

**Drug Free Schools Community Act**

**2019 Biennial Review**

**12/31/2019**

**Written and Compiled by:**

**Sarah Keiser, MS, LADC**

**Coordinator of Alcohol and Drug Services**

**Department of Counseling Services**

**I. Introduction:**

The following report is a result of the 2019 Drug Free Schools Communities Act (DFSCA) biennial review, which evaluates the Alcohol and Other Drug (AOD) programs implemented during the 2017-2018 and 2018-2019 academic years. This report contains a description of the Southern Connecticut State University (SCSU) community; an overview of the SCSU policies, sanctions, and enforcement efforts; a summary of AOD education and prevention programs; an assessment of program goals; a review of the strengths and weaknesses of SCSU AOD initiatives; and recommendations for the next two academic years. In an effort to conduct a thorough review, Residence Life, Counseling Services, the Office of Student Conduct and Civic Responsibility, the Wellness Center, and University Police all participated in gathering information and assessing program effectiveness of AOD initiatives. Questions concerning alcohol and other drug programs, interventions, and policies may be directed to Sarah Keiser, M.S. LADC, Coordinator of Alcohol and Drug Services at keisers3@southernct.edu and (203)392-5087.

**II. About Southern Connecticut State University:**

Southern Connecticut State University is a diverse community of 9300 students and is located less than three miles from downtown New Haven, Connecticut near the artsy and historic Westville Village section of the city. Founded as a teachers’ college in 1893, Southern has evolved over the past century into a comprehensive university offering 114 graduate and undergraduate programs. More than 700 faculty members lead students through a wide range of studies and research specialties. Students are housed in nine residence halls with an approximate occupancy of 2600 student spaces. Southern is an access institution, with a strong commitment to social justice, and is accredited by the Connecticut Board of Governors for Higher Education and the New England Association of Schools and Colleges (NEASC).

**III. Alcohol and Other Drug Policies:**

1. SCSU Student Alcohol and Other Drug Policy, University Sanctions, and Enforcement

It is the University’s intent to provide a drug free, healthy, safe and secure academic environment. The University seeks to uphold the drug and alcohol-related policies and laws and will impose disciplinary sanctions against students who violate policies and laws consistent with local, state, and federal laws. The University strictly prohibits the use, consumption, possession, and distribution of alcohol by any student under the age of 21 within University housing facilities, on campus grounds, or at University sponsored events. The abuse of alcohol and other drugs by students, regardless of age and of location (on-campus or off-campus), is prohibited by the Student Conduct Code. The University can, and will, impose disciplinary sanctions for violations. Students are also subject to city ordinances and state and federal laws.

**Good Samaritan Medical Amnesty Statement:**

In an effort to foster responsible student behavior and to respect the health and welfare of all members of the SCSU community, if an individual or organization reaches out to a campus official seeking medical attention for him/herself or for another, the student or organization requesting assistance and the student requiring assistance may not be subject to the typical disciplinary sanctions for a violation of campus alcohol and drug policies, as long as the individuals or organizations comply with all assessments and follow-up required by the Office of the Dean of Students.

This Good Samaritan Medical Amnesty Statement applies only to cases where there is a legitimate concern for a person’s wellbeing as a result of excessive alcohol or drug use. Additional infractions occurring simultaneous to the alcohol or drug use (i.e., acts of vandalism, physical assault, disorderly conduct) will be adjudicated separately. If the student is involved in any subsequent or repeat incidents involving misuse of alcohol and other drugs, the situation will be evaluated by the Dean of Students Office to determine if the Good Samaritan Medical Amnesty Statement applies. Further, this statement applies only to campus disciplinary procedures and does not apply to local, state, and federal processes.

**Residence Hall Alcohol Policies and Protocols:**

Alcohol is not permitted in six of the nine residence halls and is permitted in limited quantities for students 21 years or older in Brownell, Schwartz, North Campus and North Campus townhouses.

