



Wheeler

Innovative Care. Positive Change.

**Heather L. Clinger, MPH, CPS**  
**Cathy Sisco, MPA, CPS**  
**Sara Wakai, PhD**

August 2018  
National Prevention Network  
Annual Conference



# How to Begin a Coalition

- Use the Strategic Prevention Framework (SPF) to guide efforts
- Who are the state, local, campus and community stakeholders?
- Are there current community coalitions that campuses can join?
- What is important to campus leadership?
- Evaluation
  - What are the program objectives
  - What data is currently available/What additional data can/should be collected?
  - How will impact be measured?





# Creation of the Connecticut Healthy Campus Initiative

- 2004 - Established to implement evidence-based prevention activities and develop a network of professionals focused on reducing underage drinking and other drug use
- 2007-2008 - Limited activity due to reduction in federal funding
- **2010 - Re-launched**
  - Current support from:
    - CT Department of Mental Health and Addiction Services (DMHAS)
    - Substance Abuse and Mental Health Services Administration (SAMHSA)
  - Ongoing coordination by Wheeler Clinic's Connecticut Center for Prevention, Wellness & Recovery





# Connecticut Healthy Campus Initiative New Beginning

- Core Team
- Prioritization Activity
- Statewide Outreach
- Communications Plan





CONNECTICUT  
HEALTHY  
CAMPUS  
INITIATIVE



The mission of the Connecticut Healthy Campus Initiative is to serve as a catalyst for creating and sustaining healthy campus and community environments.





# Connecticut Healthy Campus Initiative

## Member Benefits

- Monthly coalition meetings during the academic year
  - Professional development
  - Networking opportunities
  - Resource and information sharing
- Statewide trainings
- Campus grants with grantee technical assistance
- “News from the Field” emails
  - Current prevention information, research and updates
  - Training opportunities
  - Federal and state funding opportunities
  - Conferences





# Connecticut Healthy Campus Initiative Meetings

- Networking and Food
- Alcohol and Other Drugs
- Campus Community Mental Health
- Strategic Prevention Framework and Evidence Based Programs
- Professional Growth





# Connecticut Healthy Campus Initiative Trainings

- BASICS (Brief Alcohol Screening and Intervention for College Students)
- Red Watch Band
- TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment
- RRSR-PC (Recognizing and Responding to Suicide Risk in Primary Care)
- Mental Health First Aid







# Connecticut Healthy Campus Initiative Membership

- Current membership: 40 campuses; 260 individuals
- Campus members
  - Senior administration
  - Student affairs
  - Health services
  - Counseling and wellness center
  - Athletics
  - Campus safety
  - Residence life
  - Faculty and staff
- Non-campus members
  - State agencies
  - Private foundations
  - Prevention professionals
  - Non-profit community organizations





# Connecticut Healthy Campus Initiative Sub-recipient Funding

**2010**

Underage drinking prevention

**2011**

Suicide prevention/mental health promotion

**2013**

Underage drinking prevention and mental health promotion

**2014**

Underage drinking prevention and mental health promotion

**2017**

CT Campus Strategic Prevention Grant to decrease high-risk drinking

CT Campus Opioid Education and Awareness Program





# A Comprehensive Campus Approach to Prevention

- Cross-walk activity between campus substance use prevention professionals and mental health professionals
  - Based on the Jed Foundation/SPRC Comprehensive Approach to Suicide Prevention and Mental Health Promotion
  - Illustrates the concept that substance use prevention, suicide prevention and mental health promotion are interconnected
- Cross-campus collaborations and community collaborations
- Dissemination of the statewide suicide prevention awareness campaign to all campuses







# Strategic Prevention Framework





# Strategic Prevention Framework

## Assessment

- Identify alcohol-related issues on your campus
- Identify what strategies, if any, are currently in place to address high-risk drinking among students

## Capacity

- Build and mobilize local resources
- Develop an active campus-community coalition

## Planning

- Identify and select effective intervention(s) that address your priority needs
- Develop an action plan
- Create an evaluation plan

## Implementation

- Carry out the detailed steps of the action plan, engaging coalition members, as appropriate

