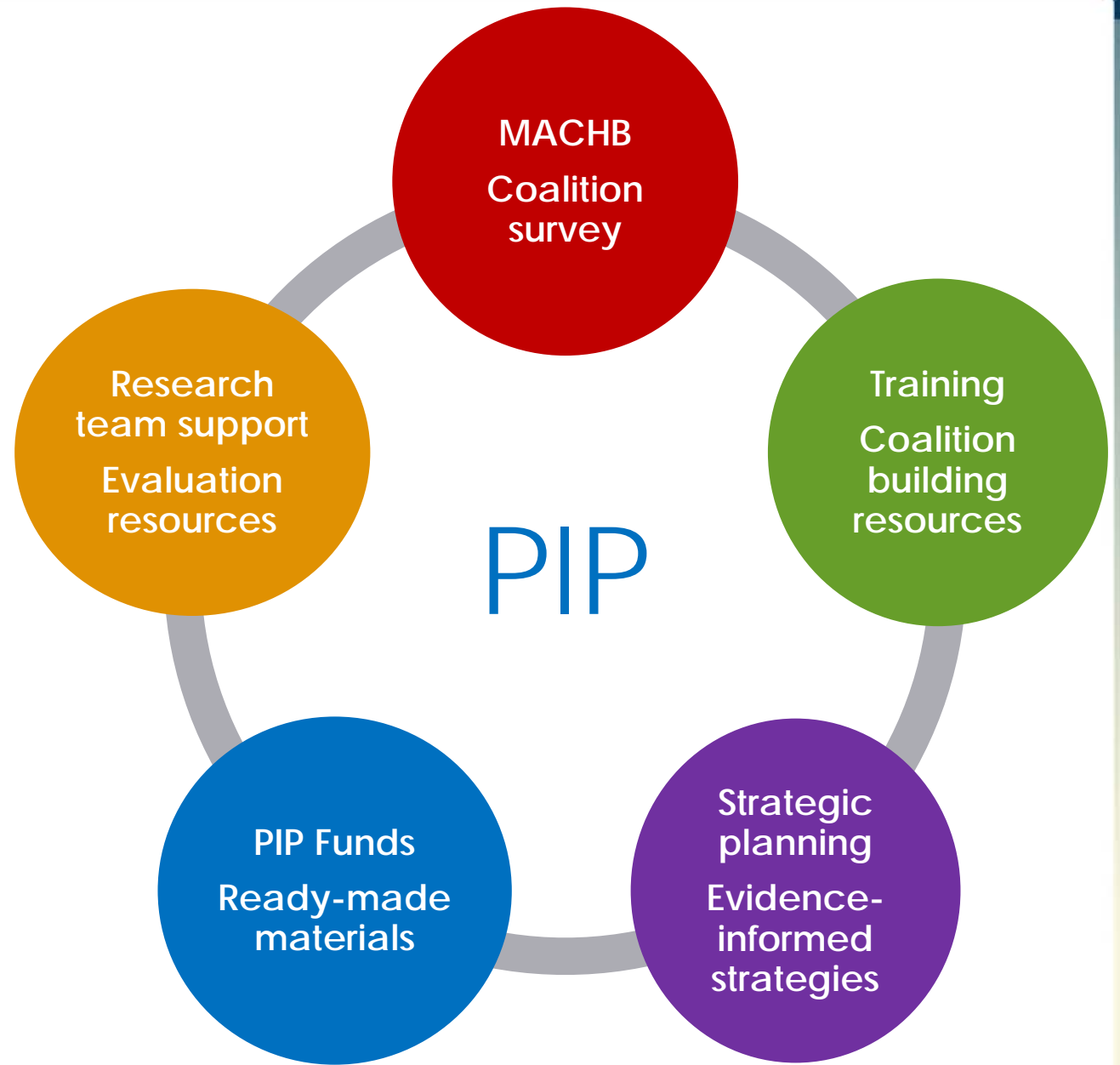




Virtual Site Visit 2021

Truman State University

Prevention should be balanced, comprehensive, evidence-informed, evaluated, and a shared responsibility





Partners in Prevention

- Survey data



- Research involvement
- Feedback



- Data assistance
- Strategic planning
 - Training
 - Funding
 - Resources



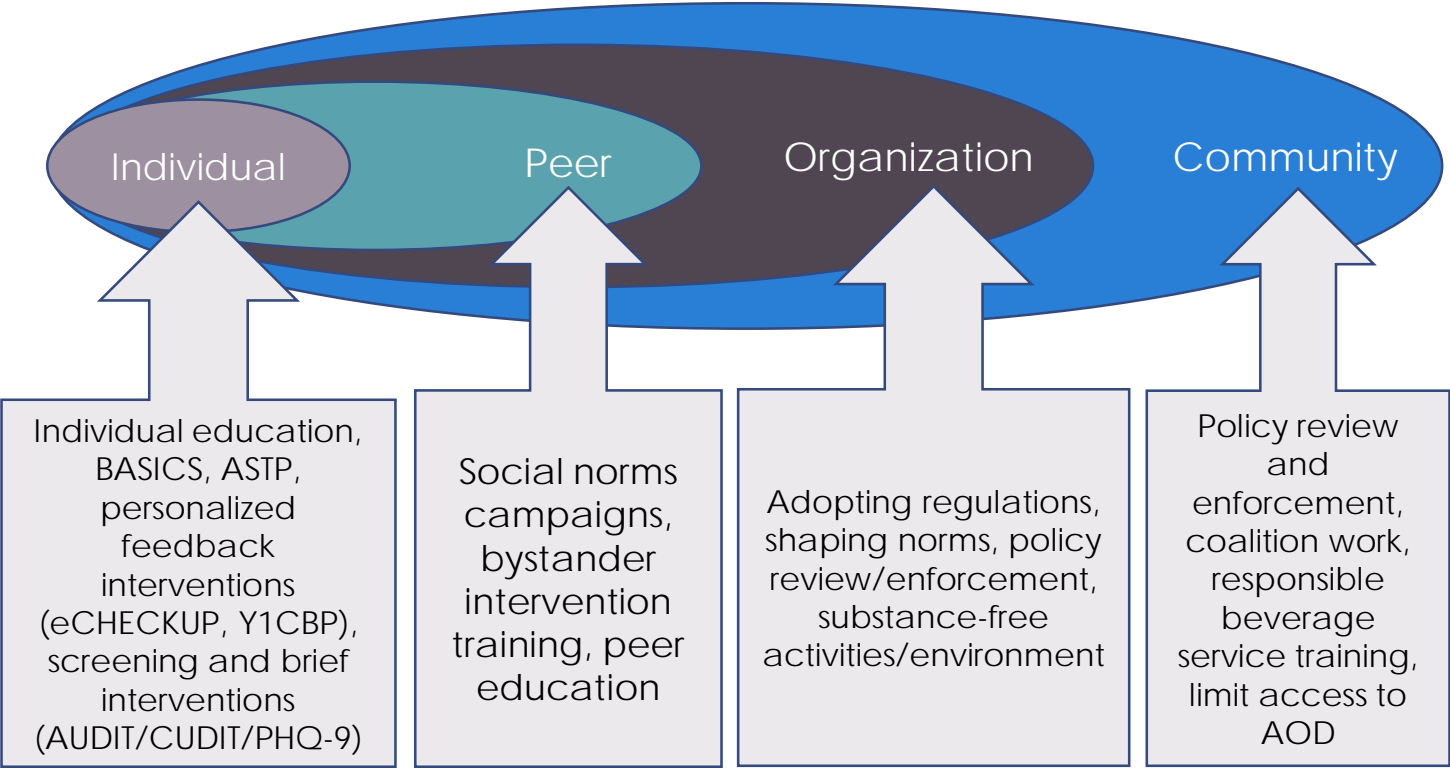
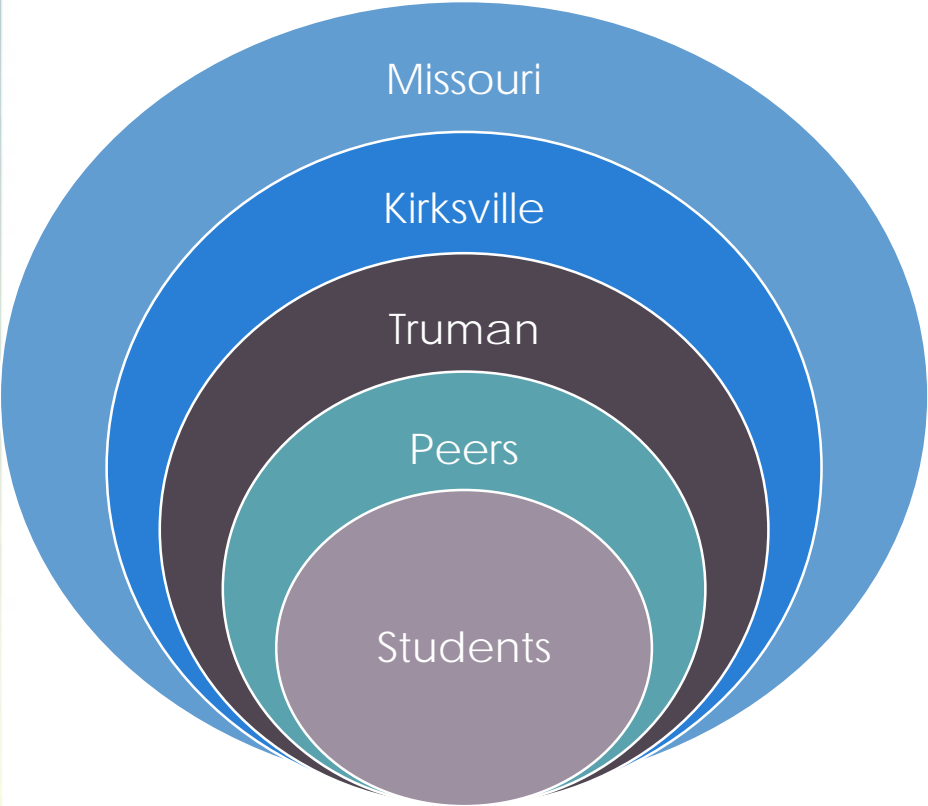
- Needs
- Feedback



- Services and support



Comprehensive Prevention





Good prevention is within reach – use the tools you have access to!

