



Colorado State University- Pueblo 2017 Biennial Review

Health Education & Prevention Program
Drug Free School and Communities Act

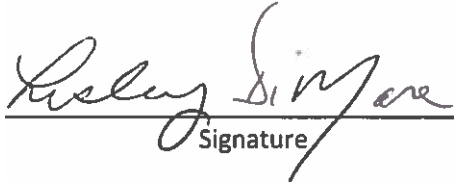


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Office of the President

The *Colorado State University-Pueblo 2017 Biennial Review of Health Education and Prevention* document, as required by the DrugFree Schools and Communities Act, has been reviewed, approved and may be posted on the CSU-Pueblo website.


Signature


Date

Lesley Di Mare, Ph.D.

President of CSU-Pueblo



Drug Free School & Communities Act (DFSCA)

INTRODUCTION TO THE DFSCA BIENNIAL REVIEW

The Drug Free Schools and Communities Act (DFSCA) requires, as a condition of receiving any federal funding or other financial assistance, that an institution of higher education certify it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol for students and employees on school premises and as a part of its activities. Colorado State University-Pueblo (CSU-Pueblo) is in compliance with the Drug Free Schools and Communities Act (DFSCA) and continues to conduct a biennial review on the effectiveness of its alcohol and other drug programs and services.

DFSCA Planning Committee consisted of the following:

- Sarah Lawson, Health Education and Prevention Coordinator, Chair
- Dr. Marie Humphrey, Dean of Student Affairs- Student Services & Enrollment Management
- Nicole Ferguson, Director of Student Conduct and Case Management
- Carol Daugherty, Director of Student Health/Counseling- Student Health Services
- Kayliegh Traverso, Administrative Counseling Specialist
- Bonnie Fruland Student Life-Student Affairs Coordinator
- Johnna Doyle, Deputy General Counsel
- Cora Zaletel, Executive Director, External Affairs

The CSU-Pueblo campus and community provide comprehensive alcohol and other drug prevention initiatives, programs, and services that focus on policy, environmental management, education, intervention, prevention, research, and assessment.

The University complies with all local, state, and federal laws concerning alcohol and drugs. CSU-Pueblo students are responsible for acquainting themselves with these laws and the University's policies regarding alcohol and other drugs. In addition, marijuana is a prohibited substance under federal law and therefore is prohibited on the CSU-Pueblo campus regardless of Colorado state law.

Below is a brief description of student responsibilities outlined in the Alcohol and Other Drug Policy:

- The use, possession, consumption, distribution, or presence of alcohol is prohibited at all times in all University Residence Halls and Walking Stick Apartments.
- The use or possession of marijuana, even with a valid medical marijuana license, is prohibited.
- Devices and activities that promote the heavy use of alcohol, such as "beer bongs" or "beer pong" are prohibited.
- All employees must follow the Drug Free Workplace Policy. Violation of this policy will result in disciplinary sanctions, which may include termination.

This notification also is available year round to students, staff, and employees at:

https://www.csupueblo.edu/human-resources/_doc/drug-free-workplace-statement.pdf

https://www.csupueblo.edu/human-resources/_doc/drug-awareness-program.pdf



Mission, Goals & Learning Outcomes



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HEP MISSION

To provide prevention education, healthy living, and learning opportunities in order to sustain a wellness-focused environment that further develops academics and success for students of Colorado State University-Pueblo.

GOALS

Colorado State University-Pueblo's Health Education and Prevention Program (HEP) has undergone multiple transitions to better meet the needs of CSU-Pueblo's growing campus community. In 2015, Health Education and Prevention experienced turnover in the Coordinator position. The dedicated and hard-working staff of HEP is continuing to walk through these transitions to provide a stronger structure of the HEP for the benefit of the students of CSU-Pueblo. HEP is in the process of developing many new and exciting educational programming opportunities with the goal of implementing, and sustaining additional and multiple educational health and wellness programs. These programs will provide prevention and intervention education in regards to alcohol and other drugs and will foster an inclusive health and wellness model for the campus community

LEARNING OUTCOMES

1. Students will recognize how healthy choices lead to success and timely graduation as demonstrated by attendance to trainings, presentations, and programs.
2. Students will show an understanding that a healthy lifestyle leads to a better overall emotional, physical, and psychological personal wellness as demonstrated by pre-surveys and post-surveys.

