

CSU Health Network Health Education and Prevention Services

Christina Berg, Director of Health Education and Prevention Services



COLORADO STATE UNIVERSITY



- HEPS Purpose and Focus
- Staffing
- Guiding Principles
- Initiatives

Supporting Ram success through care for body, mind and community

Health Education and Prevention Services:

- Assesses the health and well-being of students and helps identify related campus health priorities.
- Collaboratively designs, delivers and evaluates evidence-based, inclusive initiatives and programs that support and empower students to achieve academic and personal success during their college years and beyond.
- Involves fostering awareness, skill-building, resourcing and addressing the environmental context in which health behavior decisions are made.

Focus Areas

- Mental Health Initiatives
- Peer Education - Creating Respect, Educating Wellness, for and by, Students (CREWS)
- Sexual Health Initiatives
- Substance Misuse Prevention
- Well-Being Initiatives

Staffing

HEPS Director

Christina Berg, MPH

Manager of Mental Health Initiatives

Janelle Patrias, MSW

Manager of Sexual Health Initiatives and Peer Education

Gwen Sieving, MS

Manager of Substance Misuse Prevention and Assessment

Monica Keele, DVM, MPH

Manager of Well-Being Initiatives

Viviane Ephraimson-Abt, MS.Ed., LPCC

Coordinator of Well-Being

Stephanie Zee, M.Ed.

Administrative Specialist; Information Desk Manager

Lyndsey Prince, BS

Students Assistants (16-18)

- Focus Area Support
- Information Desk Staff

>>>Another Coordinator on the way!



Other Student Positions

Active Minds President

Ram Recovery President

CREWS Peer Educators

Interns (varies)

Advise

Active Minds Student
Advocacy Group

ASCSU Department of Health

CSU Ram Recovery
Community



Work from a holistic, foundational understanding and application of the public health model of prevention, as well as diversity, equity, inclusion and social justice and its impact on individual and population health.

Trauma-Informed.

Efforts informed by best practices, ongoing literature reviews, student health and behavior data, as well as partners and key stakeholders.

Align with CSU, Division of Student Affairs and CSU Health Network vision and priorities and help inform these priorities.