Importance of Critical Partnerships

Shared Responsibility

- Responsibility for behaviors is shared between the individual and the environment
- All stakeholders need to share responsibility for the conditions of the environment

Inclusive Process

- All stakeholders have responsibility and therefore a place at the table
- Focus on a common vision for an ideal environment to gain consensus
- Community-wide consensus is critical for long-term environmental change

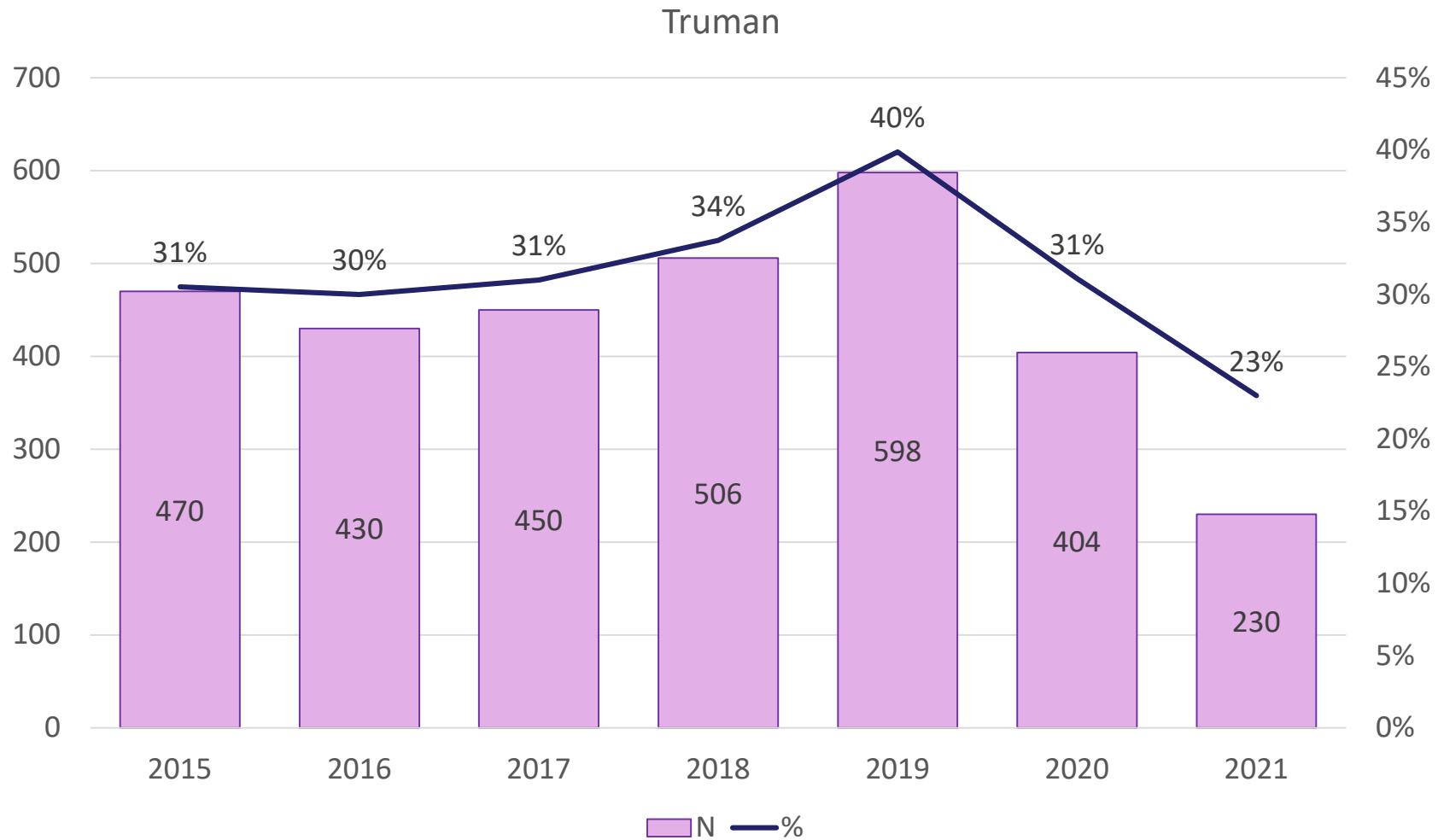
5 Priority Areas for Your Campus

1. Binge Drinking Rate – decreased from last year, but still above PIP average
2. Alcohol-Impaired Driving – decreased from last year
3. Social Norming – differences in perception vs. reality of marijuana/cannabis use and alcohol use
4. Mental Health – increase in self-injury & low Flourishing Scale score
5. Consistent Enforcement of AOD policies – likely related to COVID-19

Return Rate

MACHB	2019 PIP	2019 Truman	2020 PIP	2020 Truman	2021 PIP	2021 Truman
N	9,752	598	8,769	404	10,154	230
Return Rate	22%	40%	18%	31%	18%	23%

Return Rate Trend



Alcohol Use at Truman

	2018	2019	2020	2021	2021 PIP
Have used alcohol lifetime	75%	79%	80%	77%	76%
Drank in the past year	73%	76%	77%	76%	71%
Reasons for not drinking (non-drinkers)					
Don't have to worry about consequences	67%	68%	63%	69%	53%
Academic responsibilities	50%	50%	42%	45%	44%
Personal responsibilities	40%	46%	33%	45%	42%
Beliefs/values	67%	58%	55%	62%	47%
Don't want to do something regretful	51%	60%	46%	62%	41%
Against the law/policy	59%	60%	64%	60%	41%

Age of first drink (more than a sip)

	2018	2019	2020	2021	
12 or younger	0.8%	1.0%	1.0%	2.3%	} 33%
13	2.3%	0.9%	2.1%	1.8%	
14	3.3%	1.9%	2.3%	0.9%	
15	5.8%	3.7%	5.6%	4.5%	
16	11%	10%	8.7%	10%	
17	12%	13%	14%	13%	
18	20%	25%	25%	24%	
19	9.9%	12%	11%	10%	
20	4.7%	5.2%	4.6%	2.3%	
21	6.0%	7.0%	6.2%	7.7%	
22+	0.0%	0.0%	0.0%	0.5%	
<i>Never used</i>	25%	21%	21%	23%	

Alcohol Use at Truman 2021

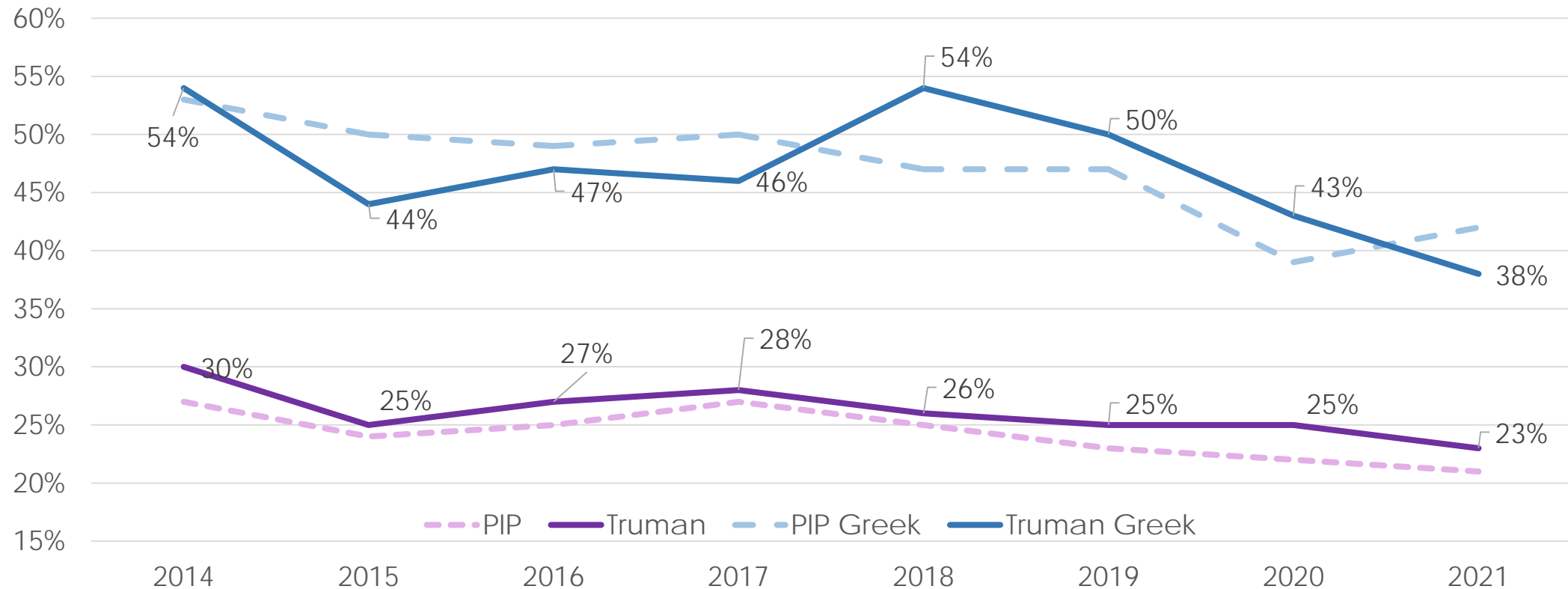
	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>PIP 2021</u>
Binge drinking 2-hour definition	26%	25%	25%	23%	21%
Most common drinking locations for those who drink:					
social gatherings or friend's house	76%	79%	77%	65%	60%
where I live	45%	47%	54%	56%	53%
bars and restaurants	34%	35%	42%	23%	36%
fraternity or sorority house	24%	16%	12%	7.7%*	5.1%
residence hall	4.2%	4.6%	4.4%	6.5%*	4.9%

*Of those who live in a residence hall, 18% of them say they drink "where I live"

