

## **Truman State University Partners in Prevention 2019-2020 Strategic Plan**

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.

Coalition Responsibilities: Truman Partners in Prevention will use environmental management and educational strategies, techniques, training and resources in conjunction with social norms theory to increase campus awareness of campus and community resources that promote healthy behaviors, increase campus awareness of resources for obtaining alcohol and other drugs education information, build collaborations with existing campus and community assets to accomplish our mission, and keep faculty, staff and students informed of the best practices on these topics. The coalition will provide advising, educational, and financial support for prevention-oriented student activities and consultation to campus departments promoting healthy choices. Coalition members are responsible for disseminating our grant funds to support members of the coalition and related campus offices, committees, and organizations to attend educational events and receive training that promotes our mission including the annual Meeting of the Minds conference.

In addition the coalition will maintain these additional activities:

- Enhance awareness/visibility of coalition through student involvement, education materials and member attendance at campus events.
- Review composition of coalition on an annual basis to determine what stakeholders on campus and in the community we should invite to participate in the coalition activities.
- Provide support for and/or outreach to student organizations who have demonstrated a commitment to health and wellness initiatives on campus.
- Provide support for faculty and staff implementation of the work-life balance initiative.

The coalition chair will be responsible for the following activities:

- Compiling the Biennial Review report to comply with Drug-Free Schools and Campuses Regulations guidelines.
- Completing quarterly reports to Missouri Partners in Prevention (MOPIP)
- Administering the Missouri Assessment of College Health Behaviors (MACHB)
- Prepare topics and facilitate bi-weekly meetings.
- Supervise the MOPIP Intern.
- Attend monthly MOPIP meetings.

The coalition intern will be responsible for the following activities:

- Creating meeting minutes and agenda outline
- Maintain budget spreadsheet
- Submission of reimbursement for funding requests
- Planning logistics for Meeting of the Minds
- Keeping the website up-to-date.
- Contacting coalition members with reminders of upcoming meetings

## 2019 - 2020 Goals

**Goal 1: Binge Drinking - Reduce the rate of reported binge drinking of Truman students to below the 2019 reported rate.**

Alcohol binge drinking rate - 2 hour (% of responses on MACHB)

2015	2016	2017	2018	2019
25%	27%	28%	26%	25%

*Strategy 1:* Provide alcohol-free programming to students during times when binge drinking is most prevalent.

*Objective:* Support a minimum of four entertainment options during Truman Week, Homecoming, the Super Bowl, and/or Greek Week.

*Tactic 1:* Provide funding to the Union & Involvement Services to support late-evening entertainment during Truman Week.

*Tactic 2:* Support student organizations that host alcohol-free events during Homecoming and Greek Week.

*Tactic 3:* Provide funding to Student Recreation Center to support an alcohol-free Super Bowl watch event.

*Strategy 2:* Educate the campus on accurate information about the effects and usage of alcohol.

*Objective:* Provide information to students using a minimum of three communication channels about reduction of high-risk drinking behaviors.

*Tactic 1:* Provide risk management training to student organizers.

*Tactic 2:* Distribute alcohol education brochures at campus events (i.e. CHEERS tables, Greek new member orientation, SPHA events, Residence Life programming, etc.)

*Tactic 3:* Promotion of alcohol prevention programming through first year student programming, MOPIP website, Wellness website, student groups, and University Counseling Services outreach presentations.

*Tactic 4:* Implement a social norms campaign with current data and distribute widely.

**Goal 2: Underage Drinking - Reduce the rate of reported underage drinking of Truman students to below the 2019 reported rate.**

Underage students reporting consuming alcohol in the past year (% of responses on MACHB)

2015	2016	2017	2018	2019
69.9%	62.4%	63.9%	65.3%	66.2%

*Strategy 1:* Provide education to first year students about alcohol's effects on the body, negative consequences, legal consequences, etc.

*Objective:* Achieve a minimum 95% compliance rate among first year students for mandatory education about University rules and policies related to alcohol use.

