A Campus Response to High-Risk Behaviors

Peter Rives – Assistant Director of Wellbeing – Alcohol and Substance Abuse Prevention Steph Trilling, LCSW– Women's Center Director





- ➤ 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.

Peter E. Rives ('98) Assistant Director of Wellbeing – Alcohol and Substance Abuse Prevention

Office of Wellbeing Student Health Service





AOD.Thrive.WFU.edu/Parents



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



Wellbeing at Wake



Holistic: 8 dimensions; Interrelated and interdependent

Mission

Thrive is Wake Forest's comprehensive wellbeing initiative. As a venture <u>owned by the entire</u> 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.



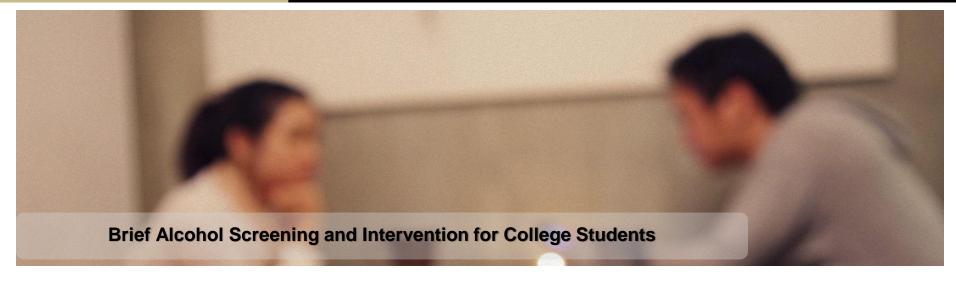


Alcohol and drug misuse intervention

- Interactive online technology solutions
- University Counseling Center Alcohol and drug misuse assessments, pre-treatment, and referral.
- Student EMT service (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)



BASICS – closer look



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.

Peter E. Rives ('98) Assistant Director of Wellbeing – Alcohol and Substance Abuse <u>Prevention</u>

Office of Wellbeing
Student Health Service





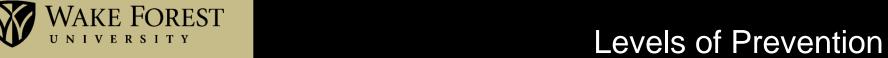


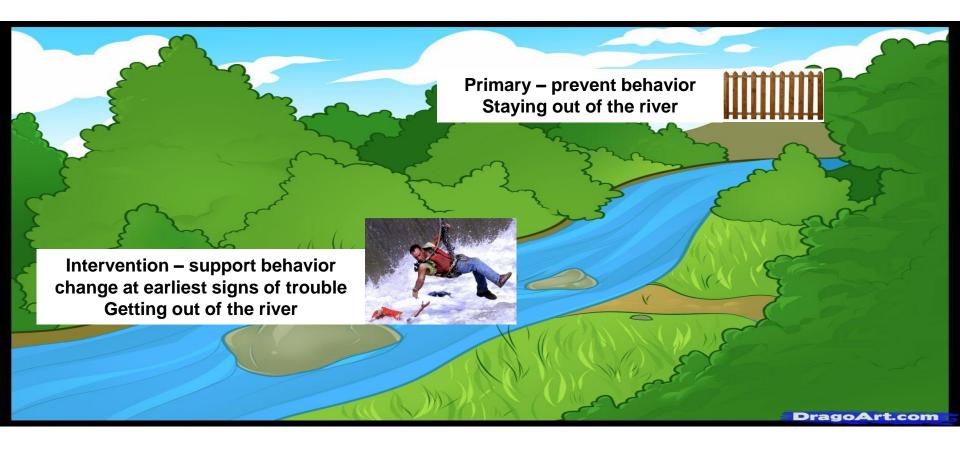
 Methods or activities that seek to reduce or deter specific or predictable problems, protect the current state of well-being, or promote desired outcomes or behaviors.

-US DHHS



"Apparently they're better than The Cure."











Going upstream: AlcoholEdu







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.



Going upstream: Social Norms



improvements Measured

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



Going upstream: Bystander Intervention



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 Misconduct

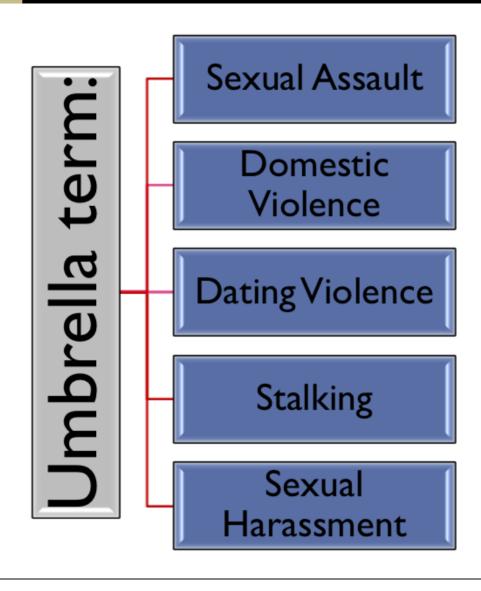
Steph Trilling, LCSW

Women's Center Director





What is 'Sexual Misconduct'?





