



Prevention Services (now HOPE Services) **ANNUAL REPORT FY23**

Wichita State University
Student Affairs



1. Prevention Services

2. #WSUWeSupportU Suspenders4Hope

3. #WeSupportU Suspenders4Hope

4. Prevention Services Advisory Board (PSAB)

5. Applied Learning Opportunities

4a. Prevention Ambassadors

6. Prevention Grants

7. Community Wellness and Prevention Sciences Academic Courses

8. Areas of Prevention

8a. Promoting Mental Wellness

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

8b. Preventing Suicide

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

8c. Preventing Sexual Violence

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

8c. Preventing Substance Use

- Reducing harm
- Practicing healthy habits
- Creating connections and feelings of belonging
- Preventing and reducing vaping and intake of alcohol, tobacco, and other drugs

Department Changes

- Prepared to roll out Health, Outreach, Prevention, and Education (HOPE) Services department and updated documents to demonstrate equal alignment with CAPS and Student Health Services.

Team Positions

- Created and hired **OUTREACH MANAGER** to assist in better coordinating outreach for all departments of the Student Wellness Center.
- Created a **PREVENTION AMBASSADOR COORDINATOR** role and funded by grant funds.

Community Engagement

- Presented at two conferences (State Youth Suicide Prevention Conference, Suicide Research Symposium (SRS) Poster Presented with Public Health) 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 across the University.
- Served on the planning committee for the annual Kansas Prevention Conference, which had attendees from various organizations across Kansas.
- Gained **63,000 IMPRESSIONS** through engagement across all social media platforms for CAPS, HOPE Services and Suspenders4Hope



@SHOCKERSCAPS



@WSUHOPE SERVICES



@SUSPENDERS4HOPE



Collaborations



Began a relationship with the McNair Scholar program to evaluate the efficacy of educational and prevention materials.



Began an undergraduate applied learning research lab for Honors College credit.



Partnered with the Engineering department to get new LMS system running, increasing accessibility of online materials.