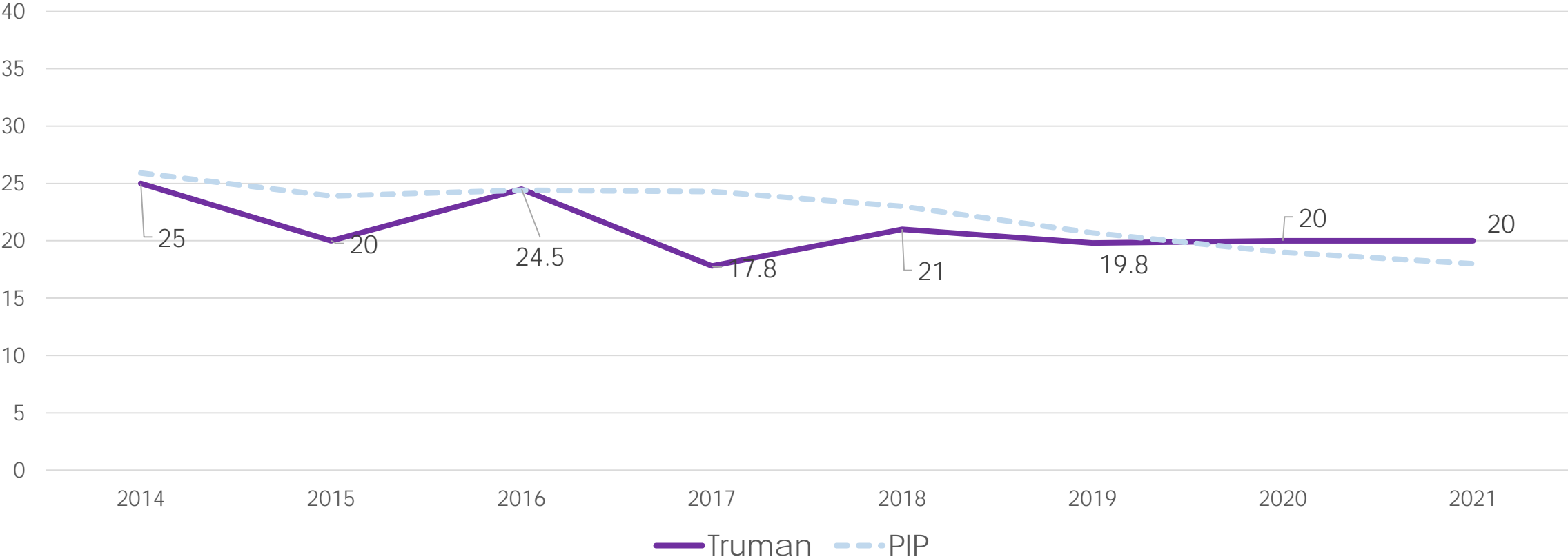
*Of those who live in a Greek house, 67% of them say they drink "where I live"

Binge Drinking

- **Strategic Goal 1: To reduce the binge drinking rate**
- **23%** report binge drinking (38% Greek)



Underage Binge Drinking



Strategic Goal 2: Reduce the rate of underage drinking (in past year):

2015	2016	2017	2018	2019	2020	2021
69.9%	62.4%	63.9%	65.3%	66.2%	65.2%	63.1%

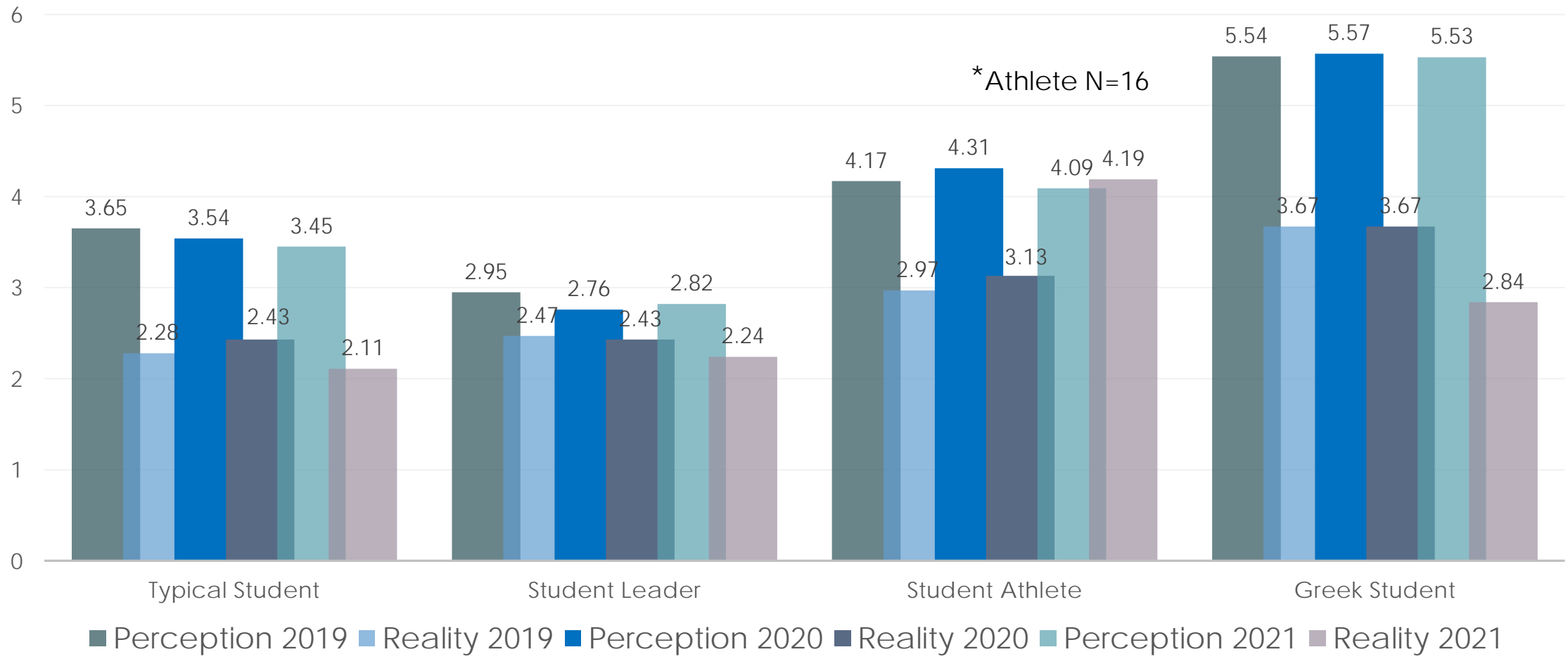
How do underage students obtain alcohol at Truman?

	2018	2019	2020	2021	2021 PIP
Over 21 friend	49%	52%	44%	33%	30%
Family members	10%	14%	15%	14%	18%
• <i>Parents</i>	NA	8.3%	11%	12%	11%
• <i>Siblings</i>	NA	7.1%	4.7%	5.6%	5.7%
• <i>Other family members</i>	NA	1.9%	4.7%	4.8%	4.1%
Fraternity/sorority	6.5%	2.9%	3.8%	2.4%	2.2%
Using fake ID	4.0%	2.9%	2.4%	2.4%	6.0%
Borrowing a real ID	0.7%	0.6%	0.5%	0.8%	0.8%

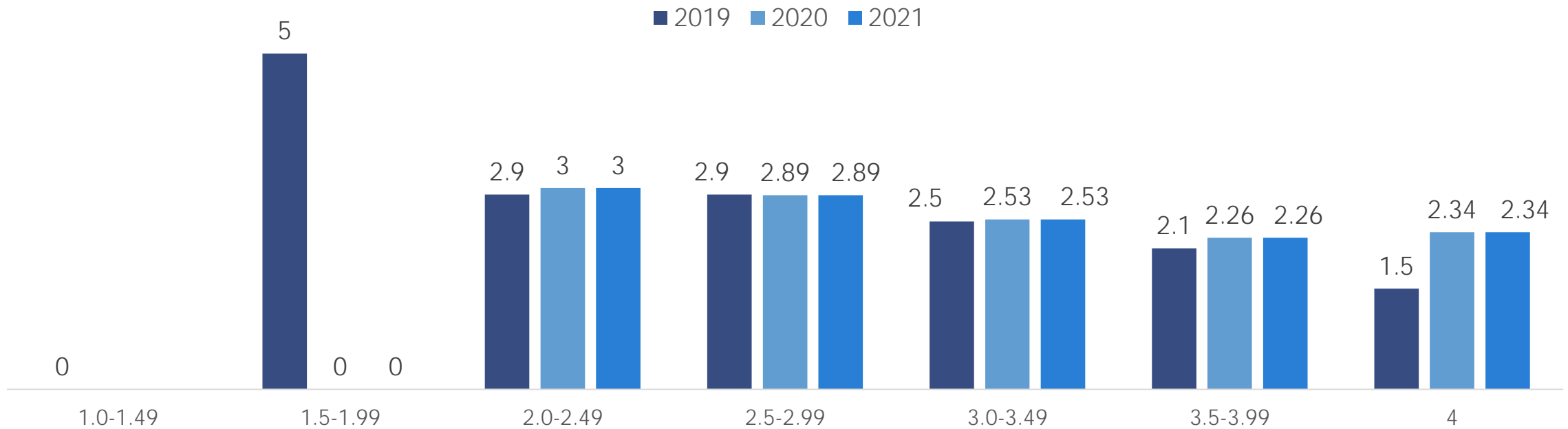
In 2021, 12% of underage students prefer not to respond (vs 11% PIP)