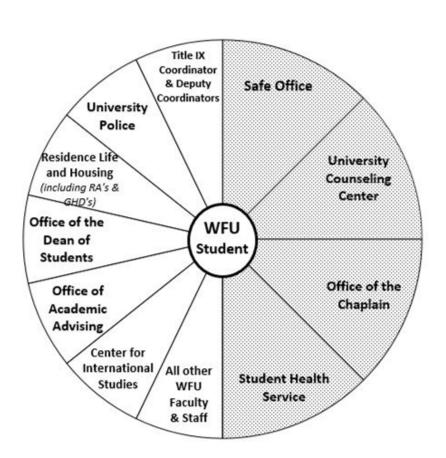
Sexual misconduct is a serious problem on college campuses,

- 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.



On Campus Resources



Why do confidential resources matter?

- Fear of judgement or retaliation may deter students from seeking support,
- Students regain a sense of control over their story and their experience.

The Safe Office

Confidential services including:

- 24/7 Help Line (during academic year)
- Counseling
- Advocacy & CaseManagement
- 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

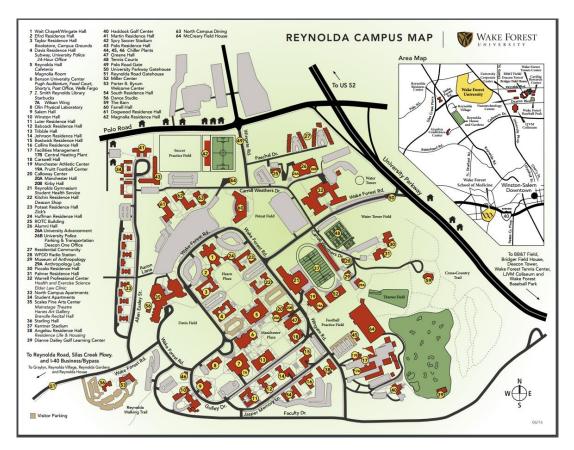
INTERPERSONAL VIOLENCE.

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





Education



Online EverFI Training

New Deac Week Talks

Step Up! WFU Training



DIRECT
Speak up and address inappropriate comments and behaviors head on.

DISTRACT
Get creative and do something to disrupt the situation.



3 Alert other people and ask for their help.



DELAY
If you freeze in the moment, you can always follow up later on.



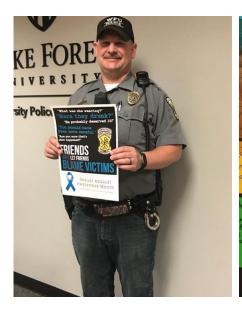


Bystander Results

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

...and more!

What Can Parents Do? Pop Quiz!

- □ Raise your hand if you have had conversations with your student about healthy relationships, consent and alcohol, and being a good friend.
- □ Raise your hand if you have shared with your student that you believe and support survivors and that if someone hurts them, it's not their fault.
- ☐ Raise your hand if you know the campus policies and resources related to sexual misconduct and will encourage your student to do the same.



Consultation & Support

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



Toss Us Your Questions





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





Office of Student Engagement

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



Office of the Dean of Students

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



Intercultural Center

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



WAKE FOREST UNIVERSITY

INTERCULTURAL CENTER

(interculturalcenter.wfu.edu) 336.758.5864



Residence Life and Housing

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



(rlh.wfu.edu) 336.758.5185



Emergency Medical Services

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



University Police

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



Title IX Office

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



Office of Wellbeing

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



(thrive.wfu.edu) 336.758.3089



Student Health Service

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



(shs.wfu.edu) 336.758.5218



University Counseling Center

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



(counselingcenter.wfu.edu) 336.758.5273



Women's Center

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



Chaplain's Office

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



LGBTQ Center

Fosters a safe, equitable and inclusive experience for all

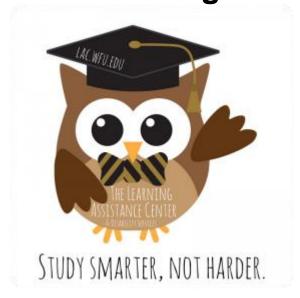


(lgbtq.wfu.edu) 336.758.4665



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



Safe Office

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



Campus Recreation

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



(campusrec.studentlife.wfu.edu) 336.758.5838



CARE Team

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.wfu.edu) 336.758.2645