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



Suzanne Hawley
Public Health

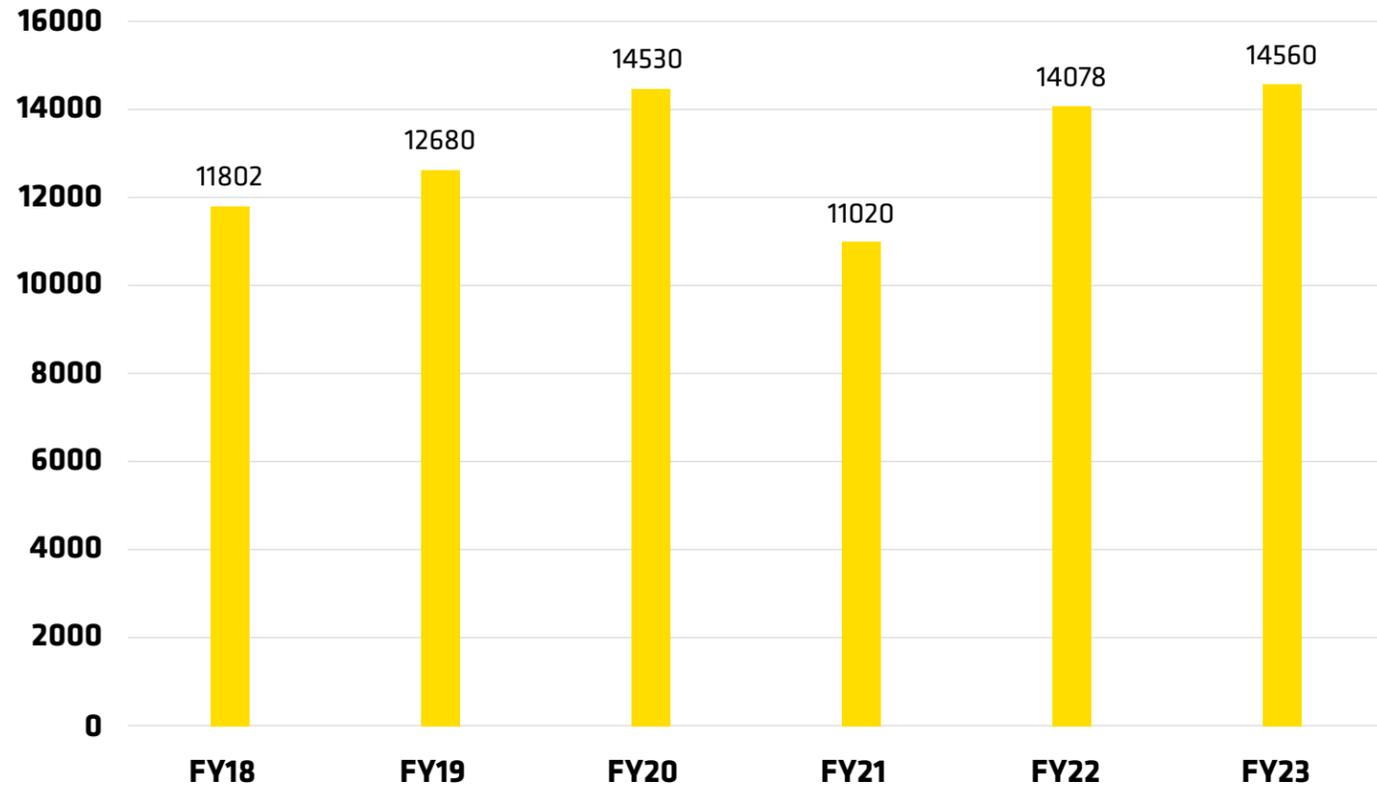


Huabo Lu
Engineering

Connected with faculty fellows

2. #WSUWESUPPORTU SUSPENDERS4HOPE

Outreach Contacts



Prevention and Outreach



Engaged in **535.9 HOURS**



Had **14,560 CONTACTS** with students, parents, staff/faculty, and community members



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

Presentations



Totaled **314 HOURS**



Had **8,919 CONTACTS** average of 40 people per presentation. These presentations ranged in topics covering our four focus areas.



135 OUT OF 222 PRESENTATIONS provided by CAPS were requested by campus partners

Trainings



Revised the flow of the **Suicide Prevention Training** and its evaluation to increase ease of use.



Rolled out **Preventing Sexual Violence Bystander Training** (please see Area of Focus 7C)

Currently developing



Mental Wellness Advocate Training



Stigmas, Stereotypes, and Safety (A Substance Use Prevention Training)

Community

- Our trainings are a free resource for the community.
- Midwestern Public Health Training Center utilizing our Preventing Suicide training for their students.

Tabling



Totaled approx. **203 HOURS**



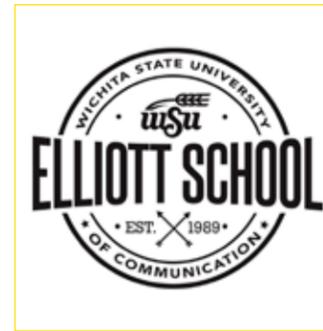
Had **5,403 CONTACTS** average of 77 people per table



Provided **70 TABLES** with information and resources

Other

- Delivered hopeful content and informative campaigns on social media, WSU TV, Shocker Blast, WSU Today, WSU Alumni Newsletter, and other publications to build awareness of available resources among students, staff, faculty, and the community
- Partnered with SGA and other Student Affairs departments to engage in **Wellness Weeks** for the campus community.



- Collaborated with Elliott School of Communication in video production class to develop public service announcements produced by students.
- Updated Wellness Card Evaluation

Suspenders Gear



Totaled **\$2,500** over the fiscal year



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

3. #WSUWESUPPORTU SUSPENDERS4HOPE

Recognition



Recognized by Wichita Medical Research & Education Foundation with Jiggs Nelson Quality of Life Award.

- Recognized by Wichita Business Journal as Healthcare Hero for community outreach.

Awareness

- Elevating the conversation around Suspenders4Hope and making strides toward becoming the nationally recognized symbol for supportive mental health communities.
- Worked with WSU's Office of Tech Transfer and Commercialization to produce a video about Suspenders4Hope and how it can contribute to workplace wellness initiatives and other initiatives.
- Grew Suspenders4Hope campaign awareness with multiple promotional and marketing initiatives through large-scale events with community partners



- o Missing & Murdered Indigenous Women (MMIW)
- o Salud Bienestar
- o This is Her
- o Cafe Con Leche

Featured in media by



Community Partners

- who have a 2022-2023 licensing agreement to use the Suspenders4Hope Prevention Program, focusing on Mental Wellness, Preventing Suicide, Preventing Sexual Violence and Substance Use Disorders.



- New Suspenders4Hope Community Partners are currently in the onboarding process



Materials

- Engaged national experts Dr. Ken Duckworth (CMO, NAMI) and Dr. David Jobes for feedback on our materials and engagement.
- Translated Wellness in the Workplace cards to create a Spanish version of the exercises.



Community Positions

- Served on County, State, and Regional Committees, such as Sedgwick County Suicide Prevention Coalition.

Trainings

Created by our dept. & currently in use *online*



Community Preventing Suicide Training



Spanish version of the Preventing Suicide Training

Currently developing *in-person & online*



Vietnamese version of the Preventing Suicide Training



Preventing Sexual Violence Bystander Training (*In-person rolled out*)



Veterans' version of the Preventing Suicide Training



Promoting Wellness and Preventing Suicide in **Older Adults**



Promoting Wellness and Preventing Suicide in the **LGBTQ+ Community** (*In-person rolled out*)



Mental Wellness Advocate Training



Promoting Wellness & Preventing Suicide in the **Law Enforcement Community** (*In-person rolled out*)



Stigmas, Stereotypes, and Safety (A Substance Use Prevention Training)

Train the Facilitator program

- Launched in March 2023
- 17 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*).

Along with the trainings, we created Suspenders shirts and materials including for Spanish, Veterans, and Law Enforcement communities



3. #WSUWESUPPORTU SUSPENDERS4HOPE

Trainings cont.