## Evaluation

- Collect and analyze data that measures progress toward the outcomes





# Purpose of Evaluation

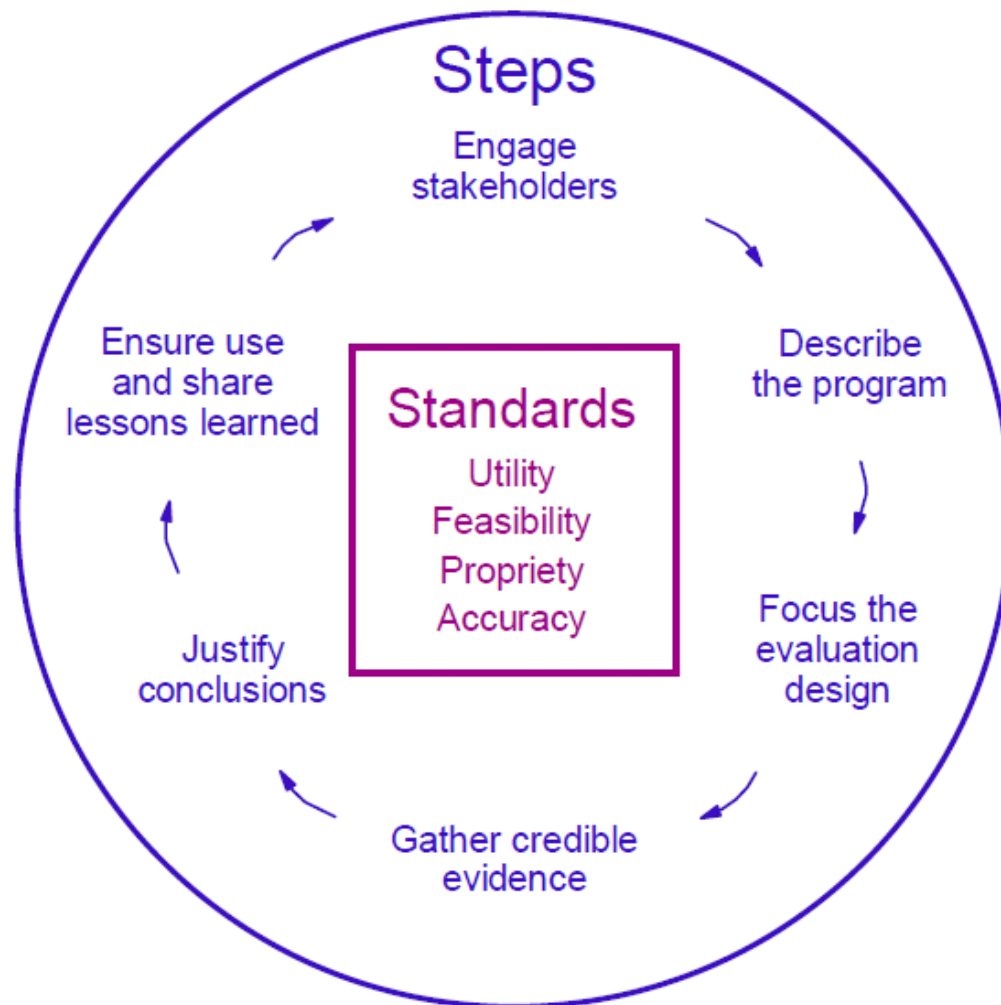
- **Assess progress towards goals**
  - Short-, Medium-, Long-Term Outcomes
- **Identify strengths and limitations of specific goals, objectives, strategies**
  - Programs, populations, settings
  - Make adjustments
  - Continuous quality improvement
- **Aid in decision-making for policies and programs**