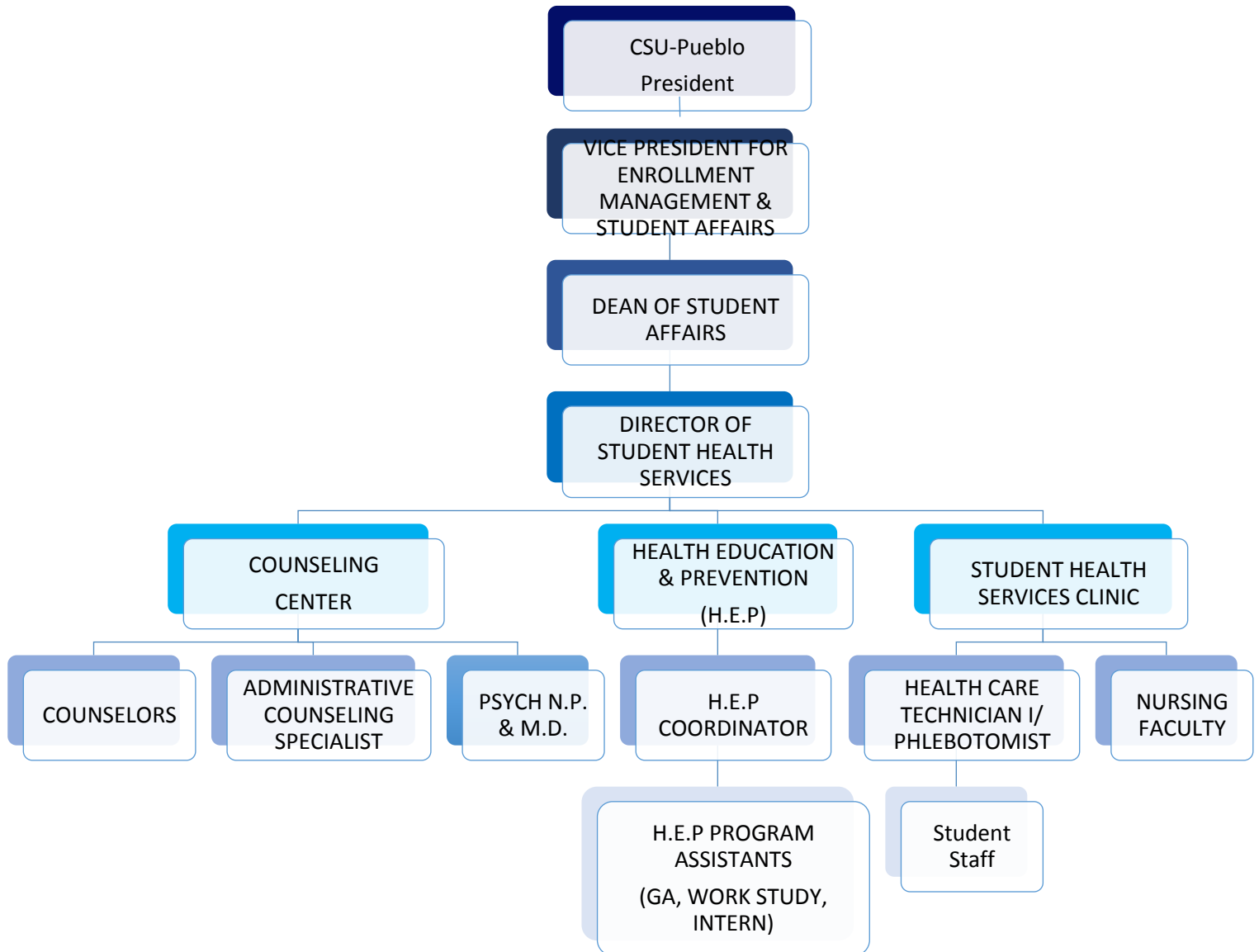


Operations



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ORGANIZATIONAL FLOW CHART



OPPORTUNITIES OFFERED

Programs and Organizations:

HART

Healing and Recovering Together

HART provides a safe space and supportive community for students in recovery or seeking recovery from addiction. Participation is completely voluntary, and there is no barrier to entry. Students at any stage of recovery and at any point in their academic journeys are welcome. Come to a support group meeting, attend a sober social event, or just get in the loop about volunteer opportunities and upcoming activities. Recovery works and can be part of a genuine college experience.

SOUL

Seeking Ourselves to Unite Leaders

SOUL is a diverse group of students who are trained as peer educators to provide educational programs and outreach on responsible student decision-making towards health, wellness, and safety topics including alcohol, drugs, sexual violence, sexually transmitted infections, and stress management. Peer Education provides a way for students to talk to other students about lifestyle choices with the goal of harm reduction. In other words, peer education allows students to make personal decisions while encouraging and helping them to make those decisions in safer and healthier ways.

Smoking Cessations

If you ask anyone you know that smokes if they plan to quit, many have thought about it or tried. Many students say they'll stop smoking when they graduate. If you smoke or chew tobacco regularly, it's a good idea to think about quitting. The sooner you quit, the sooner you will begin to reap the benefits from living a smoke-free life.

Even Zombies Know

Even Zombies Know is a social norming campaign aimed at promoting the positive choices CSU-Pueblo students make regarding alcohol and other drugs. Funded by Colorado's Persistent Drunk Driver committee, the campaign shares the realities of these topics within the campus culture and seeks to increase good decisions that make students, their friends, and their community safer. When it comes to responsible choices regarding alcohol and other drugs...Even Zombies Know.

Protecting the Pack

Protecting the Pack allows students to pledge to be a sober designated driver for the night or weekend. Students check out a t-shirt that allows them to receive free appetizers and non-alcoholic beverages from our participating partners. Currently, our partners include: Buffalo Wild Wings, Chili's, Applebee's, Andy Macs, Pinelle's Bowlero, Classic Q's and Side Pocket.

Educational Sanction Tools:

CHOICES

HEP provides monthly CHOICES educational intervention for students interested in making behavioral change with low to moderate alcohol use. This brief alcohol abuse prevention program can have a significant impact on students' health and well-being. CHOICES can help students appreciate the risks associated with alcohol use and equip them with effective strategies for reducing the risk and harm associated with drinking in the college environment.

eCHECKUP TOGO Alcohol and Marijuana

This online intervention model is structured to provide students with a brief screening and motivational interviewing session to provide behavioral change for students with moderate to heavy drinking and marijuana use.

