



Virtual Site Visit 2022

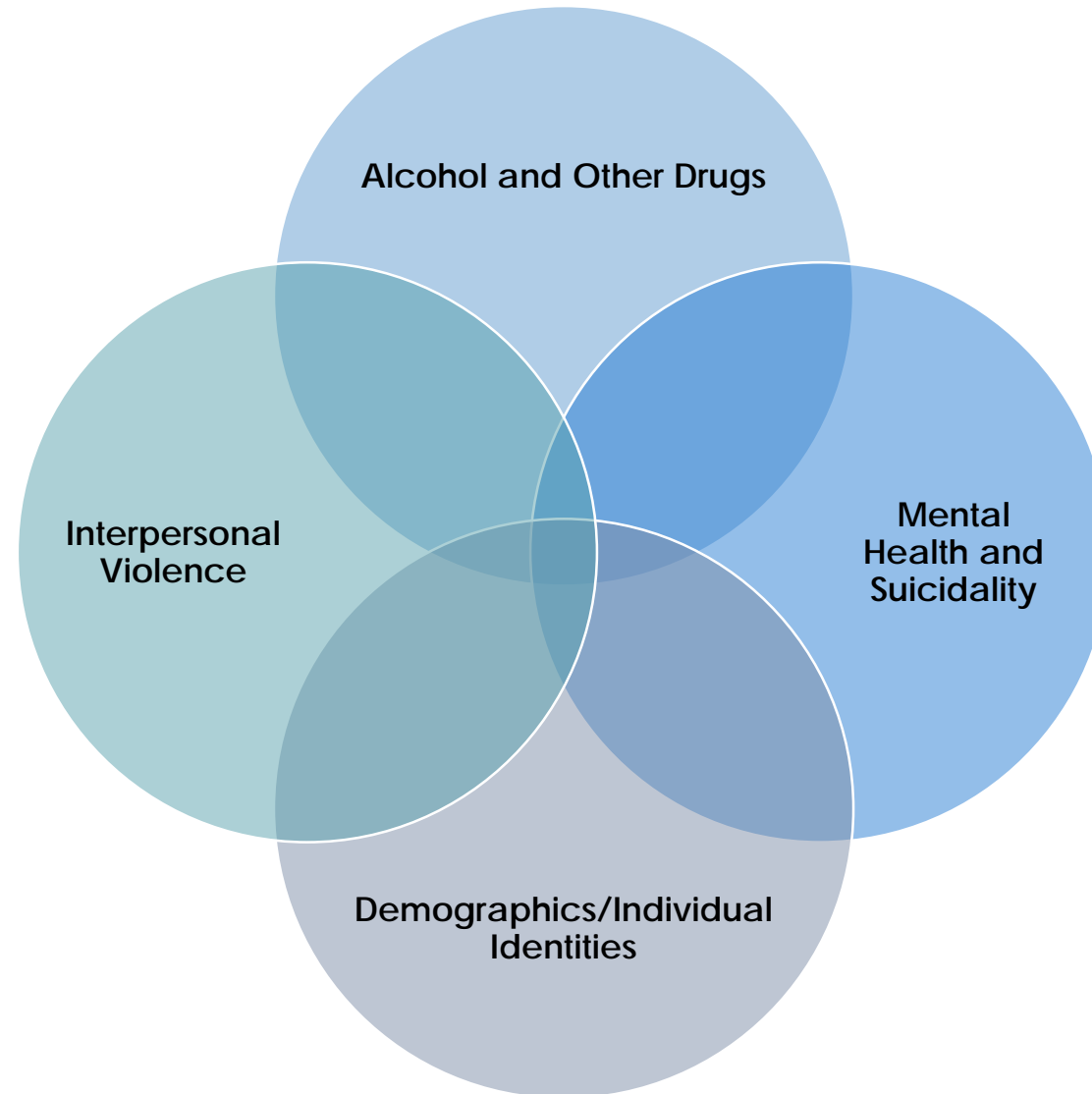
Truman State University

Addressing college health and safety concerns is complicated; **complex problems require collective, multifaceted solutions.** Education alone cannot address the health and safety concerns of our college students.

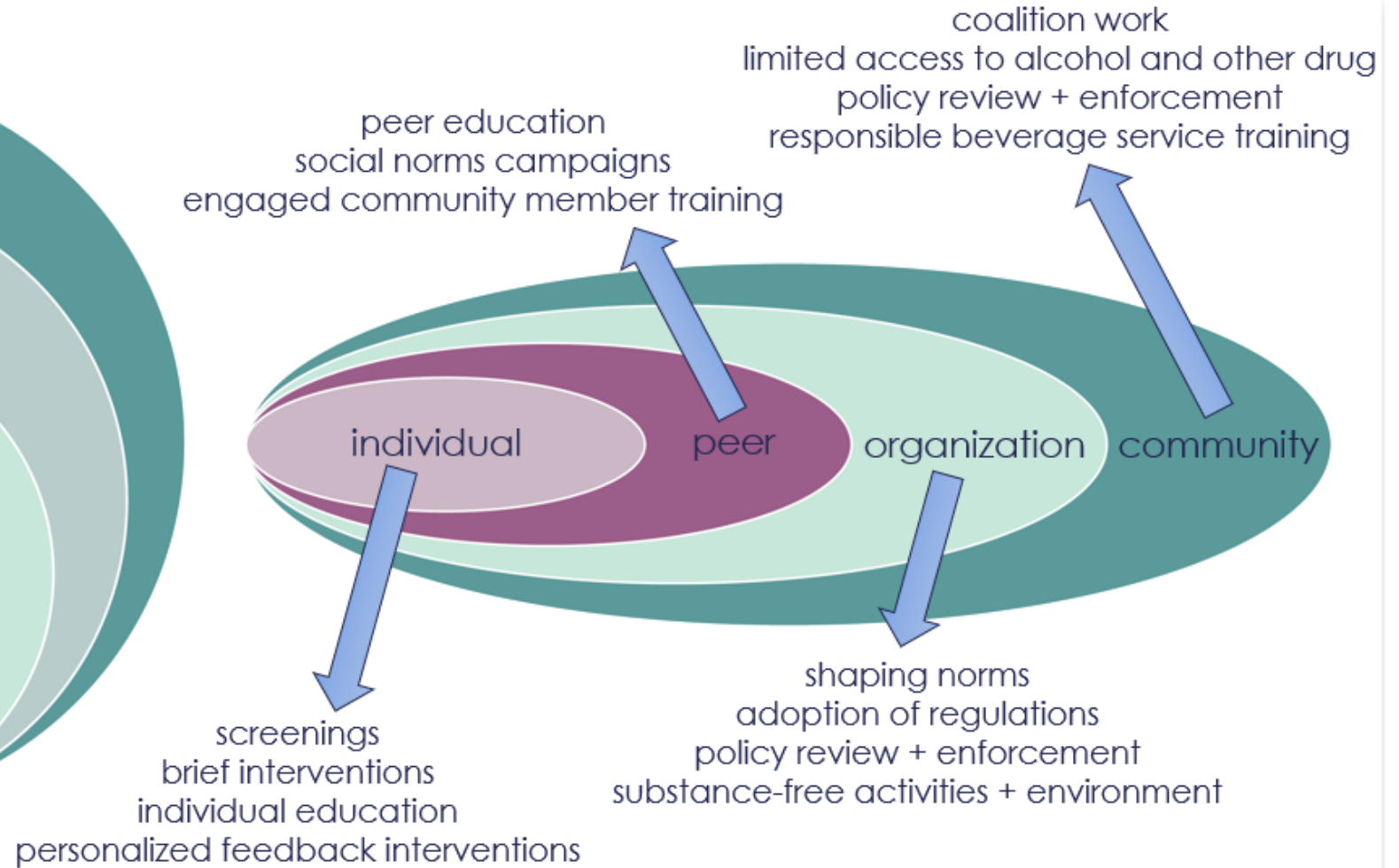
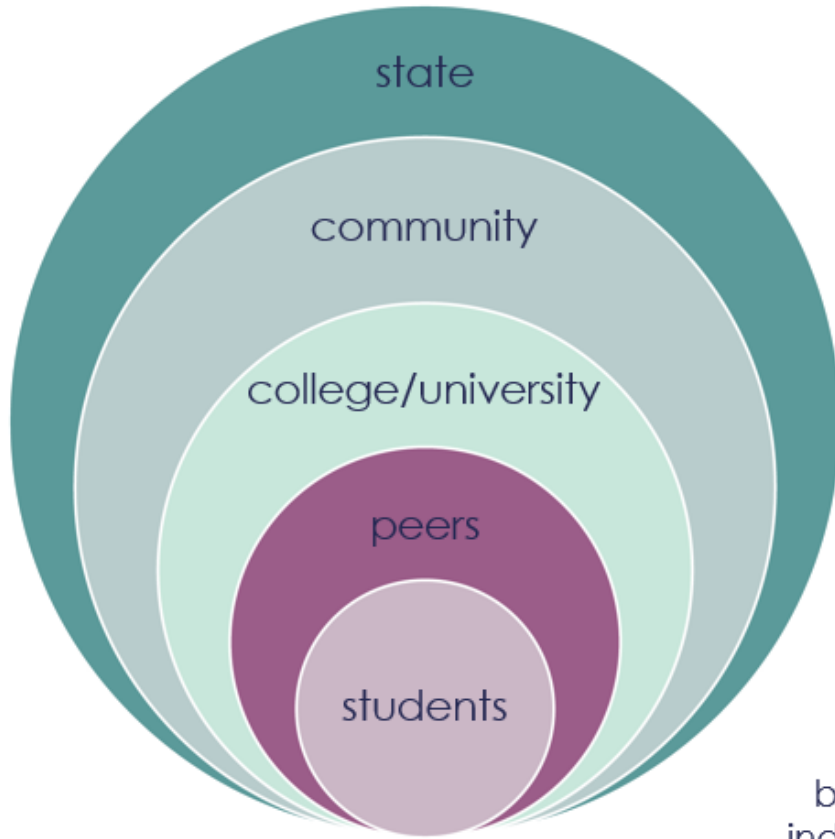
Upstream Prevention



