

HOPE Services **ANNUAL REPORT FY24**



**Wichita State
University
Student Affairs**



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8. **Areas** of Focus



8a. *Promoting Health & Wellness*

- Maintaining well-being, *feeling connected and supported, managing stress*
- Raising awareness of mental health concerns, *like eating disorders, body image*
- Maintaining holistic wellness, *healthy sleep, eating, exercise and digital habits*



8b. *Preventing Suicide*

- Increasing connections
- Providing recognition, intervention, and referral trainings
- Improving individual and community resiliency and coping tools before a crisis occurs
- Supporting survivors of loss



8c. *Preventing Sexual Violence*

- Cultivating healthy relationships
- Obtaining consent
- Preventing harmful behaviors, *sexual, domestic, and dating violence, stalking*
- Supporting survivors



8d. *Preventing Substance Misuse*

- Reducing harm
- Practicing healthy habits
- Creating connections and feelings of belonging
- Prevent chaotic relationships with and reduce vaping and intake of alcohol, tobacco, and other drugs

Department Changes

- Rolled out Health, Outreach, Prevention, and Education (HOPE) Services department and updated documents.

Team Positions

- Created and hired **ALCOHOL AND OTHER DRUGS (AOD) COORDINATOR** to increase resources and education related to substance use on campus.
- With Student Health, created and hired the **WELLNESS PROGRAM AND OUTREACH MANAGER** to promote and coordinate Student Wellness Center outreach programs and education.

Community Engagement

- Presented at several conferences (e.g. KAAN, Higher Education Suicide Prevention Coalition, Mental Health Summit Kansas Leadership Center, IMA Annual Conference, Health & Wellness Coalition Annual Conference) regarding our campus and community efforts.
- Provided support to the WSU community through engagement in committees (e.g. Shocker Collaborative for Indigenous Peoples, Sedgwick County Health Improvement Plan, Student Affairs Assessment, Health Hum, HRL committees, Student Affairs Marketing) and consultation on campaigns and projects across the University.
- Served on the planning committee for the annual Kansas Prevention Conference which had attendees from various organizations across Kansas.
- Received **132,000 IMPRESSIONS** through engagement across social media platforms for Counseling and Psychological Services, HOPE Services and Suspenders4Hope. This is more than double last year's 63,000 impressions.



@SHOCKERSCAPS



@WSUHOPESERVICES



@SUSPENDERS4HOPE



Plans

- Evaluate and created action plans for decreasing student deaths due to suicide or overdose.

Collaborations



Continued our relationship with the McNair Scholar program to explore potential protective factors that we could focus on increasing in our student population.



Partnered with the Engineering department to create online version of Mental Wellness in the Workplace/Classroom cards.



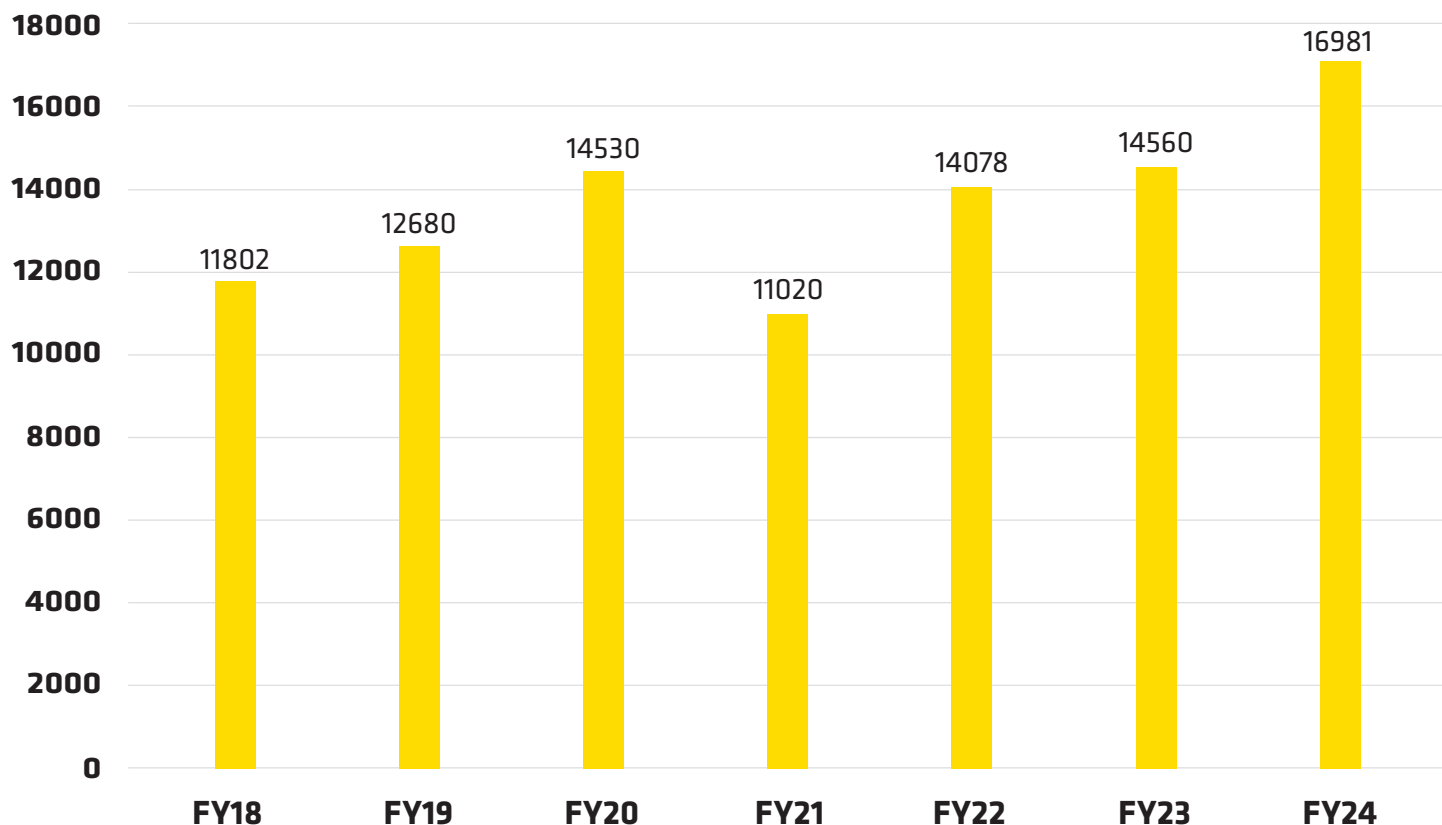
Collaboration with Elliott School to ensure marketing materials were meeting intended goals and audiences.

Awards

- Partner of the Year award from the Office of Online and Adult Learning
- Awarded the 2023 Campus Prevention Network (CPN) Seal of Prevention™. The CPN Seal of Prevention represents the highest standard for online prevention education and recognizes institutions making a measurable impact across critical areas including sexual assault prevention, alcohol and drug misuse, mental health, and inclusion.