Trainings and Presentations:

Alcohol, Drugs and You

This presentation offers a compressed educational session to cover how alcohol and drugs react to the body when consumed, how to recognize the signs of alcohol poisoning, and how to find resources on-campus. Audience members will also be educated on the updated research of persistent marijuana use effects on the body. This is a perfect program idea for existing meetings where you'd like to include a brief alcohol and other drug education session.

StepUP! Bystander Intervention

Step Up! is an active bystander intervention program that is being implemented across campus. While many times "doing the right thing" happens naturally, sometimes we don't think we have it in us. Step Up! spells out the mental processes at work so that we can be aware of how to better handle situations, such as alcohol poisoning and sexual violence.

Grants:

CADE- Colorado Coalition of Campus Alcohol and Drug Educators

As of July 2016 HEP was awarded the opportunity to be participants in the 2016-2018 CADE cohort. With this award CSU-Pueblo will be granted \$2,500 annually to support the implementation of an educational dissemination/programming project.

In order to receive funding, HEP must do the following:

- ❖ Monthly, log in to CADE Collaborate online learning community
- ❖ By October 30, 2016 – schedule 60-minute working session to review Strategic Prevention Framework
- ❖ By April 30, 2017 – schedule 60-minute working session to assist in planning and implementation of campus initiative
- ❖ By June 30, 2017 – schedule 60-minute working session to assist in evaluation of campus initiative
- ❖ By June 30, 2017 – host a presentation on the CADE Collaborate online learning community

TYR- Transformation Youth Recovery

HART – Healing and Recovering Together

In 2015 HEP was awarded \$5000. With this money, HEP had the opportunity to establish a student recovery program. As of August 2016, HEP will be partnering with Pueblo's YPR (Young People in Recovery) chapter in order to expand the recovery efforts.

CSPH- Colorado School of Public Health

CSU-Pueblo was awarded an opportunity to work with CSPH in order to implement a multilevel skin cancer prevention program for the campus community. The specific population that is involved is the student-athletes, nursing majors, and residence life and housing occupants. CSPH has a further opportunity to apply for a \$5000 mini grant that will allocate funds to provide shade structures around campus.

Target Prevention Programming to At-Risk Populations:

Certain student groups have traditionally been at higher risk for alcohol abuse and the use of illegal drugs. While traditional group targeting is appropriate for the scope of this recommendation, utilizing assessment data to identify at-risk populations will be an ongoing initiative.

First-Year Students

First-year students have traditionally been an at-risk population due to the normalizing propensity toward increased alcohol and other drug experimentation and habitual use. Reaching first-year students with direct engagement opportunities is available by partnering with Orientation, the Office of Student Activities, and Residence Life and Housing. The Health Education and Prevention program is doing more direct programming in the residence halls, hosting monthly alcohol and other drug prevention events and informational activities.

Greek Life Students

Students participating in Greek Life organizations often are perceived as a higher-risk population as a result of the inaccurate portrayals of Greek Life in the media. However, low-to-medium involved Greek Life students have higher risks of alcohol or other drug use.

Providing risk management programs for Greek Life organizations helps to provide education and also fulfill responsibilities from the national governing body of the organizations. One such program is the Training for Step Up! Bystander Intervention program that teaches students how to be more aware of their surrounds and learn different techniques to intervene in situations, such as witnessing heavy alcohol consumption, alcohol poisoning, and preventing sexual assault incidents.

