

A Campus Response to High-Risk Behaviors

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- Understand Wake Forest University's comprehensive approach to reduce high-risk alcohol use, substance abuse, and sexual misconduct perpetration,
 - Prepare parents to lead conversations about high-risk alcohol use, substance abuse, and sexual misconduct with their students,
 - Identify campus resources for high-risk alcohol use, substance abuse, and for survivors of sexual misconduct.
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Peter E. Rives ('98)
Assistant Director of Wellbeing – Alcohol
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Office of Wellbeing
Student Health Service



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Resources](#)

CONTACT CHOICES

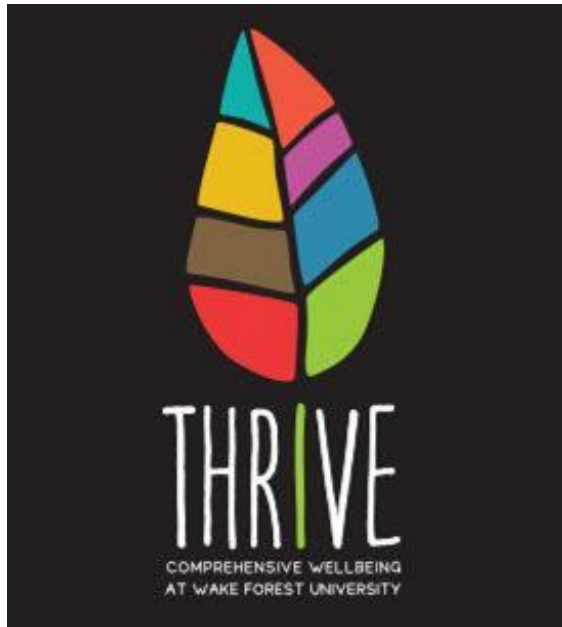
Office of Wellbeing
Benson University Center,
Room 317
Phone: 336.758.3089

Parents



Greetings Wake Forest University Parents

College is an exciting milestone for both you and your student. It is a time of new experiences, a time of transition, and a time to stay connected. If you have already spoken with your Wake Forest student about alcohol great; however, it is a good idea to revisit the conversation. You may need to adjust your communication style as your student develops greater independence. If you have not spoken with your college student about drinking it's never too late to have the conversation. While we are committed to making a difference with our students, we also understand that you are the first line of defense against alcohol misuse and abuse.



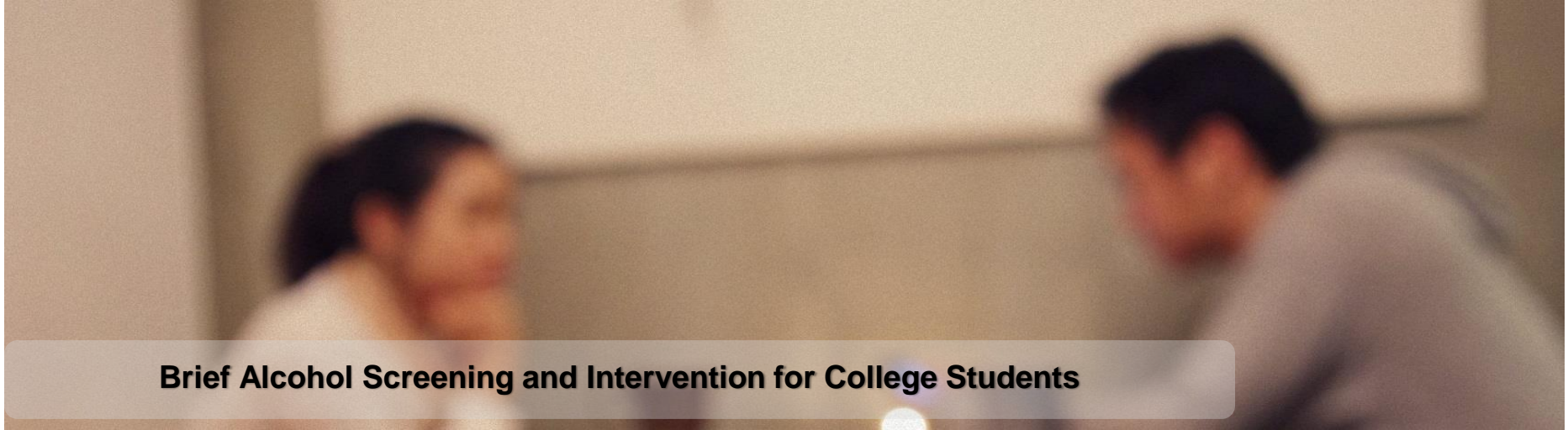
Holistic: 8 dimensions; Interrelated and interdependent