2. #WSUWESUPPORTU SUSPENDERS4HOPE

Outreach Contacts



Prevention and Outreach



Had **16,981** CONTACTS with students, parents, staff/faculty, and community members



Engaged in **656.1** HOURS



Continued hosting a significant amount of outreach engagement on **VIRTUAL PLATFORMS** (livestreams, social media, & Zoom presentations) to increase resources for remote students.

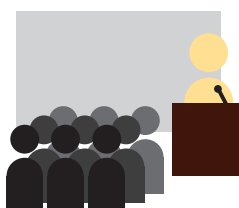
Presentations



Had **8,896** CONTACTS average of 37 people per presentation. These presentations ranged in topics covering our four focus areas.



Totaled **360** HOURS



151 OUT OF 240 PRESENTATIONS that were provided were requested by campus partners

Collaborations



Art, Design and Creative Industries:

Graphic design program on their Senior Design Project summer course to evaluate and upgrade Hope Kits, *above*



Elliott School of Communication
campaigns class to develop the
“Take 10” campaign with students
and capstone project for marketing
mental health resources and coping
tools on campus.



Human Resources
to train HR staff and provide faculty
and staff with resources. Coordinate
marketing efforts and increase
awareness of S4H and HOPE Services
resources for faculty and staff.



Sigma Psi Zeta
to provide applied learning and
collaboration in the area of sexual
violence prevention

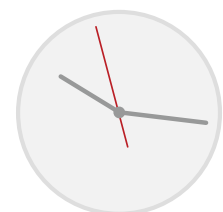


School of Engineering
to create an app housing our
Mental Wellness program cards

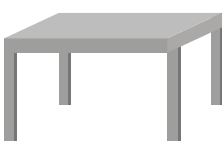
Tabling



Had **6,982** CONTACTS
average of 87 people per table



Totaled approx. **225** HOURS



Provided **80** TABLES
with information and resources

Suspenders Gear



These sales have allowed us to continue the incentive
of a free **#WSUWeSupportU** shirt to any students,
faculty, or staff who complete the Promoting Mental
Wellness and Preventing Suicide training as a self-
sustaining program for the coming year.

2. #WSUWESUPPORTU SUSPENDERS4HOPE

About

S4S is a program developed at WSU, and housed in HOPE, that serves Campus and Community wellness needs in the four areas on which we focus. This section speaks specifically to S4H work done on the WSU campus.

Resources

- We have a Mental Health Advocate Program for those students and faculty/staff that want to show their personal support for mental health and wellness at WSU.
- Frequent in-person tabling events promoting resources and information on all the aspects of the Suspenders4Hope program.
- Providing WSU #WeSupportU t-shirts to students and staff as a sign of solidarity and to be objectively identified as a WSU mental health supporter.
- Print materials posted around campus with messages of mental wellness and promoting help seeking behaviors.
- We freely distribute Mental Wellness Card sets to students and staff to provide daily mental health and wellness tools.
- We have distributed many other items with WSU Suspenders4Hope messages of support, such as hand sanitizer, sleep masks, wrist bands, lapel buttons, etc.
- We have distributed fliers and handouts on campus with information and resources for all areas of our prevention efforts.



Partnerships

- We recruit and work with student Prevention Ambassadors to increase the visibility and messaging of our Mental Wellness and Prevention Program.
- We have partnered with different departments on campus to add value to their programs and provide our students with the best possible information and education.
- We have partnered with the Office of Tech Transfer and Commercialization to come up with new ideas on how to advance our message and expand the reach of our program.
- We have worked with WSU, local businesses, and entrepreneurs to try to create and develop platforms to deliver our healing messages to a national audience.
- We are actively seeking new partners that truly need the resources and information we can provide.

Trainings

- Monthly on-campus in-person Preventing Suicide Trainings.
- 24/7 Online Preventing Suicide Training specific to WSU students and staff.
- On-campus events for our new Preventing Substance Misuse Training have begun.

Other

- **Delivered hopeful content and informative campaigns** on social media, WSU TV, Shocker Blast, WSU Today, WSU Foundation and Alumni Newsletter, and other publications to build awareness of available resources among students, staff, faculty, and the community
- Orientation presentations to familiarize new students with CAPS and Suspenders4Hope
- Hosted WSU Wellness Initiative for campus community, recognized Suspenders4Hope Champions



Preventing Substance Use Subcommittee



Rachael Gladden
Chair, HOPE Services



Marci Young
HOPE Services



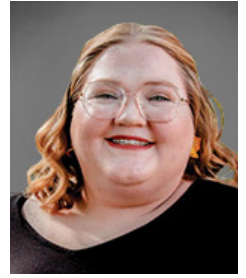
Sheri Barnes
Academic Advising



Cora Olson
HOPE Services



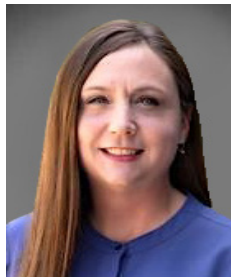
Liz Thornton
Student Conduct and
Community Standards



Malaree Hood
Student Engagement,
Advocacy & Leadership



Jennifer Mackey
School of Social Work



**Sarah Stephens
Selmon**
HOPE Services



Rachel Glass
Student Outreach &
Support (SOS)



Katie Davidson
Student Outreach &
Support (SOS)

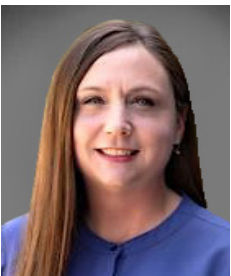
Alan Dsouza
Trio Support Services

Kyle Wilson
Student Conduct and
Community Standards
(SCCS)

Stacey Haines
DCCA



Preventing Suicide Subcommittee



**Sarah Stephens
Selmon Chair,**
HOPE Services



Georgina LaFoe
Community
Engagement Institute



Guy Schroeder
University Police
Department



Marci Young
HOPE Services



Suzanne Hawley
Public Health Sciences



Chad Steinkamp
Admissions



Cora Olson
Student Wellness
Center

Jess Glaze
Prevention
Ambassador



Health and Wellness Subcommittee



Cora Olson Chair,
HOPE Services



Marci Young
HOPE Services



Heather Stafford
*Student Health
Services*



**Jennifer
Nicholson**
*Office of Student
Accommodations
(OSAT)*



Tonya Baldwin
*International Student
Services (ISS)*



Ashley Purdum
*College of Health Pro-
fessions: Department
of Communication
Sciences and Disorders*



Sara McIntyre
Human Resources



Karolina Mosa
Campus Recreation



Amanda Conner
*Advanced Education
General Dentistry*



**Elizabeth
Hardyway**
YMCA



Brett Brunner
Academic Affairs



Brenda Lichman
Ulrich Museum of Art



Katie Davidson
*Student Outreach &
Support (SOS)*



Preventing Sexual Violence Subcommittee/ Coordinated Campus Community Response Team (CCCRT) members



Cora Olson Co-Chair, HOPE Services



Kat Fishwick Co-Chair, HOPE Services and Psychology Deppt. doctoral student



Alicia Newell
Assistant Vice President of Student Affairs



Amanda Abeywickrama
HOPE Services



Carley Enyart
Housing and Residence Life



Corey Herl
University Police Department



Courtney McHenry
CTAC



Jodie Hertzog
Sociology Department



Kailamai Nguyen
Student Outreach & Support (SOS)