# CDC 6 Steps of Program Evaluation

FIGURE 1. Recommended framework for program evaluation







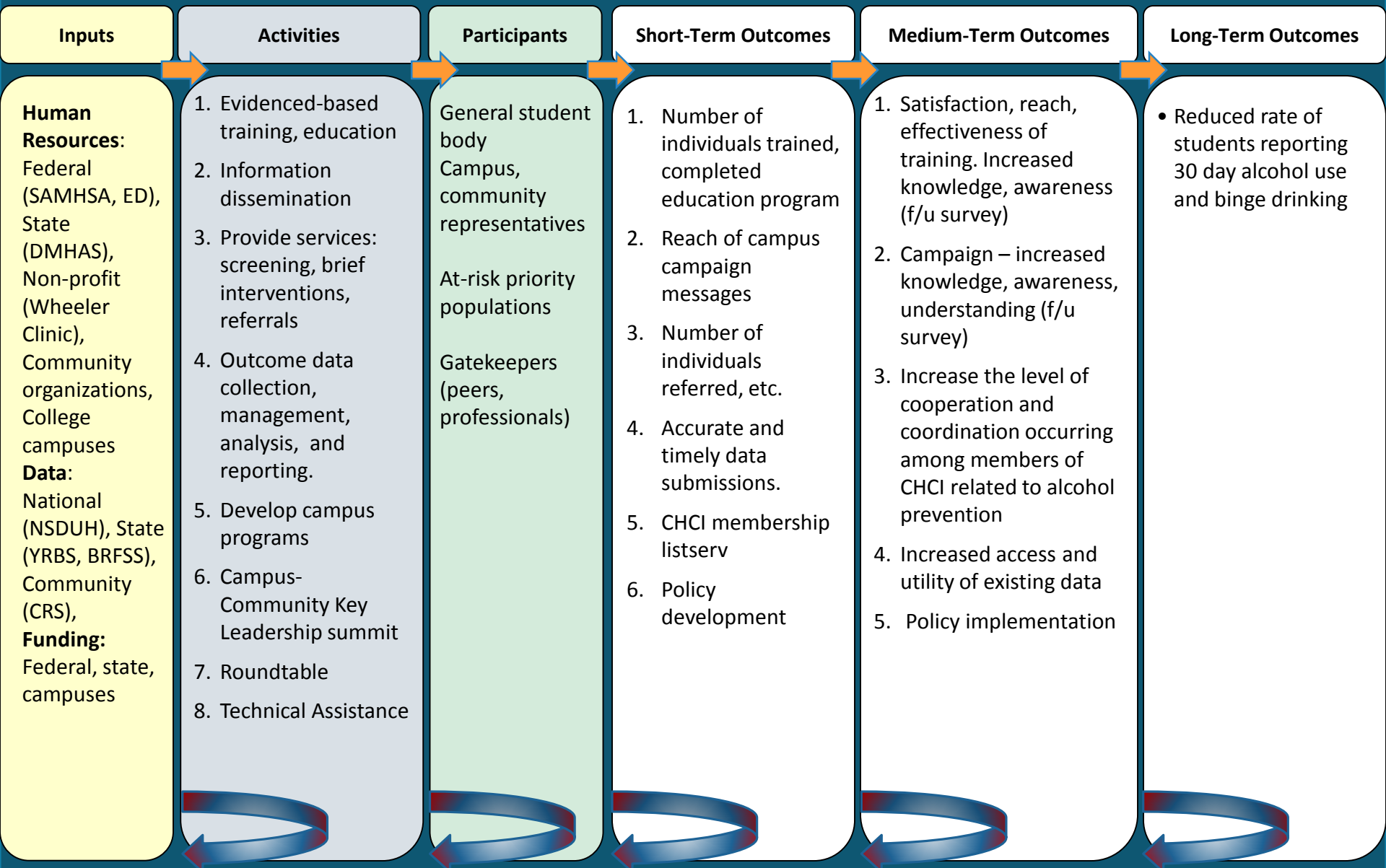
# Connecticut Healthy Campus Initiative Evaluation

- Design
  - Focused on overall common goal
- Feedback
  - Findings monitored and regularly shared
  - Findings provided valuable feedback to CHCI and campus programs
  - Over-surveyed
- Follow-up
  - Findings demonstrated value to administration
  - Kept prevention efforts in forefront
  - Findings justified (additional) funding
- Dissemination
  - Annual reports
  - Fact sheets
  - Website
  - Local and national presentations



**PROBLEM STATEMENT:** Underage and binge drinking have been identified as major public health problems that have far reaching personal, social, and economic implications.

**GOAL:** Develop, implement, and monitor effective programs that promote wellness and prevent alcohol abuse on college campuses in Connecticut.



# Measures and Data Sources

## Short-term

- Participant attendance
  - Trainings
  - Professional development
  - Events
- Leadership Summit Survey
- CHCI Survey
- Roundtable
- CHCI listserv membership
- Feedback survey
- Campaigns developed

## Medium-term

- Satisfaction surveys
- Follow-up surveys
- Environmental scan
- CHCI survey
- Mental health promotion survey
- QPR Survey
- GLS Grant recipient survey
- NSDUH
- Cross site evaluation tools

## Long-term

- SPEAKS Student
- SPEAKS Faculty & Staff
- Core Student
- Core Faculty & Staff
- NCHA
- Cross site evaluation tools