Residence Life staff are required to notify University Police of all incidents involving possession of alcohol by an underage student or providing alcohol to minors. Residence Life staff reserve the right to have a student dispose of alcohol in instances where alcohol is involved in a University protocol violation or a situation in which an individual’s safety may be impacted.

University Police have the discretion to issue a citation for violations of the Connecticut State Law for possession of alcohol by a minor which may include a fine of $136, suspension of a driver’s license and criminal charges. Students found in violation of the alcohol protocol may receive a referral to the Office of Student Conduct and Civic Responsibility and to the Coordinator of Alcohol and Drug Services. Students with two or more violations of the alcohol protocol are at risk for losing on campus housing privileges.

Residence Life staff also reserve the right to request a medical evaluation for students appearing intoxicated. University Police and emergency personnel may transport a student to the hospital if medical attention is deemed necessary for the health and safety of a student. Notification is made to an emergency contact person provided by the student and is required for all medical transports to the hospital.

Residential students who have been transported to the hospital for a medical evaluation resulting from alcohol or drug intoxication are able to return to the residence halls upon discharge from the hospital. Students receive a “Returning to SCSU medical transport” form with instructions prior to their departure to the hospital. The Director of the residence hall will conduct a follow up wellness check the next day. Guests of residential students who violate the university’s alcohol policy may be banned from entering the halls in the future.

**Sanctions and Enforcement:**

There are a number of offices that serve a direct role in the enforcement of SCSU’s alcohol and other drug policy as well as the issuing of sanctions. The primary offices consist of University Police, Residential Life, and Student Conduct/Civic Responsibility. Residential Life is responsible for lower level incidents involving alcohol that take place in one of the residential facilities. These incidents are typically handled by the Resident Hall Director and involve first offenses and lower level cases. University Police assists Residential Life when necessary in the residential facilities but is primarily responsible for all other areas on campus.

The University Police have the discretion to handle through the legal system (i.e. violations, misdemeanor, etc.), refer to Student Conduct, or both. Student Conduct handles all cases referred from Residential Life and University Police. These are typically higher level cases or repeat offenders and include all drug violations in the residence halls. The table below summarizes all of the incidents involving alcohol and other drugs handles within each of the office.

|  |  |  |
| --- | --- | --- |
| Alcohol  | 2017-2018 | 2018-2019 |
| Student Conduct/Res Life | 139 | 53 |
| Non-resident cases | 2 | 0 |
| University Police Violations | 22 | 14 |
| Totals | 163 | 67 |
|  |  |  |
| Other Drugs | 2017-2018 | 2018-2019 |
| Student Conduct Cases | 48 | 62 |
| Non-resident cases | 0 | 0  |
| University Police | 20 | 33 |
| Totals | 68 | 95 |

Each area has access to different types of sanctions to help change student behavior. As an educational institution, our primary focus is always one that is developmental in nature. In addition, we utilize progressive discipline as a means of changing behavior. University Police has the option to issue citations. These citations include a $136 fine, a 30-day suspension of driver’s license, and/or criminal charges. As Residential Life is handling lower level cases, their sanctions will often include a referral to an educational program and community service. Depending on the level of case and the previous discipline record of the person involved, the outcome can result in a separation from the University or from residence halls. If the case does not meet that level, the Office of Student Conduct and Civic Responsibility will routinely refer students to the Coordinator of Alcohol and Drug Services for evaluation and completion of an educational program. Secondary sanctions may also include community service, educational programs or other discretionary sanctions. Students who are assessed as being high-risk with substance use and are in need of more intensive treatment services for a substance use disorder may meet with the Coordinator of Alcohol and Drug Services who can refer a student to a treatment provider or program within the community.

