

**HEALTH PROMOTION AND SUBSTANCE ABUSE PREVENTION COMMITTEE**

2010-2011

**Strategic Plan**

<b><u>OBJECTIVES/GOALS</u></b>	<b><u>SHORT OR LONG-TERM</u></b>	<b><u>IDEAS</u></b>	<b><u>CONTACT PERSONS</u></b>	<b><u>WAYS IN WHICH WE CAN MEET THESE GOALS/POSSIBLE OBSTACLES</u></b>
<b>1. Promote healthy Living</b>	Short and Long Term	If the students are healthier they are better poised to have academic success. If they are not depressed, over-drinking and smoking they will position themselves better to perform better academically	Tom Liszewski or any of the committee members	This committee has one of the best barometers of the pulse of the health trends on campus with the National College Health Assessment which is administered on a regular basis for the last 20 years which surveys both the actual health related behaviors of every student on campus but also their perception of the other students health related behaviors which is significantly different
<ul style="list-style-type: none"> <li>Flavor of the month calendar</li> </ul>	Long Term With Flexibility	S-Social Norm Information O-Depression Screening N-Great Amer. Smoke Out D-Stress & Anxiety Mngt J-Eating Disorders & Nutrition F-Health & Safety (Spring Break) M-Alcohol Abuse Screening A-Sex Safety & Sexual Violence Prevention	Counseling and Health Center	Working together with the Colleges Against Cancer Student Organization especially on The Great American Smoke Out is a great collaboration between students and faculty. They have offered to assist this committee in the other health related areas and this committee is excited about helping this RSO with their Relay For Life events
<ul style="list-style-type: none"> <li>Facebook page</li> </ul>	Long Term	This committee is a strong believer in “subtraction by addition” meaning if the students are subtracting over drinking and smoking they may be doing so by adding exercise and healthy eating behaviors	Jon Taylor	The challenge is getting the events to Jon so he can post them on the Facebook page. Maybe we bring a printed list of information to every meeting rather than saying we will get to it and then get busy with other things

<ul style="list-style-type: none"> <li>Posters</li> </ul>	Long Term	I don't know if putting a poster out every month is necessary but certainly for the bigger events like the Great American Smoke Out and the On-line screenings	Tom Liszewski	We either need to clarify with the Academic Senate Office if we can spend \$20 a month on posters. Otherwise, we need to find a funding source like the BHC or Counseling Center
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<b>2. Advocate for students who may be dealing with substance abuse.</b>				
<ul style="list-style-type: none"> <li>Flavor of the month calendar</li> </ul>	Long Term	1.Ads in the torch 2.Flyer in FSUS folder	Counseling and Health Center	The committee members can each take turns coming up with ads or flyers
<ul style="list-style-type: none"> <li>Facebook page</li> </ul>	Long Term	Post up to date information and statics concerning substance abuse	Jon Taylor	The committee members must continually submit and monitor content
<ul style="list-style-type: none"> <li>Posters</li> </ul>	Long Term	See above	Tom Liszewski	See above
<b>3. Inform students/community</b>				

<b>about special events and services</b>				
<ul style="list-style-type: none"> <li>• Guest speakers</li> </ul>	Long Term	Promote Campus Lecture Series and other events	Committee chair	Keep current on lecture series to be sure we promote early enough
<ul style="list-style-type: none"> <li>• Relay for life</li> </ul>	Long Term	1.Help Colleges Against Cancer promote their event 2.Staffing a table at the event	1.Committee chair 2.Ryan Condon (C.A.C. president)	Will committee members be able to commit to staffing a table?
<ul style="list-style-type: none"> <li>• Great American smoke-out</li> </ul>	Long Term	Hang posters and staff a table	Tom Liszewski	Do we still get free merchandise (kits) to hand out?
<ul style="list-style-type: none"> <li>• Birkam Health</li> </ul>	Long Term	Flyers in FSUS course promoting services offered	Tom Liszewski	Coordinating efforts with Health Center
<ul style="list-style-type: none"> <li>• Safe Ride Program</li> </ul>	Long Term	1.Hang flyers in local bars 2.Table Tents in restaurants on campus	Tom Liszewski	Getting volunteers to place items