



EASTERN CONNECTICUT STATE UNIVERSITY

A Liberal Education. Practically Applied.

Drug Free Schools and Communities Act Report

2020-2022

This report is being prepared on behalf of Eastern Connecticut State University, in compliance with the Drug Free School and Campus Regulation (34 CFR Part 86) of the Drug Free Schools Communities Act (DFSCA). This report is intended to summarize university policies regarding alcohol or other drug use and to provide a report of programs developed to provide compliance measures, sanctions for policy infractions and educational programs to support a healthy community. This report will outline actions taken in the last two years (fall, 2020 - fall, 2022) to implement policies and program efforts to support the Drug Free Schools Act. *It is important to note that due to the COVID-19 pandemic the Connecticut State University and Community College system, working in cooperation with the state and federal response to the pandemic, provided services in altered format, with reduced in-person campus activity for academic year 2020-2021.

The responsibility to develop policy, provide education, and support student health and wellness is a collaborative effort across the University. Several areas within the University have been identified as critical to compliance with the DFSCA. The Division of Student Affairs plays a key role in setting policy and providing harm reduction service. The Office of Wellness Education and Promotion, Office of Student Conduct, Counseling and Psychological Services, Athletics, and Health Services are all under the Division of Student Affairs. Other areas of the University who have been identified but not limited to: Human Resources and Campus Police.

Eastern Connecticut State University retains professionally trained and credentialed individuals in the areas outlined above. Recognizing the need to increase alcohol and other drug education (AOD) Eastern Connecticut State University employs a full time Certified Prevention Specialist for the Office of Wellness Education and Promotion (Coordinator for Wellness Education and Promotion), increasing prevention initiatives for the University. Counseling and Psychological Services professional staff include those who hold licensure as Ph. D, LPC, MSW, and APRN. Counseling staff can provide clinical support for those seeking counseling for substance use and recovery as well as referral to outside sources. Eastern Connecticut State University Health Services retains medical personnel, to include a Physician, Nurse Practitioner and Registered Nurse, and APRN.

I. INTRODUCTION TO EASTERN CONNECTICUT STATE UNIVERSITY

Eastern Connecticut State University is a public, coeducational liberal arts university and a member of the Council of Public Liberal Arts Colleges, with 3,275 full-time undergraduate students, 259 part-time undergraduate students, 81 full-time graduate students, and 69 part-time graduate students enrolled in (2022). Eastern Connecticut State University is part of the Connecticut State Colleges and University (CSCU) system. It is a residential campus, with 1,951 students living on campus. The campus is located in Willimantic, Connecticut and geographically located in the Northeast region of the state.

II. POLICIES: ALCOHOL AND OTHER DRUGS

A. EMPLOYEE POLICY, *Provided by the Office of Human Resources*

Employees are Eastern Connecticut State University's most valuable resource, and the University is committed to ensuring the personal health and safety of all members of the ECSU community. To that end, the University will provide a drug and alcohol-free environment for students and employees in accordance with the Federal Drug-Free Workplace Act of 1988.

Any individual who conducts business for the University, is applying for a position or is conducting business on the University's property is covered by the drug-free work workplace policy.

Prohibited Behavior

It is a violation of our drug and alcohol-free workplace policy to use, possess, sell, trade, and/or offer for sale alcohol, illegal drugs or intoxicants.

Prescription and over-the-counter drugs are not prohibited when taken in standard dosage and/or according to a physician's prescription. Any employee taking prescribed or over-the-counter medications will be responsible for consulting the prescribing physician and/or pharmacist to ascertain whether the medication may interfere with safe performance of his/her job. If the use of a medication could compromise the safety of the employee, fellow employees or the public, it is the employee's responsibility to use appropriate personnel procedures (e.g., use leave, request change of duty, notify supervisor) to avoid unsafe workplace practices.

Inquiries regarding prescription drug use by employees are governed by the Americans with Disabilities Act of 1990, and therefore should be made only as authorized by the Human Resources Office.

Employee Requirements

Employees shall not unlawfully use, possess, distribute, dispense or manufacture controlled substances or be under the influence of a controlled substance while on the job or in the workplace. Any employee violating this policy will be subject to discipline, up to and including termination.

"Controlled substances" are specifically defined in federal law and consist of two classes of drugs: (1) those commonly thought of as "illegal" drugs; and (2) certain medications if not being taken under a physician's prescription or according to a physician's orders, which the federal government has determined have a potential for abuse or are potentially physically or psychologically addictive.

