



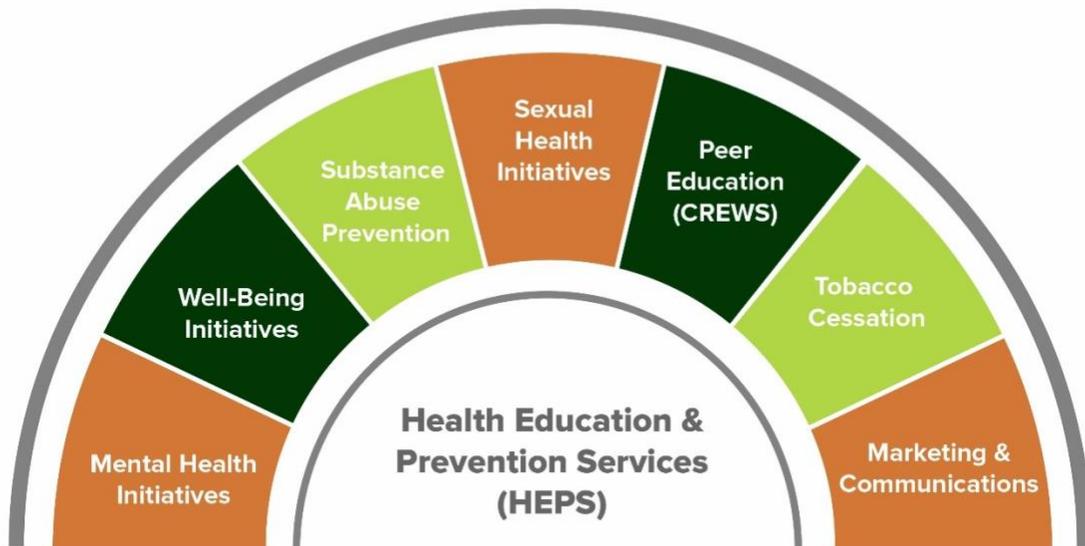
# Purpose, Mission and Focus Areas

## CSU Health Network Purpose

Supporting Ram success through care for body and mind.

## Health Education and Prevention Services 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 delivers 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.





# Staffing

## **HEPS Staffing**

HEPS Director  
*Christina Berg, MPH*

Associate Director of Communications  
*Kate Hagdorn, BSBA*

Manager of Mental Health Initiatives  
*Janelle Patrias, MSW*

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

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

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

Coordinator of Well-Being  
*Stephanie Zee, M.Ed.*

Coordinator of Communications  
*Abby Ross, BS*

Administrative Specialist  
*Valerie Lewis, AA*

Information Desk Assistant  
*Dee Hewett*

## **Student Assistants**

Communications

Graphic Designer

CREWS Peer Education (2)

Information Desk (3)

Mental Health Initiatives

Substance Abuse Prevention

Sexual Health Initiatives

SilverCloud Virtual Coaches (2)

Well-Being Initiatives

## **Other Student Positions**

Active Minds President

CREWS Peer Educators (20-25)

Interns (varies)

## **Advise**

Active Minds Student Advocacy Group

ASCSU Department of Health

CSU Ram Recovery



# Services

## **Student Health Data**

Available upon request - National College Health Assessment.

## **Services**

### ***Tobacco Cessation***

This service provides support for students interested in quitting or reducing tobacco and/or vaping product use. Appointments are made through the CSU Health Network Access Center (970) 491-7121.

## **Presentation Requests**

Request Form: <https://health.colostate.edu/presentation-request/> Presentations are adjusted to meet audience and demographic needs.

