Central Connecticut State University’s  
Drug Free Schools Act  
2013 Biennial Report

To: The United States Department of Education  
Office of Postsecondary Education

From: John W. Miller, President

Date: January 2015

This report was prepared on behalf of the CCSU Presidential Advisory Council on Alcohol, Tobacco and Other Drugs for President John W. Miller.
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Information for the CCSU 2013 Biennial Drug Free Schools Act Report was compiled in the spring of 2013 during a time of reorganization and integration of the Office of Alcohol and Drug Education, the Department of Counseling and Wellness, and University Health Services. The report was completed in January, 2015, by the Coordinator of Wellness Education in the Department of Student Wellness Services.

I. Introduction to Central Connecticut State University
Central Connecticut State University (CCSU) was founded in 1849 as the New Britain Normal School and is Connecticut’s oldest publicly supported institution of higher education. Located at 1615 Stanley Street, New Britain, Connecticut, CCSU is a fully accredited four year university with an enrollment of approximately 8,500 full time students and 4,000 part time students. CCSU is a dry campus. The President of Central Connecticut State University is Dr. John W. Miller.

II. Description of the Alcohol, Tobacco and other Drug Prevention Program at CCSU by Jonathan A. Pohl, Ph.D., Alcohol and Other Drug Education Coordinator

Dave Denino, Interim Director of Counseling and Wellness, and then Dr. Chris Diamond, Director of Student Wellness Services, were responsible for supervising the Office of Alcohol and Drug Education and overseeing the Alcohol, Tobacco and other Drug (ATOD) Prevention Program for students at Central Connecticut State University. The following is a brief description of the 2013 ATOD program on campus:

- **Presidential Advisory Council on Alcohol, Tobacco and other Drugs.**
  Central Connecticut State University has a Task Force entitled “The Presidential Advisory Council on Alcohol, Tobacco and other Drugs,” dedicated to monitoring ATOD policies, practices and programs on campus. The Council serves the University by coordinating efforts to reduce the impact of ATOD on the community and contributes to creating optimal conditions for student academic success and personal development. The Council meets six times during the academic year and sub-committees are formed to conduct ATOD project assignments.

Members are appointed by President Miller. The Chairperson is Dr. Laura Tordenti, Vice President for Student Affairs. Other members include Christopher Dukes, University Judicial Officer; Dr. Jonathan Pohl, Alcohol and Other Drug Education Coordinator; Sandra Rose-Zak, Interim Wellness Program Administrator in the Office of Alcohol and Drug Education; Timothy Corbitt LCSW, Director of Counseling & Wellness (resigned); Sergeant Gerald Erwin, Ann Alling, Chief Human Resources Officer (retired), CCSU Police Department; Dr. Christopher Diamond, Director of Health Services; Lou Pisano, Chief Human Resources Officer; Molly McCarthy, Assistant Director of Compliance for Athletics; Scott Hazan, Director of Student Activities; Lila Coddington, Assistant Director and Project Coordinator of Central Access and Student Development Program; Jean Alicandro, Director of Residence Life; Ryan Baumann, Associate Director of Residence Life; Michael Ansarra, Sr. Associate Athletics Director; Maria Santilli, Assistant Director of the Student Center;
Elissa Schibley, Resident Director; Salam Measho, SGA representative and CCSU student; Mary Bramucci, Natural Helper and CCSU Student.

The Advisory Council is specifically charged with:

- establishing a forum for collaboration, coordination and accountability among the various CCSU departments delivering programs and enforcing policies relevant to high risk use of ATOD;
- developing recommendations for implementing an effective, comprehensive and sustainable ATOD risk reduction strategy for the university;
- reviewing and recommending revisions as needed to all relevant university policies;
- Initiating appropriate research to assess the effectiveness of programs as well as guide recommendations;
- Preparing a biennial report for the President, with recommendations, which assess the effectiveness of programs in compliance with reporting requirements of the Drug Free Schools Act.

The work of the Advisory Council has resulted in the following activities:

- **Alcohol Edu**
  In 2004, Student Affairs invested in a 4 year agreement with the company Outside the Classroom to purchase the online web based course entitled *Alcohol Edu for College Students*. Since 2005, all incoming students have been required to complete the Alcohol Edu program. Incoming students are sent a letter from the Vice President before the fall and spring semesters. Incoming students, including new freshmen, transfer students and international students receive a letter in the mail from the Vice President of Student Affairs, and their respective guardians/parents also receive a letter inviting them to become “partners in prevention” with CCSU by participating in Alcohol Edu for Parents. Starting in the fall of 2010, Sexual Assault Edu was added to the course. This is an additional section included as a part of the course. Students are reminded of the anonymity of the program and are not required to answer the sexual assault questions, as well as given resources available to them on campus. The course is currently known as *Alcohol Edu/Sexual Assault Edu for College Students*. The Alcohol Edu program is also used in the following two ways: by the Judicial Officer for students who violate the alcohol policy on campus and for training purposes with different students groups such as Natural Helpers and Resident Assistants. Dr. Laura Tordenti secured funds for the Alcohol Edu Program through spring 2013. In 2011-2012 academic year, of the 1275 students who participated in alcohol.edu 707 students completed, and in 2012-2013 academic year, of the 1808 students who participated in alcohol.edu 985 students completed. A copy of the Alcohol Edu letters sent to incoming students and their parents may be found in the Appendix.

- **e-Chug and e-Toke**
  On-line self assessment resources are available to students and include ways of decreasing or eliminating drinking/smoking. The e-CHUG (Electronic Check-Up and Go) is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes about 6-7 minutes to complete, is self-guided, and requires no face-to-face contact time with
a counselor or administrator. If the student is concerned with the results of e-CHUG the student can set up an appointment with one of our counselors to discuss them.

The electronic THC Online Knowledge Experience (e-TOKE) is a brief marijuana-specific assessment and feedback tool designed to reduce marijuana use among college students. The assessment only takes 10-15 minutes to complete and requires a Javascript enabled browser. It is also self-guided, and requires no face-to-face contact time with a counselor or administrator. If the student is concerned with the results of e-TOKE the student can set up an appointment with one of our counselors to discuss them.

The on-line programs, e-Chug and e-Toke are used in the following two ways: voluntarily by students who may or may not be in counseling and use it off the website or as mandated by the Judicial Office for students who violate the alcohol policy on campus as a part of the BASICS program (for more information, see BASICS below).

- **Natural Helpers/Peer Educators**
  The group known as the Natural Helpers, (approximately 8 volunteer students) work toward reducing the use of alcohol and drugs on and off campus. Members of Natural Helpers take part in weekly trainings throughout the academic year. The training includes educational sessions and guest speakers discussing the effects of alcohol and other drugs. Nominated by their peers, these Natural Helpers are selected to take part in conducting several National Wellness outreach programs on campus throughout the academic year. Natural Helpers’ volunteer their time at Devil’s Den 10pm. Outreach events include: National Alcohol Awareness Week, Depression Screening Week, The Great American Smoke Out, Healthy Relationships Week, Safe Spring Break, Problem Gambling Awareness and Stress Busters Week. Natural Helpers disseminate alcohol and other drug prevention messages on campus at their events and during programs. They are trained to help their peers; conduct alcohol and other drug prevention programs on campus, in classrooms and in residence halls; collaborate extensively with on and off campus departments, groups and organizations; and as a campus resource to help prevent substance use and abuse on campus and in the surrounding community. The Natural Helpers provide a resource table on campus, providing ATOD-related health risk information available to the campus community at health fairs. They are affiliated with The Bacchus Network, a nationally recognized university and community based network focusing on comprehensive health and safety issues. The Natural Helper and Bacchus philosophies state that students, as peer to peer, play a uniquely effective role – unmatched by professional educators – in encouraging peers to consider, talk honestly about, and develop responsible attitudes toward high-risk health and safety issues. The Natural Helper Program is funded through the Department of Mental Health and Addiction Services and is considered A Best Practice Model Prevention Program. The Natural Helper program recommends the following site for information pertaining to the health risks associated with the use of illicit drugs and the abuse of alcohol www.ctclearinghouse.org. A brochure describing the Natural Helper Program and brochure describing the resource link the Connecticut Clearing house can be found in the Appendix.

- **Curriculum Infusion – First Year Experience classes**
Jonathan A. Pohl, Ph.D., Alcohol and Other Drug Education Coordinator and Sandra Rose-Zak, M.S., Interim Wellness Programs Administrator work with First Year Experience faculty to bring alcohol prevention into the classroom. The Programs on the Go (curriculum infusion) efforts offer CHOICES (a Brief Alcohol Prevention Program), Sam Spady (video of a young woman who dies from alcohol poisoning), and Stress Management to first year experience students. Over 700 students have received drug and alcohol education through the Programs on the Go presentations.

**Brief Alcohol Screening for College Students BASICS**
The Brief Alcohol Screening Intervention known as the BASICS program is also available on campus. Jonathan A. Pohl, Ph.D., Alcohol and Other Drug Education Coordinator and Sandra Rose-Zak, M.S., Interim Wellness Programs Administrator are trained to conduct the BASICS program. This program consists of two individual sessions offering students the opportunity to review current alcohol use, explore alternatives to drinking, and learn about low risk drinking strategies. Most referrals to BASICS have come through the Judicial Program Office and Residence Life, typically students who have violated the alcohol policy on campus for a second time. The BASICS program is provided to students who have been sent to the emergency room as a result of a high risk drinking incident. Students may be referred to BASICS after an intake session in the Counseling and Wellness Center. During the academic years 2011-2013 172 students took the BASICS. A brochure describing the BASICS program may be found in the Appendix.

**CHOICES**
The CHOICES program uses an interactive journal in a group format to provide a psycho educational program on alcohol/marijuana. The 90 minute group covers the physical/psychological effects of alcohol/marijuana, low risk behaviors, and ways of managing negative effects of alcohol. During the academic years 2011-2013, over 400 students attended the groups.

**Red Watchband Training**
The Red Watchband Program was created at Stonybrook University after the tragic loss of a first year student to alcohol poisoning. The program involves University students being trained in CPR and toxic drinking to provide the education needed to intervene during an alcohol crisis. Upon completion of the program students are given a red watch to wear at University functions, a symbol recognizing the student as having the capacity to assist others who are in trouble with alcohol. [http://www.stonybrook.edu/sb/redwatchband/](http://www.stonybrook.edu/sb/redwatchband/)

Red Watch Band – 87 students were trained in bystander intervention techniques.

**Card 21**
The Office of Alcohol and Drug Education works with the Natural Helpers to have those over the age of 21 purchase alcohol at local liquor stores. Local liquor establishments are encouraged to card (request proof of age) from anyone who appears to be under the age of 25. The students observe the treatment of others and report back on whether or not they are "carded". If the establishment cards, a letter of gratitude is sent for keeping alcohol out of the hands of underage students. If the establishment does not card, a letter of encouragement is sent to those who appear to be under 25 and an offer of TIPS
training is sent. Card 21 for spring 2102 – 1 out of 5 establishments did not request proof of age. Four were sent congratulatory letters and the other was encouraged to request proof of age and given an invitation to TIPS training. Fall 2013 and spring 2013 6 out of 6 establishments requested proof of age.

**Alcohol Awareness Fair**
The Alcohol Awareness fair is a collaborative effort on the part of the CCSU Office of Alcohol and Drug Education, Natural Helpers (peer educators), CCSU health Services, CCUS Counseling, CCSU Police Department, a number of CCSU clubs and organizations, presenting on the hazards of alcohol use. At the Fairs, for academic year 2011-2012, 211 alcohol screenings were completed and for academic year 2012-2013 300 alcohol screenings were completed.

**Initiative 21**
CCSU accepted a $5,000 mini-grant received from Dept. of Mental Health and Addiction Services and CT Healthy Campus Initiatives to address issues of drinking among college students. Birthday cards will be sent to each student who is turning 21 just prior to the birth date. Cards will include a congratulatory message, tips for safe drinking (if choosing to do so), and suggestions for alternatives to drinking. Students will also receive a $5.00 gift card to Dunkin Donuts.

**Prescription Drug Abuse Awareness**
Along with posters for parents and students on the hazards of prescription drugs, the Office of Wellness Ed. conducted outreach to students on December 4th. Key chains in the shape of a capsule, filled with candy, were dispersed to 300 students around campus. Attached to the key chain were helpful hints for academic success without the use of “study aides”.

**Smoking Cessation Collaboration**
Kick Butts Cardio Gym- Quit Smoking and Get Healthy program coordinated between RECentral and Office of Alcohol and Drug Education. Overall, smoking seems to be down among students – more reports of pot smoking than cigarettes. It was noted that smoking seems to be the greatest during the first week of school/orientation.