Employees must give notification in writing to the Chief Human Resource Officer within five (5) calendar days of any conviction for violation of a criminal drug statute if the violation occurred in the workplace. A conviction means a finding of guilt (including a plea of nolo contendere) and/or the imposition of a sentence by a judge or jury in any federal or state court. This reporting requirement is in addition to any agency work rules that require notice of arrests and/or convictions. An employee who is so convicted or who fails to report such a conviction is subject to discipline, up to and including termination.

“Workplace” includes any locations owned, operated or controlled by the State, whether the employee is on or off duty, and any other locations while on duty where State business is conducted, including traveling on State time to or from such work locations.

The agency must notify the appropriate federal agency in writing, as well as the Office of Labor Relations, within ten (10) calendar days of receiving notice that one of its employees funded under a federal grant or contract has been convicted for a violation of a state or federal drug statute occurring in the workplace.

Employees who have substance abuse problems are encouraged to participate in a rehabilitation program and should be notified of the Employee Assistance Program and available drug counseling or rehabilitation programs. The federal act requires that an employer take action within 30 calendar days of receiving notice of a workplace drug conviction to impose discipline upon and/or to require satisfactory participation in a substance abuse rehabilitation program by the convicted employee.

Workplace Inspections

Eastern reserves the right to inspect the workplace for alcohol, controlled substances, or paraphernalia relating to alcohol or controlled substances and to question any employee when it reasonably suspects that this policy or any procedure under this policy has been violated.

The decision to conduct a workplace inspection should be made jointly by the supervisor who believes the inspection would be appropriate under this policy and a representative of the Human Resources Office and/or University Policy. In all cases, the Chief Human Resource Officer or his or her designee must authorize a workplace inspection.

- This section of the policy does not limit in any way the University Police Department’s right to conduct law enforcement activities including, but not limited to, questioning or searching any person or inspecting any University premises or workplace at any time.

PROCEDURES

The following procedures shall be utilized in dealing with alcohol and drug related problems involving employees of the University.

Voluntary Referral

The University recognizes that early treatment of alcohol and drug abuse is critical in order to maximize the chances for successful rehabilitation. Whenever possible, ECSU will assist employees in overcoming drug and alcohol dependency, keeping in mind that the decision to seek diagnosis and accept treatment for substance abuse is the individual responsibility of the employee. Employees who wish to seek voluntary treatment for alcohol and drug related problems should contact the ECSU Employee Assistance Program (1-800-526-3485) for confidential assistance regarding counseling and treatment referral services. The Employee Assistance Program (EAP) provided by Solutions EAP, Inc., will provide assessment services and, if necessary, refer employees to an appropriate treatment provider in the area.

Mandatory Referral

When a supervisor has a reasonable suspicion that declining job performance or abnormal on-the-job behavior is due to an employee's use of drugs or alcohol, he/she should refer the employee to the Employee Assistance Program prior to initiating other personnel actions to deal with the prohibited behavior or activity.

If an employee does not seek assistance through the EAP, the supervisor shall follow appropriate progressive disciplinary or evaluative procedures after consultation with Human Resources. If the employee does seek treatment, disciplinary or other action will be precluded as long as the employee maintains satisfactory participation in a recognized accredited rehabilitation program and maintains satisfactory job performance. Employees who undergo treatment or counseling must continue to meet all established standards of conduct and job performance.

Disciplinary Action

Standard progressive disciplinary measures should be applied in accordance with collective bargaining agreements and State statutes. Such disciplinary action will take place only after consultation with Human Resources regarding the appropriate action to take in each circumstance.

Employee Assistance Program: 800-526-3485

B. STUDENT POLICY, Provided by the Dwayne Cameron, Director, Student Conduct

All students receive annual notification and access to the Student Handbook, which includes all campus policies. Notifications are sent via student email, which is considered the official format for disseminating information. Electronic access to the Student Handbook is found here: <https://easternct.makekb.com/24/>

Alcohol and Drug Policy - Possible Disciplinary Action by the University (as found in the CSCU Student Code of Conduct), Article ID: 301, within the Student Handbook: <https://easternct.makekb.com/entry/301/>

Disciplinary sanctions that may be imposed by the University include, but are not limited to, any of the following or any combination of the following: expulsion, suspension, disciplinary probation, disciplinary warning, residence hall separation, residence hall probation, and residence hall warning. In cases in which sanctions are imposed for offenses involving damage to, destruction of, or misappropriation of property, agreement by the accused student to make restitution may constitute grounds for mitigation of any sanction imposed.