Mission

Thrive is Wake Forest's comprehensive wellbeing initiative. As a venture owned by the entire campus community, Thrive engages students, faculty, and staff to better cope with adversity, build rewarding relationships and live lives with a sense of purpose. Through collaborative programs, infrastructure building, research, and services, Thrive offers the skills, knowledge and perspective necessary to maintain a healthy, harmonious, and balanced life.



- **Interactive online technology solutions**
 - **University Counseling Center – Alcohol and drug misuse assessments, pre-treatment, and referral.**
 - **Use of Restorative Justice principles in response to conduct violations including story circles.**
 - **Student EMT corps (WFEMS)**
 - **24/7 Student Health Service**
 - **Established relationships with community treatment providers**
 - **Close collaboration with local hospitals**
 - **Close coordination between campus departments**
 - **Recovery supports on campus and in community including a Collegiate Recovery Community**
 - **Brief Alcohol Screening and Intervention for College Students (BASICS)**
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Brief Alcohol Screening and Intervention for College Students

Positive Student Experience:

Students report feeling **understood, comfortable, cared for, and listened to** (avg. rating >6.75/7.0)

“I left that session feeling better about myself than I had in months.”

Meaningful Behavior Changes:



Statistically significant **reductions** in alcohol use.



Statistically significant **increases** in continued use of harm reduction strategies.

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- **Methods or activities that seek to reduce or deter specific or predictable problems, protect the current state of well-being, or promote desired outcomes or behaviors.**

-US DHHS



"Apparently they're better than The Cure."

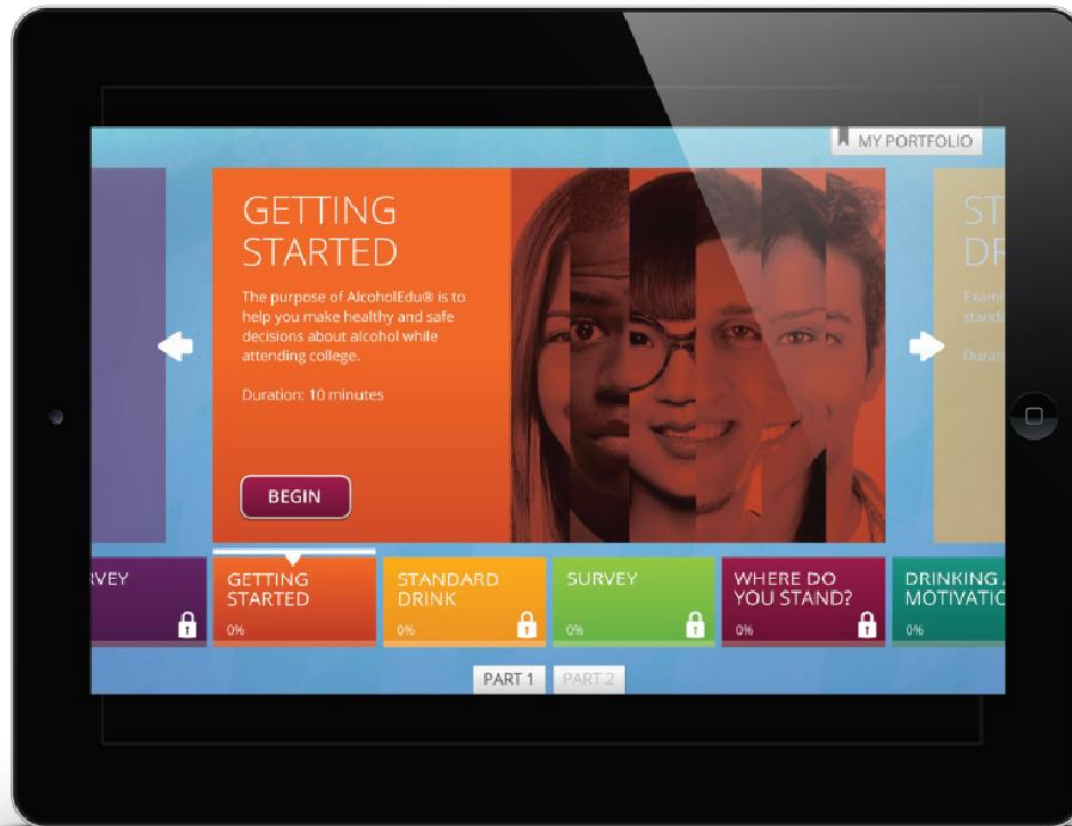
Primary – prevent behavior
Staying out of the river