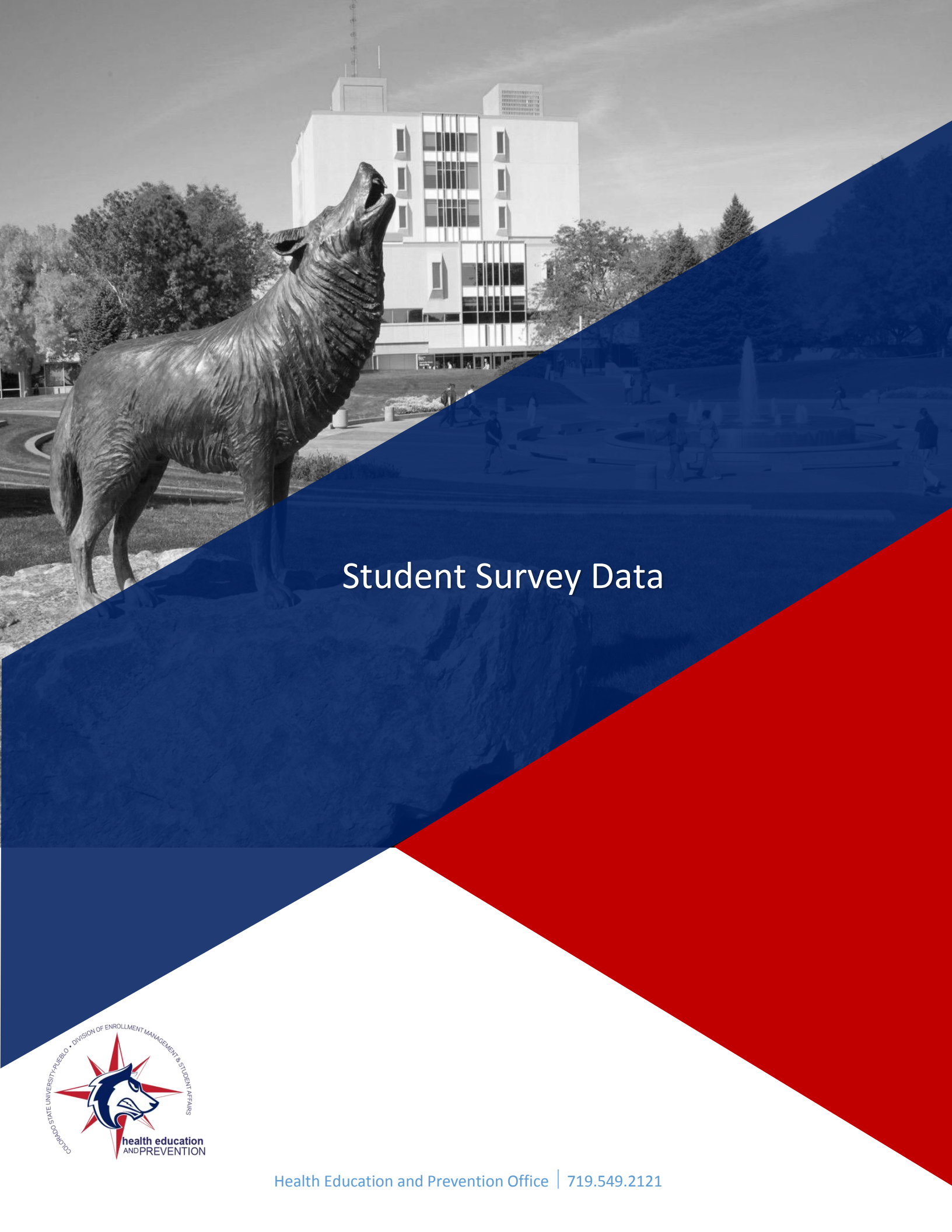
Finally, Health Education and Prevention, the Director of Student Conduct and Case Management, and the Office of Student Engagement and Leadership (SEAL) provide a hazing prevention education program for Greek Life students and other student organizations.

Student Athletes

The National Collegiate Athletic Association (NCAA) has recognized that student-athletes are at risk of alcohol and other drug use (though performance enhancing substance use is typically lower for student-athletes than the general college population). The NCAA requires that an annual student-athlete drug and alcohol prevention program is offered through the life-skills program.

Minority Populations

CSU-Pueblo seeks to provide program offerings that are culturally sensitive to diverse groups. Such groups that will be provided specific program offerings will be the LGBTQIA+ identifying peers and also Hispanic, Latino/a, and Chicano/a students.