Mental Wellness & Preventing Suicide Training community events
in-person for the following groups:

- the artistic community



for the substance use recovery community

(The Association of Fund Raising Professionals)

Ringorang Collaboration



- We are in the development stage of a program that will be offered to a school group in West Baton Rouge, LA.
- The program is designed to help those who are graduating. To help them build habits that promote healthy individual employability.
- We have also partnered with Ringorang, the United States Air Force and Goodwill of Kansas on other grant submission projects.

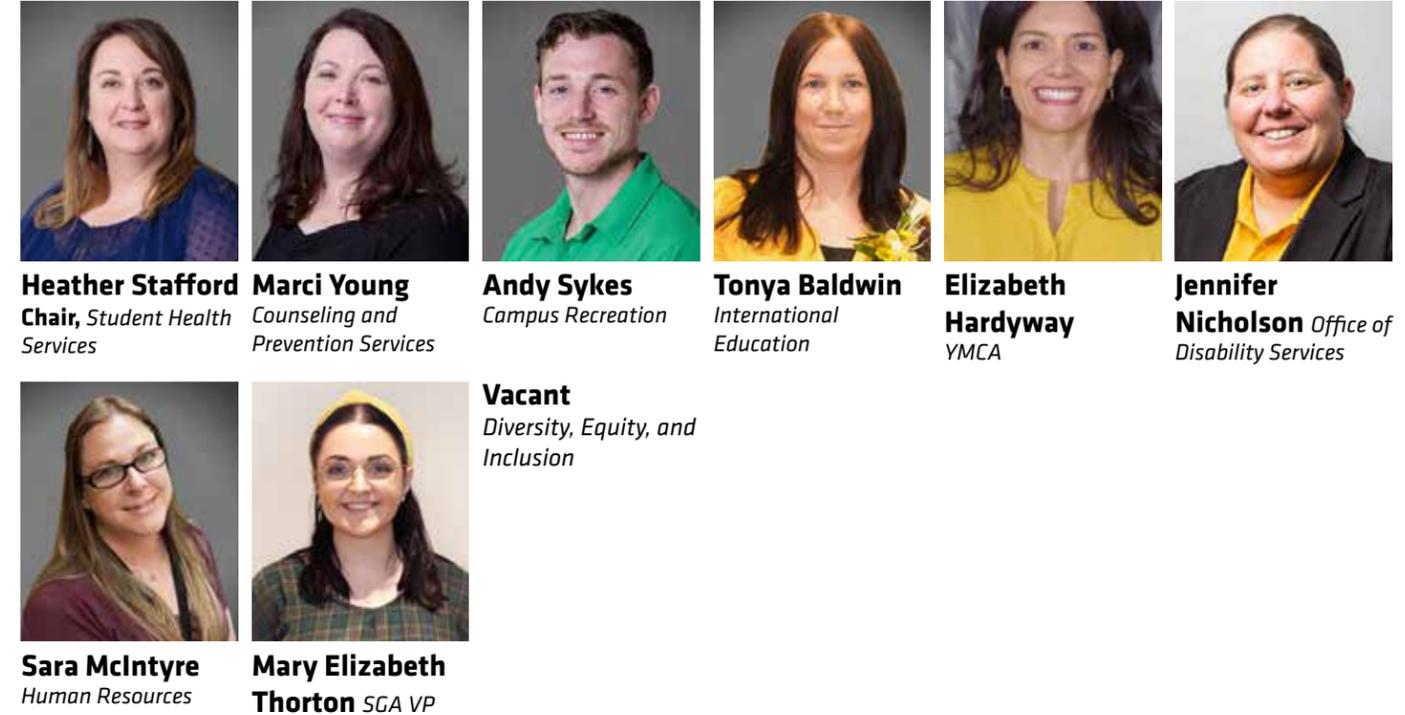
Suspenders4Hope.com

- Added pages to the website with relevant content
 - o About
 - o FAQ
 - o Get Involved
 - o Advocate
 - o Become a Partner
 - o Current Partners,
 - o Donate
 - o Suspenders Gear
 - o Take the Training
 - o Wellness Activities
 - o News
 - o Events
 - o Media Inquiries
 - o Press Release
 - o Stories4Hope