Alcohol and/or Drug Assessment: Students who have been found responsible for violating the Eastern restrictions against alcohol or drugs may be required to meet with the Office of Wellness Education and Promotion, the Office of Counseling and Psychological Services, or to complete an on-line alcohol program. Depending on the circumstances of

the violation(s), sanctions other than those listed above may be imposed. The University reserves the right to impose sanctions not delineated herein as is appropriate.

Parental Notification: One of the ways the University has implemented to work more closely with parents/guardians is through a parental notification policy. The Family Educational Rights and Privacy Act (FERPA) permit colleges and universities to inform the parents/guardians of students under the age of 21 when a student is found in violation of university alcohol or drug rules. The Office of Student Conduct will notify parents/guardians of students less than 21 years of age when a student is found responsible for violations of the University's alcohol and/or drug policies. This notification will typically be done verbally or in writing. If the parent is present at the student conduct proceeding or if it is known that the parent is aware of the incident, the University may not send a notification letter as these circumstances meet the notification standard. Eastern Connecticut State University will continue to encourage students found responsible for violations to also inform their parents of the incident and the subsequent consequences.

Students who are emancipated have the responsibility to provide the Student Conduct Office with the necessary documentation prior to a finding of responsibility in order for parental notification to not occur. This is the sole responsibility of the student and a lack of appropriate notification from the student will result in the notification being sent to the permanent address. Although the University will not contact parents/guardians of students who are 21 years of age or older, we will certainly encourage them to do so on their own.

Violations referred for disciplinary action:

Violation Year	Alcohol	Marijuana	Other Drugs
2020	22	6	0
2021	85	8	0
2022	174	8	0

C. STUDENT ATHLETES: POLICY, EDUCATION AND ENFORCEMENT, provided by *Lori Runksmeier, Athletic Director*

The full statement of policy, as provided by the CSCU Board of Regents can be found in the Student Athlete Handbook, at: <http://gowarriorathletics.com/saa/index>

All student Athletes receive the policy through student email, considered the official method for disseminating information.

CONNECTICUT STATE COLLEGE AND UNIVERSITY SYSTEM DRUG EDUCATION AND SCREENING POLICY (Athletes)

The Connecticut State College University System is committed to providing and maintaining an environment that will enhance the growth and well-being of all students participating in

intercollegiate athletic programs. Student-athletes occupy a special position in the University community and are subject to demands not made upon most other students, i.e. they must maintain a high degree of physical fitness and alertness to perform to their peak athletic potential; they must conform to the highest standards of ethical behavior because of their visibility as representatives of the University; they must be prepared to be regarded as role models not only by their peers, but also by unknown others. Because contemporary American society is presently in the grip of a complex scourge of abuse and misuse of drugs and alcohol, and because student-athletes are representative of the society at-large, the Connecticut State University deems it essential that student-athletes not only exist in a drug-free environment but also learn responsible behavior regarding alcohol use. Towards this end the Connecticut State University proposes:

1. To acquaint student-athletes with the hazards of using alcohol and performance-enhancing and so-called “street” or “illicit” drugs.
2. To discourage, through educational programs, the misuse or abuse of legal substances and the use of illegal substances.
3. To identify through a drug testing program, individuals who misuse or abuse legal substances or use illegal substances.
4. To assist identified misusers and/or abusers, through education and treatment, to live a productive life, free of substance abuse problems; and
5. To comply with applicable testing requirements of the National Collegiate Athletic Association (“NCAA”).

Educational Programs: It is the intention of the Connecticut State University that all students (including athletes, athletic training students and managers) will participate in an education program designed to acquaint them with the risks and hazards associated with the use of alcohol and street and performance-enhancing drugs. The education program will identify community and university resources available to assist student-athletes should they experience problems of drug and/or alcohol abuse, and to begin to provide them with the tools necessary to live a life free from the problems associated with drug and/or alcohol use. Attendance at and participation in educational programs is a condition of continuing as a member of a University athletic team.

Additionally, Athletic Department personnel, including but not limited to, all full and part-time coaches, administrators and athletic training staff will participate in an education program designed to identify the signs of drug or alcohol dependency among student-athletes and to explain the procedures through which student-athletes may be referred to appropriate personnel for evaluation, and if necessary, treatment.