# Impact Evaluation

## Measure

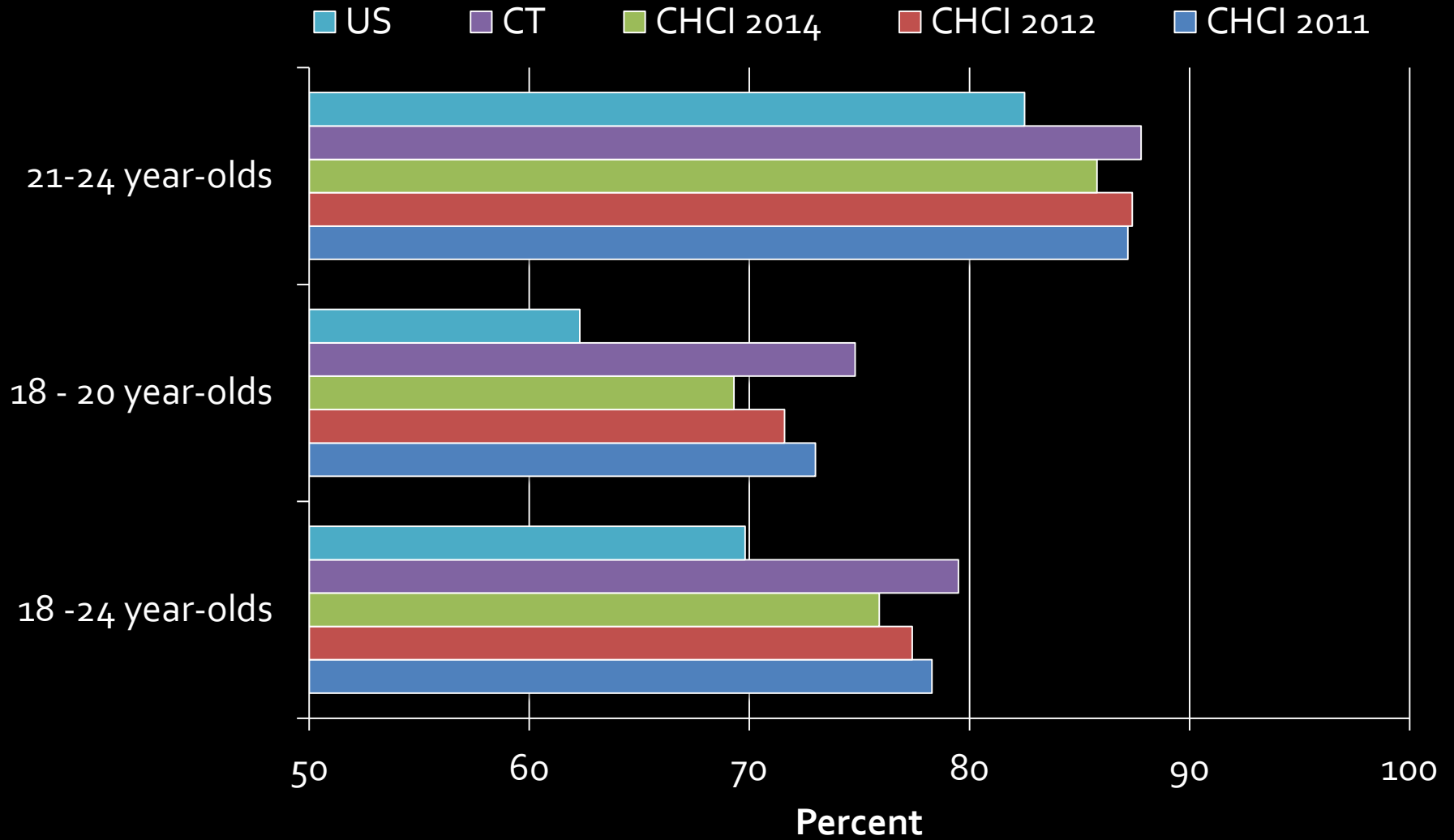
- The Core Alcohol and Drug Survey

## Data

- CHCI Spring 2011
- CHCI Spring 2012
- CHCI Spring 2014
- Connecticut 2010-2011
- US 2010-2011