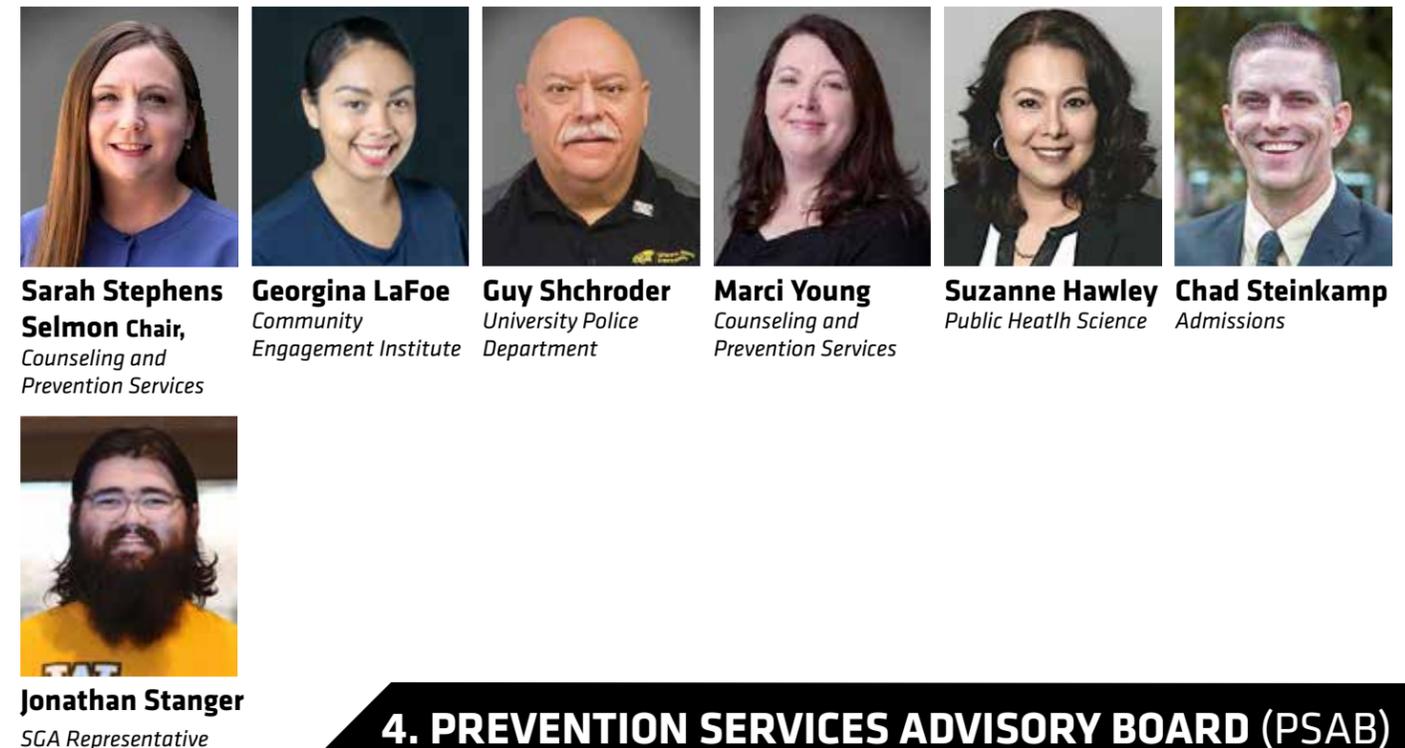
Cause-Related Marketing & Fundraising

- A cause-related marketing partnership between Suspenders4Hope and the WSU Office of Tech Transfer and Commercialization.
- Continued efforts are in finding new partners and raising funds to sustain and expand all our Suspenders4Hope efforts and community actions.
- We have donation and fundraising materials available for distribution.

Promoting Wellness Subcommittee



Preventing Suicide Subcommittee



4. PREVENTION SERVICES ADVISORY BOARD (PSAB)

4. PREVENTION SERVICES ADVISORY BOARD (PSAB)

Preventing Sexual Violence Subcommittee



Cora Olson Chair,
Counseling and
Prevention Services,
Office on Violence
Against Women Grant



