

UNIVERSITY of WASHINGTON

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# Health, Safety, and Well-being of Young Adults in Higher Education



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# Health and Safety in College



- A time of testing limits and boundaries, and at times, engage in risky behaviors particularly while under the influence of alcohol and other drugs (Neal & Fromme 2007)
- Almost 1/2 of college students and their non-college peers meet the DSM-IV criteria for at least one psychiatric disorder in the previous year. (Blanco, Okuda, Wright, Hasin, Grant, Liu, Olfson, 2008)
- Two most common disorders for college students are:  
1. alcohol use disorder, and 2. personality disorder. (Blanco et. Al)

## Alcohol Use & Impacts on Health

- Alcohol and other health concerns for college students can be so intertwined that it is important to note the impacts that these issues can have on one another.
- Among undergraduate students who drink (i.e., excluding non-drinkers), the following were reported as a consequence of drinking in the past year:



**37.7%** did something they later regretted

**34.0%** forgot where they were or what they did

**20.3%** had unprotected sex

**16.7%** physically injured themselves

**3.9%** got in trouble with the police

**2.5%** physically injured another person

**2.2%** seriously considered suicide

**2.0%** had sex with someone without giving their consent

**0.6%** admitted to having sex with someone without getting consent from that person

(ACHA, 2012)

# Alcohol: Framing the Issue



- National survey results indicate that 36% of college students reported heavy episodic or “binge” drinking (in this instance, defined as consuming five or more drinks in a row at least once in the past two weeks) (Monitoring the Future, Johnston et al. 2011)
- College Students were significantly less likely to receive treatment in the past year for alcohol and drug disorders than same age peers who did not attend college. (Blanco et. al 2008)

# Sexual Violence on Campus



- It is estimated that nearly 20% of women and 6% of men will be victims of sexual assault during their college years (Krebs, Lindquist, Warner, Fisher, Martin, 2007 )
- Among college women surveyed, only about 12% of rapes were reported to law enforcement. (Kilpatrick, Resnick, Ruggiero, Conoscenti, McCauley, 2007)
- Consistent with the national sample of non-college women of the same age, victims of drug-facilitated or incapacitated rape were less likely than victims of forcible rape to report to the authorities (Krebs et. al 2007)

## Sexual Assault: Strategies for Intervention & Education

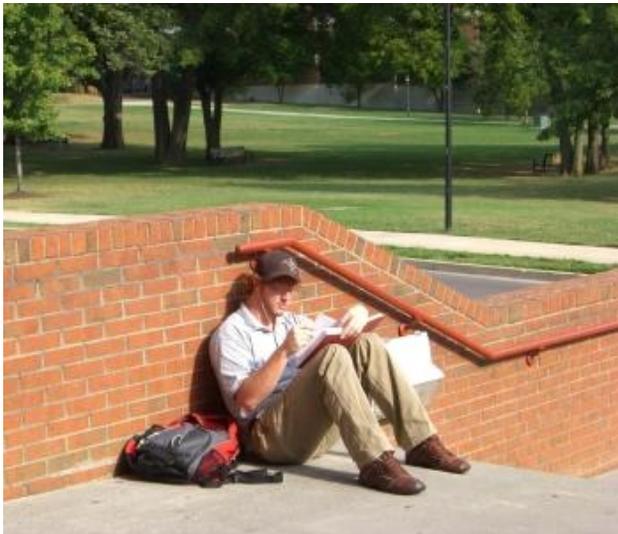
- A number of studies provide evidence for gender-specific programming (Morrison, Hardison, Mathew, & O’Neil 2004)
- When the audience is younger and the curriculum content is more focused on healthy relationship, than on avoiding rape, mixed gender groups may be more appropriate (Morrison, Hardison, Mathew, & O’Neil 2004)
- Longer interventions (i.e., length of time exposed to material in minutes) seemed to be more effective in altering both rape attitudes and rape-related attitudes. (Anderson & Whiston, 2005)
- Analyses also suggest that the content of programming, type of presenter (professional as opposed to peer), gender of the audience, and type of audience may also be associated with greater program effectiveness. (Anderson & Whiston, 2005)