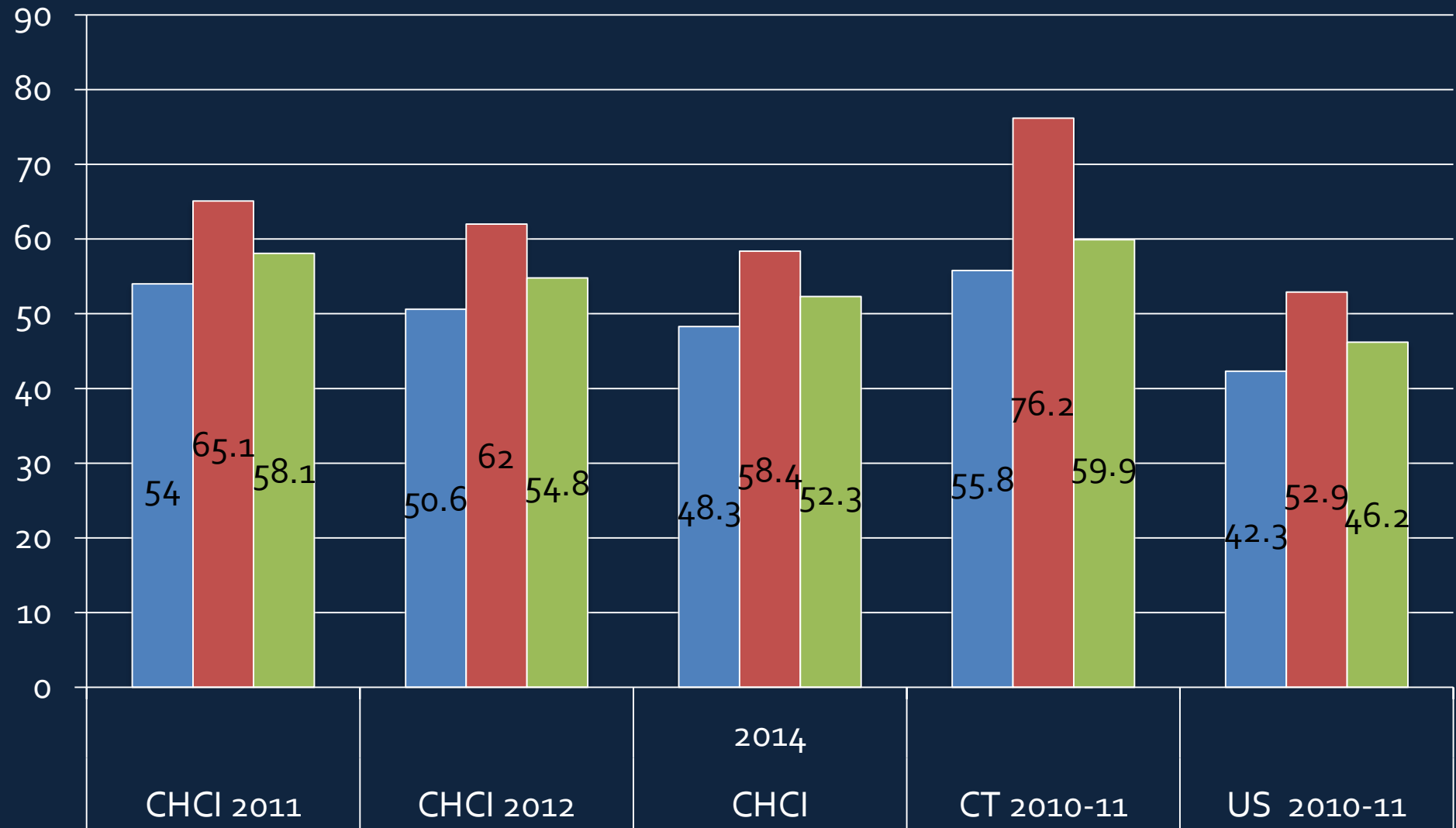


# Percent Who Consumed Alcohol in Past 30 days



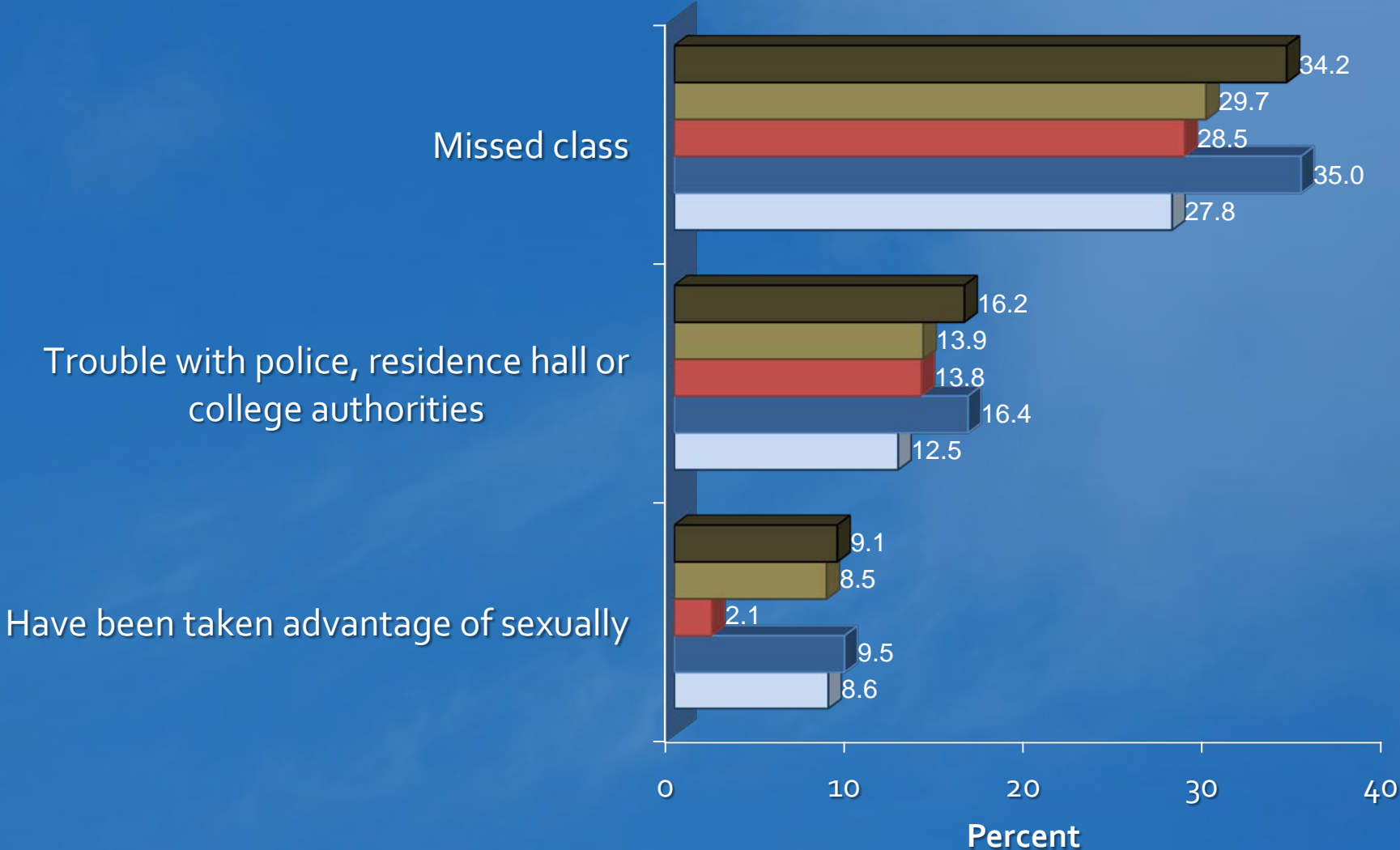
# Percent Consumed 5 or More Drinks in One Sitting in Past Two Weeks

18 to 20 Years    21 to 24 Years    18 to 24 Years



# Consequences of Drinking

■ CHCI 2011 ■ CHCI 2012 ■ CHCI 2014 ■ CT ■ US





