



CRITICAL CONVERSATIONS

Prevention and Wellness Services



WELCOME!



- Hopes and Concerns
- Some facts and figures
- Tips for those tough conversations
- Programs and resources to help your students

To set the frame for this session, think of:

- 2 Hopes for your student
- 2 concerns you have about them going off to college

Our Goal for All Students...

Discover Their *Best Self*

■ Decrease:

- *Overwhelming stress*
- *Social anxiety/isolation*
- *Depression*
- *Accidents and Injuries*
- *Alcohol abuse/drug use*
- *Sexually Transmitted Infections*
- *Unwanted sex*

■ Increase:

- *Physical, mental, and emotional health*
- *Strategies for effectively coping with stress*
- *Skills for assessing risk and thoughtful decision-making*
- *Healthy self-care choices and actions*
- *Opportunities for involvement in the campus community*
- *Academic success*
- *Resiliency*

Barriers to Success for WWU Students

“Caused you to drop a course, receive a lower grade, receive an incomplete.” (NCHA 2016)

▶ Stress	45.0%	▶ Relationship difficulties	12.5%
▶ Anxiety	35.3%	▶ Roommate problems	11.5%
▶ Sleep problems	31.0%	▶ Extracurricular activities	10.9%
▶ Depression	26.6%	▶ Alcohol and/or drugs	9.3%
▶ Cold/flu	23.3%	▶ (alcohol 5.7% and drugs 3.6%)	
▶ Work	17.0%	▶ Death of a friend or family member	9.1%
▶ Internet use computer games	15.4%	▶ Finances	7.1%
▶ Concern about friend/family	15.0%		

COMMON MISCONCEPTIONS



What Students Actually Do vs. What They Think Others Do:

Alcohol and Drug Use During the Past 30 days, NCHA Spring 2016

	% Who <u>Actually</u> Used	<u>Perception</u> of % that Used
Alcohol	69.4%	98.2%
Cigarettes	11.7% (cigarettes only)	75.7% (cigarettes only)
Marijuana	33.3%	96.7%
Amphetamine Legal, illegal, & diet pills	0.0 (methamphetamine) 2.4% (other amphetamines)	21.2% (methamphetamine) 30.9% (other amphetamines)
Cocaine	1.8%	34.6%
Ecstasy	1.6%	40.8%
Other drugs	Includes: 1.9% sedatives 3.6% hallucinogens 0.0% opiates 0.3% other club drugs (GHB, Ketamine, Rohypnol) 1.1% other illegal drugs	Includes: 31.8% sedatives 40.6% hallucinogens 20.2% opiates 28.7% other club drugs (GHB, Ketamine, Rohypnol) 30.3% other illegal drugs

Initiating the Critical Conversation: Alcohol and Other Drugs

Things to know & discuss:

- 31% of Western students choose not to drink (no alcohol in past 30 days).
- Nearly half of students who drink, do so moderately.
 - *(1-4 drinks, 46.1% plus, 25.3% reported choosing not to drink at all)*
- Western enforces its alcohol and drug policy, as well as state and federal laws.
- The safety and well-being of self and others is paramount – even if it involves getting a sanction (or a legal citation)
- Opportunities to make friends and get involved [without using alcohol or drugs]
 - *AS Clubs*
 - *PWS Peer Health Educator Program*
 - *Sports Activities (formal & informal) & the Recreation Center*
 - *Data from Spring 2016 NCHA Survey*