### ***Topical Areas***

- Alcohol, Marijuana, Tobacco
- Dental - Dental Clinic
- Healthy Relationships - Women and Gender Advocacy Center
- Mindfulness
- Nutrition On-Campus Students - University Housing & Dining Services
- Nutrition Off-Campus Students - Kendall Reagan Nutrition Center
- Sexual Health
- Stress Management, Well-Being
- Suicide Prevention



# Campus Mental Health and Well-Being

## Prevention

- YOU@CSU is a student success portal (<https://you.colostate.edu/>) that connects students to personalized campus and online resources in the areas of Succeed (Academics/Career), Thrive (Physical/Mental Health) and Matter (Purpose/Connection) via the portal's online assessments and/or search function.  
YOU@CSU includes a 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 YOU@CSU use). It also is populated with other goals related to student success, health and well-being for self-selection and encourages students to create customized goals.
- SilverCloud health and well-being cognitive-based therapy skill building modules are available with virtual coaching support. Students can access these self-help modules directly through YOU@CSU or through referral pathways.
- The Psychosocial Mindset Intervention is presented to new students during Ram Orientation. New students 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 Presentations provide requirements, recommendations and services information, as well as encourage prevention-focused conversations with their new students. Parent and Family Programs follow up communications provide resources on how to actively support their student.
- New incoming students are provided an opportunity to engage in online financial education. This skill-building resource is also available through other venues.
- Ram Welcome includes a Parent and Family Student Challenges and Steps to Success workshop and student health coping strategies integration.
- There are dozens of programs across campus that exist to promote social connectedness among students, including within the Division of Student Affairs (University Housing, SLiCE, others) and academic units.
- The launch of the Loneliness prevention app encourages healthy, social risk-taking and supports the changing of thinking patterns and approach to relationship building.
- Growth mindset and resource referral training has been provided for faculty, staff, and student leaders.
- The Rams Fail Forward Campaign normalizes and helps students learn and recover from failure and provides well-being resources.
- A mental health and well-being toolkit for academic environments has been developed for faculty and staff use: <https://academicwellbeing.colostate.edu/>
- The CSU Health Network holds mental health and well-being-focused groups and workshops, to include Mindfully Managing Stress.
- Mental health and well-being outreach are provided to student groups.
- The StillPoint Reflection Space, located in the Health and Medical Center, is designed to be a spiritually nourishing, inclusive environment for CSU faculty, staff and students from all backgrounds and cultures to engage in prayer, reflection, meditation and relaxation. A relaxation pod, as well as HeartMath and Muse self-regulation technology, are available to support skill-building.
- Outreach by the Women and Gender Advocacy Center includes body positive and disordered eating awareness and resources.



# Campus Mental Health and Well-Being

- The CSU Health Network supported the Career Center's deployment of the Diversity, Equity and Inclusion (DEI) module with student employees and will aid rollout to first year students, starting FY22.
- Potential, future initiatives:
  - Training for immediate application to stressful/traumatizing events.
  - Incentivized Well-Being program.
  - Student well-being curriculum implemented on a larger scale.
- Employee and student staff trainings are provided to support student mental health and referrals.
- Notice and Respond is a suicide prevention training provided to employees and student leaders.
- Online screening tools are accessible through the YOU@CSU portal to assess symptoms of distress and encourage help seeking behaviors.
- Mental health and substance abuse screening is conducted in the medical clinical encounter and with new student athletes during their physical exam.