**Amanda
Abeywickrama**
CAPS, International
Graduate Student in
Sociology



Carley Enyart
Housing and
Residence Life



Corey Herl
University Police
Department



Kat Fishwick
CAPS, Doctoral
Practicum Student
in Community
Psychology



Kennedy Rogers
Student Affairs Staff
Engagement



Megan Lewis
Student Affairs Staff
Engagement



Liz Thornton
Student Conduct and
Community Standards



**Courtney
McHenry**
OIEC/CTAC - Title IX
Coordinator



Marci Young
Counseling and
Prevention Services



Victoria Gardner
Counseling and
Prevention Services,
Community Partner



Alicia Newell
Student Affairs,
Assessment and Re-
tention, CARE Team



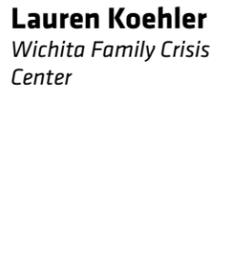
Jodie Hertzog
Sociology Department



Vanessa Hunter
WASAC Advocate



Alice Fitzgerald
SGA Advocate



Lauren Koehler
Wichita Family Crisis
Center



Lucretia Taylor
OIEC/CTAC - Title IX
Coordinator



Josh Steward
Sedgwick County
District Attorney's
Office

Preventing Substance Use Subcommittee



Marci Young
Chair, Counseling and
Prevention Services



Rachael Gladden
Counseling and
Prevention Services



Sheri Barnes
Academic Advising



Kelly Adams
Mothers Against
Drunk Driving



Andrew Moses
Athletics



Liz Thornton
Student Conduct and
Community Standards



**Sarah Stephens
Selmon** Counseling
and Prevention Services



Jennifer Mackey
School of Social Work



Malaree Hood
Student Engagement,
Advocacy and
Leadership



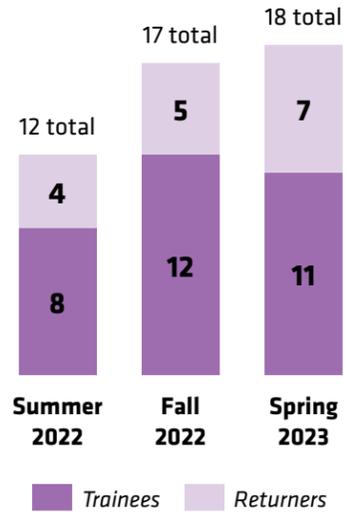
Noah Carter
SGA Representative

Alan Dsouza
Trio Support Services

4A. PREVENTION AMBASSADORS

Program Updates

Number of ambassadors



- The Dedicated Positions Initiative was launched at the beginning of FY 23. This initiative allows ambassadors to contribute their own expertise to the prevention work in their spheres of influence on campus. Under this initiative Ambassadors were dedicated to the following populations in FY23:
 - o Health Sciences
 - o Greek Life
 - o Health Professions
 - o LGBTQ+ in Engineering
 - o Women in Engineering
 - o Criminal Justice
 - o Psychology Department (Human Factors)
 - o Social Work
 - o Housing and Residence Life
 - o Military
 - o International Student Population
- Moving forward on classroom curriculum in order to provide classroom credit for Prevention Ambassador's efforts
- Created space in the old Wesley Space for Prevention Ambassadors to gather informally in.

Outreach Events

Engaged in **17** IN-PERSON EVENTS with **400** STUDENT CONTACTS

Informational tabling throughout the year

Fall 2022

- Notes of Purple concert promotion table**
- Notes of Purple Concert:** This concert was coordinated by Prevention Ambassadors to connect campus with the Purple Mile, a community event promoting awareness for domestic violence and sexual assault.
- Purple Day Activity:** Promoting awareness for Domestic Violence awareness month, the prevention ambassador created an activity for students to show their support to victims by tracing their hands on a poster in solidarity.
- Tipsy Trials Activity:** Promote AOD survey as well as sharing resources for campus and community. Beer Goggle activity was well received and information on recognizing and responding to alcohol overdose provided
- End of Semester Wellness Activity:** Ambassadors hosted an arts and crafts event for students to de-stress from the semester.

Spring 2023

- Valentine's Day Tabling:** Promoting healthy relationship materials
- Wellness Table Week:** The ambassadors partnered with SGA to provide financial wellness resources
- Tipsy Trials promoting Drug Take Back Day:** Spreading awareness for Drug Take Back Day as well as sharing resources for campus and community.
- Kissing Booth 1 and 2:** Two tabling events promoting resources on discerning red and green flags in relationships.
- Denim Day Tabling:** Promoting Denim Day, a national campaign promoting Sexual Violence Awareness Month

Purple Mile



4A. PREVENTION AMBASSADORS

Outreach Events cont.



Notes of Purple



Purple Day Activity



Kissing Booths



Craft Activity



Tipsy Trials



Denim Day

Applied Learning Opportunities



Offered **40 STUDENTS** applied learning opportunities, including those who participated in the Prevention Ambassador programs.



6 COMMUNICATIONS applied learning opportunities



4 STUDENTS completed Community Psychology practicums



Created opportunities

- Sociology practicum
- Engineering applied learning
- Social Work practicum
- Aging Studies practicum



Six of our student workers **graduated** from Wichita State University this year: Jacob Workentine, Neiman Thompson, Amanda Abeywickrama, Jillian Ross-Mason, David Liu, and Monique Gaines.

In celebration of their graduations, we shared about their work with our department and their future plans on our social media pages.

Prevention Grants



Was awarded **\$43,500** grant from the Kansas Department of Aging and Disability Services (KDADS)



Given **\$200,000** in funding from Garrett Lee Smith (GLS)¹ and Office on Violence Against Women (OVW)² multi-year grants.



1. from Substance Abuse and Mental Services Administration (SAMHSA) 2. from the U.S. DOJ

Academic Courses

- Created curriculum and submitted materials for Prevention Science and Community Wellness undergraduate course.
- Started the **Prevention and Wellness Research Lab**



2 professional staff supervised 2 graduate students and 1 undergraduate student, who worked on a quantitative analysis of the AOD survey and a qualitative analysis of perceptions of sexual violence prevention and response on campus

Logo designed by student worker Jacob Workentine

8A. PROMOTING MENTAL WELLNESS

Campus Culture

Promoted 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.



Developed focused efforts to educate campus supervisors in ways to increase mental health support to WSU faculty/staff, including sharing the Mental Health Advocate campaign in WSU Today and Shocker Blast

BE A SUSPENDERS4HOPE MENTAL HEALTH ADVOCATE

WSU faculty and staff, there are seven steps to receive a certificate and recognition as a mental health advocate on campus. Please look for them in the upcoming weeks in WSU Today.