  In 2004, 2006 and 2008, Dr. Douglas Engwall, Professor of Psychology, conducted the CORE Alcohol and Drug survey and in 2010 and 2012, Dr. Jason Sikorski, Professor of Psychology, conducted the CORE Alcohol and Drug survey. The results of these reports have assisted in the ATOD prevention programming plans. A copy of the CORE survey used may be found in the Appendix.

- **Prevention Programming at Advising Days and Opening Weekend**
The Alcohol and Other Drug Education Coordinator and the Wellness Programs Administrator provide information for parents of incoming freshman in the summer advising sessions. During, opening weekend, students attend a Community Expectations session with the Office of Alcohol Education, Student Conduct and the CCSU Police.
Department. The session also includes a brief description of the ATOD prevention programming efforts on campus including the Town & Gown Coalition, and introduction to the ATOD website and prevention programs.

- **Statewide Healthy Campus Initiative**
  The Director of Counseling and Wellness, Alcohol and Other Drug Education Coordinator and Wellness Programs Administrator are members of the Connecticut Healthy Campus Initiative organized via the Connecticut Clearinghouse. The vision of the statewide initiative is to foster a campus community that reduces occurrences of high-risk alcohol use, other drug use and the related consequences of high-risk behavior among college students on Connecticut campuses. In 2008, a Key Leadership Award was presented to CCSU President Miller, who signed a commitment to support the Connecticut Statewide Healthy Campus Initiative, and to work to promote consistent, coordinated health promotion and substance abuse prevention efforts on our University campus. This Official Statement was also signed by the Commissioners of Mental Health and Addiction Services; Higher Education; and Governor M. Jodi Rell. Currently, CCSU remains active in the initiative. Further information on The Statewide Healthy Campus Initiative and the strategic action plan may be found at [www.preventionworksct.org/](http://www.preventionworksct.org/).

- **SPF and PFS Community Grants**
  In September 2006, Victoria Kate Ginter, Associate Director of Counseling and Wellness, applied for a grant to help reduce underage drinking. In October 2006, Central Connecticut State University was successfully awarded this Connecticut Strategic Prevention Framework (SPF) Grant from the Department of Mental Health and Addiction Services to help reduce underage drinking in the New Britain community. The grant awarded Central Connecticut State University $60,000.00 annually for three years, for a total of $180,000.00, covering the period of September 30, 2006 to September 29, 2009.

  The Department of Mental Health and Addiction Services has continued grant funding to Central Connecticut State University in the form of the Partnership for Success and Best Practices grants. PFS grant totals $219,000. Central Connecticut State University and the CCSU Public Safety Department have since partnered with the New Britain Police Department to help decrease the problems associated with underage drinking in the community. The grant funds have been used to develop and maintain the Town & Gown Coalition (see below), as well as enhance enforcement of the underage drinking laws. In the fall of 2010, the New Britain and Central Connecticut State University police departments combined efforts and over 150 infractions were reported at house parties. In the fall 2010 semester, supporting efforts increased to include the University Department of Student Affairs making calls to each of the students receiving an infraction, and the Central Connecticut State University Police Department sent letters to the parents of those students in an effort to reduce a repetition of the behavior. The Office of Alcohol and Other Drug Education and CCSU police department co-sponsored a presentation of How to Succeed at College and piloted the program at Southington High School - a feeder school for CCSU. A copy of the grant award letter from Governor M. Jodi Rell, and the letter from the CCSU police department to the parents of offenders may be found in the Appendix.
Central Connecticut State University has a vested interest in addressing the problems associated with off campus parties in the surrounding neighborhood. In September 2007, President Miller and Mayor Timothy Stewart of New Britain established a formal community Task Force. It is known as the “The Town Gown Coalition” and is Co-Chaired by Dr. Jonathan A. Pohl, Associate Director of the Counseling and Wellness Center, and Jon A. Zipadeli, Landlord and Neighbor. The Coalition addresses problems of underage drinking and works to reduce the incidence of problem house parties and drinking and driving in the local Belvedere area surrounding the college. Members of the Coalition include: President Dr. Jack Miller, Vice-President of Student Affairs Dr. Laura Tordenti, Jason Powell, Chief of CCSU Police; Timothy O’Brien, Mayor of New Britain, Sandra Rose-Zak, Interim Wellness Programs Administrator, Jean Alicandro, Director of Residence Life; Christopher Dukes, Director of Student Conduct; Craig DiAngelo, Neighbor and Landlord; Kenneth Cook, Elmers (local college bar); Mary Eddy, neighbor; Mark McLaughlin, Associate Vice President for Marketing and Communications; William Gagliardi, Chief of New Britain Police; Allison Palombo, President of Natural Helpers & CCSU Student; Peter Gostin, Neighbor; Gloria Hampl, Neighbor; Aimee Pozorski, neighbor; Nancy Tully, CCSU Faculty and neighbor; and Lou Pisano, CCSU Chief Human Resources Officer.

• **SAAC Involvement**
Presently, both the Associate Director of Counseling & Wellness and Wellness Programs Administrator are members of the Substance Abuse Action Council. SAAC’s mission is: “Working together to prevent substance abuse and to promote a substance-free, safe and healthy environment within our communities.” Collaborations between SAAC and the University include Smoking Cessation, TIPS merchant alcohol training and National “Kick Butts” Smoking Awareness Day.

**III. Counseling and Wellness Center** –
**By Dr. Jonathan A. Pohl, Associate Director of Counseling and Wellness**
Counseling and Wellness is a department within the Division of Student Affairs. The Counseling and Wellness Center supports the mission of the University by actively collaborating with members of the CCSU community in the process of creating conditions and/or personal attributes which promote physical, intellectual, psychological and spiritual well-being for all members of the University community. The Counseling and Wellness Center offers a range of personal counseling services and wellness programs including comprehensive assessment; individual counseling; prevention education and resources; peer support through groups; and access to outside community providers through our referral service. All services/programs are provided at no cost to full time and part time students. More information may be found at [http://www.ccsu.edu/page.cfm?p=2346](http://www.ccsu.edu/page.cfm?p=2346). A brochure on the Counseling and Wellness Center is found in the Appendix.

**IV. Description of the Employee Assistance Program** – by Lou Pisano, Chief Human Resources Officer

Central Connecticut State University provides an employee assistance program for all full-time employees, as well as part-time faculty, at no cost to the employee or their family member(s). Administered by The Lexington Group, Inc., the employee assistance program (EAP) provides professional, confidential assistance for employees and their families who
are experiencing personal problems that may be affecting them in the workplace. EAP clinicians are experienced professionals with backgrounds in psychology, substance abuse, and social work. EAP services are available 24 hours a day, seven days a week for help with such issues as marital and family dilemmas, emotional difficulties, alcohol and drug abuse, addictive disorders, and financial, legal, or career problems. Services include initial evaluation and assessment, treatment planning, counseling, outside referral if indicated, coordination with the employee’s health care plan, family consultation, and follow-up. The EAP clinician makes every effort to refer employees to qualified professionals or specialists who are approved for coverage by the employee’s health insurance carrier. By law, information shared by employees with the EAP clinician cannot be disclosed to another person without the employee’s written consent.

New employees receive information about the EAP in their information packets and at New Employee Orientation. Annually, Human Resources sends out a letter from The Lexington Group; an EAP brochure; and an EAP business card to all employees. All employees receive an EAP Newsletter from The Lexington Group via e-mail on a quarterly basis. Brochures and business cards are made available in campus departments, and posters are placed on bulletin boards throughout campus buildings. Employees may contact the EAP 24 hours a day by calling 1-800-676-HELP (4357). A copy of the EAP brochure may be found in the Appendix.

Human Resources provided the following workshops/programs for faculty and staff that help reduce stress and offer healthy lifestyle tips:

- **New Employee Orientation** held on 9/16/11 and 9/7/12—discussion of Employee Assistance Program, Drug Free Workplace Policy, overview of fitness classes and centers available on campus.
- **4/24/12 – How to Improve Your Digestive Health – The Natural Way** – Workshop open to all faculty and staff. Presented by nutritionist Joy Pacitto; and sponsored by Human Resources as part of Employee Appreciation Week.
- **4/24/12 – Senior Care 101 – Demystifying Eldercare Challenges**. Workshop open to all faculty and staff. Presented by Linda Worden RN, President of Worden Eldercare Consulting; and sponsored by Human Resources as part of Employee Appreciation Week.
- **4/27/12 & 4/26/13 – Fun Run/Walk** around campus open to all faculty and staff and sponsored by RECentral as part of Employee Appreciation Week.
- **4/24/13 – Get Moving – Towards Better Health**. Workshop open to all faculty and staff. Presented by Professor Mary Collins; and sponsored by Human Resources as part of Employee Appreciation Week.

V. **Disciplinary sanctions for employees** – by Lou Pisano, Chief Human Resources Officer

In accordance with the Drug Free Workplace Act, employees must notify the Chief Human Resources Officer within five (5) days of any drug conviction for violation of a state or
federal drug statute if the violation occurs in the workplace. A conviction means a finding of guilty, including a plea of nolo contendre, or the imposition of a sentence by a judge or jury in any federal or state court. Within ten (10) days of receiving notice that a CCSU employee funded under a federal grant or contract has been convicted for a violation of a state or federal drug statute occurring in the workplace, the Chief Human Resources Officer must notify the appropriate federal granting or contracting agency.

Employees who have substance abuse problems are encouraged to contact the Lexington Group, CCSU’s employee assistance provider, or a rehabilitation program of their choosing. Disciplinary action may be required, even when an employee agrees to seek treatment. In that case, sanctions for violation of this policy include, but are not limited to, the following:

1. Written warning or reprimand
2. Suspension without pay
3. Demotion
4. Dismissal

Disciplinary action will be taken in accordance with collective bargaining agreements, and principles of progressive discipline will be applied as appropriate.

VI. Student Disciplinary Sanctions — by Christopher Dukes, University Judicial Officer

In accordance with CSU policy, the following sanctions may be imposed, individually or in various combinations, on any student found to have violated the following provisions of the CSU Student Code of Conduct:

12) Use, possession, purchase, sale or distribution of alcoholic beverages except as expressly permitted by law and University regulations.

13) Use, possession, purchase, sale, distribution or manufacturing of controlled substances and/or drugs, or drug paraphernalia, except as expressly permitted by law.

**Expulsion:** Expulsion is permanent disciplinary separation from all universities within the Connecticut State University System and the denial of all student privileges. Expulsion shall be effective on the date that notice of expulsion is provided to the accused student, or later, if so stated in the notice. A student separated from all universities of the CSU System by expulsion may under the terms of the expulsion be excluded from all University premises when in the judgment of the expelling authority the student’s presence would constitute a danger to persons or property or a threat to the academic process.

**Suspension:** Suspension is temporary disciplinary separation from all universities within the system and the denial of all student privileges. Suspension shall be effective on the date that notice of the suspension is provided to the accused
student, or later, if so stated in the notice, and shall prescribe the date and conditions upon which the student may petition for readmission to the University. A student separated from all universities within the CSU system by suspension may under the terms of the suspension be excluded from all University premises when in the judgment of the suspending authority the student’s continued presence would constitute a danger to persons or property or a threat to the academic process. Notwithstanding the foregoing, the suspending University authority of the suspended student’s home university or his or her designee may authorize a suspended student who has been excluded from all University premises to enter the premises of the student’s home university for designated purposes.

**Disciplinary Probation:** Disciplinary probation is a designated period of time during which a student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges with University community. Disciplinary probation may involve the imposition of certain restrictions and/or conditions upon the accused student including, but are not limited to, financial restitution, community service, fines, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, or ineligibility to participate in University activities or events. Periodic contact with a designated member of the University community or non-college professional may be required.

If the accused student fully complies with the terms and conditions imposed in connection with the disciplinary probation, full student privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A student accused of violation of probation will be given due notice of the alleged violation and the procedures set forth in this Code shall be followed.

**Residence Hall Separation:** Residence hall separation is the removal of a student from the University residence hall in which he or she resides. Such separation shall include a restriction of access to all or designated University residence halls.

**Residence Hall Probation:** Residence hall probation is a designated period during which a student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges within the residence hall in which the student resides. Residence hall probation may include restrictions and/or conditions on the exercise of residence hall activities and privileges. Periodic contact with a designated member of the residence hall staff or professional may be required. If the accused student fully complies with the terms and conditions imposed in connection with the residence hall probation, full residence hall privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A student accused of violation of probation will be given due notice and the procedures set forth in this Code shall be followed.
**Alcohol Edu for Sanctions/CHOICES Sanctions class:** Students may be assigned to AlcoholEdu for Sanctions or to attend the CHOICES Sanctions class as a part of their sanctions. Alcohol Edu for Sanctions is a 2 part program. Students complete Part 1 and then complete a second follow up part after a certain amount of time has passed. The CHOICES Sanction class is a class of up to 15 students where they are provided information in a discussion-style format.

