



ALBANY COLLEGE OF PHARMACY
AND HEALTH SCIENCES

**Albany College of Pharmacy and Health Sciences
Alcohol and Other Drug Policy and Prevention Programming
Review Period July 2016 Through June 2017**

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, MA-Assistant Director of Residence Life
Alison Buckley, MA-Director of Residential Life, Student Conduct Administrator
Peter Cornish, PhD-Director of Counseling and Wellness
Aileen Coughlin, MS-Assistant Director of Student Engagement and Leadership
Christine Kanawada-Director of Athletics and Recreation
Susan Karavolas-Executive Director, Human Resources
Elizabeth McGarry, MA-Director of Student Engagement and Leadership
Packy McGraw-Vice President of Administrative Operations
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Jennifer Payne, MS-Associate Director, Student Affairs, Vermont Campus
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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 “Chasing the Dragon: The Life of an Opiate Addict” and panel discussion in conjunction with Department of Justice and Drug Enforcement Agency)
- 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 formally active for several years, but shifted to a more informal capacity, subsumed under the Office of Counseling and Wellness, in more recent years. With that shift, many of its programmatic components were maintained, and many have been utilized over the past year (*active 2016-2017). Past prevention and awareness activities include, but are not limited to:

- Educational sessions during National Collegiate Alcohol Awareness Week (October)
- 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 and 2017; 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*
 - Presented in classrooms (Drugs of Abuse; Research Methodology)
 - Latest 2017 results for both campuses (sample size approximately 450 students)
 - 65% report never using marijuana
 - 89% report never using someone else’s prescription medication
 - 95-98% report not using someone else’s prescription medication within the last year when asked about opiates, sedatives, and stimulants
 - 78% have seen AOD use prevention information on campus
 - This rose to 83% on the Albany (residential) 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 in an effort 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
- All club sponsored events are designed to be AOD free environments and include hundreds of options throughout the year
- 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
- 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), A new program will be implemented for the 2017-2018 academic year called “It Is My Place”, which will address AOD, consent, 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 club has been very well received on campus, and this was reinforced as they won Club of the Year for the 2016-2017 academic year. Programming efforts include:

- Active and passive events during Alcohol and Substance Abuse Awareness Week
- Coordinating a community based panel discussion focused on recovery from addiction
- Publishing the TP Times (AOD themed information sheets placed in bathroom stalls)
 - Examples: Lines on the Red Cup; Alcohol facts; dangers of binge drinking
- Hosting the Sheriff’s Department DWI Task Force Simulator/Mobile Education Center

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)

- **Heads Up/Drugged Up:**

Certain students were given 3 different types of candy each representing one of the following descriptors: the date rape drug Rohypnol or “roofie,” a failed attempt at drugging someone, and extreme alcohol poisoning. The students then had to stand up and identify their "attacker". An open conversation addressed topics such as: you may or may not know your attacker; ways in which to prevent sexual assault; common misconceptions about the motivations for sexual assault, etc.

- **Mocktails with a Twist:**

This program was designed to educate the residents about alcohol safety at a party. Each of the mocktails were marked. During the program residents socialized and drank as much as they wanted to. At the end of the party, residents inspected their cups and many residents found that they were “drugged.” This demonstrated how fast something could happen in real life and to always stay cautious about what you choose to drink.

South Hall Bulletin Boards:



- **Spider Web** - This spider web bulletin board was a fun way to educate first year students on the risks of drinking alcohol and how alcohol can affect you. The board was created in October so it was in the beginning of the year and timely for Halloween. The bulletin board was also located towards the front of the first floor (a frequent location for students to pass by).

- **Kick BUTTS Day** - The RA that created this bulletin board took into consideration the habits and interests of students and conducted reasonable research on options. She discovered “Kick Butts Day” which was originally created to prevent teens and young adults from smoking cigarettes but shifted their campaign this year to warn people about the dangers of e-cigarettes. The RA made the board interesting and created it for March which was timely for the day of awareness.

Notre Dame (second year residence hall)

- **Welcome Back Mocktails** – Residents were invited to kick off the second semester with mocktails. Prior to the program, random cups had stickers placed on the bottom of the cups. During the program, the residents got to socialize and catch up, but towards the end, the RAs asked the residents to check under their cups and indicated that those with stickers were symbolic of cups that were “drugged.” It was a teachable moment about how easily and quickly a situation involving alcohol can be exacerbated.

Notre Dame Bulletin Boards:



- **Don't Get into a Spooky Situation** -This bulletin board raised awareness about alcohol poisoning. Information provided included the warning signs of alcohol poisoning and how to help someone suffering from it.

- **Alcohol: It's Magically Malicious** – This bulletin board aimed to raise alcohol awareness through a spin on the Lucky Charms cereal slogan. Information provided includes: statistics on alcohol use and abuse in the nation; symptoms of alcohol dependence and withdrawal; detox; the effects of alcohol on the individuals physical and mental health, as well as their social and familial relationships; the dangers of drinking and driving; and treatment information.
- **I Don't Always Drink, But When I Do, I Drink Responsibly** – This bulletin board raised alcohol awareness about drinking responsibly. Information provided included tips on the effect of alcohol based on gender and weight, the importance of being in contact with friends and having a safety plan, knowing one's limits, and how to assist someone with alcohol poisoning.
- **Don't Test Your Luck**-This bulletin board was a creative spin on raising alcohol and sexual assault awareness. The information provided includes myths and facts regarding alcohol consumption and the prevalence and impact of sexual assault, promoting a proactive and active bystander culture in the residence hall.

