



# HEALTHY CAMPUS

at FSU





# Healthy Campus

- Mission

The Healthy Campus initiative at FSU collectively combines the intellectual, emotional, physical and spiritual development and prioritizes a collective, strategic approach through the Healthy Campus Initiative by identifying specific healthy campus objectives; evaluating student health and safety data; identifying best practices and evidenced-based methods; and evaluating outcomes.

- Vision

The Healthy Campus initiative at FSU is student-centered, comprehensive, collaborative, and addresses health disparities and other inequities.



# Healthy Campus Partners

<b>Athletics</b>	<b>Center for Health Advocacy &amp; Wellness</b>
<b>Campus Recreation</b>	<b>University Health Services</b>
<b>Center for Academic Retention and Enhancement (CARE)</b>	<b>Housing</b>
<b>Center for Global Engagement</b>	<b>Law Enforcement</b>
<b>Center for Leadership and Social Change</b>	<b>Modern Languages and Linguistics</b>
<b>College of Business</b>	<b>New Student and Family Programs</b>
<b>College of Communications</b>	<b>Office of VP Student Affairs</b>
<b>College of Education</b>	<b>Psychiatry</b>
<b>College of Medicine</b>	<b>Psychology</b>
<b>College of Nursing</b>	<b>Public Health Department</b>
<b>College of Nutrition, Food and Exercise Sciences</b>	<b>Reserve Officers Training Corps (ROTC)</b>
<b>College of Social Work</b>	<b>Sorority and Fraternity Life</b>
<b>Counseling Center</b>	<b>Student Conduct</b>
<b>Dean of Students</b>	<b>Student Disability Resource Center</b>
<b>Department of Criminology</b>	<b>Student Union</b>
<b>Employee Assistance</b>	<b>Student Veteran Center</b>
<b>Facilities</b>	<b>University Libraries</b>

# MENTAL HEALTH TEAM SUICIDE PREVENTION



# Mental Health Team Goals

- Increase the proportion of students who report receiving information on:
  - Depression/anxiety
  - How to help others
  - Relationship difficulties
  - Stress reduction
- Reduce the proportion of students who report that their academic performance was adversely affected by:
  - Stress
  - Anxiety
  - Depression
- Increase the percentage of students who report that they would consider seeking help from a mental health professional (if needed for a personal problem).

