Summerstart 2014
Critical Conversations
WELCOME

Elva Munro
Director, Prevention & Wellness Services
Our Goal for All Students …
Discover their BEST SELF

- **DECREASE:**
  - Overwhelming stress
  - Social anxiety/isolation
  - Depression
  - Accidents & 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 2014)

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>41.1%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>32.8%</td>
</tr>
<tr>
<td>Sleep problems</td>
<td>28.0%</td>
</tr>
<tr>
<td>Cold/flu</td>
<td>22.6%</td>
</tr>
<tr>
<td>Depression</td>
<td>18.8%</td>
</tr>
<tr>
<td>Work</td>
<td>18.1%</td>
</tr>
<tr>
<td>Internet use computer games</td>
<td>17.2%</td>
</tr>
<tr>
<td>Concern about friend/family</td>
<td>15.1%</td>
</tr>
<tr>
<td>Relationship</td>
<td>12.6%</td>
</tr>
<tr>
<td>Extracurricular activities</td>
<td>11.9%</td>
</tr>
<tr>
<td>Roommate problems</td>
<td>11.8%</td>
</tr>
<tr>
<td>Alcohol and/or drugs</td>
<td>9.0%</td>
</tr>
<tr>
<td></td>
<td>(alcohol 5.1% and drugs 3.9%)</td>
</tr>
<tr>
<td></td>
<td>Often used as a coping mechanism</td>
</tr>
<tr>
<td>Finances</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death of friend or family member</td>
<td>6.7%</td>
</tr>
</tbody>
</table>
We want to help your student:

Avoid the myths
Be Safe
Be Resilient
Be Successful
Be their *Best Self*
Why are these conversations so hard?

- Because you may think that by now they already know what you expect
  (We’ve already talked about this?...haven’t we??)

- Because some of these issues can feel uncomfortable or awkward
  (for both of you)

- They think they are invincible
  (“I already know all about that” or “I’m too smart for that to happen to me”)

Formula for Difficult Conversations

- Deep Breath...practice “calm”....
- Be curious ...**What are you thinking about...?**
  - What do you think your options are?
  - What do you think you might really do if this comes up?
  - Is there a place at the university that can help? How could you find out?
  - What are your concerns/worries about ...?

- Empathy and support
  - I am proud of you for thinking ahead about this and how you might handle it if it does come up. Get back to me and let me know how it works out. (leave the door open)
Avoiding Myths
## What Students Actually Do vs. What They Think Others Do: Alcohol and Drug Use During the Past 30 days

**NCHA Spring 2014**

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>% Who Actually Used</th>
<th>Perceived % that Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>70.9%</td>
<td>98.2%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>13.7%</td>
<td>80.2%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>32.5%</td>
<td>96.0%</td>
</tr>
<tr>
<td>Amphetamine</td>
<td>3.2%</td>
<td>33.5%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>1.6%</td>
<td>31.8%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>1.6%</td>
<td>42.0%</td>
</tr>
<tr>
<td>Other drugs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Includes:</td>
<td>1.8% sedatives</td>
<td>34.9% sedatives</td>
</tr>
<tr>
<td></td>
<td>2.4% hallucinogens</td>
<td>40.4% hallucinogens</td>
</tr>
<tr>
<td></td>
<td>0.4% opiates</td>
<td>21.2% opiates</td>
</tr>
<tr>
<td></td>
<td>1.0% “other” drugs</td>
<td>33.1% “other” drugs</td>
</tr>
</tbody>
</table>
Initiating the Critical Conversation: Alcohol and Drugs

Things to know & discuss:

- 29% of Western students choose **not** to drink. (no alcohol in past 30 days)
- Most students who drink, do so **moderately**.
  - (1-4 drinks)
- 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)
- There are countless 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 Sp 2014 NCHA Survey)
29% 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 having sex
- **Sex: a Sober Yes is the best Yes**

(Data from Sp 2014 NCHA Survey)
Safety, Resiliency & Success
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 your comfort zone

- **If they get sick…take care of it early!**
  - (Go to the **Wellness Outreach Center** for free cold packs, condom packs and information and use the Student health Center!)

- Deal with stresses as they come up.

- Recognize the difference between healthy stress and overwhelming stress.

- **Reach out for help** when they need it - there are **many** resources available

- Find ways to get connected and develop a support system.
Initiate the Critical Conversations

- YOU (Parents) have influence
- This transition is an emotional 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
Thank You!

RESOURCES FOR QUESTIONS & CONCERNS

- **Prevention and Wellness Services** (Old Main 560 / 650-2993)
  - Director of Prevention & Wellness 650-3643
- **Alcohol and Drug Consultation and Assessment Services**
  (Old Main 560 / 650-6865)
- **Consultation And Sexual Assault Support (CASAS)**
  (Old Main 585B / 650-7982)
- **Wellness Outreach Center** (Viking Union 432 / 650-4321)
- **Counseling Center** (Old Main 540 / 650-3164)
- **Student Health Center** (Campus Services / 650-3400)
- **Dean of Students Office** (Viking Union 506/676-3706)