Perceptions Of Others' Drinking Impacts Behavior

Number of Drinks
Perception vs. Reality

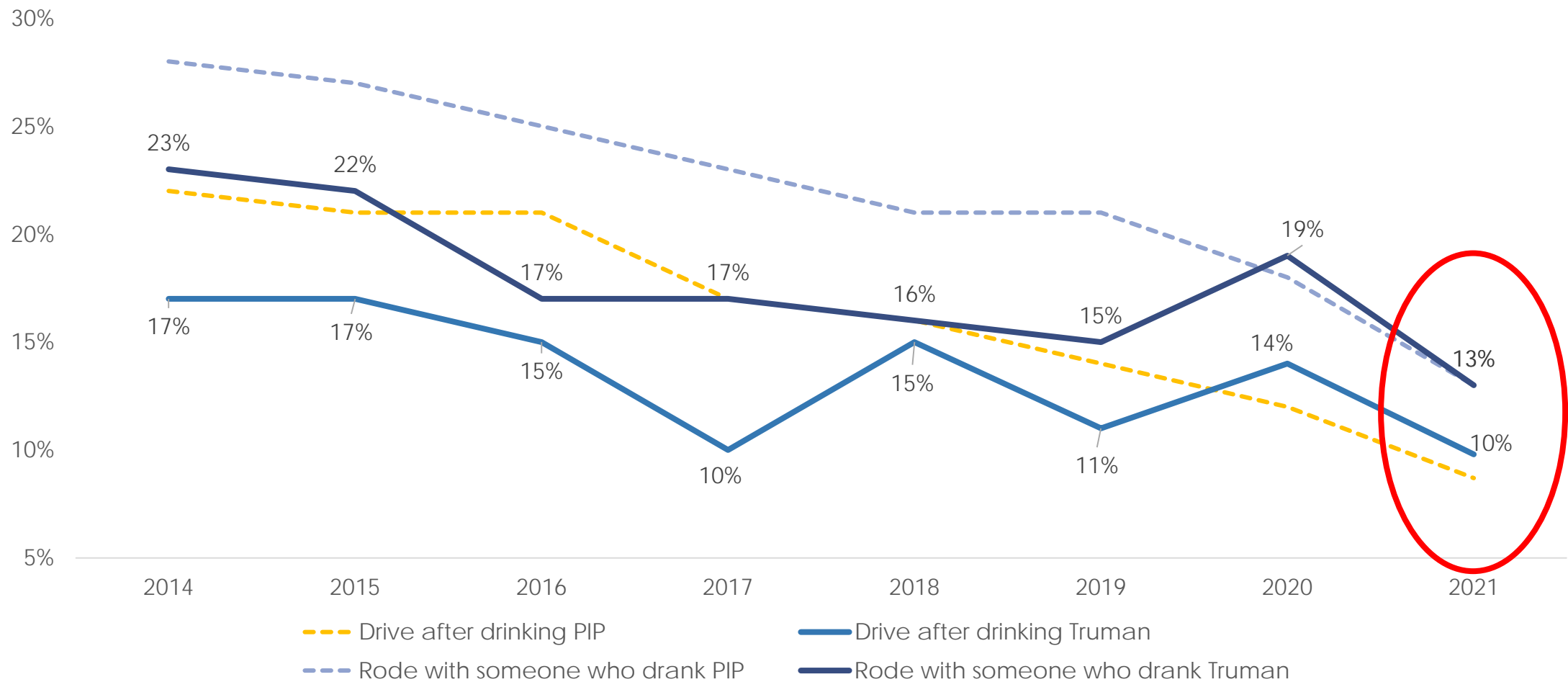


of drinks by GPA range

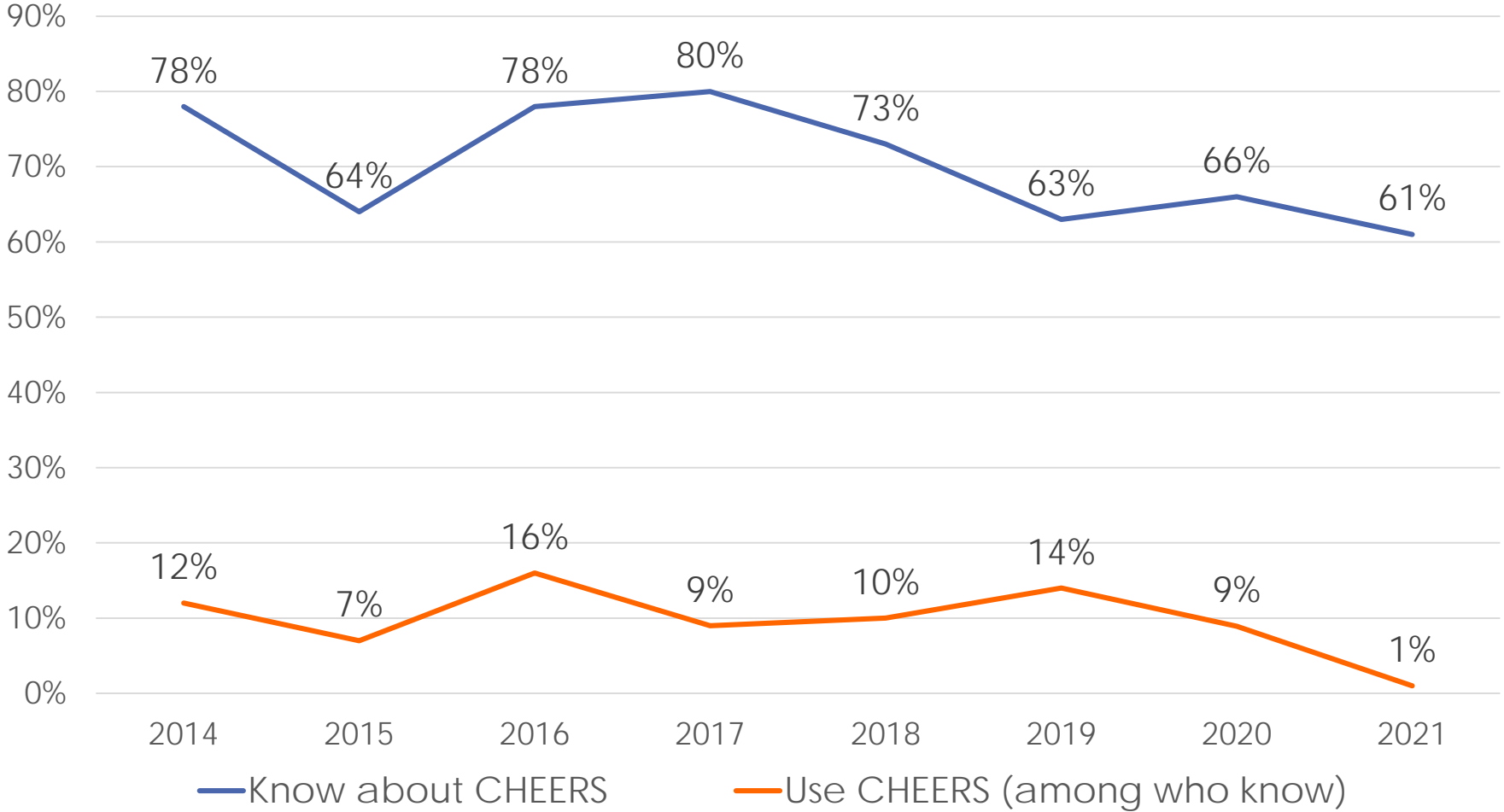


Range	1.0-1.49	1.5-1.99	2.0-2.49	2.5-2.99	3.0-3.49	3.5-3.99	4.0
2019 N	0	1	10	67	155	197	53
2020 N	0	1	3	49	110	167	41
2021 N	0	1	2	44	103	153	35

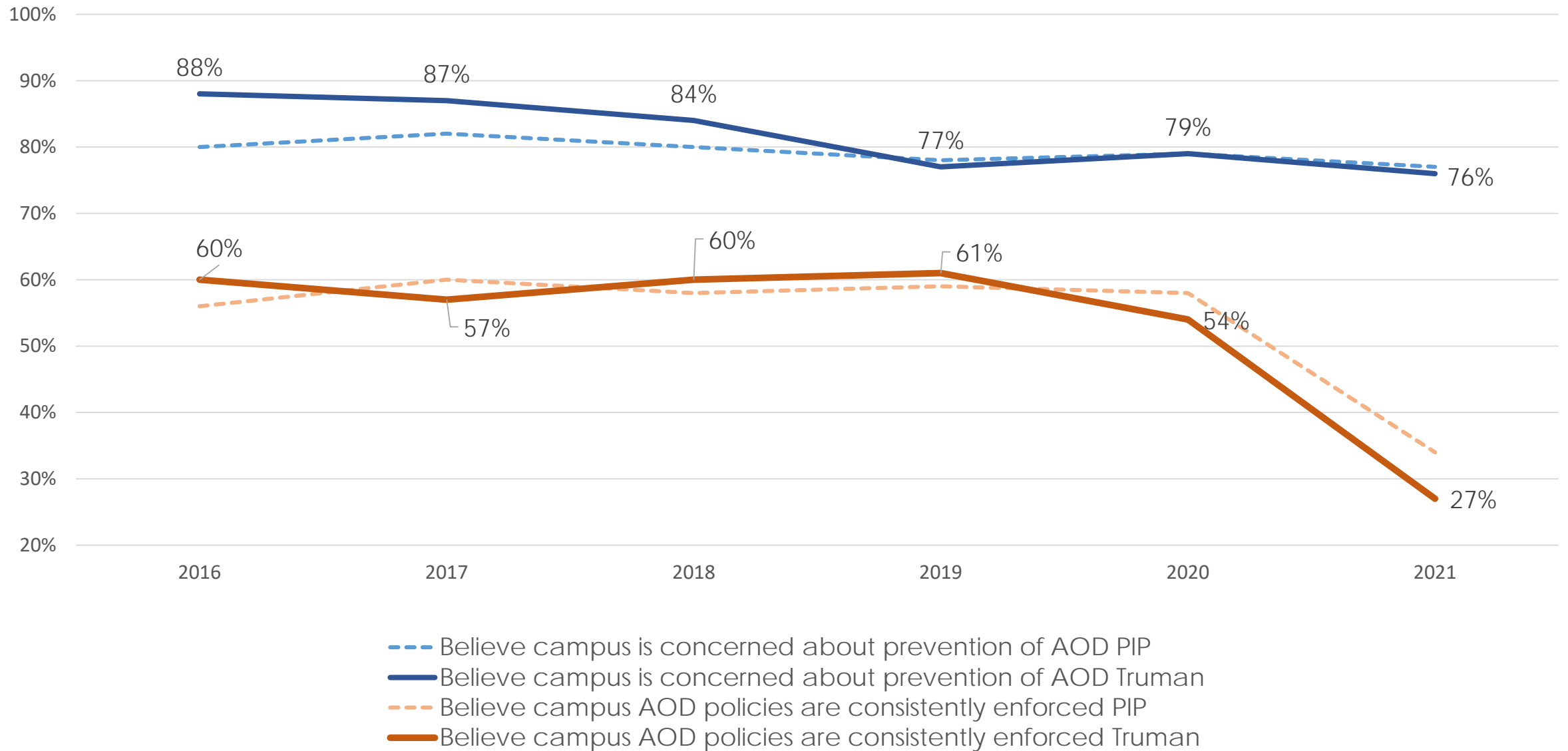
Alcohol-impaired Driving (Strategic Goal 5)