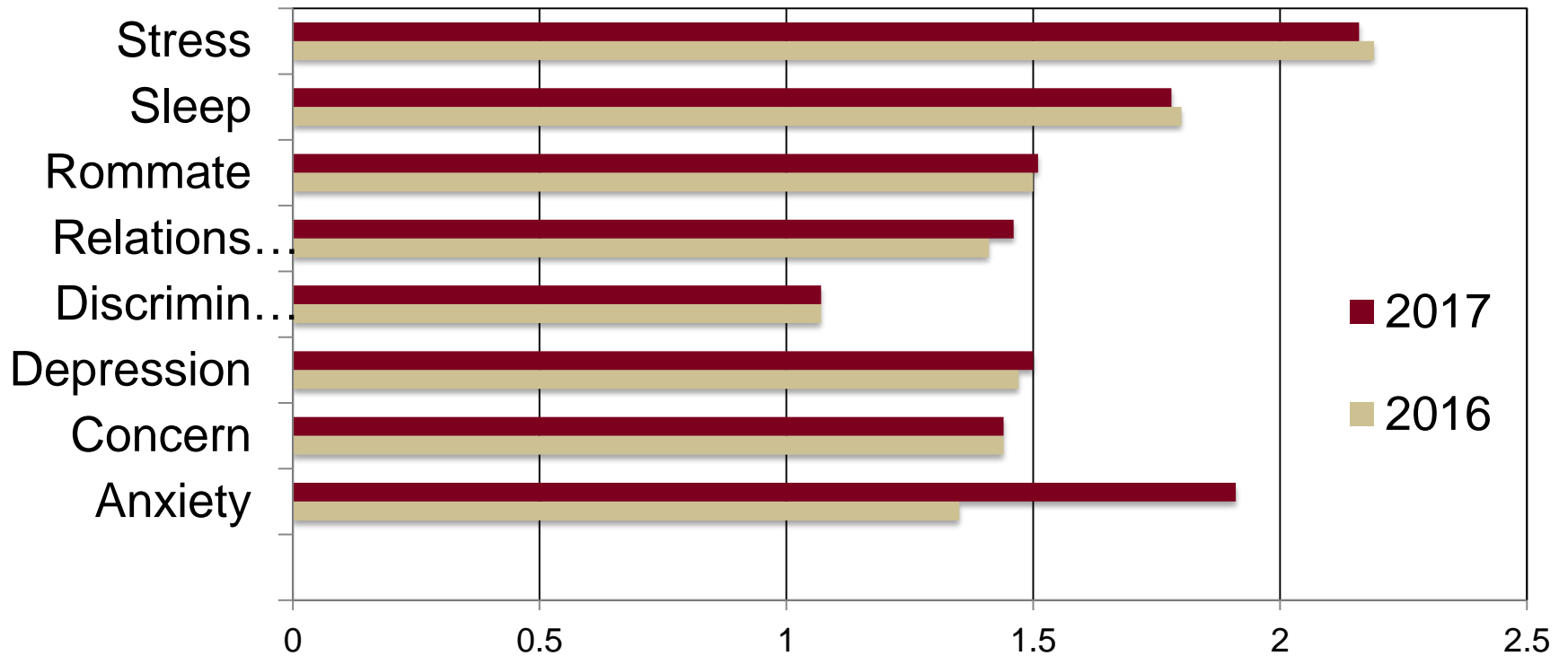


# Mental Health Team Highlights

- Trained 239 Faculty and Staff and 352 students in the Noles C.A.R.E. suicide prevention program
- Presented to 118 Faculty and Staff and 54 students to showcase the Noles C.A.R.E. program
- Developed a skills-based training resource guide for students
- UCC conducted numerous outreach events