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<tr>
<th>Additional Violations</th>
<th>Supplemental Sanctions</th>
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<tbody>
<tr>
<td>12.a: Use of alcohol that results in the transportation of an &quot;intoxicated&quot; student for emergency medical treatment.</td>
<td><strong>AlcoholEdu for Sanctions</strong></td>
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<tr>
<td>13.a: Use of controlled substances and/or drugs that results in the transportation of a student for emergency medical treatment.</td>
<td><strong>Reflection Papers:</strong> A reflection paper provides a student with an opportunity to consider all circumstances surrounding their recent violation(s) and articulate what he/she has learned and what, if anything, he/she would do differently.</td>
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<tr>
<td>20.a: Failure to comply with Residence Life Policy regarding being present in a room during an alcohol or drug violation.</td>
<td><strong>Behavioral Assessment:</strong> The student is required to undergo an assessment with a licensed clinician/counselor. The student may be required to fulfill 1 or more of the assessor's recommendations.</td>
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<td></td>
<td><strong>Discretionary Sanctions:</strong> Work assignments, essays, service to the University, or other related discretionary assignments, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, and ineligibility to participate in University activities or events. Periodic contact with a designated member of the University Community or non-college professional may be required.</td>
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**Office of Student Conduct Statistics**

a. Academic year 2011-2012
   - Drug violations 9 incidents involving 18 people
   - 49 alcohol incidents 192 people
   - Alcohol transports 17 people
   - 1 drug transport
   - Physical assaults 6 incidents 11 people only 1 was non-alcohol related

b. Academic year 2012-2013
3 drug incidents 4 people
12 alcohol incidents 51 people
Physical assaults 1 not alcohol related
In the presence of alcohol
Fall- 17 incidents 64 people
SPRING 9 incidents 42 people
This includes bystanders allowing violations to happen to encourage
others to not engage in it.

Decriminalization of Marijuana
CCSU’s change as a result of the change in laws includes not immediately
separating a student on a first offense. A student would be placed on
Deferred Separation but not removal for a first offense. Students are also
given an infraction, according to the new law. We have posters and will
continue to educate students about decriminalization.

VII. Athletic Department – Drug Education and Screening Policy,
provided by Michael Ansarra, Senior Associate Athletics Director

CONNECTICUT STATE UNIVERSITY
DRUG EDUCATION AND SCREENING POLICY AND
PROGRAM FOR STUDENT-ATHLETES

The Connecticut State University 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 these ends 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
I. 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 abuse. Attendance at and participation in these educational programs will be 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.

II. 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, methandrostanolone, oxandroline, ethylstrenol, stanozolol, and nandrolone; and
3. Nutritional supplements, including androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, ephedrine and other supplements banned by 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.

A. 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 athletic 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 a 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, then 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 will be referred to appropriate personnel immediately for possible testing. Any testing procedure for probable drug use will be done immediately following the determination by a physician that a reasonable suspicion exists that the student athlete is using either "street" or "performance-enhancing" drugs. 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 all 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. This collection procedure will be observed by the University’s contracted drug-testing provider.

B. Drug Screening Protocol
1. A qualified testing laboratory will be utilized and a proper and effective chain of custody of collection specimens will be observed.
2. Protocol: The following procedures will be adhered to as part of the chain of custody involving the collection of urine samples for testing:

Step 1:
The student-athlete will proceed to the testing site where a log number will be assigned to him or her. All testing and subsequent communication will refer to the log number in order to ensure security and protect confidentiality. The student-athlete will sign the custody log verifying the number assigned and list any prescription or non-prescription medicines currently being taken by him or her and/or any pertinent medical history;

Step 2: The student-athlete will list his or her age, the log number assigned to him or her, and the date upon which the sample is being provided on the test requisition form;

Step 3: The student-athlete will select a urine specimen collection bottle;

Step 4: The student-athlete will provide a urine specimen under direct supervision of a member of the laboratory’s screening staff;

Step 5: The specimen collected from the student-athlete will be split into two samples "A" and"B" at the time of collection;
Step 6: The student-athlete will be provided a security tape and will seal the bottles, write his or her log number on the security tapes sealing the bottles, and place the specimen bottles in the courier case;

Step 7: The testing laboratory will test specimen "A" from the student-athlete, using an immunoassay technique. If by immunoassay a student-athlete's urine specimen is found to contain any of the drugs mentioned above or other street drugs or performance-enhancing substances, a second confirmatory test will be performed by gas chromatography/mass spectrophotometry. If this second test is positive, specimen "B" will be retained for possible later evaluation.

C. Additional Information
1. Screening results will be reported by the testing laboratory to the Drug Testing Administrator (the University employee charged with implementing drug-testing procedures) within twenty-four to twenty-eight (24-28) hours of the obtaining of test results.
2. The Drug Testing Administrator will immediately report the results to the Athletics Director.
3. The Athletics Director will immediately inform the Head Coach of the test results.
4. The student-athlete will also be notified of test results by the Athletics Director. If no notification is provided within seven (7) days, the student may assume the test results were negative.

III. SANCTIONS FOR SUBSTANCE ABUSE
The primary purpose of the Connecticut State University's substance abuse program is educational rather than punitive and the program is designed to assist student-athletes in their desire to remain drug-free. For this purpose, students who so require it will be referred to the Drug and Alcohol Coordinator or his/her designee. However, in order for the program to serve as a deterrent to the continued use of either "street drugs" or "performance-enhancing drugs," a system of sanctions must be developed for those student-athletes who test positively for the prescribed drugs and/or persist in the use of banned substances. These sanctions should not be viewed as retribution against the drug user but as a means of aiding the user to become free of the harmful effects of drugs.

A. Pre-Sanction-Appeal
Upon the first positive test, or any subsequent positive test, or a student-athlete indicating the presence of any of the listed street drugs or others in the student-athlete’s system at the time of testing, the student-athlete will have a period of five (5) days in which to appeal the test result. This appeal consist of a request that specimen “B”, collected at the time of testing and forwarded to the testing laboratory, be tested by the laboratory at the expense of the University. If the second test is negative, no action will be taken by the University. The occurrence of a negative test following an appeal will not eliminate the student-participant from any further testing based upon the random or “probable cause” procedure described above. All student athletes, irrespective of initial test results, may be subject to further selection for subsequent testing.

B. Sanctions - "Street" Drugs
1. First Positive Test - Tier I
Upon the first positive test of a student-athlete indicating the presence of any of the listed or other street drugs in the student-athlete’s system at the time of testing, the Drug Testing
Administrator will notify the Athletics Director and the student-athlete's head coach. The student-athlete whose urine is found to contain the presence of any of the listed or other street drugs will meet with the Drug Testing Administrator to review the test results. Unless the student-athlete appeals the results of the test, the student-athlete will participate in an education and treatment program, and will not be allowed to participate in practice or competition for a period of fourteen (14) days. The student-athlete will be retested up to a maximum of three (3) times within ninety (90) days from the date of the first positive test. If the result of any retest proves to be positive with respect to the proscribed substance identified in a prior test the student-athlete will enter Tier II automatically. In addition, if a student-athlete's urine is found to contain proscribed substances in two (2) separate tests at any time during the course of his/her matriculation, he/she will enter Tier II. Retests shall be scheduled by the Athletics Director in consultation with the University's contracted drug testing laboratory and the University's Drug Testing Administrator to assure that all traces of the proscribed substances identified in the prior test have passed through the student-athlete's system, as determined by established laboratory standards. All test results will remain confidential in Tier I. If, at any time during this ninety (90) day period, the student-athlete refuses evaluation or treatment by appropriate personnel in the University's Counseling Center, sanctions equivalent to those in Tier II will be levied. A student-athlete who tests positively for proscribed substances will be withheld from competition or participation in athletics.

2. Second Positive Test - Tier II
A student-athlete whose urine: (a) is found to contain proscribed substances in any of the retests, as set forth in the previous section; or (b) is found to contain a proscribed substance in two (2) separate tests during the course of his/her matriculation at the Connecticut State University, shall enter Tier II. A student-athlete who tests positively for “street drugs” for a second time during his or her career at the University will be barred from practice and competition or participation in athletics for a period of thirty (30) days. Following a second positive test, the same procedures to be followed subsequent to a first positive test will be followed and the student-athlete must again be seen by appropriate personnel for education and treatment. Refusal to participate in this procedure will result in the application of sanctions applied for a third positive test (see, Tier III below).

3. Third Positive Test - Tier III
Any student-athlete who tests positively for "street drugs" upon a third occasion at any time during his or her career at the University will lose his or her grant-in-aid, if any, and will be permanently barred from practice and competition in his or her sport or any other athletic event sponsored by the University (including intramural competition). Continued medical treatment for the drug-abuse problem will be offered to the former student-athlete during the time he or she remains as a student at the Connecticut State University. Prior to the application of these final sanctions following a third positive test for “street drugs,” the student-athlete shall have five (5) days within which to request a meeting with the Athletic Director for the purpose of establishing reasons why this sanction should not be applied. At any such meeting, the student-athlete shall have the right to bring a representative.

C. Sanctions - Performance Enhancing Drugs
Educational programs on "performance-enhancing drugs," including steroids, will be conducted periodically during the academic year. Initial testing based upon “probable
cause” or an individualized reasonable suspicion of the use of "performance enhancing drugs" may be conducted as early as thirty (30) days following the initial education program. Student-athletes testing positively for steroid or other performance enhancing drugs at the time of these initial or any subsequent tests will be subject to the sanctions described below.

1. First Positive Test: Sanctions
A student-athlete who tests positively for the presence of anabolic or other steroids, or other "performance enhancing drugs," shall be barred from the competing in University-sponsored athletic events (including intramural competition) for sixty (60) days. In addition to being barred from competition or participation in intercollegiate or intramural athletic events for 8 sixty (60) days, the student-athlete will be required to participate in an education and counseling program with the appropriate personnel.

2. Second Positive Test: Sanctions
A second positive test for steroids or other "performance-enhancing drugs" at any time during a student's athletic career at the University will result in sanctions equivalent to those applied for a third positive test for street drugs; i.e., the student will lose his or her athletic grant-in-aid, if any, and will be permanently barred from competition or participation in any University-sponsored athletic event.

IV. SUPPORT SERVICES FOR SUBSTANCE ABUSE PROBLEMS
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 campus Health Service maintains a listing of such agencies and groups.

V. 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 insure 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.

More information regarding the procedures for Drug Testing, the Drug Screening Protocol and sanctions may be found by going to the Compliance section and clicking on CSU drug education program – effective July 1 2006 on the Athletic department website http://ccsubluedevils.cstv.com. Note, the CSU Drug Education Program policy is also contained in the student-athlete handbook which is distributed to all athletes.

VIII. A Description of applicable Legal Sanctions under State and Federal Law, researched by Sergeant Gerald Erwin, CCSU Police Department
Copies of the state and federal penalties for possession and distribution of controlled substances are available at The Counseling and Wellness Center, the Human Resources Department, or the Public Safety Department. A copy of this document describing the legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol may be found in the appendices. Description of federal penalties and state & local penalties can be found at the following websites: [http://www.nicd.us/drugclassifications.html](http://www.nicd.us/drugclassifications.html) & [http://www.cga.ct.gov](http://www.cga.ct.gov).

During the 2011-2012 academic years, over 355 students cited for underage drinking and letters were sent to parents/guardians of CCSU students. This letter is sent by the CCSU Police Chief and informs parents/guardians of the arrest, charges associated with the arrest, and resources for both the Office of Alcohol and Drug Education and the Counseling and Wellness Center. Three students were arrested for fake ID. We had 33 suspicious odor complaints (possible marijuana) during the same time period.

**Decriminalization of Marijuana**
Office of Alcohol and Drug Education is trying to get out the word that marijuana is still illegal. BASICS for marijuana have increased.

**Community Service Pilot Program**
CCSU PD partnered with the Office of Alcohol and Drug Education to pilot a program for students who have court-mandated community service. To date, students are putting up alcohol awareness posters, social marketing materials, assisting with focus groups and surveying students about social marketing giveaways.

**IX. Biennial Report Recommendations**

1. The University helps to support the ATOD prevention program by allocating university funds for substance abuse prevention personnel and programs, as opposed to relying solely on grant funds. The Office of Alcohol and Drug Education is requesting partial funding for both the Alcohol and Drug Education Coordinator and Wellness Programs Administrator positions.

2. A private resource room is made available for those who may wish to seek support and resource material related to alcohol, tobacco and other drugs. The Counseling and Wellness Center should develop such a resource room that will serve the campus community.