Campus awareness of the CHEERS program

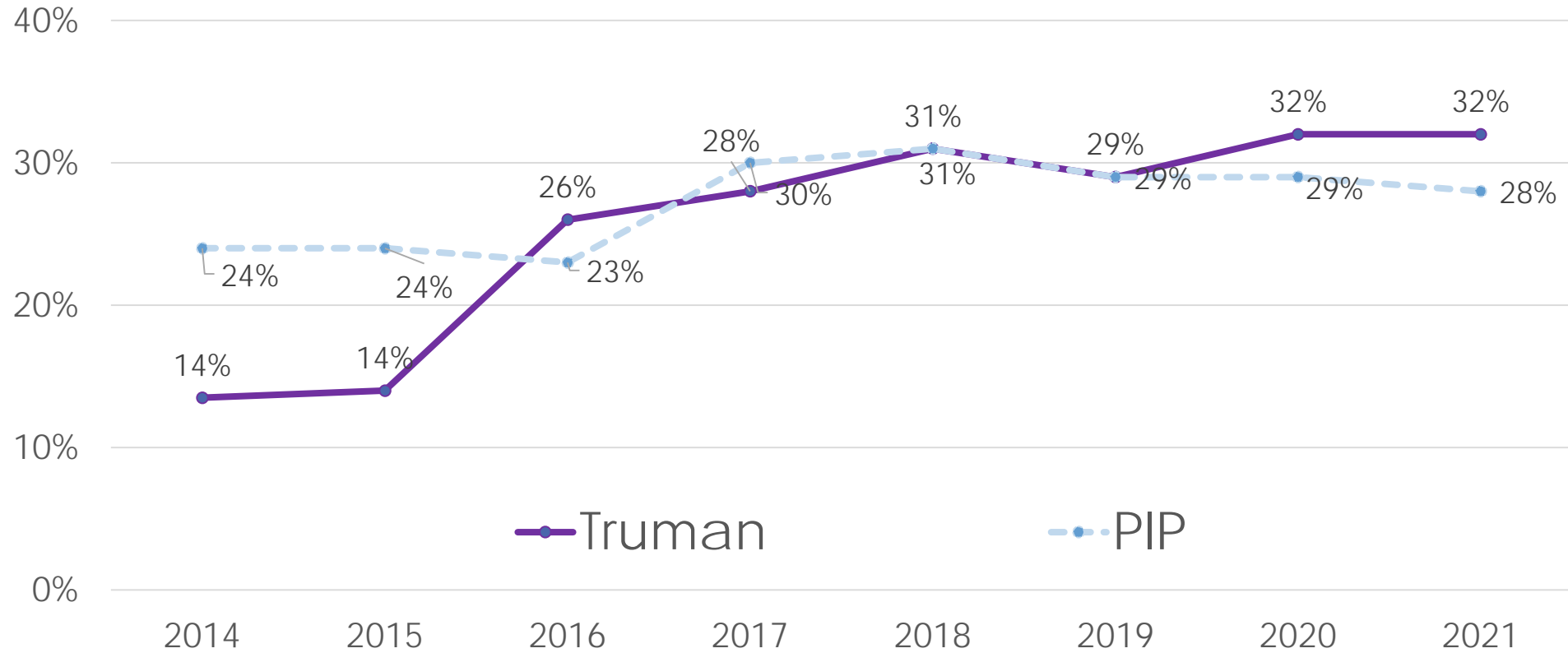


AOD policies on campus (Strategic Goal 4)



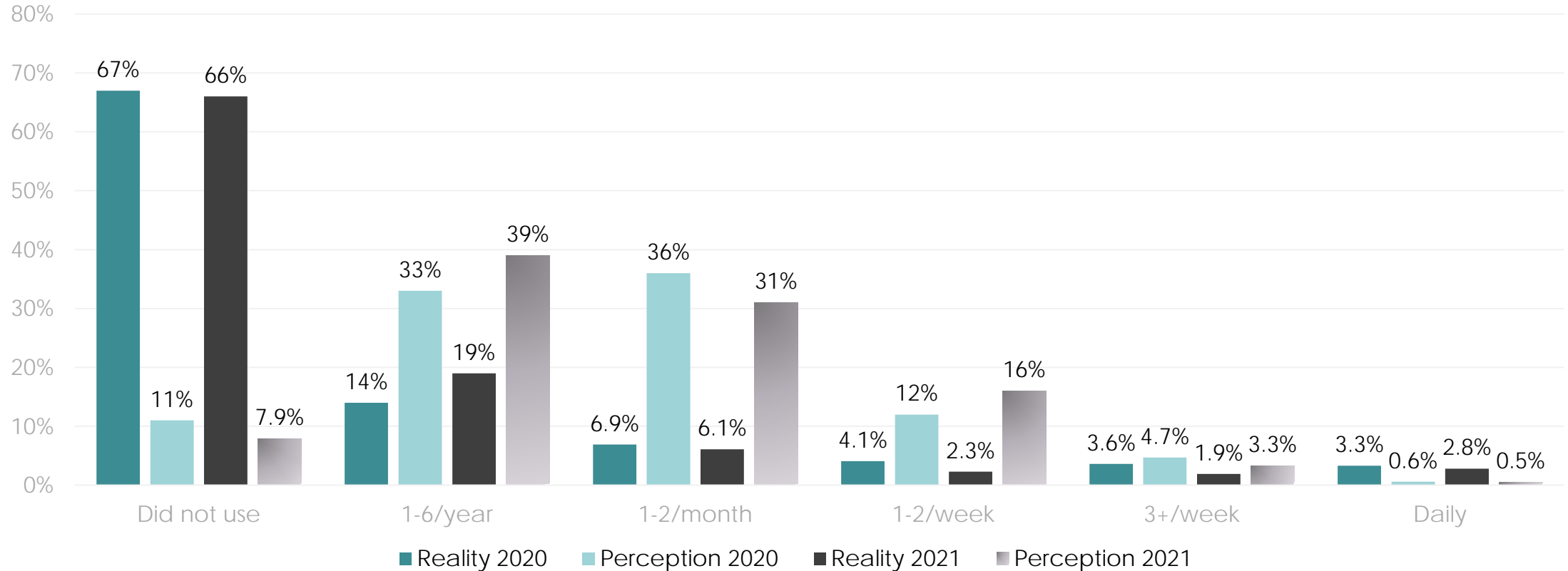
Marijuana/Cannabis Use (past year)

Truman vs. PIP



	2018	2019	2020	2021	2021 PIP
Edible	19%	19%	23%	26%	20%
Derivative	12%	11%	13%	8.4%	9.3%

Truman Marijuana/Cannabis Reported Use Perception vs. Reality



- Only 7.9% perceive the typical student does not use (11% in 2020)
- 51% perceive the typical student smokes one or more times a month (53% in 2020)
- **13% of students use more than once per month (18% in 2020) –Strategic Goal 3**
- 4.7% of students are frequent users (3 or more times per week)

Location of marijuana/cannabis use at Truman

	2018	2019	2020	2021	2021 PIP
Social gathering or friend's house off-campus	77%	77%	72%	59%	59%
In a car	47%	37%	32%	28%	30%
Outdoors	44%	35%	33%	27%	32%
Where I live	40%	49%	62%	47%	59%
Parties	32%	29%	30%	12%	19%
Residence hall	4.8%	13%	12%	8.8%*	8.5%
Greek house	15%	16%	15%	5.9%*	5.1%

*Of those who live in a residence hall, 11% of those who use cannabis say they use "where I live"

*Of those who live in a Greek house, 100% of those who use cannabis say they use "where I live" (n=2)

Prescription Drug Use at Truman

- 7% of Truman students used prescription drugs without a doctor's prescription in the past year (8.0% PIP, 7.1% Truman 2020)

	2017	2018	2019	2020	2021
Stimulants	7.3%	6.3%	5.7%	4.4%	4.2%
Pain medication	2.1%	3.6%	2.4%	1.1%	2.3%
Sleep medication	0.5%	0.9%	1.0%	0.8%	0.9%
Benzodiazepines/ sedatives	3.1%	3.2%	2.6%	2.5%	1.9%

- 2.3% of Truman students misused drugs prescribed to them (3.1% PIP)
 - 1.4% stimulants (2.2% in 2020)
 - 0.5% pain medication (1.6% in 2020)
 - 0% sleep medication (0.3% in 2020)
 - 0% benzodiazepines/sedatives (0.5% in 2020)
 - 0.5% other

Other Illicit Drug Use at Truman

	2017	2018	2019	2020	2021
Cocaine	2.6%	3.8%	1.8%	1.9%	2.3%
Heroin	0.0%	0.0%	0.0%	0.0%	0.5%
K2/synthetic marijuana	3.5%	N/A	2.6%	N/A	1.4%
Other*	6.1%	5.7%	6.3%	8.1%	6.5%

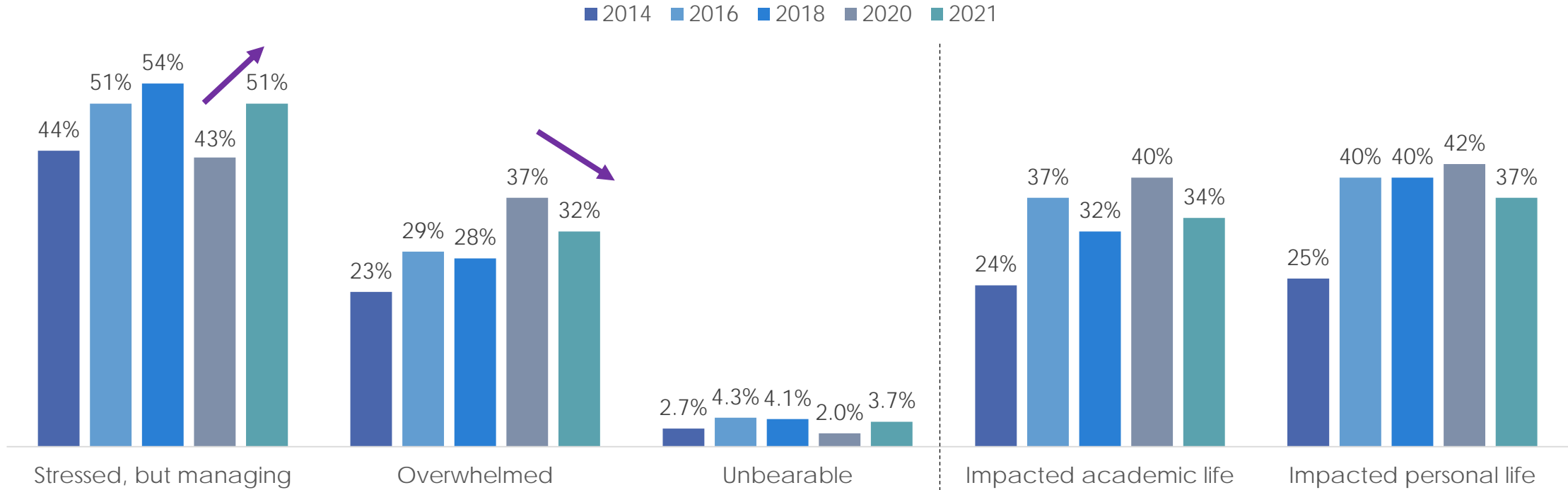
- *All other drugs including hallucinogens and club/party drugs (PCP, ecstasy, etc.)