Other Guiding Principles



Public Health Approach

*What is
the problem?*

**Define the
problem**

Surveillance

*What is
the cause?*

**Identify risk &
protective
factors**

Research causes/factors

*What works
& for whom?*

**Develop & test
prevention
strategies**

*Design Implement
Evaluate*

*How do
you do it?*

**Ensure
widespread
adoption**

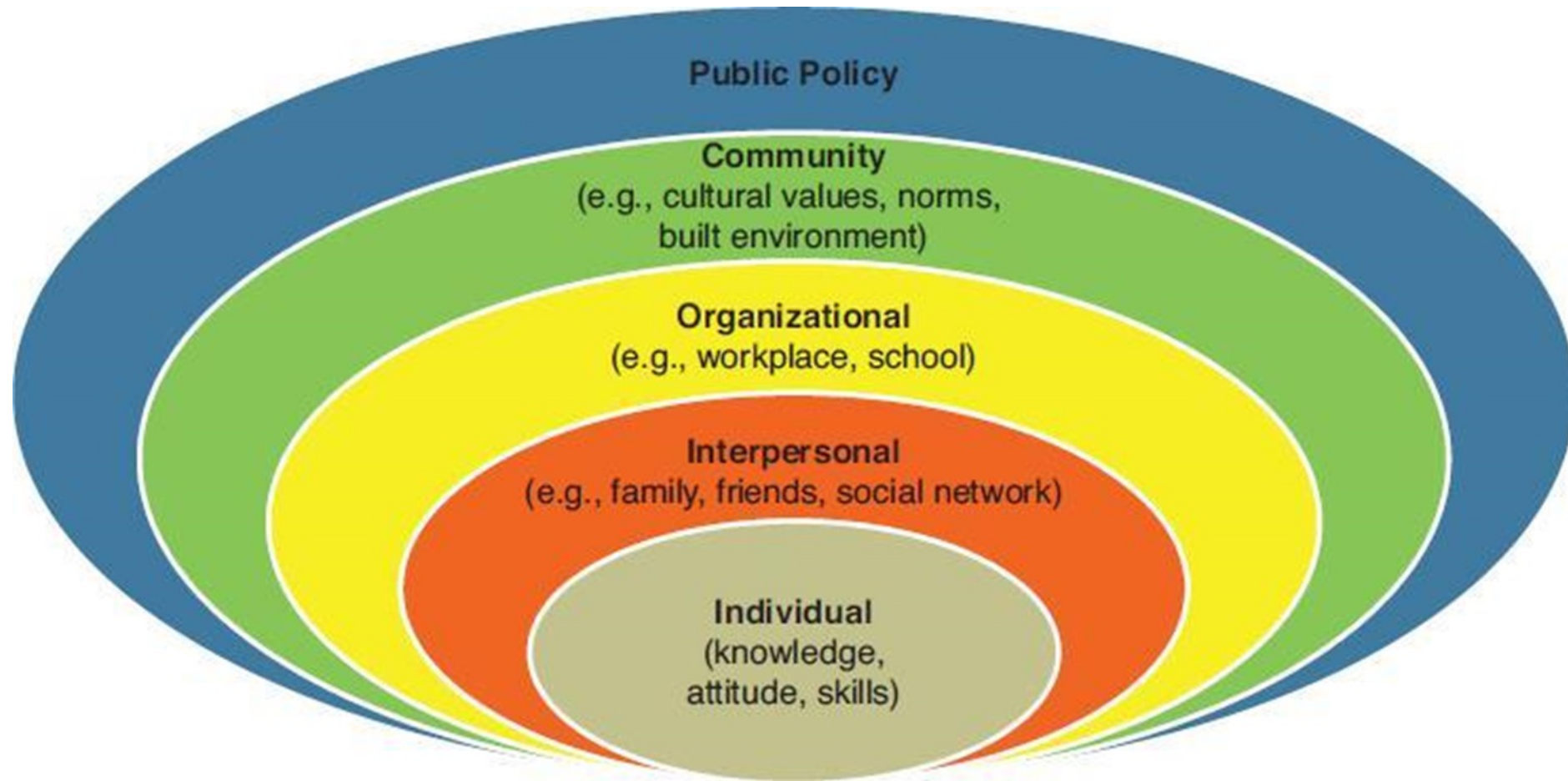
*Promote & scale up effective
programs & policies*

Problem



Response

Social Ecological Model



Student Mental Health and Well-Being Support Resources

CSU Health Network provides resources to help students learn how to improve mental health, manage stress and minimize anxiety. Visit <https://health.colostate.edu/mhwb-resources/> for more information.

Online 24/7 Tools

- YOU@CSU Campus and Online Resources:
 - Succeed (Academics/Career)
 - Thrive (Physical/Mental Health)
 - Matter (Purpose/Community/Social)
- SilverCloud Health Modules to Help Improve: Anxiety, Body Image, Depression, Sleep, Social Anxiety, Stress and More
- Nod: Strengthen Connections and Mental Health Support Apps
- Financial Education

Groups and Workshops

- Skill-Building Workshops – Mindfully Managing Stress
- Themed Therapy Groups
- Interpersonal Process Groups

Multicultural Services

- Multicultural Counseling Services
- Transgender Care
- Mental Health Musings Pod Casts

One-On-One Services

- Counseling Services
- Psychiatry Services and Medication Management
- Behavioral Health Consultation
- Medical Services
- Nutrition and Disordered Eating Consultations, in partnership with Kendall Raegan Nutrition Center; Housing and Athletics Nutritionists

Drugs and Alcohol Support

- Substance Use Self-Assessment Tools
- Drugs, Alcohol and You (DAY) Programs
- Opioid Use Disorder Treatment
- Ram Recovery Community
- Tobacco Cessation
- Narcan and Fentanyl Testing Strips

Outreach and Self-Care

- Outreach Presentations
- Rams Fail Forward
- StillPoint Reflection Space with Relaxation Pod, Heart Math

CSU Rams Against Hunger:

<https://lsc.colostate.edu/slice/slice-engagement/rams-against-hunger/>



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Digital Self-Help, Skill Building and Coaching Resources

- YOU@CSU platform (campus resources, education, skill building, goal setting); website health resources
- SilverCloud cognitive-based therapy skill building modules (depression, anxiety, social anxiety, depression and anxiety, resilience, positive body image, sleep, stress management) with virtual coaching to support completion
- The Nod Strengthen Social Connections app
- Meditation/mindfulness apps such as Unwinding Anxiety, Headspace, StopBreatheThink, Smiling Mind, The Shine App, Liberate Meditation, Calm and Insight Timer
- Canvas Financial Wellness skill-building platform
- Rams Fail Forward skill-building resources, normalizing and helping students learn and recover from failure
- Online Screening tools like Impact Feedback and Marijuana eCHECKUP TO GO, includes personalized feedback and resourcing; students at higher risk prompts to connect to support services