3. The University continues to support Devil’s Den@10pm as it offers underage students an alternative activity to drinking on Thursday nights.

4. The Lexington Group, Inc., the employee assistance provider, continues to make themselves known and available to provide counseling support and Wellness workshops that help prevent substance abuse.

5. Human Resources disseminate Drug Free Schools Act information at New Employee orientation. This orientation occurs four times a year and is mandatory for new employees.
6. Human Resources continue to offer Wellness related workshops encouraging faculty and staff to maintain a healthy lifestyle thus preventing substance abuse.

7. President Miller will continue to distribute an annual email to students, faculty and staff, reiterating the University’s policy on the use and abuse of drugs and alcohol, in accordance with the Federal Drug Free Schools Act and the Federal Drug Free Workplace Act.

8. The Town Gown Coalition continues to address community problems associated with underage drinking and house parties in the local area surrounding the University and specifically the party locations in the Belvedere neighborhood. The Town Gown will be supported by President Miller, New Britain Mayor Timothy O’Brien, the Belvedere Neighborhood Association, local merchants, and landlords.

9. The Counseling & Wellness Center continues to provide counseling and referrals to Student athletes who may test positive for drugs.

10. The Presidential Advisory Council on Alcohol Tobacco and other Drugs meet six times year to review alcohol prevention programming and update information pertaining to the Drug Free Schools Act and to ensure that the requirements of the Act are upheld.

11. Continue with implementation of Alcohol Edu for all incoming students including freshmen, transfer students and International students.

12. The Presidential Advisory Council on Alcohol, Tobacco and other Drugs make some recommendations to the University to reduce the risks associated with providing alcohol to students during events such as “Homecoming”.
X. Appendices:

A. Drug Free Schools Act e-mail distributed by President Miller

B. Alcohol Edu Letter to incoming Students and to Parents

C. The Natural Helper Brochure

D. Brochure describing the resource link to the Connecticut Clearinghouse

E. BASICS brochure

F. CORE data questionnaire

G. Alcohol Poisoning Prevention Poster

H. Letter of Commitment signed by President Miller to support the Connecticut Statewide Healthy Campus Initiative

I. Statewide Healthy Campus Initiative Strategic Action Plan

J. A copy of the Strategic Prevention Framework grant award letter from Governor M. Jodi Rell

K. Counseling and Wellness Center Brochure

L. Employee Assistance Program – Lexington Group Brochure

M. The legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol
Appendix A

Drug Free Schools Act e-mail distributed by President Miller
Central Connecticut State University’s
Drug Free Schools Act
2013 Biennial Report

To: The United States Department of Education
   Office of Postsecondary Education

From: John W. Miller, President

Date: January 2015

This report was prepared on behalf of the CCSU Presidential Advisory Council on Alcohol, Tobacco and Other Drugs for President John W. Miller.
I. Introduction to Central Connecticut State University

II. A Description of the Alcohol, Tobacco and other Drug Prevention Program at CCSU by Jonathan A. Pohl, Ph.D.

   Presidential Advisory Council on Alcohol, Tobacco and other Drugs (ATOD)
   - Alcohol Edu
   - Natural Helpers/Peer Educators
   - Curriculum Infusion with First Year Experience classes – Choices about alcohol, Sam Spady, Stress Management
   - BASICS Brief Alcohol Screening for College Students
   - CHOICES program for College Students
   - Research - CORE data 2012
   - Prevention Programming at Orientation
   - Connecticut Healthy Campus Initiative
   - Red Watchband Training
   - Card 21
   - Party house visits
   - Social Norms campaign
   - Best Practices & Partnership For Success community grants

III. Description of the Counseling and Wellness Center
   by Jonathan A. Pohl, Associate Director of Counseling and Wellness

IV. Description of the CCSU Employee Assistance Program
   by Lou Pisano, Chief Human Resources Officer

V. Description of disciplinary sanctions for employees
   by Lou Pisano, Chief Human Resources Officer

VI. Description of disciplinary sanctions for students
   by Christopher Dukes, University Judicial Officer

VII. Department of Intercollegiate Athletics – Drug Education and Screening Policy

VIII. A Description of applicable legal sanctions under State and Federal law
      Insert graph www.nicd.us/drugclassifications.html

IX. Biennial Report Recommendations for Improvement by Presidential Advisory Council on Alcohol, Tobacco and Other Drugs.

X. Appendices
Information for the CCSU 2013 Biennial Drug Free Schools Act Report was compiled in the spring of 2013 during a time of reorganization and integration of the Office of Alcohol and Drug Education, the Department of Counseling and Wellness, and University Health Services. The report was completed in January, 2015, by the Coordinator of Wellness Education in the Department of Student Wellness Services.

I. Introduction to Central Connecticut State University
Central Connecticut State University (CCSU) was founded in 1849 as the New Britain Normal School and is Connecticut’s oldest publicly supported institution of higher education. Located at 1615 Stanley Street, New Britain, Connecticut, CCSU is a fully accredited four year university with an enrollment of approximately 8,500 full time students and 4,000 part time students. CCSU is a dry campus. The President of Central Connecticut State University is Dr. John W. Miller.

II. Description of the Alcohol, Tobacco and other Drug Prevention Program at CCSU by Jonathan A. Pohl, Ph.D., Alcohol and Other Drug Education Coordinator

Dave Denino, Interim Director of Counseling and Wellness, and then Dr. Chris Diamond, Director of Student Wellness Services, were responsible for supervising the Office of Alcohol and Drug Education and overseeing the Alcohol, Tobacco and other Drug (ATOD) Prevention Program for students at Central Connecticut State University. The following is a brief description of the 2013 ATOD program on campus:

- Presidential Advisory Council on Alcohol, Tobacco and other Drugs

Central Connecticut State University has a Task Force entitled “The Presidential Advisory Council on Alcohol, Tobacco and other Drugs,” dedicated to monitoring ATOD policies, practices and programs on campus. The Council serves the University by coordinating efforts to reduce the impact of ATOD on the community and contributes to creating optimal conditions for student academic success and personal development. The Council meets six times during the academic year and sub-committees are formed to conduct ATOD project assignments.

Members are appointed by President Miller. The Chairperson is Dr. Laura Tordenti, Vice President for Student Affairs. Other members include Christopher Dukes, University Judicial Officer; Dr. Jonathan Pohl, Alcohol and Other Drug Education Coordinator; Sandra Rose-Zak, Interim Wellness Program Administrator in the Office of Alcohol and Drug Education; Timothy Corbitt LCSW, Director of Counseling & Wellness (resigned); Sergeant Gerald Erwin, Ann Alling, Chief Human Resources Officer (retired), CCSU Police Department; Dr. Christopher Diamond, Director of Health Services; Lou Pisano, Chief Human Resources Officer; Molly McCarthy, Assistant Director of Compliance for Athletics; Scott Hazan, Director of Student Activities; Lila Coddington, Assistant Director and Project Coordinator of Central Access and Student Development Program; Jean Alicandro, Director of Residence Life; Ryan Baumann, Associate Director of Residence Life; Michael Ansarra, Sr. Associate Athletics Director; Maria Santilli, Assistant Director of the Student Center;
Elissa Schibley, Resident Director; Salam Measho, SGA representative and CCSU student; Mary Bramucci, Natural Helper and CCSU Student.

The Advisory Council is specifically charged with:

- establishing a forum for collaboration, coordination and accountability among the various CCSU departments delivering programs and enforcing policies relevant to high risk use of ATOD;
- developing recommendations for implementing an effective, comprehensive and sustainable ATOD risk reduction strategy for the university;
- reviewing and recommending revisions as needed to all relevant university policies;
- initiating appropriate research to assess the effectiveness of programs as well as guide recommendations;
- preparing a biennial report for the President, with recommendations, which assess the effectiveness of programs in compliance with reporting requirements of the Drug Free Schools Act.

The work of the Advisory Council has resulted in the following activities:

- **Alcohol Edu**
  In 2004, Student Affairs invested in a 4 year agreement with the company Outside the Classroom to purchase the online web based course entitled Alcohol Edu for College Students. Since 2005, all incoming students have been required to complete the Alcohol Edu program. Incoming students are sent a letter from the Vice President before the fall and spring semesters. Incoming students, including new freshmen, transfer students and international students receive a letter in the mail from the Vice President of Student Affairs, and their respective guardians/parents also receive a letter inviting them to become “partners in prevention” with CCSU by participating in Alcohol Edu for Parents. Starting in the fall of 2010, Sexual Assault Edu was added to the course. This is an additional section included as a part of the course. Students are reminded of the anonymity of the program and are not required to answer the sexual assault questions, as well as given resources available to them on campus. The course is currently known as AlcoholEdu/Sexual Assault Edu for College Students. The Alcohol Edu program is also used in the following two ways: by the Judicial Officer for students who violate the alcohol policy on campus and for training purposes with different students groups such as Natural Helpers and Resident Assistants. Dr. Laura Tordenti secured funds for the Alcohol Edu Program through spring 2013. In 2011-2012 academic year, of the 1275 students who participated in alcohol.edu 707 students completed, and in 2012-2013 academic year, of the 1808 students who participated in alcohol.edu 985 students completed. A copy of the Alcohol Edu letters sent to incoming students and their parents may be found in the Appendix.

- **e-Chug and e-Toke**
  On-line self assessment resources are available to students and include ways of decreasing or eliminating drinking/smoking. The e-CHUG (Electronic Check-Up and Go) is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes about 6-7 minutes to complete, is self-guided, and requires no face-to-face contact time with
a counselor or administrator. If the student is concerned with the results of e-CHUG the student can set up an appointment with one of our counselors to discuss them.

The electronic THC Online Knowledge Experience (e-TOKE) is a brief marijuana-specific assessment and feedback tool designed to reduce marijuana use among college students. The assessment only takes 10-15 minutes to complete and requires a Javascript enabled browser. It is also self-guided, and requires no face-to-face contact time with a counselor or administrator. If the student is concerned with the results of e-TOKE the student can set up an appointment with one of our counselors to discuss them.

The on-line programs, e-Chug and e-Toke are used in the following two ways: voluntarily by students who may or may not be in counseling and use it off the website or as mandated by the Judicial Office for students who violate the alcohol policy on campus as a part of the BASICS program (for more information, see BASICS below).

- **Natural Helpers/Peer Educators**
  
The group known as the Natural Helpers, (approximately 8 volunteer students) work toward reducing the use of alcohol and drugs on and off campus. Members of Natural Helpers take part in weekly trainings throughout the academic year.  The training includes educational sessions and guest speakers discussing the effects of alcohol and other drugs. Nominated by their peers, these Natural Helpers are selected to take part in conducting several National Wellness outreach programs on campus throughout the academic year. Natural Helpers’ volunteer their time at Devil’s Den 10pm. Outreach events include: National Alcohol Awareness Week, Depression Screening Week, The Great American Smoke Out, Healthy Relationships Week, Safe Spring Break, Problem Gambling Awareness and Stress Busters Week. Natural Helpers disseminate alcohol and other drug prevention messages on campus at their events and during programs. They are trained to help their peers; conduct alcohol and other drug prevention programs on campus, in classrooms and in residence halls; collaborate extensively with on and off campus departments, groups and organizations; and as a campus resource to help prevent substance use and abuse on campus and in the surrounding community. The Natural Helpers provide a resource table on campus, providing ATOD-related health risk information available to the campus community at health fairs. They are affiliated with The Bacchus Network, a nationally recognized university and community based network focusing on comprehensive health and safety issues. The Natural Helper and Bacchus philosophies state that students, as peer to peer, play a uniquely effective role – unmatched by professional educators – in encouraging peers to consider, talk honestly about, and develop responsible attitudes toward high-risk health and safety issues. The Natural Helper Program is funded through the Department of Mental Health and Addiction Services and is considered A Best Practice Model Prevention Program. The Natural Helper program recommends the following site for information pertaining to the health risks associated with the use of illicit drugs and the abuse of alcohol [www.ctclearinghouse.org](http://www.ctclearinghouse.org). A brochure describing the Natural Helper Program and brochure describing the resource link the Connecticut Clearing house can be found in the Appendix.

- **Curriculum Infusion – First Year Experience classes**
Jonathan A. Pohl, Ph.D., Alcohol and Other Drug Education Coordinator and Sandra Rose-Zak, M.S., Interim Wellness Programs Administrator work with First Year Experience faculty to bring alcohol prevention into the classroom. The Programs on the Go (curriculum infusion) efforts offer CHOICES (a Brief Alcohol Prevention Program), Sam Spady (video of a young woman who dies from alcohol poisoning), and Stress Management to first year experience students. Over 700 students have received drug and alcohol education through the Programs on the Go presentations.

