

California State University, Chico



Division of Student Affairs

CAMPUS ALCOHOL AND DRUG EDUCATION CENTER (CADEC) ANNUAL REPORT 2015-2016

I. Department 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 misuse. CADEC strives to engage, enable, and empower students to make responsible and healthy choices, especially in areas where substance misuse is a concern.

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

Top 3 accomplishments during 2015-2016

1. Completed the first Peer Educator Course in spring. Fourteen students received their BACCHUS Certification for Peer Educator. We are looking to making changes and continuing to develop the course next fall.
2. Collegiate Recovery Program (CRP) further progressed towards its goal of eliminating stigma surrounding recovery at Chico State. CRP displayed information at the Diversity Poster Session held on campus, where members were able to discuss and spread awareness about substance use recovery as it pertains to diversity issues. The CRP screened the film *The Anonymous People*, which was co-hosted by Skyway House, a Chico based inpatient recovery treatment center. The screening was well attended and was followed by an informative Q&A with recovery advocates in the Chico community.

- Students Seeking Recovery Peer Support group was highly successful and consistently drew a group of 8 participants throughout the semester. Two of these members had perfect attendance, and one was able to achieve 3 months of sobriety from marijuana while attending.
3. The CADEC Peer Education staff saw a dramatic rise in their ability to outreach across campus. In fall we attended or created a total of 24 programs and in spring we were able to outreach at 37 total programs.

Other significant accomplishments during 2015-16

1. ROAR! Reach out and Respond Training continues to grow in campus support. This year Panhellenic required all women going through recruitment to become trained increasing our numbers to 602 students becoming certified.
2. Spring semester introduced a streamlined referral system between housing and CADEC. This online referral system allowed for 34 students to receive a multitude of CADEC services.
3. With the help of Health Administration Intern, Kirsten Fick, we examined the effectiveness with a survey approved through IRB of our 21st birthday card program. We are currently creating an alternative email version that would significantly cut the cost of this program. See findings below:
 - 29% of responding students found the 21th Birthday Card useful
 - 74% of respondents talked with either their parents or peer group about the information on the 21st Birthday Card
 - 11% of responders agreed that the 21st Birthday Card influenced their decisions on their birthday
 - 24% of students in the survey reported consuming 10+ drinks on their 21st birthday
4. Intern Kirsten Fick, also created and implemented a survey through IRB gathering data on BASICS. See finding below:
 - 78% of students indicated that the information they learned from BASICS has made their use of alcohol, marijuana use, or other drug use safer
 - 45 % of students noted that BASICS encourage them to think a lot about changing their use of alcohol or other drugs
5. Fall 2016 will introduce Team ROAR!, a way for student to become involved with CADEC. Students will receive one unit while providing outreach and bystander intervention.
6. Peer Educators present a ROAR! Training at the Youth Empowerment Conference to local high school leaders from the community.

III. Changes in Policies and Procedures

- We were hoping to have BASICS students schedule online appointments through an online scheduler. However, this process double booked multiple appointments and quickly became unhelpful.

- Student Staff Dress Code: to maintain campus consistency students will be required to wear CADEC issued tops and long pants while representing the department.
- To help with the influx of programming coming out of CADEC we have created a new Programming Senior Staff position to support the yearly events and keep consistent communication with our campus partners.

IV. Resources Summary

Budget summary

- To be submitted

Staffing

Additions

- Kelsey Harrington (September 2015)
- Sadie LaBriere

Changes

- Trisha Seastrom (Out on medical leave through summer)

Facilities/Equipment

- CADEC maintains significant needs for new space within the Student Services Center – Current space issues:
 - No confidential waiting area for students, staff, or parents
 - Serious confidentiality concerns with current individual offices – voices can be heard even with sound machines in use
 - Individual offices were not designed for clinical use with more than one person in the room
 - No space for Peer Educators to meet privately with a student to provide peer counseling
 - Team of 26 in Fall 2016 makes it hard to find 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
- Difficulty reserving rooms for all staff meetings. We are unable to request rooms until week 2 of the semester making it very difficult to find meeting spaces.
- By the end of spring semester we will be moving all of our programming materials from our off-campus storage unit to a shed behind Safe Place.

V. Program Evaluation for Past Year

GOAL: 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 (unfinished)

GOAL: 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 (Met and continuing)

GOAL: Implement first semester of new CADEC semester-long Peer Health Educator Certification Class utilizing funding awarded through Student Learning Fees; Evaluation of this class (Met)

GOAL: 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 (Continuing)

GOAL: 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 (met)

GOAL: The NCHIP CSU Chico Aim Statement will serve as the driving force behind any and all CADEC Department goals (see attached) – (Met and continuing)

GOAL: 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)

GOAL: 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 (Met)*
- Provide more effective personalized social norms feedback to students (Met)*
- To increase student capacity for BASICS Program (did not met)*

GOAL: 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)

GOAL: Develop an established fee structure for the CSU Chico BASICS Program (*Met*)

GOAL: Develop an established fixed budget for the CADEC Department (*Met*)

VI. Ongoing Assessment Efforts

Program Usage

Clinical Services

- Individual Clinical Assessments (Provided by Program Director - Licensed Advanced Alcohol & Drug Counselor) –
 - 88 individual clinical assessments were referred (46 completed; 42 pending).
 - 54 Individual Assessment Referrals received from Student Judicial Affairs
- BASICS Program – Brief Alcohol Screening & Intervention for College Students (Provided by BASICS Facilitator)
 - 205 referrals received from Student Judicial Affairs (154 completed, 51 not completed)