Incoming and First Year Students

- Ram Orientation Psychosocial Mindset intervention
- Ram Orientation Rams Take Care, Rams Take Action alcohol/substance misuse education and bystander messaging
- Ram Orientation Parent and Family presentations/communications education about important conversations
- AlcoholEdu and Sexual Assault Prevention online module (required)
- Canvas Financial Wellness skill-building platform
- Diversity, Inclusion and Belonging module and classroom integration (moving to Office of Inclusive Excellence)
- Ram Welcome Parent and Family Student Challenges and Steps to Success presentation
- Mental health and well-being skill building and resourcing sessions integrated into new undergraduate Orientation and Transition Programs First Year and Key Academic seminars (version for new graduate student seminars)
- Ram Orientation Leaders, Ram Welcome Leaders, Resident Assistants and University Housing Support Staff and other student and mentoring groups trainings regarding their role in creating an environment that supports student well-being and encourages healthy decisions around alcohol and other drugs
- Setting Expectations campaign



Enhancing Student Mental Health, Well-Being, Substance Misuse Prevention Outreach

- Mental Health and Well-Being Trainings/Presentations (self-care, well-being, stress management, mindfulness, suicide prevention); faculty/staff trainings supporting students in distress/creating well-being environments: [Well-Being in Academic Environments Tool Kit](#)
- Promotion of campus partners' interpersonal violence prevention, body positive, healthy relationships, nutrition and sleep educational trainings and Campus Rec offerings
- CREWS Peer Education and staff sexual health and substance misuse prevention presentations and outreach; sexual health supply distribution program
- Narcan and overdose prevention trainings; Naloxone and fentanyl testing strips availability
- Mindfully Managing Stress workshop; Center for Mindfulness meditation and mindfulness sessions
- ASCSU Department of Health and Active Minds support resources and educational tabling
- Faculty and staff trainings on helping foster student well-being and assisting students in distress
- Campus trainings for stress reduction in response to stressful/traumatizing events; Community Resilience Model
- Growth mindset past trainings
- StillPoint Reflection Space, relaxation pod, Heart Math biofeedback technology
- Health promotion messaging/campaigns; mental health musings podcast
- Sexually transmitted infections discounted testing



Focus on Vulnerable Groups

- Fraternity and Sorority Life Community
- Athletes
- LBGTQ+, Students of Color, Students with Disabilities, Veterans, First Generation, International Students, Deferred Action for Childhood Arrivals (DACA), International Students
- High Risk Times/Events
 - Example: The Football Game Bystander Intervention
- Semester at Sea



Help Seeking, Resourcing and Recovery

- Past help seeking and resourcing campaigns with ASCSU Health; part of trainings/presentations/messaging
- Help Compass, crisis navigation tool in the YOU@CSU platforms
- 988 Suicide and Crisis Lifeline and QR code to additional crisis care resources on the back of new student and employee Ram Cards (Starting Summer 2023)
- Student mental health and well-being, substance misuse and sexual health support resources promotion
- Bathroom stall signage
- Syllabi mental health related messaging
- Interactive Screening Program
- Online screening tools
- Ram Recovery Community



Coordinated Crisis Response

Restrict Access to Lethal Means

- Can be called in to assist with campus community support in times of crisis or following a student, staff or faculty death or other tragedies
- Assist with campus postvention; suicide postvention guidelines and best practices are followed to communicate with affected individuals and groups about suicide loss
- Provide Campus Student Media's Code of Ethics Suicide Reporting Best Practice Guidelines
- Help coordinate campus environmental scans to look for any unique risk factors contributing to suicide loss



Policies and Procedures Campus Assistance

- Campus Policy Smoking, Vaping and Tobacco Use Policy and Procedures; policy change awareness and website; receptacle removal
- Campus Policy Alcohol and Drugs and Procedures/Tailgating review; ticket appeals committee representation
- The Fort Collins Social Host Ordinance creation - Civil ordinance holds people responsible for providing a place for underage consumption (alcohol and marijuana) to occur
- Responsible Association of Retailers (RAR) and marijuana retailers' version collaboration



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