

## Sarah Sheppard, Manager, Health Education and Wellness, University of Richmond



Sarah received both her BS in Exercise Science and MS in Kinesiology from James Madison University. She has worked at the University of Richmond since 2015 and spent her first two years as the Fitness Manager before moving into her current role. As the Health Education and Wellness Manager at UR, Sarah oversees the university's alcohol education programs, required wellness courses, and wellness outreach programs across campus. She also assists with employee wellness initiatives and various Recreation and Wellness events. Sarah is a born and raised Richmonder whose favorite hobbies include marathon running, ranking local restaurants' sweet potato fries, and passionately following Pittsburgh sports teams.

**Healthy Minds Survey, UR, Spring,  
2013**

<b>Substances Used, Past 30 Days</b>	<b>Male Count</b>	<b>Female Count</b>	<b>Total Count</b>	<b>Male Percent</b>	<b>Female Percent</b>	<b>Total Percent</b>
Marijuana	70	81	152	21.7%	11.7%	14.9%
Synthetic marijuana	3	2	5	1.0%	0.3%	0.5%
Cocaine	7	11	18	2.2%	1.6%	1.8%
Barbituates or sedatives	7	6	13	2.2%	0.9%	1.3%
Tranquilizers	5	16	21	1.6%	2.3%	2.1%
Amphetamines (Adderall, Ritalin, methamphetamine)	29	47	76	9.2%	6.8%	7.5%
Heroin	1	0	1	0.3%	0.0%	0.1%
Pain relievers / other opiate-type prescription drugs	14	12	26	4.4%	1.7%	2.6%
LSD	1	1	2	0.3%	0.1%	0.2%
Other psychedelics or hallucinogens	3	0	3	0.9%	0.0%	0.3%
Ecstasy	7	9	16	2.2%	1.3%	1.6%
<b>TOTAL</b>	<b>695</b>	<b>322</b>	<b>1020</b>			

**Healthy Minds Survey, UR, Spring,  
2016**

<b>Substances Used, Past 30 Days</b>	<b>Male Count</b>	<b>Female Count</b>	<b>Total Count</b>	<b>Male Percent</b>	<b>Female Percent</b>	<b>Total Percent</b>
Cigarettes (half pack or more)	8	3	11	2.9%	0.5%	1.2%
Marijuana	64	76	140	23.4%	12.3%	15.7%
Cocaine	8	5	13	2.9%	0.8%	1.5%
Heroin	1	0	1	0.4%	0.0%	0.1%
Other stimulants (e.g., Ritalin, Adderall) without a prescription	13	10	23	4.8%	1.6%	2.6%
Ecstasy	2	1	3	0.7%	0.2%	0.3%
Other drugs without a prescription	7	5	12	2.6%	0.8%	1.3%
NONE OF THESE	195	518	713	71.4%	83.7%	79.9%
TOTAL	273	619	892			

## National College Health Assessment - Spring 2014 Data Report

### 8A5. Within the last thirty days, on how many days did you use:

### Alcohol (beer, wine, liquor)?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	33	18	72	17	0	0	105	16.7		
2 Have used, but not in last 30	11	6	36	8	0	0	47	7.5		
3 1 - 2 days	23	12	102	24	1	11	126	20.0		
4 3 - 5 days	44	24	82	19	4	44	130	20.7		
5 6 - 9 days	35	19	74	17	2	22	112	17.8		
6 10 - 19 days	28	15	56	13	2	22	86	13.7		
7 20 - 29 days	7	4	10	2	0	0	17	2.7		
8 Used daily	5	3	1	0	0	0	6	1.0		
Valid responses =	186	30	433	69	9	1	629	99.4		

Invalid responses include no response or multiple responses.

### 8A6. Within the last thirty days, on how many days did you use:

### Marijuana (pot, weed, hashish, hash oil)?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	96	52	284	65	7	88	387	61.6		
2 Have used, but not in last 30	47	25	102	24	0	0	150	23.9		
3 1 - 2 days	14	8	25	6	0	0	39	6.2		
4 3 - 5 days	5	3	10	2	0	0	15	2.4		
5 6 - 9 days	5	3	3	1	1	13	9	1.4		
6 10 - 19 days	8	4	6	1	0	0	14	2.2		
7 20 - 29 days	5	3	2	1	0	0	7	1.1		
8 Used daily	5	3	2	1	0	0	7	1.1		
Valid responses =	185	29	434	69	8	1	628	99.2		

Invalid responses include no response or multiple responses.

## National College Health Assessment - Spring 2014 Data Report

### 8A7. Within the last thirty days, on how many days did you use:

### Cocaine (crack, rock, freebase)?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	163	89	416	96	9	100	589	93.9
2 Have used, but not in last 30	15	8	13	3	0	0	28	4.5
3 1 - 2 days	3	2	1	0	0	0	4	0.6
4 3 - 5 days	0	0	2	1	0	0	2	0.3
5 6 - 9 days	1	1	1	0	0	0	2	0.3
6 10 - 19 days	0	0	0	0	0	0	0	0.0
7 20 - 29 days	0	0	0	0	0	0	0	0.0
8 Used daily	2	1	0	0	0	0	2	0.3
Valid responses =	184	29	433	69	9	1	627	99.1

Invalid responses include no response or multiple responses.

### 8A8. Within the last thirty days, on how many days did you use:

### Methamphetamine (crystal, meth, ice, crank)?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	176	95	432	100	9	100	618	98.4
2 Have used, but not in last 30	7	4	1	0	0	0	8	1.3
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	0	0	0	0	0	0	0	0.0
5 6 - 9 days	0	0	0	0	0	0	0	0.0
6 10 - 19 days	0	0	0	0	0	0	0	0.0
7 20 - 29 days	0	0	0	0	0	0	0	0.0
8 Used daily	2	1	0	0	0	0	2	0.3
Valid responses =	185	29	433	69	9	1	628	99.2

Invalid responses include no response or multiple responses.



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### 8B4. Within the last thirty days, on how many days did you use:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	180	97	432	100	9	100	622	98.7
2 Have used, but not in last 30	5	3	2	1	0	0	7	1.1
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	0	0	0	0	0	0	0	0.0
5 6 - 9 days	0	0	0	0	0	0	0	0.0
6 10 - 19 days	0	0	0	0	0	0	0	0.0
7 20 - 29 days	0	0	0	0	0	0	0	0.0
8 Used daily	1	1	0	0	0	0	1	0.2
Valid responses =	186	30	434	69	9	1	630	99.5

Invalid responses include no response or multiple responses.

### 18C. Within the last 12 months, have you taken any of the following prescription drugs that were not prescribed to you:

#### Pain killers (e.g., OxyContin, Vicodin, Codeine)?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	178	96	421	98	8	89	608	97.1
2 Yes	8	4	9	2	1	11	18	2.9
Valid responses =	186	30	430	69	9	1	626	98.9

Invalid responses include no response or multiple responses.

# Current Education at UR

- Mandatory online and in-person alcohol workshops
  - *Alcohol Edu (Everfi)*
  - *WELL 085 course*
- Presentations with Greek organizations, athletic teams, residence halls

# Substance-free Programming

- Spider Nights
- Recreation and Wellness
- Explore RVA
- Spider Board



# Programming Goals

- Including more opioid education within various mandatory educational programs
- REVIVE Training on naloxone for more campus professionals