Initiating the Critical Conversation: Sexual Health

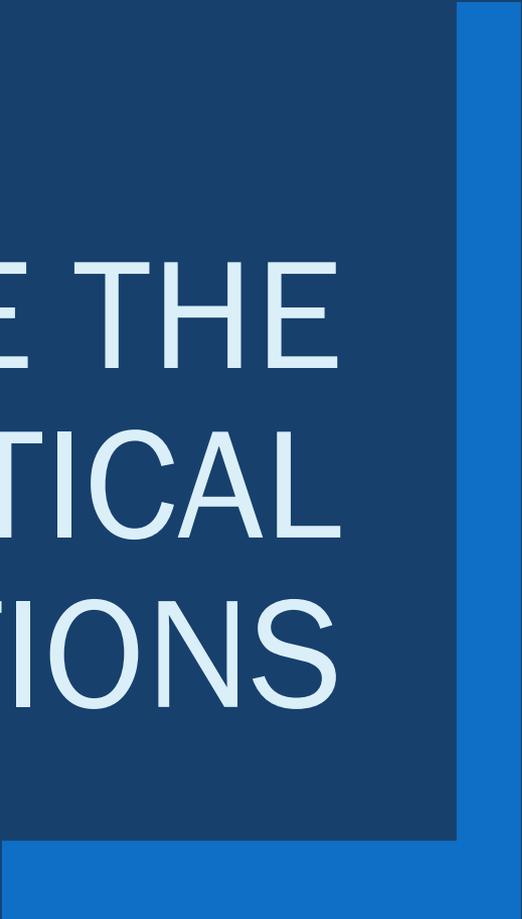
Things to know & discuss:

- ▶ 30% of Western students choose to postpone having sexual partners (no sexual partners in past year).*
- ▶ If they are choosing to be intimate with others, 63% use contraception last time they had sex.*

Suggest:

- ▶ Avoid “instant intimacy”
- ▶ If already sexually active, know what types of contraceptives are out there and where to get them – and how to use them
 - *Prevent STI’s and unplanned pregnancies*
- ▶ Avoid mixing alcohol/drug use and sex
- ▶ Get Consent! This requires a clear and sober “yes.”
- ▶ *Data from Spring 2016 NCHA Survey

INITIATE THE CRITICAL CONVERSATIONS



Why?

- ▶ YOU have influence
- ▶ This transition is an emotional & changing time for everyone
- ▶ Consider it an ongoing conversation.
- ▶ Asking questions and listening will help **build trust**
- ▶ A student who feels trusted:
 - Knows they have support back home
 - Has more self confidence
 - Can stand up for what they believe
 - Is better able to say “no” when needed

Why are these conversations so tough?

- ▶ Because you love them and this is new territory = emotional
- ▶ They think they are invincible
- ▶ Because some of these issues can feel uncomfortable or awkward

Formula for Difficult Conversations

- ▶ Deep Breath, practice “calm”
- ▶ Be curious, use open ended questions, like “***What are you thinking about?***”
 - *What do you think your options are?*
 - *What do you think you might do if this happens?*
 - *Is there a place at the university that can help? How could you find out?*
 - *What are your concerns/worries about ...?*
- ▶ Offer empathy, support, affirmations
 - *I am proud of you for thinking ahead about this and how you might handle it. Get back to me and let me know how it works out. (leave the door open)*

SAFETY, RESILIENCY, & SUCCESS



Prevention Trainings

HAVEN

- Awareness education and sexual violence prevention on-line training **required for all new students**
- Addresses the creation of healthy relationships
- Emphasizes the importance of obtaining consent in sexual situations
- Describes ways students can help strengthen the safe, positive university community they want to be a part of, and
- Provides information on Western's policies, resources and reporting options regarding sexual violence.

ALCOHOLEDU

- Awareness education on-line training that is voluntary for students to take, but strongly suggested
- Addresses:
 - Choices about drinking
 - Preventing unwanted and unintended experiences
 - Identifying risky situations
 - Learning skills to keep themselves and friends safe – whether they choose to drink or not
 - Information in Western's policies & procedures.

Be Safe

Discussion Suggestions...