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?
50x more potent than heroin
100x more potent than morphine
2 TYPES: Synthetic and natural

It is a major contributor to fatal and non-fatal overdoses in the U.S.
 It is often added to other drugs because of its extreme potency, which makes drugs cheaper, powerful, more addictive, and more dangerous.
 96% of 187H 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:
 1. It is nearly impossible to tell unless you use TESTING STRIPS on your drugs, which:
 - are inexpensive
 - typically give results within 5 minutes
 - can help identify the difference between life or death
 - are legal in Kansas, although legislation is considering some laws that would change this.

Pharmaceutical fentanyl is prescribed to doctors to treat severe pain, especially after surgery and for advanced-stage cancer.
 Illicitly manufactured fentanyl is distributed through illegal drug markets and makes up most recent cases of fentanyl-related overdoses.
 Fentanyl can be found in small amounts, such as in a pill, or in a single drop of liquid.

fentanyl awareness

March Calendar Mental Wellness Activities

#WeSupportU

monthly wellness calendars

988 SUICIDE & CRISIS LIFELINE

the launch of 988

Ride the Q-Line!

It's free, easy, and convenient!

Swipe to learn more

safe and sober driving

Are you concerned about your relationships?
 Schedule a session at CAPS
 316-978-4792 • wichita.edu/CAPS

healthy relationships

The importance of connection

the importance of connection

Fall 2022 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.

ACCESS GROUP

Understanding Self and Others (USO)

Session	Wednesday	Thursday	Friday
Topic	10:00 - 11:00 am	10:00 - 11:00 am	10:00 - 11:00 am
Facilitator	Dr. Aaron Austin	Dr. Aaron Austin	Dr. Aaron Austin

SUPPORT GROUPS No appointment needed - join us!

Group Name	Time	Facilitator
Healing from Trauma Support Group	10:00 am - 11:00 am	Dr. Aaron Austin
Transgender Support Group	10:00 am - 11:00 am	Dr. Aaron Austin
LGBTQ+ Support Group	10:00 am - 11:00 am	Dr. Aaron Austin

Other resources available at CAPS

group therapy options

COUNSELING AND PREVENTION SERVICES

Counseling and Prevention Services (CAPS) and #WeSupportU are dedicated to ensuring that Shockers are heard, seen, and understood.

Counseling

- Group and individual therapy are available on-campus to currently enrolled WSU students who reside in the state of Kansas.
- Schedule your first appointment by calling 316-978-4096 (4792) or going to wichita.edu/CAPS

Areas of Prevention

- Suicide Prevention
- Mental Health Awareness & Stigma Reduction
- Substance Abuse Prevention
- Sexual Violence Prevention

Here's how you can help:

If you are in crisis, reach out to the National Suicide Prevention Lifeline at 1-800-273-8255

other resources available at CAPS

Wellness Cards

Over **1,150** SETS have been distributed for use

Adapted Wellness in the Classroom cards to include a set for individual students to complete on their own.



Stories4Hope

- Created a video with guidelines showing how to record your own Story4Hope to help people feel more comfortable and capable and increase submissions
- Expanded and included Jim Yoder, Father Meng**



Dr. Aaron Austin, featured on Blackboard, the most engaged with ad on Blackboard during the FY.



Student Body President John Kirk, featured on Blackboard

Resource Publication & Distribution



Produced a zine titled "How to Talk About Feeling Bad" in collaboration with Wichita Journalism Collaborative. This combines stories of hope and information from our Preventing Suicide training. Launched zine at Ulrich Art Museum. Now available in locations for free across Wichita.

Mental Health Screenings



CHECKUP



ANONYMOUS



FAST

1,135 ONLINE MENTAL HEALTH SCREENS completed

Ran ads in **The Sunflower** encouraging students to complete the online mental health screens.

Created flyers in English and Spanish to promote the screenings at tabling events. The online screenings also available in both English and Spanish.



Booth in Kansas State Fair to provide resources and information to the broader Kansas community.



Collaborated with SGA on resources flyers to be more available and accessible across campus.

8B. PREVENTING SUICIDE

Preventing Suicide Training

Current reach

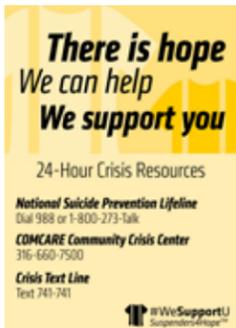


2,046 PEOPLE completed the Preventing Suicide training in FY 23.

5,806 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.

Awareness



Distributed crisis magnets to all Housing and Residence Life apartments as well as information on how to take the online Preventing Suicide training.

Collaborated with Strategic Communications to produce a video featuring President Muma that encourages students and staff to take the Preventing Suicide Training. It is featured on Wichita State University's YouTube page.

Feedback

Engaged in student focus groups to evaluate student perspectives on our current trainings.

Preventing Suicide in Communities

Rolled out our



Preventing Suicide training in **Spanish** for WSU members and their support systems.



Preventing Suicide in the **LGBTQ+ Community** training on campus.



