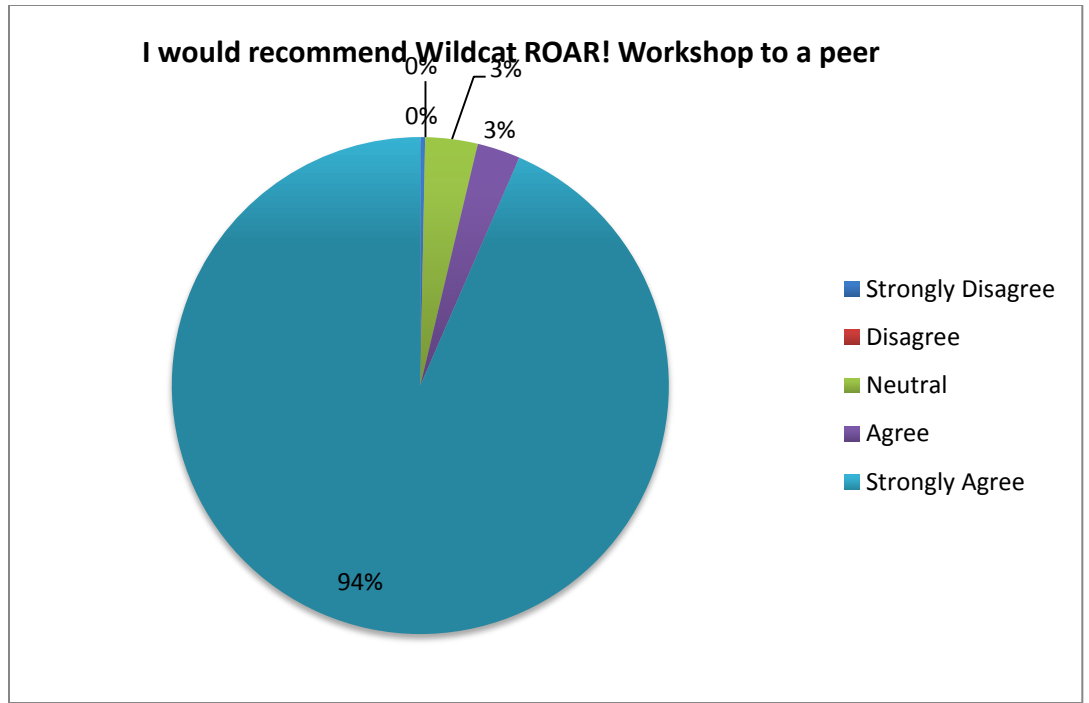


Has your perception of CSU Chico's social environment changed or have your concerns changed since participating in the Wildcat ROAR workshop?



As a result of Wildcat ROAR! training, I am more willing to intervene a a bystander in an emergency?





○ **SEE ALSO ATTACHED PARENT ORIENTATION WORKSHOP OUTCOMES**

VI. Analysis: What actions need to occur to move the program to the “next level”?

- Continued expansion of and campus-wide support of NCHIP Task Force and its effort will continue to move forward our most critical goals for CSU Chico alcohol and drug safety
- Further establishment and formalization of CSU Chico Collegiate Recovery Center, including identification of dedicated space and recognized student organization, will further work to modify institution reputation as one that supports students in recovery as opposed to a party school image
- Fill the Prevention Coordinator Position to free up time for Program Director
- Find adequate and appropriate space for CADEC within the Student Services Center in order for CADEC to fulfill its mission and the serve the needs of the students and families of this campus
- Grant funding will provide resources for additional staff and resources needed to implement evidence-based programming recommended by today’s best practice standards

VIII. Goals: Present goals for the next academic year.

- **The NCHIP CSU Chico Aim Statements will serve as the driving force behind any and all CADEC Department goals (see attached).**

Some specific CADEC Goals will include but are not limited to:

- Complete two-year CSU Chico High-Risk Drinking Survey and share data (NCHIP)
- Establish Screening, Brief Intervention and Referral to Treatment (SBIRT) Services at the Student Health Center through finalized MOU with Skyway House Treatment Centers; Evaluation these services
- Formalize new partnership with Counseling and Wellness Center (also an NCHIP Study) with CADEC providing Brief Alcohol Screening and Intervention for College Students (BASICS) service to students referred by CWC; Evaluation of these services
- Implement first semester of new CADEC semester-long Peer Health Educator Certification Class utilizing funding awarded through Student Learning Fees; Evaluation of this class
- Continue to work with campus partners such as UHFS, FSA and Athletics to expand the utilization of BASICS beyond the mandated student population to targeted student populations
- Continue to enhance collaborative programming with the Student Health Center, the Counseling and Wellness Center and U Matter through a regular collaboration forum with program leadership as well as regular forums for collaboration and team building between these programs' teams and students

CSU Chico Health Improvement Program – Aim Statement **National College Health Improvement Program**

Established by NCHIP CSU Chico Task Force, 4-22-14

California State University, Chico students, faculty and staff will work collaboratively to develop a comprehensive, evidence-based approach to reducing the harm associated with high-risk alcohol consumption. This approach will include both prevention and intervention on the environmental, individual and systems levels. ALL students will experience campus strategies to prevent harm associated with alcohol abuse. Students who have engaged in high-risk alcohol consumption will participate in programs appropriate to their individual needs. This effort will aid students in achieving their academic and personal potential, preparing each for a lifetime of learning and responsible citizenship and leadership.

Our specific goals will include but not be limited to:

- Expand screening activities utilizing evidence-based clinical and preventive

practices including Screening, Brief Intervention and Referral to Treatment (SBIRT) and the Brief Negotiated Interview (BNI) at our Student Health Center.

- Ensure that 100% of students who experience a serious alcohol incident, on or off campus, complete a motivational enhancement intervention such as Brief Alcohol Screening and Intervention for College Students currently being offered at CADEC.
- Invigorate and sustain a culture of healthy choices around substances through correcting social norms with a comprehensive and on-going social norms campaign utilizing data collected from NCHIP surveys, AlcoholEdu, Healthy Minds Study and other campus studies.
- Establish and maintain the investment of multiple stakeholders within and around the campus community to sustain the “Keep It Local, Keep It Chico” and “Respect Chico” culture of community collaboration as well as the “Wildcat Way” messaging particularly on major holiday weekends: Labor Day, Halloween, Cesar Chavez Day, Graduation.
- Engage students in reducing high-risk drinking through bystander intervention frameworks such as the Red Watch Band program utilizing a spectrum of "readiness to change" and "engagement" profiles.
- Further develop and increase the utilization of peer to peer models of education, prevention and mentoring on campus with the goal of reduced alcohol abuse and related harms and increased student satisfaction and success
- Engage faculty, staff and students in this on-going effort to continually, with data, change the reputation of the institution from one of a “party school” to an institution of academic rigor, health and wellness