Intersectional Nature of Problems



Comprehensive Prevention



MOVING FROM ISOLATED IMPACT TO COLLECTIVE IMPACT

ISOLATED IMPACT



Great initiatives, projects and pilots that do not coordinate with one another

Duplication of efforts and inability to compare results and track big picture progress

Sense of competition and turf battles

COLLABORATION/ PARTNERSHIP



Agreement and excitement around a common "topic"

Too often, parties involved only include the "usual suspects"

Meetings and working groups typically lack real alignment or shared measures / accountability

COLLECTIVE IMPACT



All relevant actors work toward the same goal and measure the same things

Cross-sector alignment, includes "unusual suspects"

Organizations actively coordinate their action and share lessons learned



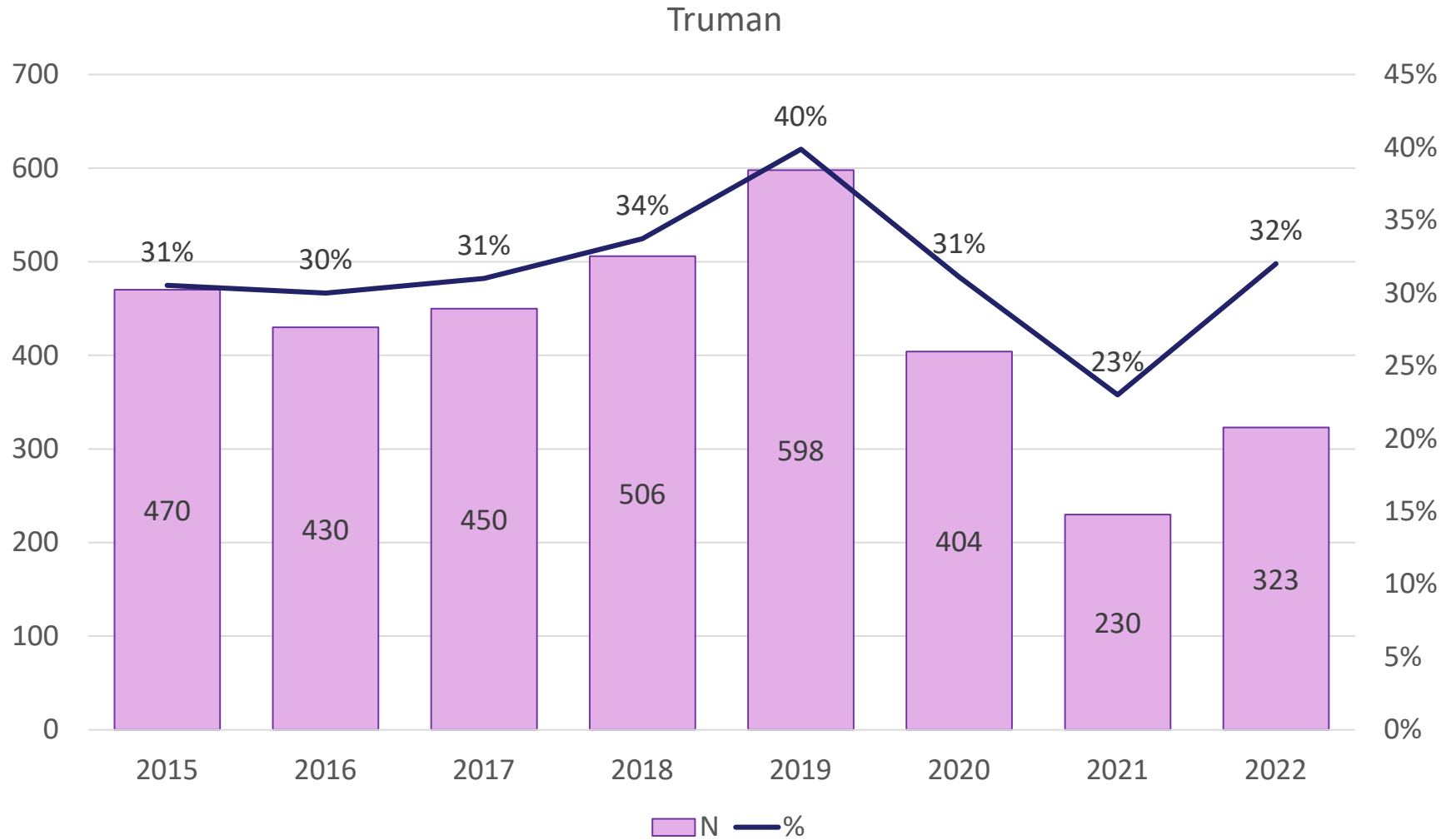
5 Priority Areas for Your Campus

1. Binge drinking rate (all students, Greek, and U21) are increasing
2. High poly-use rates
3. High rates of suicidal ideation (past year thoughts and attempts)
4. Increase in rates of stress (unbearable) and increase in effect stress has on academic/personal life
5. Increase in substance/alcohol use at FSL locations

Return Rate

MACHB	2020 PIP	2020 Truman	2021 PIP	2021 Truman	2022 PIP	2022 Truman
N	8,769	404	10,154	230	6,705	323
Return Rate	18%	31%	18%	23%	18%	32%

Return Rate Trend



Alcohol Use at Truman

	2019	2020	2021	2022	2022 PIP
Have used alcohol lifetime	79%	80%	77%	72%	72%
Drank in the past year	76%	77%	76%	68%	65%
Reasons for not drinking (non-drinkers)					
Don't have to worry about consequences	68%	63%	69%	61%	49%
Academic responsibilities	50%	42%	45%	41%	39%
Personal responsibilities	46%	33%	45%	37%	37%
Beliefs/values	58%	55%	62%	45%	38%
Don't want to do something regretful	60%	46%	62%	39%	31%
Against the law/policy	60%	64%	60%	51%	34%

Age of first drink (more than a sip)

	2018	2019	2020	2021	2022	
12 or younger	0.8%	1.0%	1.0%	2.3%	1.9%	} 32%
13	2.3%	0.9%	2.1%	1.8%	0.6%	
14	3.3%	1.9%	2.3%	0.9%	2.6%	
15	5.8%	3.7%	5.6%	4.5%	5.1%	
16	11%	10%	8.7%	10%	7.4%	
17	12%	13%	14%	13%	14%	
18	20%	25%	25%	24%	24%	
19	9.9%	12%	11%	10%	9.3%	
20	4.7%	5.2%	4.6%	2.3%	2.9%	
21	6.0%	7.0%	6.2%	7.7%	4.5%	
22+	0.0%	0.0%	0.0%	0.5%	0%	
<i>Never used</i>	25%	21%	21%	23%	28%	

Alcohol Use at Truman 2022

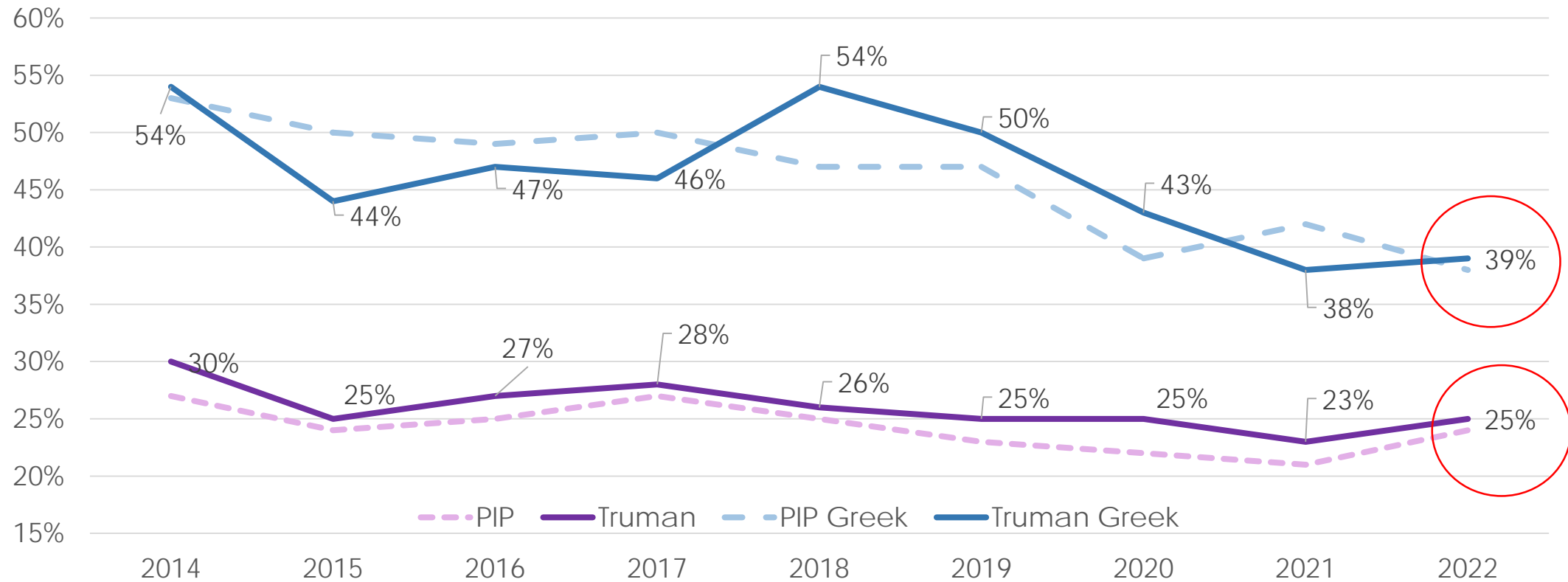
	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>PIP 2022</u>
Binge drinking 2-hour definition	25%	25%	23%	25%	24%
Most common drinking locations for those who drink:					
social gatherings or friend's house	79%	77%	65%	77%	71%
where I live	47%	54%	56%	44%	47%
bars and restaurants	35%	42%	23%	25%	48%
fraternity or sorority house	16%	12%	7.7%	27%*	10%
residence hall	4.6%	4.4%	6.5%	4%*	7.2%

