



Division of Student Affairs

Campus Alcohol & Drug Education Center Annual Report 2013 - 2014

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 - (List Top Three)

- CADEC formally joined, as a Presidential, campus-wide initiative, the **National College Health Improvement Program (NCHIP)**. Within this one major accomplishment area the following goals were accomplished:
 - ✓ Establishment of a formal CSU Chico, NCHIP Task Force which held eight (8) Meetings between February and June
 - ✓ Established CSU Chico NCHIP AIM Statement for campus-wide alcohol and prevention goals (see attached document)
 - ✓ Eleven NCHIP Studies are currently actively occurring involving at least seven different campus departments and one community

- under the NCHIP Improvement Model for Change (PDSA – Plan-Do-Study-Act)
 - ✓ Implementation of NCHIP CSU Chico High-Risk Drinking & Related Harms Student Survey (2-yr. Study, 1,000 random undergrads per month)
- Formal establishment of the evidence-based **Brief Alcohol Screening & Intervention for College Students Program (BASICS)** within CADEC Department as a service for students who have violated campus alcohol/drug policy
 - ✓ BASICS Full Day Training provided for Student Affairs staff on campus by NCHIP Faculty member, Dolores Cimini, Ph.D. in January 2014 – extremely positive response
 - ✓ 22 Referrals for BASICS in Fall 2013 Semester
 - ✓ 40 Referrals for BASICS in Spring 2014 Semester
- Within less than one of year of program inception, **1,013 CSU Chico Students voluntarily Certified in the evidence-based Red Watch Band** Bystander Intervention, Alcohol Overdose Prevention Peer-led Training Program
 - ✓ Trainings entirely Peer-Taught by CADEC Peer Educators
 - ✓ 18 Trainings in Fall 2013 Semester
 - ✓ 14 Trainings in Spring 2014 Semester
 - ✓ 1,013 CSU Chico Students Certified since April 2, 2013
- **Other Accomplishments:**
 - Passage of City of Chico Social Host Ordinance – Program Manager and Peer educators assisted with lobbying efforts along with community partners
 - 57 Students, faculty, staff trained in evidence-based Mental Health First Aid Certification Training Program
 - Peer Educator Team Expanded to 15 Students to accommodate increase in collaboration requests with CADEC and expansion of Red Watch Band Program
 - In partnership with campus and community partners, CADEC Peer Educators and staff conceived, developed, planned and implemented the first ever Prescription Drug Awareness Week with a variety of events & activities on campus culminating with a Prescription Drug Take-Back Event at Enloe Medical Center
 - Certified Five Greek Chapters (all members) in Red Watch Band Program
 - Conducted Alcohol & Drug Prevention Programming for another six Greek Chapters
 - Developed, planned and implemented National Collegiate Alcohol Awareness Week
 - Recovery Meetings held on campus during every week school was in session this academic year

III. Changes in Policies and Procedures

- No major changes

IV. Resources Summary

- Budget Summary – CADEC Operational and Programming Expenditures NOT including Travel and Salaries Totaled: **\$29,434.22**

- Staffing –
Trisha Seastrom – 1.0 FTE, Program Director, Licensed
Advanced Drug & Alcohol Counselor
Currently Recruiting – 1.0 FTE - Prevention Coordinator
Currently Recruiting – 0.35 FTE – Administrative Support
Sadie LaBriere – 0.5 FTE – BASICS Facilitator, Wellness
Coordinator

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

- ✓ Currently have no confidential waiting area for students, parents
- ✓ Serious confidentiality concerns with current two individual offices – voices can still be heard even with sound machines in use
- ✓ Currently only have two, barely workable individual “offices” that were not designed for clinical use with more than one person in the room
- ✓ There is no individual office space available for new position currently being hired, CADEC Prevention Coordinator
- ✓ There is no work space available for new position currently being hired, Administrative Support personnel when they are working at CADEC
- ✓ Currently have no private area for quiet, confidential computer testing of students needing to complete university sanctioned programs: Marijuana 101 and AlcoholEdu for Sanctions
- ✓ There is no space for Peer Educators to meet privately with a student to provide peer counseling
- ✓ There are currently 15 CADEC Peer Educators – more than ever before, to meet the increasing demand for collaboration requests with CADEC and also fulfill the Red Watch Band program. The office allows no space for this large number of Peer Educators to work or meet
- ✓ Currently no space for Collegiate Recovery Center
- ✓ Currently no space for 12-step meetings – AA, NA, SMART Recovery, Students Seeking Recovery – Student AA Meeting has decided to take their 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 (for each goal)

