



EASTERN CONNECTICUT STATE UNIVERSITY

A Liberal Education. Practically Applied.

Drug Free Schools and Communities Act Report

2017-2019

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 (2017 – 2019) to implement policies and program efforts to support the Drug Free Schools Act.

Several areas within the University have been identified as critical to compliance with the DFSCA: The Office of Wellness Education and Promotion, The Office of Student Conduct, Human Resources, Campus Police, Counseling and Psychological Services, Athletics and Health Services.

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 staff include professional staff (Ph.D, LPC, MSW, and MD) who are able to offer clinical support for those seeking counseling for substances. Eastern Connecticut State University Health Services retains medical personnel, to include a Physician, Nurse Practitioner and Registered Nurse, who are able to assess for substance abuse.

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 approximately 5,073 students enrolled (2017). Eastern Connecticut State University is part of the Connecticut State Colleges and University System. It is a residential campus, with 2,420 students living on campus, and 2,652 commuter students. The campus is located in Willimantic, Connecticut and geographically located in the Northeast region of the state.

II. POLICIES: ALCOHOL AND OTHER DRUGS

A. EMPLOYEES: *Provided by the Office of Human Resources*

All new employees to Eastern Connecticut State University are directed to the state policies for employees during the orientation process. The full statement of policy can be found at:

https://www.easternct.edu/human-resources/_documents/drugfree.pdf

DRUG AND ALCOHOL-FREE WORKPLACE POLICY: 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 Eastern community. To that end, the

University will provide a drug free environment for students and employees in accordance with the Federal Drug-Free Workplace Act of 1988.

Eastern Connecticut State University Prohibited Activity Policy Prohibits the Following:

- ◆ Being under the influence of alcohol, unauthorized controlled substances or illegal drugs on University premises or in University-owned vehicles. “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.
- ◆ The use or possession of alcohol, unauthorized controlled substances, or illegal drugs while on the job or subject to duty.
- ◆ The possession, use, manufacture, distribution, dispensation, or sale of illegal drugs away from University premises which adversely affect the employee’s work performance, or his/her own or others’ safety at work.
- ◆ Use of University property for the storage of any illegal drug, drug paraphernalia, or unauthorized controlled substance.
- ◆ Conviction under any criminal drug statute for a violation occurring in the workplace. “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.
- ◆ Failure to notify the employer of any criminal drug conviction relating to illegal drug activity in the workplace within five (5) days of conviction, in accordance with the requirements of the Act. 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.

A LIST OF LEGAL SANCTIONS FOR CERTAIN TYPES OF PROHIBITED ACTIVITY IS AVAILABLE FROM THE UNIVERSITY POLICE DEPARTMENT.

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, Eastern Connecticut State University 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 Eastern

Connecticut State University 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 the Personnel Office. 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: Disciplinary action may be warranted under the following circumstances:

- a) For violations of this policy for which treatment or counseling would be inappropriate.
- b) In cases where an employee refuses to seek treatment for declining job performance or abnormal on-the-job behavior which can be attributed to the use of drugs and/or alcohol.
- c) For repeated violations of this policy following treatment.

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 the Personnel Office regarding the appropriate action to take in each circumstance. The Drug Free Workplace Act requires personnel action within 30 days after learning of an employee's conviction for drug activity in the workplace. Discipline may also be warranted in cases involving illegal activity outside the workplace. Since drug addiction or alcoholism may constitute a handicapping condition, any personnel action must be consistent with the provisions of the Americans with Disabilities Act (ADA) of 1992 and Section 504 of the Rehabilitation Act of 1973.

In addition, Eastern must notify the appropriate federal agency in writing, as well as the Office of Labor Relations, with 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.

Substance Abuse Awareness Program: As a member of "Drugs Don't Work," The Governor's Partnership to Prevent Substance Abuse in the Workforce, Eastern Connecticut State University provides prevention and intervention training programs for students and employees, through the use of workshops, symposiums, written materials and flyers.

Residence Hall staff have been trained in identification and intervention techniques, and the Employee Assistance Program provides similar training for supervisors.

Health Risks: Substance abuse may cause physical and psychological problems which can contribute to difficulties at home, at school, and in the workplace. Common physical problems associated with substance abuse include fatigue, nausea, headache, poor motor control, organ damage, hallucinations, personality disorders, and increased risk of infection and disease. Substance abuse may also cause impaired judgment, poor concentration and reasoning, loss of memory, or exaggerated feelings of anger, fear and anxiety. Employees who are experiencing these symptoms and who believe that substance abuse may be the cause are urged to seek treatment through their personal physician(s), or by following the voluntary EAP referral procedures in this policy.