Intervention – support behavior
change at earliest signs of trouble
Getting out of the river



AlcoholEdu[®] FOR COLLEGE



students who failed to take the course were **4.64 times more likely** than those who completed it to experience an alcohol-related event requiring medical attention.



Measured improvements in behaviors and stated intentions

Redefines students' expectations around normative behaviors of their peers using actual student data in an engaging poster campaign.

DEACS
STEP UP
SPEAK OUT
TAKE ACTION

Don't Stand By 

Purpose: To develop a culture of caring, recognizing the potential for harm to occur, and safely intervening.

Mandatory for all first-year students in the first semester.

Statistically significant outcomes in likelihood to help and learning outcomes.

Alcohol | Mental Health | Sexual Violence

Steph Trilling, LCSW

Assistant Director
Safe Office



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The Safe Office

Confidential services including:

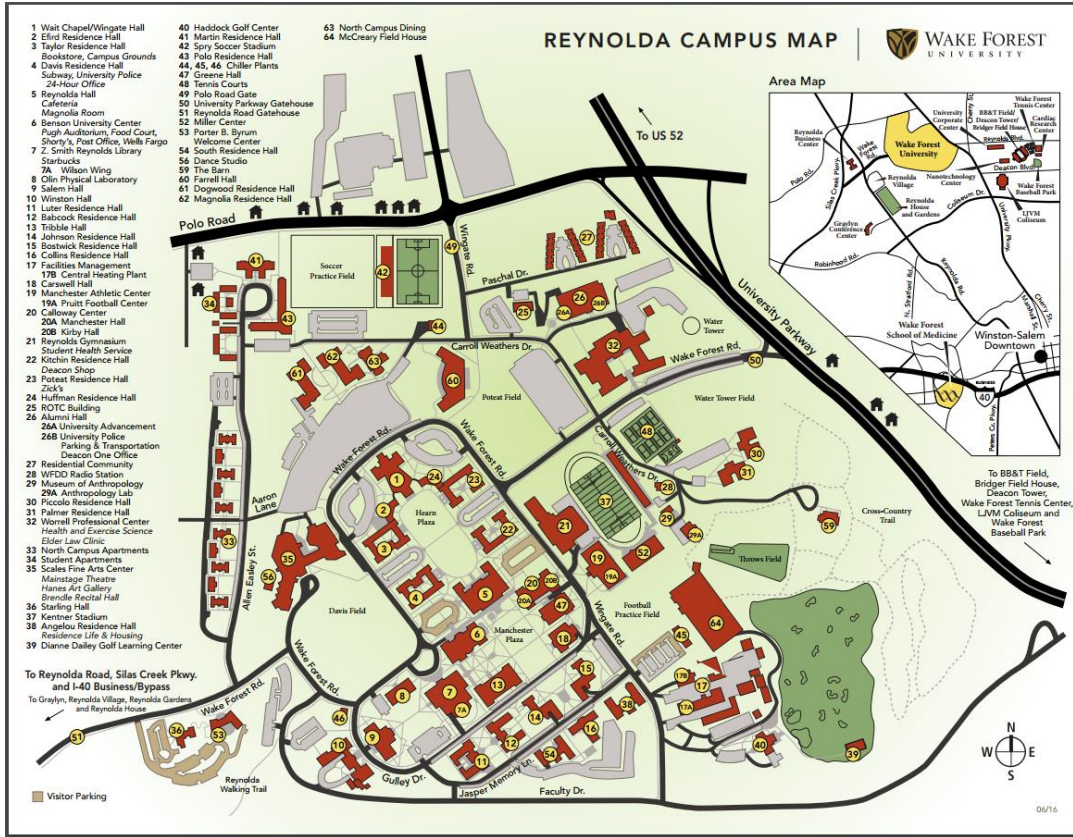
- **24/7 Help Line (during academic year)**
- **Counseling**
- **Advocacy & Case Management**
- **Accompaniment**
- **Crisis Response**
- **Safety Planning**
- **Prevention education**