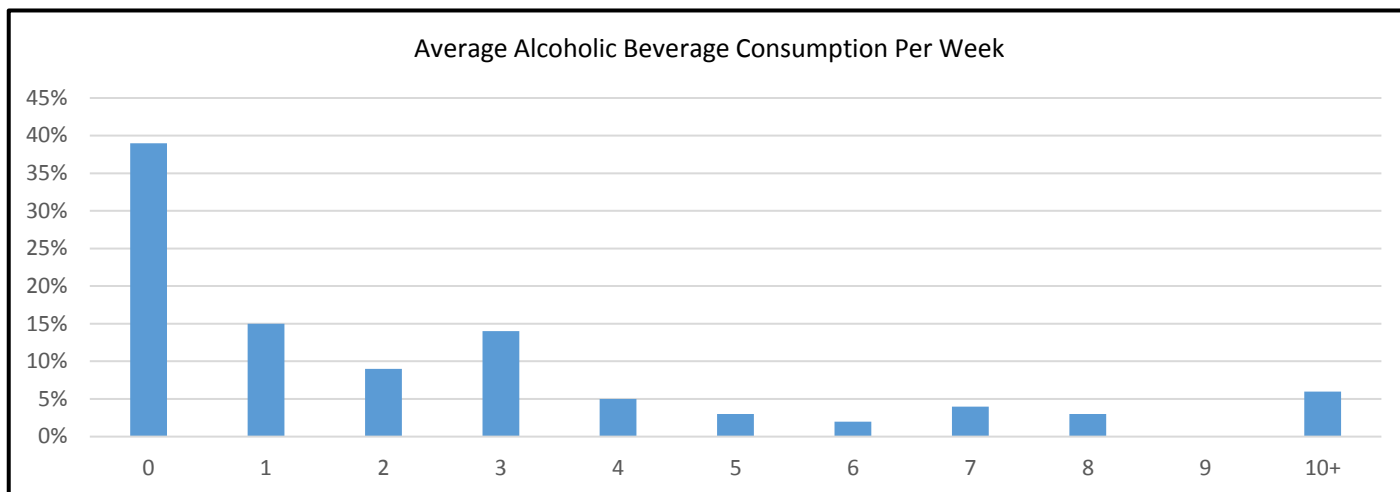
Student Survey Data



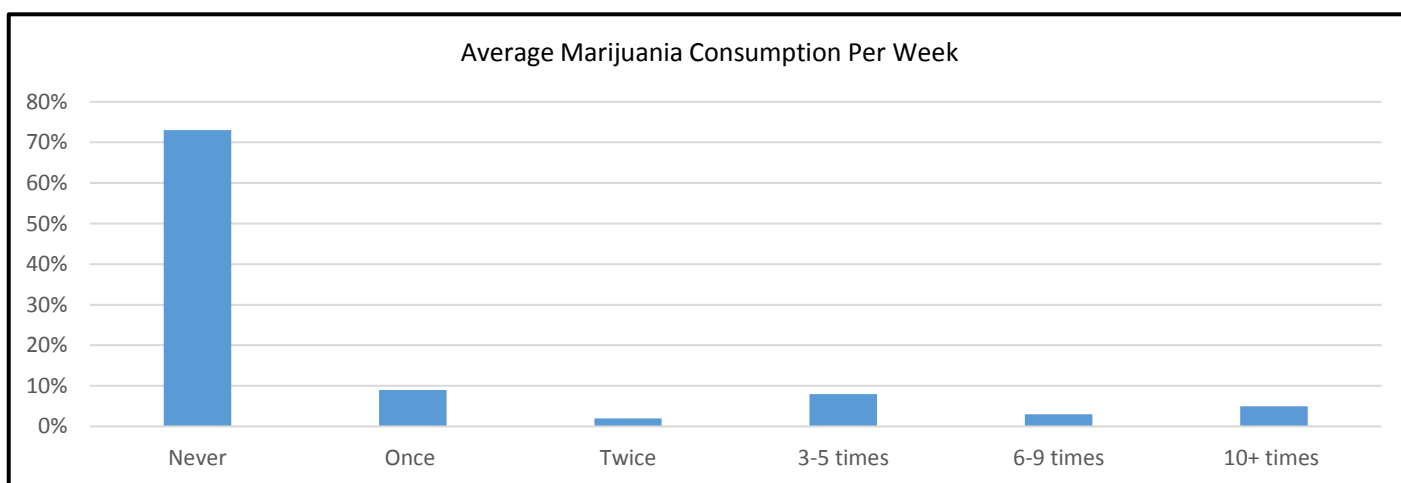
SURVEY EXECUTIVE SUMMARY

The purpose of this research was to collect data on current student perceptions regarding alcohol, marijuana use, and impaired driving as well as actual behavior regarding substance use and impaired driving, and awareness of impaired driving media messages. The goal of this survey was to help develop a baseline to measure future prevention programming effectiveness.