# In reviewing the number of alcohol and other drug incidents over the time period that this report covers it is important to note that there has been a significant decrease in high risk alcohol use between 2016 and 2018 as indicated by the CORE campus survey data collected both in the Fall of 2017 and Fall 2018. A similar decrease has also been reflected in national college health trends measured by the American College Health Association National College Health Assessment, although SCSU’s decrease has been slightly steeper than the national average (see graphic below). This is consistent with the decline in alcohol related arrests as reported by University Police over the same time period. It was determined that the decrease in the number of infractions for alcohol was not a result of any discrepancies with enforcement of policy but rather a notable change in pattern of use with alcohol among SCSU students. CORE campus survey data gathered between 2014 and 2018 shows a decrease in the percentage of students who report using marijuana 3 times a week or more (see graph below). The number of drug violations and arrests increased slightly between 2018 and 2019 which may indicative of the changes surrounding legalization of marijuana in the region and an increase in use among students over the past year. Over the review period the University continued to experience a decrease in overall enrollment as well as a decrease in the number of students living on campus in residential housing.

#  High Risk/Binge Drinking  (5 or more drinks for men, 4 or more drinks for women)

* **Between 2014 and 2018 there was a 49.2% decrease in the number of SCSU respondents who consumed five or more drinks in a sitting one or more times within 2 weeks prior to completing the survey.**
* Between 2017 and 2018, there was a 23.3% decrease in the number of SCSU respondents who consumed five or more drinks in a sitting more than once in the previous two weeks.
* NATIONAL SOURCE: CORE Executive Summary 2008-2014, ACHA-NCHA 2017, 2018
* SOURCE: CORE Drug and Alcohol Survey 2008-2014, and CORE 2017-2018 Trend Analysis Report

# Frequent use of alcohol or marijuana

* In addition, while marijuana use 3 times a week or more increased among respondents from 2008 to 2014, it has since remained steady.
	+ Between 2008 and 2014, there was a 75% increase in the percentage of students who reported using marijuana 3 times a week or more.
	+ **Between 2014 and 2018, there was a 2.6% decrease in the percentage of students who reported using marijuana 3 times a week or more.**
* Data gathered from CORE 2008 Executive Summary, CORE 2010 Executive Summary, CORE 2012 Executive Summary, CORE 2014 Executive Summary, and CORE 2017-2018 Trend Analysis Report
* Note: There was no CORE survey conducted in 2016 at Southern.

Alcohol and Other Drug Standards for Student-Athletes:

SCSU Student Athletes are subject to the same standards of all SCSU students. In addition, student athletes, including athletic training students, are required to participate in an education program which aims to educate students on the risks associated with the use of alcohol and performance enhancing drugs. The Coordinator of Alcohol and Drug Services provides information about resources, treatment, and recovery support services on campus through presentations to each of the athletic teams at the start of the academic year. The NCAA requires random drug testing with student-athletes throughout the year, including summer and post seasons.

1. Employee Alcohol and Other Drug Policy, University Sanctions, and Enforcement:

The drug and alcohol free workplace policy applies to any person who is representing or conducting business for the University. Any individual observed unlawfully manufacturing, distributing, dispensing, using or possessing alcohol or illegal drugs in the workplace is to be reported immediately to University Police or local law enforcement. The University strongly encourages faculty and staff members to voluntarily obtain assistance for an alcohol or drug problem before such behavior results in an arrest and/or disciplinary referral which might result in their separation from the institution.

Individuals seeking help for a substance abuse problem are provided with resources on treatment programs in the community. The Lexington Group, an employee assistance program will maintain the confidentiality of persons seeking treatment and will not report them to institutional or state authorities. Through the Office of Human Resources, The Lexington Group offers employees additional education and counseling, as well as appropriate referrals. Within New Haven County, the following substance abuse counseling agencies exist:

The Connections Inc. 203-786-5316

APT Foundation, Inc. 203-781-4600

Cornell Hill Health Center 203-503-3470

These agencies provide a variety of services which may include inpatient and outpatient substance abuse counseling, detoxification, residential and intensive outpatient programs, medication assistance treatment for opioid use disorders, and long-term care. Interested individuals are encouraged to contact each agency for additional information regarding specific services and costs**.**

**Sanctions and Enforcement:**

Employees found violating the policy may be subject to disciplinary action including possible required participation in an approved alcohol and or drug treatment program. Additional disciplinary action may include termination of employment under applicable Board of Regents and State Universitiesregulations, University policies, statues, employment contracts, or collective bargaining agreements. There were no violations by employees of the Drug and Alcohol Free workplace policy reported between the academic years of 2017-2019.

