



Sigma Chi International Fraternity

CHAPTER RESOURCE INDEX FOR MEMBER HEALTH, WELLNESS, AND SAFETY



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Introduction

PURPOSE AND MISSION OF CHAPTER RESOURCE INDEX

THE PURPOSE OF THIS COMPREHENSIVE INDEX IS TO ENHANCE THE OVERALL WELL-BEING AND SAFETY OF THE MEMBERS OF THE SIGMA CHI FRATERNITY. THE EXECUTIVE COMMITTEE OF THE SIGMA CHI FRATERNITY RECOGNIZES THE CRITICAL ROLE THAT PHYSICAL AND MENTAL HEALTH PLAY IN FOSTERING A THRIVING AND SUPPORTIVE COMMUNITY WITHIN UNDERGRADUATE CHAPTERS AND THIS REPORT AIMS TO PROVIDE TARGETED GUIDANCE ON PROMOTING HOLISTIC WELLNESS WITHIN THE FRATERNITY. THROUGH ADDRESSING ASPECTS SUCH AS SUBSTANCE AND ALCOHOL ABUSE, CPR/AED TRAINING, AND MENTAL HEALTH AWARENESS AND WELLNESS, THIS INDEX SEEKS TO CREATE AN ENVIRONMENT THAT NOT ONLY SAFEGUARDS MEMBERS FROM POTENTIAL HEALTH RISKS BUT ALSO IMPLEMENTS A CULTURE OF CARE AND PROACTIVE WELL-BEING PRACTICES WITHIN UNDERGRADUATE CHAPTERS.

THE MISSION OF THE SIGMA CHI FRATERNITY IS TO “FOSTER A BROTHERHOOD OF TRANSFORMATIONAL LEADERS WHO ARE COMMITTED TO FRIENDSHIP, JUSTICE, AND LEARNING.” THIS INDEX SEEKS TO ADVANCE THIS OVERALL MISSION BY FURTHER CULTIVATING A CULTURE IN OUR UNDERGRADUATE CHAPTERS THAT PRIORITIZES THE HEALTH, WELLNESS, AND SAFETY OF ALL MEMBERS AND GUESTS OF THE FRATERNITY. THIS REPORT IS FOUNDED ON THE BELIEF THAT A HEALTHY INDIVIDUAL CONTRIBUTES TO A HEALTHIER AND MORE VIBRANT COMMUNITY. HIGHLIGHTING THE IMPORTANCE OF LOCAL RESOURCES FOR INDIVIDUAL CHAPTERS TO TAKE ADVANTAGE OF THIS INDEX TAKES A PROACTIVE AND EDUCATIONAL APPROACH TO WELLNESS AIMING TO EQUIP MEMBERS WITH THE KNOWLEDGE TO MAKE INFORMED DECISIONS TO GUIDE THE WELLBEING OF THEIR RESPECTIVE CHAPTERS.

AS SIGMA CHIS, WE ARE ALWAYS CALLED TO BE OUR BROTHER'S KEEPER; BY TAKING ADVANTAGE OF SOME OF THE POTENTIAL LOCAL RESOURCES TO CHAPTERS OUTLINED IN THIS INDEX, MEMBERS WILL BE ABLE TO BETTER FULFILL THIS SPECIAL CALLING.



Introduction

A FEW QUICK FACTS

WHEN COMBINED, OVERDOSE AND CARDIAC EMERGENCIES ARE TWO OF THE MOST PROMINENT CAUSES OF DEATH IN THE UNITED STATES AND CANADA. ACCORDING TO THE UNITED STATES CENTERS FOR DISEASE CONTROL AND PREVENTION, BETWEEN DECEMBER 2021 AND DECEMBER 2022, MORE THAN 107,000 DEATHS WERE ATTRIBUTED TO OPIOID AND OTHER DRUG OVERDOSES. IT IS THE UNFORTUNATE TRUTH THAT THESE DEATHS INCLUDE MANY COLLEGE-AGED STUDENTS AND OUR OWN BROTHERS, UNDERGRADUATE AND ALUMNI. EVEN MORE ALARMING IS THE FACT THAT, ACCORDING TO THE PUBLIC HEALTH AGENCY OF THE GOVERNMENT OF CANADA, MEN ARE TWO TIMES MORE LIKELY THAN WOMEN TO SUFFER A CARDIAC EVENT AT SOME POINT IN THEIR LIFE, WITH 2.9% OF THESE EVENTS OCCURRING IN THOSE WITH DIAGNOSED HEART DISEASE VS THOSE WHO ARE UNDIAGNOSED. RESPECTIVELY, HEART DISEASE, BOTH DIAGNOSED AND UNDIAGNOSED, IS THE NO. 2 KILLER OF MEN UNDER THE AGE OF 50 IN THE UNITED STATES AND CANADA.