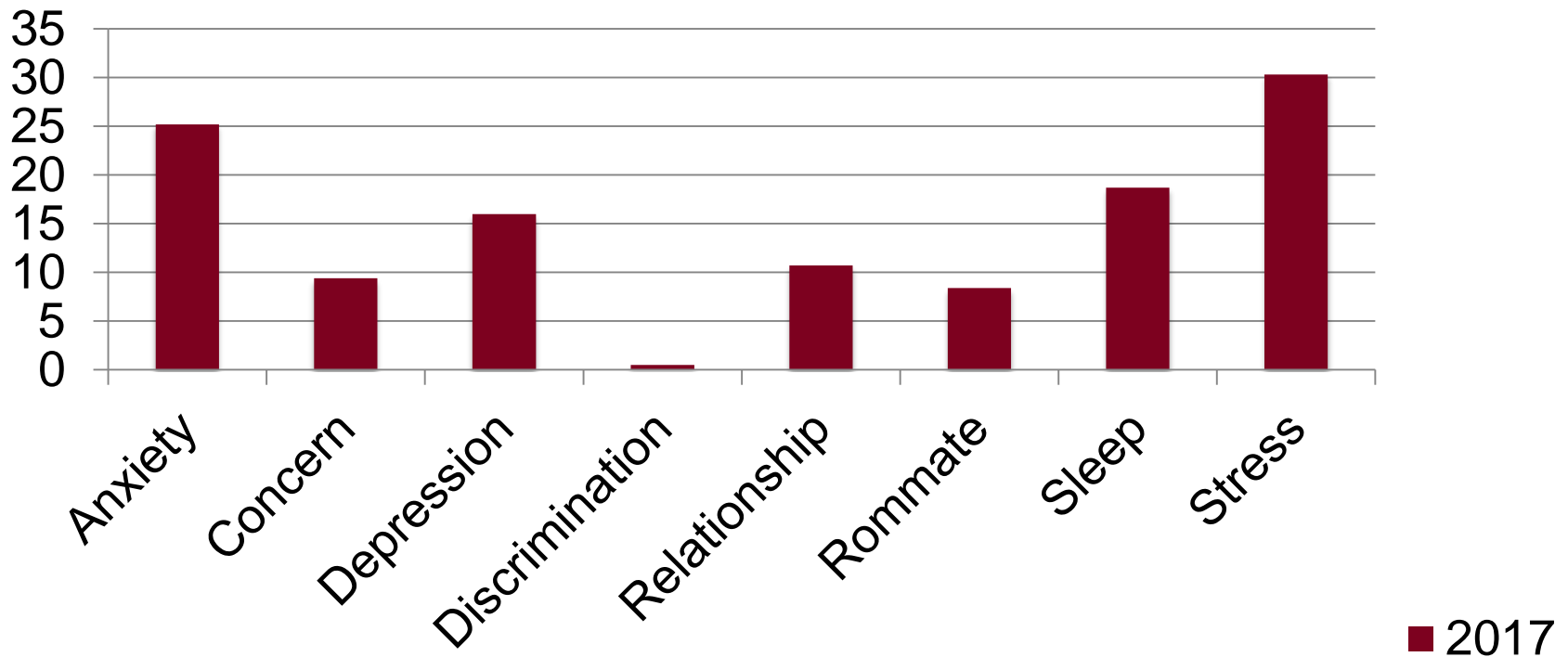


# NCHA: Academic Impact





# NCHA: Percentage of Academic Impairment

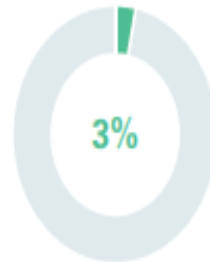


## SUICIDALITY AND SELF-INJUROUS BEHAVIOR

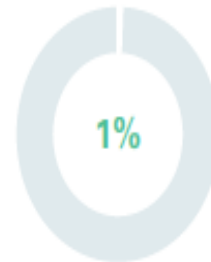
Suicidal ideation (past year)



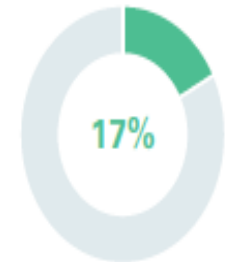
Suicide plan (past year)



Suicide attempt (past year)

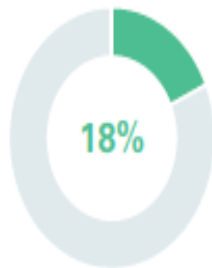


Non-suicidal self-injury (past year)



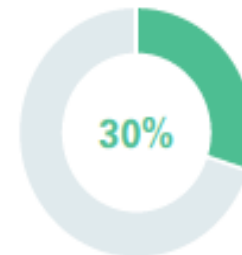
### **Mental health counseling/therapy, all students (past year)**

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



### **Mental health counseling/therapy among students with positive depression or anxiety screens (past year)**

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



# ALCOHOL, TOBACCO & OTHER DRUGS (ATOD)



# ATOD Goals

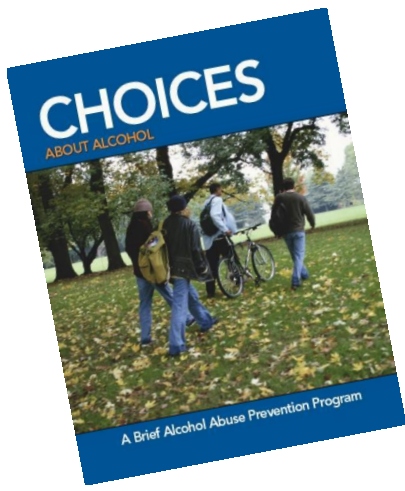
- Reduce the proportion of students engaging in high-risk drinking of alcoholic beverages.
- Increase student use of “risk reduction” practices.
  - Protective behavioral strategies
  - Brief motivational interviewing
  - Cognitive-behavioral skills training