*Of those who live in a residence hall, 14% of them say they drink "where I live"

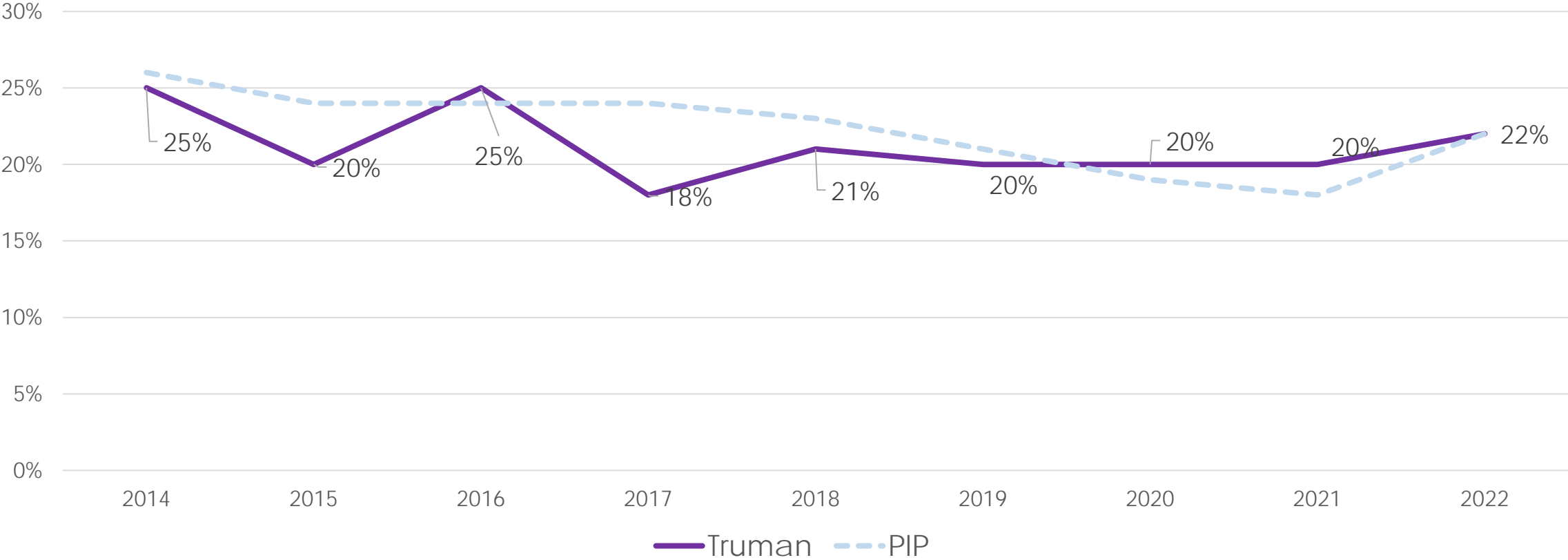
*Of those who live in a Greek house, 38% of them say they drink "where I live"

Binge Drinking

- **Strategic Goal 1: To reduce the binge drinking rate**
- **25%** report binge drinking (39% Greek)



Underage Binge Drinking



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

2015	2016	2017	2018	2019	2020	2021	2022
69.9%	62.4%	63.9%	65.3%	66.2%	65.2%	63.1%	61%

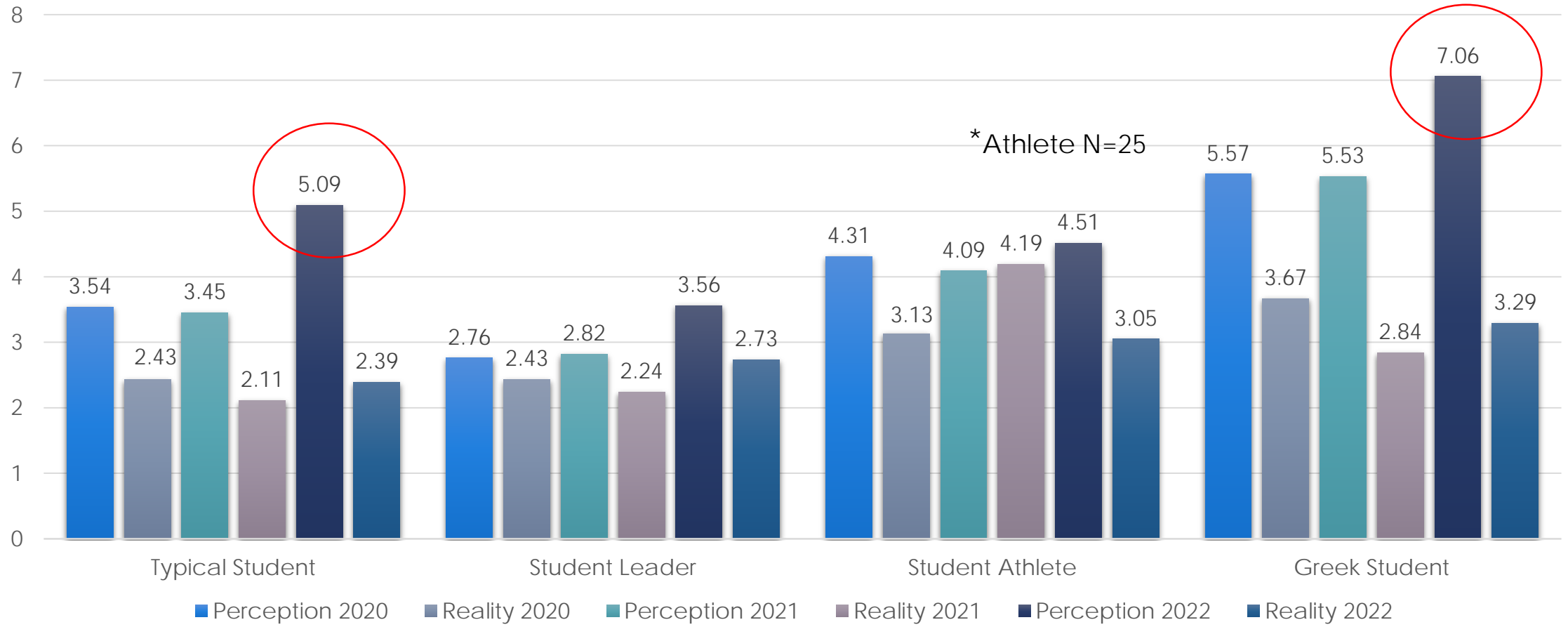
How do underage students obtain alcohol at Truman?

	2019	2020	2021	2022	2022 PIP
Over 21 friend	52%	44%	33%	36%	30%
Family members	14%	15%	14%	14%	18%
• <i>Parents</i>	8.3%	11%	12%	7.4%	11%
• <i>Siblings</i>	7.1%	4.7%	5.6%	3.7%	5.7%
• <i>Other family members</i>	1.9%	4.7%	4.8%	3.3%	4.1%
Fraternity/sorority	2.9%	3.8%	2.4%	5.1%	2.2%
Using fake ID	2.9%	2.4%	2.4%	3.3%	6.0%
Borrowing a real ID	0.6%	0.5%	0.8%	0.5%	0.8%

In 2022, 7.9% of underage students prefer not to respond (vs 9.2% PIP)