1. Distribution of Alcohol and Other Drug Policies to Faculty, Staff, and Students

As a requirement of these regulations, the University continues to disseminate and ensure receipt of the below policy/information to all students, staff, and faculty on an annual basis.

The university remains in compliance by implementing programs to prevent the abuse of alcohol and use or distribution of illicit drugs by its students and employees. The University maintains written policies on alcohol and other drugs and has a method for distributing this policy to all students and employees.

The annual notification required by the Drug Free Schools and Community Act is sent out electronically each semester to all staff, faculty and students by the Associate Vice President of Student Affairs and Dean of Students and provides the following information:

1. Standards of Conduct that prohibit unlawful possession, use or distribution of illicit drugs and alcohol on its property.
2. A description of health risks associated with the use of illicit drugs and abuse of alcohol.
3. A description of applicable legal sanctions under local, state or federal law
4. A description of counseling and treatment programs within New Haven community.
5. A description of the disciplinary sanctions the institution will impose on students and employees.

As an academic community, Southern Connecticut State University is committed to providing an environment in which learning and scholarship can flourish. The possession or use of illegal drugs, or the abuse of those which may otherwise be legally possessed, seriously affects the University environment, as well as the individual potential of our students and staff.

1. **Alcohol and Other Drug Educational Prevention and Intervention Programs:**
2. Alcohol and Other Drug Services

Students who are referred from the Office of Student Conduct and Civic Responsibility are required to participate in one of the following AOD education programs facilitated by the Alcohol and Other Drug Coordinator:

**BASICS** is a brief two-three session harm reduction educational program that assists students in exploring alcohol and marijuana use and their desire to change behavior.

**Alcohol WISE** is a prevention online educational course that provides students with information about the effects of Alcohol on the body, moderation, determining pattern of use and health risks associated with long term alcohol use.

**Alcohol-E-Check up to Go (E-CHUG)-**isa personalized brief screening tool to assess alcohol use.

**Marijuana-E-Check up to Go (E-TOKE)**-is a personalized brief screening tool to assess marijuana use.

The Coordinator of Alcohol and Drug Services, in addition to providing clinical assessments, brief counseling, support groups, and referral services continues to provide additional outreach services on campus with the intention of connecting students to services both on and off campus. The AOD Coordinator works to build relationships with treatment agencies and recovery support groups to improve access for students seeking resources in the community.

Collegiate Recovery Community

In September of 2017, the Coordinator of Alcohol and Drug Services was awarded a $10,000 seed grant from Transforming Youth Recovery, a non-profit organization which aims to improve access to prevention, intervention and recovery services for young adults.

The CRC at SCSU is support based and student oriented with the goal of providing a resource for college students in long-term recovery and for any student seeking recovery. Additionally, we support and provide resources to students who have been directly or indirectly affected by the substance use of friends or loved ones. The CRC provides a recovery lounge space which provides a safe, supportive place for students to receive peer-based support designed to facilitate their recovery, connection, engagement, and success. This space also serves as an entry point for students not yet in recovery, but who are seeking help and resources for substance use disorders. There are currently several pathways to recovery support groups on campus which include Alcoholics Anonymous (AA) meeting, SMART recovery, and a support group for students who identify as being Adult children of Alcoholics (ACOA).

