Strategic Plan

Partners in Prevention Coalition

Truman State University

July 2018-June 2019

The Truman State University Partners In Prevention Coalition supports the University Vision of inspiring students “to live healthy and meaningful lives” by implementing strategies “promoting physical and emotional wellness.”

Mission Statement:

Truman State University values a community of learners with a commitment to responsibility for their actions, caring for others, and being supportive of others in their educational endeavors. We seek to emphasize the promotion of positive coping skills and health enhancing behaviors to increase the overall physical and mental wellness of Truman students. To create a campus environment that supports students in making responsible choices, the coalition will focus our prevention efforts on reducing alcohol and substance use and high risk drinking behaviors, and increasing bystander intervention. The coalition will partner with other Truman and Kirksville community organizations and assets to achieve these goals.

Truman Partners in Prevention Coalition Members:

*Faculty/Staff Members:*

**Nancy Daley-Moore**, Assistant Professor of Health and Exercise Sciences

**Roberta Donahue**, Coordinator of CHEERS and Drive Safe/Drive Smart, Chair and Associate Professor,

Health and Exercise Sciences (HES)

**Joe Hamilton**, Chair, Assistant Director, University Counseling Services

**John Kelsall,** Sargent Department of Public Safety

**Adam McMichael,** Director of Student Involvement and Campus Activities

**William Nelsen**, Coordinator for Residence Life

**Madison Peterson**, Assistant Athletics Director-Compliance and Operation

**J.D. Smiser**, Director of Office of Citizenship and Community Standards

**Eric Vaughn**, Intramural-Recreational Sports Director

*Student/Organizational Members:*

**Greek Life Intern**

**Truman PIP Intern**

**Phi Epsilon Kappa (PEK) Representative**

**SPHA Representative(s)**

**Women’s Resource Center**

**Wellness Committee**

General Goals

1. Use environmental management and educational strategies, techniques, training and resources in conjunction with social norms theory in order to:
   1. increase campus awareness of campus and community resources that promote healthy behaviors,
   2. increase campus awareness of resources for obtaining alcohol and other drugs education information,
   3. build collaborations with existing campus and community assets to accomplish our mission,
   4. keep faculty, staff and students informed of the best practices on these topics.

*Strategy GG1.1*: Provide advising, educational, and financial support for prevention-oriented student activities and consultation to campus departments promoting healthy choices. Members Responsible: All, Deadline: Ongoing

Strategy GG1.2 Provide financial support for members of the coalition and related campus offices, committees, and organizations to attend educational events and receive training that promote the MOPIP mission including the annual Meeting of the Minds conference. Responsible: All, Deadline: Ongoing

1. Build community awareness, support, and buy-in to our efforts as evidenced by meeting minutes and MACHB results.

*Strategy GG2.1*: Enhance awareness/visibility of coalition through student involvement, educational materials and member attendance at campus events. Members Responsible: All, Deadline: Ongoing

*Strategy GG2.2*: Review composition of coalition on an annual basis to determine what stakeholders on campus we should invite to join the coalition. Members Responsible: All, Deadline: Ongoing

*Strategy GG2.3*: Provide support for and/or outreach to student organizations who have demonstrated a commitment to health and wellness initiatives on campus. Members Responsible: All, Deadline: Ongoing

*Strategy GG2.4*: Participate in the curricular revision process to develop the new health and wellness requirement to support student wellness on campus. Members Responsible: Roberta, Joe & William, Deadline: June 30, 2019

1. Evaluate the effectiveness of our intervention efforts as evaluated by OCCS reports and comparison between comprehensive assessment data.

*Strategy GG3.1*: OCCS will conduct an annual evaluation of the Student Conduct Code including data on the number of student and student organization conduct referrals in the targeted areas of the code, the number of students and student organizations found responsible, and the sanctions for those violations. Member Responsible: JD Smiser, Deadline: June 30, 2019

*Strategy GG3.2*: Administer the MACHB, and compare it with other assessment data (National College Health Assessment, Residence Life EBI Benchmarking, etc.) to create a comprehensive understanding of our students’ drug and alcohol behaviors and attitudes and evaluate intervention efforts. Member Responsible: Joe Hamilton, Deadline: June 30, 2019

Focus Area 1: Alcohol and Substance Use

Concern 1: Students overestimate the number of students engaging in alcohol and substance use which correlates with higher rates of use.