## Help Seeking, Referral and Treatment

- Tell Someone is a campus service where people can report concerns about the health, well-being or safety of a student or university employee. Reports are used to make referrals to campus services that can develop strategies and use resources to discreetly help students and employees who may be in distress. The CSU Health Network intentionally promotes this service in help seeking and support service communications.
- The Interactive Screening Program involves targeted email deployment to higher-risk students with brief screening, personalized feedback and an opportunity to connect virtually with a Counselor, serving as a bridge to in-person counseling.
- The flourishing/mental well-being assessment is a part of the University Housing's Taking Stock Program that occurs six weeks into the Fall semester. Follow up and intentional conversations are conducted by Resident Assistants with deployment of the Interactive Screening Program for identified higher-risk students.
- The CSU Institute for Teaching and Learning website provides sample student syllabi mental health messaging and support resources.
- Behavioral Health staff are embedded in the medical clinic for immediate intervention with students, as needed.
- The Trans Health Committee brings together Counseling Services and Medical Services staff to focus on creating inclusive and high-quality health and mental health care services for students who identify as transgender, non-binary, gender non-conforming or intersex.
- Comprehensive CSU Health Network counseling, psychiatric care and post hospitalization support (iTeam) services are available. Students have 24/7 immediate access to speak with a counselor via daytime drop-in hours at Counseling Services and the after-hours support for urgent/emergent concerns.
- Counseling Services facilitates therapy groups and provides multicultural drop-in hours, specifically for students holding marginalized identities.
- There are embedded counselors within Athletics, the Women and Gender Advocacy Center and Student Diversity Programs and Services (SDPS), as well as Counseling SDPS liaisons providing additional support and outreach. Counseling Services has facilitated social and emotional support meetings for Dreamers United students.



# Campus Mental Health and Well-Being

- The CSU Health Network continues to explore access barriers and protective factors and Counseling Services has applied Universal Design principles to keep historically marginalized students at the heart of care delivery.
- Strategic communication efforts reach students and the greater campus community, including carefully timed social media takeovers, promotion of resources and how to access services, healthy coping skills and messaging throughout the semester and at peak times.

## Coordinated Crisis Response

- Counseling Services and Employee Assistance Program representatives provide counseling and consultation in times of crisis or following a student, staff or faculty death or other tragedies.
- Student Case Management supports students experiencing the effects of a crisis, adverse incident or disruptive behavior. The focus is to minimize the negative impact on the student or employee and other students, balancing the needs of the individual with those of CSU and the community. In the height of a crisis, meeting with a Student Case Manager may include assessment, referrals and appropriate follow up.
- The Student Consultation Team (SCT) is dedicated to improving community through a proactive, objective, supportive and collaborative approach to the prevention, identification, assessment, intervention, management and coordinated response of student situations that may pose a threat to the safety and well-being of individuals and the campus community. The Office of Support and Safety Assessment chairs the SCT and administers communications from the SCT regarding requirements and support.
- The Division of Student Affairs coordinates the response following a death of a student

using the student death/crisis response protocols.

- When responding to a death by suicide, careful suicide postvention guidelines and best practices are followed to strategically communicate with affected individuals and groups about suicide loss.
- Suicide Reporting Best Practice Guidelines are woven into the Campus Student Media's Code of Ethics.

## Restrict Access to Lethal Means

- In 2013, CSU conducted a campus environmental scan to look for any unique risk factors contributing to suicide loss. None were found. Access to heights and lab security were assessed at that time. Another scan is slated for the near future. The City of Fort Collins has updated the Mason corridor railroad track protective infrastructure.
- The Student Death and Crisis Response Team collects data on students who have died including those who have died by suicide. Data is periodically reviewed to look for unique or particular risk factors. None have been identified.
- CSU Police Department offers safe storage for firearms for on-campus residents or anyone in the CSU community who needs this resource.



