

**Albany College of Pharmacy and Health Sciences  
Alcohol and Other Drug Policy and Prevention Programming  
Review Period July 2018 Through June 2019**

**Purpose**

The review is designed to document the Albany College of Pharmacy and Health Sciences (ACPHS) prevention efforts as is required by U.S. Department of Education, Office of Safe and Drug-Free Schools and Campuses Regulations [EDGAR Part 86]. The review examines the scope and success of our campus prevention program and assists in identifying programmatic improvement regarding Alcohol and Other Drugs (AOD).

**ACPHS Community Members involved in review process:**

Rebecca Beach, MEd-Assistant Director of Residence Life  
Alison Buckley, MEd-Director of Residential Life, Student Conduct Administrator  
Peter Cornish, PhD-Director of Counseling and Wellness  
Susan Iwanowicz, Interim Vice President for Student Success  
Christine Kanawada-Director of Athletics and Recreation  
Susan Karavolas-Executive Director, Human Resources  
Charles McDonald-Acting Director of Public Safety, University Heights Association  
Packy McGraw-Vice President of Administrative Operations  
Jennifer Payne, MS-Director, Student Affairs, Vermont Campus  
Aileen Schatz, MS-Director of Student Engagement and Leadership  
Elizabeth Sweet, LCSW-R Counselor, Office of Counseling and Wellness

**General Overview of AOD Educational Programming**

ACPHS engages the college community in a multitude of ways as it relates to AOD programming. The goal is to prevent illegal use or misuse, educate as to safe and responsible use if appropriate, and provide treatment resources should an individual require such an intervention. The AOD programming provided by various College entities is presented below:

The **Office of Counseling and Wellness** provides mental health and AOD treatment services for students as well as health and wellness outreach to the campus community.

- Delivers AOD educational programming to paraprofessionals (RAs) and student groups
- Presents AOD information/treatment options at parent/student orientations
- Coordinates AOD themed presentations at events highlighting clubs on campus
- Provides guest lectures to classes when invited
- Maintains library of AOD pamphlets (both digital/hard copy)
- Provides links to national/local resources for screening/treatment (i.e. ULifeline, AA/NA)
- Provides on-campus screening/treatment options for all students and in conjunction with both Behavioral Intervention Team referrals and other disciplinary referrals
- Distributes “Signs of Alcohol Poisoning” magnets to student body
- Coordinates efforts of the Initiative for Substance Abuse Prevention Committee

- Sponsors community-wide educational programming (i.e. the viewing of “Reversing the Stigma” and panel discussion)
- Participates in and provides access to programs and webinars through the Cannabis Learning Collaborative
- Participates in the Capital District Consortium on AOD (composed of local colleges, universities, and community agencies)

The **Initiative for Substance Abuse Prevention (ISAP) Committee**, comprised of student, faculty, staff, and administrative representatives was established in 2007 to identify and address problematic substance use on campus. The Committee was relaunched for the 2017-2018 academic year. Prevention and awareness activities include, but are not limited to:

- Educational sessions during Substance Abuse Awareness Week held during both fall and spring semesters. Information tables also presented in VT.
- Distribution of information pamphlets/resources through tabling
- Use of interactive BAC calculator (factoring gender, weight, type of alcohol, rate of consumption)
- Programs utilizing impairment goggles while performing simple tasks
- Guest speaker panels (students, pharmacists, and community members in recovery)
- Availability of local and national links on the ISAP intranet site
- Administration of the annual Substance Use Survey (2010-2015; 2017;2018 up to 500 participants/year)
  - Results used to create Social Norm Poster Campaign
  - “What do you see...See both sides of the picture”
  - Posters displayed across campus
  - Data reported on alcohol, marijuana, prescription drug use, consumption patterns available on intranet site for review by college community
  - Presented at Parent/New Student Orientation
  - Latest 2018 results for both campuses (sample size approximately 560 students)
    - 65% report never using marijuana
    - 89% report never using someone else’s prescription medication
    - 95-99% report not using someone else’s prescription medication within the last year when asked about opiates, sedatives, and stimulants
    - 85% have seen AOD use prevention information on campus
      - This rose to 86% on the Albany (residential) campus and to 73% on the Colchester campus

The **Office of Athletics and Recreation** supports responsible AOD programming in the following manner:

- All athletic events comply with collegiate guidelines in terms of being alcohol free, prohibiting sales and/or advertising/sponsorship

- Supporting and coordinating AOD free intramural competitions in the evenings and on weekends to promote healthy alternatives to consumption
- Communication of clear expectations to all athletes regarding the guidelines in relation to AOD use and their role as student athletes

The **Office of Student Engagement and Leadership (OSEL)**, in conjunction with **the Student Government Association (SGA)**, supports student led clubs and organizations across campus. Many of the clubs host AOD education themed events throughout the year as part of their community service and engagement commitments. In addition, the SGA governing board supports other AOD initiatives.