Mental Health at Truman

71% of Truman Students reported at least one mental health concern in the past year
(75% PIP, 69% Truman 2020)

Concern	Truman 2018	Truman 2019	Truman 2020	Truman 2021	PIP 2021
Anxiety	51%	58%	61%	61%	64%
Major depression	27%	31%	33%	30%	35%
Panic attacks	26%	28%	27%	30%	30%
Chronic sleep issues	20%	20%	18%	16%	25%
Eating disorder	8.0%	6.7%	11%	12%	14%
Self injury	8.0%	6.5%	8.3%	12%	6.1%
Bipolar disorder	2.1%	3.4%	4.0%	3.3%	3.4%
Alcohol abuse	2.8%	2.2%	1.4%	3.8%	3.8%

Stress Level

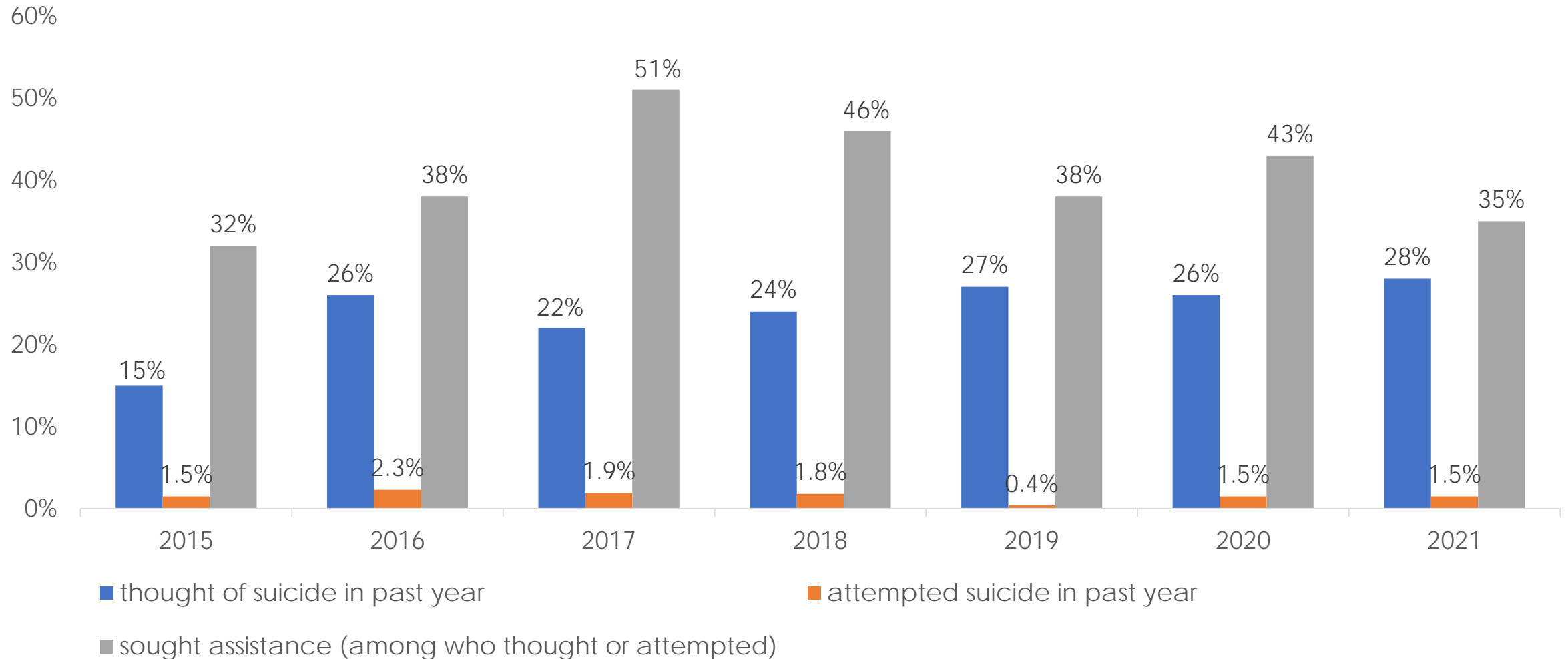


Sources:

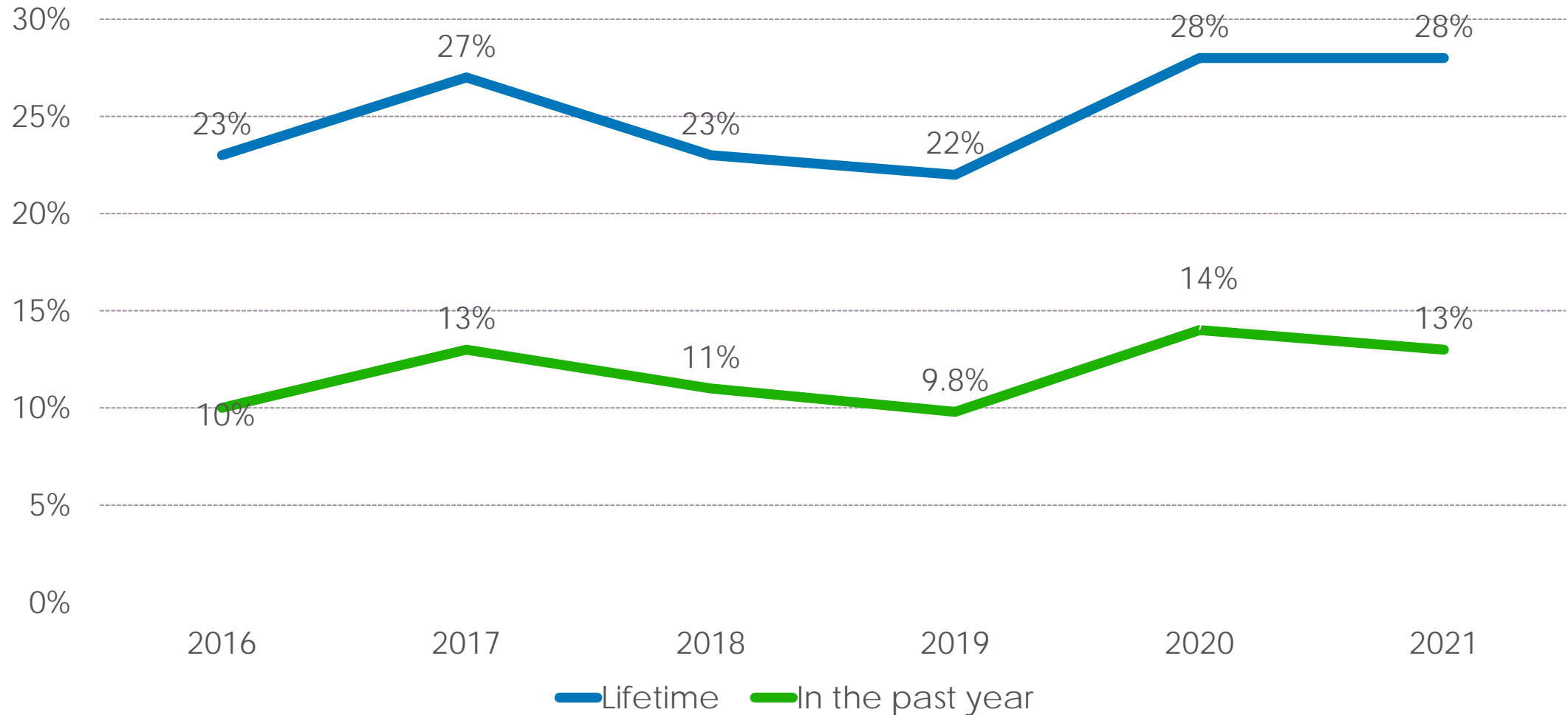
94% School/Academics (91% PIP)
 43% Financial concerns (50% PIP)
 60% Future plans (56% PIP)

49% Time Management (51% PIP)
 21% Job (39% PIP)
 26% Family (36% PIP)