CSU-PUEBLO STUDENT GENERAL ALCOHOL AND OTHER DRUG USE

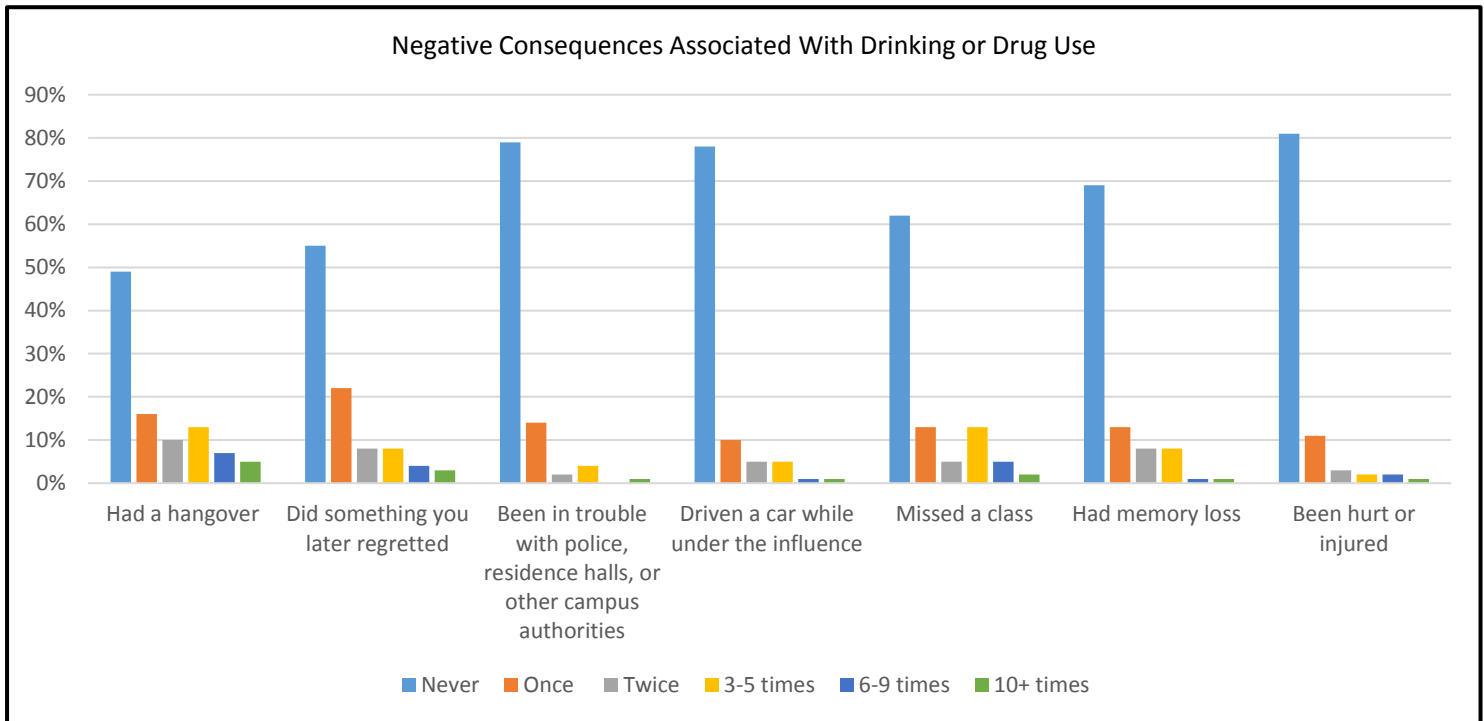


Drinks	0	1	2	3	4	5	6	7	8	9	10+
Student Response	39%	15%	9%	14%	5%	3%	2%	4%	3%	0%	6%



Times Smoked	0	1	2	3-5 Times	6-9 Times	10+ Times
Student Response	39%	15%	9%	14%	5%	3%

NEGATIVE CONSEQUENCES ASSOCIATED WITH DRINKING OR DRUG USE

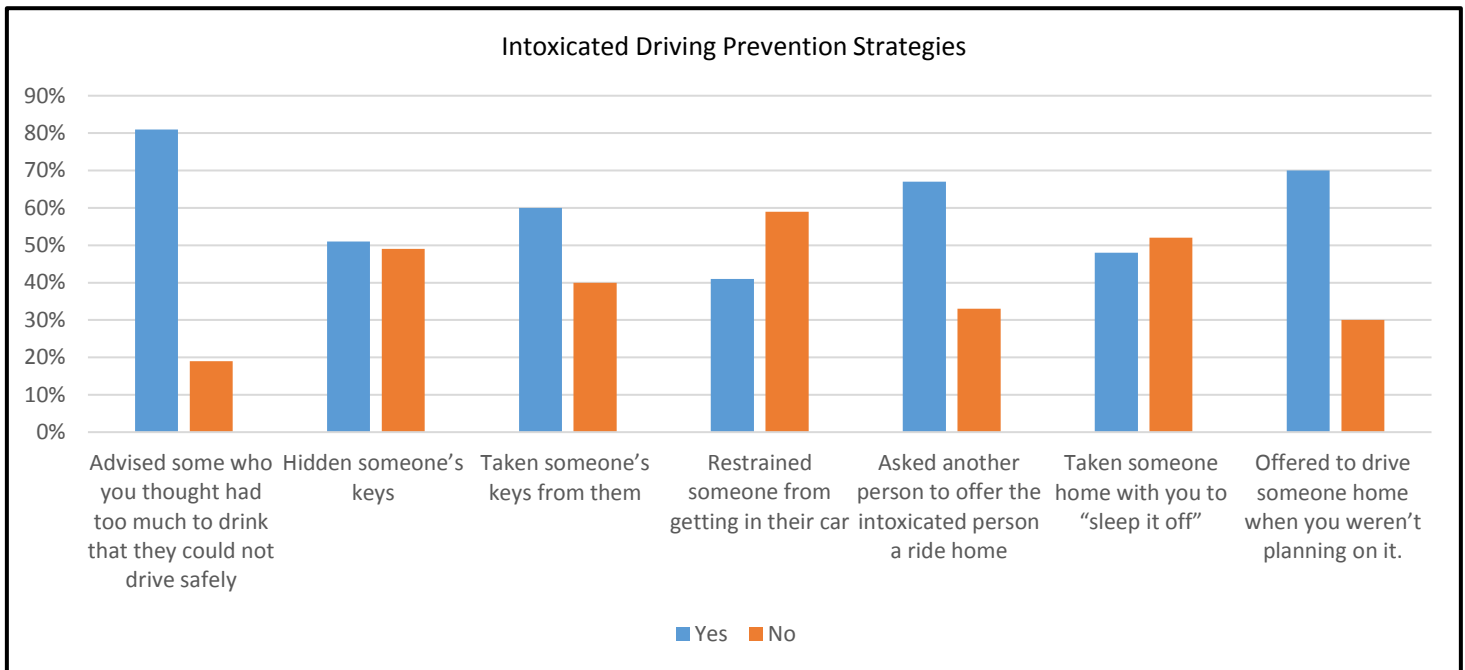


	Never	Once	Twice	3-5 times	6-9 times	10+ times
Had a hangover	49%	16%	10%	13%	7%	5%
Did something you later regretted	55%	22%	8%	8%	4%	3%
Been in trouble with police, residence halls, or other campus authorities	79%	14%	2%	4%	0%	1%
Driven a car while under the influence	78%	10%	5%	5%	1%	1%
Missed a class	62%	13%	5%	13%	5%	2%
Had memory loss	69%	13%	8%	8%	1%	1%
Been hurt or injured	81%	11%	3%	2%	2%	1%

Key Findings:

- 79% of CSU-Pueblo students reported never being in trouble with police, residence halls, or other campus authorities due to alcohol or other drugs
- 78% of CSU-Pueblo students have not driven a vehicle while under the influence of alcohol or other drugs

INTOXICATED DRIVING PREVENTION STRATEGIES



	Yes	No
Advised some who you thought had too much to drink that they could not drive safely	81%	19%
Hidden someone's keys	51%	49%
Taken someone's keys from them	60%	40%
Restrained someone from getting in their car	41%	59%
Asked another person to offer the intoxicated person a ride home	67%	33%
Taken someone home with you to "sleep it off"	48%	52%
Offered to drive someone home when you weren't planning on it.	70%	30%

