

THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA)
 TRIBAL COLLEGE
 STUDENT LIFE DEPARTMENT
 SANTA FE, NM



Campus Prevention Program

Institute of American Indian Arts

Student Life Department

October 2019 Mid-Terms Edition

Prevention Program Newsletter



Midterms Week October 7-11, 2019. Midterms is an overwhelming time for any student but being an artist can make things extra complicated. According to this [article](#) from *The Chronicle of Higher Education*, artists have a lot more pressure personally and academically, which can cause both physical and mental health conditions to flare up. An art school counselor stated that, “the sheer amount of work here is greater than at any other school I’ve worked in, and students have less free time”.

Today’s college students are feeling the strain of our busy modern world. The effects of stress are, well, stressful themselves. Upset stomach, headaches, exhaustion, and difficulty sleeping are common effects of stress, Mayo Clinic reports, as are irritability, restlessness, and depression. Some people turn to drugs, alcohol, tobacco,

and food to deal with stress, but overindulging in these things leads right back to—you guessed it—more stress. Checkout [infographic here](#).

The College Student’s Guide to Stress Management. Take an already-busy life that may include work and family obligations, add college classes and studying, sprinkle in exams, budgeting, and other interests, and then try to have a social life on top of it all...However, it's not all bleak. Let's look at some ways students can alleviate stress, succeed in college, and live healthy, balanced lives. *Eat well, exercise, have an outlet, build a support system, make a plan, think positively, mediate, try aromatherapy, and journal.* If you’re experiencing depression, stress, or anxiety or if you’re turning to alcohol or drugs to cope with stress, it’s ok to ask for help; contact our wonderful [counseling department](#). Checkout the [IAIA student resources map](#) with links to the tutoring center and student success center (SSC) information.

October EVENTS



Midterms Week 10/7-10/11/19
 Student Life Department Community Day: *Food Day*. **Wednesday, October 23, CLE Commons 12p-1p.**
Associated Student Government (ASG)
 Student Union Building (SUB) Grand Opening **October 4, 6p.** Contact ASG@iaia.edu.
 IAIA Open House, **October 23, 10a-2p (high school groups), 2p-6p (open to public).** Interactive Workshops- Live Art-Meet Students- Contact: 505.424.2325.
[Self-Serve Resource Center Workshops](#), Thursday, October 3 & Tuesday, October 29, CLE Commons, 6p-8p.

National Domestic Violence Month...
 Domestic violence is a pattern of assaultive and coercive behaviors that include physical, sexual, verbal and psychological attacks, as well as economic coercion, that adults or adolescents use against their intimate partners ([Stop Violence Against Native Women \(CSVANW\)](#)). *Nonviolence = Equality. Equality is natural life-supporting power that is grounded in spirituality.*
Start the Conversation. As Native people, we have relatives, lots of them. Start the conversation with those you love. Talk about healthy boundaries, dating violence, healthy relationships, consent. [More here.](#)

New Student Life/Housing Staff
 Thanks & join us in welcoming our new team members:
 • **Housing Coordinator**
 Chelsea Napper
[Open Positions visit here!](#)
Prevention Program: Student Lifestyles Survey (SLS) Fall 2019 Event!
 Take our anonymous survey and *win some raffle prizes, eat some snacks*, and help us understand college student perceptions of social trends, common behaviors and attitudes toward alcohol and other drugs. *Dates to announced soon...flyer will be sent.*

October 2019

IAIA Mission: “To empower creativity and leadership in Native Arts and cultures through higher education, life-long learning, and outreach.”

Toney Johnson, Program Coordinator
Ru Stempien, Program Assistant
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Celebrate October!

National Domestic Violence Awareness Month

World Mental Health Day

▪ **October 10**

Rx (prescription painkiller) Take Back Event

▪ **October 26**

Red Ribbon (“Pledge to be safe, healthy, & drug free”) Campaign

▪ **October 23-31**

Happy Halloween

▪ **October 31**

Join Prevention Program Efforts

Campus Coalition

AIPA (aipa@iaia.edu)

American Indian Prevention Association

- *Monthly meetings... TBD*
- *Open to all IAIA Students, Staff, Faculty, and Alumni.*
- *Sign up to receive monthly program updates, newsletter, data/research articles, & future activities...*
 - *Contact: toney.johnosn@iaia.edu or mstempien@iaia.edu*
 - *Office Hours/Day: M-F; (some weekends) 10a-7p; 1st Floor CLE near cafeteria*

Need Support? Campus Counseling

Eliza Combs, MA, LPCC, ATR
eliza.combs@iaia.edu
 505-424-5758
 1st Floor CLE

Mila Anguluan, PhD.
mila.anguluan@iaia.edu
 505-424-2385
 1st floor CLE



What is Bullying? Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying...

Verbal bullying is saying or writing mean things (teasing, name-calling, inappropriate sexual comments, taunting, threatening to cause harm).

Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships (leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone, embarrassing someone in public).

Physical bullying involves hurting a person’s body or possessions (hitting/kicking/pinching, spitting, tripping/pushing, taking or breaking someone’s things, making mean or rude hand gestures).

Visit stopbullying.gov

IAIA Policy: Please read our [IAIA Student Code of Conduct](#) and IAIA is committed to safety of the campus community, please join us by honoring and following honor statement: **We respect and value cultural and individual diversity • We honor honesty, integrity, creativity, originality, knowledge, skill, and excellence • We encourage personal expression and communal dialogue • We promote self-determination as innovative individuals and members of an international indigenous community.**

Latest Alcohol, Tobacco, other Drugs (ATOD) Prevention News

Rx & other Drugs

- **Celebrating recovery efforts in higher education.** America’s struggles with addiction and depression are well known, and these challenges aren’t isolated to one particular age group. People often don’t realize that the college years are prime time for these conditions to appear. [Read here!](#)
- **‘I was non-stop juuling up a storm’: 10 college students on their vaping addictions.** The conversations -- all with college students between 18 and 21 -- give a look into how the nicotine-addicted are dealing with two intertwined public health crises: an epidemic of youth vaping and the outbreak of serious lung illnesses. [Read here!](#)

Alcohol

- **Fall Semester—A Time for Parents To Discuss the Risks of College Drinking.** As college students arrive on campus this fall, it’s a time of new experiences, new friendships, and making memories that will last a lifetime. [Read here!](#)

Marijuana

- **Marijuana use among US college students reaches new 35-year high.** College students’ use of marijuana in 2018 was at the highest level seen in the past three-and-a-half decades...In addition, vaping of marijuana and of nicotine each doubled for college students between 2017 and 2018. [Read here!](#)

Other news...

- [Stimulants Impair Sleep, Working Memory in Healthy Young Adults.](#)



Good luck with Midterms!