# Identifying the Health Gaps

- 80 percent of suicides on college campuses involve students who were never clients in campus counseling centers (Gallagher, 2012)
- Approximately three-quarters of students with depression feel like they need help but only one-third of the students meeting criteria for depression actually receive help. (Eisenberg, et al., 2007)
- Almost all (96%) of students with an alcohol use disorder receive no alcohol services of any kind (Wu, et al., 2007)



## Intervention Strategies for Alcohol and Mental Health



- Screening is important tool in catching students who might not otherwise be identified.
- Brief interventions with college students, including skills based interventions, motivational interviewing and personalized normative feedback, are effective methods for reducing drinking by college students. (Cronce & Larimer 2011)

# Intervention Strategies for Alcohol

## **BASICS: Brief Alcohol Screening and Intervention for College Students**

- Harm reduction approach using motivational interviewing to elicit personally relevant reasons to change and reduce harms of drinking.
- Students identify strategies for drinking in a less dangerous or less risky way.
- High-risk drinkers who participated in the BASICS program significantly reduced both drinking problems and alcohol consumption rates, compared to control group participants, at both the 2-year follow-up (Marlatt et al., 1998) and 4-year outcome assessment periods (Baer et al., 2001).
- The efficacy of screening and brief motivational interventions in health centers has been so well established (e.g., Fleming, et al., 2010; Schaus, et al., 2009), Hingson (2010) suggests increased screening and intervention in health services could ultimately achieve population level benefits

## The National College Depression Partnership (NCDP)

### NYU (Klein & Chung, 2008)

- Screened over 58,000 students in Health Centers at 8 schools
  - Identified 801 students
  - Over 35% self-identified as racial/ethnic minority students
  - Improved clinical outcomes for at-risk, underserved college students by early detection, coordinated proactive follow up, and better adherence to outcomes-based treatment
- The program was recently recognized for its accomplishments with the 2009 “Innovations in Quality Improvement Award” by the Accreditation Association for Ambulatory Health Care (AAAHC).

# Strategic Outreach: UW Health & Wellness



- Reaching students not caught by screening or those not accessing services on their own.
- Consultation with campus partners
- Case Management:
- Giving students an access point for wide range of services on and off campus
- Different than counseling, health center, judicial, or police
- Wide range of services that speak to the complexity and diversity of presenting issues.

# Health & Wellness Programs

## **Student Care (Tied into Consultation and Assessment Team):**

- Working with faculty/staff in addressing behavioral concerns
- Outreach and meet with students to respond to presenting concerns & assess for possible additional contributing stressors
- Consultation with key partners on and off campus
- Identify next steps and create a plan
- Monitor and follow up

## **Suicide Intervention Program:**

- Based on U. of Illinois program (Dr. Paul Joffe) and the Jed Foundation
- Outreach and meet with the student to discuss reported incident
- Create a plan including counseling for those who meet threshold
- Coordinate with internal and external mental health services
- Monitor and follow up

## Health & Wellness Programs Continued

### **Sexual Assault & Relationship Violence Information Service:**

- Outreach and support for students affected by sexual assault, relationship violence, stalking and/or harassment.
- Advocating for and assisting students with police reports, university reports and support services
- **Green Dot** prevention efforts, focusing on bystander training and healthy relationships

### **Alcohol & Other Drug Education and Intervention Service:**

- BASICS training for service providers on campus
- Outreach and intervention and consultation for students around alcohol and other drugs
- Partnerships with Housing and Community Standards and Student Conduct, supervision of brief intervention programs around alcohol as well as marijuana and other drugs
- Training of Counseling Center and Hall Health staff around screening and appropriate responses to students identified through screening
- Trainings and presentations to key partners in Housing and Greek Life

## Thank You

- Thank you to the Institute of Medicine for providing the opportunity to speak to you all today.
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