Key Findings:

- 81% of CSU-Pueblo students have advised someone that they should not drive due to their intoxication level
- 52% of CSU-Pueblo students have not taken someone home just to "sleep off" their intoxication



Policies & Procedures



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STUDENT RELATED

Student Code of Conduct

The Director of Student Conduct and Case Management is responsible for promoting observance of the Student Code of Conduct, enforcing student standards, and administering sanctions for violations of the Code. If it is determined that a student has violated a University regulation, a sanction may be imposed. Decisions made by the Director of Student Conduct and Case Management may be appealed to the Dean of Student Affairs- Student Services & Enrollment Management.

The Student Code of Conduct contains details of the hearing process and provides detailed explanations and descriptions of institutional disciplinary philosophy, rules, and regulations.

Proceedings under the Student Code of Conduct may be carried out prior to, simultaneously with, or following off-campus civil or criminal proceedings at the discretion of the Director of Student Conduct and Case Management. Determinations made or sanctions imposed shall not be subject to change because criminal or civil charges arising out of the same facts giving rise to violations of University policy were dismissed, reduced, or resolved in favor of or against the criminal or civil law defendant.

Current Alcohol and Other Drug Policy

CSU-Pueblo is committed to fostering and sustaining an environment that furthers academic and student development. The health and safety of our students is paramount. The University recognizes the dangers and effects that alcohol and other drugs have on the success of students and will not tolerate the excessive, inappropriate, and/or illegal use of alcohol or drugs.

The University complies with all local, state, and federal laws concerning alcohol and drugs. CSU-Pueblo students are responsible for acquainting themselves with these laws and the University's policies regarding alcohol and other drugs.

Below is the Alcohol and Other Drug Policy:

CSU-Pueblo students, student organizations, Greek organizations, athletic and club sports teams, and their visitors must comply with all local, state, and federal laws concerning alcohol and other drugs. CSU-Pueblo will not tolerate the excessive, inappropriate, or illegal use or abuse of alcohol or other drugs.

A. Alcohol

1. Underage Possession or Consumption

If you are under age 21, you cannot purchase, possess, or consume alcohol.

2. Providing Alcohol to Minors

No student, regardless of age, shall provide alcohol to anyone under age 21.

3. Public Intoxication

Being intoxicated by alcohol in a public space, and being a danger to yourself or others is prohibited.

4. Severe Intoxication

Being intoxicated by alcohol to a level that requires, or appears to require, medical attention or supervision by others, is prohibited.

5. Drinking Games and Paraphernalia

The possession or use of drinking devices that dispense alcohol, such as funnels, luges, keg taps, etc. is prohibited. The promotion, possession, or playing of alcohol drinking games, such as beer pong, is prohibited.

6. Alcohol in the Residence Halls and University Village of Walking Stick

Possession or consumption of alcoholic beverages or the possession of alcohol containers (including empty alcohol containers) is prohibited in the, Crestone, Culebra, and Greenhorn residence halls, and the University Village of Walking Stick regardless of age.

8. Irresponsible Serving of Alcohol

When providing alcohol to those of the legal age to drink, students must practice responsible serving procedures. Irresponsible serving procedures include, but are not limited to: providing alcohol to intoxicated individuals, providing alcohol to minors, allowing such individuals to drive, or creating environments of binge drinking.

9. Driving While Ability Impaired or Driving Under the Influence

Students are required to follow the laws of the State of Colorado regarding alcohol and/or drugs and driving. Students receiving citations for DWAI or DUI also may be sanctioned by the University.

B. Other Drugs

1. Possession, Use, or Sale of Marijuana

Pursuant to Federal law, possession, use, or sale of marijuana is prohibited on campus. Marijuana possession, use or sale also is prohibited at University sponsored events, even if held off-campus.

2. Medical Marijuana

Students and guests who have been issued a Medical Marijuana Identification Card by the State of Colorado, or have a license from another state, may not possess, use, or sell marijuana on University property, including in University housing areas. Medical Marijuana possession, use, or sale also is prohibited at University-sponsored events, even if held off-campus.

3. Illicit Substances

Possession, use, or sale of illicit substances is prohibited. Illicit substances include scheduled amphetamines, anabolic steroids, cocaine, hallucinogens, heroin, inhalants, marijuana, methamphetamines, tranquilizers, etc. Unscheduled substances also are prohibited (e.g. street drugs).

4. Prescription Medication

Students or guests who have been prescribed medications (including scheduled drugs) may only use those medications as prescribed. Any other use or unauthorized sale is prohibited.

C. Medical Amnesty & Emergencies

1. Medical Amnesty

CSU-Pueblo encourages all students to call for help when any sign of alcohol poisoning or drug overdose is observed. Students who call for help to assist a friend or themselves may be eligible for medical amnesty. Students who are provided medical amnesty may not be subject to disciplinary sanctions; however, educational sanctions may be applied. Receipt of medical amnesty is at the discretion of the Director of Student Conduct and Case Management.

2. Failure to Respond to an Alcohol or Drug-Related Emergency

Students who fail to call for medical assistance in an alcohol or drug-related emergency may be subject to disciplinary action and may receive enhanced sanctions.

