Prevention & Wellness Services
Western Washington University

Our mission at Prevention and Wellness Services is to support students in their personal efforts to improve and maintain their health through self-care and self-responsibility so they may achieve academic and personal success and attain their career goals and dreams.

And, to encourage students to be engaged in the creation and maintenance of safe, caring and socially just communities for the health of all.

PEER EDUCATOR PROGRAM
Lifestyle Advisor Program)

Alcohol and Drugs Risk Reduction Team
Ally Building Network
CPR / First Aid
HIV Testing and Counseling
Peer Sexual Health Educators/(PSHE)/ Sexual Health Outreach/RubberWear
Positive Body Image
Women's Empowerment (WEAVE)
Men's Violence Prevention Project (MVPP)
Wellness Outreach Center (WOC) LAS/ Stress in Balance/Fitness

PEER EDUCATOR TRAINING

Step 1: Health Education 250 4 credits
Step 2: Fall Intensive Training 65 hours Pre-Fall quarter (unpaid)
Step 3: Work a minimum of 3-4 hours per week in their chosen topic group through the academic year

Lifestyle Advisor Program

ADCAS
Alcohol & Drug Consultation & Assessment Services

- Information and Resources
- Screening for alcohol and drug concerns
- Individual alcohol and drug risk assessment services
- Referral for intervention, treatment, and support
- Alcohol Risk Reduction groups
- Consultation services
- Services for secondary-affected (ACA, concern about roommate, friend, family, etc.)

ADCAS

CASAS
Crime and Sexual Assault Support Services

- 24-hour student help line
- Support services for recent and past assaults
- Medical assistance
- Counseling services
- Police reporting
- Academic support services

CASAS

CAMPUS COMMUNITY COALITION

To promote working relationships and communication between the campus and community by striving to
•enhance shared responsibility,
•prevent and address problems related to student alcohol misuse, and
•contribute to the health and safety of the entire community.
Through: 1) increasing enforcement of underage drinking laws and publicity of enforcement, 2) increasing availability of and student participation in late night activities on campus - WWU Late Night, and 3) increasing student integration in and accountability to the neighborhoods in which they live - Neighborhoods Engaging with Students Project.

Campus Community Coalition

Men's Violence Prevention Project

MEN'S VIOLENCE PREVENTION PROJECT

- Partnership of male faculty, staff, and students to end men's violence against women
- Men's Violence Prevention Project teams, speakers bureau workshops, events, community service, and awareness
- Men's retreats
- Interrelationships between sexism and other oppressions

Student Health Assessment

ASSESSMENT & RESEARCH

- National College Health Assessment
- Student Voices Survey
- ADCAS Risk Reduction Assessment and Follow-Up Assessment
- Focus Groups with Target Audiences
- Outcome evaluation of PWS /LA programs and workshops

Ally Building Project

ALLY BUILDING NETWORK

- *Speaking Up* workshop
- Not In Our Town/Not On Our Campus workshop

Peer educators use the experiences and stories of Western students to create interactive scenarios about the health and wellness of college students. Discussion and audience interaction are vital to these programs. Programs include "what they would do" in real-life situations dealing with issues such as sexual health, sexual assault, alcohol and drugs, racism, homophobia, class-ism, sexism and how to be an ally

Self-Care Center

SELF-CARE CENTER
(collaboration of Prevention & Wellness and Student Health Services)

- Rapid nurse assessment
- Cold self-care
- HIV peer testing and education program
- Peer sexual health education program
- Quitting tobacco program
- Quarterly blood drives
- Seasonal affective disorder (SAD) light

Wellness Outreach Center

WELLNESS OUTREACH CENTER
(collaboration of Prevention & Wellness and Viking Union)

- Health resource room
- Health promotion outreach project
- Seasonal affective disorder (SAD) light
- Cold self-care
- Sexual health packets
- Stress management tools
- Quitting tobacco program
- Quarterly calendars