- ▶ Think about what kind of experiences they want to have.
- ▶ What kind of choices to they want to make?
- ▶ Before they find themselves facing situations
- ▶ **Use common sense precautions** about keeping themselves & their friends safe. Trust their instincts, especially in unfamiliar surroundings or with unfamiliar people.
- ▶ Use the buddy system – go to and leave events with friends
- ▶ Use campus systems for safety
 - *Greencoats – personal safety escorts*
 - *Emergency “blue light” call boxes*
 - *Safety whistles*
 - *Late Night Shuttle*

Discover Their *BEST SELF* & *Be Resilient*

- ▶ **Practice Good Self-Care**
 - *Get enough sleep*
 - *Eat healthy – good basic nutrition*
 - *Be active*
 - *Get involved – try new things, stretch their comfort zone*
- ▶ **If they get sick...take care of it early!**
- ▶ Deal with stresses as they come up.
- ▶ **Reach out for help** when they need it - there are many resources available
- ▶ Practice **BEST SELF** to accomplish the above

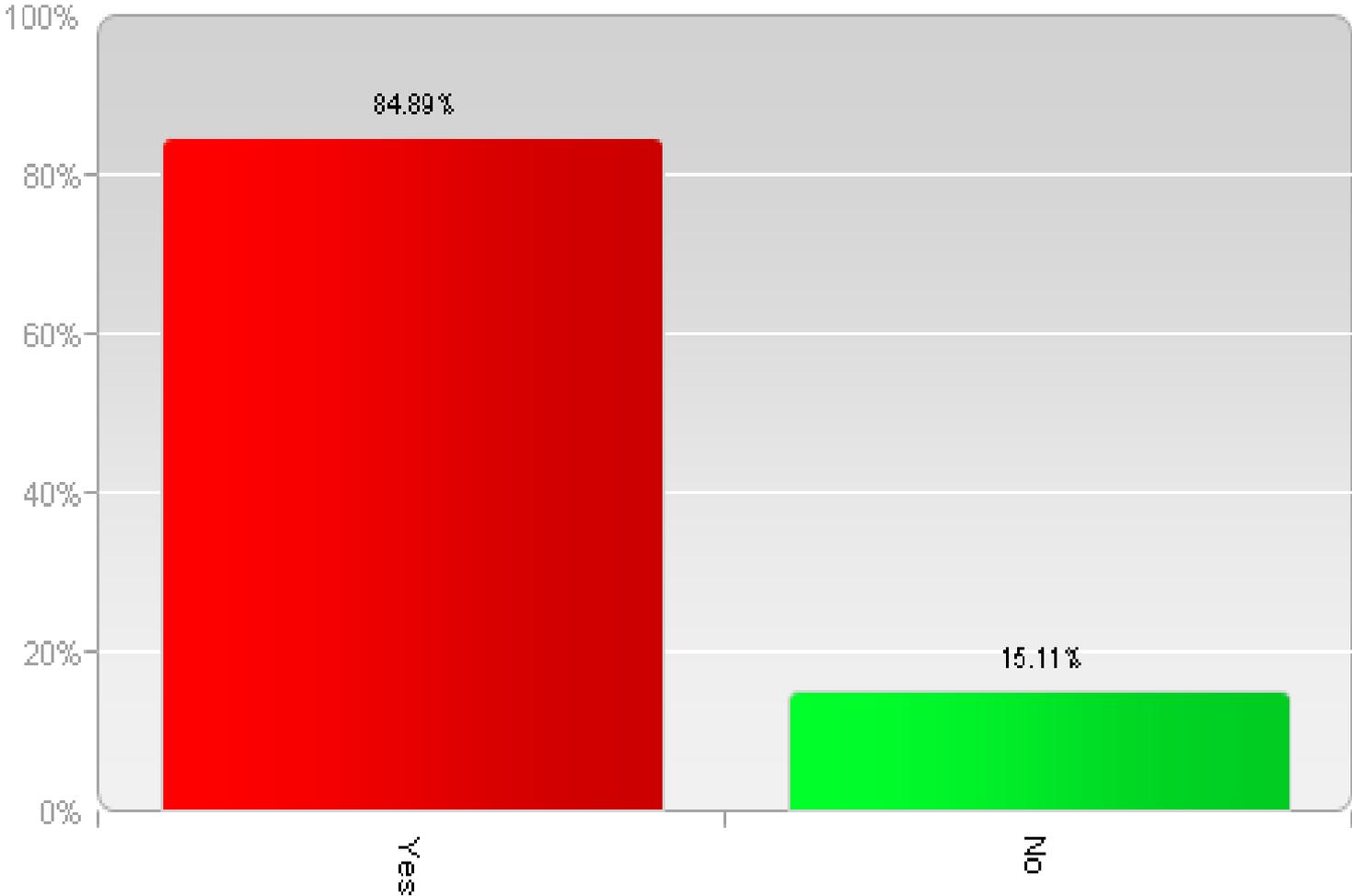
The Best Self Model



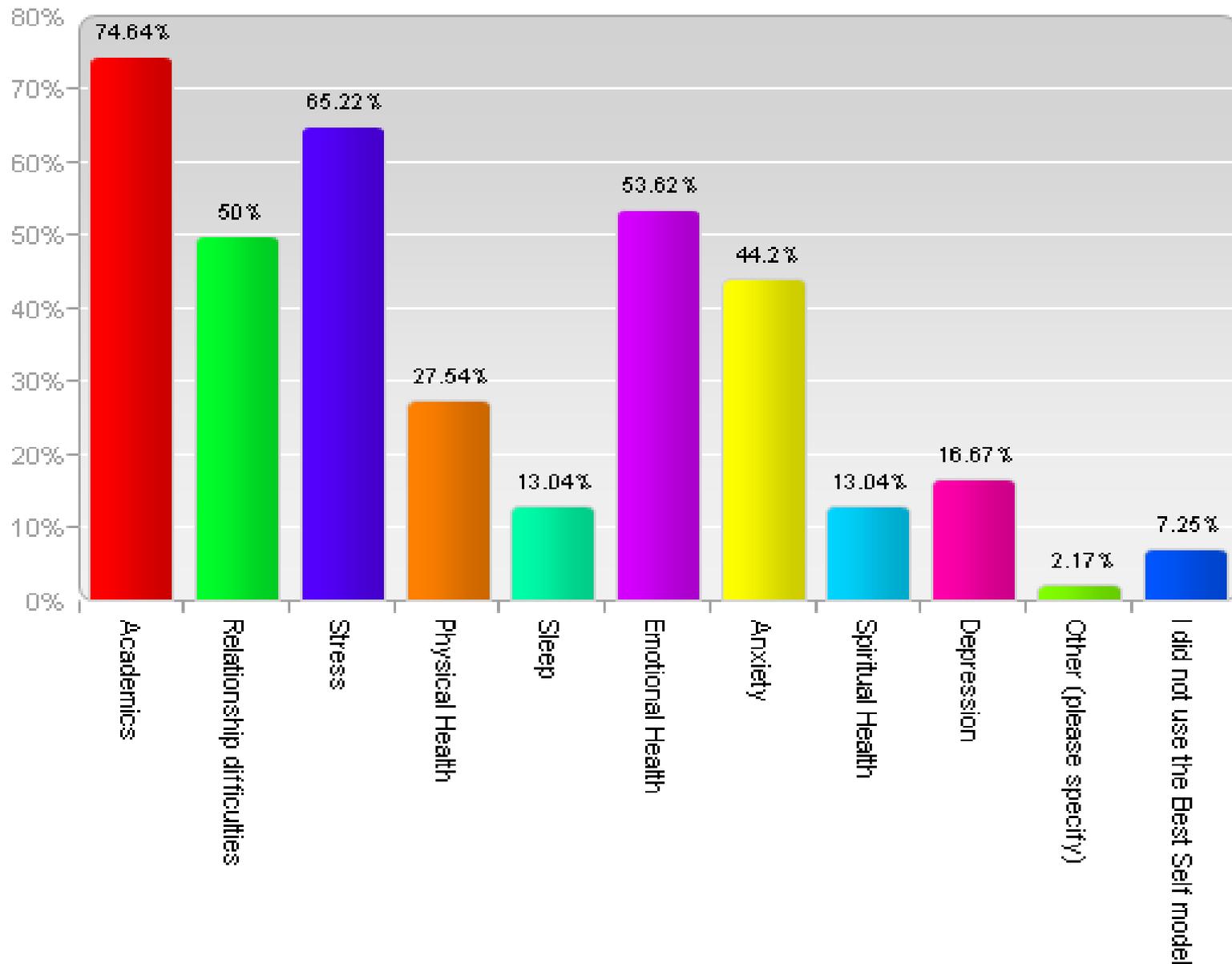
The Gifts of BEST SELF

- Identify an issue – challenge or goal
- Focus is on the person who can make the change
- Increased ownership, power, & confidence
- Obtain meaningful information quickly
- Knowledge encourages people to practice
- Simple
- Universal
- Flexible