THE COMBINATION OF CONSEQUENCES FROM THESE TWO HEALTH PANDEMICS SHOULD NOT BE IGNORED. THE FRATERNITY SUGGESTS THAT EACH CHAPTER EXPLORE RESOURCES AND OPPORTUNITIES THAT MIGHT BE AVAILABLE TO THEM TO LEARN HOW THEY COULD BEST RESPOND TO CARDIAC OR OVERDOSE SITUATIONS. THROUGH THIS AWARENESS CAMPAIGN, WE ARE HIGHLIGHTING HEALTH SAFETY RESOURCES, ALREADY AVAILABLE IN LOCAL COMMUNITIES, TO BE TAKEN ADVANTAGE OF BY LOCAL CHAPTERS. THE USE OF THESE RESOURCES WILL HELP CHAPTERS LEARN HOW TO BE GOOD COMMUNITY LEADERS AND BETTER POSITIONED TO RESPOND TO THESE TYPES OF SITUATIONS, SHOULD THEY EVER OCCUR.





Substance Abuse Awareness

OVERVIEW

THE GENERAL FRATERNITY SUGGESTS THAT UNDERGRADUATE CHAPTERS COLLABORATE WITH ITS ALUMNI ADVISORY TEAM TO IDENTIFY RESOURCES MADE AVAILABLE ON THEIR CAMPUS OR IN THEIR COMMUNITY RELATED TO PREPAREDNESS FOR A POTENTIAL SUBSTANCE OVERDOSE AT A CHAPTER FUNCTION. HAVING INDIVIDUAL MEMBERS TRAINED IN THESE AREAS PROMOTES THEIR OWN PERSONAL DEVELOPMENT AND THE SAFETY OF OUR MEMBERS AND GUESTS.

NALOXONE RESOURCES

CHAPTERS IN THE UNITED STATES:

AS OF MARCH 2023, THE UNITED STATES' FOOD AND DRUG ADMINISTRATION (FDA), APPROVED THE PRESCRIPTION-TO-OVER THE COUNTER SWITCH FOR 4MG NALOXONE NASAL SPRAY, AND THEREFORE FEDERALLY MANDATED THAT NALOXONE BE MADE AVAILABLE OVER THE COUNTER IN ALL 50 U.S. STATES AND OVERSEAS TERRITORIES. CHAPTERS LOCATED IN THE UNITED STATES MAY WORK WITH LOCAL ADVISORS AND CAMPUS PROFESSIONALS TO ESTABLISH A PLAN TO PROCURE AND HAVE NALOXONE NASAL SPRAY AVAILABLE AT CHAPTER FUNCTIONS.

CHAPTERS IN CANADA:

AS OF MARCH 2016, HEALTH CANADA CHANGED THE PRESCRIPTION STATUS OF NALOXONE TO INCREASE PUBLIC ACCESS. THE GOVERNMENT OF CANADA HAS PUBLISHED ONLINE RESOURCES FOR CITIZENS IN EACH PROVINCE AND TERRITORY TO PROCURE FREE NALOXONE EMERGENCY KITS. THE WEBSITE OF HEALTH CANADA ADDITIONALLY PROVIDES VIDEOS ON ADMINISTRATION OF NALOXONE IN THE EVENT OF AN OVERDOSE EMERGENCY.

