**Appendix D**

**Action Plans**

D (i) Alcohol Action Plan

D (ii) Tobacco Action Plan

D (iii) Sexual Health Action Plan

D (iv) Mental Health Action Plan

D (v) Physical Activity Action Plan

**APPENDIX D (I): ALCOHOL & SUBSTANCE ABUSE ACTION PLAN**

UNIVERSITY COLLEGE CORK: TACKLING ALCOHOL RELATED HARM

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| **The Table below shows the up to date (2014) status of the Key Performance Indicators (outcomes) for the Action Points in the UCC Alcohol Action Plan, to reduce Alcohol-related harm** | **KPI (if available)** | **KPI or Status** |
| **S1. Provide education, information and training for students and staff** | | |
| AP 1.1 Alcohol information session to be provided to all incoming 1st year students at orientation | % Classes given presentation | 100% |
| AP 1.2 Alcohol awareness events to be held at least once annually on campus (including accommodation) outwith orientation | No. events/academic year | 1 |
| AP 1.3 Promote ePUB UCC, the on-line brief intervention tool for all incoming 1st year students | No. 1st years completed ePUB | 7,766 |
| AP 1.4 Embed ePUB UCC into the curriculum for academic Programmes on a voluntary basis | Develop case study for teaching |  |
| AP 1.5 Train Peer-Support Leaders (PSL’s) and Student Leaders to encourage Peer-Led alcohol education | No. PSLs trained | 250 |
| AP 1.6 Deliver workshops and training for frontline staff on alcohol information and Brief Intervention | No. Staff attended | 50 |
| AP1.7 Deliver 1 hour alcohol awareness training, including Brief Intervention Therapy, to student leaders | No. PSLs trained |  |
| **S2. Put in place effective screening, referral and treatment services** | | |
| AP 2.1 Develop, disseminate and promote guidelines for staff as to how, where and to whom to refer any student whom they believe may be at risk from alcohol related harm | Guidelines developed and disseminated | In development |
| AP 2.2 Provide Screening and Brief Intervention Therapy (SBIT) by Student Health department and Student Counselling and Development department professionals. | No. of Staff Trained in SBIT | 6 |
| AP 2.3 Develop and increase links with voluntary and statutory services, e.g. AA and the Southern Region Drugs Task Force | Liaise with AA and SRDTF | Link with SRDTF |
| **S3. Make the campus and the local environment safer from alcohol related harm** | | |
| AP 3.1 Encourage and monitor effectiveness of zero-tolerance policy to anti-social behaviour through Campus Watch and liaison with local Gardaí | Rate of ant-social behaviour to be requested from Head of Student Experience annually | To be requested |
| AP 3.2 Encourage reporting of abuse of local licensing laws and inappropriate marketing/selling of alcohol through development of a recording and reporting mechanism. | Requested from Head of Student Experience annually | To be requested |
| AP 3.3 Monitoring the activity and incident levels reported by the student support team | To report the annual number of incidents dealt with by the Student Support Team | To be requested |
| AP 3.4 Promote increased awareness of the UCC Student Alcohol Policy and the UCC Student Rules | - | On-going |
| AP 3.5 Increase provision for alcohol-free social spaces and alcohol-free activities/social events | Annual review and report | On-going |
| AP 3.6 Increase the provision of alcohol/substance free housing | 20 alcohol free apartments available 2014/2015 | On-going |
| **S4. Influence local, regional, national, and sectoral alcohol policies and practices** | | |
| AP 4.1 Establish a local Forum including students, residents, and local Gardaí to help reduce alcohol related harm and anti-social behaviour | Confirmation of group from Head of Student Experience | Addition of member to group |
| AP 4.2 Lobby local and national politicians alone or in conjunction with the IUSSN or the IUA on matters relating to national alcohol policy such as marketing and selling of alcohol | - | Delegation from IUSSN Item 9 Minister for State |
| AP 4.3 Promote a sectoral wide approach to alcohol related problems through sharing best practice at least annually through the CSSI, ISHA and IUSSN | - | On-going |
| **S5. Research alcohol use and monitor progress and effectiveness of strategies** | | |
| AP 5.1 New areas of research to be investigated | Steering Committee members to discuss new areas | To be requested |
| AP 5.2 Provide funding for a PhD level Thesis on alcohol use by our students | PhD started | Completed |