# ATOD Highlights

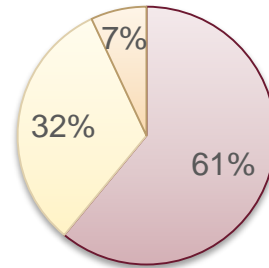
- Alcohol Skills Training Program utilized for SMART CHOICES program
- Multi-component education focused program (Alcohol EDU)  
Fall 2017, (82% first year and transfer students successfully completed Part I)
- Continuing to plan and implement outreach programs with the following populations:
  - Fraternity and Sorority life
  - Housing residents
  - Athletics
  - Sports Club & RSOs





# Smart Choices

Do you think this program will help you reduce your risk of exposure to harm associated with alcohol use?

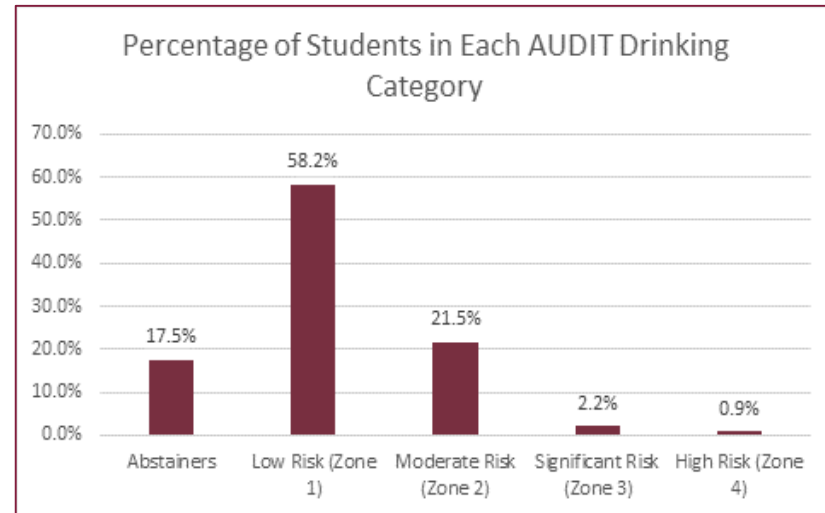


Definitely Maybe Probably not



# ATOD Highlights

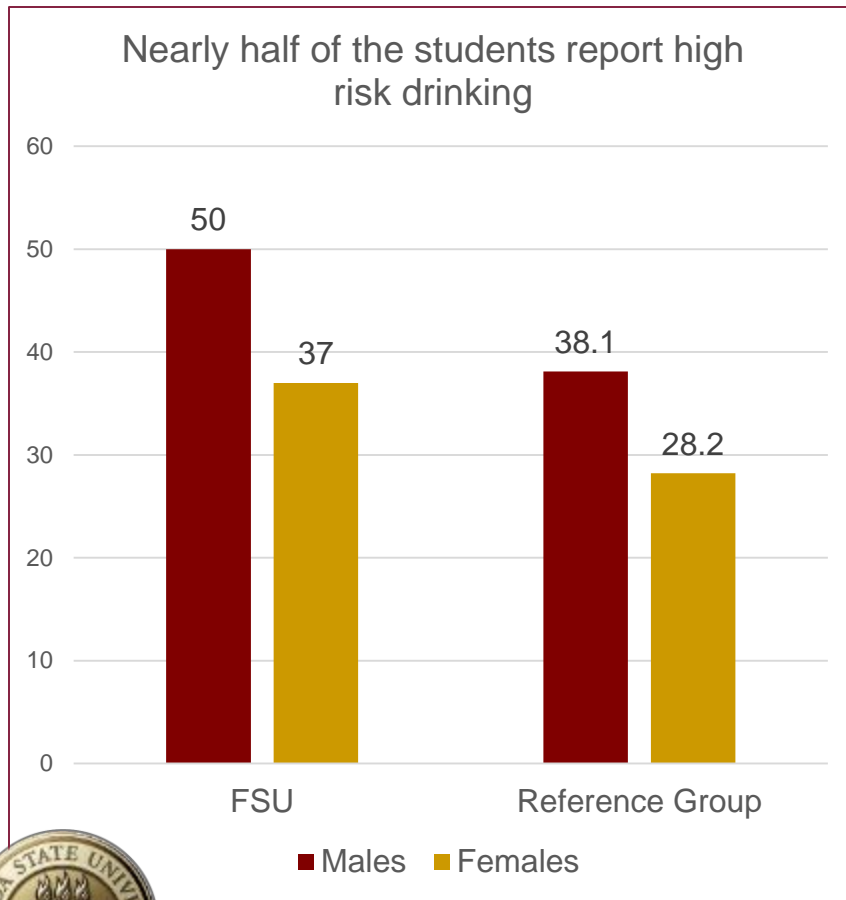
- Fall 2017 Alcohol AUDIT Screenings
  - 326 students screened
- Raise the Bar Tally
  - Recess staff trained in bystander intervention
- Motivational Interviewing
  - ~160 student leaders trained in motivational interviewing
- Partnerships with Housing and Dining
  - AOD education reaching ~500 students
- Re-examining FSU's compliance with the Drug-Free Schools and Communities Act
  - Two task forces currently working on annual notification and biennial review





