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Illinois Wesleyan University Counselor Awarded the Extra Mile Award

BLOOMINGTON, Ill. – Illinois Wesleyan Counselor/Alcohol Education Coordinator Bob Rogers was presented with the Extra Mile Award from the Illinois Higher Education Center (IHEC) for Alcohol, Other Drug and Violence Prevention. The award was given at the Campus Alcohol and Traffic Safety (CATS) Conference on Feb. 24, 2004, in Springfield. This award is presented to individuals and universities that have shown an initiative and commitment to alcohol, other drug, and traffic safety problem prevention efforts and the implementation of campus programs.

The award was for Rogers' great efforts in implementing the BASICS (Brief Alcohol Screening and Intervention for College Students) alcohol education program at IWU, as well as his help in initiating an Alcohol Working Group, which will develop into a coalition with community members and officials.

BASICS is an Alcohol Skills Training Program that Rogers uses when working with referred individuals and fraternities. This program provides specific cognitive-behavioral strategies for the reduction of alcohol use and its associated problems. It is a brief intervention that relies on motivational enhancement strategies to help initiate change. The program was developed at the University of Washington and is considered one of the best practices for changing alcohol consumption behaviors.

The Alcohol Working Group was established to create a collaborative approach to addressing alcohol/drug use concerns on campus. It convenes once a month to share ideas, concerns and initiate movement towards programs with evidence of effectiveness. The group's members are Darcy Greder (Associate Dean of Student Affairs), Angela Carver (Assistant Dean of Students/Fraternity and Sorority Life), Kevin Clark (Assistant Dean of Students/Office of Student Activities), Matt Damschroder (Director of Residential Life), Deb Adams (Assistant University Nurse/Arnold Health Services) and Rogers.

"My hope is that by starting an Alcohol Working Group we can make a collaborative effort in addressing any alcohol/drug issues on campus. This group will enable us to slowly but effectively make progress on building a solid campus-community coalition, in addition to addressing other areas pertinent to reducing problematic substance use behaviors in our students," said Rogers.

With over 300 people attending the IHEC conference, Rogers was surprised and excited about the award. "It is quite an honor to be recognized for the work that we are doing on campus. It means that as a campus we are on the right track in providing programs that are evidence-based and considered best practices. It is very important to provide these programs to our students as it gives them the framework and information to help them make better decisions about their use of alcohol and how these decisions affect their life" said Rogers.