1. Wellness Center

The SCSU Wellness Center is responsible for broad student health outreach on topics including sexual health, tobacco use, nutrition, alcohol and other drugs, sleep and stress. The Wellness Center works in collaboration with Health Services, Counseling Services, Residence Life, the First Year Experience Office and other faculty in facilitating outreach programs and events. The Wellness Center facilitates health promotion activities for the campus community including presentations in classrooms and residence halls. The educational programs are aimed at increasing knowledge around alcohol, marijuana, and tobacco use in addition to prescription drugs. Over the 2017-18 and 2018-19 academic years, Wellness staff reported a total of 13,397 student engagements through 504 programs, including classroom programs, screening events, and outreach activities.

The SCSU campus implemented a tobacco and vape free campus policy in August of 2015. With the support of grant funding, the Wellness Center was able to not only promote and enforce the policy, but provide ongoing free cessation support and nicotine replacement therapy to students, faculty, and staff who request help quitting tobacco products. Casual smoking rates have dropped considerably among men between 2014 (26%) and 2018 (13%). Only 9% of undergraduate students reported regular tobacco use in 2018. However, the popularity of electronic nicotine delivery systems (ENDS) has resulted in increasing numbers of students vaping, with 26% of undergraduates reporting any use in the past month in 2018. In response, a grant-funded staff member in the Wellness Center has been trained as a Tobacco Treatment Specialist, and is providing more free resources and cessation support specifically around ENDS use.

The SCSU Custom Student Health Survey has been conducted every two years since 2002 (n=1,224 in 2018) and collects data on alcohol, tobacco and other drugs. In 2018 1,224 students were surveyed, and the 2020 survey will be held in spring of 2020. These anonymous and representative surveys allow staff to measure changes in behavior, trends, and needs that inform wellness programming, outreach, and campaigns.

1. Well-Being Committee

The Well-Being Committee was established in Fall 2019, and replaced the previously established Wellness Cluster. There are a variety of student affairs professionals on this committee, including representatives from the Dean of Students, Health Services, Wellness Center, Campus Recreation, Office of Student Conduct and Civic Responsibility, Disability Resource Center, Counseling Services, and Violence Prevention, Victim Advocacy and Support Center. This committee has been charged with developing and implementing strategic goals for the advancement of holistic health, mental health, and well-being efforts at Southern. Meetings are held every few weeks to review initiatives, efforts, and programming opportunities to enhance well-being on campus. For example, this committee hosted the first annual Week of Well-Being at the start of the semester in which a series of more than a dozen activities and events were offered to the Southern community, including resource fairs, health promotion events, and awareness campaigns. This committee has also adopted a model of well-being that

collaboratively supports engagement from the entire Southern community.

1. Social Norms:

In order to focus on specific primary prevention efforts intended to reduce high-risk alcohol use on campus, particularly among first year students, a campus-wide Social Norms program was adopted. Members of the Wellness Cluster successfully secured a $45,000 “Connecticut Campus Strategic Prevention Grant” from the Connecticut Department of Mental Health and Addiction Services and the Connecticut Healthy Campus Initiative. As part of this 3-year grant, staff conducted the CORE Campus Survey of Alcohol and Other Drug Norms in first year classrooms during the Fall 2017 and Fall 2018 semesters, surveying a total of 2,016 students over both years. The results indicated that respondents consistently overestimated both how often, and how much, their peers drink. The majority of first year students do not report frequently engaging in high risk drinking behaviors. This data supported an ongoing poster campaign with accurate social norms, and informed classroom programs and educational content.

During this same time, there have been significant decreases in high-risk alcohol use. The period between 2016 and 2018 saw the largest two-year change since 2006 (9.3% decrease) in past 30-day alcohol use, and a drop of 79.1% among respondents who report drinking alcohol 3 times per week or more. Between 2014 and 2018 there was a 49.2% decrease in the number of respondents who reported binge drinking in the past two weeks, again the biggest change seen over a 2-year period since 2006. Finally, alcohol use in the residence halls has also decreased between 2016 and 2018 by 15.7%.