- **Brief Alcohol Screening for College Students BASICS**
  The Brief Alcohol Screening Intervention known as the BASICS program is also available on campus. Jonathan A. Pohl, Ph.D., Alcohol and Other Drug Education Coordinator and Sandra Rose-Zak, M.S., Interim Wellness Programs Administrator are trained to conduct the BASICS program. This program consists of two individual sessions offering students the opportunity to review current alcohol use, explore alternatives to drinking, and learn about low risk drinking strategies. Most referrals to BASICS have come through the Judicial Program Office and Residence Life, typically students who have violated the alcohol policy on campus for a second time. The BASICS program is provided to students who have been sent to the emergency room as a result of a high risk drinking incident. Students may be referred to BASICS after an intake session in the Counseling and Wellness Center. During the academic years 2011-2013 172 students took the BASICS. A brochure describing the BASICS program may be found in the Appendix.

**CHOICES**
The CHOICES program uses an interactive journal in a group format to provide a psycho-educational program on alcohol/marijuana. The 90 minute group covers the physical/psychological effects of alcohol/marijuana, low risk behaviors, and ways of managing negative effects of alcohol. During the academic years 2011-2013, over 400 students attended the groups.

**Red Watchband Training**
The Red Watchband Program was created at Stonybrook University after the tragic loss of a first year student to alcohol poisoning. The program involves University students being trained in CPR and toxic drinking to provide the education needed to intervene during an alcohol crisis. Upon completion of the program students are given a red watch to wear at University functions, a symbol recognizing the student as having the capacity to assist others who are in trouble with alcohol. [http://www.stonybrook.edu/sb/redwatchband/](http://www.stonybrook.edu/sb/redwatchband/)
Red Watch Band – 87 students were trained in bystander intervention techniques.

**Card 21**
The Office of Alcohol and Drug Education works with the Natural Helpers to have those over the age of 21 purchase alcohol at local liquor stores. Local liquor establishments are encouraged to card (request proof of age) from anyone who appears to be under the age of 25. The students observe the treatment of others and report back on whether or not they are "carded". If the establishment cards, a letter of gratitude is sent for keeping alcohol out of the hands of underage students. If the establishment does not card, a letter of encouragement is sent to card those who appear to be under 25 and an offer of TIPS...
training is sent. Card 21 for spring 2102 – 1 out of 5 establishments did not request proof of age. Four were sent congratulatory letters and the other was encouraged to request proof of age and given an invitation to TIPS training. Fall 2013 and spring 2013 6 out of 6 establishments requested proof of age.

**Alcohol Awareness Fair**
The Alcohol Awareness fair is a collaborative effort on the part of the CCSU Office of Alcohol and Drug Education, Natural Helpers (peer educators), CCSU Health Services, CCUS Counseling, CCSU Police Department, a number of CCSU clubs and organizations, presenting on the hazards of alcohol use. At the Fairs, for academic year 2011-2012, 211 alcohol screenings were completed and for academic year 2012-2013 300 alcohol screenings were completed.

**Initiative 21**
CCSU accepted a $5,000 mini-grant received from Dept. of Mental Health and Addiction Services and CT Healthy Campus Initiatives to address issues of drinking among college students. Birthday cards will be sent to each student who is turning 21 just prior to the birth date. Cards will include a congratulatory message, tips for safe drinking (if choosing to do so), and suggestions for alternatives to drinking. Students will also receive a $5.00 gift card to Dunkin Donuts.

**Prescription Drug Abuse Awareness**
Along with posters for parents and students on the hazards of prescription drugs, the Office of Wellness Ed. conducted outreach to students on December 4th. Key chains in the shape of a capsule, filled with candy, were dispersed to 300 students around campus. Attached to the key chain were helpful hints for academic success without the use of “study aides”.

**Smoking Cessation Collaboration**
Kick Butts Cardio Gym- Quit Smoking and Get Healthy program coordinated between RECentral and Office of Alcohol and Drug Education. Overall, smoking seems to be down among students – more reports of pot smoking than cigarettes. It was noted that smoking seems to be the greatest during the first week of school/orientation.

  In 2004, 2006 and 2008, Dr. Douglas Engwall, Professor of Psychology, conducted the CORE Alcohol and Drug survey and in 2010 and 2012, Dr. Jason Sikorski, Professor of Psychology, conducted the CORE Alcohol and Drug survey. The results of these reports have assisted in the ATOD prevention programming plans. A copy of the CORE survey used may be found in the Appendix.

- **Prevention Programming at Advising Days and Opening Weekend**
The Alcohol and Other Drug Education Coordinator and the Wellness Programs Administrator provide information for parents of incoming freshman in the summer advising sessions. During, opening weekend, students attend a Community Expectations session with the Office of Alcohol Education, Student Conduct and the CCSU Police
Department. The session also includes a brief description of the ATOD prevention programming efforts on campus including the Town & Gown Coalition, and introduction to the ATOD website and prevention programs.

- **Statewide Healthy Campus Initiative**
The Director of Counseling and Wellness, Alcohol and Other Drug Education Coordinator and Wellness Programs Administrator are members of the Connecticut Healthy Campus Initiative organized via the Connecticut Clearinghouse. The vision of the statewide initiative is to foster a campus community that reduces occurrences of high-risk alcohol use, other drug use and the related consequences of high-risk behavior among college students on Connecticut campuses. In 2008, a Key Leadership Award was presented to CCSU President Miller, who signed a commitment to support the Connecticut Statewide Healthy Campus Initiative, and to work to promote consistent, coordinated health promotion and substance abuse prevention efforts on our University campus. This Official Statement was also signed by the Commissioners of Mental Health and Addiction Services; Higher Education; and Governor M. Jodi Rell. Currently, CCSU remains active in the initiative. Further information on The Statewide Healthy Campus Initiative and the strategic action plan may be found at [www.preventionworksct.org/](http://www.preventionworksct.org/).

- **SPF and PFS Community Grants**
In September 2006, Victoria Kate Ginter, Associate Director of Counseling and Wellness, applied for a grant to help reduce underage drinking. In October 2006, Central Connecticut State University was successfully awarded this Connecticut Strategic Prevention Framework (SPF) Grant from the Department of Mental Health and Addiction Services to help reduce underage drinking in the New Britain community. The grant awarded Central Connecticut State University $60,000.00 annually for three years, for a total of $180,000.00, covering the period of September 30, 2006 to September 29, 2009.

The Department of Mental Health and Addiction Services has continued grant funding to Central Connecticut State University in the form of the Partnership for Success and Best Practices grants. PFS grant totals $219,000. Central Connecticut State University and the CCSU Public Safety Department have since partnered with the New Britain Police Department to help decrease the problems associated with underage drinking in the community. The grant funds have been used to develop and maintain the Town & Gown Coalition (see below), as well as enhance enforcement of the underage drinking laws. In the fall of 2010, the New Britain and Central Connecticut State University police departments combined efforts and over 150 infractions were reported at house parties. In the fall 2010 semester, supporting efforts increased to include the University Department of Student Affairs making calls to each of the students receiving an infraction, and the Central Connecticut State University Police Department sent letters to the parents of those students in an effort to reduce a repetition of the behavior. The Office of Alcohol and Other Drug Education and CCSU police department co-sponsored a presentation of How to Succeed at College and piloted the program at Southington High School - a feeder school for CCSU. A copy of the grant award letter from Governor M. Jodi Rell, and the letter from the CCSU police department to the parents of offenders may be found in the Appendix.
Central Connecticut State University has a vested interest in addressing the problems associated with off campus parties in the surrounding neighborhood. In September 2007 President Miller and Mayor Timothy Stewart of New Britain established a formal community Task Force. It is known as the “The Town Gown Coalition” and is Co-Chaired by Dr. Jonathan A. Pohl, Associate Director of the Counseling and Wellness Center, and Jon A. Zipadeli, Landlord and Neighbor. The Coalition addresses problems of underage drinking and works to reduce the incidence of problem house parties and drinking and driving in the local Belvedere area surrounding the college. Members of the Coalition include: President Dr. Jack Miller, Vice-President of Student Affairs Dr. Laura Tordenti, Jason Powell, Chief of CCSU Police; Timothy O’Brien, Mayor of New Britain, Sandra Rose-Zak, Interim Wellness Programs Administrator, Jean Alicandro, Director of Residence Life; Christopher Dukes, Director of Student Conduct; Craig DiAngelo, Neighbor and Landlord; Kenneth Cook, Elmers (local college bar); Mary Eddy, neighbor; Mark McLaughlin, Associate Vice President for Marketing and Communications; William Gagliardi, Chief of New Britain Police; Allison Palombo, President of Natural Helpers & CCSU Student; Peter Gostin, Neighbor; Gloria Hampl, Neighbor; Aimee Pozorski, neighbor; Nancy Tully, CCSU Faculty and neighbor; and Lou Pisano, CCSU Chief Human Resources Officer.

- **SAAC Involvement**
  Presently, both the Associate Director of Counseling & Wellness and Wellness Programs Administrator are members of the Substance Abuse Action Council. SAAC’s mission is: "Working together to prevent substance abuse and to promote a substance-free, safe and healthy environment within our communities." Collaborations between SAAC and the University include Smoking Cessation, TIPS merchant alcohol training and National “Kick Butts” Smoking Awareness Day.

**III. Counseling and Wellness Center –**

By Dr. Jonathan A. Pohl, Associate Director of Counseling and Wellness

Counseling and Wellness is a department within the Division of Student Affairs. The Counseling and Wellness Center supports the mission of the University by actively collaborating with members of the CCSU community in the process of creating conditions and/or personal attributes which promote physical, intellectual, psychological and spiritual well-being for all members of the University community. The Counseling and Wellness Center offers a range of personal counseling services and wellness programs including comprehensive assessment; individual counseling; prevention education and resources; peer support through groups; and access to outside community providers through our referral service. All services/programs are provided at no cost to full time and part time students. More information may be found at [http://www.ccsu.edu/page.cfm?p=2346](http://www.ccsu.edu/page.cfm?p=2346). A brochure on the Counseling and Wellness Center is found in the Appendix.

**IV. Description of the Employee Assistance Program –** by Lou Pisano, Chief Human Resources Officer

Central Connecticut State University provides an employee assistance program for all full-time employees, as well as part-time faculty, at no cost to the employee or their family member(s). Administered by The Lexington Group, Inc., the employee assistance program (EAP) provides professional, confidential assistance for employees and their families who...
are experiencing personal problems that may be affecting them in the workplace. EAP clinicians are experienced professionals with backgrounds in psychology, substance abuse, and social work. EAP services are available 24 hours a day, seven days a week for help with such issues as marital and family dilemmas, emotional difficulties, alcohol and drug abuse, addictive disorders, and financial, legal, or career problems. Services include initial evaluation and assessment, treatment planning, counseling, outside referral if indicated, coordination with the employee’s health care plan, family consultation, and follow-up. The EAP clinician makes every effort to refer employees to qualified professionals or specialists who are approved for coverage by the employee’s health insurance carrier. By law, information shared by employees with the EAP clinician cannot be disclosed to another person without the employee’s written consent.

New employees receive information about the EAP in their information packets and at New Employee Orientation. Annually, Human Resources sends out a letter from The Lexington Group; an EAP brochure; and an EAP business card to all employees. All employees receive an EAP Newsletter from The Lexington Group via e-mail on a quarterly basis. Brochures and business cards are made available in campus departments, and posters are placed on bulletin boards throughout campus buildings. Employees may contact the EAP 24 hours a day by calling 1-800-676-HELP (4357). A copy of the EAP brochure may be found in the Appendix.

Human Resources provided the following workshops/programs for faculty and staff that help reduce stress and offer healthy lifestyle tips:

- **New Employee Orientation** held on 9/16/11 and 9/7/12– discussion of Employee Assistance Program, Drug Free Workplace Policy, overview of fitness classes and centers available on campus.
- **4/24/12 – How to Improve Your Digestive Health** – The Natural Way – Workshop open to all faculty and staff. Presented by nutritionist Joy Pacitto; and sponsored by Human Resources as part of Employee Appreciation Week.
- **4/24/12 – Senior Care 101** – Demystifying Eldercare Challenges. Workshop open to all faculty and staff. Presented by Linda Worden RN, President of Worden Eldercare Consulting; and sponsored by Human Resources as part of Employee Appreciation Week.
- **4/27/12 & 4/26/13 – Fun Run/Walk** around campus open to all faculty and staff and sponsored by RECentral as part of Employee Appreciation Week.
- **4/24/13 – Get Moving** – Towards Better Health. Workshop open to all faculty and staff. Presented by Professor Mary Collins; and sponsored by Human Resources as part of Employee Appreciation Week.

