CSU Health Network Health Education and Prevention Services

Christina Berg, Director of Health Education and Prevention Services
• HEPS Purpose and Focus
• Staffing
• Guiding Principles
• Initiatives
Supporting Ram success through care for body and mind

Health Education and Prevention Services:

• Identifies 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

• Tobacco/Nicotine/Vaping Cessation

• 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; Tobacco Cessation Coach  
*Gwen Sieving, MS*

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

Manager of Well-Being  
*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
CREWS Peer Educators
Interns (varies)

Advise

Active Minds Student Advocacy Group
ASCSU Department of Health
CSU Ram Recovery
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.
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

- Public Policy
- Community (e.g., cultural values, norms, built environment)
- Organizational (e.g., workplace, school)
- Interpersonal (e.g., family, friends, social network)
- Individual (knowledge, attitude, skills)
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 to suicide prevention); promotion of campus partners’ interpersonal violence prevention, 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
- 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
- [Well-Being in Academic Environments Tool Kit](#)
- StillPoint Reflection Space, relaxation pod, 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
- 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
• Tobacco/nicotine cessation
• 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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