Drug Testing Programs: The Connecticut State University’s program of drug testing for student-athletes is designed to enhance and safeguard their overall health and well-being by

determining, through random testing and through testing based upon individualized reasonable suspicion, those individuals who are in need of assistance because of a possible reliance on addictive substances. The drugs and supplements for which testing may be conducted include, but are not limited to:

1. "Street Drugs," including amphetamines, ecstasy (MDMA), barbiturates, benzodiazepines, cannabinoids (marijuana), cocaine, methaqualone, opiates, and phencyclidine (PCP);
2. "Performance enhancing drugs" including anabolic steroids, including oxymetholone, methandrostenolone, oxandrolone, ethylstrenol, stanozolol, and nandrolone; and
3. Nutritional supplements, including androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, ephedrine and other supplements banned by the NCAA. Although these supplements may be purchased legally, they are banned by the NCAA and other athletic governing bodies.

The Connecticut State University Drug Education and Screening Policy and Program is a University program, which is separate and distinct from the NCAA testing program. All student-athletes are subject to testing by the University and/or the NCAA.

Procedures for Drug-Testing: The University's drug-testing program is composed of three different testing regimes for student-athletes: a random testing program, "probable cause" drug-testing, and testing of student-athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA. Under the random testing program, a random list of student-athletes' names will be generated on a regular basis. These student-athletes will be contacted by the University's Drug Testing Administrator and will be required to be present at the drug-testing site at the prescribed time. A student-athlete is considered to be subject to random drug testing at any time of the calendar year if he or she is currently on an official roster of an NCAA intercollegiate team.

The second testing regime is the "probable cause" drug-testing program. Drug-testing, in this situation, is performed after the identification of possible drug users through what is known as "probable cause" or an individualized reasonable suspicion, based upon the observation of certain symptoms, that an individual is using either "street drugs" or "performance enhancing drugs." No "probable cause" test will be carried out unless there is reasonable suspicion that a student-athlete is using such drugs.

The determination of "probable cause" may be made by 1) a physician who identifies specific signs or symptoms during the course of a routine or special physical examination; or 2) a coach or athletic trainer who identifies symptoms in a student-participant which indicate possible drug use. If the identification of symptoms is made by a physician, the testing (as described below) may take place immediately. If the identification of symptoms is made by a coach or athletic trainer, then the student-athlete may be referred to appropriate personnel immediately for possible testing. The student-athlete must be informed of the reasons for such testing procedures prior to being tested.

The third testing regimen involves the testing of student-athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA. Positive test results from this testing will be handled in the same fashion as with all other tests. The testing procedure will involve the collection of specimens of urine from the student-athlete.

Drug testing protocol and sanctions for positive drug tests can be found in the Athlete Student handbook: <http://gowarriorathletics.com/saa/index>

Results & Referrals Due to Positive Tests: 2021 academic year, 3 of 40 Student Athletes tested, tested positive for marijuana. All student athletes who test positive are referred for follow-up assessment and substance use education. *Note, no testing took place during the 2020 academic year due to COVID – 19 restrictions.

Support Services for Substance Abuse Problems, Student Athletes: On-campus counseling for drug and alcohol problems is available. In addition, there are many off-campus counseling agencies and self-help groups that offer confidential assistance if you or someone you know has a problem with drugs or alcohol. The Eastern Connecticut State University Health Services, Counseling and Psychological Services and the Office of Wellness Education and Promotion maintains a listing of such agencies and groups.

Conclusion: The intent and purpose of this substance abuse program is educational and preventative rather than punitive. It is designed to ensure that all student-athletes will remain drug-free and will continue to enjoy benefits of being student-athletes at the Connecticut State University.

Eastern Connecticut State University Prevention Programs Provided to Athletes:

- All new student athletes attend mandatory Alcohol and Drug education presentation within the first three weeks of arrival to campus
- Referrals to Brief Alcohol Screenings and Interventions for College Students (BASICS), as required when a confirmed positive drug test – format used for marijuana assessment
- Step-Up Bystander Intervention training – All incoming new student athletes
- Guest Speakers
- Fresh Check Day – *Know Your Limit*
- National Alcohol Screening Day
- Access to Counseling and Psychological Services sports psychology specialist

D. UNIVERSITY POLICE AND BUILDINGS AND GROUNDS OFFICERS, *provided by Stephen K. Tavares, Chief of Police and Director of Public Safety, Eastern Connecticut State University*

University Police Officers and Buildings and Grounds Officers: Policies for Police Officers and Buildings and Grounds Officers are disseminated via Power DMS policy management. Information regarding alcohol and drug arrests and disciplinary actions are disseminated to the campus community via the annual Uniform Campus Crime and Fire Safety Report. This report can be found at: <https://www.easternct.edu/police/clery-crime-reporting/index.html>

University Police Policies and Procedures – All sworn officers must adhere to the policies and procedures of the following topics:

Organized Crime and Vice Investigations: The purpose of this General Order is to establish guidelines and procedures for narcotics, vice, gang, and organized crime investigations by Eastern Connecticut State University Police Department officers.