Safe Office

THE SAFE OFFICE PROVIDES CONFIDENTIAL SUPPORT TO SURVIVORS OF SEXUAL HARASSMENT, ASSAULT, RELATIONSHIP ABUSE AND STALKING. WE FOSTER INDIVIDUAL AND CAMPUS WIDE ACTION TO EMPOWER SURVIVORS AND TO END INTERPERSONAL VIOLENCE.

a safer WFU
starts with you

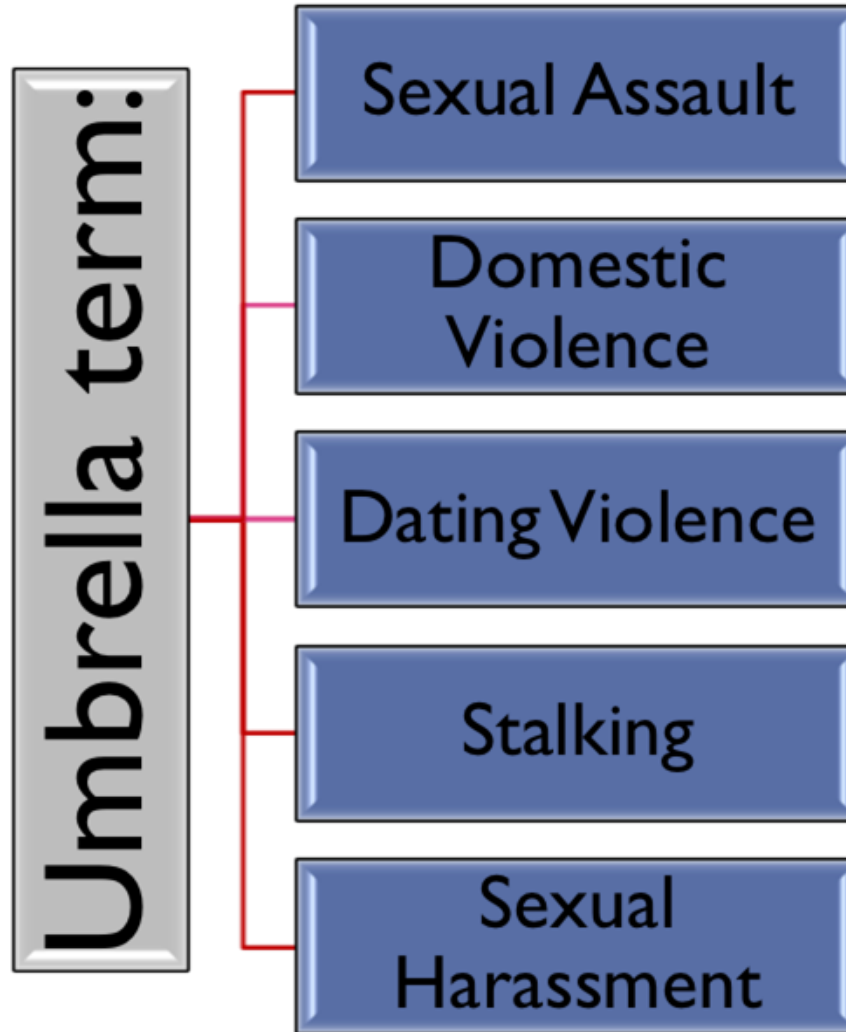
To talk to a counselor* call our
24/7 Help Line:
336.758.5285