V. **Disciplinary sanctions for employees** – by Lou Pisano, Chief Human Resources Officer

In accordance with the Drug Free Workplace Act, employees must notify the Chief Human Resources Officer within five (5) days of any drug conviction for violation of a state or
federal drug statute if the violation occurs in the workplace. A conviction means a finding of guilty, including a plea of nolo contendre, or the imposition of a sentence by a judge or jury in any federal or state court. Within ten (10) days of receiving notice that a CCSU employee funded under a federal grant or contract has been convicted for a violation of a state or federal drug statute occurring in the workplace, the Chief Human Resources Officer must notify the appropriate federal granting or contracting agency.

Employees who have substance abuse problems are encouraged to contact the Lexington Group, CCSU’s employee assistance provider, or a rehabilitation program of their choosing. Disciplinary action may be required, even when an employee agrees to seek treatment. In that case, sanctions for violation of this policy include, but are not limited to, the following:

1. Written warning or reprimand
2. Suspension without pay
3. Demotion
4. Dismissal

Disciplinary action will be taken in accordance with collective bargaining agreements, and principles of progressive discipline will be applied as appropriate.

VI. Student Disciplinary Sanctions – by Christopher Dukes, University Judicial Officer

In accordance with CSU policy, the following sanctions may be imposed, individually or in various combinations, on any student found to have violated the following provisions of the CSU Student Code of Conduct:

12) Use, possession, purchase, sale or distribution of alcoholic beverages except as expressly permitted by law and University regulations.

13) Use, possession, purchase, sale, distribution or manufacturing of controlled substances and/or drugs, or drug paraphernalia, except as expressly permitted by law.

**Expulsion:** Expulsion is permanent disciplinary separation from all universities within the Connecticut State University System and the denial of all student privileges. Expulsion shall be effective on the date that notice of expulsion is provided to the accused student, or later, if so stated in the notice. A student separated from all universities of the CSU System by expulsion may under the terms of the expulsion be excluded from all University premises when in the judgment of the expelling authority the student’s presence would constitute a danger to persons or property or a threat to the academic process.

**Suspension:** Suspension is temporary disciplinary separation from all universities within the system and the denial of all student privileges. Suspension shall be effective on the date that notice of the suspension is provided to the accused
student, or later, if so stated in the notice, and shall prescribe the date and conditions upon which the student may petition for readmission to the University. A student separated from all universities within the CSU system by suspension may under the terms of the suspension be excluded from all University premises when in the judgment of the suspending authority the student’s continued presence would constitute a danger to persons or property or a threat to the academic process. Notwithstanding the foregoing, the suspending University authority of the suspended student’s home university or his or her designee may authorize a suspended student who has been excluded from all University premises to enter the premises of the student’s home university for designated purposes.

**Disciplinary Probation:** Disciplinary probation is a designated period of time during which a student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges with University community. Disciplinary probation may involve the imposition of certain restrictions and/or conditions upon the accused student including, but are not limited to, financial restitution, community service, fines, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, or ineligibility to participate in University activities or events. Periodic contact with a designated member of the University community or non-college professional may be required.

If the accused student fully complies with the terms and conditions imposed in connection with the disciplinary probation, full student privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A student accused of violation of probation will be given due notice of the alleged violation and the procedures set forth in this Code shall be followed.

**Residence Hall Separation:** Residence hall separation is the removal of a student from the University residence hall in which he or she resides. Such separation shall include a restriction of access to all or designated University residence halls.

**Residence Hall Probation:** Residence hall probation is a designated period during which a student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges within the residence hall in which the student resides. Residence hall probation may include restrictions and/or conditions on the exercise of residence hall activities and privileges. Periodic contact with a designated member of the residence hall staff or professional may be required. If the accused student fully complies with the terms and conditions imposed in connection with the residence hall probation, full residence hall privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A student accused of violation of probation will be given due notice and the procedures set forth in this Code shall be followed.
**Alcohol Edu for Sanctions/CHOICES Sanctions class:** Students may be assigned to AlcoholEdu for Sanctions or to attend the CHOICES Sanctions class as a part of their sanctions. Alcohol Edu for Sanctions is a 2 part program. Students complete Part 1 and then complete a second follow up part after a certain amount of time has passed. The CHOICES Sanction class is a class of up to 15 students where they are provided information in a discussion-style format.

<table>
<thead>
<tr>
<th>Additional Violations</th>
<th>Supplemental Sanctions</th>
</tr>
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<tbody>
<tr>
<td>12.a: Use of alcohol that results in the transportation of an &quot;intoxicated&quot; student for emergency medical treatment.</td>
<td><strong>AlcoholEdu for Sanctions</strong></td>
</tr>
<tr>
<td>13.a: Use of controlled substances and/or drugs that results in the transportation of a student for emergency medical treatment.</td>
<td><strong>Reflection Papers:</strong> A reflection paper provides a student with an opportunity to consider all circumstances surrounding their recent violation(s) and articulate what he/she has learned and what, if anything, he/she would do differently.</td>
</tr>
<tr>
<td>20.a: Failure to comply with Residence Life Policy regarding being present in a room during an alcohol or drug violation.</td>
<td><strong>Behavioral Assessment:</strong> The student is required to undergo an assessment with a licensed clinician/counselor. The student may be required to fulfill 1 or more of the assessor's recommendations.</td>
</tr>
<tr>
<td></td>
<td><strong>Discretionary Sanctions:</strong> Work assignments, essays, service to the University, or other related discretionary assignments, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, and ineligibility to participate in University activities or events. Periodic contact with a designated member of the University Community or non-college professional may be required.</td>
</tr>
</tbody>
</table>

**Office of Student Conduct Statistics**

a. Academic year 2011-2012
   - Drug violations 9 incidents involving 18 people
   - 49 alcohol incidents 192 people
   - Alcohol transports 17 people
   - 1 drug transport
   - Physical assaults 6 incidents 11 people only 1 was non-alcohol related

b. Academic year 2012-2013
3 drug incidents 4 people
12 alcohol incidents 51 people
Physical assaults 1 not alcohol related
In the presence of alcohol
  Fall- 17 incidents 64 people
  SPRING 9 incidents 42 people
This includes bystanders allowing violations to happen to encourage others to not engage in it.

Decriminalization of Marijuana
CCSU’s change as a result of the change in laws includes not immediately separating a student on a first offense. A student would be placed on Deferred Separation but not removal for a first offense. Students are also given an infraction, according to the new law. We have posters and will continue to educate students about decriminalization.

VII. Athletic Department – Drug Education and Screening Policy, provided by Michael Ansarra, Senior Associate Athletics Director

CONNECTICUT STATE UNIVERSITY
DRUG EDUCATION AND SCREENING POLICY AND PROGRAM FOR STUDENT-ATHLETES

The Connecticut State University 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 these ends 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
I. 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 abuse. Attendance at and participation in these educational programs will be 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.

II. 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, methandrostanolone, oxandrolone, ethylstrenol, stanozolol, and nandrolone; and
3. Nutritional supplements, including androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, ephedrine and other supplements banned by 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.

A. 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 athletic 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 a 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, then 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 will be referred to appropriate personnel immediately for possible testing. Any testing procedure for probable drug use will be done immediately following the determination by a physician that a reasonable suspicion exists that the student athlete is using either "street" or "performance-enhancing" drugs. 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 all 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. This collection procedure will be observed by the University’s contracted drug-testing provider.

B. Drug Screening Protocol
1. A qualified testing laboratory will be utilized and a proper and effective chain of custody of collection specimens will be observed.
2. Protocol: The following procedures will be adhered to as part of the chain of custody involving the collection of urine samples for testing:

Step 1:
The student-athlete will proceed to the testing site where a log number will be assigned to him or her. All testing and subsequent communication will refer to the log number in order to ensure security and protect confidentiality. The student-athlete will sign the custody log verifying the number assigned and list any prescription or non-prescription medicines currently being taken by him or her and/or any pertinent medical history;
Step 2: The student-athlete will list his or her age, the log number assigned to him or her, and the date upon which the sample is being provided on the test requisition form;
Step 3: The student-athlete will select a urine specimen collection bottle;
Step 4: The student-athlete will provide a urine specimen under direct supervision of a member of the laboratory’s screening staff;
Step 5: The specimen collected from the student-athlete will be split into two samples "A" and "B" at the time of collection;
Step 6: The student-athlete will be provided a security tape and will seal the bottles, write his or her log number on the security tapes sealing the bottles, and place the specimen bottles in the courier case;

*Step 7:* The testing laboratory will test specimen "A" from the student-athlete, using an immunoassay technique. If by immunoassay a student-athlete's urine specimen is found to contain any of the drugs mentioned above or other street drugs or performance-enhancing substances, a second confirmatory test will be performed by gas chromatography/mass spectrophotometry. If this second test is positive, specimen "B" will be retained for possible later evaluation.

**C. Additional Information**

1. Screening results will be reported by the testing laboratory to the Drug Testing Administrator (the University employee charged with implementing drug-testing procedures) within twenty-four to twenty-eight (24-28) hours of the obtaining of test results.
2. The Drug Testing Administrator will immediately report the results to the Athletics Director.
3. The Athletics Director will immediately inform the Head Coach of the test results.
4. The student-athlete will also be notified of test results by the Athletics Director. If no notification is provided within seven (7) days, the student may assume the test results were negative.

**III. SANCTIONS FOR SUBSTANCE ABUSE**

The primary purpose of the Connecticut State University's substance abuse program is educational rather than punitive and the program is designed to assist student-athletes in their desire to remain drug-free. For this purpose, students who so require it will be referred to the Drug and Alcohol Coordinator or his/her designee. However, in order for the program to serve as a deterrent to the continued use of either "street drugs" or "performance-enhancing drugs," a system of sanctions must be developed for those student-athletes who test positively for the prescribed drugs and/or persist in the use of banned substances. These sanctions should not be viewed as retribution against the drug user but as a means of aiding the user to become free of the harmful effects of drugs.

**A. Pre-Sanction-Appeal**

Upon the first positive test, or any subsequent positive test, or a student-athlete indicating the presence of any of the listed street drugs or others in the student-athlete’s system at the time of testing, the student-athlete will have a period of five (5) days in which to appeal the test result. This appeal consist of a request that specimen “B”, collected at the time of testing and forwarded to the testing laboratory, be tested by the laboratory at the expense of the University. If the second test is negative, no action will be taken by the University. The occurrence of a negative test following an appeal will not eliminate the student-participant from any further testing based upon the random or “probable cause” procedure described above. All student athletes, irrespective of initial test results, may be subject to further selection for subsequent testing.

**B. Sanctions - "Street" Drugs**

1. First Positive Test - Tier I

Upon the first positive test of a student-athlete indicating the presence of any of the listed or other street drugs in the student-athlete’s system at the time of testing, the Drug Testing
Administrator will notify the Athletics Director and the student-athlete’s head coach. The student-athlete whose urine is found to contain the presence of any of the listed or other street drugs will meet with the Drug Testing Administrator to review the test results. Unless the student-athlete appeals the results of the test, the student-athlete will participate in an education and treatment program, and will not be allowed to participate in practice or competition for a period of fourteen (14) days. The student-athlete will be retested up to a maximum of three (3) times within ninety (90) days from the date of the first positive test. If the result of any retest proves to be positive with respect to the proscribed substance identified in a prior test the student-athlete will enter Tier II automatically. In addition, if a student-athlete's urine is found to contain proscribed substances in two (2) separate tests at any time during the course of his/her matriculation, he/she will enter Tier II. Retests shall be scheduled by the Athletics Director in consultation with the University’s contracted drug testing laboratory and the University’s Drug Testing Administrator to assure that all traces of the proscribed substances identified in the prior test have passed through the student-athlete's system, as determined by established laboratory standards. All test results will remain confidential in Tier I. If, at any time during this ninety (90) day period, the student-athlete refuses evaluation or treatment by appropriate personnel in the University’s Counseling Center, sanctions equivalent to those in Tier II will be levied. A student-athlete who tests positively for proscribed substances will be withheld from competition or participation in athletics.

2. Second Positive Test - Tier II
A student-athlete whose urine: (a) is found to contain proscribed substances in any of the retests, as set forth in the previous section; or (b) is found to contain a proscribed substance in two (2) separate tests during the course of his/her matriculation at the Connecticut State University, shall enter Tier II. A student-athlete who tests positively for “street drugs” for a second time during his or her career at the University will be barred from practice and competition or participation in athletics for a period of thirty (30) days. Following a second positive test, the same procedures to be followed subsequent to a first positive test will be followed and the student-athlete must again be seen by appropriate personnel for education and treatment. Refusal to participate in this procedure will result in the application of sanctions applied for a third positive test (see, Tier III below).