# AOD Institutional Recommendations

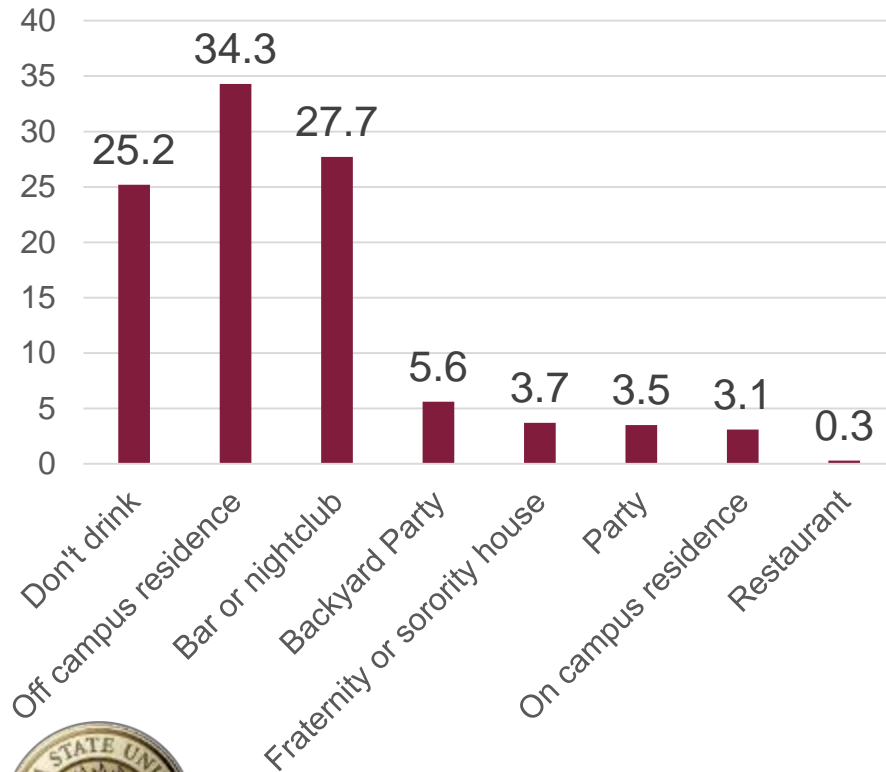
## NCHA 2017 Data



- Amnesty Policy
- Require all RSO's to register any event on or off campus.
- Risk Management Trainings
- First Year Seminar Course
- Advisor Training
- Evaluate Alcohol and Event Policies
- Research need for a Collegiate Recovery Community