# Campus Substance Abuse Prevention

## Decreasing Risk in Vulnerable Groups

### *First Year Students*

- New, incoming students engage in the Ram Orientation Rams Take Care, Rams Take Action session that integrates alcohol norming and bystander messaging. Ram Orientation Leaders are trained in program content, motivational interviewing, bystander intervention and practical skills for program delivery.
- Ram Orientation CSU Health Network Parent and Family Presentations provide requirements, recommendations and services information, as well as encourage prevention-focused conversations with their new students. Parent and Family Programs follow-up communications provide resources on how to support their student and conversation guidance.
- Ram Orientation has an intentional focus on students building positive social connections, a substance abuse protective factor, and diversity and inclusion awareness.
- The AlcoholEdu online module is required for new, incoming students under the age of 23 to facilitate healthier decisions related to alcohol and drug use. Module components include the setting of expectations and norms clarification, as well as providing personalized feedback and tailored content that engages abstainers, light to moderate users and frequent users with customized messaging. It also educates on the mental and physical effects of substance use and alcohol poisoning, as well as prepares students to engage in active bystander behavior. The module was updated with vaping and marijuana prevention education in Summer 2020.
- The 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.
- The AlcoholEdu and Sexual Assault Prevention modules prompt new students to e-sign that they have read related campus policies.
- YOU@CSU is an online student success portal (<https://you.colostate.edu/>) that connects students to personalized campus and online resources and support services in the areas of Succeed (Academics/Career), Thrive (Physical/Mental Health) and Matter (Purpose/Connection) to make the most of their college experience. This includes screening questions related to substance use that help dial up timely education and support resources. Incoming students are encouraged to create a profile and explore.
- Student staff trainings are provided to Ram Orientation Leaders, Resident Assistants and University Housing Support Staff, Student Media and other mentoring groups regarding their role in creating an environment that encourages healthy decisions around alcohol and other drugs. Trainings can include brief motivational interviewing skills to help have critical conversations with students they serve, active bystander techniques, harm reduction education and referral.
- University Housing staff work to create community with their yearly influx of new and returning students and offer Living Substance Free floors in the residence halls. As part of their CSU Police Department Officer Liaison program, each residence hall is assigned an officer with the intention of forming relationships and building trust. Students become accustomed to seeing the officers, associating them less with just policy violation response.
- Early in the Fall semester, a Setting Expectations Campaign within University Housing is mobilized, in follow up to housing contract signing. The campaign provides clear messaging about campus alcohol and



## Campus Substance Abuse Prevention

other drug policies and 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 Community***

- The GreekLifeEdu online module completion is required by most fraternity and sorority chapters by their (inter)national organization.
- The Fraternity and Sorority Life Harm Reduction and Risk Management Workgroup focuses on exploration, implementation and updates to harm reduction and prevention strategies specific to the fraternity and sorority community. There is promotion of resources, grounded in harm reduction, for chapters to utilize when planning social events with alcohol. These resources include: (1) third party vendor contracting, (2) event monitoring, (3) tailgate event planning and (4) BYOB guest list strategy.
- The Fraternity and Sorority Joint Policy on Risk Management group meets annually to review risk management policy that governs the community to make updates based on experience and best practice. The current policy is available at: <https://fsl.colostate.edu/wp-content/uploads/sites/12/2019/11/Fraternity-Sorority-Joint-Policy-on-Risk-Management.10.2019.pdf>
- There is intentional follow-up regarding violation of alcohol-related policies and online publishing of fraternity and sorority organization conduct outcomes.
- The Office of Fraternity and Sorority Life provides a risk management officer workshop on a variety of harm reduction related topics, with at least once per year, Fall semester, a workshop focused on alcohol abuse prevention. Additionally, workshops have been hosted on marijuana abuse prevention and social event management.

- The Tailgating Summit, started in Fall 2017, engages the fraternity and sorority community in discussing tailgate event strategies for harm reduction and safer behavior.
- Broader than the Fraternity and Sorority Life community, CSU provides hazing prevention training, messaging and encourages reporting of incidents. Fraternity and Sorority Life specific hazing prevention resources can be found at: <https://fsl.colostate.edu/resources/hazing-prevention-education-resources/>

### ***Athletes***

- Substance abuse prevention messaging and support resource information is embedded into the first-year athlete course curriculum messaging and orientation.
- CSU adheres to the NCAA athlete alcohol and other drug testing protocol.
- There is a CSU Health Network counselor embedded in Athletics to actively assist with student athlete and coach education and student mental health/substance abuse support.

### ***High Risk Times/Events***

- The Community Welcome event held early Fall helps foster a sense of community and connection between students and long-term Fort Collins residents. Volunteers made up of CSU students and staff, city employees, and Fort Collins and CSU Police go door-to-door visiting approximately 2,000 homes in neighborhoods surrounding the main campus. Teams distribute information about City ordinances and expectations CSU has for its students. Additionally, the teams encourage neighbors to get out and meet each other, providing residents with the "Art of Neighboring" brochure as well as exchange names and contact information to create positive relationships.