Perceptions Of Others' Drinking Impacts Behavior

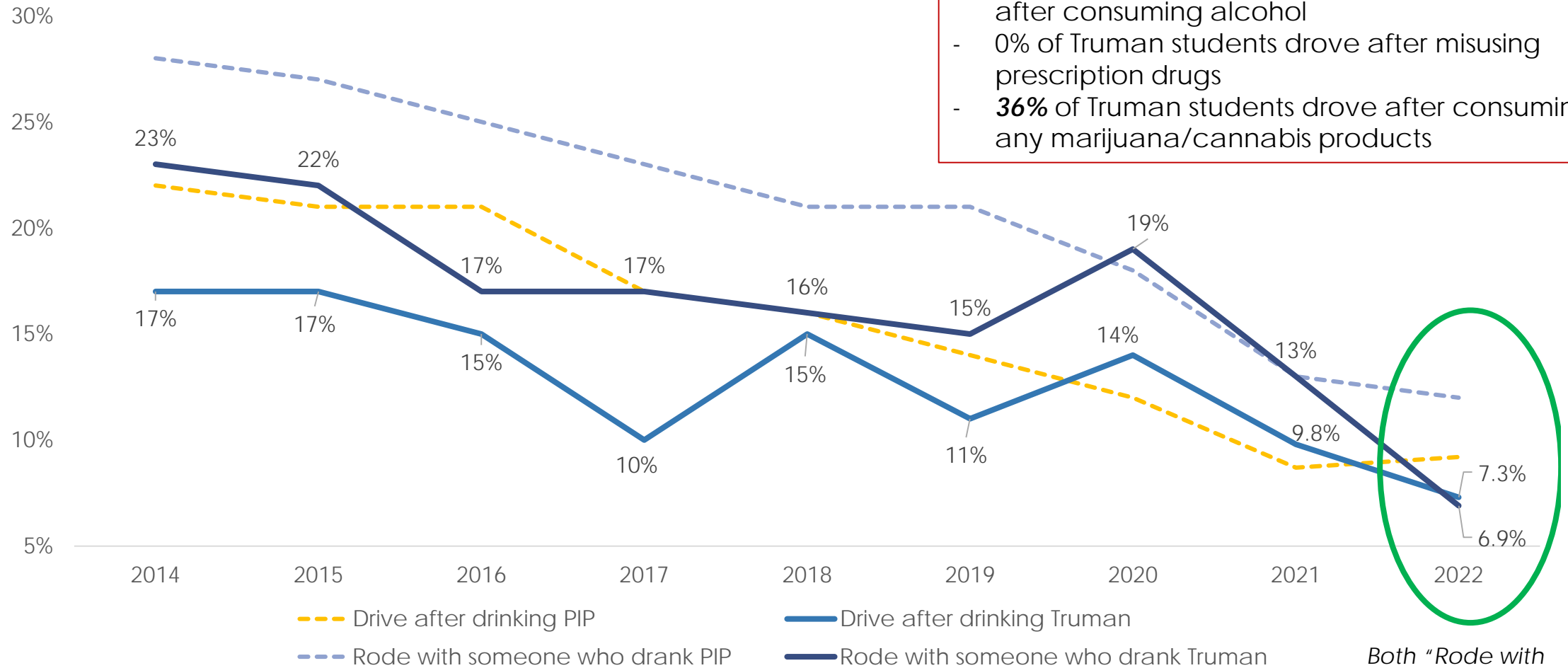
Number of Drinks Perception vs. Reality



Alcohol-impaired Driving

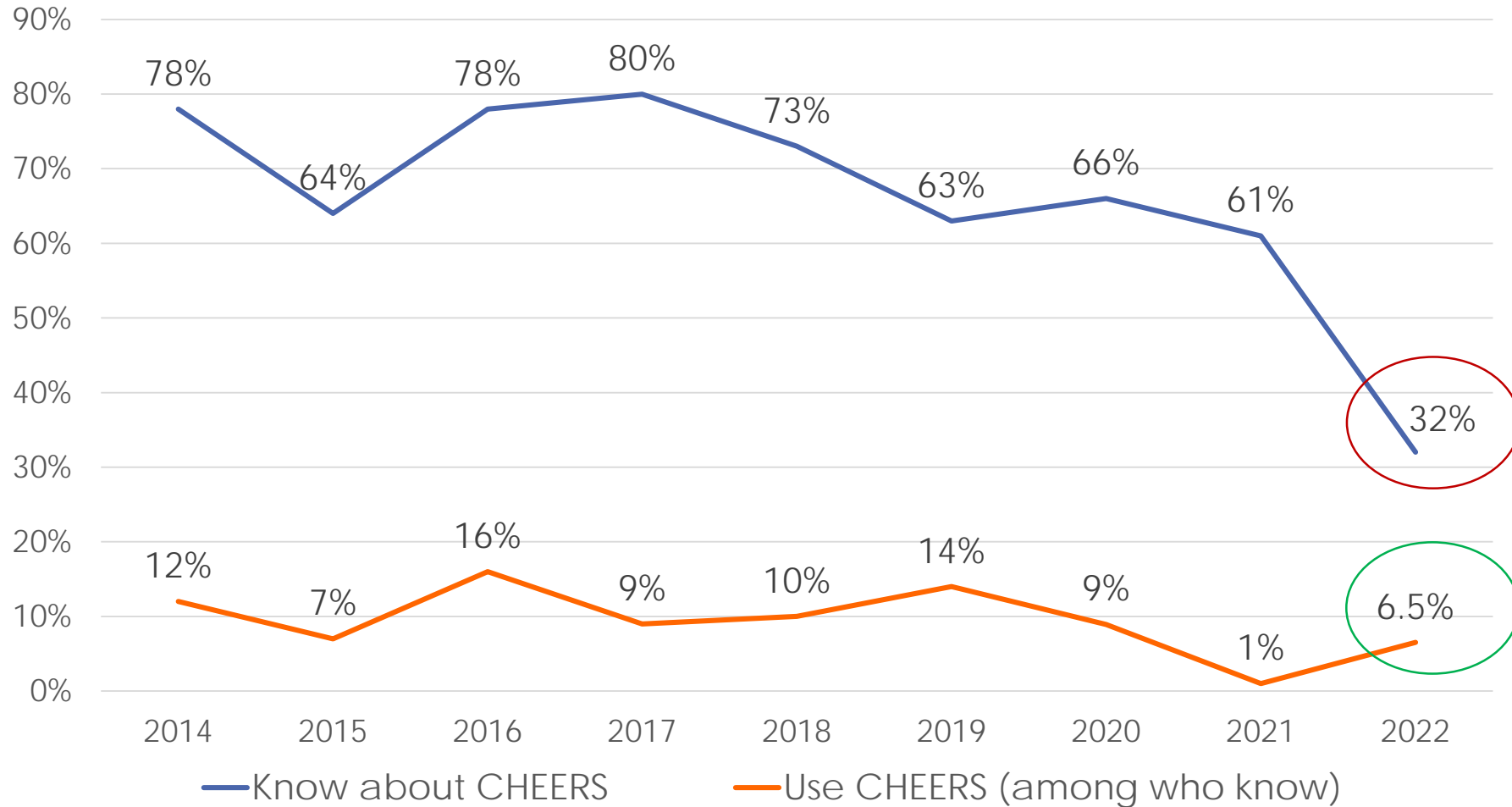
2022

- **26%** of Truman students drove within 2 hours after consuming alcohol
- 0% of Truman students drove after misusing prescription drugs
- **36%** of Truman students drove after consuming any marijuana/cannabis products

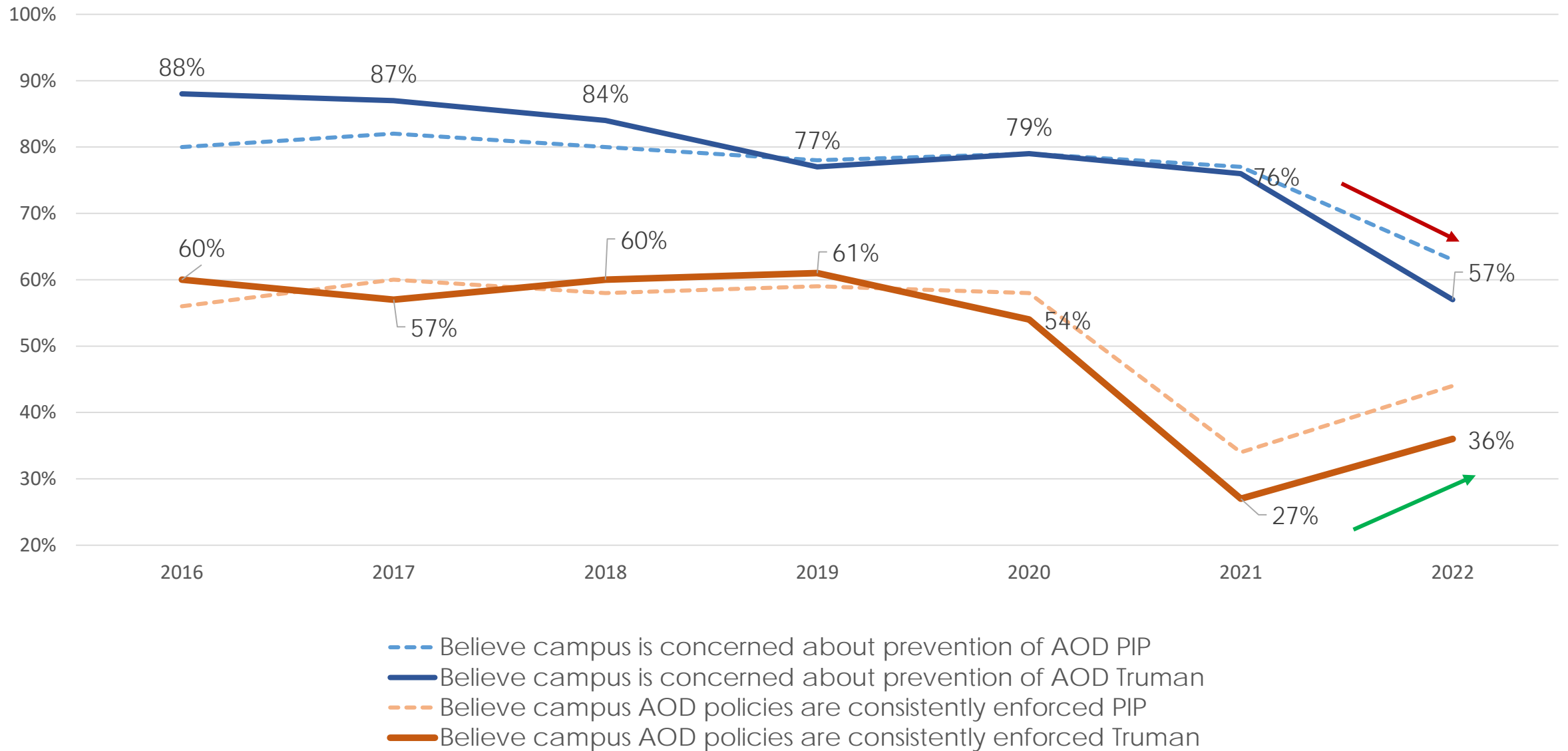


Both "Rode with someone who drank" and "Drove after drinking" were lower than state averages