- SGA informs all clubs and organizations of policies regarding alcohol at events
- Most club sponsored events are designed to be AOD free environments
- Communication is provided about the AOD policies at ceremonies/events for upper classman of legal drinking age where alcohol may be present. Venues adhere to NY/VT distribution laws, including the availability of nonalcoholic alternatives and the availability of food
- Students are required to use provided transportation to school sponsored events that may have alcohol available in Albany. Vermont students are encouraged to use the provided transportation. Venues or businesses that provide alcohol for ACPHS events agree to parameters around service hours like selling drinks one at a time, no keeping of tabs, etc.
- Sponsoring national educational performances on AOD issues
- Contracting programs as part of the new-student orientation such as “Sex Signals” (addressing issues related to intoxication and consent), “Last Call” (a comedic and inspirational performance about finding sobriety), “It Is My Place”, which addresses AOD, consent, and harm reduction themes including bystander intervention strategies.

**Peer Connections** is a student run club whose members serve as peer educators. As such, they do a wide variety of programming on campus, many of which are directly related to AOD issues.

### **The Office of Residence Life**

In addition to all of the AOD themed educational programs sponsored by the Residence Life Staff, all other non-AOD programmatic offerings are designed to be AOD free events for students regardless of age or residence. Below is a small sample of AOD themed programs and bulletin boards that have been implemented over the past year. All Resident Assistants are required to complete at least one AOD themed presentation over the academic year. These programs reach many students as the majority of our students live within the three residence halls.

## South Hall (first year student residence)

**Escape Room:** About being able to escape a dangerous area and function with impaired senses – residents will be in a traditional escape room and a member of their group will need to wear the drug and alcohol goggles while trying to figure out how to escape.

**Drunk Mario Kart:** Mario Kart played by the residents wearing impairment goggles.

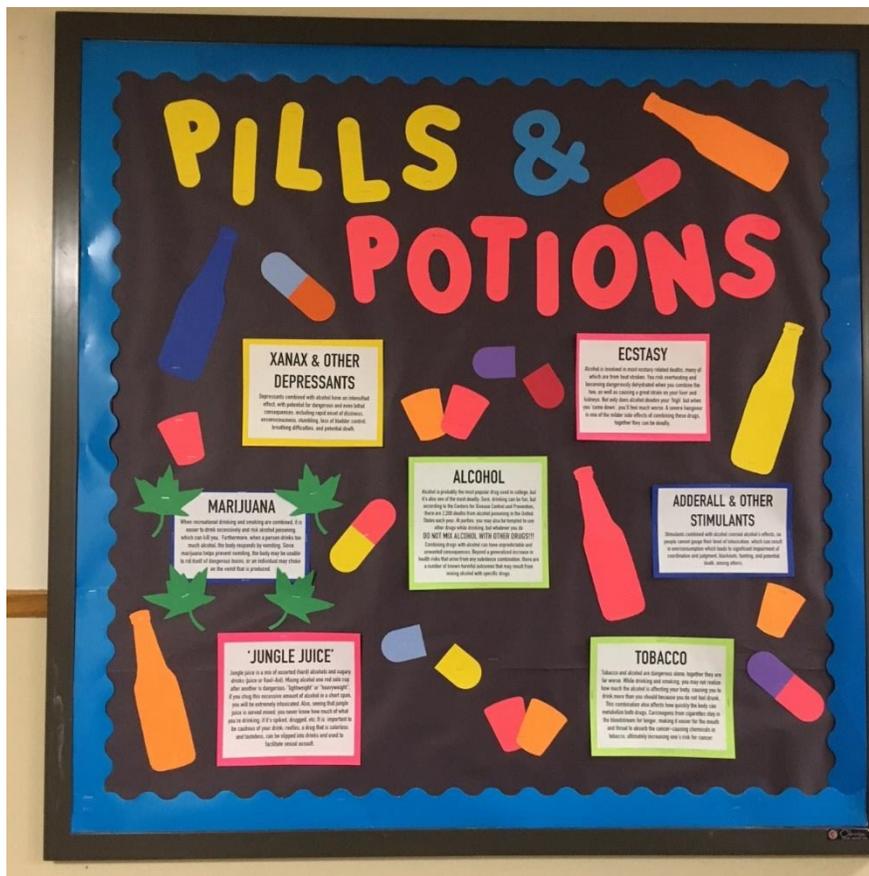
**Fright Night:** Building community among residents and getting them to interact with the people that they live near but may not necessarily interact with. Random cups marked as being “drugged” and the importance monitoring beverages, not taking from strangers, etc.

