

PAWS Annual Report 2021-2022

Overview and Scope of Service

MISSION STATEMENT:

Prevention, Advocacy, and Wellness Services (PAWS) strives to create a campus culture in which members make informed and responsible decisions regarding their personal and community health. PAWS works to reduce the incidence, prevalence, and severity of substance abuse and interpersonal violence related problems among Fredonia students.

This comprehensive program coordinates initiatives; facilitates collaboration; provides training, advocacy, and intervention services; and educational opportunities in the following areas:

- Alcohol and other drugs
- Rape and sexual assault
- Relationship issues including dating and domestic violence
- Stalking and harassment
- Sexual health

SERVICES OFFERED:

Advocacy: PAWS provides advocacy and support services for Fredonia students that are survivors of interpersonal violence (rape, sexual assault, dating/domestic violence, stalking, and harassment).

Fredonia CARES: Alcohol and other drug intervention program for students with a second violation of the Fredonia Alcohol and Drug Policy.

CARE management: Provides individual advocacy, referrals, and support services to students who need assistance with financial, health, housing, academic, legal, and other support resources.

Wellness Outreach: Professional staff and student interns facilitate various wellness workshops to the campus community.

Triage: Provide initial point of contact for students seeking mental health assistance through the Counseling Center, assess their needs, provide follow-up and/or future appointment with mental health clinician

Prevention, Advocacy and Wellness Services - POINTS OF PRIDE

Expanded Triage services: Due to increased demand for counseling services and staffing challenges, the Triage service was offered to students as a way to meet with the Care Coordinator, have their needs assessed and be provided with appropriate intervention/referrals and/or receive an Intake appointment with a mental health clinician. This process allowed students to be seen sooner and start the process to improving their personal well-being and mental health.

Prevention, Advocacy, and Wellness Services Data

Fredonia CARES

Fredonia CARES is an alcohol and other drug educational program designed for students who have had a second violation of the university’s Alcohol and other Drug Policy or who have been hospitalized due to an alcohol or other drug incident. CARES consists of an initial consultation meeting and 2 follow-up sessions. The program is based on the principles of motivational interviewing and brief screening with intervention techniques.

	2021-2022	2020-2021	2019-2020	2018-2019	2017-2018
Students	16	14	45	44	55
CARES Consultations	16	15	47	44	57
CARES follow-ups	28	17	99	83	99

PAWS Interpersonal Advocacy

PAWS Interpersonal Advocacy is for students who have experiencing various forms of interpersonal violence including: sexual assault, relationship violence, stalking, and harassment. This academic year saw a small increase in referrals for advocacy services; it should be noted that interpersonal violence concerns can overlap with care coordination services and these numbers may not accurately reflect the number of students seeking assistance for interpersonal violence advocacy .

	2021-2022	2020-2021	2019-2020	2018-2019	2017-2018
Students	10	7	21	20	34
Number of appts.	14	21	35	51	77

Care Coordination

Care Coordination helps students manage life stressors that can impact academics and personal well-being and enhances student success by identifying needs, removing barriers and reducing distress. The data below is pulled from Maxient (Students of Concern management system) and Titanium (Counseling Center scheduling software). Care Coordination involves a combination of individual appointments, follow-up phone calls and email, and consultation with the referring individual.

	2021-2022	2020-2021	2019 - 2020	2018 - 2019
Students	58	13	17	14
Number of appointments	112	26	22	20
From Maxient: → 49 Students of Concern Cases				

Outreach Presentations

Workshops included: *Introduction to Counseling Center Services for Students; Unstuck, Let's Talk Speaker Series; Mental Health Series; and FREDwell programming.*

	2021-2022	2020-2021	2019-2020	2018-2019	2017-2018
Number of programs/workshops	33	119	83	88	55
Number of attendees	1616	1181	3235	3624	3176

Fredonia CARES Assessment Data

Learning Outcome: Students who engage in services provided by the PAWS program will be able to make low risk choices with their substance use so they can achieve their academic and personal goals (Learning Domain: PD, PS).