Kennedy Rogers
Student Affairs Staff Engagement



Kyle Wilson
Student Conduct and Community Standards (SCCS)



Liz Thornton
Student Conduct and Community Standards (SCCS) now SEB



Marci Young
HOPE Services



Megan Lewis
Student Affairs Staff Engagement (SASE), now Housing and Residence Life (Ho-RL)



Nathan Johnson
University Police Department, now Human Resources



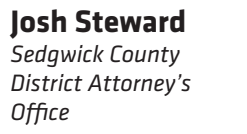
Preston Schroeder
CTAC



Stephanie Hearnen
CTAC



Jess Glaze
Prevention Ambassador



Josh Steward
Sedgwick County District Attorney's Office



Leslie Carvalho
WASAC



Whitney Corley
Wichita Family Crisis Center

4-6. APPLIED LEARNING, GRANTS, & ACADEMIC COURSES

Applied Learning Opportunities



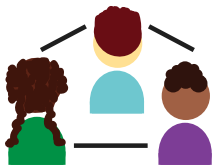
Offered **39 STUDENTS** applied learning opportunities, including those who participated in the Prevention Ambassador programs.



4 COMMUNICATIONS applied learning opportunities



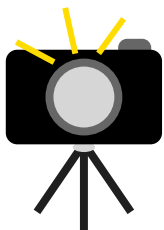
3 STUDENTS completed Community Psychology practicums



5 SOCIOLOGY practicum/ applied learning opportunities



6 ENGINEERING applied learning opportunities



1 VIDEOGRAPHY applied learning opportunity



1 AGING STUDIES practicum opportunity

Provided transitional employment for students who recently graduated and were looking for full-time employment.

Prevention Grants



Was awarded **\$35,000** grant from the Kansas Department of Aging and Disability Services (KDADS) for community prevention of suicide



Received **\$100,000** in funding from Garrett Lee Smith (GLS) multi-year grant (ends Sept. 24)



Awarded **\$119,000** Kansas Fights Addiction funding for community substance use and overdose prevention

Submitted additional grant proposals

Community Wellness and Prevention Services Academic Courses

- Continued undergraduate applied learning research lab for Honors College credit.
- Submitted curriculum and submitted materials for Prevention Science and Community Wellness undergraduate course
- Submitted curriculum and submitted materials for Welcome to College: Developing Skills for Early Adulthood FYS.

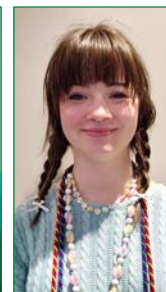
Graduates



Jordan Cline,
Prevention
Ambassador



Donna Tran,
Prevention
Ambassador



Bethany
Hollingsworth,
Prevention
Ambassador



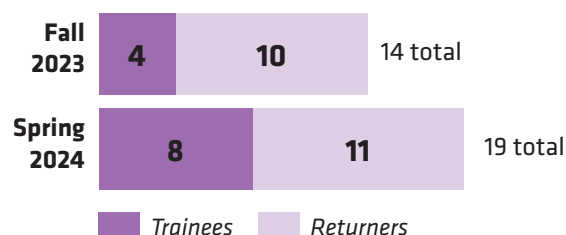
Chloe Brown,
Graphic Design
HOPE Worker

Program Updates



Fall 2023 - Spring 2024

- Number of Ambassadors increased



Fall 2023

- Held weekly training (.5 hr) and general meetings (1 hr) with the Ambassadors
- Tested Internship Hours
 - Students are required work in office with HOPE Services Staff 1 hour a week
 - Gives an opportunity to flesh out projects started in PA meetings
 - It has made content higher quality and the creation process sustainable
 - Allowed more time for focus groups in Friday Meetings

Spring 2024

- 423 applied learning hours (training, meetings, internship hours, direct outreach)
- Held weekly training (.5 hr) and general meetings (1 hr) with the Ambassadors
- Implemented semester long, weekly internship hour groups, which leant to 5 internship hour groups working on specific prevention/health promotion projects, such as:
 - Complied Mental Health resources for Hispanic identifying individuals. Took survey to assess needs specific to Hispanic culture surrounding mental health and wellness and drafted a resource bookmark
 - Created tech wellness resources for students and ran multiple events in the RSC to promote resource
 - Launched a new social media initiative that promoted Wellness Calendar content
 - Partnered with Greek life and Student Health on overdose prevention social media campaign
 - Supported SAAM activity creation and reviewed content

4A. PREVENTION AMBASSADORS

Outreach Events



President's Lunch



Tabling



Orientation Video

Fall 2023

- Red zone tabling implementation: 7 weeks of tabling in August, September, and October covering the topics of:
 - Consent and Substance Use
 - Hazing and Substance Misuse Awareness,
 - Consent and Healthy Relationships
- Participated in SGA Safety Week
- Tabled in Mini-Wellness and Social Services Fair
- Promoted National Prescription Drug Take Back day
- Purple Day, promoting resources and awareness for Domestic Violence Awareness Month
- Partnered with Student Activities counsel for Destress Fest

Spring 2024

- Valentine's Day Tabling on healthy relationship and consent tabling
- Tech Wellness
- Wellness Expo
- SGA Wellness Week
- SAC Destress Fest
- Sexual Assault Awareness Month tabling events including Denim Day and partnering with Psy Sigma Zeta for the Clothesline Project
- Ambassadors helped create the orientation videos for HOPE and Student Health, including filming of the HOPE video.
- Ambassadors attended the President's Lunch in April to talk about issues and experiences on campus.

Outreach Events cont.



Valentine's Day Tabling



Tabling



Dating/Domestic Violence Awareness Month: Purple Day



Tech Wellness/Chalk Drawing Table

4A. PREVENTION AMBASSADORS

Purple Mile

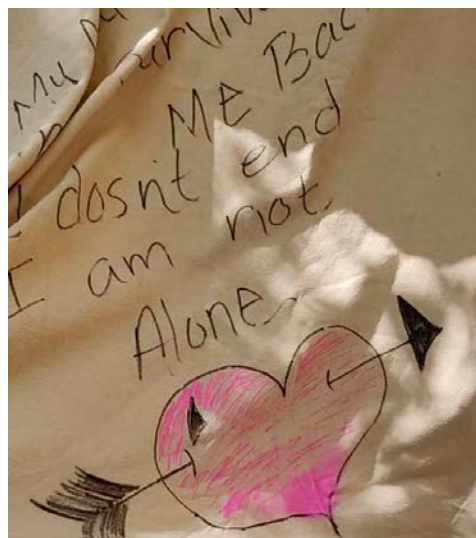


Kristy Mace/The Sunflower



Clothesline Project

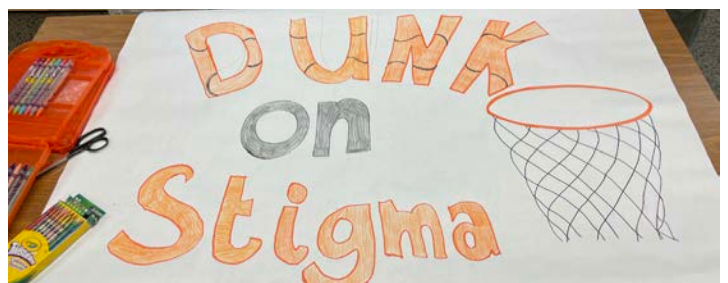
The Clothesline Project is a visual display of sexual assault survivor stories. This national campaign gives those affected by sexual assault a chance to share their stories and for survivors to reclaim their voice.