Intranasal Naloxone: The purpose of this policy is to participate, together with multiple agencies, in a statewide initiative focused on public health issues regarding opioid-related drug overdose persons. To reduce statewide fatalities resulting from opioid overdoses, the Eastern Connecticut State University Police Department (ECSUPD or Eastern PD) shall establish procedures for police officers to identify the symptoms of a person suffering from an opioid overdose and administer Intranasal Naloxone.

Drug and Alcohol Testing for Employees: The purpose of this General Order is to establish guidelines and procedures for grievances for all officers and employees of the ECSUPD.

Alcohol and Substance Abuse: The purpose of this General Order is to establish the ECSUPD policy and procedures regarding the consumption of alcohol and the use of prescription and illegal drugs by ECSUPD employees.

Intoxicated Individuals: The purpose of this General Order is to establish guidelines, policies, and procedures for ECSUPD members for the handling of intoxicated persons and persons who, due to intoxication, appear to be incapacitated and present a danger to themselves or others.

Employee Assistance Program: The purpose of this General Order is to establish the Employee Assistance Program (EAP) within the Eastern PD and to promulgate policy and procedures for referrals to, controls on, and all other relevant factors pertaining to that program.

Educational Presentations: Police officers offer presentations to the campus community on this subject. Presentation information can be found at <https://www.easternct.edu/police/community-relations-initiatives.html>

Disciplinary Actions: Disciplinary action for police employees in this area is governed by the NP-5 Bargaining Unit Contract and University Police Policy and Procedures. https://www.ct.gov/opm/lib/opm/olr/contracts/np-5_protective_services_2016-2021.pdf

E. DIVISION OF STUDENT AFFAIRS, *provided by Sandra Rose-Zak, Coordinator, Wellness Education and Promotion*

The Division of Student Affairs provides direct services in support of student health and safety, working to educate all students about the most common barriers to success. This includes understanding campus policy, risks associated with substance use/misuse, potential sanctions for policy infractions, and resources for support to remediate risks and provide alternatives to substance use. The Division of Student Affairs and the various departments within, provide essential information to help students make informed decisions and reduce or remove barriers to success. All students are provided an electronic copy of the Student Handbook via email, considered the official university method for communication. The Student Handbook can be found at: <https://easternct.makekb.com/24/>

Related services provided by the Division of Student Affairs include, but are not limited to:

- Counseling for students with alcohol and/or drug concerns and recovery services. (Counseling and Psychological Services and Office of Wellness Education and Promotion).
- Harm reduction strategies and education. (Office of Student Conduct, Office of Wellness Education, Housing and Residence Life).
- “Wellness Checks” – Student referrals to Counseling and/or Wellness Education and Promotion if there is a concern for substance misuse, but no policy infraction. (Office of the Dean of Students, Office of Student Conduct, Athletics, Health Services).
- Mandatory alcohol and other drug education and policy review with all incoming new students (Wellness Education and Promotion, Campus Police, Office of Residence Life).
- Residence Hall programs for health and safety. (Office of Residence Life)
- Tell Somebody Report – A reporting process through which any person on campus can report concern for a student (Any university student or staff)
- Student Intervention Team – Consortium of professional staff used to determine appropriate interventions for students of concern. (Coordinated through by the Dean of Students)
- Activities and programs for late night and weekends that do not involve alcohol (Housing and Residence Life, Student Activities, Campus Ministry).
- Drug and alcohol assessments to determine level of risk to health (Student Health Services, Office of Wellness Education, Counseling and Psychological Services)

ALCOHOL and OTHER DRUGS: The University prohibits the possession, use or sale of alcoholic beverages on-campus, except for certain authorized social events. The sale of alcoholic beverages at authorized events must be in strict accordance with the Connecticut General Statutes.

State law prohibits the manufacture, distribution, sale, use, offer for sale or possession of drug paraphernalia or any illegal drug or narcotic, including barbiturates, hallucinogens, amphetamines, cocaine, opium, heroin, marijuana, or any other substance not chemically distinguishable from them except as authorized by medical prescription.