1. Opioid Use and Abuse Prevention:

Between October 2017 and October 2019, Southern has received a total of $41,000 in grant funds from the Connecticut Healthy Campus Initiative in order to implement a campus opioid education and awareness program. The program goals are to increase knowledge of the dangers of heroin and opioid use and overdose, raise awareness of on campus resources and connect students, faculty and staff with support and access to treatment resources within the community. Classroom programs focus on opioid use and overdose, and free on-campus Narcan trainings provide anyone interested with information on identifying and responding to opioid overdose. Over 2,000 safe medication disposal bags have been distributed on campus. A campus-wide opioid use and prevention policy has been developed to better inform the campus community of the many available resources for prevention of opioid misuse, support and treatment, and the availability of Narcan for overdose response. Grant funds have allowed for the purchase of Narcan for University Police, Health Services and public training.

1. University Police:

In addition to providing safety through basic patrol, University Police further promote crime prevention through education and outreach efforts. The Southern Police Department facilitated several community outreach programs between Fall 2017 through Spring 2019. Topics included drunk driving prevention using Fatal Vision alcohol impairment simulation, laws specific to crime prevention, drugged driving, rape aggression and domestic violence laws. SCSU Police conducted 17 bystander intervention programs and training for 285 participants in 2018-2019. SCSU University Police provide community policing outreach programming which aims to recognize, respond, and report by learning to effectively prevent crime on campus. For the academic year 2018-2019, SCSU Police conducted 19 campus security authority training events in which 371 people attended. Campus Securities Authorities are individuals who under the Cleary Act are designated to receive and report criminal incidents to the Department of Public Safety so that they may be included in the Annual Security Report. SCSU Police participated in a Naloxone training in the Fall of 2018 and carry Naloxone on patrol in the event of an opioid overdose. In addition, Officers are also trained in the handling of suspicious drugs for evidentiary and testing purposes.

1. Student Support Team

The Student Support Team (SST) consists of a variety of student affairs professionals, including representatives from the Dean of Students Office, Student Involvement, Residential Life, Health Services, Wellness Center, Academic Advising, New Student and Sophomore Programs, Campus Recreation, Office of Student Conduct and Civic Responsibility, Disability Resource Center, Counseling Services, and Violence Prevention, Victim Advocacy and Support Center. This team gathers information from students, faculty, staff and family members in order to provide a proactive, collaborative, and coordinated approach to support students in distress. The SST addresses concerns about student behavior and personal issues, including mental health concerns, and strives to promote individual student well-being and success while maintain the overall safety of the campus community. This team meets weekly with the purpose of providing a confidential, respectful, and proactive model of support, while simultaneously promoting a positive, healthy, and safe student experience. Key objectives include identifying and gathering information about students of concern, assessing the information, and developing an effective response that addresses both the needs of the student and the safety of the campus community, and to implement a plan of action in such a way that de-escalates potential crises, reduces and removes any potential threats, and attends to the specific needs of the individual student.  This team has benefited from the recent addition of a new, full-time, case manager in the Dean of Student's Office, in addition to continued outreach and an updated informational folder that has been provided to various academic programs and campus community members on how to appropriately recognize, respond, and refer students in distress.

1. Residence Hall Training

All Resident Advisors and Residence Hall Directors receive training on the University’s alcohol and drug protocol and policies. Resident Advisors are responsible for three educational programs per semester, with one of the three being a life skills program which often can include alcohol and other drugs. During the time frame of August 2017 through May of 2019, Resident Advisors held 36 alcohol and drug prevention programs in the residence halls. The Coordinator of Alcohol and Other Drug Services provides training to all 88 Resident Advisorson an annual basis in August prior to the start of the academic year. The training aims to educate Resident Advisors on how to identify signs of an alcohol or drug problem including opioid abuse, risks associated with the abuse of alcohol and other drugs and how to refer and support a student who is in need of mental health or substance abuse services. Resident Advisors are also trained on how to be a recovery ally to support students in recovery who reside in the residence halls.

