Wellness Promotion & Education (WPE) held its 6th annual SSB on Monday, March 14, Tuesday, March 15 and Wednesday, March 16, from 10:00 a.m. to 1:00 p.m. in the Central Mall at CSU Channel Islands. In an effort to provide an informative and interactive event, WPE hosted outreach tables featuring several campus, community and student organizations who shared information as detailed below:

- California Highway Patrol (CHP) – DUI prevention
- Campus Police – DUI prevention
- Coalition for Family Harmony – sexual assault prevention and resources
- Community Responsibility and Student Conduct – consequences of misconduct
- Counseling and Psychological Services – mental health resources
- Gamma Beta Phi – responsible drinking
- Generation Action/Planned Parenthood – safer sex
- Promoting Achievement Through Hope (PATH) – campus resources, travel tips, safe and affordable travel ideas
- Project Safer – DUI prevention
- Wellness Promotion & Education – sexual health, avoiding high-risk drinking behaviors, healthy lifestyle information

The Safe Spring Break (SSB) campaign is adopted from NASPA’s Boosting Alcohol Consciousness Concerning the Health of University Students (BACCHUS) Initiatives. This annual campaign is designed to encourage and promote college students to make positive health and safety choices for themselves and their friends, through the promotion of safe and sober driving, responsible decision-making, planned strategies for personal safety, and avoiding high-risk drinking behaviors.
Students had the opportunity to participate in activities like the DUI crash car display, DUI field sobriety simulations, Wellness Wheel trivia and making (non-alcoholic) mocktails. New to this annual event was the addition of an outdoor Zumba class and outdoor yoga class. These classes were in collaboration with Campus Recreation; student instructors conducted each class on the Central Mall lawn during the event. These classes were well received as 6-10 students attended each class. Student feedback included feelings of inclusiveness and engagement, "...taking a Zumba class with my fellow CI students, outside, really added to the SSB experience" and relaxation "...yoga...at SSB...helped me relax and get my mind off of school work." There was general consensus among students to "...have [Zumba and yoga] next year!"

Over the course of this 3-day event, WPE interacted with over 125 students (this number may be higher as several students experienced problems with the electronic registration program). Based on our Check I’m Here registration results, our attendees were primarily freshmen (31.1%) and juniors (25.4%); female (73.8%) and non-housing/commuter students (65.6%). Below are key findings interpreted from 123 post-event evaluations:

- On a scale of “good” (highest) to “poor” (lowest), 87% of students rated this event as “good” with commentary such as “all relevant topics covered”.
- 40% of students said they would consider using the designated driver system during their Spring Break and conveyed the need for a designated driving program/Uber program on campus.
- Students are interested in receiving more information about fun and entertainment opportunities in the local area.
- A comparison between Collegiate Alcohol Awareness Week and SSB revealed SSB generated greater success in educating students about safer alcohol use including recognizing the signs of alcohol poisoning, drunk driving prevention and avoiding high-risk drinking behaviors.

Feedback from evaluations will provide direction for future SSB events, which include downsizing the event to 2 days; increasing the quantity and variety of exercise classes (Zumba and yoga) conducted during the event to maximize student attendance, and provide more information regarding local and international travel tips.