4A. PREVENTION AMBASSADORS

Black Out Stigma

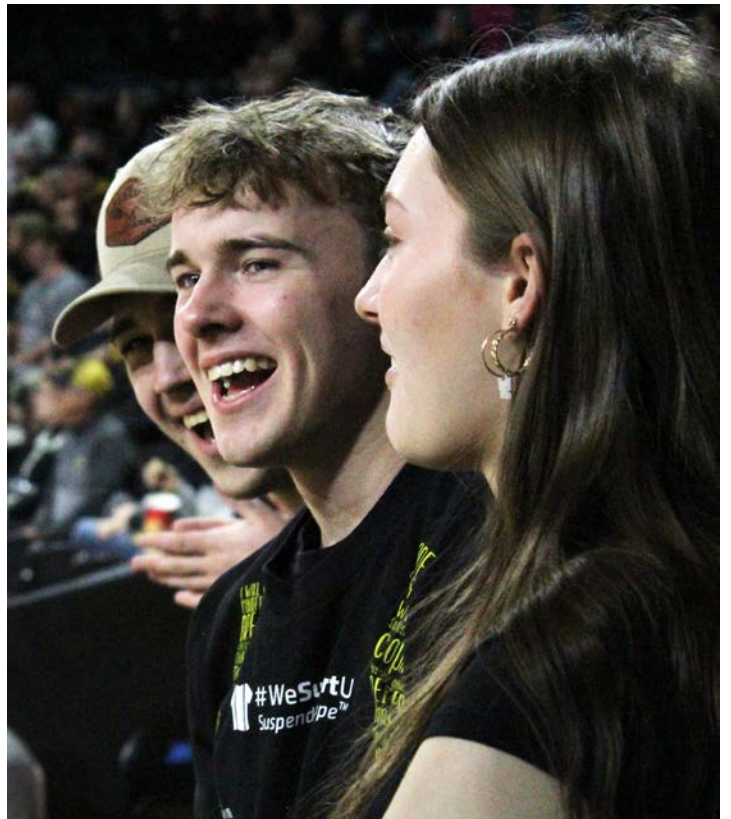
Black Out Stigma was a Mental Health campaign that occurred on Feb. 11, 2024, at the WSU Men's Basketball game. This event was a partnership with Wichita State Athletics, sponsored by Ascension Via Christi. Prevention Ambassadors greeted guests, distributed Suspenders4Hope shirts and resources as well as decorated signs, which they displayed during the game.



About

Campus: S4S is a program developed at WSU, and housed in HOPE, that serves Campus and Community wellness needs in the four areas on which we focus. This section speaks specifically to work done beyond the WSU campus.

Black Out Stigma



7. SUSPENDERS4HOPE #WESUPPORTU PREVENTION PROGRAM

Black Out Stigma cont.



Our HOPE Services team was recognized on the court for coordinating the Suspenders4Hope program and population-based efforts to promote health and well-being on campus and in the community.



Fans of the game were two Suspenders4Hope Champion award recipients: Dr. Suzanne Hawley, professor in the Department of Public Health Sciences (middle photo, right), and Jenny Venn, instructor in the College of Fine Arts instructor (middle photo, left), along with her graphic design students (bottom).

Our Mental Health Advocate program was featured on the big screen. Those working in or studying to work in the mental health field were recognized for the hope they bring others, including several CAPS counselors and staff pictured.

Black Out Stigma cont.

The Shocker Cheer Team and Marching Band completed the Mental Wellness and Preventing Suicide Training ahead of the game, so they could assist with shirt and resource distribution as well as represent the cause.



Collaborations

- Collaborated with KaaS and to provide mental wellness content on the Ringorang app. Partnered with KaaS on multiple grant submissions.
- Connected with individuals, businesses, and organizations in the community to assist and promote our programs, tools and resources.
- Networked and connected with national businesses and organizations to find partnerships that benefit WSU, the Wichita community and general wellness.
- Partnered with local businesses to raise awareness of the Suspenders4Hope program and its offerings. (Breakthrough Wichita, Treehouse, etc.)
- Explored many potential partnerships (Medic All, Myri, LivingWorks, Askia, etc.)
- Social media efforts and new partnership and space with The Phoenix.
- We provide ongoing support services for our licensing partners. (Monthly reports, problem solving and planning assistance)
- Partnered with KDHE and other state government departments to extend the reach of our program.

Other

- We have given away hundreds of Suspenders4Hope t-shirts into the Wichita community. Mostly through grant funds secured by our department.
- Communicating with the community to raise awareness of the Suspenders4Hope program, find beneficial solutions, coordinate events and schedule in-person trainings.
- Construction Working Minds Planning Committee and Programming Subcommittees.
- Founders Day of Giving Fund Raising Campaign.
- Website improvements.
- Grant proposals (Bob Woodruff Foundation)
- Tech support for our online training and website functions.



7. SUSPENDERS4HOPE #WESUPPORTU PREVENTION PROGRAM

Expansion

- Elevating the conversation around Suspenders4Hope and making strides toward becoming the nationally recognized symbol for supportive mental health communities.
- Expanded opportunities with WSU's Office of Tech Transfer to commercialize Suspenders4Hope technology.

Community Partners

- Community partners who have a 2023-2024 licensing agreement to use the Suspenders4Hope Prevention Program, focusing on Mental Wellness, Preventing Suicide, Preventing Sexual Violence and Substance Use Disorders.



(ongoing post-initial license collaboration)



CATHOLIC DIOCESE
OF WICHITA



PennState



NEWMAN
UNIVERSITY

- Grew Suspenders4Hope campaign awareness with multiple promotional and marketing initiatives through large-scale events with community partners
 - Ascension Via Christi
 - Wichita Catholic Diocese
 - Kansas Department of Health and Environment
 - LGBTQ+ Foundation of Kansas
 - Sedgwick County
 - Safe Streets Wichita
 - The Greater Wichita YMCA.

Featured in media by



The Wichita Eagle

The Sunflower



Community Positions



Served on County, State, and Regional Committees, including the Sedgwick County Suicide Prevention Coalition and the Sedgwick County Mental Health Advisory Board, *above*

Train the Facilitator program

- Launched in March 2023
- OVER **100 FACILITATORS** are now trained
 - The new Facilitators will be able to teach our **Suspenders4Hope Mental Wellness and Preventing Suicide Training** out in the community.
 - We have been able to provide Preventing Suicide Facilitator Training to many community members, **at no cost to them**, by funds we received from grants (*see grants section*).