Building 21

Ground floor of Reynolds
Gym, next to Student
Health Service





Sexual Misconduct

Sexual misconduct is a serious problem on college campuses,

- Students of **all genders** experience sexual misconduct,
- Most students **know the person** who hurt them,
- Most students choose **not report** to university or law enforcement officials,
- Students face many challenges after an experience of sexual misconduct, including **academic, social, emotional, and physical consequences**.

Students are resilient and have many opportunities for healing.



Healing through empowerment

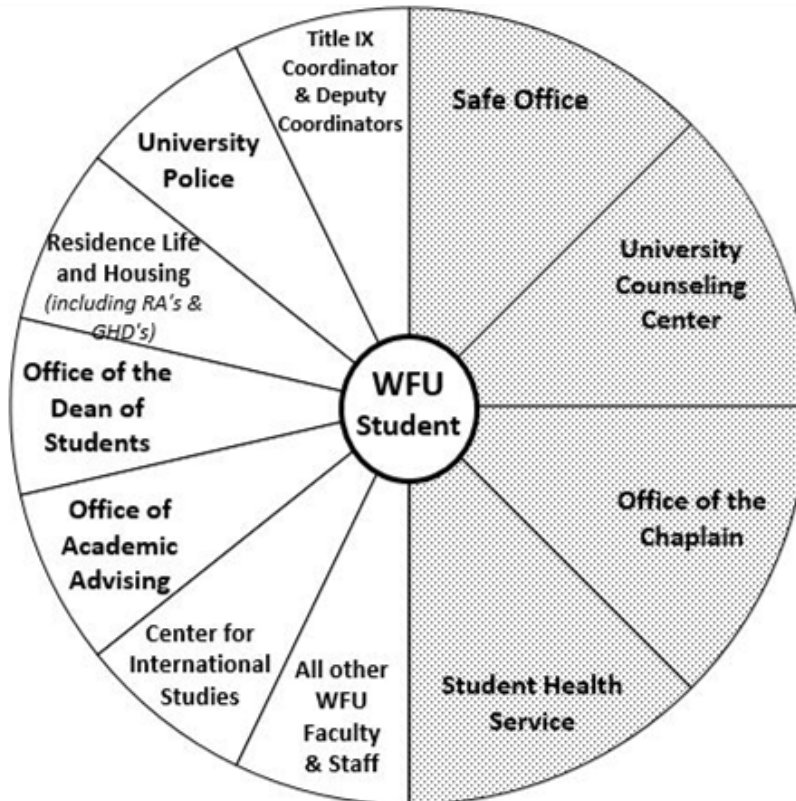
Individual and group counseling

- Focused on increasing coping skills, understanding common trauma reactions, and decreasing feelings of isolation.
- Group helps create healing, #metoo moments

Leadership development


- PREPARE
- Culture of Respect





Why do confidential resources matter?

- Fear of judgement or retaliation may deter students from seeking support,
- Confidential resources empower students to decide who knows what and what happens next,
- Students regain a sense of control over their story and their experience.

The background of the slide is a photograph of a wooden pier extending into a body of water at sunset. The sky is a mix of orange, yellow, and light blue, with soft clouds. The silhouettes of many people are visible as they walk across the pier, their forms dark against the bright sky. The water in the foreground reflects the colors of the sunset.

Moving Upstream: Sexual Misconduct Prevention

Why are people *throwing other people* in the river?