CPR Training Resources

OVERVIEW

IT IS SUGGESTED THAT UNDERGRADUATE CHAPTERS TAKE ADVANTAGE OF CPR TRAINING AVAILABLE IN THEIR LOCAL COMMUNITIES. THIS MAY BE ACHIEVED BY ENCOURAGING CERTAIN INDIVIDUAL MEMBERS TO ATTEND TRAINING OR COORDINATING AN EVENT FOR THE CHAPTER OR WIDER GREEK COMMUNITY.

CPR RESOURCES

CHAPTERS ARE ENCOURAGED TO WORK WITH THEIR FRATERNITY & SORORITY LIFE OFFICE TO SEE WHAT TRAINING RESOURCES MAY BE AVAILABLE THROUGH THEIR HOST INSTITUTION. IN ADDITION, MOST LOCAL OR COUNTY-LEVEL GOVERNMENTS IN THE UNITED STATES, AND PROVINCIAL GOVERNMENTS IN CANADA, OFFER FREE CPR TRAINING UPON REQUEST. IF NOT AVAILABLE IN YOUR AREA, THE AMERICAN AND CANADIAN RED CROSS, OR ADDITIONALLY IN THE UNITED STATES, THE AMERICAN HEART ASSOCIATION, OFFER FREE CPR TRAINING SESSIONS UPON REQUEST. SIGMA CHI UNDERGRADUATE CHAPTERS SHOULD WORK WITH THEIR LOCAL GOVERNING COUNCILS OR ADMINISTRATIVE UNIVERSITY OFFICES TO SET UP AND COORDINATE THESE TRAINING SESSIONS.

PURSuing SUCH OPPORTUNITIES DEMONSTRATES THE CHAPTER'S COMMITMENT TO HEALTH, SAFETY, AND WELLNESS. FURTHERMORE, CHAPTERS MAY EARN CREDITS TO BE APPLIED TO THEIR CURRENT YEAR RISK MANAGEMENT FOUNDATION (RMF) MEMBERSHIP FEES.





Mental Health Awareness

OVERVIEW

IT IS STRONGLY RECOMMENDED THAT UNDERGRADUATE CHAPTERS PRIORITIZE MENTAL HEALTH AWARENESS INITIATIVES, ENCOURAGING THEM TO HOST AT LEAST ONE MENTAL HEALTH AWARENESS EVENT PER ACADEMIC SEMESTER, PARTICIPATE IN THE FRATERNITY'S MENTAL HEALTH ACTION DAY EACH FALL, TAKE ADVANTAGE OF LOCAL RESOURCES, AND ESTABLISH A MENTAL HEALTH & WELLNESS CHAIRMAN AND COMMITTEE. THIS PROACTIVE APPROACH AIMS TO ENSURE THAT CHAPTER MEMBERS ARE WELL-INFORMED AND PREPARED TO ADDRESS MENTAL HEALTH CHALLENGES THAT MAY ARISE AMONG MEMBERS, LOVED ONES, OR GUESTS. THROUGH TAKING ADVANTAGE OF LOCAL MENTAL HEALTH RESOURCES AND IMPLEMENTING THESE RECOMMENDATIONS, CHAPTERS CAN ESTABLISH A HEIGHTENED SENSE OF EMOTIONAL WELL-BRING AND SUPPORT FOR THEIR MEMBERS AND GUESTS. THIS NOT ONLY CONTRIBUTES TO FOSTERING A MORE COMPASSIONATE AND UNDERSTANDING COMMUNITY BUT ALSO UNDERSCORES THE FRATERNITY'S COMMITMENT TO THE MENTAL HEALTH AND OVERALL WELLNESS OF ITS MEMBERS.