Trainings



Mental Wellness and Preventing Suicide Trainings

(Multiple in-person and online versions rolled out and in development)



Preventing Suicide in the Spanish Speaking community

(In-person and online)



Preventing Suicide in the LGBTQ+ Community Version

(In-person and online)



Preventing Suicide in the Law Enforcement Community Version

(In-person)



Preventing Suicide in the Veterans Community Version

(In focus groups)



Preventing Suicide in the Vietnamese Speaking community

(In-person)



Preventing Suicide in the Catholic Community

(In development)



Substance Use and Mental Wellness Training

(Online in development)



Healthy Relationship and Bystander Intervention Training

(Online in development)

Trainings cont.

In-person community training events for the following groups/events include:

- Newman University
- Catholic Association of Businesses
- Fidelity Bank
- Golden Gate Breakfast Club
- Fore The Kids
- Prevention WORKS members
- Newman MSW Program
- Kansas Department of Health and Environment
- American Marketing Association
- University of Oklahoma Health Sciences Center
- CUA Center for Principled Entrepreneurship
- Higher Education Suicide Prevention Coalition
- Governors Public Health Conference
- Catholic Diocese of Wichita
- Boy Scouts of America
- One Million Cups
- KAIRS Summer Teaching Conference
- HIS Colwich
- Bishop Carroll
- Kansas Public Health Association
- KAAAN Conference
- United Way
- HUB International
- Kansas Prevention Conference
- Mental Health Summit Kansas Leadership Center
- IMA Construction Industry
- WSU + KU Public Health Student Associations
- Public Health Week
- Health & Wellness Coalition Annual Conference
- Essdack
- Family Promise
- Catholic Assembly for Business

8A. PROMOTING HEALTH AND WELLNESS

Mental Health and Movement



- HOPE Services and the YMCA held a free, multi-week class in the fall and spring that was marketed to staff and students. The goal was to help individuals identify movement goals, gain a more wholistic understanding of health, and identify and start to overcome barriers to engaging in movement practices.
- Topics covered the impact of stress and stress reduction techniques with breath and movement, different movement practices, including yoga/stretching/yoga, gym equipment, and circuit options.

BETWEEN BOTH SEMESTERS:

10 WEEKS of classes were held

16 UNIQUE PARTICIPANTS,
9 of whom came most weeks

- Weekly evaluations indicated that all participants left with skills they can use to improve physical and mental wellness and many said they would repeat the course in the future.

The Wardrobe

- Launched The Wardrobe, which is a free resource for WSU members who identify as transgender, gender non-conforming, and non-binary individuals to try on items to help them learn the size and style for the gender they want to express and take the items they need from a private and safe space.
- The total number of people who use the resource are recorded each day for assessment and reporting purposes. No identifying information is captured. 10 individuals utilized The Wardrobe since it opened on October 23, 2023.
- The campus community and beyond has donated lightly used clothing, shoes, and accessories as well as new makeup and hygiene products to stock The Wardrobe, which is staffed by HOPE Services staff and by Prevention Ambassadors.
- Items are free with no item limit currently.
- The Wardrobe was featured in the Sunflower.



Wellness Cards

Promoted Mental Wellness in the Workplace program, and Wellness for Students. These easy-to-use exercises allow supervisors or individuals to infuse wellness content into their everyday routines and meetings.

Get your free set of #WeSupportU Mental Wellness in the Workplace Cards

Request a free set of
#WeSupportU Mental
Wellness in the
Workplace Cards.

The cards are designed to give leaders who work with groups of faculty or staff an easy to use mental wellness curriculum to incorporate into their content delivery. The set includes 30+ cards one can use to lead faculty staff in 5-10 minutes activities designed to increase peer connections and overall well-being. Please consider incorporating them into your work with faculty or staff this semester. We know mental health is essential to overall health and healthy faculty or staff are better prepared to be successful in their jobs.

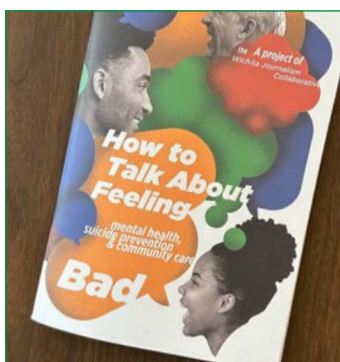


Over **1,500 SETS**
have been distributed for use

- New Mental Wellness Card promotion designed and launched to increase visibility of resource and provide easy access to request website. The new promotion initiative features bookmarks with a sample of wellness reflection questions found in the card set, crisis resources, and a QR code to the request page.
- This fiscal year, HOPE received direct requests for:
 - Workplace Mental Wellness Card Sets
 - Classroom Mental Wellness Card Sets
 - Student Mental Wellness Cards Sets
 - Classroom Mental Wellness Card Sets in Spanish
- Presented efficacy data for classroom wellness cards in faculty forum



Resource Publication & Distribution

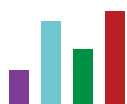


Obtained additional funding for printing an updated version of the zine **“How to Talk About Feeling Bad,”** which was a collaboration with Wichita Journalism Collaborative. This combines stories of hope and information from our Preventing Suicide training. Already distributed initial run.



Booth in Pride of Kansas Building at the Kansas State Fair to provide resources and information to the broader Kansas community.

Mental Health Screenings



CHECKUP



ANONYMOUS



FAST

772 ONLINE MENTAL HEALTH
SCREENS completed this year



Ran digital and prints ads in The Sunflower encouraging students to take the online mental health screens.

Stories4Hope

- Program expanded in format and audience
- Included written Stories4Hope: Taylor Valdez and Traci Hall
- Included a new story for faith-based communities: Father Meng, pending final production

8A. PROMOTING HEALTH AND WELLNESS

Social Media Campaigns

Continued building a culture of mental health wellness at WSU through social media campaigns designed to connect students and staff with resources and encourage them to reduce stigma in their personal and professional lives. Student-led campaigns and graphic design featured messages around:

THE FACTS about Fentanyl

What is it?

- It is a **SYNTHETIC OPIOID** that is up to **50x** stronger than heroin.
- It is a **MAJOR CONTRIBUTOR** to fatal and nonfatal overdoses in the U.S.
- It is **often added to other drugs** because of its extreme potency which makes drugs cheaper, more powerful, more addictive, and more dangerous.
- 96%** of NCHS respondents said they have never used an opioid that wasn't prescribed to them.

Difficult to Detect

Many people may be unaware that their drugs are **LACED WITH FENTANYL**, because:

- It is nearly impossible to tell unless you use **TESTING STRIPS** on your drugs, which are **imperative**.
- Prescription fentanyl** looks like many other drugs, and is commonly mixed with drugs like heroin, cocaine, and methamphetamine and made into pills that are made to resemble other prescription opioids.
- Liquid fentanyl** can be found in nasal sprays, eye drops, or dropped onto paper like small candies.