Please refer to the Eastern Connecticut State University Student Handbook for the complete text of the alcohol and drug policies, further information regarding student rights and responsibilities, and drug or alcohol abuse education programs. The Student Handbook may be found at <https://easternct.makekb.com/24/> Specific reference the Eastern Connecticut State University Alcohol and Drug Policy and student rights and responsibilities for the Alcohol and Drug Policy can be found at: <https://easternct.makekb.com/entry/308/>

DRUG VIOLATIONS: A drug violation is the non-prescribed use, possession, sale, purchase or distribution of any controlled substance, to include but not limited to marijuana, cocaine, amphetamines, heroin, hallucinogens, barbiturates and paraphernalia in violation of the laws of the State of Connecticut.

LIQUOR LAW VIOLATIONS: The violation of laws or ordinances prohibiting the manufacture, sale, transporting, furnishing, possessing of intoxicating liquor; maintaining unlawful drinking places, bootlegging, operating a still, furnishing liquor to minor or intemperate person, using a vehicle for illegal transportation of liquor, drinking on a train or public conveyance, and all attempts to commit any of the aforementioned. (Drunkenness and driving under the influence are not included in this definition.)

VIOLATIONS and DISCIPLINARY ACTIONS, *Calendar years 2020 and 2021*

Alcohol Arrests - 66

Alcohol Disciplinary Actions - 107

Drug Arrests - 18

Drug Disciplinary Actions - 14

OFFICE OF HOUSING AND RESIDENTIAL LIFE, *provided by Angela Bazin, Director, Housing and Residential Life*

Policies for residential students are included in the housing contract, provided to all residential students prior to moving to campus. <https://www.easternct.edu/housing/forms-documents/housing-contract.html>

The Office of Housing and Residential Life allows alcohol in designated residence halls for students who are over the age of 21 and have met the requirements of residence. All students applying to reside must complete an online education module and sign an additional contract for the 21+ community.

https://www.easternct.edu/housing/_documents/21hall.pdf

Professional staff working within the residence halls provide programming centered on health and wellness in all of the residence halls each semester. Wellness is one of three areas Residence Hall Assistants are given as options to program based on, and Hall Directors manage them to ensure that there are an even number of programs for each category.

Hall Directors are required to report any violation for alcohol or other drugs, as outlined in the housing contract, to the Office of Student Conduct. Violations for alcohol or other drugs are then referred to the Office of Wellness Education for educational remediation.

STUDENT INTERVENTION TEAM – *provided by Kemesha Wilmot, Interim Dean of Students*

The purpose of the Student Intervention Team (SIT) is to provide a proactive approach to engaging students who may be at risk or in crisis. The Student Intervention Team is comprised of professionals from the Division of Student Affairs, to include the Dean of Students, Counseling and Psychological Services, Housing and Residential Life, Office of AccessAbility, Wellness Education, Office of Student Conduct, Office of Equity and Diversity, and Public Safety. The Team works to provide interventions, resources, and support for students who may be experiencing mental health concerns, substance abuse issues, physical assault, or other needed supports. The SIT team meets weekly to review case reports and is directed by the Dean of Students.

PREVENTION PROGRAMS, *provided by Sandra Rose-Zak, Coordinator for Wellness Education and Promotion*

Orientation Programs – All new students and parents are provided with information about campus life, university policies, and expectations as students transition to college. The Office of Wellness Education and Promotion collaborates in the orientation process with Counseling and Psychological Services to provide prevention education and options for support services for substance use.

Mandatory Alcohol and Drug Education – Beginning in 2018 all new residential students living on the campus are expected to attend an in-person mandatory alcohol and drug education presentation. Students are provided with social norms for substance use, community expectations, risks to personal and academic life, legal sanctions, and policies governing substance use on campus. This presentation is provided in collaboration with the Office of Wellness Education, Office of Housing and Residential Life and Campus Police. (Program provided to all new matriculated students, including residential, athletes and transfer)

2018 = 1190

2019 = 1142

2020 = 879 on-line education modules due to COVID restrictions

2021 = 1119

2022 = 1493

CHOICES about Alcohol – Wellness Education and Promotion introduced the CHOICES about Alcohol program in 2015. Recognized as a “best practice” for prevention education, CHOICES uses a psycho-social educational approach to engage students in an interactive discussion, supplemented by personal journaling. CHOICES encourage each participant to consider their own relationship with alcohol, patterns of use and social norms for Eastern Connecticut State University, with the goal of remediating risk associated with alcohol. The

University's policies for substance use are reviewed and reinforced. CHOICES is provided to all student's having a first offense for alcohol.