**APPENDIX D (II): SMOKING ACTION PLAN (DRAFT 2014)**

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| **The Table below shows the up to date (2014) status of the Key Performance Indicators (outcomes) for the Action Points in the UCC Tobacco Action Plan, to reduce Tobacco-related harm S1. Provide education, information and training for students and staff** | **KPI (if available)** | **KPI or Status** |
| **S1. Awareness Programme** |  |  |
| AP 1.1 Introduction of a tobacco-free week to be run at University College Cork annually in conjunction with the Students Union and Staff & Social Club – suggested date of Ash Wednesday to coincide with national campaigns | Tobacco-free week at UCC | - |
| AP 1.2 Development of multimedia campaigns through the screening of advertisements, images and videos to tackle social norms | Campaigns to be ran on campus throughout the year | - |
| **S2. Cessation** | | |
| AP 2.1 Smoking cessation clinics to be run twice annually by the student health department open to both staff and students | Smoking cessation clinics to be run twice annually for UCC staff and students | - |
| AP 2.2 Explore the development of other cessation therapies such as cognitive and hypnotherapy | - | - |
| **S3. Policy to reduce smoking prevalence** | | |
| AP 3.1 Explore the possibility of restricting cigarette sales on campus | - | - |
| AP 3.2 Introduce ‘Smoke-free zone’ signage at entrances to buildings and high use areas on campus | “Smoke-free zone” signage to be erected around campus | - |
| **S4. Research** | | |
| AP 4.1 Conduct preliminary research with both staff and students to investigate prevalence of tobacco use and opinion on tobacco use on campus | Determine prevalence of tobacco consumption | - |

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| **APPENDIX D (Iii): SEXUAL HEALTH ACTION PLAN (DRAFT 2014)** | | | |
| S1. | **Provide events, education, information and training for students and staff** | KPI (if available) | KPI/status |
| AP 1.1 | Staff health and safety training | # participants |  |
| AP 1.2 | Briefing at orientation on all sexual health services | # students reached |  |
| AP 1.3 | Train peer supporters on issues of health | # PSLs trained  # active PSLs |  |
| AP 1.4 | Deliver professional health “gatekeeper”, “brief intervention” and awareness programmes. | #programmes  # participants |  |
| AP 1.5 | Deliver events on campus such as SHAG week events | # events |  |
| S2. | **Put in place effective peer support, screening, referral and treatment services** |  |  |
| AP 2.1 | UCCSU vice president for welfare | # referrals |  |
| AP 2.2 | UCCSU vice president for education | # referrals |  |
| AP 2.3 | UCC Student Health Service: Sexual Health Clinic | # patients |  |
| AP 2.4 | UCC Student Counselling – sexual health | # referrals |  |
| AP 2.5 | UCC First Year Experience coordinator | # referrals |  |
| AP 2.6 | UCC Chaplaincy | # referrals |  |
| AP 2.7 | UCC Disability Support Service | # referrals |  |
| AP 2.8 | UCC Ulink Peer Support Programme | # referrals |  |
| AP 2.9 | UCC Ulink Niteline Listening service | # referrals |  |
| AP 2.10 | UCC Mature Student Officer | # referrals |  |
| AP 2.11 | UCC International Students’ Officer | # referrals |  |
| AP 2.12 | UCC Uplift to Positive Sexual Health | # referrals |  |
| AP 2.13 | UCC Head of the student experience | # referrals |  |
| AP 2.14 | UCC Student Budgetary Advisor | # referrals |  |
| AP 2.15 | Collegiate Welfare Officers (currently M&H and B&L) | # referrals |  |
| S3. | **Make the campus and the local environment safer for students in distress** |  |  |
| AP 3.1 | Develop policy in areas of health | # policies completed  # policies in development |  |
| AP 3.2 | Expand training opportunities for staff and students in the area of health | # new opportunities  # change in participants |  |
| AP 3.3 | Development of the student hub as a one stop shop for students having difficulties | status |  |
| AP 3.4 | Promote onsite sexual health services to students at orientation | # students |  |
| AP 3.5 | Expand number of sexual health events on campus | Change # events |  |
| S4. | **Influence local, regional, national, and sectoral sexual health policies and practices** |  |  |
| AP 4.1 | Establish a local Forum(s) including students and staff to identify issues faced by students | # forums  # meetings |  |
| AP 4.2 | Lobby local and national politicians on matters relating to sexual health and equality | # initiatives |  |
| AP 4.3 | Promote a sectoral wide approach to sexual health related problems through sharing best practice at least annually | Current engagement |  |
| AP 4.4 | Contribute to national policies relating to sexual health in organisations such as the HSE | # policies |  |
| AP 4.5 | Develop local policies relating to sexual health | # policies completed  # policies in development |  |
| S5. | **Research issues of sexual health and monitor progress and effectiveness of strategies** |  |  |
| AP 5.1 | Develop a dashboard of Key Performance indicators (KPIs) for each of the Action Points | status |  |
| AP 5.2 | Monitor the numbers and progress of research projects in the area of student sexual health at UCC | # projects |  |
| AP 5.3 | Distribute assessment batteries on issues of sexual health from the university (this would be new) | # assessments |  |
| AP 5.4 | Monitor number of students using different support services as detailed above | usage |  |
| S6. | **Recognition, awards and bursaries for UCC sexual health initiatives** |  |  |
| AP 6.1 | awards furnished to UCC for sexual health initiatives | #awards |  |
| AP 6.2 | awards furnished to UCC students for sexual health initiatives | #awards |  |
| AP 6.3 | awards furnished to UCC staff for sexual health initiatives | #awards |  |
| AP 6.4 | awards furnished to UCC sub-organisations (Clubs, Societies, Student Union) | #awards |  |
| AP 6.5 | bursaries/scholarships/grants furnished to UCC students/staff for research in sexual health | #awards |  |