2 TYPES: Both are considered synthetic opioids. **Pharmaceutical fentanyl** is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer. **Illegally manufactured fentanyl** is distributed through illegal drug markets and makes up most recent cases of fentanyl-related overdoses.

fentanyl awareness

September Mental Wellness Calendar

The calendar features daily prompts for mental wellness, such as 'Take a 5-minute break', 'Practice gratitude', and 'Connect with a friend'. It also includes a section for 'Resources' with links to various support services.

monthly wellness calendars

Respond to Mental Health Crisis:

- SHARE** concerns.
- ASK** directly about suicidal thoughts.
- SUPPORT** without judgement and connect to resources.

HOPE Services #WSUWeSupportU

steps to take in a crisis

WEAR YOUR SUSPENDERS ON FRIDAYS

The image shows a black t-shirt with yellow suspenders. The suspenders have the text 'We Support U' repeated on them. The t-shirt also has the text 'We Support U' on the front.

representing the cause

Are you concerned about your relationships?

Schedule a session at CAPS

316-978-4792 • wichita.edu/CAPS

The illustration shows four people of diverse backgrounds sitting around a table, engaged in a conversation. They are looking at each other and appear to be listening or speaking.

healthy relationships

The importance of connection

The illustration shows four people of diverse backgrounds standing in a circle, holding hands. They are looking at each other and appear to be connected.

the importance of connection

Fall 2023 GROUP THERAPY

Think group is right for you? Speak to your counselor or call 316-978-4792 to set up a consultation. **Groups are in-person at the Student Wellness Center unless otherwise specified.**

PROCESS GROUP

- Understanding Self and Others (USO)**
 - Wednesdays 2:00 - 3:00 pm starting 9/20
 - Fridays 1:00 - 2:00 pm starting 9/22
 - Fridays 3:00 - 4:00 pm starting 9/22

SUPPORT GROUPS No appointment needed - join us!

- Neurodiverse Support Group** Tuesdays (Student Library 225) 1:00 - 2:00 pm starting 9/18
- Transgender Support Group** Wednesdays (on Zoom) 1:00 - 2:00 pm starting 9/20
- Healing from Trauma Support Group** Thursdays 3:00 - 4:00 pm starting 9/21

For more information, email aristotle_santagostino@wichita.edu or nachee_arnest@wichita.edu

#WSUWeSupportU

group therapy options and the benefits of attending

BE A SUSPENDERS4HOPE MENTAL HEALTH ADVOCATE

1. Utilize **#WeSupportU** Mental Wellness for Students at wichita.edu/WellnessCardRequest

The image shows a black t-shirt with yellow suspenders. The suspenders have the text 'We Support U' repeated on them. The t-shirt also has the text 'We Support U' on the front.

other available resources, events, and trainings

Wellness Calendar

The monthly Wellness Calendar now focuses on physical wellness in addition to mental wellness and is produced by the three, student facing Student Wellness Center departments. Student workers and Prevention Ambassadors designed and launched new social media marketing programming to increase engagement by creating Instagram reels of members of the campus community completing wellness activities.

Mental Health Advocate

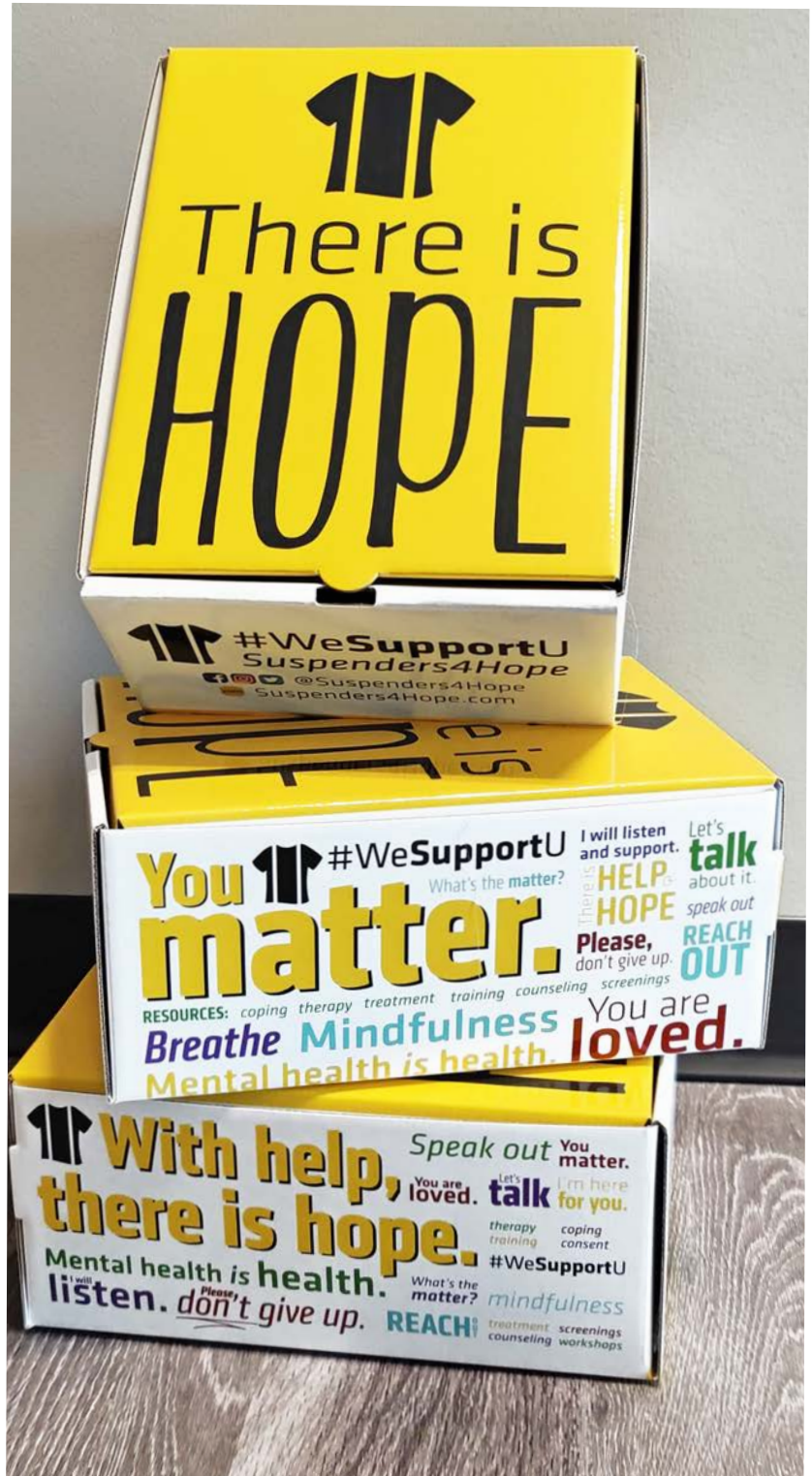
- Mental Health Advocate campaign in WSU Today and Shocker Blast
- Suspenders4-Hope Mental Health Advocate recognitions in WSU Today and Shocker Blast



Other

- Health and Wellness Subcommittee supports Student Health Services initiatives
- Expanded Suspenders4Hope website with updated content and formatting.
- Continued building a culture of mental health wellness at WSU through social media campaigns designed to connect students and staff with resources and encourage them to reduce stigma in their personal and professional lives

3rd Annual Suspenders4Hope 5K & 1 mile Memorial Walk



This year launched an innovative program to assist students and community members in distress. Hope Kits assist in providing resources, skills, and destigmatizing materials for individuals experiencing a suicidal crisis. Both WSU CAPS and COMCARE are handing out these kits to clients. The Hope Kits were featured by KSN and the Kansas Leadership Center Journal.