1. Parent Orientation

The New Student Orientation program includes a Parent and Family Track that provides families with information to support their student in their transition to university life. As part of the family program, families are divided into groups of no more than 20 in which they go through facilitation called Transitions with an Administrator from the Division of Student Affairs. As part of this discussion, the facilitator discusses conversations that should occur before the semester, including substance use and access to campus resources.

1. New Owls Weekend

All incoming freshman attend New Owls Weekend, which is an extension of the two-day orientation that students attend in June. Students are required to attend a presentation facilitated by representatives from the Division of Student Affairs and University Police that address a number of important issues that impact college students, including alcohol and other drugs. Students are provided with information about bystander intervention, disciplinary and legal consequences associated with substance use; the Good Samaritan Medical Amnesty Policy, and statistics from the CORE Survey that highlights substance use patterns among students. Students are provided with information about resources and services on campus to address drug and alcohol concerns.

1. **Alcohol and Other Drug Program Goals:**

An assessment of the recommendations from the 2017 report was conducted as part of the review process when determining the AOD program goals for the next two years. The goals outlined below are focused on providing students with education on alcohol and drugs and other health related topics and to increase awareness about resources and services for students who may be in need of counseling and support for a substance use disorder.

1. Increase efforts to make educational programs and supports accessible for transfer students entering into the university after their first year.

**Assessment:** Students receive education about the risk factors associated with the abuse of alcohol and other drugs through campus wide wellness outreach events, classroom presentations and in freshman new student orientation. A campus wide Social norms campaign to reduce high-risk alcohol use with a specific focus on first year students was launched in August of 2018. The CORE Campus Survey of Alcohol and Other Drug Norms was conducted in the Fall of 2018 which provided the data to support an ongoing Social Norms poster campaign.

1. Increase access for students seeking counseling and recovery supports who may have experienced negative consequences related to alcohol and other drug use and who are at higher risk for developing a substance use disorder.

**Assessment**: The Coordinator of Alcohol and Drug Services works in collaboration with community agencies that provide both treatment, recovery supports and sober housing which has created opportunities for new partnerships and provided students with increased access to services both on and off campus. The building of the SCSU Collegiate Recovery Community which began in the Fall of 2017 offers counseling, support groups, recovery housing options and a lounge space on campus for students in long-term recovery and those students seeking recovery.

The work of the Well-Being Committee, which includes representatives from many of the departments within the division of student affairs, has assisted in creating new initiatives and programming opportunities related to mental health and substance abuse that encourages students to access resources on campus.

1. Provide additional education to students about the risks associated with the abuse of benzodiazepines and other prescription drugs.

**Assessment**: A campus-wide opioid education and awareness program was successfully implemented beginning in October of 2017 and continued through the Fall of 2019. Students and staff received education on opioids and prescription drugs through programs and trainings offered both on campus and within the residence halls. The program goals aimed to increase knowledge about the dangers of opioid and prescription drug use, raise awareness of on campus resources and connect students with access to treatment services within the community. Classroom programs provided students with information about the long-term health consequences associated with the abuse of opioids and prescription drugs. Narcan trainings were offered to educate students and staff on how to recognize and respond to an opioid overdose.

1. Enhance outreach efforts campus wide to assist in creating greater awareness and an understanding among students of the Good Samaritan Medical Amnesty Policy which encourages members of the SCSU community to call emergency personnel for any person in need of medical attention in the case of an alcohol or drug overdose.

**Assessment**: Students are provided with information about the policy during NSO and New Owl’s Weekend. The residence life staff receive training during both semesters and provide additional education about the amnesty policy through educational programs in the residence halls.

1. Increase prevention efforts to provide education to students about the risks associated with the chronic use of high potency marijuana due to the rise in use among college age students.

**Assessment**: The Wellness Center works in collaboration with Counseling Services, Health Services, Residence Life, and other faculty in facilitating outreach programs and events. The educational programs aim to increase knowledge about the consequences of high-risk use with alcohol, marijuana, and tobacco. The Coordinator of Alcohol and Drug Services provides resources which include confidential screening tools and brief harm reduction educational programs aimed at reducing high-risk use among students.