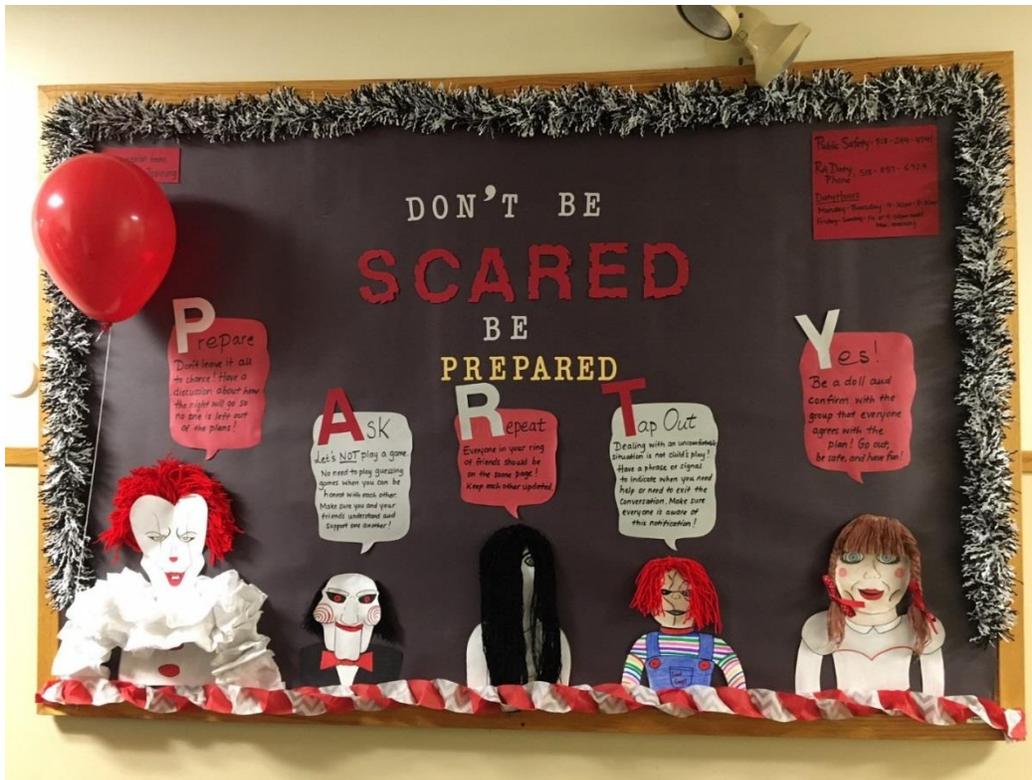
**Mocktails:** Teach about the effects of alcohol and drugs through trivia and some activities set up to do while wearing the impairment goggles.

**December Drinks:** Provide holiday mocktails and information of alcohol content in traditional holiday drinks (i.e. Eggnog, champagne).

**Boozy Friday:** Making virgin mojitos, Shirley temples, and martinis for residents and informing them how much alcohol that respective cocktail contains, what their BAC would be afterwards, and how their actions would be impaired after consuming the drink.

**Wake & Bake:** Residents will be tested on the dangers of marijuana (Kahoot) while enjoying a catered brunch.





## Notre Dame (second year residence hall)

**Keep on Raven:** Kahoot game to review safety tips for going out and stats about drinking in the college age population.