3. Third Positive Test - Tier III
Any student-athlete who tests positively for "street drugs" upon a third occasion at any time during his or her career at the University will lose his or her grant-in-aid, if any, and will be permanently barred from practice and competition in his or her sport or any other athletic event sponsored by the University (including intramural competition). Continued medical treatment for the drug-abuse problem will be offered to the former student-athlete during the time he or she remains as a student at the Connecticut State University. Prior to the application of these final sanctions following a third positive test for “street drugs,” the student-athlete shall have five (5) days within which to request a meeting with the Athletic Director for the purpose of establishing reasons why this sanction should not be applied. At any such meeting, the student-athlete shall have the right to bring a representative.

C. Sanctions - Performance Enhancing Drugs
Educational programs on "performance-enhancing drugs,” including steroids, will be conducted periodically during the academic year. Initial testing based upon “probable
cause” or an individualized reasonable suspicion of the use of "performance enhancing drugs" may be conducted as early as thirty (30) days following the initial education program. Student-athletes testing positively for steroid or other performance enhancing drugs at the time of these initial or any subsequent tests will be subject to the sanctions described below.

1. First Positive Test: Sanctions
A student-athlete who tests positively for the presence of anabolic or other steroids, or other "performance enhancing drugs," shall be barred from the competing in University-sponsored athletic events (including intramural competition) for sixty (60) days. In addition to being barred from competition or participation in intercollegiate or intramural athletic events for 8 sixty (60) days, the student-athlete will be required to participate in an education and counseling program with the appropriate personnel.

2. Second Positive Test: Sanctions
A second positive test for steroids or other "performance-enhancing drugs" at any time during a student's athletic career at the University will result in sanctions equivalent to those applied for a third positive test for street drugs; i.e., the student will lose his or her athletic grant-in-aid, if any, and will be permanently barred from competition or participation in any University-sponsored athletic event.

IV. SUPPORT SERVICES FOR SUBSTANCE ABUSE PROBLEMS
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 campus Health Service maintains a listing of such agencies and groups.

V. 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 insure 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.

More information regarding the procedures for Drug Testing, the Drug Screening Protocol and sanctions may be found by going to the Compliance section and clicking on CSU drug education program – effective July 1 2006 on the Athletic department website http://ccsubluedevils.cstv.com. Note, the CSU Drug Education Program policy is also contained in the student-athlete handbook which is distributed to all athletes.

VIII. A Description of applicable Legal Sanctions under State and Federal Law, researched by Sergeant Gerald Erwin, CCSU Police Department
Copies of the state and federal penalties for possession and distribution of controlled substances are available at The Counseling and Wellness Center, the Human Resources Department, or the Public Safety Department. A copy of this document describing the legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol may be found in the appendices. Description of federal penalties and state & local penalties can be found at the following websites: http://www.nicd.us/drugclassifications.html & http://www.cga.ct.gov.

During the 2011-2012 academic years, over 355 students cited for underage drinking and letters were sent to parents/guardians of CCSU students. This letter is sent by the CCSU Police Chief and informs parents/guardians of the arrest, charges associated with the arrest, and resources for both the Office of Alcohol and Drug Education and the Counseling and Wellness Center. Three students were arrested for fake ID. We had 33 suspicious odor complaints (possible marijuana) during the same time period.

**Decriminalization of Marijuana**
Office of Alcohol and Drug Education is trying to get out the word that marijuana is still illegal. BASICS for marijuana have increased.

**Community Service Pilot Program**
CCSU PD partnered with the Office of Alcohol and Drug Education to pilot a program for students who have court-mandated community service. To date, students are putting up alcohol awareness posters, social marketing materials, assisting with focus groups and surveying students about social marketing giveaways.

**IX. Biennial Report Recommendations**

1. The University helps to support the ATOD prevention program by allocating university funds for substance abuse prevention personnel and programs, as opposed to relying solely on grant funds. The Office of Alcohol and Drug Education is requesting partial funding for both the Alcohol and Drug Education Coordinator and Wellness Programs Administrator positions.

2. A private resource room is made available for those who may wish to seek support and resource material related to alcohol, tobacco and other drugs. The Counseling and Wellness Center should develop such a resource room that will serve the campus community.

3. The University continues to support Devil's Den@10pm as it offers underage students an alternative activity to drinking on Thursday nights.

4. The Lexington Group, Inc., the employee assistance provider, continues to make themselves known and available to provide counseling support and Wellness workshops that help prevent substance abuse.

5. Human Resources disseminate Drug Free Schools Act information at New Employee orientation. This orientation occurs four times a year and is mandatory for new employees.
6. Human Resources continue to offer Wellness related workshops encouraging faculty and staff to maintain a healthy lifestyle thus preventing substance abuse.

7. President Miller will continue to distribute an annual email to students, faculty and staff, reiterating the University’s policy on the use and abuse of drugs and alcohol, in accordance with the Federal Drug Free Schools Act and the Federal Drug Free Workplace Act.

8. The Town Gown Coalition continues to address community problems associated with underage drinking and house parties in the local area surrounding the University and specifically the party locations in the Belvedere neighborhood. The Town Gown will be supported by President Miller, New Britain Mayor Timothy O'Brien, the Belvedere Neighborhood Association, local merchants, and landlords.

9. The Counseling & Wellness Center continues to provide counseling and referrals to Student athletes who may test positive for drugs.

10. The Presidential Advisory Council on Alcohol Tobacco and other Drugs meet six times year to review alcohol prevention programming and update information pertaining to the Drug Free Schools Act and to ensure that the requirements of the Act are upheld.

11. Continue with implementation of Alcohol Edu for all incoming students including freshmen, transfer students and International students.

12. The Presidential Advisory Council on Alcohol, Tobacco and other Drugs make some recommendations to the University to reduce the risks associated with providing alcohol to students during events such as “Homecoming”.
X. Appendices:

A. Drug Free Schools Act e-mail distributed by President Miller

B. Alcohol Edu Letter to incoming Students and to Parents

C. The Natural Helper Brochure

D. Brochure describing the resource link to the Connecticut Clearinghouse

E. BASICS brochure

F. CORE data questionnaire

G. Alcohol Poisoning Prevention Poster

H. Letter of Commitment signed by President Miller to support the Connecticut Statewide Healthy Campus Initiative

I. Statewide Healthy Campus Initiative Strategic Action Plan

J. A copy of the Strategic Prevention Framework grant award letter from Governor M. Jodi Rell

K. Counseling and Wellness Center Brochure

L. Employee Assistance Program – Lexington Group Brochure

M. The legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol
Appendix B

Alcohol Edu Letter to incoming Students and to Parents
July 29, 2013

Dear Central Connecticut State University Student,

As part of our comprehensive awareness program to reduce high-risk behaviors, Central Connecticut State University (CCSU) requires every student new to Central to complete the AlcoholEdu/SexualAssaultEdu for College online course. We are committed to your personal and professional development and that of your peers – in the classroom and in the community. This is not an over-simplified, lecture style course; it is a thoughtful educational program for adults focused on important issues that matter to our community. This science-based, non-opinionated course relies on proven prevention theories and educational strategies to help students understand the many aspects of sexual assault and alcohol issues. If you are over the age of 25 and alcohol is not an issue for you, please e-mail Sandra Zak at rosezak@ccsu.edu to remove your name from the list of those needing to complete AlcoholEdu.

Whether you drink or not, AlcoholEdu/SexualAssaultEdu for College will empower you to make well-informed, safe decisions about alcohol, as well as help you cope with the drinking behaviors of peers. This course will also help you to better understand the facts about sexual assault. Students, both men and women, can do a lot to reduce the incidence of sexual assault by monitoring their alcohol consumption, and by becoming more aware of those factors that can contribute to rape and sexual assault.

The surveys measure overall alcohol-related attitudes and behaviors of you and your classmates. All survey responses are strictly **confidential**. Be assured, the University will not receive individual student information. We will only receive statistical results for the entire group. This makes it safe to provide truthful answers.

- You can access the course online **beginning August 1, 2013**.
- Part 1 (Modules 1, 2, 3, & 4) is to be completed as soon as possible and takes approximately 2-3 hours. You may log in and out during the course, following the attached instructions. The passing score is 75. You will have completed Part 1 when you have finished Survey Exam 2. The **deadline for completing Part 1 is August 23, 2013**.
- About 30 days after you complete Part 1, you will receive an email asking you to complete Part 2. It is a 15 minute follow up. The **deadline for completing Part 2 is October 24, 2013**.

To complete AlcoholEdu/SexualAssaultEdu for College, you will need a computer with Internet access and audio capabilities. If you do not have access to the Internet, please use public access (for example: your town library or a cyber café). On the CCSU campus, those without computers will have the option to complete this course in the Marcus White Computer Lab.

Please see the **reverse side** of this letter for your AlcoholEdu/SexualAssaultEdu login ID and instructions on how to access the course.

We look forward to seeing you on campus. If you have any technical questions about the program, please contact the AlcoholEdu/SexualAssaultEdu Technical Support phone line at 1-866-384-9062. Other general questions may be answered by Sandra Zak, Interim Wellness Programs Administrator, (860) 832-1618 or rosezak@ccsu.edu.

Very truly yours,

Laura Tordenti, Ed.D.
Vice President for Student Affairs
Student Instructions:

Remember that you can access the course online beginning August 1, 2013.

To begin AlcoholEdu/SexualAssaultEdu for College:

1. Go to: www.everfi.com/register

   Under “New User”, enter the following Login ID: C128771A

2. Click “Sign Up.”

3. On the registration page you will have the opportunity to create your AlcoholEdu/SexualAssaultEdu for College account using an email address and password of your choice.

4. Warning: DO NOT log out until you click the “Next” button or you will have to repeat the “Sign Up” section again. Note: You may log in and out of the course at the end of each section after clicking “Next.”

5. When you resume the course, log in as a “Returning User” and enter the same email address and password you created when you first logged into the course. The course will open up where you left off the last time you were logged in.

HELPFUL TIPS

Should you experience any technical difficulties or require support, the AlcoholEdu/SexualAssaultEdu Online Technical Support Center is available 24 hours a day, 7 days a week.

Simply click on the “Help” button located in the upper right corner of every AlcoholEdu/SexualAssaultEdu screen. You do not need to be logged into the course to access the Help Site.

Alternatively you can call the AlcoholEdu/SexualAssaultEdu Student Technical Support phone line which is available 24 hours a day, 7 days a week at 1-866-384-9062.

Other general questions may be answered by Sandra Zak, Interim Wellness Programs Administrator, within the Office of Alcohol and Drug Education at (860) 832-1618 or rosezak@ccsu.edu.

If you need to use a computer at CCSU, the Marcus White Computer Lab is available. To access a PC in the Computer Lab, you will need your Blue Chip ID (student ID card) to enter the lab and a BlueNet account (username) and password to log onto a computer. If you need help, call the CCSU Help Desk at (860) 832 1720. You will need to provide your own headphones when using a PC in the Computer Lab.
Appendix C

The Natural Helpers Brochure
Where to Find Us?

You can find Natural Helpers in the Student Center or Memorial Hall handing out tips and freebies at our wellness tables. You may also find us at Devil’s Den events, handing out free coffee during reading days, or presenting programs within the residence halls. You may even find us with one of our “pet ambassadors” from Tails Of Joy!

Our goal is to be an accessible resource to students. Natural Helpers work closely with various divisions within Student Affairs, collaborating with ResLife, Student Activities, Sodexo, RECentral, Health Services, and more.

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CCSU Natural Helpers
On-Campus Resources

**Counseling Center:** Marcus White Hall, Room 212  
(860) 832-1945

**Health Services:** Marcus White Annex (next to Computer Lab)  
(860) 832-1925

**Ruthe Boyea Women’s Center:** Student Center, Room 216  
(860) 832-1655

**LGBT Center:** Student Center, Rooms 304-305  
(860) 832-2090

**Campus Police:** (860) 832-2375

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STUDENT WELLNESS SERVICES
OFFICE OF WELLNESS EDUCATION

113 Willard Hall
860-832-1618  
860-832-1948
### Who Are Natural Helpers?

CCSU Natural Helpers is a student organization that works in collaboration with the Office of Wellness Education. As students, we understand first-hand the challenges many college students face. Our role is to address these challenges and find ways to tackle them. Natural Helpers are certified peer educators who seek to educate and provide resources to the CCSU community, promoting a healthier, safer, and more compassionate campus. Our services include:

- Educational presentations
- On-campus wellness programs, special events and promotional campaigns
- Academic and Health-related resources

### CCSU Natural Helper Mission

Our mission is to support CCSU students while enhancing their capacity for optimal wellness, helping them find academic and personal success by emphasizing physical, emotional, spiritual, intellectual, and social wellbeing.

