

**JOINT MEETING OF:  
SENATE COMMITTEES ON SOCIAL CONCERNS & STUDENT AFFAIRS**

MINUTES OF MEETING  
November 4, 2013

[In these minutes: Step UP Program overview; Healthy Minds Study results.]

[These minutes reflect discussion and debate at a meeting of a committee of the University of Minnesota Senate; none of the comments, conclusions or actions reported in these minutes represent the views of, nor are they binding on, the Senate, the Administration or the Board of Regents.]

**Social Concerns**

PRESENT: David Golden (chair), Jayne Blodgett, Mallory Carter, Laura Duckett, Carol Foth, David Fuhs, Stephen Gross, Katie Jacobson, Brenda Kayzar, Michael O'Day, Naomi Scheman, Teresa Schicker, Eric Svingen, Abeer Syedah, Amelious Whyte

REGRETS: Peter Cao, Catherine Solheim

ABSENT: Benjamin Beutel, Natalie Pope, Anthony Quill, Paul Ranelli, Jennifer Snider

**Student Affairs**

PRESENT: Patricia Jones Whyte (chair), Thomas Bilder, Lauren Beach, Brandt Tharp, Lanqui Wu

OTHERS: Corbin Smyth, Associate Vice Chancellor for Student Life, UMD

REGRETS: Lisa Erwin, Matt Fredericks, Teddi Grego, Peter Haeg, Nader Helmy, Joyce Holl, Shivani Kushwaha, Kristen Lewis, Brittany Link, Liza Meredith, Bryan Oliver Smith, Michael Stebleton, Nichole Thomas, Carlos Torelli, Kendre Turonie

GUESTS: Traci Thomas-Card

**WELCOME**

Mr. Golden welcomed both committees' members, called the meeting to order, and asked for introductions.

**STEP UP! PROGRAM OVERVIEW**

Mr. Golden introduced Traci Thomas-Card, prevention program coordinator, The Aurora Center for Advocacy & Education/ Boynton Health Service. A handout for

her presentation was distributed electronically to members. She presented the following information:

- The Step Up! Program was adapted from the University of Arizona and was piloted at the U of M for the first time in 2011 with athletic teams and Greek organizations. The program was successful and officially adopted in 2012. The goals of the program are:
  - Give you the ability to recognize events where you should step up.
  - Give you the skills to effectively act and step up.
- The program is designed to be broad-based and the following topics are discussed:
  - Academics.
  - Alcohol/ Substance Abuse.
  - Depression.
  - Disordered Eating/Body Image Issues.
  - Discrimination.
  - Gambling.
  - Hazing.
  - Sexual Assault/Relationship Violence.
- The participants are taught the “3-D Strategy,” which is named for the three approaches that are recommended for intervening:
  - Direct.
  - Distract.
  - Delegate.
- The program is one hour long and stresses that an “intervention” is not a “confrontation.” Students are hesitant to intervene, but the program teaches that as part of a community, it is our duty to intervene in an appropriate way.
- Step Up: Part One, Part Two, and Train the Trainers are the courses now available.
- Following is a portion of those that received Step Up training in the 2012-2013 academic year:
  - 2,543 undergraduate students.
  - 16 staff members.
  - All of the Housing professional staff has been trained as facilitators.
- During the 2013-2014 academic year all incoming students received a portion of the training and Housing and Residential Life will present the rest.
- Mr. Golden stressed that this expansion will result in between 6,000 and 8,000 students being trained.

Ms. Thomas-Card provided the following answers to members’ questions:

- The program is provided by request to large groups.
- Programs are tailored to the groups to meet specific needs.

- The program is not currently mandatory. The Campus Safe Act is putting mandates in place that could make bystander education mandatory in the future.
- There are certain Greek chapters that are required to have training when they are sanctioned.
- ASU has extensive data that shows an increase in student reports of intervening in situations.
- The program “See Something, Say Something” deals with reporting actions that are against policy or illegal.
- Graduate and professional students are a target population for training. Mr. Golden noted that it is difficult to reach this group without a robust Graduate College.
- Members mentioned the Office of Organizational Effectiveness and the Center for Teaching and Learning as areas that might be interested in this training.

Mr. Smyth provided information on UMD’s experience with the program:

- In spring 2013, 33 individuals completed the “train the Trainers” program at UMD. The goal is for each person to train 20 people.

## **HEALTHY MINDS STUDY**

Mr. Golden explained that the Healthy Minds Survey is one tool that is used to gather a greater understanding of the student population and their use of alcohol. He noted the importance of programs like Step Up and the valuable skills they impart for students to intervene in situations involving high risk drinking. He distributed two handouts and discussed the following topics:

- The Healthy Minds research team at the University of Michigan and the U of M designed and led the study. Dr. Toben Neslon coordinated the study at UMNTC.
- Drinking Behavior
  - Five or more drinks in one sitting is termed high-risk drinking.
  - 72% of students have had alcohol in the past two weeks.
  - 10% of students engaged in instances of binge drinking in the past two weeks.
- Drinking Style
  - Typically when students drink, the goal is to get drunk.
  - 30% of students binge drink.
  - Students tend to drink the most when they are at a house party.
  - Greek organizations have improved restricting party attendance.
  - ID’s are being checked upon entering the student tailgate lot. Those that are 21 and over are given a wristband.

- Students do not perceive their drinking habits to be as harmful as their scores reflect.
- Alcohol-Related Harms from the Drinking of Others, last 30 days
  - 32% had to “babysit” another student that drank too much.
- Tobacco & Other Substance Use, past 30 days
  - Marijuana use is now higher than cigarette use at 12%. This has been shown in other surveys also.
- Use of Psychotropic Medications
  - 12% of the student population is taking medication and binge drinking despite the negative effects.
  - This survey does not ask if the drugs are being taken by prescription or recreationally.
- Minnesota is located in what is called the “Alcohol Belt” and often ranks high for high risk drinking.
- 22% of the female student population report being sexually assaulted and this number increases for the LGBT students.
- Most underage drinking takes places in private parties, off-campus.
- Morris and Duluth will receive their data in November.
- An additional tax on alcohol is being discussed by the legislature and this could discourage students from purchasing alcohol.

Members discussed the following issues for future meetings:

- What programs exist for populations that have higher rates of high-risk drinking, such as LGBT?
- Regulate specials that enable students to purchase large amounts of alcohol, for example, happy hour specials.
- Will the PeopleSoft upgrade allow for preferred names to be used?
- Get an update regarding Morris’s effort to create gender-neutral student housing.

Hearing no further business, Mr. Golden adjourned the meeting.

Jeannine Rich  
University Senate Office