# AOD Environmental Recommendations

Where did you spend most of your time drinking?  
(<21 year olds)



- Implement underage drinking ordinance
- Enforce age-21 drinking age (e.g., compliance checks)
- Prohibit alcohol use/sales at campus sporting events
- Enact responsible beverage service training laws
- Enact dram shop liability law: a) Sales to intoxicated

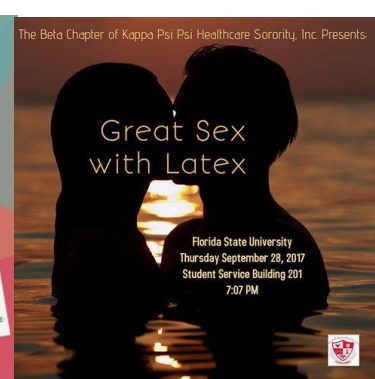
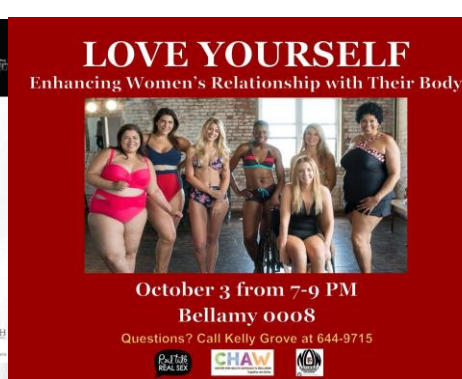
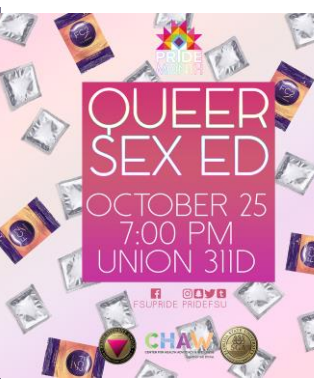


# SEXUAL HEALTH TEAM



# Sexual Health Team Goals

- Provide comprehensive sexuality education that is inclusive of our diverse student body
  - Classroom presentations: 57
  - Dorms: 11
    - New requirements
  - Outreach: Ask the Sexpert
  - Event collaborations: 6



# Sexual Health Team Goals

- Increase awareness of testicular cancer and self-exams



# Sexual Health Team Goals

- Increase STI testing through education and improved access
  - New STI Screening Clinic
  - New yard sign promotion
  - Neighborhood Medical Center Mobile Clinic at Market Wed.

**DID YOU KNOW?**  
Up to **80%** of people of people with chlamydia  
or gonorrhea have **NO** symptoms\*

**Be SAFE and get TESTED**  
FSU University Health Services STI Screening

**850-644-6380**

 UNIVERSITY HEALTH SERVICES

UHS.FSU.EDU \*CDC 2017



# POWER BASED PERSONAL VIOLENCE



# PBPV Team Goals

- Increase an individual's capacity to set and maintain boundaries.
- Increase an individual's ability to identify components of healthy and unhealthy relationship.
- Increase in knowledge of campus and off-campus resources.
- Increase bystander intervention behavior.
- Decrease in rape myth acceptance.
- Increase in those who feel supported reporting power based personal violence.





# PBPV Highlights

## Campus Climate Survey

- Background:
  - Funded by CDC through University of Kentucky
  - 24 college participants over 5 years
- FSU Data
  - 6.8% of FSU students reported experiencing sexual violence since Fall of 2016.
  - 20.4% of FSU students reported experiencing dating violence since Fall of 2016.
  - 11.5% of FSU students reported experience stalking since Fall of 2016.