*Class Attendance: 2019 – 2020: 38 students
 2020 – 2021: 10 students
 2021 – 2022: 59 students
 2022 – 2023: 76

Brief Alcohol Screening and Interventions for College Students (BASICS) – BASICS is a psychoeducational program during which individual students found to be in violation of the alcohol and/or drug policy by the Office of Student Conduct for a second time will meet privately with the Coordinator for Wellness Education. BASICS may also be required for any student who has received emergency room services for substances. BASICS consist of two individual meetings to review personal history, assess patterns of substance use, motivations for change and strategies to remediate risk. The goal of the program is to move the student toward harm reduction strategies for behavior change. The BASICS program engages the use of an on-line program developed by the University of California at San Diego, referred to as the eCheckUpToGo program (alcohol and marijuana programs are separate). The program is recognized as a “best practice” for AOD and provides the student with personalized feedback about patterns of use, personal risks, and potential motivations for change. Results are reviewed and discussed with Coordinator. Referrals to counseling or other resources may be deemed necessary, based on results and motivations for change.

*Attended:
 2019 – 2020: 9 students attended / 2 referrals
 2020 – 2021: 2 student attended / 0 referrals
 2021 – 2022: 3 students attended/ 1 referral
 2022 – 2023: 3 students attended/ 2 referrals (fall, 2022)

Curriculum Infusion – The Office of Wellness Education and Promotion offers to all First Year Introduction (FYI) faculty the opportunity to bring substance abuse prevention into the classroom. These presentations address alcohol use from a variety of perspectives: transition to college, stress, social norms, peer pressure, effects of alcohol poisoning and intervention skills.

*Presentations:
 2019 – 2020: 15 classroom presentations = 339 students
 2021 – 2022: 5 classroom presentations = 101 students
 2022-2023: 7 classroom presentations = 123 students

Wellness Warriors – Wellness Warriors is a peer education program designed to enlist student volunteers to support peers who may be experiencing issues with substances or other concerns

relating to mental health. Wellness Warriors are provided with six hours of training in mental health, knowledge of high-risk drinking, alcohol poisoning, intervention skills of suicide prevention and related resources for support. Starting in 2017 Wellness Warriors have the opportunity to become certified by NASPA/BACCHUS as peer educators, undertaking 12 hours of further training, and will assist the University in programming and outreach efforts to students to address substance use and mental health issues. To date, there have been 65 students trained as Wellness Warriors. *During the COVID-19 pandemic and realignment of resources and staff, the Wellness Warrior program has been suspended for until further notice, effective 2021.

Tabling Events - The Office of Wellness Education and Promotion engages throughout the campus to present information to students in more informal settings, such as dining halls, student center, residence halls or heavily populated outdoor spaces. Examples of events are: *How to Have a Safe Spring Break, Reality Check: The Myths of Drinking, The Truth about Vaping, Wellness on Wheels, Holiday Health, Eating for Success, Managing Diabetes in College, Movies for Mental Health, The Fake "Baked" Sale, Imitation Prescription Drugs, Understanding Gambling Laws in Connecticut, Know Your Limit, Sober October, Friday After Dark*

*Outreach Attendance: 417 students.

Fresh Check Day – In 2021, Eastern Connecticut State University hosted Fresh Check Day (FCD) to support mental health. This biennial event presented opportunities for students to learn of issues relating to mental health, including the *Know Your Limit* booth, providing alcohol information to students in attendance.

*Attendance: 336 students

Campus Opioid Education and Prevention Grant – Eastern Connecticut State University has received the Campus Opioid Education and Prevention Grant, provided by the Connecticut Healthy Campus Initiative and the Department of Mental Health and Addiction Services. The campus secured a three-year grant (2017, 2018, 2019), for a total of \$31,000 allowing the campus to provide education to students and staff regarding opioid abuse.

Educational Outreach: *Understanding Opioids Forum, Alternatives for Managing Pain Forum, Narcan training and distribution, Residence Hall presentations, Professional Staff Trainings, Movies for Mental Health, Educational Outreach Table events, Classroom Presentations.*

*Attendance: 3,504 students and staff (2017-2020) Grant ended in 2019-2020 academic year

Medication Disposal – The Office of Wellness Education takes a proactive approach to reducing prescription medication misuse on campus. The Office had made medication disposal

bags available for free to all students and provides each residence hall with a supply to have available for students to take and use as desired. Students are informed of the need to dispose of unused medications by using the safe disposal bags, which contain materials that will render medication inert and can be safely disposed of in any garbage bin.