Strategy: *Students who participate in Fredonia CARES will be able to make low risk substance use choices.*

Tactic: *Students are provided with a motivational interviewing intervention to assist with identifying and using low risk strategies.*

Measurement: *Students complete the CARES Assessment Survey at the completion of the program*

2021-2022 data: n=13

What changes, if any, have you made to your substance use since your referral to Fredonia CARES? Check all that apply:

Alcohol:

- Setting a limit on the number of drinks consumed per night: n=9, 70%
- Consuming less drinks per night: n=7, 54%
- Counting/keeping track of drinks: n=7, 54%
- Slowing the pace of your drinking - spreading consumption out over more time: n=4, 31%
- Skipping shots, jungle juice, 4 loko, et.: n=4, 31%
- Planning a safe way home in advance: n=3, 23%
- Avoid weekday drinking, only drinking on weekends: n=6, 46%

Marijuana:

- Using marijuana less days per week: n=3, 23%
- Using marijuana once per day, instead of multiple times in one day: n=3, 23%
- Using marijuana only on weekends n=4, 31%
- Only using marijuana after completing all tasks, obligations, responsibilities, etc.: n=6,46%

Fredonia CARES Assessment Summary: The Fredonia CARES program has evidence of assisting students in making lower risk choices for their alcohol usage. The program has less impact in the areas of marijuana usage. Additional intervention strategies may need to be explored to increase program impact in the area of marijuana usage.

Outreach Presentations Assessment Data:

Learning Outcome: Students who engage in PAWS programs and activities will be able to identify and connect self/others to supportive resources (Learning Domains - PS; CC - Vision - resiliency).

Strategy: PAWS staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to connecting self/others to supportive resources.

Tactic: Students who attend a workshop/training will be more confident and comfortable connecting self/others to supportive resources.

Measurement: Students complete the Counseling Center Outreach Survey at the completion of the program.

After attending today's presentation how comfortable would you be connecting yourself and/or others with the Counseling Center if needed?

144 responses



PAWS Workshop Assessment Data (Fall 2021)

Learning Outcome: Student who engage in PAWS activities and programs will reduce their incidence, prevalence, and severity of interpersonal violence related concerns (Learning Domains: PD, PS, IC, IG)

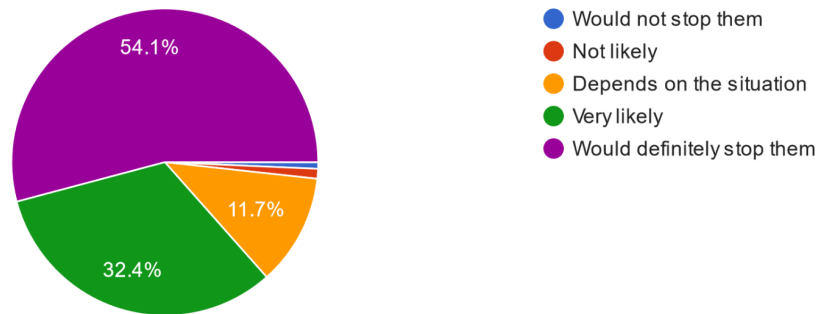
Strategy: Students who participate in the first-year PAWS Workshop will be able to identify bystander intervention strategies and supportive resources.

Tactic: The PAWS workshop will provide education on the bystander intervention and resources for sexual assault survivors.

Measurement: PAWS Assessment Survey

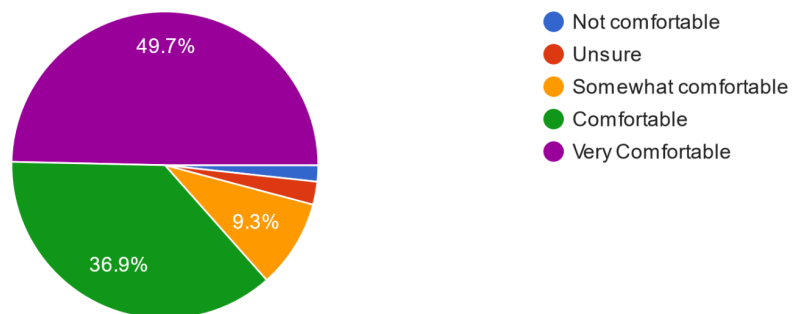
You are at a party with your friend. They are intoxicated and want to go home with someone they met at the party. How likely are you to attempt to stop them from leaving with that person.