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| **APPENDIX D (IV): MENTAL HEALTH ACTION PLAN (DRAFT 2014)** | | | |
| S1. | **Provide events, education, information and training for students and staff** | KPI (if available) | KPI/status |
| AP 1.1 | Staff health and safety training | # participants |  |
| AP 1.2 | Chaplaincy meditation classes | # participants |  |
| AP 1.3 | Lifematters | # participants |  |
| AP 1.4 | Briefing at orientation on all mental health services | # students reached |  |
| AP 1.5 | Train peer supporters on issues of mental health | # PSLs trained  # active PSLs |  |
| AP 1.6 | Train niteline volunteers on issues of mental health | # Volunteers trained  # Active volunteers |  |
| AP 1.7 | Deliver a training DVD to staff on how to support students in distress | # DVDs distributed |  |
| AP 1.8 | Deliver professional mental health “gatekeeper”, “brief intervention” and awareness programmes. | #programmes  # participants |  |
| AP 1.9 | Deliver events on campus such as mental wellbeing week events | # events |  |
| S2. | **Put in place effective peer support, screening, referral and treatment services** |  |  |
| AP 2.1 | UCCSU vice president for welfare | # cases |  |
| AP 2.2 | UCCSU vice president for education | # cases |  |
| AP 2.3 | UCC Student Health Service: General practice and psychiatric services | # cases |  |
| AP 2.4 | UCC Student Counselling and Development Service | # cases |  |
| AP 2.5 | UCC First Year Experience coordinator | # cases |  |
| AP 2.6 | UCC Chaplaincy | # cases |  |
| AP 2.7 | UCC Disability Support Service | # registered students  # cases |  |
| AP 2.8 | UCC Ulink Peer Support Programme | # referrals |  |
| AP 2.9 | UCC Ulink Niteline Listening service | # calls |  |
| AP 2.10 | UCC Mature Student Officer | # cases |  |
| AP 2.11 | UCC International Students’ Officer | # cases |  |
| AP 2.12 | UCC Uplift to Positive Mental Health | # registered students |  |
| AP 2.13 | UCC Head of the student experience | # cases |  |
| AP 2.14 | UCC Student Budgetary Advisor | # cases |  |
| AP 2.15 | Collegiate Welfare Officers (currently M&H and B&L) | # cases |  |
| AP 2.16 | Computer Aided Lifestyle Management (CALM) | # usage levels |  |
| AP 2.17 | Staff directed psychological support services | # staff |  |
| S3. | **Make the campus and the local environment safer for students in distress** |  |  |
| AP 3.1 | Develop policy in areas of mental health | # policies completed  # policies in development |  |
| AP 3.2 | Expand training opportunities for staff and students in the area of mental health | # new opportunities  # change in participants |  |
| AP 3.3 | Development of the student hub as a one stop shop for students having difficulties | status |  |
| AP 3.4 | Promote onsite mental health services to students at orientation | # students |  |
| AP 3.5 | Expand number of mental health events on campus | Change # events |  |
| S4. | **Influence local, regional, national, and sectoral mental health policies and practices** |  |  |
| AP 4.1 | Establish a local Forum(s) including students and staff to identify issues faced by students | # forums  # meetings |  |
| AP 4.2 | Lobby local and national politicians on matters relating to mental health and equality | # initiatives |  |
| AP 4.3 | Promote a sectoral wide approach to mental health related problems through sharing best practice at least annually through the CSSI, USI, NOSP, NSRF etc. | Current engagement |  |
| AP 4.4 | Contribute to national policies relating to mental health in organisations such as the NOSP and USI | # policies |  |
| AP 4.5 | Develop local policies relating to mental health | # policies completed  # policies in development |  |
| S5. | **Research issues of mental health and monitor progress and effectiveness of strategies** |  |  |
| AP 5.1 | Develop a dashboard of Key Performance indicators (KPIs) for each of the Action Points | status |  |
| AP 5.2 | Monitor the numbers and progress of research projects in the area of student mental health at UCC | # projects |  |
| AP 5.3 | Distribute assessment batteries on issues of mental health from the university (this would be new) | # assessments |  |
| AP 5.4 | Monitor number of students using different support services as detailed above | usage |  |
| S6. | **Recognition, awards and bursaries for UCC mental health initiatives** |  |  |
| AP 6.1 | awards furnished to UCC for mental health initiatives | #awards |  |
| AP 6.2 | awards furnished to UCC students for mental health initiatives | #awards |  |
| AP 6.3 | awards furnished to UCC staff for mental health initiatives | #awards |  |
| AP 6.4 | awards furnished to UCC sub-organisations (Clubs, Societies, Student Union) | #awards |  |
| AP 6.5 | bursaries/scholarships/grants furnished to UCC students/staff for research in mental health | #awards |  |