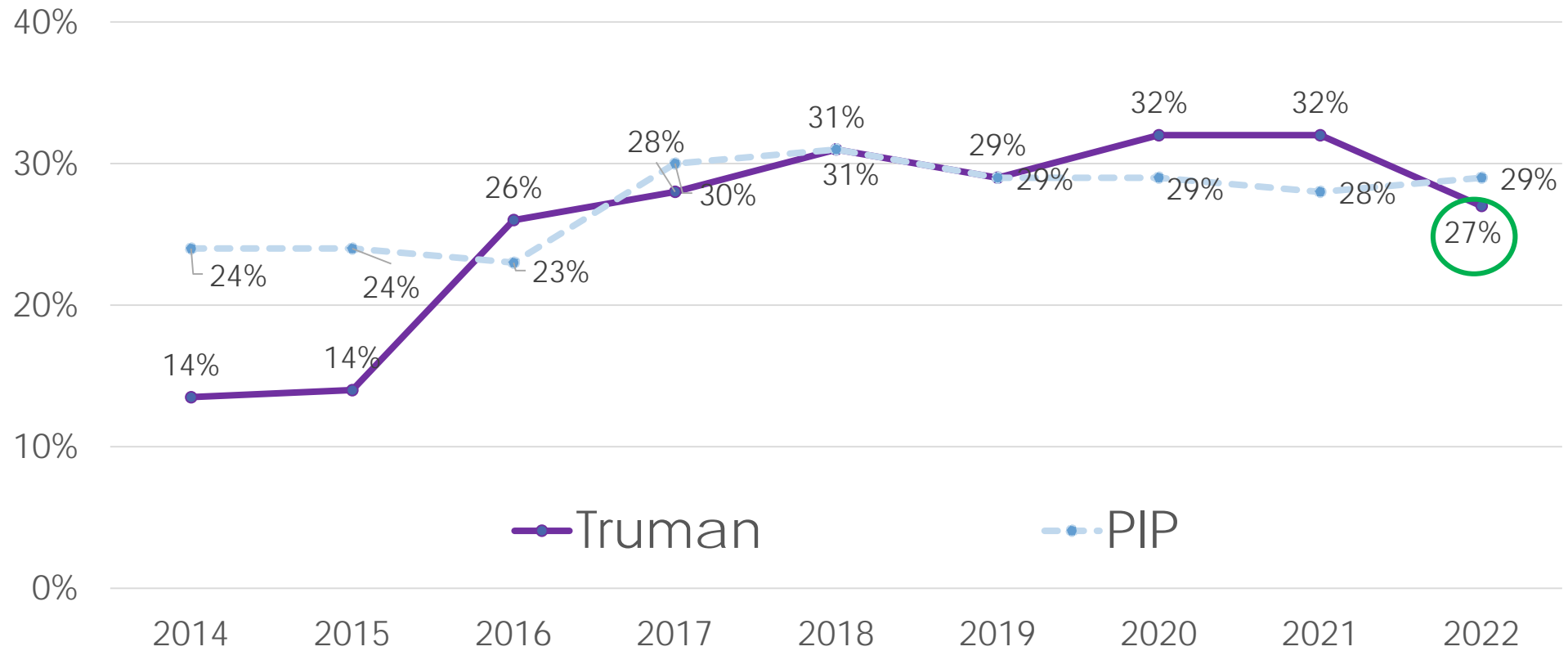
Campus awareness of the CHEERS program



AOD policies on campus (Strategic Goal 4)



Marijuana/Cannabis Use (past year) Truman vs. PIP



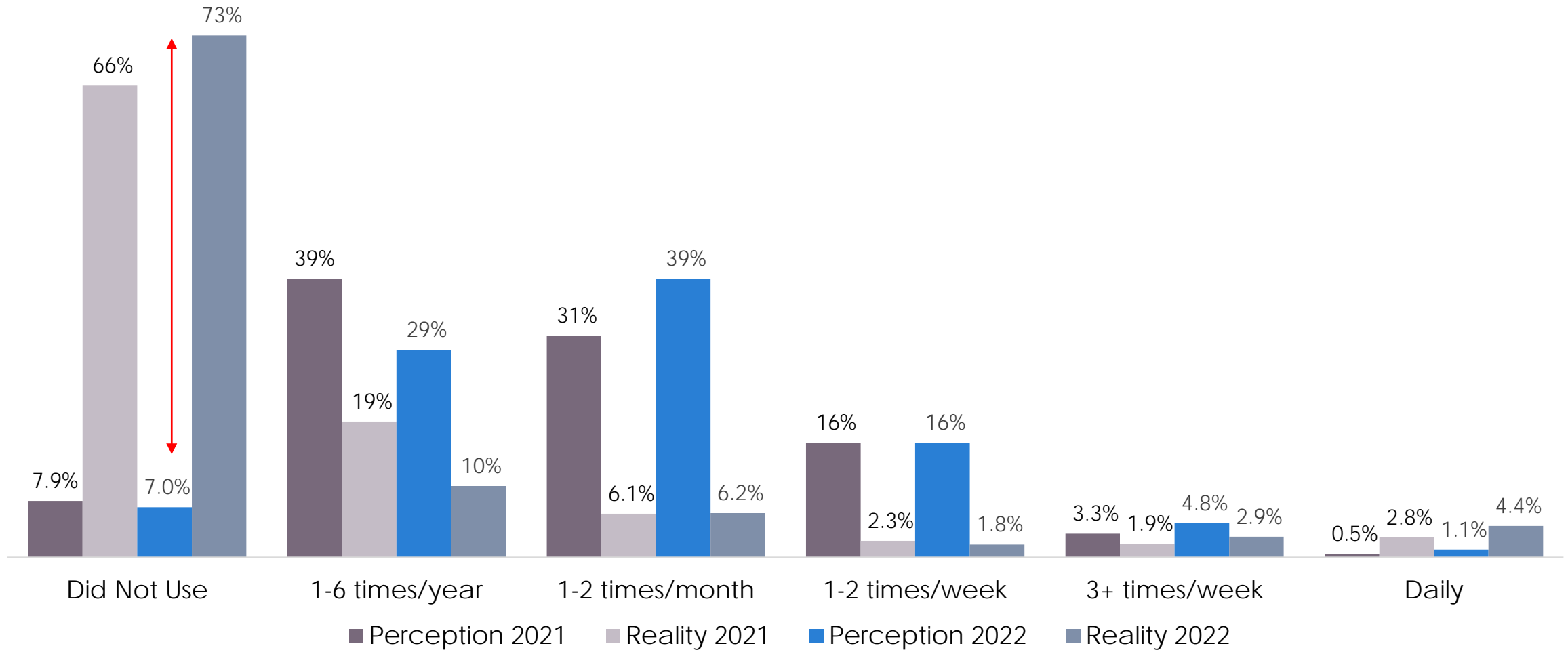
	2018	2019	2020	2021	2022	PIP24
Edible	19%	19%	23%	26%	21%	21%
Derivative	12%	11%	13%	8.4%	12%	12%

Location of marijuana/cannabis use at Truman

	2018	2019	2020	2021	2022	PIP24
Social gathering or friend's house off-campus	77%	77%	72%	59%	64%	57%
In a car	47%	37%	32%	28%	27%	22%
Outdoors	44%	35%	33%	27%	26%	31%
Where I live	40%	49%	62%	47%	45%	54%
Parties	32%	29%	30%	12%	23%	23%
Residence hall	4.8%	13%	12%	8.8%	11%	12%
Greek house	15%	16%	15%	5.9%	21%*	7.7%

* Highest in the state

Social Norming – Cannabis Use



Prescription Drug Use at Truman

- 6.2% of Truman students used prescription drugs without a doctor's prescription in the past year (6.3% PIP, 7.0% Truman 2021)

	2017	2018	2019	2020	2021	2022	PIP24
Stimulants	7.3%	6.3%	5.7%	4.4%	4.2%	2.5%	3.1%
Pain medication	2.1%	3.6%	2.4%	1.1%	2.3%	0.7%	1.5%
Sleep medication	0.5%	0.9%	1.0%	0.8%	0.9%	0.4%	1.1%
Benzodiazepines/ sedatives	3.1%	3.2%	2.6%	2.5%	1.9%	1.5%	1.2%

- 4.7% of Truman students misused drugs prescribed to them (4.9% PIP, 2.3% Truman 2021)
 - 2.2% stimulants (1.4% in 2021)
 - 1.5% pain medication (0.5% in 2021)
 - 1.5% sleep medication (0.0% in 2021)
 - 0.7% benzodiazepines/sedatives (0.0% in 2021)
 - 0.7% other (0.5% in 2021)

Other Illicit Drug Use at Truman

	2017	2018	2019	2020	2021	2022	PIP24
Cocaine	2.6%	3.8%	1.8%	1.9%	2.3%	1.1%	3.0%
Heroin	0.0%	0.0%	0.0%	0.0%	0.5%	1.1%	1.0%
K2/synthetic marijuana	3.5%	N/A	2.6%	N/A	1.4%	NA	NA
Other*	6.1%	5.7%	6.3%	8.1%	6.5%	4.4%	6.0%

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

Poly-Use (Use at the Same Time)

“Have you used the following substances while using marijuana/cannabis?”