Preventing Suicide in the **Law Enforcement** training. All UPD members are currently trained.

Focus areas

Collaboration with Vet to Vet Support Command to provide Preventing Suicide Training to **veterans and veteran service providers**. (For other affinity group trainings, please see Area of Focus 3)



Focused on men's mental health with outreach messages and resources (The sub-committee of the PSAB worked on messaging, topics.)

2nd Annual Suspenders4Hope 5K & 1 mile Memorial Walk

to benefit  **STOP SUICIDE ICT**
a community collaborative



8C. PREVENTING SEXUAL VIOLENCE

Comprehensive Prevention

Healthy Relationship and Bystander Intervention Training (HR&BI)

Green Flags	Red Flags
<ul style="list-style-type: none"> Respects boundaries and limits – honors consent Supports the need for separate friendships and activities Communicates about, and can resolve, conflict Values listening just as much as talking Encourages success and self-care 	<ul style="list-style-type: none"> Isolates from others Avoids conflict or unwilling to resolve conflict Too much or too little sharing Little trust Lack of respect Pushes boundaries

19 STUDENTS TRAINED

- Materials being translated into Spanish for social media, bookmarks, etc. and for marketing the training
- HR&BI education and promotional videos created
- International student version of the HR&BI training drafted and focus group conducted
- Reviewed the healthy relationship and bystander training for the LGBTQ+ community inclusiveness and got high marks with only a couple of recommendations for adjustments.
- Collaborated with F&SL for the annual, new member academy in early stages of establishment

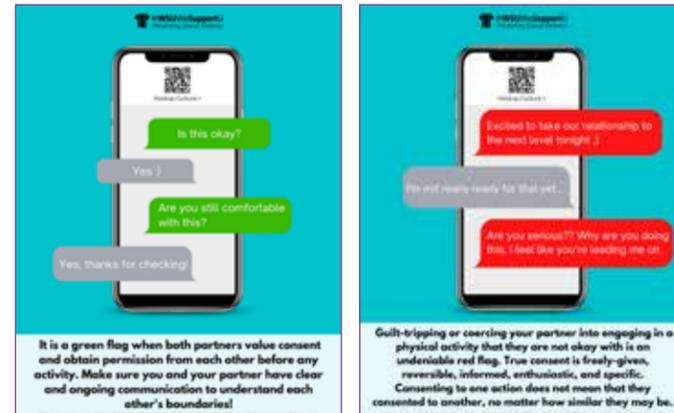
Collaborated with Prevention Ambassadors

(see Prevention Ambassador section of report for details)

- Healthy relationships Table
- Notes of Purple, Purple Day
- Valentines Day tabling
- Kissing Booths
- Denim Day

Created and trialed

- the research informed red and green flags of hookup culture campaign
- consent education materials



Classroom Infusion Activities

- Further refined and planned pilot study of Classroom Infusion Activities,
- Developed to foster 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.

Applied learning opportunities offered under the OVW grant

- Two paid graduate positions
- Four undergraduate positions, two paid and two for course credit *New Partnerships
- Four team members attended the multiday OVW Technical Training Institute in Atlanta

Communications and Practices

- Procedure, policy, and resource review conducted with CCCRT partner departments to assess university resources related to student care/referral around intimate partner and sexual violence for clarity, comprehensiveness, trauma-informed language, perspective, and unified and up to date messaging.
- Collaborated with Student Affairs in conducting CARE Team focus groups to assess services and student experience with a variety of departments across campus.
- Created training materials for Title IX conduct hearing board member to better align with best practices, specifically providing a background on sexual violence and its impact, trauma informed questioning, informal resolution procedures, and the relationship between alcohol and sexual assault.



From July 1 to Dec. 31, 2022, a total of **13,464 OUT OF 16,921 ENROLLED STUDENTS** were trained in sexual assault prevention training (Everfi). *This total includes undergraduate and graduate students. Data provided by CTAC.*

- Website pages being edited for comprehensiveness, trauma-informed language, and usability/ accessibility.
- Focus groups conducted with key stakeholders to understand the perception, prevention efforts, and resourcing on campus regarding sexual violence
- Compiled an information sheet for accessing resources in the community specifically related to immigration.

Community Partner Collaborations



Introduced the new WASAC Campus Advocate to WSU Partnered with WFCC's Medical Advocate, who can serve students in the SWC

Purple Mile

Cora Olson, chair of the CCCRT, served on the planning team for the annual Purple Mile domestic violence memorial walk and community resource fair held at WSU. **Community organizations involved included:**



and over a dozen others. This served as an opportunity to build community partnerships and better connect the campus and community.



200 PEOPLE participated in the Purple Mile on 10/8/22

8D. PREVENTING SUBSTANCE USE

Surveys

AOD Survey (Alcohol and Other Drugs)

- Completed 2nd & 3rd Tier AOD sanctions in collaboration with Student Conduct and Community Standards.



Collaborated with the Sunflower to publish ads promoting the AOD survey and pledge webpage.

Offered a red parking spot as an incentive. Thanked all surveyers on Facebook and in Shocker Blast.