**Minds Games:** Riddles/clues revolve around alcohol and drug facts to coincide with the alcohol and drug programming.

**WITCH Way Out:** mystery/escape room with AOD related themes and education

**Drunk Mario Kart:** education on effects of AOD with impairment goggles and introduction to Public Safety officers

**Let's Taco Bout Sex:** AOD and impact on risk taking and consent



## AOD Violations

Most AOD violations can be classified as Liquor Law or Drug Law Violations Referred for Disciplinary Action under the Clery Act Reporting Guidelines. In addition, almost all of these violations occurred within the residence halls. Data from the last several years is presented below:

	2013	2014	2015	2016	2017	2018
Alcohol Violations	91	73	51	71	59	29
Drug Violations	08	21	18	08	15	09

- **Disciplinary Procedures/Sanctioning**  
Policy and procedures for Student Code of Conduct Violations can be found in the 2019-2020 Student Handbook, which is available to all students digitally as well as in hard copy if requested. While the Code of Conduct addresses all types of violations, there are specific guidelines for AOD violations. The College uses a software system (Maxient) to allow for more accurate recording, tracking, dispatching of cases. This assists in making sure there is uniform application of certain procedures and aspects of the disciplinary process.

#### **Additional AOD Related Programming and Initiatives**

- Conduct Officers were trained in policy and procedure changes so that all AOD related offenses are managed in a consistent manner. They were also trained in the use of the new record keeping system (Maxient).
- From the time students and families arrived on the Albany campus for Summer Orientation, they were actively involved in the AOD discussion. The AOD specific session was designed to address prevention, education, and interventions on campus. Rebecca Beach, Assistant Director of Residence Life presented this program.
- Prior to arriving for Fall Orientation, students were emailed the newly created AOD Notification which contains the required elements put forth by the Drug Free Campus Guidelines (see appendix). This document is also on the Colleges web site and in hard copy as requested.
- All new and current employees are presented with this document in digital and hard copy for reference, as well as provided information regarding the Employee Assistance Program.
- A Parental Notification Policy is in place which informs students and parents that parents may be notified by ACPHS at the occurrence of an AOD violations.
- A medical amnesty policy (Welfare of the Community) is in place to make every effort to ensure the safety of our students if they are involved in an AOD overuse situation.
- Narcan and opioid abuse education workshops were offered both semesters and on both campuses
- Cabinets containing NARCAN are located in each of the three residence halls in NY and are also located in the library, security desk, and administrative offices in VT
- Albany campus hosted “Medication Take Back Drive” and VT campus attempting to coordinate similar event with state officials
- Panel discussion with Albany County Sheriff and NYS Representative on opioid crisis

- Women in Pharmacy Leadership Roundtable focused on opioid epidemic
- AOD specific posters on display on Colchester campus
- Student group Advocates Against Opioid Abuse presentation on Colchester campus
- Opioid Use Disorder: What is Our Role in Building a Humanistic Response? Professional development on Colchester campus
- Presentation: The Community Pharmacists' Role in the Opioid Crisis
- Healthcare Conference focused on Innovations to Improve Patient Outcomes for Substance Use Providers-Colchester
- Understanding Vermont's Opioid Crisis

### **Overall Assessment of AOD Programming, Procedure, and Services**

As can be concluded from the above content, the College community does many forms of AOD programming, outreach and education. While these efforts can be driven by specific offices and personnel, they also expand to the curriculum and sharing opportunities in the greater communities surrounding both campuses. The college is aware of AOD trends across the nation and specific to college campuses and works to target those trends in a relevant and effective manner. It is interesting to note that with all of the programming and offerings related to AOD, student's perception of use by peers continues to remain disproportionately high compared to actual self-reported use.

While there was discussion amongst the community about conducting a Town Hall Meeting focused on the pros/cons of a zero-tolerance policy as it pertained to opiate abuse, it was eventually deemed unnecessary given the relative rarity of such substance use on campus. It is also interesting to note the significant decrease in the reported alcohol violations for the 2018 calendar year. While it is hoped that some of this reduction can be attributed to efforts made to increase education and awareness, this cannot be determined with any certainty.

### **Recommendations for 2019-2020 Academic Year**

The many beneficial programs and interventions listed above will continue to be offered, implemented, and evaluated as the campus looks to improve its AOD prevention efforts. In addition, continued participation in local and national consortiums, list-serves, professional organizations, and the like will continue to maximize the likelihood of identifying new and emerging AOD trends.

In reviewing the programming for residential students specifically, it was noted that there was no AOD specific program held in the upper classman residence halls. While many of these students participated in the multitude of college wide offerings, it was agreed that at least one AOD specific program would be offered per semester in those residence halls.

The Office of Counseling and Wellness in conjunction with the Initiative for Substance Abuse Prevention has also submitted an application for a \$750 stipend through the 2019 Communities Talk: Town Hall Meetings to Prevent Underage Drinking initiative. If awarded, this money will be used to help support bringing additional programming to the campus to address AOD issues.