*Tactic 1:* Require all incoming students complete the first-year online alcohol education module (Alcohol Quiz) which includes information about CHEERS, high risk drinking, University policies, and state and local laws regarding alcohol.

*Tactic 2:* Discussion groups led by Student Advisors for first-year students about transitional issues including alcohol and substances.

**Strategy 2:** Consistently enforce University policies and state laws regarding underage drinking.

**Objective:** Evaluate the outcomes associated with Truman's comprehensive, well-organized, and efficient conduct system that focuses on referral of drug and alcohol conduct code violations to appropriate resources and provides relevant educational and consequence sanctions for these violators.

**Tactic 1:** Require Deferred Resolution Course (or other similar program) as appropriate with first time alcohol policy violators.

**Tactic 2:** Pilot use of a BASICS program for student alcohol policy violators using eCHECKUP TO GO or similar assessment.

**Goal 3: Marijuana/Cannabis Use - Reduce the rate of reported regular cannabis use (1-2 times per month or more) to below the 2019 reported rate.**

Marijuana use (% of responses on MACHB)

	2017	2018	2019
Did not use	72%	69%	71%
1-6 times/year	16%	14%	14%
1-2 times/month or more	11.3%	15.4%	13.7%
I prefer not to respond	1.1%	2.2%	1.2%

**Strategy 1:** Educate the campus on accurate information about the effects and usage of cannabis.

**Objective:** Develop a social norms campaign regarding cannabis use.

**Tactic 1:** Implement a social norms campaign with current data and distribute widely

**Tactic 2:** Include cannabis use as part of Drive Safe. Drive Smart initiatives on campus.

**Strategy 2:** Consistently enforce University policies and state laws regarding cannabis use.

**Objective:** Evaluate the outcomes associated with Truman's comprehensive, well-organized, and efficient conduct system in regards to referral for cannabis use to appropriate resources and provides relevant educational and consequence sanctions for these violators.

**Tactic 1:** Require educational intervention as appropriate with first time cannabis use policy violators.

**Tactic 2:** Pilot use of motivational interviewing for student substance use policy violators using eCHECKUP TO GO or similar assessment.

**Goal 4: Consistent Enforcement - Increase the percentage of students that believe that campus alcohol and drug policies are consistently enforced to above the 2019 reported rate.**

Students that believe alcohol and drug policies are consistently enforced (% of responses on MACHB)

2015	2016	2017	2018	2019
63.5%	60%	57%	60%	61%

**Strategy:** Establish an informal working group to review campus alcohol and drug policies that includes Residence Life, Public Safety, Conduct Officer and University Counseling and identify possible sources of misperceptions.

**Objective:** Devote at least one coalition meeting that includes the Directors of Public Safety and Residence Life as invited guests to discuss opportunities to promote perceptions of consistent enforcement.

**Tactic 1:** Choose a designated meeting date that best coordinates with the invited guests' schedules.

**Tactic 2:** Investigate options for focus groups regarding consistent enforcement.

**Goal 5: Drinking and Driving - Reduce the rate of reported driving after consuming alcohol among Truman students to below the 2019 reported rate.**

Driving after consuming any alcohol at least one time during the past year (% of responses on MACHB)

2015	2016	2017	2018	2019
17%	15%	10%	15%	11%

**Strategy 1:** Maintain a high visibility of sober driving promotion

**Objective 1:** Staff a minimum of ten CHEERS/Drive Safe/Drive Smart tables per academic year in a variety of campus locations

**Tactic 1:** Continue to display the “Be the Sober Driver. Not One Drink” poster series.

**Tactic 2:** Provide on-going promotion of CHEERS designated driver program with participating establishments.

**Tactic 3:** Recruit additional CHEERS establishments as needed.

**Tactic 4:** Provide financial support for giveaways during awareness activities such as sodas, keychains, etc.

**Goal 6: Mental Health – Maintain and enhance the knowledge and skills of the Truman community to support someone with mental health concerns.**

Would refer someone thinking about suicide (% of likely/very likely responses on MACHB)

2015	2016	2017	2018	2019
84%	83%	86%	88%	85%

**Strategy 1:** Utilize gatekeeper training to educate students, faculty and staff about common mental health concerns including suicide, how to have a conversation about mental health, and how to refer to appropriate services

**Objective 1:** Achieve a minimum 95% compliance rate among first year students for mandatory Ask Listen Refer training.