# Campus Substance Abuse Prevention

- The Party Registration program provides party hosts with an opportunity to receive a warning, giving a 20-minute window to voluntarily terminate a party after a noise complaint has been received. Party smart tips and resources are provided upon registration.
- CSU campus administrators and Public Safety Team typically distribute harm reduction and expectation-setting health messaging at the start/end of school year, as well as before the Rocky Mountain Showdown football game with CU-Boulder, Halloween and Spring Break. These events are known to be higher risk for alcohol misuse and related impacts.
- Fort Collins Police/CSU Police Department engage in joint party patrols, DUI saturation patrols, compliance checks during the year, with greater emphasis early Fall, around Halloween and late Spring.
- CSU sporting events substance abuse and related issues prevention includes: (1) pre-event/tailgating/same day policy communications, (2) limiting hours of sales at venues, (3) server training and (4) game day protocols and policy enforcement.
- The Football Game Bystander Intervention builds upon bystander education as part of Ram Orientation and AlcoholEdu. The CREWS Peer Education team engages student football game attendees in conversations using brief motivational interviewing and pledging shown to foster bystander behavior and harm reduction.
- There is intentional campus creation and promotion of activities at higher risk times, like Ram Welcome. An example is the First 50 Days that involves University Housing's integration of activities for students to engage in during their first eight weeks on campus.
- The CSU RamRide program provides free, safe rides for CSU students. The community of Fort Collins has a late-night bus route.

- Semester at Sea substance use prevention efforts include expectation setting, accountability, community building, student alcohol abuse prevention education and active bystander intervention messaging. Education follow up involves a post, first port motivational interviewing questions activity.

## Outreach

- CREWS Peer Education and Assistant Director of Substance Abuse Prevention provides alcohol, marijuana and tobacco/vaping presentations and outreach, using best practices for content and delivery.
- Substance Abuse Prevention staff continue to work collaboratively with campus mental health and well-being colleagues to foster healthy coping strategies and skill-building.

## Other Communications

- Substance abuse prevention health communications are provided through various campus communication options, including social media, during critical times during the year.
- Off Campus Life and Student Resolution Center implemented a campaign called, Your Actions Have Impact.

## Help-Seeking, Treatment 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. See <https://health.colostate.edu/day-programs/> for detailed information about DAY Program offerings.



# Campus Substance Abuse Prevention

- Tobacco cessation provides support for students interested in quitting or reducing tobacco and/or vaping product use.
- 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 tools are accessible through the YOU@CSU portal to assess symptoms of substance abuse and distress and encourage help seeking behaviors.
- CSU Tailgating Policy and Procedures: <http://policylibrary.colostate.edu/policy.aspx?id=754>
- CSU Student Conduct Code: <https://resolutioncenter.colostate.edu/prohibited-conduct-behavior/>
- The Fort Collins Social Host Ordinance went into effect Fall 2016. This civil ordinance holds people responsible for providing a place for underage consumption (alcohol and marijuana) to occur: <https://www.fcgov.com/neighborhoodservices/socialhost.php>
- CSU collaborates with the Responsible Association of Retailers (RAR) to promote business practices that reduce alcohol-related harm to students 21+ (i.e., drink specials) as well as prevent underage access. There is also a marijuana retailers' version.
- The CSU Health Network has a protocol for students seeking pain medication prescriptions and/or refills.

