



Drug Free Schools Community Act
2017 Biennial Review
12/31/2017

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I. Introduction:

The following report is a result of the 2017 Drug Free Schools Communities Act (DFSCA) biennial review which evaluates the Alcohol and Other Drug (AOD) programs implemented during the 2015-2016 and 2016-2017 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 over 10,000 students and is located less than three miles from downtown New Haven, Connecticut near the artsy and historic Wellsville 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:

A. 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 office consists 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 situations 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 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	2015-2016	2016-2017
Student Conduct Cases	96	72
University Police Violations	28	27
Residential Life Case	315	152
Totals	439	251

Other Drugs	2015-2016	2016-2017
Student Conduct Cases	58	70
University Police Violations	49	23
Residential Life Case	0	0
Totals	107	93

Each area has access to different types of sanctions to utilize 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 may come with a \$136 fine, suspension of driver’s license, and/or criminal charges. As Residential Life is handling lower level cases, their sanctions typically include educational programs 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 may meet with the Coordinator of Alcohol and Drug Services who can refer a student to a treatment provider within the community.

In reviewing the alcohol and other drug incidents over the time period that this report covers it was determined that there is a high level of consistency with relation to enforcement and discipline. While we have found this to be true, the numbers themselves may not demonstrate this conclusion. It is important when reviewing these numbers to also consider the context. Over the review period the University experienced a decrease in overall enrollment as well as enrollment in our residential facilities. In addition, the University has intentionally worked with off-campus partners such as local apartment complex owners and business owners to assist with addressing student behavior. This has proved very successful.

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. Further, the CSCU drug testing policy randomly selects student athletes each academic semester for drug testing. In fall of 2015, 20 student athletes were selected for testing with 3 student testing positive for drugs and in spring of 2016, 30 student athletes were selected and 2 athletes tested positive.

The CSCU drug testing policy imposed the following sanctions for students who violated the AOD policy. A first offense included a referral to the AOD Coordinator for the completion of the BASICS program, a 14-day suspension from the team, and twenty percent loss of in-season competitions. Sanctions for a second offense included a 30-day suspension from the team, and a third offense would result in a dismissal from the team. Due to fiscal constraints the CSCU drug testing policy was changed in the the spring of 2016. The NCAA does do random drug testing with student-athletes throughout the year, including summer and post seasons.

B. 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 the New Haven County, the following substance abuse counseling agencies exist.

The Connections Inc.	203-786-5316
APT Foundation, Inc.	203 781 4600
Rushford Center	203 630 5220
North side Community Outpatient Services	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, methadone maintenance 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 Universities regulations, University policies, statutes, 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 2015-2017.

C. 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 on an annual basis 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.

IV. Alcohol and Other Drug Educational Prevention and Intervention Programs:

A. 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 intervention 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 use.

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

Marijuana-E-Check up to Go (E-TOKE)-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. There is currently an Alcoholics Anonymous (AA) meeting that is held weekly on campus.

In September of 2017, the Alcohol and Other Drug Coordinator was awarded a \$10,000 seed grant from Transforming Youth in Recovery, a non-profit organization which aims to improve access to prevention, intervention and recovery services for young adults. The mission of the three-year grant will be to create a collegiate recovery program on campus that will provide both social and academic supports and access to resources and treatment services which will assist students in attaining both their personal and academic goals.

B. 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 office works in collaboration with Health Services, Counseling Services, Residence Life, The office of First Year Experience and other faculty in facilitating outreach programs and events. The Wellness office facilitates health promotion activities for the campus community including presentations in the classrooms and residence halls. The educational programs are aimed at increasing knowledge around alcohol, marijuana and tobacco use in addition to prescription drugs. The SCSU Wellness staff provided 14 Alcohol 101 presentations to classrooms and 9 resident hall programs on Alcohol during the time period from August 2015 through spring of 2017. In addition to alcohol, the Wellness staff provided 14 classroom presentations on Marijuana and Tobacco.

The SCSU campus went tobacco and vape free in August of 2015 and has received a tobacco grant to help promote the policy and to enhance tobacco cessation support for staff and students on campus. Casual smoking rates have dropped considerably among men between 2014 (26%) and 2017 (17%). Only 8% of undergraduate students reported regular tobacco use in 2016.

The 2016 SCSU Custom Student Health Survey collected data on alcohol, tobacco and other drugs and will be conducted again in February 2018. Data is also collected through pre- and post-test surveys that are given out by Wellness staff in all classroom presentations.

