Managing Changes and Trends in High Risk Behaviors and Issues: An Innovative Collaboration

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Session Goals

Participants will be able to:

• Recognize the importance of student wellness by discussion, staff training and implementing best practices when dealing with conduct issues

• Understand institutional protocols for dealing with conduct issues abroad

• Identify steps you can take related to the prevention of high risk behaviors abroad

• Apply methods that will allow for the creation, distribution and use of knowledge on prevention techniques for education abroad programming objectives such as pre-departure events
What risky student behaviors are you most worried about and why?
Trends in High Risk Behaviors
Overview of College Health and Safety

- 9.1% report sexual touching without consent
- 64.2% used alcohol/30 days
- 20.3% report driving after alcohol
- 33.1% did something they later regretted (alcohol)
- 28% forgot where they were/what they did (alcohol)
- 10.4% seriously considered suicide/12 months

Statistics from American College Health Association-National College Health Assessment-Fall 2016 N=33,512
Consequences of Alcohol Abuse in US

CONSEQUENCES OF COLLEGE DRINKING

Consequences for college students (ages 18-24) due to alcohol use per year

- **1,825** Deaths
- **400,000** Unsafe sexual encounters
- **599,000** Injuries
- **696,000** Assaults
- **97,000** Sexual abuse incidents
- **4.86 million** Drunk driving incidents

Source: National Institute on Alcohol Abuse and Alcoholism College Drinking Fact Sheet
Youth Alcohol Abuse Worldwide: WHO 2016
Alcohol Use Abroad: Tolerance Fail?

• Environmental –dependent tolerance: (NIAAA, April 1996)

• Tolerance works when same cues in place
  • Rats in “alcohol” room tolerance only
  • Heart rate changed less in humans when consumed in same environment
  • Beer flavored beverage vs. minty blue beverages of same strength (Siegel, 2011)

• GREATER TOLERANCE in presence of usual cues (surroundings, people, smells, sights, etc.)

• TOLERANCE FAILS in novel environment
University of Washington Study

• “We hear stories in the media and elsewhere about students going abroad, drinking too much and getting into trouble. But no one has ever measured this risky drinking behavior and there are no published studies of prevention strategies before they go abroad,” said Eric Pedersen, a UW graduate student in psychology.

• Overall increase in surveyed students’ alcohol consumption was 105%, while those underage students tripled their drinking with an increased consumption of 170%

When in Rome: Factors Associated with Changes in Drinking Behavior Among American College Students Studying Abroad
Alcohol & Sexual Assault

COLLEGE-AGE WOMEN ARE AT RISK

- All women
- 18-24 College women: 3X
- 18-24 Women not in college: 4X

RAIIN
National Sexual Assault Hotline 1-800-656-HOPE online.rainn.org
Please visit rainn.org/statistics/campus sexual violence for full citation.1
Title IX & Sexual Assault

- 23% of female college students said that they experienced some form of unwanted sexual contact.
- 90% of campus sexual assaults are committed by perpetrators that the survivor knows. (2000)
- Most campus incidents of rape involve the consumption of alcohol or drugs, and are less likely to be reported to campus officials.
- The number of college sexual violence complaints has increased more than 1,000 percent since 2009.

Statistics from Know Your Title IX and Bureau of Justice Statistics Study, 2016

CNN Health

US News
Title IX & Sexual Assault

• 3,300 forcible sex offenses were reported on U.S. campuses in 2011. That was up from 2,200 reported sexual assaults a decade earlier.

• University crimes in every other category decreased.

• In 2014, the Department of Education showed that the reported forcible sex crimes on campus increased to 6,700 (205% increase from 2001). Just like in 2011, all other reported campus crimes decreased.

• [https://www.youtube.com/watch?v=EzWtpmGdVo8](https://www.youtube.com/watch?v=EzWtpmGdVo8)

*Statistics from Time: Report Sees Surge in Sex Crimes on College Campuses*
Mental Health on U.S. Campuses

- 1 out of 2 students have been in counseling
- 1 out of 3 students have taken psychiatric medication
- Nearly 1 in 10 students have attempted suicide
- According to the UCLA High Education Research Institute annual freshman survey, a record high of 11.9% of the students in the 2016 incoming class reported “frequently” feeling depressed in the past year
- 13.9% said “there was a very good chance they would seek personal counseling in college.”