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| **APPENDIX D (V): PHYSICAL ACTIVITY & ACTIVE TRANSPORT ACTION PLAN (DRAFT 2014)** | | | |
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| AP 1.1 | Use of social media as a part of an awareness campaign to educate people on the benefits of Physical Activity | # participants |  |
| AP 1.2 | Briefing at orientation | # students reached |  |
| AP 1.3 | Train peer supporters | # PSLs trained  # active PSLs |  |
| AP 1.4 | Deliver professional health “gatekeeper”, “brief intervention” and awareness programmes | #programmes  # participants |  |
| AP 1.5 | Deliver events on campus such as OpTrans, d25K, Tag Rugby, ultimate Frisbee, interfaculty tournaments. | # events |  |
| AP 1.6 | Use the resources of the UCC Sports Clubs in helping people to participate in Physical Activity | #participants |  |
| AP 1.7 | Through Health Matters Day launch a major inactive i.e. calendar launch 2013 | events |  |
| AP 1.8 | Deliver a one stop campus map which will include distances, times and calories etc. Finger posts and/or coloured foot prints can be used | #Staff and Students to be reached |  |
| AP 1.9 | Establish and encourage’ Walk and Talk’ meetings | Staff and Students |  |
| S2. | **Put in place effective peer support, screening, referral and treatment services** |  |  |
| AP 2.1 | UCCSU vice president for welfare | # referrals |  |
| AP 2.2 | UCC Sports Studies | # referrals |  |
| AP 2.3 | UCC Student Health Service: General practice and health services | # patients |  |
| AP 2.4 | UCC Student Counselling and Development Service | # referrals |  |
| AP 2.5 | UCC First Year Experience coordinator | # referrals |  |
| AP 2.6 | UCC Medical Students | # referrals |  |
| AP 2.7 | UCC Disability Support Service | # referrals |  |
| AP 2.8 | UCC Ulink Peer Support Programme | # referrals |  |
| AP 2.9 | UCC Clubs Exec | # referrals |  |
| AP 2.10 | UCC Mature Student Officer | # referrals |  |
| AP 2.11 | UCC International Students’ Officer | # referrals |  |
| AP 2.12 | UCC Department of Sport and Physical Activity | # referrals |  |
| AP 2.13 | UCC Head of the student experience | # referrals |  |
| AP 2.14 | UCC Mardyke Arena | # referrals |  |
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| S3. | **Make the campus and the local environment safer for students** |  |  |
| AP 3.1 | Develop policy in areas of health | # policies completed  # policies in development |  |
| AP 3.2 | Expand training opportunities for staff and students in the area of health | # new opportunities  # change in participants |  |
| AP 3.3 | Improve lighting and security on campus and surrounding area | Encourage people to cycle and walk |  |
| AP 3.4 | Development of the student hub as a one stop shop for students having difficulties | status |  |
| AP 3.5 | New cycling lanes to be introduced | Complete |  |
| AP 3.6 | Promote onsite sports physical activity options to students at orientation | # students |  |
| AP 3.7 | Expand number of physical activity events on campus | Change # events |  |
| S4. | **Influence local, regional, national, and sectoral policies and practices** |  |  |
| AP 4.1 | Establish a local Forum(s) including students and staff to identify issues faced by students | # forums  # meetings |  |
| AP 4.2 | Look into a situation where each student has to take up some form of Physical Activity. They could receive 5 credits for doing so. | Policies change |  |
| AP 4.6 | Develop local policies relating to Physical Activity and Obesity | # policies completed  # policies in development |  |
| AP 4.7 | Work closely with the local Sports Partnership | events |  |
| AP 4.8 | Make UCC Facilities available for Physical Activity Events | Events |  |
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| S5. | **Research issues of physical activity and monitor progress and effectiveness of strategies** |  |  |
| AP 5.1 | Develop a dashboard of Key Performance indicators (KPIs) for each of the Action Points | status |  |
| AP 5.2 | Monitor the numbers and progress of research projects in the area of physical activity and active transport | # projects |  |
| AP 5.3 | Develop programmes using the experience of the supports in UCC | # assessments |  |
| AP 5.4 | Monitor number of students using different support services as detailed above | usage |  |
| S6. | **Recognition, awards, bursaries for UCC physical activity and active transport initiatives** |  |  |
| AP 6.1 |  | #awards |  |