C. Wellness Cluster

Structural Changes within the SCSU Division of Student Affairs were made in the fall of 2015. The arrangement of wellness offices at Southern Connecticut State University (SCSU) were redesigned in an effort to enhance primary, secondary, and tertiary prevention services for SCSU students. The Coordinator of Alcohol and Other Drug Services office was integrated into the SCSU Counseling Services office. This was intended to enhance collaboration between the AOD Coordinator and Counseling Services clinicians, and allow for more seamless referrals between clinicians when appropriate. At the same time, the SCSU Wellness office was moved to a new, separate location after initially sharing space at the SCSU Health Center.

Social Norms:

The Southern Connecticut State University (SCSU) Wellness Cluster was formed in the fall of 2016 to provide strategic and cohesive AOD and wellness programming. The Coordinator of Alcohol and Other Drug Services, the Director of Counseling, the Director of the Fitness Center, the Director of Health Services, and the Coordinator of the Wellness Center meet together on a regular basis as part of this working group. In addition to maintaining contact intended to enhance communication and collaboration between these offices, the members of the Wellness Cluster decided to focus on specific primary prevention efforts intended to reduce high risk alcohol use on campus. After deciding to implement a campus-wide “Social Norms” program on the SCSU campus, the members of the Wellness Cluster successfully secured a \$45,000 “Connecticut Campus Strategic Prevention Grant.” from the Department of Mental Health and Addiction Services. The current timeline for this project includes mining local data, implementing metrics to measure program effectiveness, and working with an external consultant during the 2017-18 academic years. We plan to launch the program, with a specific focus on first year students, in the fall of 2018.

Opioid Use and Abuse Prevention:

Southern was awarded an \$11,000 grant funded by the Connecticut Healthy Campus Initiative in October 2017 to implement a campus opioid education and awareness program to raise public awareness, increase knowledge and reduce health risks associated with the misuse of heroin and opioids. The program intends 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.

D. University Police

Beginning in August of 2015 through spring of 2017, Southern police facilitated 27 community engagement programs. Topics included Alcohol and Drug prevention, laws specific to bystander intervention, crime prevention, drugged driving, rape aggression, domestic violence laws, and an opiate addiction panel. In addition, University Police offers the Law Enforcement and Resident Network (L.E.A.R.N) which aims to effectively report respond and prevent crime on campus. In addition to providing safety through basic patrol, university police further promote crime prevention through education and outreach efforts.

E. Student Support Team

The Southern Connecticut State University (SCSU) Student Support Team is a group that meets on a weekly basis to discuss and respond to students of concern. This includes students who may be at risk for substance abuse and/or dependency. The group includes the Dean of Students, the Student Support Team Case Manager, the Director of Counseling Services, the Director of Health Services, and representatives from the Residence Life, Student Conduct, and Student Activities offices. The SCSU Support Team gathers information from personal contact with students, faculty, staff and family members in order to provide a proactive, collaborative and coordinated approach to support students in distress. The Student Support Team addresses concerns about student behavior and personal issues, including mental health concerns, and strives to promote individual student wellbeing and success while maintaining the overall safety of the campus community. The purpose of the SCSU Support Team is to provide a confidential, respectful and

proactive model of support while simultaneously promoting a positive, healthy and safe student experience.

F. Residence Hall Training

All Resident Advisors and Residence Hall Directors are trained on the 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 can include alcohol and other drugs. During the time frame of August 2015 through spring of 2017, resident advisors held 24 alcohol and drug programs in the residence halls. The Coordinator of Alcohol and Other Drug Services provides training to all 88 resident advisors on an annual basis prior to the start of the academic year. The training aims to educate RA's on how to identify signs of an alcohol or drug problem, risks associated with the abuse of alcohol and other drugs and the referring of a student who is in need of support services.

G. Orientation

All incoming freshman are required to attend New Owls Weekend which is an extension of the two-day orientation program that students attend in June. All students attend a presentation facilitated by the Chief of Police and the Assistant Dean of Students/Director of Student Conduct which covers personal safety and both university sanctions and laws regarding alcohol and other drug use on campus.

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

1. Provide education on alcohol and other drugs and health related topics to empower students to make responsible decisions regarding their health and safety.