# Sustainability

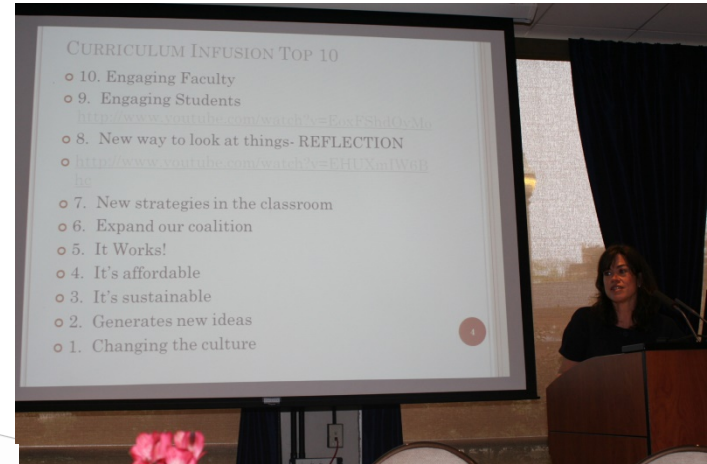
- Training of Trainers to build capacity
- Cross-campus and community collaborations
- Member involvement varies
  - Monthly meetings, News from the Field, Trainings
- Campuses at different levels of readiness
  - Smaller mini-grants help campuses build capacity and confidence
- Utilize data