Risk Factors

Education



DEACS STEP UP

- 1 DIRECT**
Speak up and address inappropriate comments and behaviors head on. 
- 2 DISTRACT**
Get creative and do something to disrupt the situation. 
- 3 DELEGATE**
Alert other people and ask for their help. 
- 4 DELAY**
If you freeze in the moment, you can always follow up later on. 

Online EverFI Training

PREPARE Talks

Step Up! WFU Training



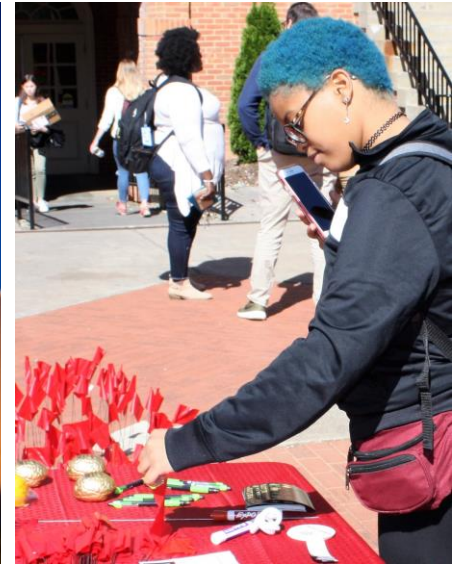
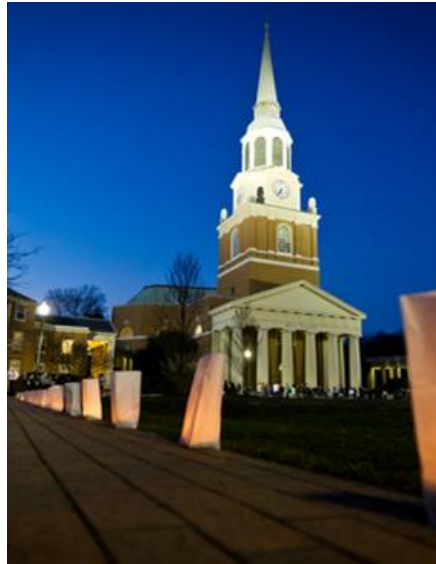
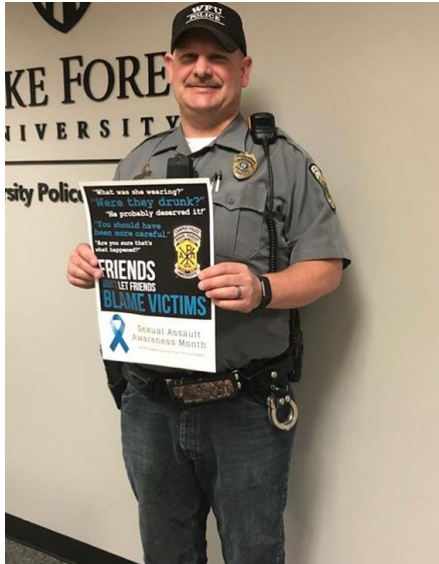


Bystander Results

After going through training

85% of Wake Forest first year students report that they are “very likely” to intervene in situations of sexual misconduct.





Changing Norms

Red Flag Campaign

Tie a Yellow Ribbon Week

Denim Day

Survivor Love Letters

What can parents do?

Talk to your student about healthy relationships, consent and alcohol, and being a good friend.

Let your student know that you believe and support survivors and that if someone hurt them, it's not their fault.

Know the campus policies and resources and encourage your student to do the same.



Keeping the Forest

SAFE

starts with me

SafeOffice 

Help Line 24/7 • 336.758.5285

**Consultation &
Support**

Confidential consultations for concerned students, parents, faculty, and staff.



What you need to know about Campus Services: Resources for Students and Families



WAKE FOREST
UNIVERSITY

Supporting students and organizations in creating leadership, engagement and involvement opportunities that enable growth in the Wake Forest community.