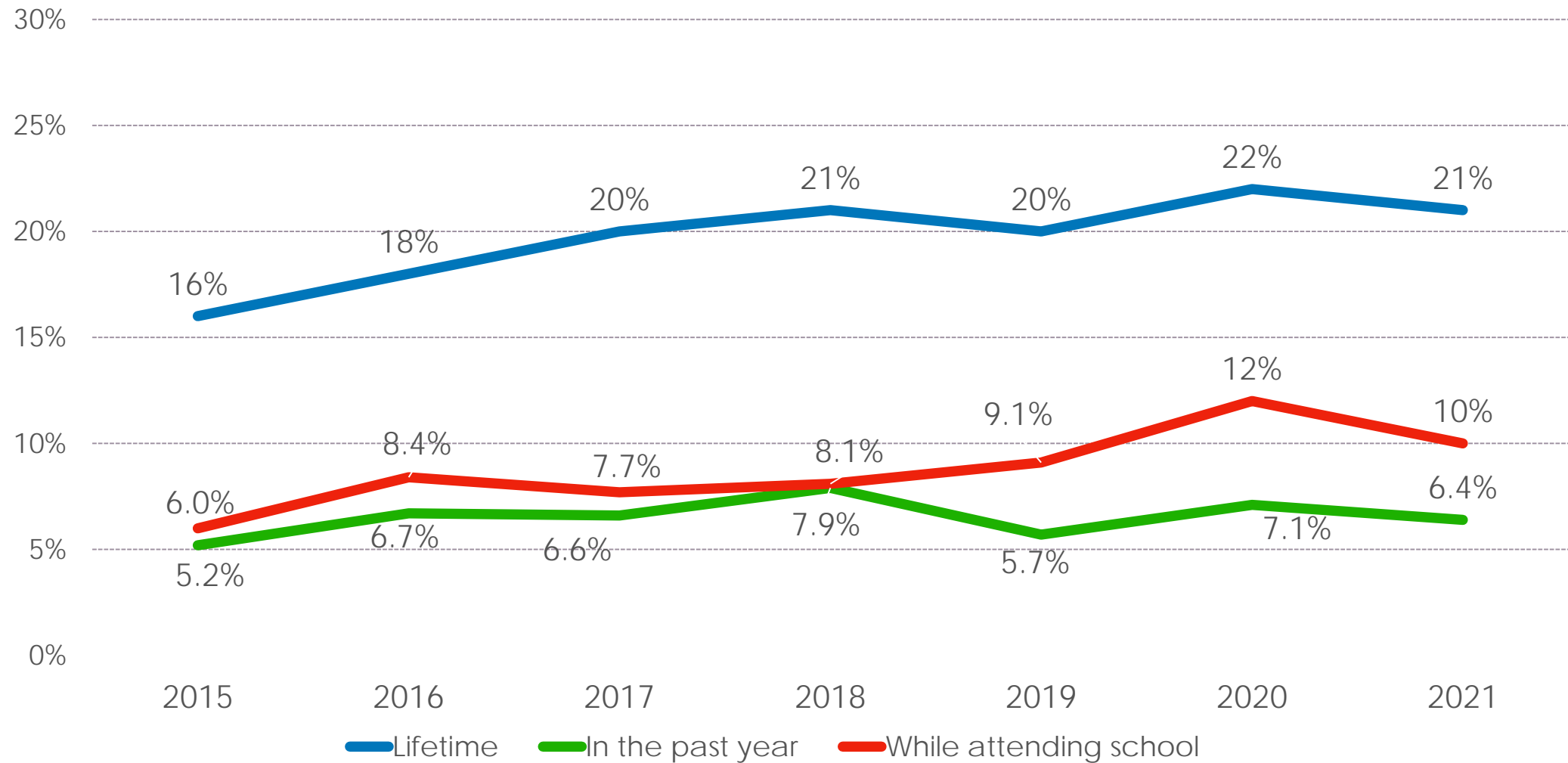
Suicidal ideation and assistance at Truman



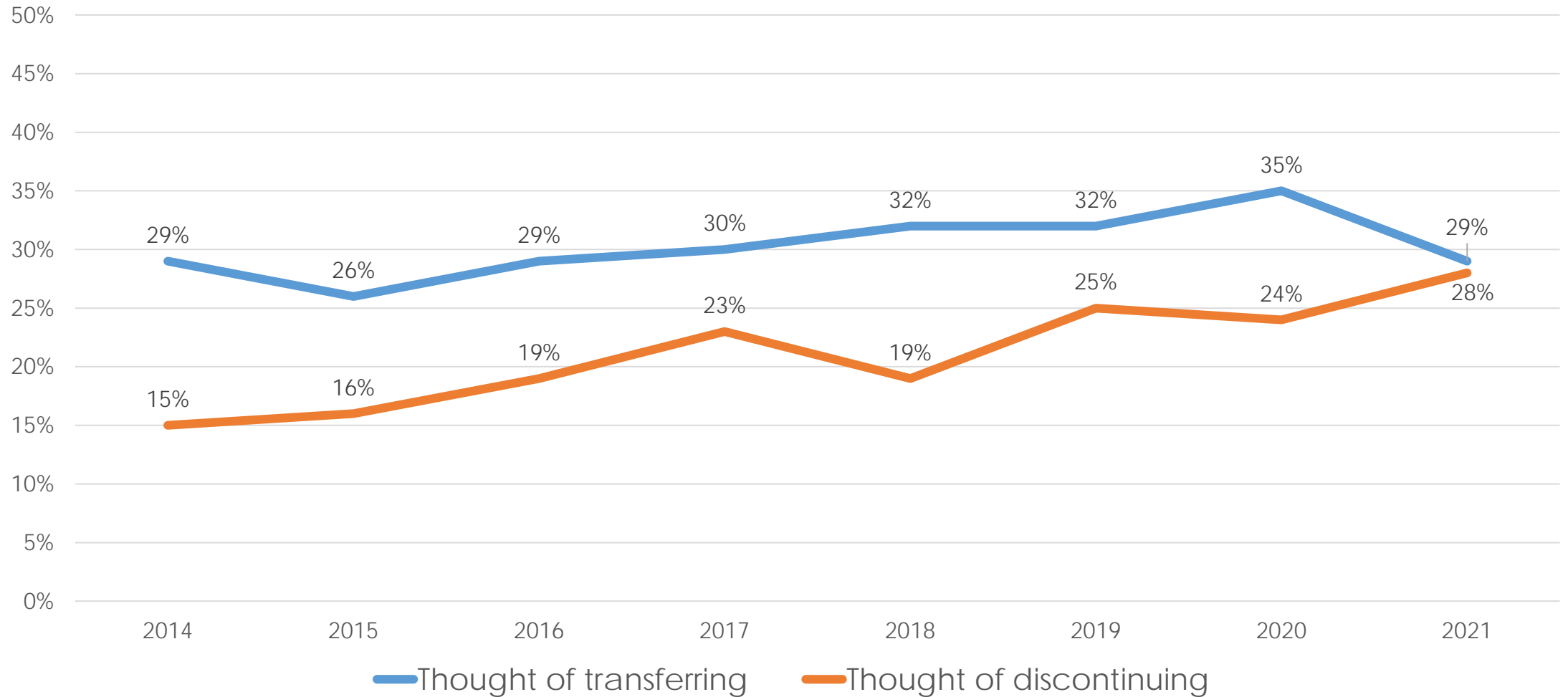
Any Abusive Relationship



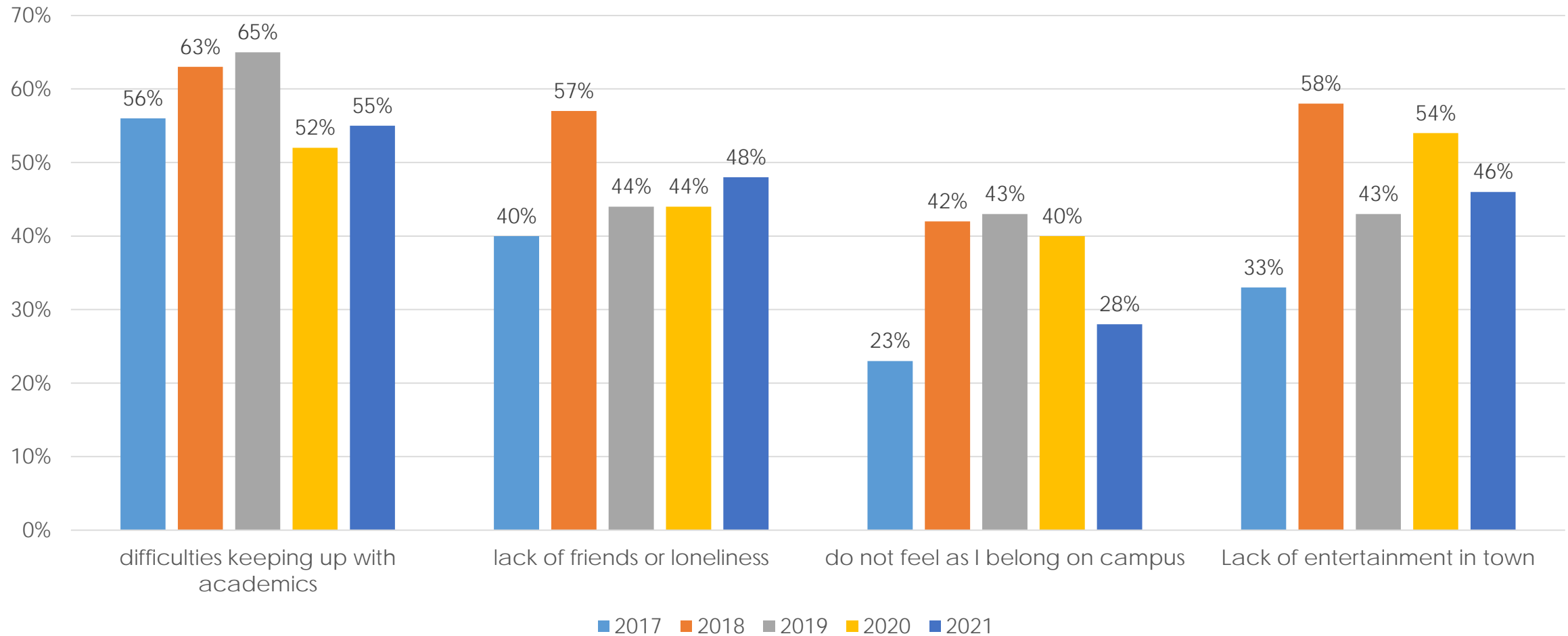
Non-Consensual Sexual Contact



Retention



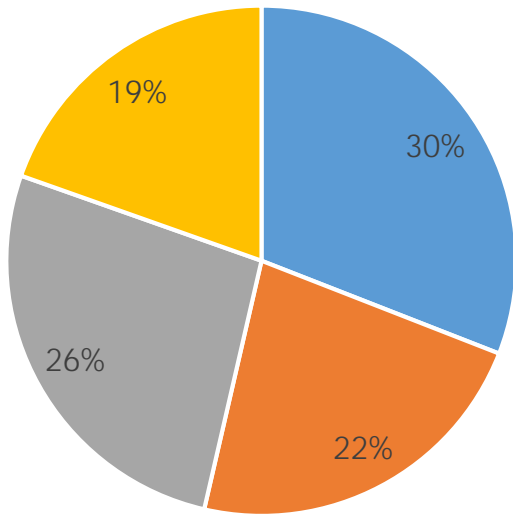
Reasons contributed to considering leaving current institution