# Tell the Story...Celebrate Accomplishments



- CURRICULUM INFUSION TOP 10
- o 10. Engaging Faculty
  - o 9. Engaging Students
  - o 8. New way to look at things- REFLECTION
  - o 7. New strategies in the classroom
  - o 6. Expand our coalition
  - o 5. It Works!
  - o 4. It's affordable
  - o 3. It's sustainable
  - o 2. Generates new ideas
  - o 1. Changing the culture

**UCDNN HEALTH**  
**CENTER FOR POPULATION HEALTH**  
 Home Community Education Research Services Us  
 -Research-  
**CHCI** CONNECTICUT HEALTHY CAMPUS INITIATIVE

**CONNECTICUT HEALTHY CAMPUS INITIATIVE**

**INN**  
**TH** Center for Public Health and Health Policy  
 oing Learning Services Us

at Campus Suicide Prevention Initiative

ic Health and Health Policy (CPHP) is conducting an evaluation of the Garrett Lee Smith Campus Suicide Prevention Initiative (CCSPI). The initiative is named in memory of Senator Gordon H. Smith's Regional Action Act which was signed into law in 2007, a 21 year-old college student who died by suicide. CCSPI awarded four campuses and five campus/community specific initiatives aimed at reducing student suicide. CCSPI awarded four campuses and five campus/community specific initiatives aimed at reducing student suicide. CCSPI awarded four campuses and five campus/community specific initiatives aimed at reducing student suicide.

**Project Team**  
 Robert H. Aseltine, Jr., PhD  
 Sara Wakai, PhD  
 Elizabeth Schilling, PhD  
 Laurel Buchanan, MA

**Project Report**  
 CT Campus Suicide Prevention Initiative  
 Year 1 Evaluation Report - PDF

**Project Partners**  
 Department of Mental Health and Addiction Services  
 Wheeler Clinic, Center for Prevention, Wellness and Recovery

The Center for Public Health and Health Policy (CPHP) conducted an evaluation to assess the Connecticut Healthy Campus Initiative (CHCI). The mission of CHCI is to serve as a catalyst for creating and sustaining healthy college campus and community environments. CHCI awarded ten campus and community organizations sub-grants to be used over a two year period to implement campus specific initiatives aimed at reducing underage and binge drinking of college students in Connecticut aged 18 to 24. Examples of funded programs include: social norm campaigns; after-hours café to provide alcohol free options/activities for students; intervention referral training (BASICS); and curriculum infusion.

The evaluation design for the CHCI uses three components: process, outcome and impact. The process evaluation measured the level of cooperation among members of the CHCI coalition. Feedback from the process evaluation was used to expand and enhance the CHCI. The outcome evaluation measured the level of cooperation among members of the CHCI coalition. Feedback from the process evaluation was used to expand and enhance the CHCI. The impact evaluation measured the level of cooperation among members of the CHCI coalition. Feedback from the process evaluation was used to expand and enhance the CHCI.

The project was funded by the Department of Mental Health and Addiction Services and the Substance Abuse and Mental Health Services Administration, Department of Education (USDOE) (Grant number: Q184210).



**AA**  
**AMERICAN ASSOCIATION OF SUICIDOLOGY**  
 Suicide Prevention is Everyone's Business

**THINK GLOBAL** 141ST ANNUAL MEETING NOVEMBER 2-6, 2013 BOSTON, MA

**AMERICAN PUBLIC HEALTH ASSOCIATION**  
 protect • prevent • live well





Wheeler

Innovative Care. Positive Change.

**Heather L. Clinger: [HClinger@Wheelerclinic.org](mailto:HClinger@Wheelerclinic.org)**

**Cathy Sisco: [Csisco@Wheelerclinic.org](mailto:Csisco@Wheelerclinic.org)**

**Connecticut Center for Prevention, Wellness & Recovery**

**860.793.2164**

August 2018

National Prevention Network

Annual Conference