F. SUPPORT SERVICES

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS), *as provided by Bryce Crapser Ph.D., Director for Counseling and Psychological Services.*

Counseling and Psychological Services (CAPS) offers a full range of professional counseling services to all enrolled Eastern CT State University students, at no cost. These services include confidential individual and group counseling; psychiatric services; crisis intervention; consultation for faculty, staff, and family members; referrals for outside services; and outreach opportunities. CAPS is staffed by licensed professionals holding credentials as Licensed Psychologist, Licensed Professional Counselor, Licensed Clinical Social Workers, a part-time Psychiatrist, and doctoral and master's level graduate students. CAPS is open Monday through Friday, 8:30am – 4:30pm.

CAPS works collaboratively with the Office of Housing and Residential Life, Student Activities, Office of Wellness Education and Promotion and Health Services on related programs for improved mental health. CAPS staff also serve on the Student Intervention Team.

* 2019-2022, CAPS clients reported the following substance use upon intake: 59% alcohol use, 14% tobacco use, 33% marijuana use, 7.6% prescription medication abuse, less than 1% cocaine, opiate and hallucinogen use.

HEALTH SERVICES, *provided by Joseph V. Breton, M.D., Director of Health Services*

All students receiving services at Health Services are screened for their use of alcohol, tobacco, vaping, medication and drug use. Should the student response raise concern they are offered multiple types of support or interventions. These may include but are not limited to: follow up with Health Services staff, referral to psychiatric services, on and off campus support groups, drug or alcohol counseling or if imminent danger referral the local hospital. Any student cited for alcohol or drug use by campus Public Safety are seen at Health Services within 72 hours if possible.

OFFICE OF WELLNESS EDUCATION AND PROMOTION, *provided by Sandra Rose-Zak, Coordinator, Wellness Education and Promotion*

The Office functions primarily to provide education and outreach for the prevention of substance abuse and improving strategies for mental health, as well as assessment and referral as detailed in section E. The Office provides a variety of resources to students, to include prevention programs, psychoeducation, harm reduction for students in violation of university policy, alcohol and marijuana assessment, and referral. The Office works closely with Counseling and Psychological Services, Health Services, Housing and Residential Life, and student clubs/organizations. Referrals are provided to Eastern's Counseling and Psychological Services, Perceptions Programs, Inc., Natchaug Hospital, and Institute for Living.

EASTERN CONNECTICUT STATE UNIVERSITY RECOVERY MEETINGS – In 2019 the University, in collaboration with Connecticut Community for Addiction Recovery (CCAR), offered recovery meetings for students, facilitated by college age trained recovery facilitators. Due to lack of attendance meeting offerings were suspended on campus in 2020. Students are provided with referrals to local recovery meetings.

REGIONAL AND COMMUNITY PARTNERSHIPS – SERAC (Southeastern Regional Action Committee), Windham Pride, Perceptions Programs, Inc., Connecticut Healthy Campus Initiative, Council for Prevention of Gambling, Willimantic Opioid Prevention Task Force - Eastern Connecticut State University maintains membership within each of the noted community supports, collaborating on events and drawing on the combined expertise in the AOD field to better serve the campus and surrounding community. Eastern Connecticut State University also maintains membership in professional organizations for higher education. Examples of program collaborations for period 2020 – 2022: *Narcan Training, Tolland and Windham County Opioid Symposium, Emerging Trends in Drugs and Alcohol* and *Working with Transgender Clients with Co-Occurring Disorders, Prevention Screening for College Age Gambling, CT Council for Problem Gambling (College Campus Gambling Prevention grantee)*

G. RECOMMENDATIONS

- Prior to the biennial review, of 2021, Eastern Connecticut State University will conduct the CORE survey for substance use, perceptions of use, and effectiveness of prevention programming.
 - Outcome: CORE Survey was delayed due to COVID. The survey was completed in fall, 2022. Data will be delivered from The CORE Institute of Southern Illinois. Review of data results will be used across various divisions within the University to inform educational programming, manage resources and improve outcomes as they relate to substance use.

- Establish a Biennial Review Committee with representatives from relevant departments. Committee to be appointed by the University President, Vice President for Student Affairs, or designee.
 - Outcome: In 2022 the University established a Mental Health Task Force, with members assigned by the University President. The Task Force will use data and a collaboration of professional expertise to address deficiencies and make recommendations available by 2023.