**Objectives**

- To increase awareness of the multiple factors that lead to overall student success at CCSU through education and peer support
- To initiate a change in attitudes towards drugs and other substances
- To provide resources for CCSU students
- To collaborate with students, faculty and administration to provide integrated services

### Contact Us

Follow us on twitter and facebook for wellness tips and information about our upcoming events!

Twitter: @ccsu_NH

Facebook: CCSU Natural Helpers

Email: ccsunaturalhelpers@ccsu@gmail.com

Student Activities: **The Link**
https://ccsu.collegiatelink.net/

### Types of Programs

- Safe Spring Break
- Healthy Relationships
- Alcohol Awareness Fair
- Healing Hearts
- Suicide Prevention
- Stress Reduction
- Campus of Compassion
- Aromatherapy
- Pet Therapy
- Problem Gambling
- Holiday and Exam Stress
- Social Norms Campaigns
Appendix D

Brochure describing the resource link to the Connecticut Clearinghouse
The RADAR Network

Connecticut Clearinghouse is designated as the state Regional Alcohol and Drug Awareness Resource (RADAR) network center by the Center for Substance Abuse Prevention. The network consists of state clearinghouses, prevention resource centers and other organizations committed to reducing the prevalence of substance abuse worldwide.

Other Services at Wheeler Clinic

Individuals and families may also receive help through other departments of Wheeler Clinic.

- Outpatient Treatment for Children, Adolescents, Adults and Families
- Emergency Mobile Psychiatric Services
- Children In Families Specialized Foster Care
- Compulsive Gambling Treatment
- Diagnostic Assessment & Referral Team
- Employee Assistance Program
- Extended Day Treatment Program
- Family Violence Education Program
- Group Homes & Residential Services
- HelpLine - 24 Hour Hotline
- Intensive Home-Based Services
- Individualized Family Service Team
- LifeLine
- Northwest Village School - Special Education
- Prevent Child Abuse Connecticut
- Prevention and Wellness
- Teen Connection
- Substance Abuse Treatment

Connecticut Clearinghouse

A program of Wheeler Clinic, serving the state of Connecticut

Funded by

Connecticut Department of Mental Health and Addiction Services.

Wheeler Clinic

A non-profit, multi-service behavioral health agency serving Central Connecticut and Greater Hartford.

Accredited

Joint Commission on Accreditation of Healthcare Organizations

For more information

Contact Connecticut Clearinghouse at 1.800.232.4424 or e-mail info@ctclearinghouse.org

334 Farmington Avenue
Plainville, Connecticut 06062
1.800.232.4424
Fax: 1.860.793.9813
www.ctclearinghouse.org
www.wheelerclinic.org

Rev. 12/05
Our Goal
Connecticut Clearinghouse, a program of Wheeler Clinic and funded by the Connecticut Department of Mental Health and Addiction Services, is a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics. Connecticut Clearinghouse supports substance abuse prevention, intervention and treatment efforts by providing reliable and current information to the residents of Connecticut.

Information Topics
- Alcohol
- Tobacco
- Marijuana
- Cocaine
- Heroin
- Other drugs
- Mental health/illness
- Prevention
- Depression
- Children of substance abusers
- Parenting
- Addiction
- Recovery
- Disaster/trauma
- Driving while intoxicated
- Violence
- Eating disorders
- Suicide
- Gambling
- HIV/AIDS
- And other topics

Services and Resources
- Books, audiovisual materials and curricula available for loan
- Pamphlets, posters, and reproducible fact sheets, including Spanish language materials
- Internet website including an on-line, searchable catalog of books, audiovisuals, curricula, pamphlets, fact sheets and posters
- Expert research assistance and statistical data
- Quarterly newsletter, Courier
- Educational Open Houses, First Friday Film Festivals, trainings and other events
- Statewide listserv
- Meeting room available for groups interested in behavioral health issues

Hours
- Monday 8:30 a.m.-5:00 p.m.
- Tuesday 8:30 a.m.-5:00 p.m.
- Wednesday 8:30 a.m.-5:00 p.m.
- Thursday 8:30 a.m.-7:30 p.m.
- Friday 8:30 a.m.-5:00 p.m.

Fees
The resources of Connecticut Clearinghouse are available to all Connecticut residents. Some services require participation in the membership program.

Call for information about membership.

Call us toll-free at 1.800.232.4424
or
860.793.9791 (Voice/TTY)
or visit us on-line
www.ctclearinghouse.org

Most materials can be mailed to any address in Connecticut.
Call for more details.
REFERENCE GUIDE
Telephone Numbers
and Website Directory

ACCESS TO RECOVERY (ATR)
860-580-3922

ADULT CHILDREN OF ALCOHOLICS
860-667-9787  www.adultchildren.org

AIDS HOTLINE
800-344-2437

AIDS LEGAL NETWORK FOR CONNECTICUT
888-380-3646  www.glns.org

AL-ANON/ALATEEN
CT Information  888-825-2666
Anywhere, USA  800-344-2666
www.ct-al-anon.org

ALCOHOLICS ANONYMOUS (A.A.)
Connecticut  866-783-7712
Anywhere, USA  800-344-2666
www.ct-aa.org

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
888-733-2237  www.afsp.org

AMERICAN ASSOCIATION OF SUICIDALITY
202-397-2260  www.suicidology.org

CENTER FOR MENTAL HEALTH SERVICES (CMHS)
301-443-0001  www.mentalhealth.org/cmhs/

CENTER FOR SUBSTANCE ABUSE PREVENTION (CSAP)
301-443-0385  www.samhsa.gov/centers/csap/csap.html

CENTER FOR SUBSTANCE ABUSE TREATMENT (CSAT)
301-443-5700  www.samhsa.gov/centers/csat2002/csast_frame.html

CENTERS FOR DISEASE CONTROL AND PREVENTION
800-311-3435  www.cdc.gov

CHILDREN OF ALCOHOLICS FOUNDATION
212-595-5810X7760  www.coaf.org

COCAINE ANONYMOUS (CA)
CT Information  860-871-4584
International Referral  800-347-8998
www.ca.org

CO-DEPENDENTS ANONYMOUS (CoDa)
www.codependents.org

COMMUNITY DISTRIBUTION CENTER-INFORMATION ON HIV/AIDS
800-322-3222  www.dph.state.ct.us/BCH/AIDS/pes.html

COMPULSIVE GAMBLING TREATMENT PROGRAM
860-344-2244  www.dmhas.state.ct.us/Gambling.html

CT CERTIFICATION BOARD
203-264-8800  www.ccb-inc.org

COALITION AGAINST DOMESTIC VIOLENCE
860-282-7899  www.csadv.org
888-774-2900 (Crisis Line)

CT COMMITTEE FOR YOUTH SUICIDE PREVENTION
860-571-7528

CCAR - CT COMMUNITY FOR ADDICTION RECOVERY
860-244-2227  www.ccar-recovery.us

CT COMMUNITIES FOR DRUG-FREE YOUTH, INC.
800-422-3234  www.cdfy.org

CT COUNCIL ON DEVELOPMENTAL DISABILITIES
860-297-4300
800-842-7030

CT COUNCIL ON PROBLEM GAMBLING 800-346-6236 (Helpline)  www.ccppa.org

CT DEPARTMENT OF CHILDREN & FAMILIES
800-242-2288 - Hotline
http://www.state.ct.us/dfc/

CT DEPARTMENT OF MENTAL HEALTH & ADDICTION SERVICES 888-446-7348
www.dmhas.state.ct.us

CT DEPARTMENT OF PUBLIC HEALTH
860-509-8000  www.dph.state.ct.us

CT DEPARTMENT OF SOCIAL SERVICES
800-842-1508  http://www.dss.state.ct.us

CT HUSKY PLAN
877-284-8759  www.huskyhealth.com

CT OUTLINE
1-866-363-4224
1-866-END-HABIT

CT SEXUAL ASSAULT CRISIS SERVICES
1-860-282-9881  www.cnacsacs.org

CT YOUTH SUICIDE ADVISORY BOARD
www.state.ct.us/dfc/YSAB

CT WOMEN'S CONSORTIUM
203-408-4189  www.womensconsortium.org

FAMILIES ANONYMOUS
800-736-9805  www.familiesanonymous.org

FAMILY RESOURCE CENTER
860-545-7605  www.instituteforliving.org/schizophrenia

FATHERHOD INITIATIVE OF CONNECTICUT
860-842-1508  www.fatherhoodinitiative.state.ct.us

GAM-ANON FAMILY GROUPS
CT Hotline  860-268-1908
National Information  719-352-1617  www.gam-anon.org

GAMBLERS ANONYMOUS (GA)
CT Hotline  800-266-1908
National Information  213-345-8789  www.gamblersanonymous.org

GIRLS AND BOYS TOWN NATIONAL HOTLINE
800-448-3000  www.girlsandboysstown.org

HIGHER EDUCATION CENTER FOR ALCOHOL AND OTHER DRUG PREVENTION
800-678-1730  www.edc.org/hec/

INFOLINE 211  www.infoline.org

JOIN TOGETHER
617-437-1500  www.jointogether.org

OFFICE OF JUVENILE JUSTICE AND DELINQUENCY PREVENTION
202-370-5911  www.ojjdp.ncjrs.org

MARIJUANA ANONYMOUS
800-766-6779  www.marijuanamysterious.org

MENTAL HEALTH AMERICA
800-999-6642  www.mhfa.org

MENTAL HEALTH ASSOCIATION OF CT
860-842-1501  www.mhact.org

MENTAL HEALTH SERVICES LOCATOR
800-789-2647  www.mentalhealth.org/databases/default.asp

MOTHERS AGAINST DRUNK DRIVING (MADD)
CT Information  203-752-3273
National Information  800-438-6233  www.madd.org

NAR-ANON
CT Information  800-203-1234

NARCOTICS ANONYMOUS (NA)
CT Information  800-627-3543

NATIONAL ALLIANCE ON MENTAL ILLNESS
National Information  703-524-7600
CT Information  800-215-3021
Helpline  800-650-6264  www.nami.org

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
888-55-4-COAS  www.nacoa.org/

NATIONAL CLEARINGHOUSE FOR ALCOHOL & DRUG INFORMATION
800-729-6686  www.health.org

(continued)
STATE EDUCATION RESOURCE CENTER (SERC)
860-632-1485  www.sercr.org

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION
301-443-0365  www.samhsa.gov

SUBSTANCE ABUSE TREATMENT FACILITY LOCATOR
800-662-HELP
800-662-9832 (Español)
800-228-6427 (TDD)
http://findtreatment.samhsa.gov/facilitylocatordoc.htm

SUICIDE HELPLINE (INFORM)  211

WHEELER CLINIC HELPLINE & CRISIS INTERVENTION
860-747-3434  860-524-1182

WOMEN FOR SOBRIETY  215-536-8026
www.womensobriety.org

THE WORKPLACE HELPLINE
860-WORKPLACE
www.health.org/workplace/work4cap.htm

Connecticut’s Prevention Infrastructure

STATEWIDE RESOURCES

Connecticut Assets Network
800-991-6463  www.cassets.org

Connecticut Clearinghouse
800-232-4424  www.ctclearinghouse.org

Multicultural Leadership Institute, Inc.
203-753-1952  www.ml-nc.org

The Governor’s Prevention Partnership
860-422-5422  www.preventionworksc.org

REGIONAL ACTION COUNCILS

Capital Area Substance Abuse Council
203-578-4044  www.capscouncil.org


Central Naugatuck Valley Regional Action Council
203-578-4044  www.capscouncil.org

Serving: Beacon Falls, Bethel, Cheshire, Middlebury, Naugatuck, Prospect, Southington, Thomaston, Watertown, Watertown, Wolcott, Woodbury

Citizens’ Task Force on Addictions
860-442-1330  www.capscouncil.org


East of the River Action for Substance Abuse Elimination
800-568-4442  www.capscouncil.org

Serving: Andover, Bolton, East Hartford, East Windsor, Ellington, Enfield, Glastonbury, Hebron, Manchester, Marlborough, Somers, South Windsor, Stafford, Tolland, Vernon

Housatonic Valley Coalition Against Substance Abuse
203-743-7741  www.capscouncil.org

Serving: Bethel, Bridgewater, Danbury, New Fairfield, New Milford, Newtown Redding, Ridgefield, Roxbury, Sherman, Washington

Lower Fairfield County Regional Action Council

Serving: Danbury, New Canaan, Stamford

Meriden and Wallingford Substance Abuse Council
203-294-3591  www.capscouncil.org

Serving: Meriden, Wallingford

Middlesex County Substance Abuse Action Council
860-347-5959  www.capscouncil.org

Serving: Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, Killingworth, Middletown, Middlefield, Old Saybrook, