CSU Health Network Purpose
Supporting Ram success through care for body and mind.

HEPS Mission
The CSU Health Network Health Education and Prevention Services (HEPS) team supports the health and well-being of the CSU campus community by helping students get healthy, stay healthy and drive change toward a healthier campus. HEPS identifies campus health priorities and delivery of evidence-based, inclusive programs, services and initiatives that empower students to achieve academic and personal success during college and beyond. This involves fostering awareness, skill-building and addressing the environmental context in which health behavior decisions are made to create a healthy learning community.
### HEPS Staffing

**HEPS Director**  
*Christina Berg, MPH*

**Associate Director of Communications**  
*Kate Hagdorn, BSBA*

**Manager of Substance Abuse Prevention and Assessment**  
*Monica Keele, MPH*

**Manager of Sexual Health and Outreach Initiatives**  
*Gwen Sieving, MS*

**Manager of Mental Health Initiatives**  
*Janelle Patrias, MSW*

**Manager of Well-Being**  
*Viviane Ephraimson-Abt, MS. Ed., LPCC*

**Coordinator of Mental Well-Being**  
*Vacant*

**Communications Coordinator**  
*Abby Ross, BS*

**Administrative Specialist**  
*Valerie Lewis, AA*

**Information Desk Assistant**  
*Dee Hewett*

**Spiritual Care Resident**  
*Olivia Kail*

### Student Assistants

**Graphic Designer**

**Communications**

**Substance Abuse Prevention**

**Mental Health Initiatives (2)**

**CREWS Peer Education (2)**

**Information Desk (3)**

### Other Student Positions

**Active Minds President**

**CREWS Peer Educators (25)**

**Interns (varies)**

### Advise

**ASCSU Department of Health**

**Multi-Faith and Belief Student Council**

**Active Minds Student Advocacy Group**
Services

Student Health Data
Available Upon Request
National College Health Assessment

Services
Tobacco Cessation:
Appointments made through CSU Health Network Access Center (970) 491-7121 or Counseling Services (970) 491-6053.

Spiritual Care Consultation:
Support exploring life’s questions, experiences and transitions in a safe, nonjudgmental space. Appointments made through CSU Health Network Access Center (970) 491-7121.

Presentation Requests
Request Form: https://health.colostate.edu/presentation-request/; adjusted to meet audience and demographic needs

Topics:
- Alcohol
- Dating and Healthy Relationships - Women and Gender Advocacy Center
- Dental – Dental Clinic
- Fitness – Campus Recreation
- Marijuana
- Mindfulness
- Nutrition On-Campus Students – University Housing & Dining Services
- Nutrition Off-Campus Students and Campus Apartments - Kendall Reagan Nutrition
- Rams Fail Forward
- Sexual Health
- Spiritual Care
- Stress Management
- Suicide Prevention
- Tobacco
- Well-Being
Mental Health and Well-Being Initiatives

- YOU@CSU student success portal (https://you.colostate.edu/) connects students to personalized on-campus and online resources in the areas of Succeed (Academics/Career), Thrive (Physical/Mental Health) and Matter (Purpose/Community/Social)

  Current YOU@CSU enhancements include:

  - Goal setting function populated with First Year/Momentum Year goals (successfully complete 30 credits, Math and English, 9 credits in interest area; develop a productive academic mindset; and engage in major and advising guidance, including using YOU@CSU), as well as other goals related to student success, health and well-being

  - SilverCloud health and well-being cognitive-based therapy skill building modules with coaching support

  - Future launch of loneliness prevention app that encourages healthy, social risk-taking and supports the changing of thinking patterns and approach to relationship building

- Psychosocial Mindset Intervention where new students during Ram Orientation watch a video used to share common college transition challenges and strategies to overcome these challenges from peers with varying identities, followed by reflection facilitated in small groups

- Ram Orientation CSU Health Network Parent and Family Presentation, sharing requirements, recommendations and services, as well as encouraging prevention-focused conversations with new student