- B. STUDENTS:** All students receive annual notification and access to the Student Handbook, which includes all campus policies. Notifications are sent through student email, which is considered the official format for disseminating information. Electronic access to the Student Handbook: <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.

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, methandrostenedione, 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://www.gowarriorathletics.com/information/forms-not_medical/SA_Handbook_2017.18WEB.pdf

Results & Referrals Due to Positive Tests: 2017-2018, 2018-2019 academic years - 17 of 78 Student Athletes tested, tested positive for marijuana. All student athletes who test positive are referred for follow-up assessment and substance use education.

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: All student-athletes should remember that 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. It is also intended to provide the assurance that student-athletes will continue to enjoy the mental and physical health and well-being which is such an important consequence of participation in intercollegiate athletics.

Eastern Connecticut State University Prevention Programs Provided to Athletes:

- All freshman 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 BUILDING AND GROUNDS OFFICERS, as provided by Jeffrey A. Garewski, Director of Public Safety, Eastern Connecticut State University

University Police Officers and Building and Grounds Officers: Policies to 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 Fore Safety Reports. 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 policies and procedures of the following:

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. In an effort 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 Eastern Connecticut State University Police Department (“ECSUPD” or “Department”).

Alcohol and Substance Abuse: The purpose of this General Order is to establish the Eastern Connecticut State Police Department (“ECSUPD” or “Department”) policy and procedures regarding the consumption of alcohol and the use of prescription and illegal drugs by ECSUPD employees.

Use of Medical Marijuana: The purpose of this directive is to establish a policy and procedure regarding the use of medical marijuana by members of the Eastern Connecticut State University Police Department (“ECSUPD” or “Department”).

Intoxicated Individuals: The purpose of this General Order is to establish guidelines, policies, and procedures for Eastern Connecticut State University Police Department (“ECSUPD” or “Department”) 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 Connecticut State University Police Department 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 employee 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. ALCOHOL AND DRUG EDUCATION AND PREVENTION PROGRAMS

The Division of Students Affairs strives to reach and educate all students about the most common barriers to success. From alcohol and drug use to excess stress, they hope to provide essential information to help students make informed decisions that can reduce or remove these barriers. Services include:

- Students who violate the University’s alcohol and drug policies participate in educational training and may be referred for prevention education within the Office of Wellness Education or Counseling if warranted (Office of Student Conduct).
- Counseling for students with alcohol and/or drug issues and educational programming

(Counseling and Psychological Services and Office of Wellness Education and Promotion).

- Students are referred to Counseling and/or Wellness Education and Promotion for mandated alcohol and/or drug assessments (Office of the Dean of Students and Office of Student Conduct).
- A Health and Wellness Expo provides educational resources for students and staff (Offices of Student Health Services, Human Resources and Wellness Education and Promotion).
- Mandatory substance use education and policy review with all incoming residential freshmen students (Wellness Education and Promotion, Campus Police, Office of Residential Life).

ALCOHOL, ILLEGAL DRUGS AND WEAPONS: 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.

The possession or use of firearms, fireworks, dangerous weapons and the unauthorized possession of chemicals is prohibited.

Please refer to the Eastern Connecticut State University Student Handbook for the complete text of the alcohol and drug policies, and for 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/>

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.)

STATISTICS: VIOLATIONS and DISCIPLINARY ACTIONS, *September 2017- August 2019*

Alcohol Arrests - 84

Alcohol Disciplinary Actions - 137

Drug Arrests - 34

Drug Disciplinary Actions - 45

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

Orientation Programs – All students new to the University are provided with information about the risks associated with alcohol and other drugs during the orientation period. The Office of Wellness Education and Promotion collaborates in the orientation process with Counseling and Psychological Services to provide 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 a mandatory alcohol and drug education presentation. Students are provided with social norms as pertain to alcohol and drugs, community expectations, effects of alcohol and drugs on health, academics and legal sanctions as well as 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.

2018 = 1190 (freshman, transfer and student athletes)

2019 = 1142 (freshman, transfer and student athletes)

CHOICES about Alcohol – Wellness Education and Promotion began using the CHOICES about Alcohol program in 2015. Recognized as a “best practice” for prevention education, CHOICES uses a group setting 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 is reviewed and reinforced. CHOICES is provided to all student’s having a first offense for alcohol.

