

# Healthy Campus Mid-Semester Update, Fall 2016



## Alcohol

- Awarded \$10,000 from Miller Coors grant for second year to provide alcohol prevention education programs with four primary populations: Fraternity & Sorority life, Housing residents, Athletics and Sports Club & Intramurals.
- Collaboration with FSUPD on a drug drop box. In efforts to address substance abuse, drop box programs allow campus community members to safely and confidentially dispose of unwanted prescription/OTC medicines, illicit drugs, and paraphernalia. This also helps to keep harmful chemicals out of our landfills and waterways to reduce environmental and ecological impacts.
- 3720 (65%) first year and new transfer students completed AlcoholEdu, the on-line alcohol education program so far this Fall.

## Physical Health

- Students coordinating a Love Your Body Day event on October 19th in collaboration with University Counseling Center, Seminole Dining and Campus Recreation in the union and placing positive message post-its throughout campus during the week.
- Nearly 80 students participating in the 2-2 hour peer facilitated Body Project where students challenge the sociocultural ideals of beauty and masculinity and discuss solutions to improve body satisfaction. To date, over 370 students have participated in the Body Project and 73 students have completed the 2 day Facilitator training.
- Nutrition students coordinating several cooking classes this semester including "Breakfast of Champions," "Tailgate Cookout," "The Flavors of Fall," and "Jazz up your Veggies."

## Mental Health

- Developed a training for faculty and staff modeled after the Noles C.A.R.E training in the Counseling Center. The training provides an overview of how to C.A.R.E (communicate concern, ask questions, refer to resources and encourage help seeking) and describes ways to build relationships, notice warning signs and ask if you see someone in crisis.
- Faculty and staff training is designed for key contacts in the department that people can turn to for help and support. A second general training helps create awareness of the issue and identify resources in their department as well as on campus.
- Conducted three suicide prevention trainings to 175 College of Business faculty and staff.

## Interpersonal Violence Prevention

- Began year 2 of Green Dot. In the first year, over 1700 students were directly involved and participated in focus groups, trainings, and events. In addition, thousands of other students learned about the Green Dot Bystander intervention program through the online and print media efforts.
- Green Dot hosted Jimbo's true Seminole tailgate on September 18th and collected proactive Green Dots in exchange for some Green Dot swag.
- Participated in Connecting the Dots: Green Dot National Action Day while dozens of other universities also conducted bystander trainings. 50 FSU students completed the 7-hour bystander training on Sept 18th.

## Sexual Health

- Presented Sex Ed film in collaboration with the Student Life Cinema, PRIDE, Women's Student Union and RENEW on September 26th.
- Conducted 6 sexual health presentations with over 100 student participants.