- Financial literacy online education with new incoming students

- Ram Welcome Parent and Family Student Challenges and Steps to Success workshop

- Growth Mindset faculty, staff and student leader training and resource referral and Residential Curriculum Program integration

- Rams Fail Forward Campaign to normalize, learn and recover from failure, as well as well-being health communications

- CSU Health Network Workshops and Groups Mindfully Managing Stress workshop

- Mental health and well-being outreach

- StillPoint Reflection space, relaxation pod and HeartMath and Muse self-regulation technology to support skill-building

- Spiritual Care Services individual and group consult, outreach and crisis response

- Body Positive and Disorder Eating Awareness outreach, led by Women and Gender Advocacy Center

- Supporting Career Center on deployment of Diversity, Equity and Inclusion module with student employees

- In development:
  - Training for immediate application to stressful/traumatizing events
  - Tool kit for mental health and well-being academic environments integration
  - Sleep/well-being campaign or incentivized well-being challenge
Mental Health and Well-Being Initiatives

- Student well-being curriculum implemented at a larger scale

Help Seeking and Treatment Promotion

- Higher-risk student targeted use of Interactive Screening Program, that involves email deployment of brief screening, personalized feedback and an opportunity to connect virtually with a Counselor, a bridge to in-person counseling
- Flourishing assessment part of University Housing’s Taking Stock Program, happening six weeks into Fall semester, with follow up/intentional conversation by Resident Assistants and deployment of the Interactive Screening Program for identified high-risk students
- Online screening program (anxiety, depression, disordered eating, substance use) that provides personalized feedback and prompts connection to support services, when warranted
- Mental health screening in the medical clinical encounter and with new student athletes during physical exam
- Help seeking communications and Tell Someone service promotion support
- Staff/faculty/student staff trainings on supporting student mental health and referral
- Sample syllabi messaging and student mental health resources on Institute for Teaching and Learning website
- Comprehensive counseling and psychiatric care services and marketing of services
- Imbedding Counselor in Athletics and Student Diversity Programs and Services (SDPS) areas, as well as Counseling SDPS liaisons providing support and outreach
- CSU Health Network exploration of access barriers and protective factors, as well as application of Universal Design principles, keeping historically marginalized students at the heart of care delivery

Suicide Prevention

- Notice and Respond, suicide prevention training for staff/faculty/student leaders
- Suicide Reporting Best Practice Guidelines woven into the Collegian’s Code of Ethics
- Suicide risk campus environmental scan and protocols
- Postvention communication and outreach
First Year Students

- Ram Orientation Rams Take Care, Rams Take Action session that integrates alcohol norming and bystander messaging; Ram Orientation Leaders trained in program content, motivational interviewing, bystander intervention and practical skills for program delivery.

- AlcoholEdu online module, required for incoming students under the age of 23 to facilitate healthier decisions related to alcohol and drug use; honors identities; includes the setting of expectations and norms clarification, as well as provides personalized feedback and tailored content that engages abstainers, light to moderate users and frequent users with customized messaging; educates on the mental and physical effects of substance use and alcohol poisoning, as well as prepares students to engage in active bystander behavior.

- Sexual Assault Prevention online module, required for incoming students focuses on issues associated with stalking, relationship violence and sexual assault; students learn about consent, how to help a friend, and how to intervene in a situation that might escalate to interpersonal violence.

- Ram Orientation CSU Health Network Parent and Family Presentation, sharing requirements, recommendations and services, as well as encouraging prevention-focused conversations with new student.

- Staff trainings on their role in creating an environment that encourages healthy decisions around alcohol and other drugs; trained in motivational interviewing, active bystander techniques, harm reduction and referral.

- University Housing’s community development, Living Substance Free floors in the residence halls and CSU Police Department officer liaison program.