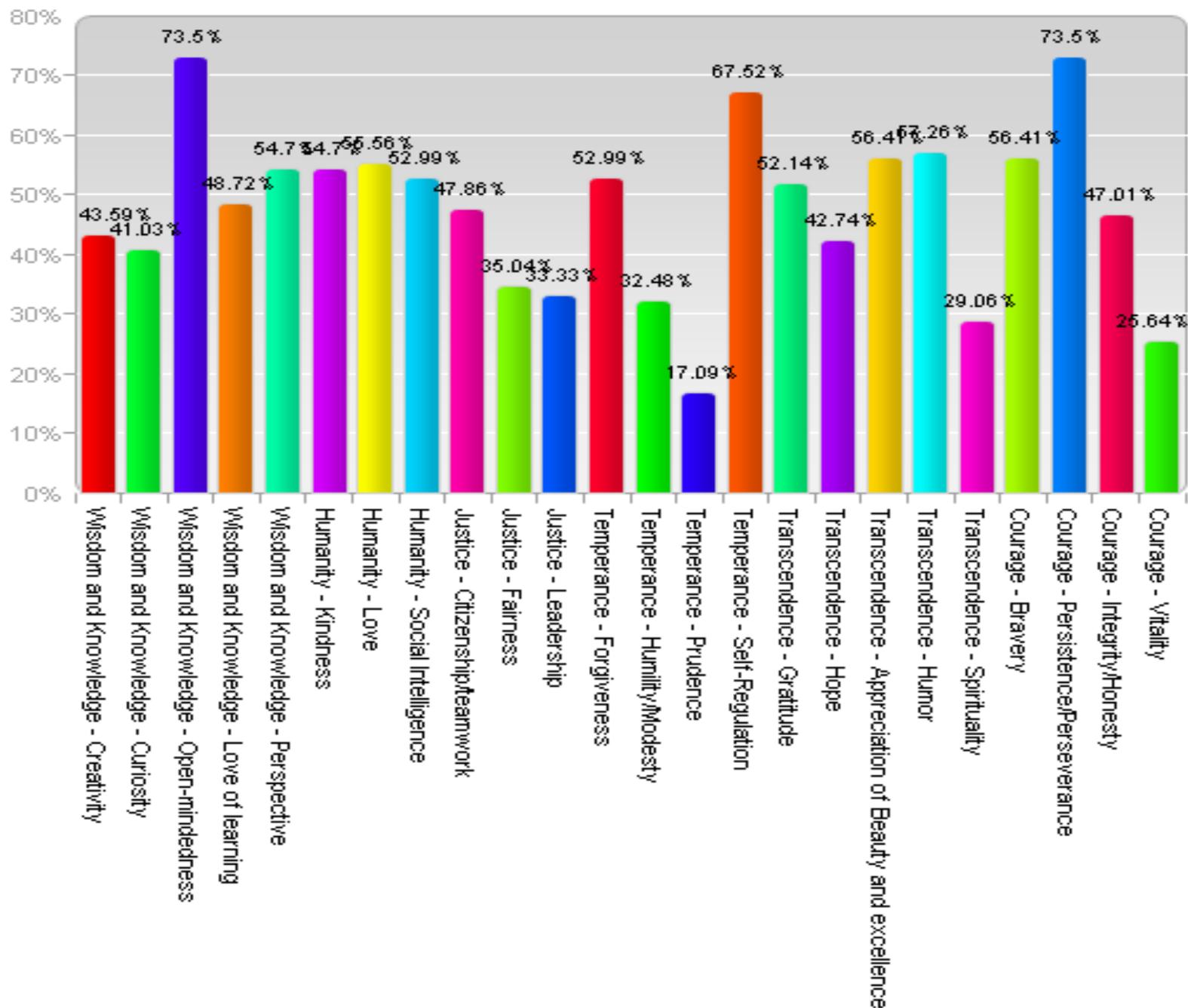
Q5. I used the characteristics of the BEST SELF model to help me overcome or meet a challenge.