Used Alcohol AND...	2022 Truman	PIP 2022
Alcohol	68%	60%
Prescription Drugs	19%*	12%
Other illicit drugs (i.e. cocaine, heroin, LSD, MDMA, hallucinogens, etc.)	8.4%	6.4%
Tobacco/Nicotine	30%	26%
Other	0.0%	0.4%

* Tied for highest in state

RX misuse: Points of Attention

- 70% of students who misuse stimulants say they do so to be alert/awake (49% PIP)
 - While some most Trumans students get 7+ hours of sleep, an above average amount only get 1-2 hours of sleep
- 70% of students who misuse stimulants say they do so to improve academics(47% PIP)
 - 67% of Truman students say the contributing factor to thoughts of transferring/discontinuing education was do to "Difficulties keeping up with academic expectations" (38% PIP)

On a typical school night (Sunday-Thursday) how many hours of sleep do you usually get?	PIP24	Truman
0	0.1%	0.0%
1	0.1%	0.4%
2	0.2%	0.4%
3	0.7%	0.4%
4	3.8%	3%
5	12%	10%
6	25%	22%
7	32%	35%
8	21%	21%
9	3.7%	4.9%
10 or more	1.6%	3.0%

Mental Health at Truman

85% of Truman Students reported at least one mental health concern in the past year
(75% PIP, 71% Truman 2021)

Experienced	2018	2019	2020	2021	2022	PIP 2022
Anxiety	51%	58%	61%	61%	74%	70%
Depression	27%	31%	33%	30%	59%	55%
Panic attacks	26%	28%	27%	30%	34%	30%
Chronic sleep issues	20%	20%	18%	16%	28%	28%
Eating disorder(s)	8.0%	6.7%	11%	12%	21%	19%
Self injury	8.0%	6.5%	8.3%	12%	16%*	8.3%
Bipolar disorder	2.1%	3.4%	4.0%	3.3%	3.8%	4.3%
Substance use disorder/dependence	2.8%	2.2%	1.4%	3.8%	6.9%	4.3%
Other mental health concerns (e.g. OCD, ADHD/ADD)	-	-	-	-	25%	24%

* Highest in the state

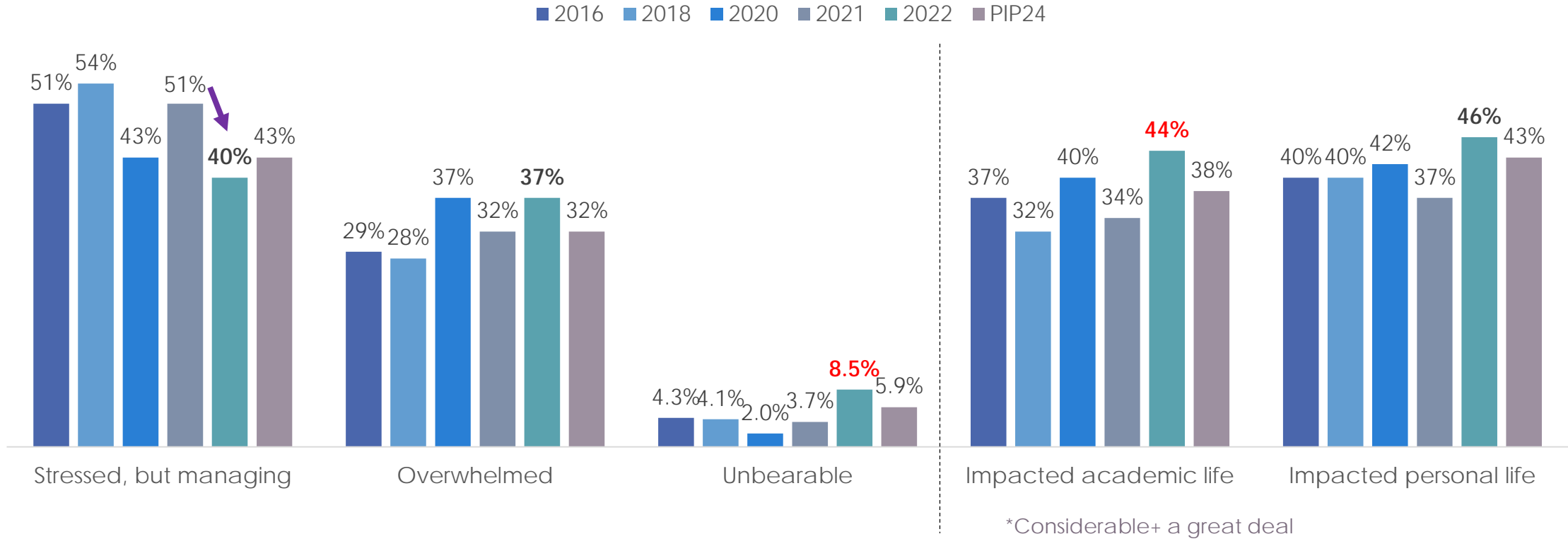
Mental Health at Truman

85% of Truman Students reported at least one mental health concern in the past year
(75% PIP, 71% Truman 2021)

Diagnosed	2021	2022	PIP 2022
Anxiety	34%	30%	34%
Major depression	23%	23%	23%
Panic disorder	-	6.7%	7.9%
Chronic sleep issues	2.0%	4.0%	8.2%
Eating disorder(s)	3.3%	7.6%	5.6%
Self injury	-	4.5%*	1.7%
Bipolar disorder	2.0%	-	-
Post-traumatic stress disorder (PTSD)	6.0%	5.8%	7.4%
Other mental health concerns (e.g. OCD, ADHD/ADD)	-	15%	14%

* Highest in the state

Stress Level

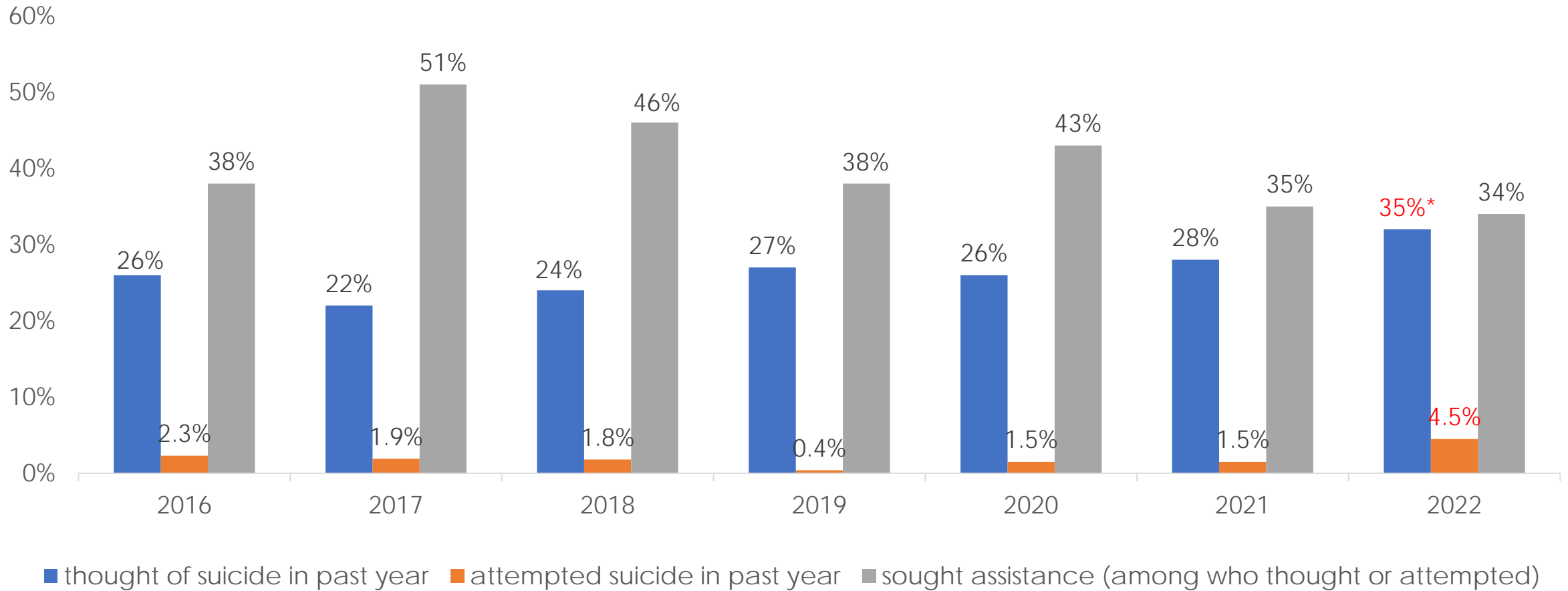


Sources:

97% School/Academics (89% PIP)
 47% Financial concerns (52% PIP)
 52% Future plans (50% PIP)

61% Time Management (52% PIP)
 22% Job (37% PIP)
 32% Family (33% PIP)

Suicidal ideation and assistance at Truman



*highest in the state

Attempt rate is second highest in state

Barriers to seeking Mental Health

For Mental Health concerns*:

- 57% The cost is too expensive (31% PIP)
- 29% I don't know any resources (14% PIP)
- 29% I'm afraid people will judge me (25% PIP)

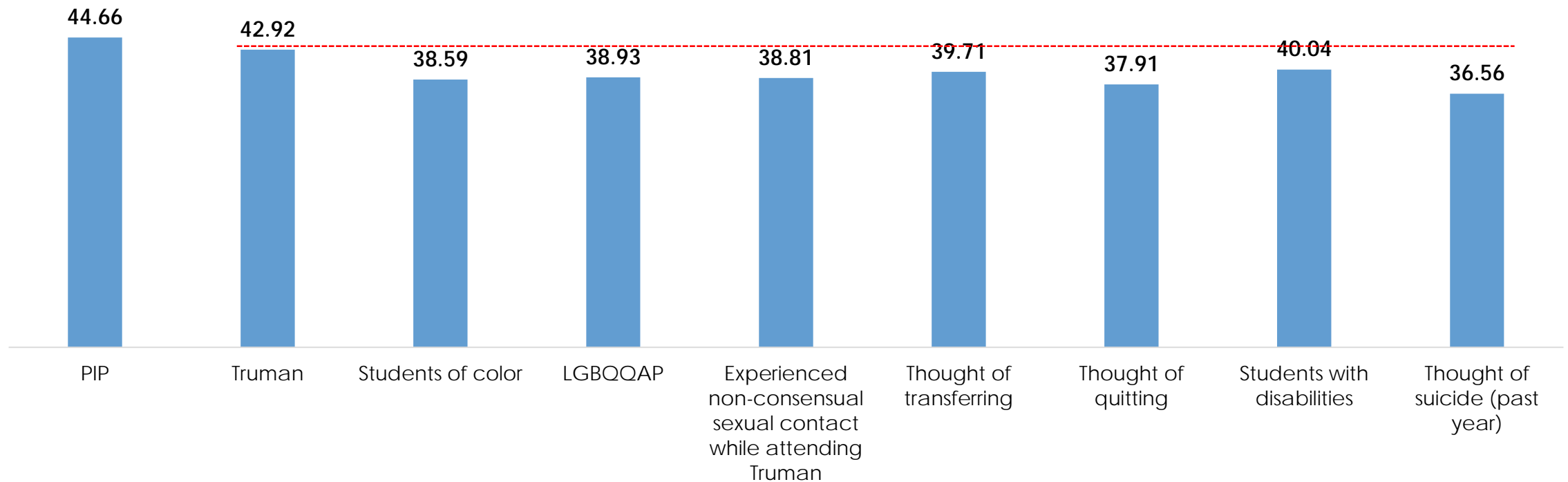
For Suicide attempts/thoughts*:

- 49% I don't think I need assistance (39% PIP)
- 45% It's not helpful (29% PIP)
- 43% I have a fear of hospitalization (32% PIP)
- 43% I feel shame (39% PIP)
- 43% I am afraid people will judge me (33% PIP)

*Check all that apply

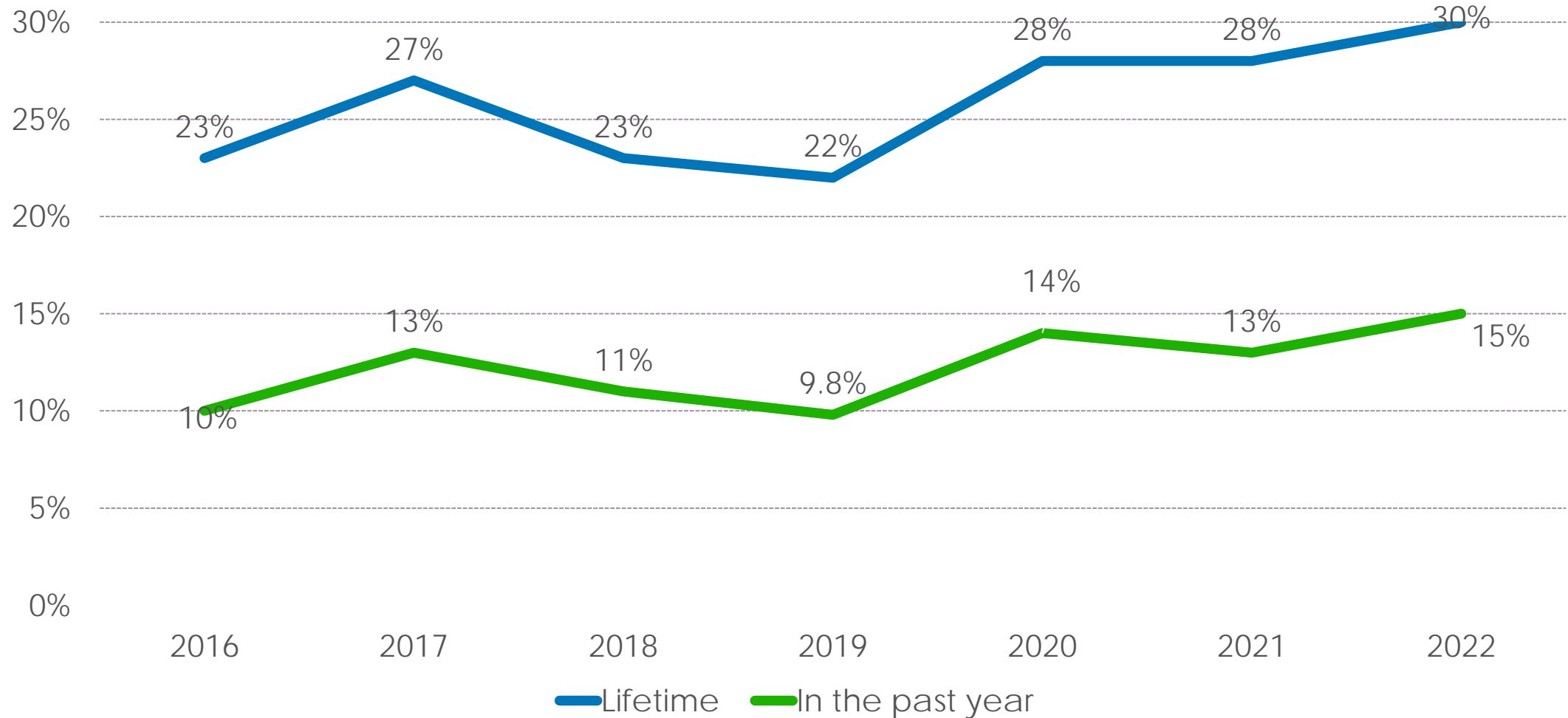
Flourishing Scale Score of Truman Students

- 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).