- Support Setting Expectations Campaign within University Housing, with clear messaging about campus substance use policies and consequences for violation, as well as messaging to reinforce AlcoholEdu content related to how to help a friend with alcohol poisoning and promotion of Responsible Action/Medical Exemption Policy.

Fraternity and Sorority Life

- GreekLifeEdu online module, required completion by most fraternity and sorority chapters by (inter)national organization.

- Harm Reduction and Risk Management Workgroup, composed of staff, administrators and students, meets biweekly; focus on exploration, implementation and updates to harm reduction and prevention strategies specific to the fraternity and sorority community.


- Intentional follow-up regarding violation of alcohol related policies and online publishing of student organization conduct outcomes.

- Risk Management Officer Workshop Series for chapter risk management officers on a
variety of harm reduction related topics, with at least once per year (each fall semester) a workshop focuses on alcohol abuse prevention; additionally, workshops have been hosted on marijuana abuse prevention and social event management; CSU Health Network trainings provided adjust for audience demographics

- Tailgating Summit, started in Fall 2017, where fraternity and sorority community discuss tailgate event strategies for harm reduction and safe behavior
- Promotion of resources, grounded in harm reduction, for chapters to utilize when planning social events with alcohol: https://fsl.colostate.edu/resources/risk-management-harm-reduction-resources/

High Risk Times/Events

- Community Welcome early Fall semester and messaging from Off Campus Life about good neighboring and party registration
- Campus administrator and health messaging at start/end of school year, Halloween, Spring Break
- Fort Collins Police/CSU Police Department joint party patrols, DUI saturation patrols, compliance checks all year, with greater emphasis during early Fall, Halloween, late Spring
- CSU sporting events substance abuse and related issues prevention includes: pre event/tailgating/same day policy communications, limiting hours of sales at venues, server training and game day protocols and policy enforcement
- Football Game Bystander Intervention: Building upon bystander education as part of Ram Orientation and AlcoholEdu, online module required for incoming students 23 or younger, CREWS Peer Education engages student football game attendees in conversations, using brief motivational interviewing and pledging, shown to foster bystander behavior and harm reduction; evaluation publication with Institute for Research in Social Sciences
- Campus promotion of activities/events at higher-risk times; Ram Welcome First 50 Days promotion, list of things for student to engage in their first eight weeks on campus
- RamRide and late-night bus route
- Semester at Sea substance use prevention efforts, includes student alcohol abuse prevention education and active bystander intervention messaging; follow up involves post, first port motivational interviewing questions activity and community building
- In development:
  - Addressing drink and marijuana specials that target students
  - Limiting campus substances’ advertising

Outreach

- CREWS Peer Education presentations/outreach alcohol, marijuana and tobacco

Policy

- AlcoholEdu and Sexual Assault Prevention modules prompt new students to e-sign that they have read related campus policies
- Campus Policy Smoking, Vaping and Tobacco Use Policy: https://wsnet2.colostate.edu/cwis549/csuc/policy.aspx?id=543; Tobacco-Free Campus website: https://tobaccofree.colostate.edu/
Substance Abuse Prevention

and policy change communications, sign updates and receptacle removal

- CSU Responsible Action/Medical Exemption: https://resolutioncenter.colostate.edu/sc-procedures/
- Campus Policy Alcohol and Drugs: https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=738
- CSU Residence Halls Policies: Alcohol and Drugs; Smoking, Vaping and Tobacco Use: http://reshallpolicies.colostate.edu/alcohol-drugs
- CSU Tailgating Policy: http://policylibrary.colostate.edu/policy.aspx?id=754
- CSU Student Conduct Code: https://resolutioncenter.colostate.edu/prohibited-conduct-behavior/
- CSU Substance Abuse ticket for first time, low-level offenders
- Fort Collins Social Host Ordinance Fall 2016: new civil ordinance that holds people responsible for providing a place for underage consumption (alcohol and marijuana) to occur: https://www.fcgov.com/neighborhoodservices/socialhost.php
- Supporting community Responsible Alcohol/Marijuana Retailer organizations
- CSU Health Network protocol for students seeking pain medication prescriptions and/or refills