Holland/Princeton Bulletin Boards (Upper Classman Residence)



- **A Shot of Info** - This interactive bulletin board is meant to be fun and engaging. The board's purpose is to educate students on responsible drinking and how to keep themselves healthy and safe. Each red solo cup, organized "beer pong" style, holds a fact or tip about alcohol education.
- **Highs & Lows** - The purpose of this bulletin board is to educate residents on the difference between substances that cause a high or a low. It teaches residents about making the choice to seek a natural high, such as exercise, rather than a chemical high, such as alcohol or drugs.

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
Alcohol Violations	91	73	51	71
Drug Violations	08	21	18	08

- **Disciplinary Procedures/Sanctioning**
Policy and procedures for Student Code of Conduct Violations can be found in the 2016-2017 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. In addition, the College purchased a software system this past academic year (Maxient) to allow for more accurate recording, tracking, dispatching of cases. This will assist in making sure there is uniform application of certain procedures and aspects of the disciplinary process.

Overall Assessment of AOD Programming, Procedure, and Services

- As can be seen from the above review, there are many offices, individuals, and strategies involved in addressing AOD awareness and education on campus. While that is certainly a positive in regard to many different approaches and efforts, it can also at times be perceived as disjointed, redundant, and not part of a cohesive plan. In addition, while there were many active programming efforts geared toward AOD issues, one could also argue that many efforts were more passive in nature (bulletin boards, “information available”, mentioning statistics at general presentations as opposed to devoting entire presentations to AOD topics).
- Additionally, as the campus population changes, certain policy and procedures will also need to evolve. As an example, this past year, the campus was faced with a small but active group of first year students who regularly disregarded rules and regulations regarding AOD and other housing issues. While current policy and procedures were followed, one family expressed their wish to have been informed earlier of the AOD violations so that they could have partnered with the College to more effectively address the concerns. These and other considerations have resulted in the recommendations for improving aspects of the AOD prevention program for next year.

Recommendations for 2017-2018 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, the following specific initiative will be added to enhance the already existing framework.

- Conduct Officers will undergo additional training so that any policy and procedure changes can be reviewed and all AOD related offenses are managed in a consistent manner. They will also be trained in the use of the new record keeping system (Maxient).

- From the moment students and families arrive on campus for Summer Orientation, they will be actively involved in the AOD discussion. While this has occurred in the past in general sessions, AOD specific sessions will be designed to address prevention, education, and interventions on campus. Rebecca Beach, Assistant Director of Residence Life has developed a well-received AOD based program for the college population, which will be augmented by other staff as needed.
- Prior to arriving for Fall Orientation, students will be emailed the newly created AOD Notification which contains the required elements put forth by the Drug Free Campus Guidelines (see appendix). This document will also be on the Colleges web site and in hard copy as requested.
- All new and current employees will also be presented with this document in digital and hard copy for reference as well as information regarding the newly contracted Employee Assistance Program.
- Given the many adjustments issues first year students experience, additional AOD programming regarding education, prevention, and treatment interventions will be scheduled in the first-year residence hall. This will also include the review of policy and procedures related to AOD violations, as well as the sharing of data specific to patterns and trends of use and non-use on campus, per the Social Norms model.
- Given that many of our second-year students were negatively impacted by the AOD violations that occurred in their residence hall last year, specific AOD programming will be brought to them to reinforce the AOD policies and procedures as well as help them “pick up the pieces” from the negative events of last year.
- There will be the relaunch of the Initiative for Substance Abuse Prevention Committee, to include faculty, staff, and student recruitment. This will allow us to better ascertain what the community feels are the AOD issues on campus and develop effective interventions to address them. Monthly meetings will be established and key constituents will be recruited (Residence Life, Student Engagement and Leadership, Athletics, etc.)
- Efforts will be made to enhance engagement with student organizations on AOD issues and better track the multitude of AOD related programs these students sponsor.
- A Parental Notification Policy will be implemented. This would inform students and parents that they may be notified by ACPHS at the occurrence of an AOD violation. This includes AOD related medical transport, as well as alcohol policy violations and illicit/illegal drug violations. This policy would ideally “start the conversation” within the family regarding safety and harm reduction.
- A Medical Amnesty Policy will be implemented to make every effort to ensure the safety of our students if they are involved in an AOD overuse situation. Data from the March 2017 ACPHS Substance Use Survey indicated that 82% of students responding would “seek help from Residence Life Staff, Public Safety, or someone similar”, compared to only 47% if an amnesty policy was not in place. Similarly, 53% of respondents would hesitate or not seek help without such a policy, compared to only 18% if there was such a policy.

- Engage with community partners that specialize in AOD issues to provide a broader base and variety to the campus programming (Addictions Care Center of Albany, SPARC, etc.)
- Engage Employee Assistance Program to bring AOD related topics to our employees.