Student Perceptions

- Distributed a survey about students' thoughts and opinions on important topics, such as the effects, risks, and presence of illegal substances in Wichita. **1,700 STUDENTS RESPONDED.**
- Gained valuable insight into students' attitudes toward substances.

Training



Hosted Stigmas, Stereotypes and Safety, a discussion on substance use with Dylan Dunn. It had **70 ATTENDEES**

Developed Stigma, Stereotypes, and Safety training for decreasing substance misuse/use on campus. It was reviewed by national technical assistance providers (Opioid Response Network and Safe Campuses) to ensure best practices are being met.

- Trained all PSAB sub-committee members to facilitate the Choices About Alcohol program to students in their areas of influence.

Safe Driving



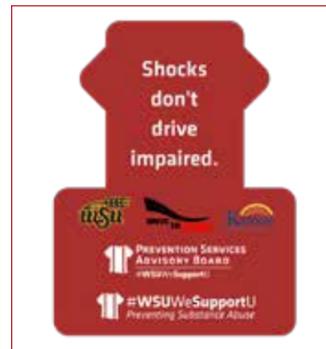
Launched and advertised a webpage for WSU individuals pledge to not drive while impaired.



Designed Drive with Care stickers featuring Wu.



Created air fresheners, wristbands, bumper stickers, license plates, and other items regarding safe driving



- Created various advertisements (flyers, social media posts, etc.) and posted them across campus and other communication channels. The content focuses on messaging around safe driving and transportation options. Messaging also includes safe practices around alcohol consumption
 - knowing the signs of alcohol poisoning
 - what to do in emergency situations
- Created and distributed safer drinking and driving alternatives to post in local restaurants and bars.
- Created a webpage for safe transportation options if you are impaired

Other Resources

- Provided medication locks and medication deactivation bags to students across campus, and have them available as needed for students in campus housing. This will help decrease access to medications for misuse/overuse.
- Put up yard signs across campus with safer use info.

Collaborations

WSU Counseling and Prevention Services (CAPS) is here for you

CAPS offers appointments for individuals, couples, and group therapy to enrolled WSU students. To set an appointment, visit the Student Wellness Center or call us at (316) 978-4792 and ask to meet with a counselor. We offer in-person and tele-health appointments.

Scan the QR code below to be redirected to our substance abuse prevention webpage.



#WSUWeSupportU
Preventing Substance Abuse

Plan on having fun tonight and staying safe for tomorrow

If you may be drinking:

- plan ahead for someone to take you home safely (ask a sober friend, or use a car-ride service)
- Eat before and during
- Drink plenty of water
- Set a drink limit
- Understand what a standard drink is
- Know the signs of alcohol poisoning and what to do

84% of Shockers reported not driving after having any alcohol in the last 30 days



THANK YOU FOR KEEPING SHOCKER NATION SAFE



Signs of substance abuse

- feeling the need to use it on a regular basis
- using it to help block out thoughts
- using larger amounts over time
- using regardless of negative side effects on health
- taking part in dangerous activities while under the influence
- experiencing withdrawal symptoms

Standard drinks

Understanding what a standard drink is will help you assess the alcohol content of various alcoholic beverages if you choose to consume them.

In general, your body can process one standard drink per hour.

It is recommended, if you are drinking, to drink water before, during, and after alcohol consumption.

What is a standard drink?

- 12 fl oz of regular beer (about 5% alcohol)
- 8-9 fl oz of malt liquor (about 5% alcohol)
- 6 fl oz of wine (about 12% alcohol)
- 1.5 fl oz of distilled spirits (40-50% alcohol)

BEVERAGES PORTRAYED REPRESENT ONE STANDARD DRINK CONTAINING A PL 02 OR 14 GRAMS OF ALCOHOL. ALCOHOL VOLUME AND PERCENTAGE VARY ACROSS BEVERAGE TYPES



Estimating BAC

Blood alcohol concentration (BAC) is used to measure alcohol intoxication. In general, you can calculate your BAC by the formula:

BAC = ounces of alcohol consumed * (0.75 for men or 0.6 for women) / body weight

Note: illegal impairment while driving starts at a BAC level of 0.08%, though impairment can happen at any BAC level.

Shocker Store

- Created brochures for the Shocker Store. Students, faculty, and staff have the option to receive a free WSU t-shirt near their birthday - the brochure will be provided along with the t-shirt. The brochure contains information about safe practice around alcohol and transportation options.
- Over the summer, the Shocker Store sent out an estimate of **10-20 EMAILS PER DAY** about free birthday shirts to students, and **ABOUT 5 OR SO PEOPLE PER DAY** pick up a shirt. These numbers are expected to significantly increase during the regular school semesters (fall and spring).
- Additional brochures will also be placed at the checkout for individuals to take if interested.

Other

- Partnered with Safe Streets ICT to make Narcan and fentanyl test strips available on campus.
- Collaborated with Student Affairs and Housing and Residence departments to share flyers in their departments' respective areas (e.g. Rhatigan Student Centre, Shocker Hall, and The Flats).