# PBPV Highlights: Green Dot

- Student Bystander Trainings
  - Fall 2017: 103 students
  - To date: 376 students
- Overview Speeches
  - Fall 2017: 559 campus members
  - To date: 2,064 campus members
- Homecoming Partnership
  - 356 participants



# PBPV Highlights

## kNOw MORE

- Haven
  - 81% of first year and transfer students completed part one of online sexual assault prevention program.
- Market Wednesday
- Student Advisory Board
  - Guest speakers series
  - Committee structure
  - Policy review

Website update



## With Love. Without Violence.

**With Love. Without Violence.**  
Domestic & Relationship Violence Awareness & Prevention

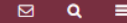
<b>TUESDAY</b> October 10	<b>kNOw MORE Student Advisory Board Tabling</b> On Landis Green at 1-3 PM
<b>WEDNESDAY</b> October 11	<b>kNOw MORE Student Advisory Board General Body Meeting</b> Feature speaker: Interim Title IX Director Aishah Gasseus at 6-7:30pm in HWC5700
<b>SATURDAY</b> October 14	<b>Omega Phi Beta Survivor March</b> 8:30-11:30am Integration Statue
<b>TUESDAY</b> October 17	<b>Refuge House Candlelight Vigil &amp; Survivor Speak Out</b> TCC Workforce Development Center at 6:30-8 pm
<b>THURSDAY</b> October 19	<b>National Purple Thursday</b> Wear or display purple to raise awareness. Use the hashtags: #PurpleThursdayFSU
<b>SUNDAY</b> October 22	<b>Green Dot Student Bystander Training</b> Globe Auditorium 1-7pm RSVP: knowmore.fsu.edu
<b>TUESDAY</b> October 24	<b>You + Me + We</b> Healthy Relationships Workshop Cosponsor: Empowering Women Globally 7:30-9pm HWC500
<b>WEDNESDAY</b> October 25	<b>kNOw MORE Student Advisory Board General Body Meeting</b> Feature speaker: FSUPD 6-7:30pm in HWC5700

Questions? Contact CHAW at 850.644.8871

**kNOw MORE** Empowering Women Globally  
**CHAW** @FSUHealthyNotes  
**GREEN DOT**

# PBPV Highlights

FLORIDA STATE UNIVERSITY



## KNOWMORE

SUPPORT, RESPONSE, AND PREVENTION

HOME

GET HELP NOW

HELPING AND HEALING ▾

TITLE IX ▾

THE KNOW MORE INITIATIVE ▾

SAFETY EXIT – QUIT WEBSITE IF IN DANGER

### We listen. We learn. We care. We respond.

Florida State handles sexual misconduct complaints sensitively and discreetly; we are all responsible for providing a supportive environment for those in need and for reporting misconduct. If you have experienced sexual misconduct or know someone who has, FSU is committed to providing support and resources to assist. We do not tolerate sexual misconduct.

### Get Help Now (\* Confidential)

#### FSUPD

(850) 644-1234

*For emergencies call 911*

#### VICTIM ADVOCATE PROGRAM

(850) 644-7161 \* (Daytime)

(850) 644-1234 \* (After hours - call FSUPD - ask to speak to an advocate)

#### UNIVERSITY COUNSELING CENTER

(850) 644-TALK (8255) \* (24/7)

#### REFUGE HOUSE (OFF-CAMPUS RESOURCE)

(850) 681-2111 \*



I WANT TO REPORT AN INCIDENT  
NON-CONFIDENTIAL



I WANT TO TALK TO SOMEONE



I WANT TO SUPPORT SOMEONE



I DON'T KNOW WHAT TO DO



# Trauma Informed Care Workgroup

- 48.7% of students have reported experiencing three or more traumatic events
- 55.5% do not believe the university has prepared them in how to help others in distress
- A majority of students chose to speak to a friend or family member (40.9%) or chose to avoid dealing with their trauma (43.5%)

## Current Projects

- Multidisciplinary grant proposal
  - College of Social Work
  - College of Education
  - University Counseling Center
  - University Health Services
- Trauma Informed Liaison
  - Training development
- Trauma Informed Week



# PHYSICAL HEALTH TEAM



# Physical Health Team Goals

- Increase awareness of proper hydration among students, faculty, and staff.
- Host educational sessions targeting nutrition topics and general health trends of particular interest to students.
- Increase awareness of disordered eating and services available.
- Decrease incidence of students reporting “becoming more concerned about their body shape and weight since starting at FSU”.
- Review campus walking initiative for potential launch in 2018.