8B. PREVENTING SUICIDE

Mental Wellnes and Preventing Suicide Training



Mental Wellness and Preventing Suicide Trainings

(Multiple in-person and online versions rolled out and in development)

Our community version of our Promoting Mental Wellness and Preventing Suicide training is available for all public health professionals in the US on the TRAIN system for continuing education credits.



Preventing Suicide in the **Spanish Speaking community**
(In-person and online)



Preventing Suicide in the **LGBTQ+ Community Version**
(In-person and online)



Preventing Suicide in the **Law Enforcement Community Version**
(In-person)



Preventing Suicide in the **Veterans Community Version**
(In focus groups)



Preventing Suicide in the **Vietnamese Speaking community**
(In-person)



Preventing Suicide in the **Catholic Community**
(In development)

Preventing Suicide Training



Current reach

1,703 PEOPLE
completed the Preventing Suicide training in FY 24.

7,516 PEOPLE
trained since its launch in September 2018.

- 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.
- Customize Preventing Suicide Training for military and law enforcement community members
- Translated and recorded Preventing Suicide Training in Vietnamese

Other

- Distributed crisis magnets and medication disposal bags to all Housing and Residence Life apartments as well as information on how to take the online Preventing Suicide training.
- Engaged in student focus groups to evaluate student perspectives on our current trainings.
- Focus on “Share, Ask, Support” with outreach messages and resources
- Launched Hope Kit pilot study
- Established Executive Steering Committee on Mental Wellness with University leaders, monthly meeting to discuss campus wide initiatives



3rd Annual Suspenders4Hope 5K & 1 mile Memorial Walk

All photos on this page
Mia Hennen/The Sunflower

to benefit



STOP SUICIDE ICT
a community collaborative



 **Ascension
Via Christi**

restore
HYPER WELLNESS + CRYOTHERAPY

FARTLEKS

 **SPECTRUM**
PROMOTIONAL

 **the Y**
YMCA

mary kate
AND COMPANY

 **CHICK'N MAX**

ALL OUT
CONSTRUCTION

k m u w
WICHITA **89.1**

8C. PREVENTING SEXUAL VIOLENCE

Comprehensive Prevention

- 1,877 total contacts for healthy relationships, healthy conflict, red flag/green flags, consent, resources for sexual assault/domestic violence/stalking, trainings, awareness month content/events, etc.
- Bystander intervention content specific to sexual assault prevention was included in orientation this fiscal year.

Sexual Assault Awareness Month (SAAM) in April

Tabling

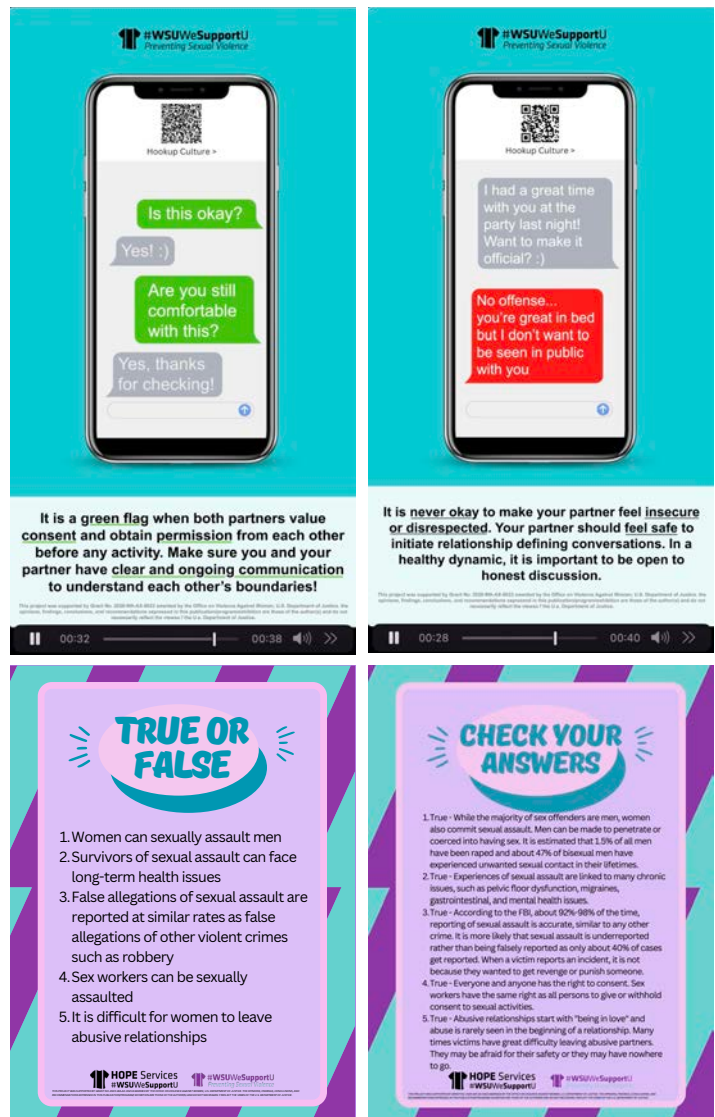
- HOPE organized resource tabling events among CCCRT and other campus partners throughout April
- **102 PEOPLE** participated in the HOPE table activities alone
- HOPE table topics for these events included consent, how to have consent conversations, myths and misconceptions, bystander intervention, engaging men in prevention, and confidential and nonconfidential persons.
- The CCCRT piloted a bingo game to increase engagement with the various department tables, as well as a True/False activity – both of which were really popular

Activities

- Prior to COVID-19, Sigma Psi Zeta utilized the Clothesline Project as part of their outreach on campus. HOPE Services and the Prevention Ambassadors partnered on this project to help bring the campaign back to campus. A tent was set up outside with t-shirts displayed from past Clothesline Projects. *See Section 3A. Prevention Ambassadors, page 12, for pictures.*
- During the SAAM tabling events, individuals could create fabric squares with positive messaging on pieces of denim for people to wear in support of survivors on Denim Day. They were displayed at the Denim Day table and available for people to take.

Online Promotion

- A social media campaign was used to support all activities during SAAM and provide prevention material.



Comprehensive Prevention cont.

October was Dating/Domestic Violence Awareness Month



Kristy Mace/The Sunflower

Healthy Relationship and Bystander Intervention Training (HR&BI)

43 STUDENTS TRAINED

- Groups trained:
 - Prevention Ambassadors (11)
 - Fraternity & Sorority Life members, co-presented with Prevention Ambassador/SYZ member (23 ppl in attendance)
 - International (9)
- The training has undergone updates in two directions, including modifications to fit in an online format and adaptations to meet the needs of international students.