Breakdown: students who thought of transferring/quitting

- 41% of Truman Students thought of transferring or quitting school in the past year

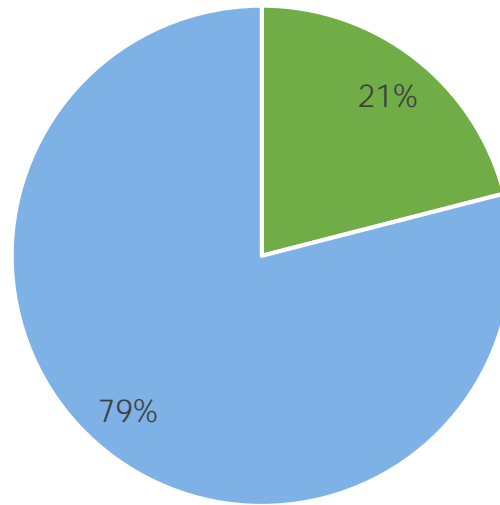
Year in School



■ Freshman ■ Sophomore ■ Junior ■ Senior

49% of freshmen, 40% of sophomores, 40% of juniors, and 33% of seniors thought of leaving

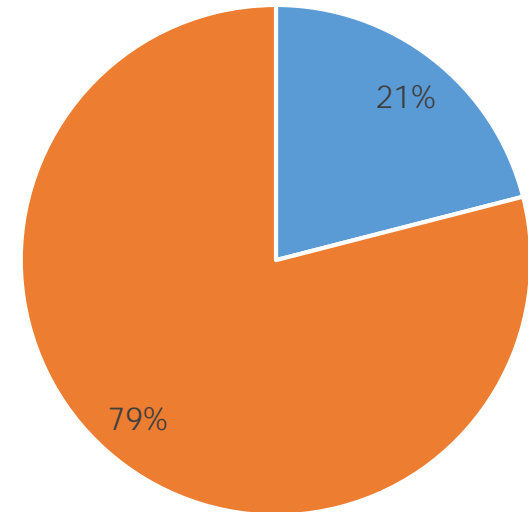
First Generation



■ Yes ■ No

50% of first gen. students thought of leaving
40% of non-first gen. students thought of leaving

Race

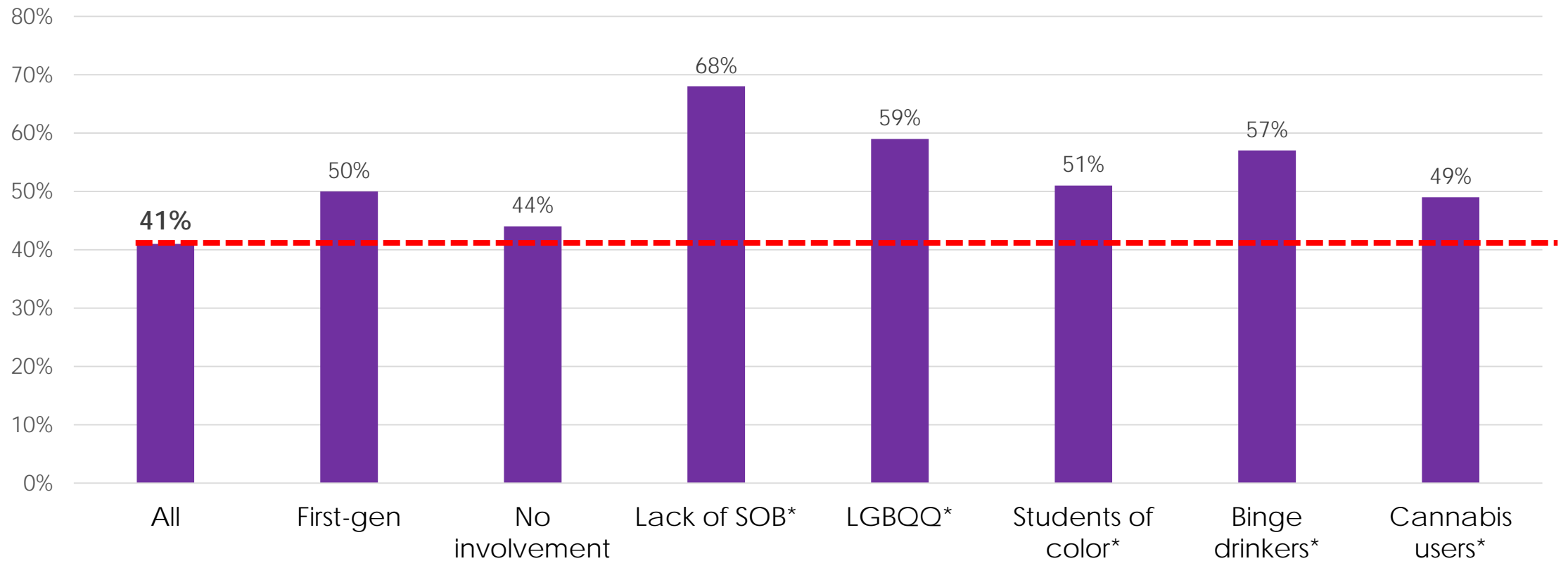


■ Students of Color ■ White

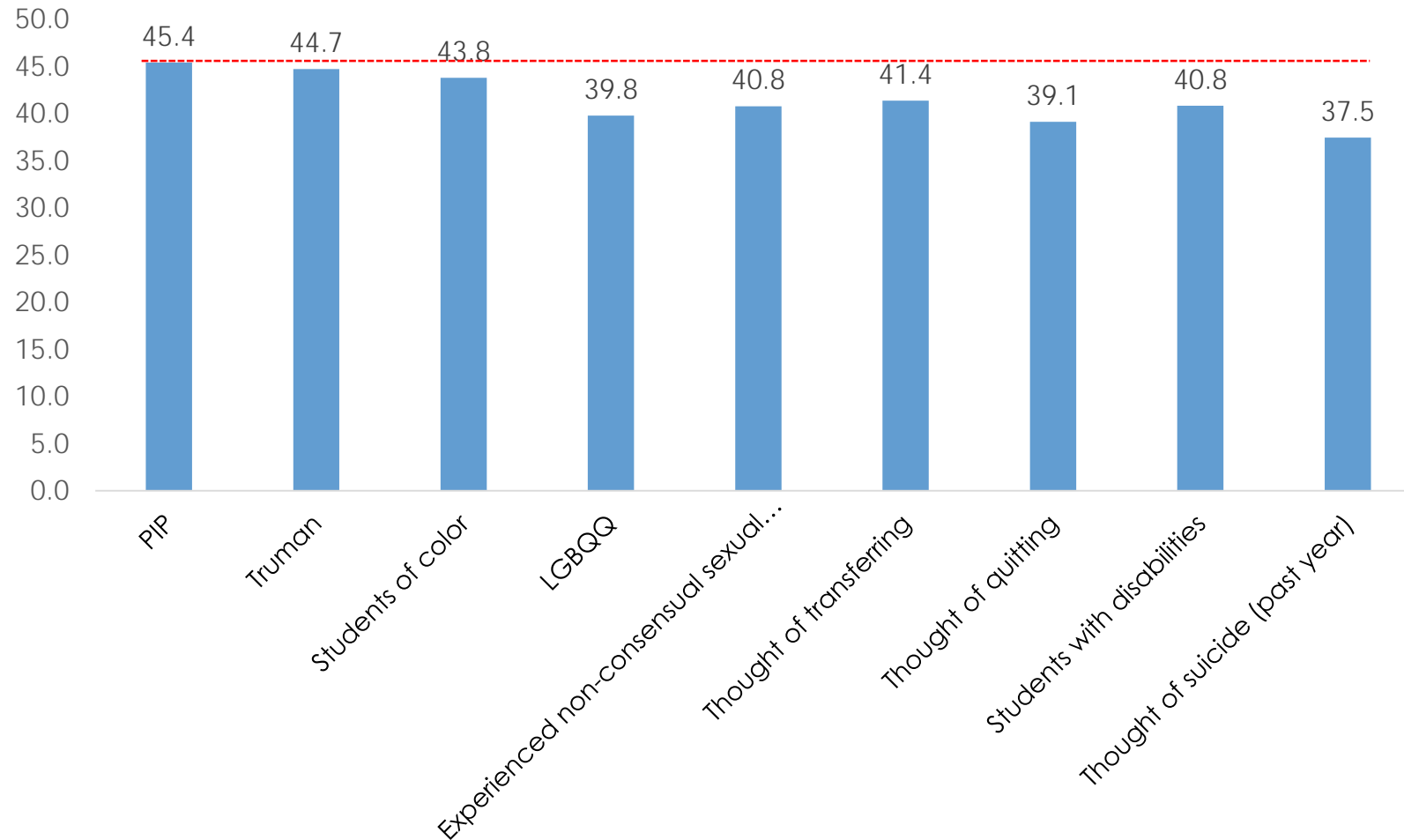
53% of students of color thought of leaving
39% of White students thought of leaving

Retention at Truman

% of thought of leaving Truman (thought of transferring or quitting)



Flourishing Scale Score of Truman Students



- Measures self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score.
- A high score represents a person with many psychological resources and strengths (score range 8-56).
- **Truman scored fifth lowest on the scale**

Next Steps

- Identify priority areas
- Fall 2021: Back to Basics
- Request subpopulation and de-aggregated data
 - LGBTQ Students, Athletes, Greek Students, Students of Color, Veterans, Underage Students, Students with Disabilities, Living arrangement, COVID-19 related behaviors
- Focus on equity centered, trauma-informed care
- Utilize PIP resources

Communication Team

Strategic planning assistance

Drug Free Schools and Campuses (DFSCA) and annual review support

Social media and pre-made prevention materials (programs to go, prevention videos)

Statewide program implementation (ALR, Party Safe, CHEERS, DSDS, MACRO)

Other publications (blog, Recommended Readings, website wikis, toolkits)

Research Team

MACHB survey implementation

Other survey implementation (MACHB-A, Well-being Survey, Coalition Survey, etc.)

Monthly Research Briefs and 'At a Glance' data publications

Subpopulation and de-aggregated data

Site visits and data presentations

Data visualization

Office hours

Mid-day meetups

PIP monthly meetings

1:1 meetings

Questions?

pip@missouri.edu