**Tactic 1:** Require completion of Ask Listen Refer for incoming first year students

**Objective 2:** Provide a minimum of 10 on campus courses or educational activities such as QPR, RESPOND, Mental Health First Aid, etc. per academic year.

**Tactic 1:** Promote educational opportunities through the MOPIP and Wellness websites.

**Tactic 2:** Provide financial support as needed for promotional or educational materials, supplies, and/or incentives to attend these programs.

**Goal 7: Work-life Balance - Coordinate with the Center for Academic Excellence (CAE) to ensure staff have adequate training to implement the new work-life requirement for first year students**

*Strategy 1:* Invite a representative of the CAE and/or the Director of Retention to join the coalition

*Objective 1:* Add at least one new coalition member with responsibilities related to retention and work-life balance

*Tactic 1:* Review the work-life balance prompts for the first and second semester.

*Tactic 2:* Provide financial support as needed for promotional materials, supplies, and/or incentives to attend work-life balance programs.

*Tactic 3:* Review the wellness website during a coalition meeting and provide suggestions for additional resources related to work-life balance to the Chair of the President's Committee on Wellness.

*Tactic 4:* Review the CAE website during a coalition meeting and provide suggestions for additional resources to the CAE on work-life balance (i.e. time management, SMART objectives, etc.).

**Goal 8: Prescription Drug Misuse - Monitor campus needs regarding prescription drug misuse.**

*Strategy 1:* Promote awareness of approaches to prevent prescription drug misuse among students, faculty and staff

*Objective 1:* Staff a minimum of ten MOSafe Rx tables per academic year in a variety of campus locations

*Tactic 1:* Continue to display posters regarding the safe disposal of prescription drugs.

*Tactic 2:* Provide financial support for giveaways during awareness and take back activities such as stress balls, sleep masks, deterra bags, etc.

*Tactic 3:* Identify unmet campus needs to support Rx safety such as locking caps or a take back event

**Goal 9: Tobacco and Nicotine Use - Monitor changes in student behaviors regarding the tobacco and nicotine products they use.**

*Strategy 1:* Promote awareness of the nicotine levels of various products currently available.

*Objective 1:* Staff a minimum of two tables per academic year with nicotine information

*Tactic 1:* Provide nicotine replacement supplies to the Student Health Center and University Counseling Services

*Tactic 2:* Print and distribute posters regarding nicotine use during the spring semester.

*Tactic 3:* Provide financial support for giveaways during awareness activities such as lip balm, stress sticks, etc.

**Goal 10: Safe Driving - Reduce the rate of texting and driving to below the 2019 reported rate.**

Text while driving (% of responses on MACHB)

	2017	2018	2019
Never	29%	34%	29%
Rarely	45%	41%	44%
Sometimes	22%	20%	21%
Most of the time	3.5%	5.2%	5%
Always	0.4%	0.0%	1.6%

*Strategy 1:* Maintain a smart and safe driving promotion

*Objective 1:* Staff a minimum of ten CHEERS/Drive Safe/Drive Smart tables per academic year in a variety of campus locations.

*Tactic 1:* Distribute cell phone accessory giveaways with smart driving messages.

*Tactic 2:* Provide financial support for giveaways during awareness activities such as pop sockets, wrist bands, phone wallets, etc.

**Goal 11: Training - Support 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 (MOM) conference.**

*Strategy 1:* Provide funding for Truman faculty, staff and students to attend (MOM) and other prevention training as funds allow.

*Objective 1:* Have a minimum of 8 faculty, staff and/or students attend MOM.

*Tactic 1:* Distribute the application directly to students to encourage participation in MOM.