

# Prevention and Outreach Services

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FY 22 Summary

## Prevention is Intervention for the community

Prevention areas include promoting wellness, alcohol/substance abuse, sexual assault and interpersonal violence, and suicide prevention. Our efforts increase students' resources and healthy/helpful behaviors, reduce high-risk alcohol and other drug-related behavior, change attitudes and behaviors that contribute to sexual assault, and improve awareness and education regarding mental health in the WSU community.

### Area of Focus: 1 Prevention Services

- Presented at two conferences (Rise and Thrive and SOCPA) regarding our prevention efforts.
- Provided support to the WSU community through engagement in committees (e.g. Clery, Title IX, HRL committees) and consultation on campaigns and projects.
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- Provided 1 Program Evaluation applied learning opportunity each semester of FY 21.
- Began to utilize space as an Applied Learning Center for Prevention and Student Health Students

## Area of Focus 6: Grants

- Awarded Suicide Prevention Mini-grant from the Kansas Department of Health and Environment
- Received funding from Blue Window (contracted by KDOT) to engage in preventing impaired driving campaign
- Hired GLS grant coordinator in May 2022.
- Submitted SAMSHA grant for a 5-year, \$2.5 million to address prescription drug misuse.

## Area of Focus 7a: Wellness Promotion

- Created Wellness in the Workplace program beginning in Fall 2021, and Wellness for Students in Spring 2022. These easy-to-use exercises allow supervisors or individuals to infuse wellness content into their everyday routines and meetings.
- 892 sets of Wellness cards have been distributed for use.
- Developed focused efforts to educate campus supervisors on ways to increase mental health support to the University faculty and staff.
- Launched a large-scale Fall 2021 multimedia mental wellness campaign expanding on our initial messages to talk about mental health, check in on peers, and get help when needed.
- 1,548 online mental health screens were completed. This is a 25% decrease from FY21. This resource was heavily utilized during the first year of the COVID-19 pandemic when stay-at-home recommendations were common.
- Created worksheets for the Wellness Cards activities. Worksheets include the 168 Hour worksheet, 168-Hour Time Management worksheet, and Stress Management worksheet.

## Area of Focus 7b: Preventing Suicide

- Created videos about hope and resilience after experiencing suicidal ideation
- Completed a Spanish translation of our Preventing Suicide training
- Connected with members of the WSU community who completed the Preventing Suicide training online to provide them with follow-up materials, resources, and a free suspenders t-shirt.
- 899 individuals completed the Preventing Suicide training in FY 22. This brings the total of people trained in #WeSupportU Preventing Suicide to 3,756 since its launch in September 2018.
- Data collected was updated to only one post-test, and data continues to indicate the training is effective in its goals and meets standards to be represented as an evidence-

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- Classroom Infusion Activities have been developed by the grant team and CCCRT to help promote conversation in the classroom about social norms, empathy, and healthy relationships as well as provide basic prevention information about intimate partner violence, sexual assault and stalking. The activities have been intentionally crafted to connect students and instructors teaching a wide variety of course content. 17 student focus group participants were trained during the development process.
- The CCCRT chair, Cora Olson, met with every Residential Advisor on campus to provide information about the grant, sexual violence prevention efforts on campus, and to foster collaboration with student stakeholders.
- StepStone In Her Shoes trainings and the Purple Mile (see community partnership section below) as well as the Denim Day events (see Prevention Ambassador section) were also part of our comprehensive prevention strategies.

#### Policy, procedures, and communications

- We have identified who is on our hearing boards pertaining to issues of DVSAS and worked with TA providers to compile a list of trainings our hearing board members should be receiving. Hearing board training information has been gathered from Title IX and Student Conduct to assess in light of best practices.
- Procedure, policy, and resource review underway to assess university resources related to student care/referral around intimate partner and sexual violence (webpages, policies, referral and communication processes, etc.) for clarity, comprehensiveness, trauma-informed language, perspective, and unified and up to date messaging. The below Student Support Sheet is an example addressing gaps identified by the review.
- The CCCRT has designed a one-page Student Support Sheet (SSS) mapping out how survivors can access the confidential and non-confidential resources on campus, what to expect from each resource, how the resources communicate with one another, and a personalized appointment and next steps section for the students to complete with resource personnel if they choose. This sheet will be incorporated by each campus resource into the information they provide to students. The SSS was developed to address barriers to accessibility of resources and it will serve as a clear and consistent communication tool for all departments serving survivors of DVSAS alongside the additional information each department may provide. The SSS facilitated more trauma-informed communication and support for our students.
- We completed a review/ updating of the resources in the community for survivors to access that will be posted on the website for students and campus supports to access.
- We collaborated with Student Affairs in conducting CARE Team focus groups to assess services and student experience with a variety of departments across campus.

#### Community partnership activities

- The chair of the CCCRT, Cora Olson, served on the planning team for the annual Purple Mile domestic violence memorial walk and community resource fair held at WSU. Community organizations involved in the event included Harbor House, Wichita Family Crisis Center, Law Enforcement Training Center, StepStone, Wichita Police Department, USD 259, the Airforce, and over a dozen others. Almost 200 people participated in the Purple Mile on 10/9/21. This has served as an opportunity to build community partnerships and better connect the campus and community.
- StepStone conducted two In Her Shoes trainings for the campus community during the academic year as part of the It's On Us campaign and as a training for Student Affairs staff (16 participants total). We have working to continue growing this relationship and possible collaborations.
- Heather Stafford with Student Health was able to move our Wichita Area Sexual Assault campus advocate partner into the Student Wellness Center from an academic building. This has increased the safety and confidentiality of survivors and collaboration with student health and counseling services. This move was accompanied by PSAB members widely promoting advocacy services and new advocacy locations/hours online and at student orientation, open houses, welcome fairs, etc. along with planning means of better-communicating services to students and employees in Spring 2022.

## Area of Focus 7d: Preventing Substance Abuse

- A total of 1,298 individuals engaged in some type of substance abuse prevention intervention
- Completed 2<sup>nd</sup> and 3<sup>rd</sup> Tier AOD sanctions in collaboration with Student Conduct and Community Standards.
- Created a survey about students' thoughts and opinions on important topics such as the effects, risks, and presence of illegal substances in Wichita. The survey will provide us with valuable insight into students' attitudes towards substances. Flyers have also been created to be shared across campus (physically and digitally) advertising the survey and a prize for one randomly chosen participant.
- Met with Lyft about potential partnership opportunities. Options offered by Lyft include providing students with vouchers to use and/or using time or geo-fencing restrictions for certain events. For example, during a WSU basketball game, students will be able to be picked up from the venue and receive a discount.
- Met with Wichita Transit to discuss transportation options for WSU students/faculty/staff and whether or not it would be a good transportation alternative if individuals are impaired. Although the services are free to WSU individuals with a WSU ID, the bus