- Criteria for success: Met, Exceeded, Unfinished/Unmet
- Identify related CSU, Chico Strategic Priority(s) for each goal

VI. Ongoing Assessment Efforts

- Statistics on Program Usage:
 - **Clinical Services** –
 - **Individual Clinical Assessments** – received 80 student referrals;
 - ✓ 76 clinical assessments were conducted.
 - ✓ 32 students received on-going stabilization and pre-treatment services.
 - ✓ 22 family consultations were provided
 - **BASICS Program – Brief Alcohol Screening & Intervention for College Students** - Referrals – 62; Completions – 48
 - ✓ Program being fully evaluated
 - **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
 - ✓ 135 students participated in R.A.D.A.R. this academic year. A drop from more than 190 last year most likely a result of the addition of BASICS as an evidence-based option. Student evaluations of the R.A.D.A.R. program remain extremely positive as well as learning outcomes.
 - **Other Evidence-Based Training Programs:**
 - **Red Watch Band Bystander Intervention/Alcohol Overdose Prevention** –
 - ✓ 647 Students Certified in 2013 – 14 Academic Year
 - ✓ Program being fully evaluated through Stony Brook University
 - **Mental Health First Aid Certification Training**
 - ✓ Four Trainings conducted
 - ✓ 57 Students, Faculty, Staff Certified
 - ✓ Program being fully evaluated through National Council on Behavioral Health
 - CADEC served more than 770 other students through additional specialized Alcohol & Drug Prevention Trainings created for student organizations and campus departments upon their special request during the 2013-14 academic year. *An exhaustive list of these specialized trainings is available if desired*

Outreach and Collaboration:

Wildcat Welcome Week – through active collaboration and partnership in Wildcat Welcome Week events and activities CADEC reached more than **1,030** students with prevention messages during this time period

Labor Day/Wildcat Way Weekend – again through active collaboration and partnership on events and activities on Wildcat Way Weekend CADEC reached more than **5,025 students** with positive prevention messages during this time frame

National Collegiate Alcohol Awareness Week – in developing, planning and implementing this important week of events and activities along with campus and community partners CADEC reached more than **760 students** with vital alcohol prevention and safety information

Halloween – through campus and community partnerships more than **2,000 water bottles** were distributed over three nights and almost **1,000 slices of pizza** to create a safer environment and safety information was also shared. **13 student organizations came together to volunteer and a total of 300 individual students.**

The Giving Tree – two local non-profits partner with CADEC Peer Educators and a myriad of students, faculty and staff to make this special program happen. This year **280 individual gifts** were purchased for local needy children.

Sexual Responsibility Week – CADEC Peer Educators reached **300 students** with free packages of condoms and safety information regarding alcohol and sex.

Safe Spring Break – CADEC Peer Educators reached 250 students Safe Spring Break prevention messages and give-aways – a re-useable plastic cup stating, “Lead the Break” with alcohol safety tips on the other side

Prescription Drug Awareness Week – in conceiving, developing, planning and implementing this critical week with several campus and community partners CADEC more than **3,000 students, faculty and staff** with important prevention messages about prescription drug abuse

- Student Learning Outcomes Measures
- Most Critical Performance Indicators

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

- 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
- Further campus and community-wide collaborative engagement and work to improve relationships and the environmental prevention efforts

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

- **The NCHIP CSU Chico Aim Statement 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 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.
- 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
- 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
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(Please See Attached – NCHIP CSU Chico AIM Statement)

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