# Physical Health Team Highlights

- The Body Project
  - 561 participants to date
  - Fall 2017-largest number of students to participant in facilitator training.



- CHAW's Table Cooking Classes
- Increased Healthy Vending Options
- Collaboration with Seminole Dining for World Hunger Day
- Celebrated Love Your Body Day





# HAZING PREVENTION TEAM

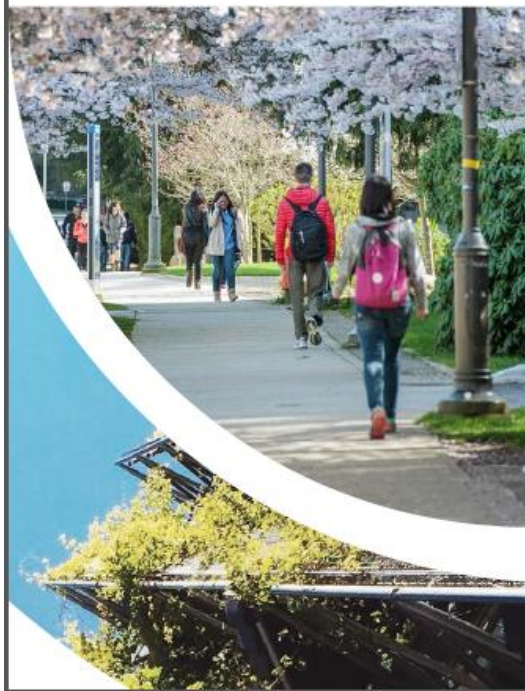
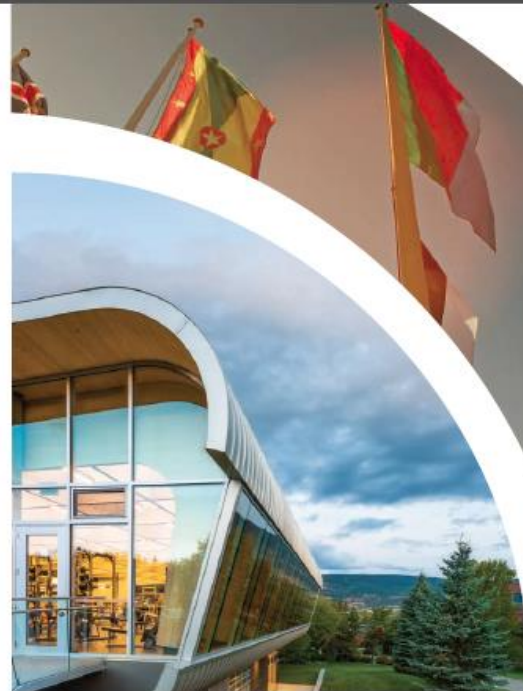




# **HEALTHY CAMPUS**

**Moving Forward**





## **OKANAGAN CHARTER**

### **AN INTERNATIONAL CHARTER FOR HEALTH PROMOTING UNIVERSITIES & COLLEGES**

An outcome of the 2015 International Conference on Health  
Promoting Universities and Colleges / VII International Congress

Kelowna, British Columbia, Canada



# AN ACTION FRAMEWORK FOR HIGHER EDUCATION



**CALL TO ACTION 1: EMBED HEALTH INTO ALL ASPECTS OF CAMPUS CULTURE, ACROSS THE ADMINISTRATION, OPERATIONS AND ACADEMIC MANDATES**

**CALL TO ACTION 2: LEAD HEALTH PROMOTION ACTION AND COLLABORATION LOCALLY AND GLOBALLY**