THE SIGMA CHI REACH OUT APP

THE SIGMA CHI REACH OUT APP IS A DEDICATED PLATFORM DESIGNED TO ADDRESS MENTAL HEALTH NEEDS WITHIN THE FRATERNITY AND INDIVIDUAL CHAPTERS. IT PROVIDES EASY ACCESS TO A VARIETY OF LOCAL RESOURCES DEPENDING ON THE USERS' LOCATION. THESE RESOURCES INCLUDE ARTICLES, VIDEOS, AND CONTRACTS FOR MENTAL HEALTH PROFESSIONALS, MENTAL HEALTH HOTLINES, AND EMERGENCY SERVICES. THE APP AIMS TO FURTHER CREATE A SUPPORTIVE COMMUNITY, ENCOURAGING OPEN CONVERSATIONS AND OFFERING VALUABLE RESOURCES TO PROMOTE MENTAL HEALTH AWARENESS AND SUPPORT WITHIN SIGMA CHI, EVER ADVANCING THE MISSION OF THE FRATERNITY.

CASE STUDY: MENTAL HEALTH ROUNDTABLES

THE EPSILON OMEGA CHAPTER AT BALL STATE UNIVERSITY IN MUNCIE, INDIANA HAS AN INNOVATIVE APPROACH TO MENTAL HEALTH AWARENESS. A SMALLER GROUP MAKES ONE FEEL MORE COMFORTABLE DISCUSSING DIFFICULTIES IN THEIR LIFE, AND THROUGH THE USE OF A SMALL 'ROUNDTABLE' STYLE GROUP, BROTHERS ARE PROVIDED WITH THIS SENSE OF COMFORT. ADDITIONALLY, WITH THE USE OF A SMALLER GROUP, THERE IS AN INCREASED OPPORTUNITY FOR BROTHERS TO PROVIDE ADVICE AND SUPPORT TO ONE ANOTHER. IT IS RECOMMENDED THAT CHAPTERS, THROUGH THE INTRODUCTION OF A MENTAL HEALTH CHAIRMAN, IMPLEMENT A SIMILAR PROGRAM FOR THEIR BROTHERS.



Mental Health Awareness

THE SIGMA CHI REACH OUT APP

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THIS SERVICE PROVIDED BY THE FRATERNITY IS TRULY UNIQUE IN ITS POSITION TO OFFER RESOURCES FOR ASSISTANCE TO THOSE WHO NEED IT. IT IS ENCOURAGED THAT CHAPTERS ADVERTISE THE USE OF THE SIGMA CHI REACH OUT APP TO THEIR MEMBERS, SO THIS RESOURCE IS AS FAR REACHING AS POSSIBLE. MORE INFORMATION ON THE SIGMA CHI REACH OUT APP CAN BE FOUND ON THE WEBSITE OF THE INTERNATIONAL FRATERNITY.



LIVING WELL & MENTAL HEALTH SAFETY

MENTAL HEALTH SAFETY IS ALSO DEPENDENT UPON LIVING WELL. ABSTAINING FROM DRUG USE, ENSURING ALCOHOL USE IS DONE IN A SAFE AND RESPONSIBLE MANNER, AND MAINTAINING A PHYSICAL EXERCISE ROUTINE ARE ALL COMPONENTS THAT CAN HELP MAINTAIN A GOOD MENTAL HEALTH. THESE COMPONENTS, WHEN COMBINED WITH THE SUPPORT SYSTEM SIGMA CHI PROVIDES, ALLOW BROTHERS TO TRULY LIVE WELL.



Mental Health Awareness

MENTAL HEALTH RESOURCES AT COLLEGES AND UNIVERSITIES

COLLEGES AND UNIVERSITIES IN THE UNITED STATES AND CANADA ARE INCREASINGLY RECOGNIZING THE IMPORTANCE OF MENTAL HEALTH, PROVIDING A RANGE OF RESOURCES TO SUPPORT STUDENTS. THESE RESOURCES OFTEN INCLUDE COUNSELING SERVICES, CRISIS HELPLINES, AND MENTAL HEALTH AWARENESS CAMPAIGNS. SIGMA CHI CHAPTERS ARE CONSIDERED LEADERS OF THESE INITIATIVES, AND CHAPTERS ARE ENCOURAGED TO CONTINUALLY PARTNER WITH INTERFRATERNITY COUNCILS (IFCS) AND UNIVERSITY STUDENT GOVERNMENTS TO AMPLIFY MENTAL HEALTH AWARENESS FOR MEMBERS, GUESTS, AND COMMUNITIES AS-A-WHOLE.