Assessment: Students receive education on alcohol and other drugs through classroom presentations, resident hall programs, campus wide outreach including wellness activities and in freshman new student orientation. Southern Connecticut State University's alcohol and other drug programs are aimed at providing education to students about the risk factors associated with the abuse of alcohol and other drugs and strategies for reducing high risk use. Surveys are distributed to students at programs and at wellness events. A social norms campaign with a specific focus on first year students will be launched in August 2018 through funding received from the Connecticut Campus Strategic Prevention Grant.

2. Increase awareness within the campus community about services and resources for students who may be in need of counseling and support for a substance abuse problem.

Assessment: The restructuring of offices within the division of student affairs has allowed for greater collaboration within offices and across departments which has enhanced outreach efforts and has improved attendance at events such as the health fair and alcohol screening day. The sharing of information about resources and supports on campus at both counseling services and Wellness events has created a more cohesive and supportive environment for students.

3. Provide greater access to clinical services for students who have experienced negative consequences related to alcohol and drug use and who are at higher risk for developing substance dependency.

Assessment: There have been more opportunities for training, consultation and the referrals of students who are in need of services since the Coordinator of Alcohol and Drug Services was integrated into the Counseling Center in the fall of 2015. The AOD Coordinator has established relationships with outside organizations, treatment agencies and twelve step programs which has led to new partnerships within the community and provided students with increased access to services. The building of a collegiate recovery community on campus will begin to be established beginning in the fall of 2017 through funding from a seed grant from Transforming Youth in recovery which will provide additional supports and resources for students in recovery from a substance use disorder.

4. Improve the quality of campus life through community policing which aims to enhance partnerships in relation to safety education and crime prevention.

Assessment: The SCSU Police Department has continuously demonstrated a strong commitment to community policing through establishing new relationships with students and staff on campus and enforcing laws and policies aimed at keeping the campus community safe.

5. Assure that all employees and students receive annual notification of the University's alcohol and drug policies and information about the employee assistance program.

Assessment: Annual notification of the University's Alcohol and Drug policies and information regarding EAP Services is sent out electronically to all full time and part time staff, faculty and students by the Vice President and Dean of Student Affairs .

VI. SCSU AOD Program Strengths:

1. 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.
2. 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.
3. The integration of Wellness, Health, Fitness and Counseling Services to form the Wellness Cluster which has enhanced collaboration between offices and created opportunities for grant funding aimed at reducing high risk drinking.
4. The Coordinator of Alcohol and Drug Services is a member of the Healthy Campus Statewide Initiative which supports campus level alcohol and other drug prevention efforts through trainings and workshops and grant funding opportunities.
5. The University has approved and implemented a Good Samaritan Medical Amnesty Statement that encourages students to seek medical attention in the case of an alcohol or drug overdose.
6. The University provides services and activities on campus to promote safety and to educate students on risk factors associated with the abuse of alcohol and other drugs.
7. 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.

8. The Southern Connecticut State University (SCSU) support team meets weekly to discuss students of concern including students who may be at risk for substance abuse/dependency and who are in need of services.
9. The University has 12 step meetings on campus to support students in recovery from substance abuse disorders.
10. A social norms campaign with a specific focus on first year students will be launched in August of 2018 utilizing data collected from the SCSU Custom Health Survey and the Core Survey.

VII. SCSU AOD Program Weaknesses:

1. Residence life staff, including resident advisors, have not received training on the abuse of opioids and prescription drugs which is necessary to enhance programming efforts within the residence halls.
2. There is a lack of awareness among employees about the availability of EAP services and off campus treatment resources, and more outreach to the faculty and staff is needed.

VIII. SCSU AOD Program Recommendations:

1. Work in collaboration with Residence Life to establish sober housing options for students in recovery from substance use disorders.
2. Provide residence life staff with education on opioid and prescription drug abuse to increase awareness among students within the residence halls through programs and events which inform students about the dangers of opioid use and how to access treatment services if necessary.
3. Implement a social norms campaign utilizing data collected from the SCSU Custom Health Survey and the Core Survey with a specific focus on first year students aimed at reducing high risk drinking at the start of the fall 2018 semester.
4. Review the Connecticut State University Alcohol policy as it relates to Residence Life policies and best practices.
5. Work to enhance parental involvement in addressing alcohol and drug abuse among students through exploring other mechanisms by which to remind parents about the importance of communicating with their students about the risks associated with alcohol and other drug abuse.
6. Continue to provide programs that focus on educating students about the dangers of high risk drinking while enhancing efforts to address the abuse of opioids and prescription drugs.
7. Increase awareness through outreach efforts to make employees more aware of the availability of EAP services, treatment programs and resources within the community.