Other Evidence-Based Training Programs

- Wildcat ROAR! Alcohol Overdose Prevention/Bystander Intervention
 - 23 individual workshops conducted (we decreased the number of trainings offered which has increased attendance at trainings held)
 - 634 Students Certified in 2015–16 Academic Year
 - 339 Panhellenic students were certified in 2015-16
- Mental Health First Aid Certification Training
 - 2 trainings conducted in fall (spring training were cancelled due to staff illness)
 - 19 students, faculty and staff certified
- Mindfulness Based Stress Reduction Class
 - One course was offered (spring was cancelled due to low interest)
 - 50 students, faculty and staff trained

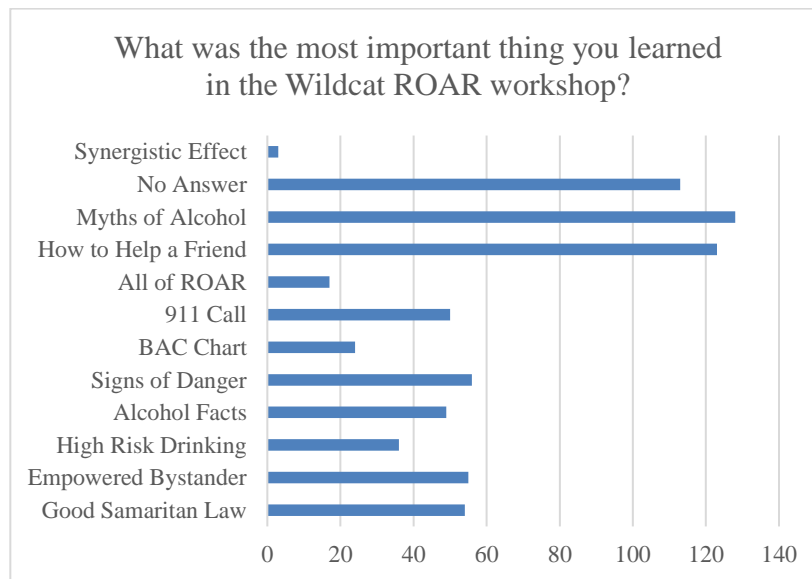
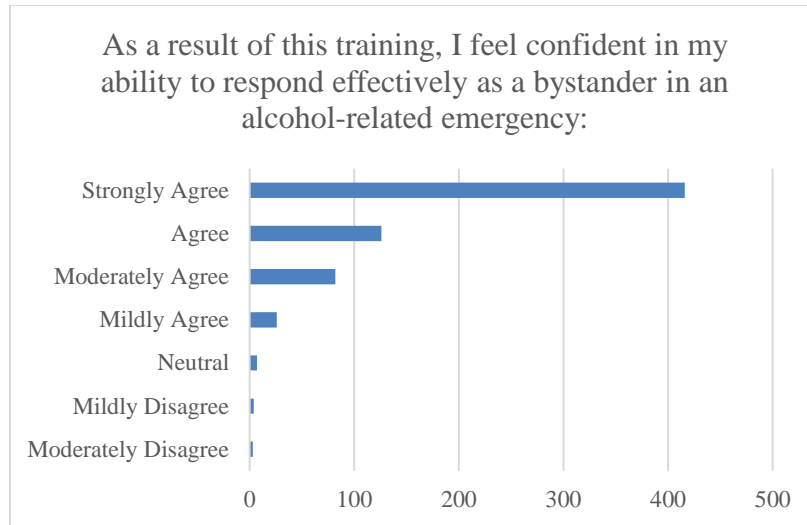
CADEC served more than **1,200 other students** through additional specialized Alcohol & Drug Prevention Trainings created for student organizations and campus departments upon their special request during the 2015 - 2016 academic year. An exhaustive list of these specialized trainings is available if desired

- CADEC Outreach and Collaboration:
 - Wildcat Welcome Week – CADEC served 1,200 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, C.C.L.C.
 - Labor Day/Wildcat Way Weekend –CADEC served more than 1,500 students handing out waters a pancake breakfast
 - Partners: A.S., U.H.F.S., S.L.L., C.C.L.C., U.H.F.S. Programming, WREC Center
 - National Collegiate Alcohol Awareness Week – CADEC reached more than 600 students with vital alcohol prevention and safety information
 - Partners: PTP, A.S., U Matter, WREC, SJA, Greek Life
 - 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–2,500 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: A.S., Pimetime Productions
 - 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 children in need.
 - Partners: B.M.U. Conference Services, A.S., U.H.F.S., C.C.L.C., Student Health Services
 - Healthy Relationships Week – CADEC Peer Educators reached 774 students with programming and free packages of condoms and safety information regarding alcohol and sex.
 - Partners: Safe Place, Housing, Primetime Productions
 - Safe Spring Break – CADEC Peer Educators reached 500 students with prevention messages– Frisbee with alcohol safety tips printed and signs of alcohol overdose printed on side

Critical performance indicators/learning outcomes:

- Wildcat ROAR! Post Test Result 2015 - 2016



VII. 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

- 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
- Extend the BASICS program to academics, athletics, Greek life, and faculty and staff referrals

VIII. Goals: Present goals for the next academic year

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

GOAL: Hire more BASICS facilitators to accommodate all mandated and referred students

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
- Gain interest and attendance at CADEC semester-long Peer Health Educator Certification Class utilizing funding awarded through Student Learning Fees
- 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
- Establish the Team ROAR! a one unit field study internship connected to our ROAR! bystander training as a way for students to gain more involvement in CADEC
- Placing a BASICS facilitator in housing and/or athletics

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, and 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