THROUGH COLLABORATIVE EFFORTS, SIGMA CHI CHAPTERS SHOULD CONTRIBUTE TO ORGANIZING EVENTS, WORKSHOPS, AND CAMPAIGNS THAT PROMOTE MENTAL HEALTH EDUCATION AND DESTIGMATIZE SEEKING HELP, ESPECIALLY FOR MEN, WHO ARE OFTEN MADE TO FEEL TO HOLD ONTO THEIR POTENTIALLY NEGATIVE THOUGHTS. BY FOSTERING PARTNERSHIPS WITH IFCS AND STUDENT GOVERNMENTS, SIGMA CHI CHAPTERS WILL BE ABLE LEVERAGE THEIR INFLUENCE TO CREATE A CAMPUS-WIDE CULTURE OF UNDERSTANDING AND SUPPORT FOR MENTAL HEALTH. FURTHER, MOST COLLEGES AND UNIVERSITIES HAVE SOME SORT OF STUDENT MENTAL HEALTH SERVICE, AND SIGMA CHI UNDERGRADUATE CHAPTERS ARE ENCOURAGED TO PARTNER WITH THESE PROFESSIONAL OFFICES. THIS COLLABORATIVE APPROACH NOT ONLY BENEFITS FRATERNITY MEMBERS BUT ALSO EXTENDS THE IMPACT TO THE BROADER STUDENT COMMUNITY, FOSTERING A COMMITMENT TO OVERALL MENTAL WELL-BEING ON COLLEGE AND UNIVERSITY CAMPUSES.





Mental Health Awareness

THE IMPORTANCE AND NEED FOR FRATERNITY

FRATERNITY AND BROTHERHOOD PLAY A CRUCIAL ROLE IN PROMOTING MENTAL HEALTH AWARENESS BY CREATING A SUPPORTIVE COMMUNITY OF BROTHERS. IN THE FACE OF LIFE'S NATURAL CHALLENGES AND ADVERSITY, MEMBERS ARE ABLE TO FIND SOLACE AND STRENGTH IN THE BONDS THAT CAN ONLY BE FORGED IN A FRATERNITY. THE SHARED EXPERIENCES AND IDEALS BUILD A STRONG CAMARADERIE AMONG MEMBERS AND CREATE A SAFE SPACE WHERE OPEN CONVERSATIONS ABOUT MENTAL HEALTH CAN OCCUR WITHOUT JUDGEMENT.

BROTHERHOOD WILL ALWAYS FOSTER A SENSE OF BELONGING AND ACCEPTANCE, REDUCING FEELINGS OF ISOLATION THAT CAN EXACERBATE MENTAL HEALTH ISSUES. TOGETHER, BROTHERS ARE ABLE TO BE THERE FOR ONE ANOTHER, AND ALWAYS STAY AS ONE ANOTHER'S KEEPER. THE MUTUAL SUPPORT WITHIN A FRATERNITY ENCOURAGES MEMBERS TO SEEK HELP WHEN NEEDED AND THEREFORE PROACTIVELY DESTIGMATIZES DISCUSSIONS AROUND MENTAL HEALTH. THROUGH SHARED EMPATHY, ENCOURAGEMENT, AND A COMMITMENT TO EACH OTHER'S WELL-BEING, FRATERNITIES CONTRIBUTE SIGNIFICANTLY TO BREAKING DOWN BARRIERS SURROUNDING MENTAL HEALTH, PROMOTING RESILIENCE, AND FOSTERING A CULTURE OF UNDERSTANDING AND COMPASSION.

WITHIN SIGMA CHI'S TRADITIONS AND RITUAL, BROTHERS CAN ALWAYS FIND SOLACE, COMFORT, AND PEACE. IT IS THE CALLING OF BROTHERS TO SUPPORT, CARE, AND PROVIDED ADVICE FOR ONE ANOTHER. THIS CALLING IS A SPECIAL ONE THAT CAN SPECIFICALLY BE FOUND IN FRATERNAL BONDS.