Q7. I utilized the BEST SELF model to help me overcome or meet challenges regarding: (Check all that apply)



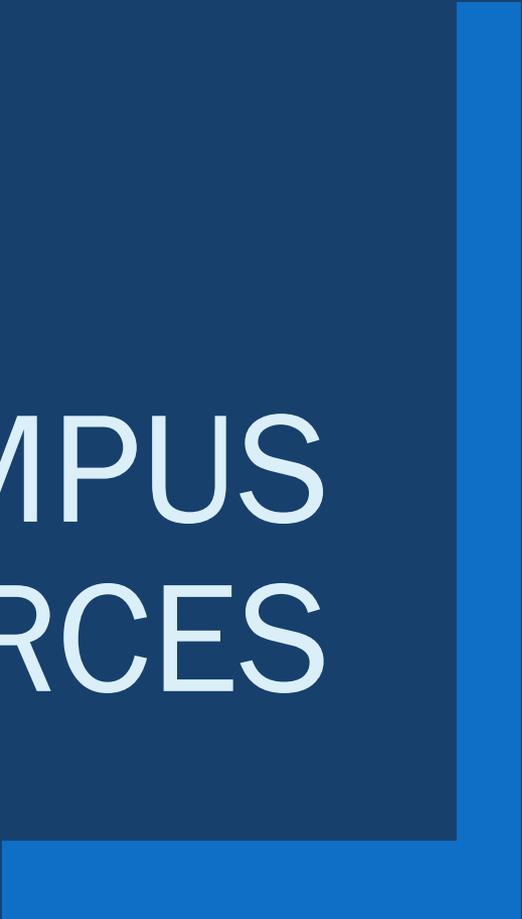
Q6. Please check all the characteristics that you utilized:



Anecdotal Data

- “I liked that the Best Self model was a way to reflect on what I can do to make myself better. It was a chance to stop, think, and reflect.”
- “I have Best Self magnets up around my house (at least two) and one for my binder. It's helped tremendously with mindfulness as a way to self-manage my anxiety.”
- “The best self model helped me over come things in my life that were holding me back.”
- “The presentation of best self has helped me change my mind set of how I take on challenges and I now strive to do better“ than my best self ever”

CAMPUS RESOURCES



Resources Available

Student Health Center

2nd Floor Campus Services |
360-650-3400

- Care for most acute or chronic medical illness or typical injury
- Injury treatment and rehabilitation
- Women's health services and contraception
- STI testing and treatment
- Behavioral Health Clinic: evaluation and treatment of mental health issues
- ADD/ADHD evaluation and treatment
- Nutrition evaluations
- Concussion evaluation

Counseling Center

Old Main 540 | 360-650-3164

- Psychological assessment
- After-hours on-call services & same day appointments for urgent needs
- Counseling in a brief therapy model
- Groups & workshops to develop a variety of skills
- Stress management & relaxation training
- Self-help resources
- Referral to other campus and community resources

Resources Available

Prevention and Wellness Services *Old Main 560* |
360-650-2993

- **Director of Prevention & Wellness** 360-650-3643
- **Alcohol and Drug Consultation and Assessment Services** *Old Main 560* | 360-650-6865
- **Consultation And Sexual Assault Support (CASAS)**
Old Main 585B | 360-650-3700
- **Sexual Health Information Sessions** 360-650-2993
- **Wellness Outreach Center** *Viking Union 432* | 360-650-4321

Campus Recreation Recreation Center | (360) 650-3766

Dean of Students Office Viking Union 506 | 360-650-3706



THANK YOU!

Questions?