## Policies and Procedures

- Campus Policy Smoking, Vaping and Tobacco Use Policy and Procedures: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=543>
- The CSU Tobacco-Free Campus website: <https://tobaccofree.colostate.edu/> provides a summary of policy change communications that was used to educate campus, to include levels of enforcement. Campus signage has been updated and receptacle removal is in process.
- CSU Responsible Action/Medical Exemption: <https://resolutioncenter.colostate.edu/sc-procedures/>
- Campus Policy Alcohol and Drugs and Procedures: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=738>; There is a CSU Substance Abuse ticket used for first time, low-level offenders.
- CSU Residence Halls Policies and Procedures: Alcohol and Drugs; Smoking, Vaping and Tobacco Use: <http://reshallpolicies.colostate.edu/alcohol-drugs>

## Marijuana Intervention Research

- There is a partnership with the CSU Marijuana Research group to improve effectiveness of Electronic Check Up to Go Marijuana online screening, personalized feedback and intervention program for future use at CSU.
- The Center for Prevention received a National Institutes of Health grant to test a Cannabis Use Disorder Peer Texting Intervention.

## In Development

- Explore addressing drink and marijuana specials that target students, in partnership with the community of Fort Collins.
- Explore limiting campus substances' advertising.



# Sexual Health Initiatives

## Others

- Improve outreach and support for other higher-risk groups identified.
- Deliver substance abuse training to staff and student leaders with high student contact to increase brief intervention and referral skills.

### Sexual Health

- The Spring Get Yourself Tested Campaign offers discounted testing for sexually transmitted infections.
- The CSU Health Network Women and Gender Care provides a full suite of sexual health-related services and contraception options. The Nurse Sexually Transmitted Infections Clinic provides screening and education for asymptomatic visits.
- The CSU Health Network provides free condom availability throughout campus.
- The CREWS Peer Education group provides sexual health presentations and outreach.

### Sun Safety

- The FY18 Sun Safety grant provided UV imager education, portable shade structures for Athletics, portable dispensers and sunscreen for Ram Orientation and Ram Welcome events, sun safety education in YOU@CSU portal and CSU Health Network website, social media and Collegian coverage. Off Campus Life removed tanning amenity information from their website.
- Health and Exercise Science classes are utilizing the UV imager to continue campus education.

### Bike Pedestrian Safety

- The FY18 Innovate Fort Collins grant prompted the creation of the Bike Pedestrian Safety/Alternative Transportation CSU Moves education module. This is part of a comprehensive CSU plan to support bike and pedestrian safety and promote the use

of alternate transportation through improved infrastructure and signage, policy enforcement and education.

### Healthier Vending

- In partnership with Food Science and Human Nutrition and Campus Vending, the FY16 Healthier Vending Project defined and increased healthier snack options in campus vending machines. This project also helped increase the number of healthier vending machines on campus in identified locations.

### NOTE:

- See the CSU Nutrition Programming and Services summary for a list of nutrition support resources.
- Interpersonal violence prevention initiatives are managed by the Title IX and the Women and Gender Advocacy Center.
- CSU Campus Recreation maintains oversight of campus physical fitness initiatives; however, the importance of movement and good nutrition are integrated into CSU Health Network mental health and well-being outreach.



## Health Communications and Marketing

- Ram Orientation for incoming students and families includes resource fairs, presentations and materials with a focus on service awareness, health-related requirements and recommendations, health insurance and student support.
- Representation at admissions events for prospective students and families includes resources fairs and presentations to educate and answer questions about the CSU Health Network.
- Communications support for CSU Health Network departments includes service line marketing, materials, messaging management and outreach.
- Public health campaigns, messaging and related efforts are targeted to support Health Education and Prevention Services strategic initiatives.
- In partnership with CSU External Relations, there is management of incoming media requests and public relations.
- Brand management is handled in alignment with CSU graphic standards.
- Communications manages the CSU Health Network website:  
<https://health.colostate.edu/>
- Social media management includes CSU Health Network Facebook and Instagram channels and a strategic partnership with CSU Social.
- Communications support is provided in response to public health crises.
- Internal employee communications include employee intranet SharePoint site and employee newsletter or emails.
- Communications assesses and monitors CSU Health Network reputation and barriers to student access through Awareness and Access Survey of non-user students.
- The CSU Health and Medical Center digital screens, signage, facility displays and building partner communications oversight is handled by the Communications team.