

# CHAW

CENTER FOR HEALTH ADVOCACY & WELLNESS

*Together we thrive.*

## Annual Report 2017







# CHAW's Mission, Vision and Values

## Mission



The Center for Health Advocacy & Wellness promotes a collaborative campus culture rooted in well-being and resilience.

## Vision



A dedicated campus community that is enhanced and empowered by innovative health promotion standards of practice.

## Values



- Diversity and Inclusion
- Student Development
- Integrity
- Innovation
- Standards of Practice for Health Promotion in Higher Education



# 2017 Snapshot

## Alcohol, Tobacco, and Other Drugs



- 326 students were screened through our Wellness Check Days in 2017. Of the screened students, almost 18% were no risk and 58% were low risk for high risk drinking.
- Raise the Bar Tally trained Recess staff in bystander intervention.
- 160 student leaders were trained in motivational interviewing.
- Partnerships with Housing and Dining to provide prevention education reaching 500 students.
- Re-examining FSU's compliance with the Drug-Free Schools and Communities Act.

## Nutrition



- Redesigned CHAW's cooking classes to a more skills based series that included topics such as Building a Kitchen Toolbox, Cooking 101 and Drab to Fab.
- Celebrated Love Your Body Day by getting FSU students to sign the "Body Love" pledge.
- Collaborated with the Healthy Campus Physical Health Team to add healthier options to vending machines throughout the campus.

## Sexual Health



- Increase awareness of testicular cancer and self-exams through poster education.
- Partner with Neighborhood Medical Center to offer a mobile STI and HIV testing clinic at Market Wednesdays.
- Hosted Prep Yourself Against STI's testing event with Leon County Department of Health.
- Developed a two day comprehensive sexual health education curriculum that was added to the Biology for Non-Biology majors course curriculum.

## Power Based Personal Violence Prevention



- Administered Campus Climate Survey (year 2/5) to gather FSU specific data around power based personal violence victimization, perpetration, bystander behavior, and rape myth acceptance.
- Partnered with campus organizations to host Take Back the Night.
- Worked with campus partners to update the kNOW MORE website.
- Created the Trauma Informed Care work-group to explore trauma informed trainings.





# Meet the Staff



**Joi D. Alexander**  
*Interim Director of the Center for  
Health Advocacy and Wellness*



**Rose Rezaei**  
*Interim Director of the Center for  
Health Advocacy and Wellness*



**Jose Carval**  
*Green Dot Coordinator*



**Kori Pruett**  
*Power Based Personal Violence  
Prevention Coordinator*



**Kelly Grove**  
*Sexual Health Coordinator*



**Jason A. Davis**  
*Prevention Coordinator*



**Sadiki Perry**  
*Office Coordinator*



**Joanne Perez-Vergara**  
*Health & Wellness Dietitian*





# Outreach

**CHAW** reached 12,815 total students through 290 presentations and events

## 2017 Presentations & Events

Alcohol, Tobacco and Other Drugs **2,462**

General Health/Other **1,293**

Nutrition/ Body Image **906**

Sexual Health **4,984**

Power Based Personal Violence Prevention **3,170**



“ Gaining more knowledge about consent and sexual pleasure was actually fun ”

- Participant, Sexual Health Presentation

“ I love all the CHAW presentations. I always learn something new. ”

- Participant, Motivational Interviewing

“ You may have convinced me that compliance is actually cool. ”

- Student Athlete, Healthy Relationships Presentation





# Direct Service & eHealth

At **CHAW**, we make practical use of research-based methods to offer all students access to excellent consultation and treatment. We offer in house nutrition, wellness coaching, tobacco cessation, alcohol education, HIV testing and sexual health consultation services, as well as webbased services for drug, alcohol, and sexual violence prevention education.

## Direct Service

# of Nutrition appointments in CHAW **728**

# of HIV appointments by CHAW **322**

# of appointments at the STI Screening Clinic **95**

## Alcohol EDU

AlcoholEdu is an interactive, two-part on-line program designed to help users make healthy and safe decisions around alcohol use while in college.

# of Students who completed **6,183**

## Smart Choices

SMART CHOICES is an alcohol/drug harm-reduction program for FSU students provided in an individual or a small group format.

Students that completed Smart Choices **467**

## HAVEN-Think About It

Haven is an interactive two-part on-line program that enables users to make informed decisions about sex and relationships in college.

# of Students who completed **6,104**

“ [Smart Choices allowed me to] have a better understanding of how bad my drinking habits are and how they are affecting my health. ”

**-Smart Choices Student**

“ [Sexual health consultant] was so amazing and educated on sexual health and even gave a bit of relationship advice, which I truly appreciated. ”

**-Sexual Health Consultation Student**



# Body Project

**The Body Project** is a body image program for FSU students with body dissatisfaction, an established risk factor for eating disorders.

In 2017, **122** students participated in the 2 day program and an additional 30 students became Body Project Facilitators.

In the fall, we had the greatest number of participants in facilitator training (22).

Since its inception during the summer 2014, **670** students have been exposed to the program.

## GREEN DOT

BYSTANDER INTERVENTION @ FSU

**Green Dot** is a bystander intervention initiative that recognizes that most people care about the high prevalence of power based personal violence and want the tools to know how to be part of the solution.

### Year 3

#### Student Bystander Trainings Fall 2017

14 Trainings hosted 103 Students  
376 students trained to date

#### Overview Speeches Fall 2017

559 campus members  
2,064 Campus members to date

#### Homecoming Partnership

Co-sponsored Seminal Festival in partnership with the 2017 Homecoming Committee.  
356 participants





# Student Involvement & Development

## Organizations

- ▶ **kNOw MORE Student Advisory Board** was established in the Fall of 2016 and provides a student perspective and voice to power based personal violence prevention, response, and policy initiatives on campus.
- ▶ **Healthy Noles** is our volunteer peer health education organization that assists CHAW staff in conducting educational outreach programs and initiatives. Below are highlights from the Healthy Noles program from the 2017 calendar year:
  - Created a brand new Graduate Assistant position to work as a front-line advisor and coordinator for the group
  - Created and implemented a brand new training program, the Peer Health Leadership Certificate, to give prospective members a solid foundation in wellness and peer leadership concepts
  - Added Healthy Noles as a designated community service organization through FSU's ServScript program
  - Fifteen group members completed a total of over 100 hours of service

## Students Staff

- ▶ Undergraduates – 9
- ▶ Graduates – 13
- Total - 22**

“Being surrounded by employees who find joy, passion and drive in their daily work has inspired me to find a career that makes me feel happy and purposeful.”  
-Student Employee







# Professional Involvement

## Presentations

- Burelison, A., Dafoe, E., & **Davis, J.** (2017, March). Trust Yourself, Not the Process: An Introvert's Guide for Success in the First Job Search. Presented at NASPA Annual Conference
- **Davis, J.** (2017, February). Thriving as an Introvert in Student Affairs. Presented at FSU's Division of Student Affairs Professional Development Express
- **Alexander, J.**, Elbert, S.; Stinson, B. (2017, June). Our Stories: Recruiting and Retaining Professionals of Color in Health Promotion. Presented at American College Health Association
- **Alexander, J.**, Elbert, S. (2017, June). Cultural Competency and Diversity: Recruiting and Retaining Students of Color to Health Promotion Programming and Peer Education. Presented at American College Health Association



## Community Involvement

- Leon County State Attorney's Office Sexual Assault Working Group
- Tallahassee Leon County Responsible Decision Making Collation
- Tobacco Free Leon County Partnership
- Florida Department of Health Leon County HIV/AIDS Prevention and Control



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**2017**