(studentengagement.wfu.edu)

336.758.7168

Promotes student engagement in the community and supports student organizations, fraternities, and sororities, with the events they plan and risks they manage



(deanofstudents.wfu.edu)
336.758.5226



WAKE FOREST
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Intercultural Center

**Engages underrepresented students through
co-curricular programming, advising, and advocacy**



WAKE FOREST UNIVERSITY

INTERCULTURAL CENTER

(interculturalcenter.wfu.edu)
336.758.5864

Provides emotional, social and community support for both on- and off- campus students



(rlh.wfu.edu)
336.758.5185

All volunteer, student-run organization of NC certified EMTs who provide emergency care to students, faculty, staff, and visitors



(shs.wfu.edu/services)
336.758.5218

Coordinates Crisis Management Team (CMT) response to critical incidents and local police, fire, EMS, and emergency management



(police.wfu.edu)

Non Emergency: 336.758.5591

Oversees and coordinates the University's Title IX compliance efforts including investigations of and responses to reports of gender discrimination, sexual harassment, sexual assault, dating/domestic violence and stalking



(sopr.wfu.edu)
336.758.7258

Provides and coordinates prevention programming, services, infrastructure building, and research to advance student, faculty and staff wellbeing



(thrive.wfu.edu)
336.758.3089

**Staffed by board certified physicians and clinical staff
with experience helping young adult college students**



(shs.wfu.edu)
336.758.5218

Free and confidential counseling by licensed mental health professionals for all students on the Reynolda Campus



WAKE FOREST UNIVERSITY
COUNSELING CENTER

(counselingcenter.wfu.edu)

336.758.5273

**Creates an educational and professional environment
that supports women and promotes gender equity at
Wake Forest**



WAKE FOREST UNIVERSITY
WOMEN'S CENTER

(womenscenter.wfu.edu)

336.758.4053

**Pastoral care and counseling, spiritual programming,
and 24/7 on call response for individual, group, and
Wake Forest community crises**



(chaplain.wfu.edu)
336.758.5210

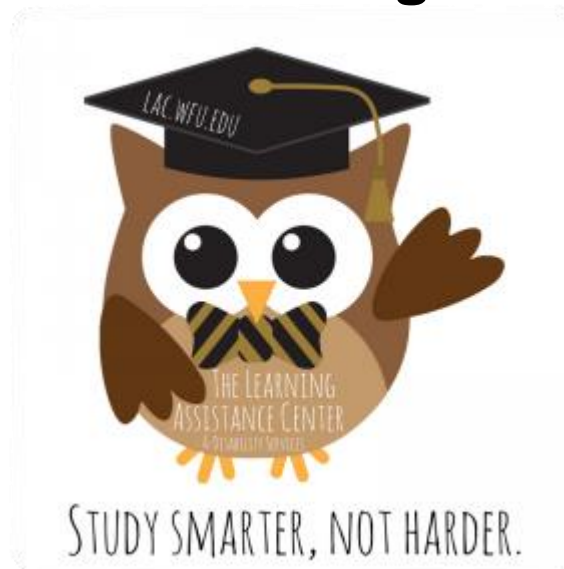
**Fosters a safe, equitable
and inclusive experience for all**



(lgbtq.wfu.edu)
336.758.4665

Learning Assistance Center and Disability Services

Provides academic support, coordinates academic accommodations for students with documented disabilities, and helps students with reading, writing, and test taking skills



(lac.wfu.edu)
336.758.5929

Provides confidential crisis response and on-going support services to students for concerns related to sexual assault, sexual harassment, dating/domestic violence, and stalking



Prevention. Response. Empowerment.

(safeoffice.wfu.edu)
336.758.5285

**Provides recreational sports and fitness programs,
manages recreation facilities, and promotes student
employment opportunities**



**CAMPUS
RECREATION**

(campusrec.studentlife.wfu.edu)

336.758.5838

**Campus Assessment, Response, and Evaluation (CARE)
Team facilitates the identification and management of
behaviors which may disrupt or interfere with the day to
day functions of the University**



CARETEAM
WAKE FOREST UNIVERSITY

(careteam.wfu.edu)
336.758.2645