Statistics from the NACADA Webinar: When Students are Sad and Stay Sad: Advising Students with Depression

New York Times, Colleges get proactive with addressing depression on campus
Mental Health – Trends at NAU

According to results from the Spring 2017 National College Health Assessment:

• There has been a steady increase in the number of NAU students who report feeling so depressed it was difficult to function: 30.2% in 2009 to 38.8% in 2017

• There has been a steady increase in the number of NAU students who report feeling overwhelmed by anxiety 49.6% in 2009 to 59.4% in 2017

• 9.1% of NAU students report seriously considering suicide in the past year (10.4% national average)
Does your campus show similar trends?
What does this mean?

- Title IX and sexual assault reporting has gone up
- Attention on these issues is becoming expansive on social media
- Mental health is even more prevalent on US campuses
- How can you learn and prepare more for these high risk behaviors that occur and are increasing in frequency?
- These students that are within these statistics are studying abroad
Protocols

Managing high risk behaviors when they happen
Protocols in Place

• What do you have in place already?
• How often is it reviewed and updated?
• Who is involved?
• Is it shared and discussed with relevant staff both in the US and abroad?
• Are they familiar with them?
• Do you do practice run the protocols?
• Do you know your Title IX Coordinator?
• If the Director is out of the office, who handles emergency issues?
Behavior Agreements

- Have a template in place or create a variety of templates for frequent issues
- When creating templates, ask for feedback from the office on campus that deals with these types of issues before an incident
- Clearly state expectations and any consequences, if repeated
- Make sure staff on-site know how and when to use these forms (e.g. inform your office, how to discuss incident, and expectations with students)
What do you currently do to discuss high risk behaviors during pre-departure sessions or orientation abroad?
Pre-departure

• General information session and country specific sessions
• Explain cultural difference, culture shock, and how to handle it
• Encourage taking care of each other/buddy system
• Inform regarding overseas healthcare and international insurance plan
• General expectations of conduct
• Discussions of risk factors
• Country specific information including resources on safety and health
• Disciplinary procedures abroad and what to do if something occurs
Faculty Led Training

- Alcohol regulations
- Discuss appropriate faculty protocol when an issue arises
- Mandatory reporters
- Write student code of conduct for program
On-site Staff Training

• How do you train new staff?
• How often is staff abroad updated on protocols?
• Do you share new findings, articles, and statistics?
• Use presenters when meeting in person or as a cohort
• Offer webinars to reach more staff
• Look for local resources to present or collaborate with: rape help center, university counseling services, local hospitals
Example Clip

Here’s the link to the playlist of various health and safety videos you are welcome to use: https://www.youtube.com/playlist?list=PLbltfz9qrF_FM0tTbjNVc9ehEBEo4w10B
You can also just go to YouTube and search for “Study Abroad USAC”
Bystander Intervention Training

What is bystander effect?

More people present, less likely someone is to intervene

What prevents people from intervening?

• Lack of skills
• Think someone else will do it
• Social norms

INCREASE personal responsibility and likelihood of intervening
Be an Empowered Bystander

https://www.youtube.com/watch?v=Lq09VT3zaww
Gatekeeper Info
Health Resources

- Do you know who to contact in your counseling center on your campus?
- Are they willing to provide assistance to students while abroad?
- Do you know where to take a student who is mentally unstable (such as a psychiatric hospital)?
- Do you have names and contact information of English speaking mental health practitioners abroad?
- Is there a rape crisis center in your program host city?
- Do you know who to contact for a behavioral issue on your campus?
- Are you familiar with your student health insurance coverage?
How to Address Students

- Educate students
- Use a harm reduction approach
- Teach about BAC and risks associated with “high risk” or “binge drinking”
- Clearly state University’s/provider’s stance
- Educate regarding host country laws/consequences
- Teach bystander interventions
- Consider a health and/or safety pledge or behavior agreement
- Consider screening for high-risk alcohol consumption (SBIRT) or an optional mental health screening before students go abroad
What are some of the points from this presentation that you found useful and may implement? Share any points not discussed.
Questions?