

**Parents & Family Association Grant Application**

Proposal Title:

**Changing Our Environment**

Submitted by:

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### **Department Overview:**

Campus Health Service (CHS) is committed to promoting health, wellness, and safety for the University community by providing quality medical care, psychological care and health education while assisting the UA in health-related policy development. Campus Health is fully accredited by the Accreditation Association for Ambulatory Health Care, Inc.

### **Proposal Abstract:**

The Health Promotion & Preventive Services Department (HPPS) of Campus Health wishes to expand alcohol prevention programming to groups with the development of a two-hour curriculum to address high risk drinking. Current programming will be enhanced with this new addition allowing groups to proactively engage a service and prevent/reduce risk or harm for members. This proposal is directed at groups due to research identifying environment as a key factor in determining high-risk drinking. Drinking games are an example of this phenomenon. This programming would benefit and target high-risk groups such as males, freshmen, Greeks and athletes. Data show that these groups have the highest rates of excessive drinking leading to negative consequences that extend beyond the drinkers themselves. While this proposal is aimed at these students, the results of reduced negative consequences on campus would benefit all students safety in the form of reduced sexual assaults, fights, vandalism, reductions in interrupted studies and sleep, etc. This grant funding would allow CHS to subsidize groups and students would be asked to pay a nominal fee with the grant monies being used to offset the additional cost.

### **Statement of Need:**

The 2008 Health and Wellness Survey (n= 1250) data show 40% of UA students drinking five or more drinks at least once in the past two weeks. The UA Dean of Students Office is concerned about safety and the acuity of incidents associated with alcohol, three chapters have been removed from campus due to alcohol violations and many other Greek chapters have been put on social probation for the remainder of this semester. Campus Health has already begun the collaboration process with Greek Life staff to address this issue and initiate curriculum planning for a prevention group.

- **Students impact/benefit:**

The new group builds on the continuing need for prevention/intervention services and utilizes strategies from both BASICS and SHADE. Current alcohol programming is provided through a six-hour class for mandated students (SHADE –Student Health Alcohol and Drug Education) or to individuals using two sessions of BASICS (Brief Alcohol Screening & Intervention for College Students). Both demonstrate evidence of program effectiveness from previous CHS grant-funded research and the new group would include some of these evidenced-based strategies.

Reductions in high-risk drinking improve the campus community for other students who don't engage in these behaviors but are impacted by the results of other's excessive drinking.

- How served:

CHS will continue to partner with Greek Life, the Dean's Office and Residence Life to identify groups interested in voluntary participation, those mandated as a group sanction or encouraging groups to mandate their members participation as a prevention tool. This could have the effect of encouraging groups to "change the environment" of their group. CHS staff will also promote the programming by making presentations/invitations to student groups and group leadership meetings. CHS would design a promotional ad to distribute on campus. Utilizing a group format allows HPPS to serve more students at a cost savings to the department and the student. Groups would have a limited number of attendees in order to ensure maximum participation. CHS proposes that sanctioned groups would pay the full cost of the service.

- Goals/objectives:

1. reduce number of days drinking and number of drinks consumed
2. reduce negative consequences experienced as a result of drinking
3. reduce vandalism resulting from excessive drinking
4. increase knowledge about how/when to intervene to help another student involved in high-risk alcohol issues
5. an overall goal is to have students moderate their alcohol consumption if they choose to drink
6. students achieving these goals would also have the effect of improving retention as substance abuse can be a factor leading to poor grades and dropping out of school

- Description of activities to accomplish goals:

This program would utilize a message of moderation for those students who choose to drink and proposes, in the two hour curriculum, to include the following strategies:

1. utilize student interaction with motivational enhancement
2. utilize clickers (remote controlled feedback that allows for enhanced interaction) to administer mini-survey
3. engage students in discussion about expectancies of drinking
4. introduce alcohol norms/perceptions
5. engage students in discussion about negative consequences resulting from drinking
6. have students identify triggers for high-risk use and develop strategies to reduce risk

## **Outcomes**

Campus Health proposes to meet the above listed goals and objectives of reductions in number of drinks and number of drinking days, reductions in negative consequences and an overall moderation of alcohol use. These outcomes would lead to reductions in sexual

assaults, hazing and other criminal behavior. This would impact the campus in a positive manner, making the student environment safer.

### **BUDGET**

5,000 male & female BAC cards (Blood Alcohol Concentration)		\$2,000.00
Training materials, DVD's		\$ 500.00
Publicity (400 posters)	\$ .70 each	\$ 280.00
Subsidized student fee (\$15 fee -student pays \$5.00 and grant covers \$10)	\$10.00	<b>\$5,000.00</b>
<b>Total Budget Request</b>		<b>\$7,780.00</b>