*Strategy FA1.C1.1:* Discussion groups led by Student Advisors for first-year students about transition issues such as adjustment to school, alcohol, relationships, roommate issues, etc. Members Responsible: Joe Hamilton, Deadline: August 31, 2018

*Strategy FA1.C1.2*: Implement social norms initiatives with current data and distribute widely. Member Responsible: Joe Hamilton, Roberta Donahue, Deadline: Ongoing

Concern 2: Students are ignorant about University policies and state and local laws concerning alcohol and substance use.

*Strategy FA1.C2.1*: Continue to implement the mandatory first year on-line alcohol education module which includes information about CHEERS, high risk drinking, and University policies and state and local laws regarding alcohol. Members Responsible: Joe Hamilton, Deadline: September 1, 2018

*Strategy FA1.C2.2*: Inform incoming students about University rules and policies related to alcohol use through presentations during Truman Days, during Residence Life meetings, Greek Life, and the Center for Student Involvement. People Responsible: Sara Holzmeier, William Nelsen Deadline: September 1, 2018

Concern 3: Students are misusing prescription drugs.

*Strategy FA1.C3.1*: Staff a minimum of ten tables per academic year in a variety of campus locations to provide educational materials, promotional giveaways, and high visibility with information on prescription drug misuse and MOPIP. Member Responsible: Roberta Donahue, Deadline: Ongoing

Concern 4: Students are ignorant about serving sizes and their BAC and the health risks of binge drinking.

*Strategy* FA1.C4.1: Distribute alcohol education brochures at campus events (i.e. CHEERS tables, Greek new member orientation, SPHA events, Residence Life programming, etc.). Member Responsible: Joe Hamilton, Roberta Donahue, Deadline: Ongoing

*Strategy FA1.C4.2*: Promotion of alcohol and drug prevention programming through first year student programming, bulletin boards, MOPIP website, Wellness website, student groups and University Counseling Services Awareness presentations. Members Responsible: All, Deadline: Ongoing

Focus Area 2: High Risk Drinking Behaviors

Concern 1: Truman students engage in under-age drinking.

*Strategy FA2.C1.1:* Maintain a comprehensive, well-organized, and efficient conduct system that focuses on referral of drug and alcohol conduct code violators to appropriate resources and provides relevant educational and consequence sanctions for these violators. Member Responsible: JD Smiser, Deadline: Ongoing

*Strategy FA2.C1.2:* Continue to provide Deferred Resolution Course (or other similar program) with first time alcohol policy violators and University billing for the course. Member Responsible: JD Smiser, Deadline: Ongoing

Concern 2: Truman students engage in binge drinking behaviors.

*Strategy FA2.C1.3:*  Provide risk management training to student organizations. Members Responsible: Adam McMichael, Deadline: Ongoing

*Strategy FA2.C1.4*: Provide alternative programming to students during times when binge drinking is prevalent. Member Responsible: Adam McMichael, Deadline: Ongoing

*Objective FA2.C1.1:* To reduce by 2% the percentage of students who report they engaged in high risk (binge) drinking using the two hour definition on the Missouri Assessment of College Health Behaviors Survey (MACHB) (FY 2018 baseline percentage is 26%--including non-drinkers).

Concern 3: Truman students report driving while under the influence.

*Strategy FA2.C2.1*: Staff a minimum of ten CHEERS tables per academic year in a variety of campus locations to provide educational materials, promotional giveaways, and high visibility for the CHEERS program and MOPIP. Member Responsible: Roberta Donahue, Deadline: Ongoing

*Strategy FA2.C2.2*: Provide on-going promotion of the CHEERS designated driver program with participating establishments. Member Responsible: Roberta Donahue, Deadline: Ongoing

*Strategy FA2.C2.3*: Recruit additional CHEERS establishments as needed. Member Responsible: Roberta Donahue, Deadline: Ongoing

*Objective FA2.C2.1***:** To maintain campus awareness of the CHEERS program at 65% or higher as reported on the MACHB (FY 2018 percentage was 73%).

Focus Area 3: Bystander Intervention

Concern 1: Truman students reach out to their peers for support when they need help. Peers aren’t always aware of how to help and how to respond properly.

*Strategy FA3.C1.1*: Continue to require Ask, Listen, Refer online suicide prevention training for all freshmen as part of their Truman Days class. Members Responsible: Joe Hamilton, Deadline: September 1, 2018

*Strategy FA3.C1.2:* Support providing bystander intervention training programs to students on campus such as QPR, RESPOND and Mental Health First Aid. Member Responsible: Joe Hamilton, Deadline: Ongoing

*Objective FA3.C1.1:* To maintain the percentage of student responding likely or very likely to the question “How likely are you to refer someone who tells you they are thinking about suicide to a local resource?” at 85% or higher as reported on the MACHB (FY 2018 percentage was 88%).