*Class Attendance: 2015 – 2016: 90 students attended CHOICES (new program)
 2016 – 2017: 127 students attended CHOICES
 2017 – 2018: 47 students attended CHOICES
 2019 – 2020: unavailable at time of report

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 how to remediate risk. The goal of the program is to move the student toward harm reduction and 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 may be deemed necessary, based on results and motivations for change.

*Attended: 2015 – 2016: 45 students attended BASICS/ 12 referrals
 2016 – 2017: 48 students attended BASICS/ 12 referrals
 2017 – 2018: 22 students attended BASICS/ 9 referrals
 2019 – 2020: unavailable at the time of report

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: 2015 – 2016: 19 classroom presentations = 437 students
 2016 – 2017: 16 classroom presentations = 371 students
 2017 – 2018: 13 classroom presentations = 307 students
 2019 – 2020: 15 classroom presentations = 339 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 issues relating to mental health. Wellness Warriors are provided with six hours of training in mental health, knowledge of high-risk drinking, alcohol poisoning, intervention strategies and related resources for support. Starting in 2017 Wellness Warriors will have the opportunity to be 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.

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, resident 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, Cocaine in College.*

*Outreach Attendance: September 2017 through May 2019, estimated 425 students.

Fresh Check Day – In 2018, Eastern Connecticut State University hosted Fresh Check Day (FCD) to support mental health and reduce the stigma relating to mental health. The biennial

event presented opportunities for 420 students to learn of issues relating to mental health, including the *Know Your Limit* booth, providing alcohol information to students in attendance.

*Attendance: 505 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 has secured a total of \$31,000 over the past three years (2017, 2018, 2019), 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)

F. CAMPUS SUPPORT SERVICES

Counseling and Psychological Services (CAPS), *as provided by Dr. Bryce Crapser, Director for Counseling and Psychological Services.*

Counseling and Psychological Services (CAPS) offers a full range of counseling services to all enrolled Eastern CT State University students. 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 Professional Counselors, Licensed Clinical Social Workers, a part-time Psychiatrist and staff holding a Ph. D in counseling psychology. CAPS is open Monday through Friday, 8:30am – 4:30pm. Referrals resources found in attachment (C)

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. The Director is a member of the Student Intervention Team.

* 2017-2019, CAPS clients reported the following substance use upon intake: 61% alcohol use, 35% tobacco use, 33% marijuana use, 6.2% prescription medication abuse, less than 1% cocaine, opiate and hallucinogen use.

Eastern Connecticut State University Health Services, *provided by Joseph V. Breton, M.D.*
Director of Health Services

Hours of Operation: 8:30 am – 5:00 pm.

All students seen 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 – The Office functions primarily to provide education and outreach for prevention of substance abuse, improving mental health and suicide prevention, as outlined in section IV above. In 2017 the Office acquired a grant to address prevention and education for Opioids and is using a series of marketing tools to disseminate prevention strategies and support services. The grant has been reissued to the University in subsequent year, 2018 and 2019. The Office provides a variety of resources to students with whom the Coordinator has completed an initial, or baseline, assessment through BASICS, to include Eastern Connecticut State University Counseling and Psychological Services, Perceptions Programs, Inc., Natchaug Hospital, and Institute for Living.

Referrals: 2015 – 16: 12 referrals to CAPS and/or other resource
2016 – 17: 12 referrals to CAPS and/or other resource
2017 – 18: 9 referrals to CAPS and/or other resource
2019 – 20: unavailable at time of report

Eastern Connecticut State University Recovery Meetings – Starting in 2019 and in collaboration with Connecticut Community for Addiction Recovery (CCAR), the University provides recovery meetings for students, facilitated by college age trained recovery facilitators. Meetings are free and open to students in all stages of recovery.

Regional and Community Partnerships - Northeast Communities Against Substance Abuse (ceased in 2018), Windham Pride, Perceptions Programs, Inc., Connecticut Healthy Campus Initiative, 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 time period 2017 – 2019: *Narcan Training, Tolland and Windham County Opioid Symposium, Tobacco Treatment Planning, Emerging Trends in Drugs and Alcohol* and *Working with Transgender Clients with Co-Occurring Disorders*.

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.
- Establish a Biennial Review Committee with representatives from relevant departments. Committee to be appointed by the University President or designee.