290 responses

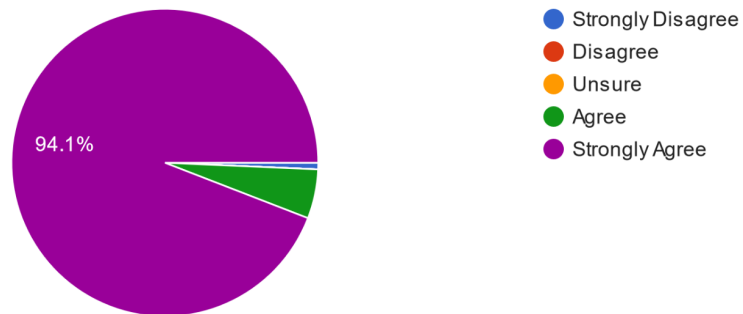


How comfortable do you feel helping a friend who has experienced interpersonal violence [e.i. sexual assault, dating violence, stalking]:

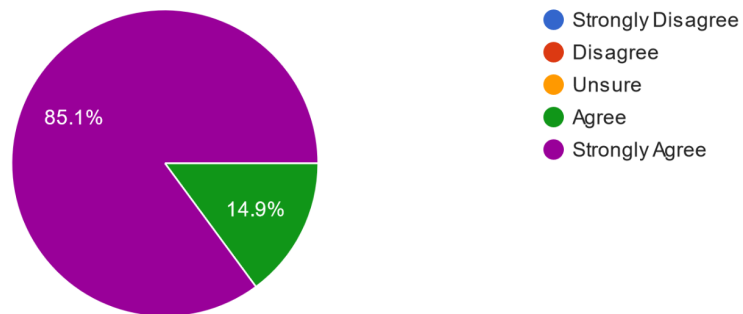
290 responses



After attending tonight's presentation I understand the concept of consent for sexual activity:
290 responses



After attending tonight's presentation I understand what resources exist on campus for survivors of sexual assault:
289 responses



PAWS Learning Objective # & LD (Learning Domain)	Strategy/Tactic (2021-2022)	Timeline Frequency (when & how often will you implement?)	Measure
Students who engage in services provided by the PAWS program will be able to make low risk choices with their substance use so they can achieve their academic and personal goals (Learning Domains: PD, PS).	<p>Strategy: Students who participate in Fredonia CARES will be able to make low risk substance use choices.</p> <p>Tactic: Students are provided with a motivational interviewing intervention to assist with identifying and using low risk strategies.</p>	At the last CARES follow-up session.	CARES Assessment Survey
Student who engage in PAWS activities and programs will reduce their incidence, prevalence, and severity of substance use and interpersonal violence related concerns (Learning Domains: PD, PS, IC, IG)	<p>Strategy: Students who participate in the first-year PAWS Workshop will be able to identify bystander intervention strategies and supportive resources.</p> <p>Tactic: The PAWS workshop will provide education on the bystander intervention and resources for sexual assault survivors.</p>	After each workshop conduct a Post-workshop survey Fall semester	PAWS Assessment Survey
Students who engage in services provided by the PAWS program will be able to improve their personal wellness behaviors so they can achieve their academic and personal goals (Learning Domains: PD, PS, IC).	<p>Strategy: Monthly wellness programs</p> <p>Tactic: Counseling Center and PAWS will provide monthly wellness program based on Sources of Strength framework</p>	Bi-monthly program during the academic year. Evaluation measures will vary depending on program.	Assessment measures will vary.
Students who engage in services provided by the PAWS program will be able identify and connect with supportive resources (Learning Domains: IC, PS).	<p>Strategy: Students who participate in PAWS services will be able connect with supportive resources.</p> <p>Tactic: PAWS Consultations will identify resources to assist students with their individual needs and provide contact information or directly connect students with resources.</p>	At the end of each semester students who utilized CARE management services will be sent a survey through email.	Counseling Center satisfaction survey
Students who engage in PAWS programs and activities will be able to identify and connect self/others to supportive resources (Learning Domains - PS; CC - Vision - resiliency).	PAWS staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to connecting self/others to supportive resources.	<p>Fall & spring semesters (E.g., August/January RA/RD training; Freshman Seminars as requested; faculty/staff as requested)</p> <p>Assessments will be administered to each participant following each training.</p>	5-10 item <i>questionnaire</i> related to confidence in identifying and connecting self/others to mental health resources and assisting self/others with mental health concerns.
Students who engage in PAWS programs and activities will be able to assist themselves and other students with mental health	PAWS staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to assisting self/others with	Fall & spring semesters (E.g., August/January RA/RD training; Freshman Seminars as requested; faculty/staff as requested)	5-10 item <i>questionnaire</i> related to confidence in identifying and connecting self/others to mental health resources and assisting self/others

concerns (Learning Domain - PS; CC - Vision - resiliency).	mental health concerns.	Assessments will be administered to each participant following each training.	with mental health concerns.
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