PROCEDURE

Violations of this Alcohol and Other Drug Policy shall be adjudicated in accordance with the Student Code of Conduct. The University may adjudicate violations of standards that occurred off campus and have, or may have threatened to cause an impact on the University's activities, or on the health, safety, or security of the University, its members, or the community. The decision whether to adjudicate a specific off-campus incident shall be made at the discretion of the Director of Student Conduct and Case Management.

DEFINITIONS

A. Alcohol, Alcoholic Beverages, and Alcohol Containers

- ❖ Alcohol is any substance with ethyl alcohol or ethanol designed for the purpose of human consumption.
- ❖ An alcoholic beverage is defined as any liquid containing at least 3.2% ethanol (or pure alcohol). A standard size drink of alcohol is one 12 oz. beer, one 5 oz. glass of wine, one 1.5 oz. shot of an 80 proof liquor, one 12 oz. wine cooler, or any beverage with an equivalent ethanol (or pure alcohol) content of approximately 0.5-0.6 per oz.
- ❖ An alcohol container is any container (glass, aluminum can, etc.) in which alcohol is or was contained. This includes retail containers, thermoses, kegs, etc.

B. Medical Amnesty

- ❖ An exception or exemption from disciplinary sanctions when a student calls for medical help for themselves or others.

RELATED POLICIES & PROCEDURES

- ❖ Student Code of Conduct
- ❖ Medical Marijuana Policy
- ❖ Sexual Misconduct Policy
- ❖ Tobacco Policy

The entire policy may be found by visiting:

https://www.csupueblo.edu/student-affairs/_doc/alcohol-other-drug-policy.pdf

FACULTY & STAFF RELATED

Drug-Free Workplace Policy

All employees must follow the Drug Free Workplace Policy. It is the policy of CSU-Pueblo that use of alcohol, other drugs, or controlled substances during work hours is prohibited. Likewise, it is the policy of CSU-Pueblo that illegal possession, manufacture, use, sale, or transfer of a controlled substance on state property or during work hours by its employees is prohibited. Violations of this policy will be cause for corrective or disciplinary actions up to and including termination.

The entire policy may be found by visiting:

https://www.csupueblo.edu/human-resources/_doc/drug-free-workplace-statement.pdf

AOD SANCTION TABLE

The following table represents the least restrictive sanctions that could be issued for violating the standards listed in the Alcohol and Other Drug Policy. The number of offenses is cumulative for the duration of attendance to CSU-Pueblo.

	<u>Alcohol Violation (Minor)</u> <ul style="list-style-type: none"> Underage possession or consumption of alcohol Alcohol/Alcohol Paraphernalia in Residence Halls Knowingly in the presence of an alcohol or other drug violation Public Intoxication Smoking in a campus building Possession of binge drinking paraphernalia Organized drinking games 			<u>Marijuana Violation</u> <ul style="list-style-type: none"> Possession of marijuana or marijuana paraphernalia Use of marijuana 			<u>Alcohol Violation (Major)</u> <ul style="list-style-type: none"> Transported to hospital, as a result of intoxication Severe intoxication Driving Under the Influence (DUI) or Driving with Ability Impaired (DWAI) Irresponsible serving of Alcohol Possession of drug paraphernalia (non-marijuana) 			<u>Illicit Substances</u> <ul style="list-style-type: none"> Possession or use of drugs (not marijuana) Sale or distribution of drugs (including marijuana) 	
	Any First Offense	Any Second Offense	Any Third Offense	Any First Offense	Any Second Offense	Any Third Offense	Any First Offense	Any Second Offense	Any Third Offense	Any First Offense	Any Second Offense
Fine and Restitution	\$50 and restitution if any.	\$100 and restitution if any.	\$200 and restitution if any.	\$75 and restitution if any.	\$150 and restitution if any.	\$300 and restitution if any.	\$100 and restitution if any.	\$200 and restitution if any.	\$400 and restitution if any.	\$200 and restitution if any.	\$250 and restitution if any.
Service/ Activity	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
Coach Referral (if student athlete)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Parental Notification		✓	✓		✓	✓	✓	✓		✓	✓
Educational Sanction	✓	✓	✓	✓	✓		✓	✓		✓	
Assessment by HEP Coordinator	✓	✓	✓	Possible	✓		✓	✓		✓	✓
Probation with or Without Restrictions	1 semester Possible	1 year until age 21		1 year until age 21	1 year until age 21		1 year until age 21	1 year until age 21		Until graduation	
Housing Status		Suspension Possible	Expulsion		Suspension Possible	Expulsion	Suspension Possible	Suspension	Expulsion	Suspension	Expulsion
University Status			Suspension			Suspension or Expulsion		Suspension Possible	Suspension Expulsion	Suspension Possible	Suspension or Expulsion

SANCTION SUMMARY

The Director of Student Conduct and Case Management is responsible for enforcing the standards of the Student Code of Conduct and administering sanctions for violations of the Code. The following table describes sanctions given by the Office of Student Conduct for alcohol or drug violations. This list is not intended to be exhaustive, and sanctions given are specifically tailored to each student in any given situation.

	2014	2015	2016
Alcohol Misuse	58	12	89
Drugs/Drug Paraphernalia	46	36	33

