



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 2017 Through June 2018**

### **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  
Aileen Coughlin, MS-Director of Student Engagement and Leadership  
Christine Kanawada-Director of Athletics and Recreation  
Susan Karavolas-Executive Director, Human Resources  
Packy McGraw-Vice President of Administrative Operations  
Wendy Neifeld Wheeler, PhD-Dean of Students/Title IX Coordinator  
Jennifer Payne, MS-Director, Student Affairs, Vermont Campus  
Elizabeth Sweet, LCSW-R Counselor, Office of Counseling and Wellness  
Mike Tremblay-Director of Public Safety, University Heights Association

### **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
  - Presented to College Community (Lunch and Learn), Senior Administration, Board of Trustees, 1<sup>st</sup> and 2<sup>nd</sup> year Residence Halls, larger student body
  - 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
- 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 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)**

- Let’s Talk About Drugs-overview of substance use trends at ACPHS
- Murder Mystery- Suspects are Alcohol, Cigarettes, Drugs
- Painting & Sipping Through Your First Year-alternatives to substance use
- Drunken Mario Kart-impact of impairment on motor skills
- What is Substance Abuse?
- Social Media Influence on Drug Abuse
- Mandatory Meeting related to non-lethal student overdose on campus

**Notre Dame (second year residence hall)**

- Pot Party-discussion of marijuana use in US and potential negative effects
- Chasing the Dragon viewing and discussion
- Elevator game show program that incorporated drug/alcohol trivia
- Drunkopoly bulletin board
- Impairment goggles used with Mario Kart and Operation
- Substance use trends at ACPHS presentation, Spring 2018
- Mandatory Meeting related to non-lethal student overdose in residence hall

**Holland/Princeton Bulletin Boards (Upper Classman Residence)**

- “Natural high” i.e. exercise rather than drugs or alcohol when stressed
- Alcohol and drug trivia game

**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
Alcohol Violations	91	73	51	71	59
Drug Violations	08	21	18	08	15

- Disciplinary Procedures/Sanctioning  
Policy and procedures for Student Code of Conduct Violations can be found in the 2017-2018 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 began using a software system (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.

### **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 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.
- AOD programming regarding education, prevention, and treatment interventions was scheduled in the first-year residence hall. This included 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. All first-year students also attended a mandatory town hall meeting related to the non-lethal drug overdose which occurred on campus.
- All second-year students were required to attend a mandatory town hall meeting related to the non-lethal drug overdose which occurred on campus.
- There was a relaunch of the Initiative for Substance Abuse Prevention Committee, which included faculty, staff, and student involvement. Meetings were held in the fall and spring semesters to discuss substance use trends on campus and generate programming ideas for Substance Abuse Awareness Weeks which occurred in both the fall and spring semesters.
- A Parental Notification Policy was implemented 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) was implemented 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
- A Drug Diversion Education program was held in the fall.

- Panel discussion on the state of tobacco control in Costa Rica and New York held in the fall.
- NOverdose community service program was launched which uses an app to communicate to others that someone has overdosed.
- Guest speaker (Anita Murray, Deputy Director) from the Bureau of Narcotic Enforcement spoke related to policy and the impact on pharmacists.
- The College joined the “Prescription for Progress”, a region wide coalition to combat the opioid epidemic
- Students created the “Advocates against opioid abuse” group which presents to the college and larger community related to the opioid crisis and interventions.
- Cabinets containing NARCAN were installed in each of the three residence halls in NY and are also located in the library and security desk in VT
- Planning meetings held to discuss possible Town Hall Meeting to discuss a “zero-tolerance Policy” regarding opioid and other drug use on campus
- VT campus promoted a discussion and book signing of “Unbroken Brain: A revolutionary new way of understanding addiction” by Maia Szalavitz
- VT campus sponsored symposium entitled Opiates: Scientific, Political, and Social Perspectives
- Due to significant demand, additional seats were made available for course entitled “Critical Concepts in Pain Management”
- Information workshop on “Naloxone Copayment Assistance Program”
- Guest speaker from the Vermont Southern Wellness and Champlain Valley Dispensary
- Students given opportunity to participate in essay contest themed “US Opioid Epidemic/Drug Diversion: How can a Pharmacist assist in the solution”
- Students invited to participate in Vermont Substance Abuse Prevention Day at the Statehouse
- Workshop on the “Pharmacists' role in Naloxone Education”
- College hosted “Medication Take Back Drive”

### **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 campus 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. This was particularly pronounced in the March 2018 survey following the non-lethal overdoses that occurred in early December 2017.

### **Recommendations for 2018-2019 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.

As a follow-up to issues that arose last year, it would likely benefit the community to schedule a Town Hall like meeting related to the zero-tolerance concept that has been raised. This would ideally keep the dialogue open related to AOD issues on campus and highlight the complexities of such an initiative.

There will also be a strategic plan to present the most recent substance use data gathered in March 2018 to students, faculty, and staff which highlights the negative impact that critical incidents on campus have regarding perceptions of use.