Other Efforts

- Reports finalized from interviews with key stakeholders regarding perception of sexual violence on campus, campus efforts to prevent and address incidents, and an offering of potential next steps.
- Under the OVV grant, a trainer came to campus and presented to staff on topics, such as the TIX resolution process, critical thinking skills, enacting policy, cultural/community competency, questioning/listening skills, standard of proof, gender-based misconduct, credibility determination, etc.
- To discuss healthy relationships around Valentine's Day, HOPE held the "Kisses Booth" (giving away Hershey Kisses). This consisted of two tabling events that provided information about consent and hook-up culture to **73 PARTICIPANTS**.

Purple Mile

- A memorial walk for those touched by DVSA that involves collaboration between the campus and community.
- 9th annual Purple Mile included expanded community partnerships
- Increased attendance to approx. **210 PEOPLE**

Purple Day

- We partnered with the Prevention Ambassadors for the Purple Day event with included creating murals with handprints and statements about solidarity with those who experience DV.
- See Section 3A. Prevention Ambassadors, pages 11 and 14, for more pictures.

Red Zone

182 CONTACTS during Red Zone

6 TABLES specific to preventing sexual violence

- During the first eight weeks of the fall semester, when students are at greater risk of experiencing DVSA, regular tabling events were held that provided information and resources to students.
 - Partnered with the Preventing Substance Abuse and Prevention Ambassadors as well as CCCRT department members. WASAC also tabled.
 - Tabling topics addressed intersection of substance use and consent, sexual assault, healthy relationships, resources, healthy conflict, etc.

Classroom Infusion Activities

- Dr. Jodie Hertzog and doctoral candidate Kat Fishwick conducted a study of the activities with instructors across campus. These are short activities designed for in-person and online formats covered a variety of topics on attitudes and understanding about relationships, consent, and knowledge of sexual violence. Evaluations of the project are helping inform how we move forward.

8D. PREVENTING SUBSTANCE MISUSE

Overview

- 1,438 students engaged in content related to substance misuse, overdose, and destigmatizing Substance Use Disorder. To compare, 1,001 students connected the year before.
- Completed 2nd and 3rd Tier AOD sanctions in collaboration with Student Conduct and Community Standards.
- Analyzed WSU survey data about students' thoughts and opinions on important topics such as the effects, risks, and presence of illegal substances in Wichita. There were 1,700 student responses. The survey provided us with valuable insight into students' attitudes toward substances.

Training Launches

Substance Use and Mental Wellness Training

#WSUWeSupportU

- Designed to give WSU students tools to learn about substances, reflect on their perception of substances and those who use them, help them with decision-making around substance use and skill-building with them on ways to intervene in a crisis.



- **31** INDIVIDUALS have completed this training

#WeSupportU

- Tailored content for general community that provides participants with tools to learn about substances, reflect on their perception of substances and those who use them, help them with decision-making around substance use, and skill-building with them on ways to intervene in a crisis.
- **42** INDIVIDUALS have completed this training



Naloxone Administration Training

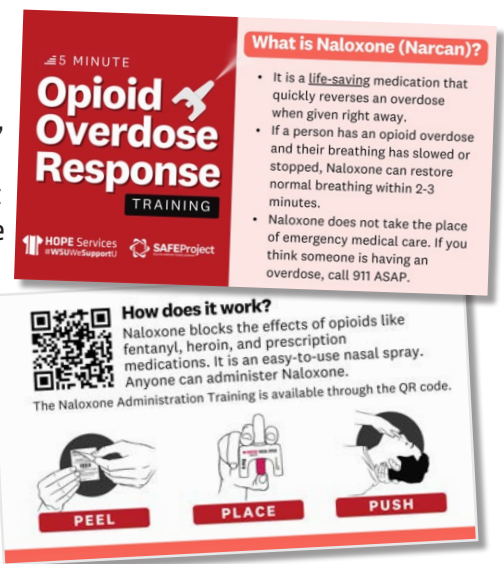
- Through a partnership with DCCCA, a prevention-related non-profit that operates primarily in Kansas, the Preventing Substance Misuse HSAB subcommittee became certified in their one-hour Naloxone Administration training.
- Because of a donation from DCCCA, we have been able to give free naloxone to training attendees.
- **97** INDIVIDUALS have completed this training

5-Minute Video:

In partnership with Safe Project, a national organization that works to promote harm reduction in campus and community settings, we have created a 5-minute naloxone administration training video

for the general community as well as one specific to campus resources. The videos, available on YouTube, walk viewers through what naloxone is, how to use it, and available resources. We also created the above business card with a QR code leading to the video.

54 VIEWS between both videos on ShockersCAPS and Suspenders4Hope channels since posted on Apr. 23



Community

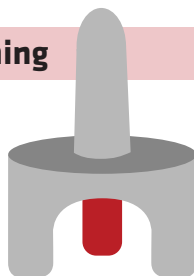
Substance Use and Mental Wellness Training



- Launched the Community version
- Received award from the Sunflower Foundation Kansas Fights Addiction Grant
- Introduced content for the first time at the Phoenix Gym, a sober gym in Downtown Wichita, *above*
- Presented training to local organizations, such as Safe Streets and Community Engagement Institute.
- Launched Facilitator Workshop for this training
- Email newsletter article highlight Mental Wellness and Substance Use training

Naloxone Administration Training

- Collaborated with Safe Project to create a 5-minute Naloxone Administration Training.
- Includes community and campus versions with relevant resources



Naloxone Access

- Spoke at the Fight Fentanyl Rally in Wichita to promote access to naloxone.
- Attended the ribbon cutting for the new Naloxone Vending Machine on 705 N. Broadway at A Second Chance Bail Bonds.

Safe Streets Wichita Coalition

- Represented on the coalition, which is a non-profit dedicated to utilizing evidence-based strategies to support community development to reduce substance-related harm in KS communities.

Outreach Events

- Participated in community outreach events promoting harm reduction strategies, such as:
 - Open Streets Wichita
 - Working Well Conference
 - Big Read: Housing and Healing

Campus

Red Zone

- This is the first six weeks of fall semesters when, nationally, we see an increase in cases involving sexual assault and substance use concerns. Comprised of two weekly tables during this time.
- Partnered with the DVSAS Teams and Prevention Ambassador Teams.
- Tabling topics addressed substance misuse, sexual assault, consent, and the intersection of these topics.

Substance Use and Mental Wellness Training

- Launched the Campus version
- Attended a course from Safe Project, an organization dedicated to collegiate recovery, to receive input from national experts on the training content and create a strategic plan to disseminate training
- Focus group training content with Prevention Ambassadors to receive student perspective

Naloxone Distribution

- Worked with General Counsel to get approval to distribute naloxone on campus upon completion of an administration training.

HSAB Preventing Substance Misuse Subcommittee

- Trained to present DCCCA's Naloxone Administration Training
- Content has been presented to departments, such as Veterans Upward Bound, Future Health Care Workers, and WSU library staff.

Overdose Prevention Campaigns



Through social media, the Prevention Ambassadors promoted harm reduction techniques, such as naloxone and medication locks.