1. Assure that all SCSU employees receive information about EAP programs and can access services in a confidential manner.

**Assessment**: Annual notification of the University’s Alcohol and Drug policies including information about EAP services is sent out electronically each semester to all full-time and part-time staff, faculty and students by the Associate Vice President and Dean of students.

1. **SCSU AOD Program Strengths:**
2. The institution provides clear and comprehensive guidelines for students and employees regarding its alcohol and drug policies and continues to maintain a drug and alcohol free workplace.
3. The University employs staff with appropriate training and licensure to address issues of alcohol and other drug use/abuse by students and staff in addition to contracting with third party vendors to provide employees with treatment services.
4. The newly established Well-being Committee has implemented strategic goals for the advancement of holistic health and well-being efforts on campus, allowing for greater collaboration between departments within the Division of Student Affairs.
5. The Coordinator of Alcohol and Drug Services and the Coordinator of the Wellness Center are members of the Connecticut Healthy Campus Statewide Initiative, which supports campus level alcohol and other drug prevention efforts through trainings, workshops and grant funded opportunities.
6. The University implemented a Good Samaritan Medical Amnesty Statement in 2014 that encourages students to call emergency personnel for any person in need of medical attention in the case of an alcohol or drug overdose.
7. The University provides services, resources, and programs on campus to promote safety and to educate students on risk factors associated with the abuse of alcohol and other drugs.
8. SCSU University Police track the number of alcohol and drug related offenses on a monthly basis and work in coordination with the Office of Student Conduct and Civic Responsibility to ensure the safety of our students, staff, and faculty.
9. The SCSU student support team meets weekly to discuss students of concern, including students who may be at risk for developing a substance use disorder and who are in need of mental health and substance abuse services.
10. The Coordinator of Alcohol and Drug Services secured grant funding to establish a CRC on campus that offers multiple pathways to recovery meetings on campus to support students seeking recovery and for any student in long term recovery from a substance abuse disorder.
11. External grant funding secured by the Wellness Center has allowed for enhanced prevention and outreach activities related to high risk alcohol use (the social norms campaign) and opioid education, awareness, and response.
12. **SCSU AOD Program Weaknesses:**
13. SCSU employees seeking EAP assistance have to contact Human Resources for a code prior to accessing services, which may deter some individuals from seeking treatment due to a lack of confidentiality.
14. While many of the alcohol and other drug programs focus on first year students, more supports could be made available to students who transfer into the university after their first year.
15. Marijuana use among students continues to rise on campus as legalization efforts grow in the region. Additional education and prevention efforts aimed at harm reduction may be warranted on this topic moving forward.
16. Increased efforts are needed to educate students on the risks associated with the abuse of benzodiazepines due to the rise in use among college age students.
17. Some students still lack an understanding of the Good Samaritan Medical Amnesty policy. More outreach efforts to raise awareness about the policy is necessary to encourage students to call for help in the case of an alcohol or drug overdose.
18. **SCSU AOD Program Recommendations:**
19. Review the Connecticut State University Alcohol policy as it relates to Residence Life policies and best practices.
20. Work to enhance parental involvement in addressing alcohol and drug abuse among students through exploring other mechanisms by which to remind parents of the importance of communicating with their students about the risks associated with alcohol and other drug use.
21. Continue to provide prevention programs that focus on educating students about the risks associated with high-risk drinking while enhancing efforts to address the abuse of benzodiazepines and prescription drugs.
22. Increase awareness among staff and faculty about the availability of EAP programs and work with Human Resources to ensure that employees can access services in a confidential manner.
23. Respond to increased use of ENDS and marijuana by providing factual information and accessible cessation support.
24. Inform the campus community about the Campus Opioid Overdose prevention policy, which will be implemented on January 1, 2020.