Help-Seeking, Treatment Promotion and Recovery

- Students with a Conduct Code violation related to alcohol and/or other substances are sanctioned to complete the Basics online assessment through CSU Health Network Drugs, Alcohol, and You (DAY) Program, which helps to determine the most appropriate level of intervention
- DAY works with sanctioned and non-sanctioned students across the spectrum of use, including addiction
- Ram Recovery Community, founded in 2017, provides peer support for students on all paths and in all phases of recovery including substance use disorders, eating disorders, as well as process and other mental health disorders
- Online screening program (anxiety, depression, disordered eating, substance use) that provides personalized feedback and prompts connection to support services, when warranted

Marijuana Intervention Research

- Partnering with the CSU Marijuana Research group to improve effectiveness of Electronic Check Up to Go Marijuana online screening, personalized feedback and intervention program for use at CSU
- Promotion of CSU Center for Prevention, National Institutes of Health grant, Cannabis Use Disorder Peer Texting Intervention
Sexual Health

- Spring Get Yourself Tested Campaign, offering sexually transmitted infections discounted testing
- CSU Health Network Women and Gender Care Nurse Sexually Transmitted Infections Clinic, providing screening and education for asymptomatic visits
- Condom availability and delivery program
- CREWS Peer Education sexual health presentations/outreach

Sun Safety

- FY18 Sun Safety grant: UV imager education, portable shade structures for Athletics, portable dispensers and sun screen for Ram Orientation and Ram Welcome events, sun safety education in YOU@CSU portal and CSU Health Network website, social media and Collegian coverage and Off Campus Life remove tanning amenity information from their website
- Health and Exercise Science class continuing UV imager education

Bike Pedestrian Safety

- FY18 Innovate Fort Collins grant: Creation of Bike Pedestrian Safety/Alternative Transportation CSU Moves education module; part of a comprehensive CSU plan to support bike and pedestrian safety, as well as promote the use of alternate transportation, through improved infrastructure and signage, policy enforcement and education

Healthier Vending

- FY16 Healthier Vending Project: Defined and increased heathier snack options and increased number of healthier vending machines on campus in identified locations, in partnership with Food Science and Human Nutrition and Campus Vending

Note:

- University Housing’s Services Manager of Nutrition and Wellness Programs oversees Residence hall nutrition consultation, presentation requests and University Housing and Dining Center initiatives
- Off campus and apartment nutrition presentation requests, cooking classes, general workshops and nutrition consultation are managed by the Kendall Reagan Nutrition Center
- Athletics has a student athlete nutritionist
- The CSU Health Network’s Medical Services provides nutrition consultation for disordered eating
- Interpersonal violence prevention initiatives are managed by the Women and Gender Advocacy Center and Title IX
- CSU Campus Recreation has oversight of campus physical fitness initiatives
Health Communications and Marketing

- Ram Orientation for incoming students and families, including resource fairs, presentations and materials, with a focus on service awareness, health-related requirements and recommendations for new students, health insurance and access, and student support
- Admissions events for prospective students and families, including resources fairs and presentations
- Communications support for CSU Health Network departments, including service line marketing, materials, messaging management and outreach
- Media requests and public relations, in partnership with CSU External Relations
- Brand management in alignment with CSU graphic standards
- Web management: health.colostate.edu
- Social media management, including CSU Health Network Facebook and Instagram channels and strategic partnership with CSU Social
- Public health campaigns and related efforts, in support of Health Education and Prevention Services strategic initiatives
- Public health communications crisis response support
- Internal employee communications, including employee intranet SharePoint site and employee newsletter
- Assessment and monitoring of CSU Health Network reputation and barriers to student access through Awareness and Access Survey of non-user students
- CSU Health and Medical Center digital screens, signage, facility displays and building partner communications oversight