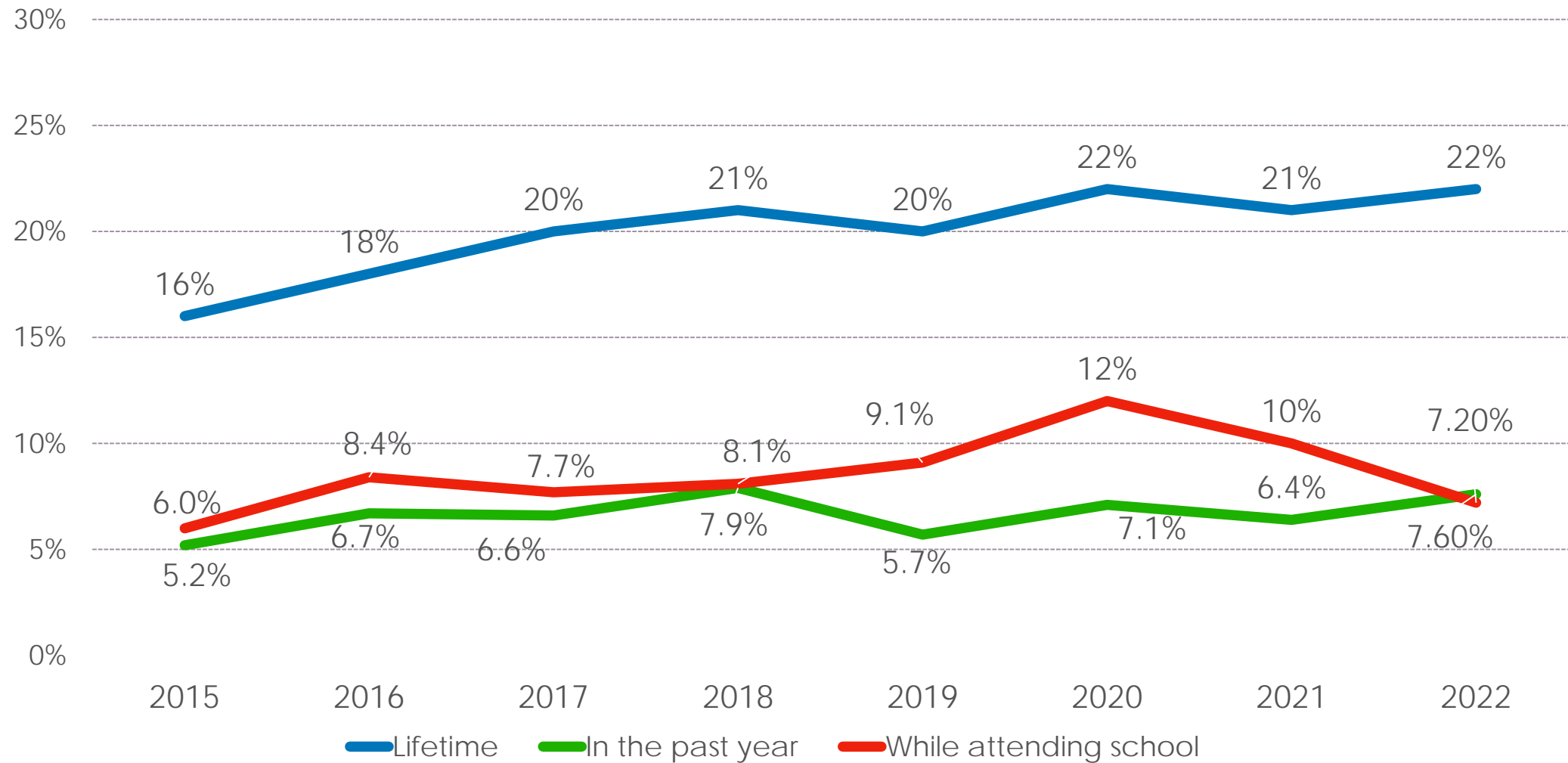


- **Truman scored lowest on the scale in the state**

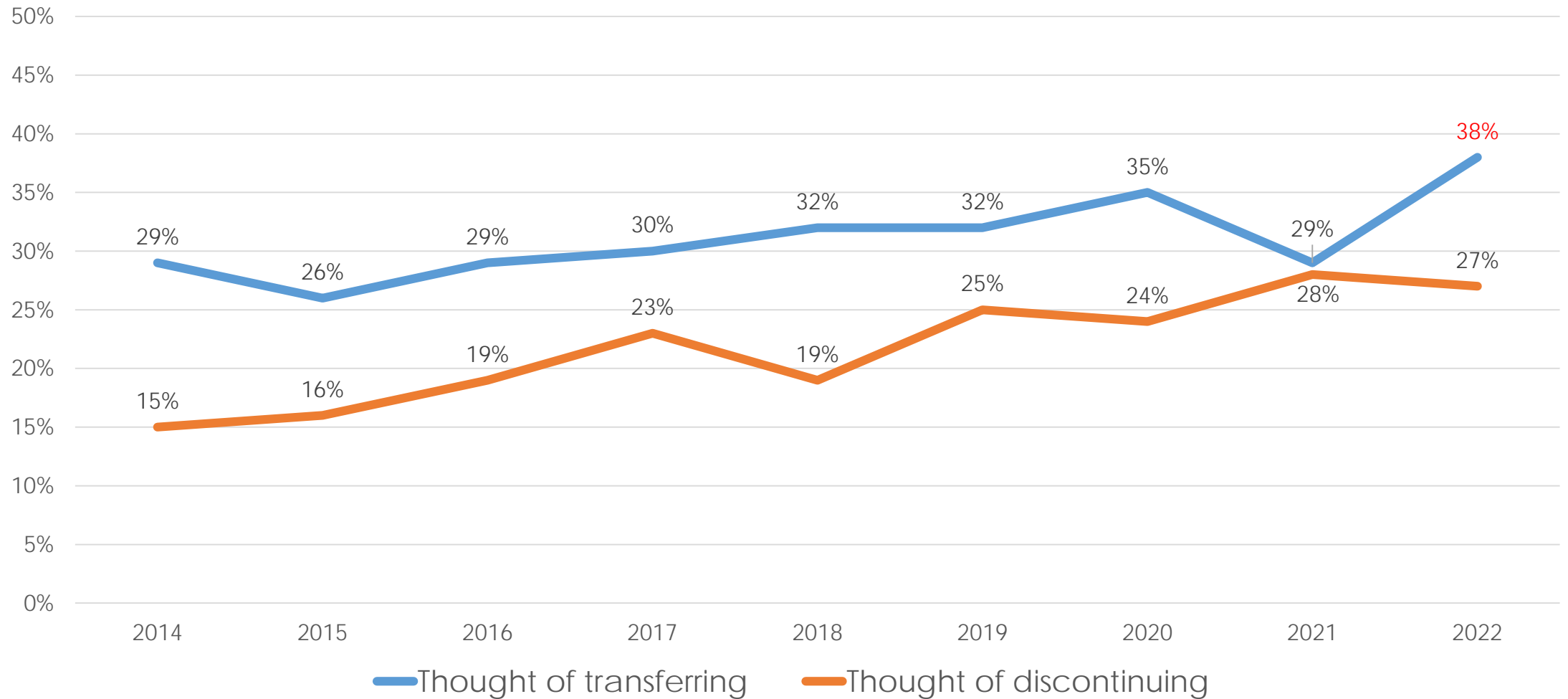
Any Abusive Relationship



Non-Consensual Sexual Contact

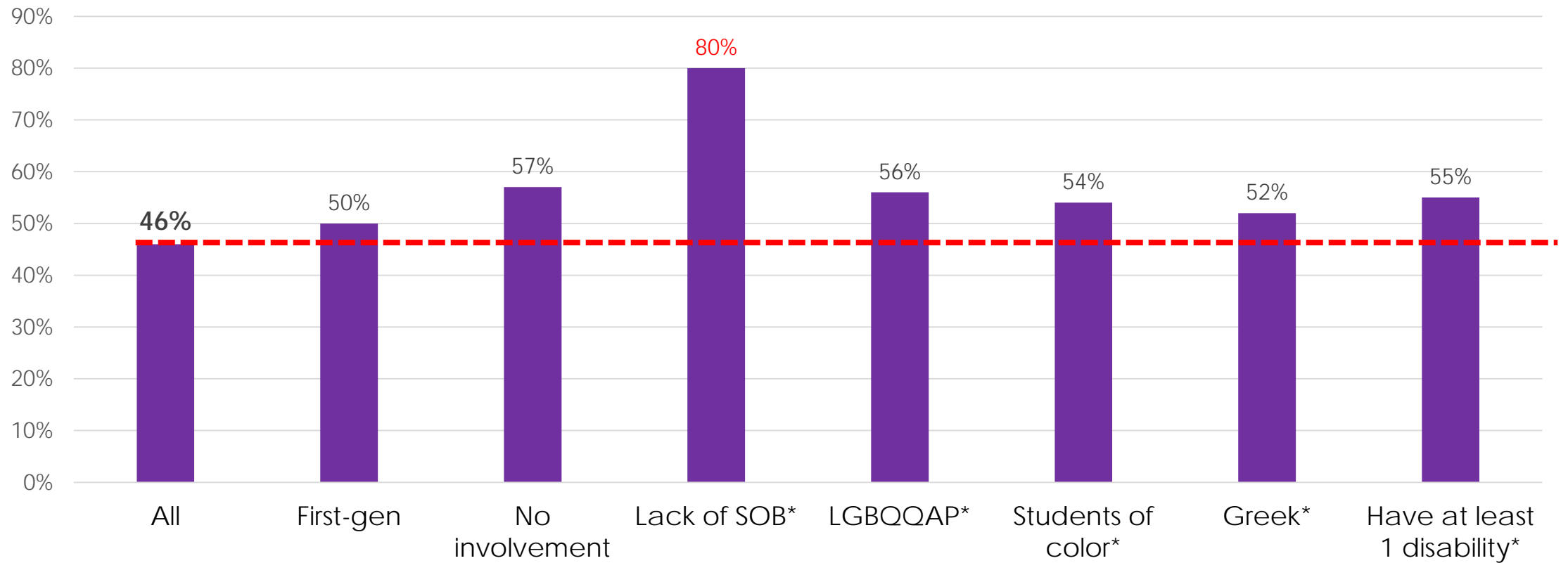


Retention

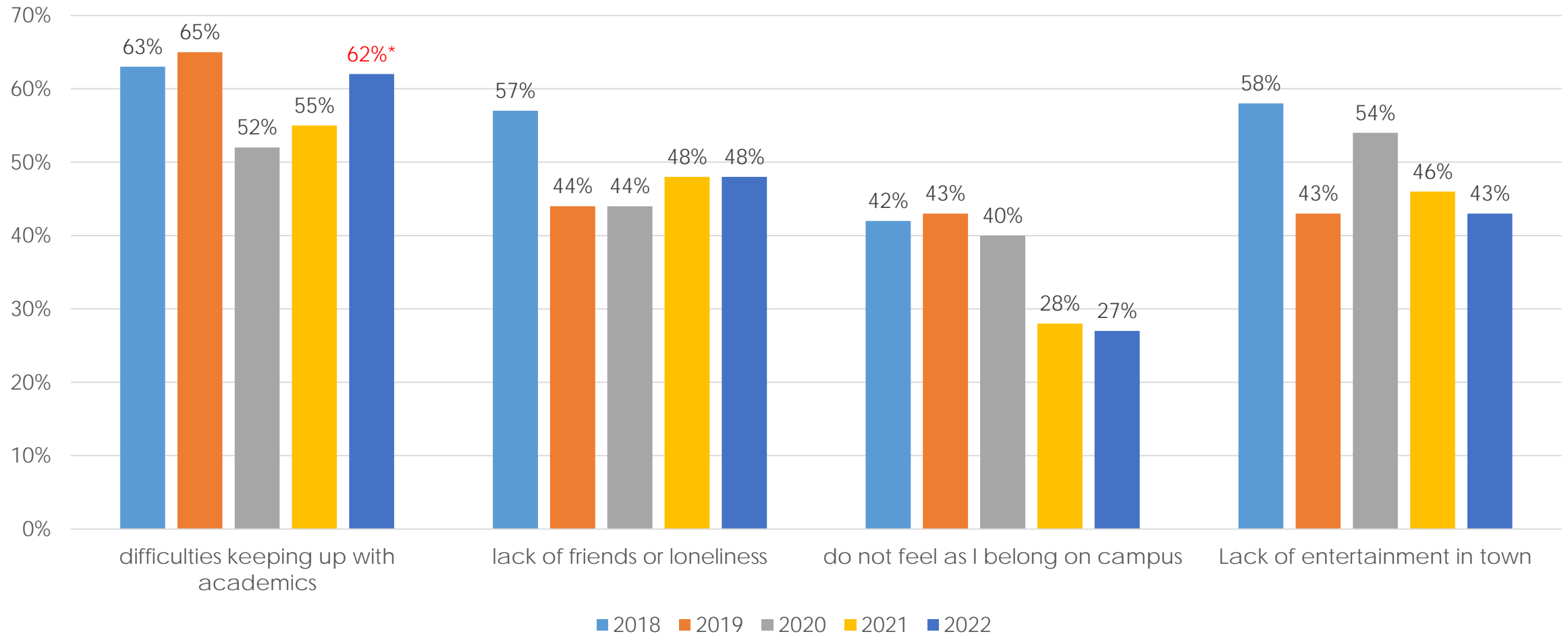


Retention at Truman

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



Reasons contributed to considering leaving current institution



* Highest in the state

Next Steps

- Celebrate successes and note areas for improvement
- Use this information for strategic planning and data-driven prevention efforts
- Subpopulation and disaggregated data
 - LGBTQ+ Students, Athletes, Greek Students, Students of Color, Veterans, Under 21 Students, Students with Disabilities, etc.
- Focus on collective, comprehensive prevention

Reminder of Priority Areas

1. Binge drinking rate (all students, Greek, and U21) are increasing
2. High poly-use rates
3. High rates of suicidal ideation (past year thoughts and attempts)
4. Increase in rates of stress (unbearable) and increase in effect stress has on academic/personal life
5. Increase in substance/alcohol use at FSL locations

□ ελπ υσ ιμπρο ▽ ε ξολλεγε αλξοηολ ανδ συβστανξε πρε ▽ εντιον εφφορτσ □



We want to hear from you:

- ✓ Χηατ ισ ωορκινγ ον ψουρ ξαμπυσ □
- ✓ Χηατ νεεδσ το βε ιμπρο ▽ εδ □
- ✓ Χηατ συτππορτ δο ψου νεεδ □

Who can participate?

νψονε ιν ▽ ολ ▽ εδ ιν ξαμπυσ πρε ▽ εντιον □

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Scan the QR code for access to the survey



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- □ μαζον γιφτ ξαρδ
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Questions?

pip@missouri.edu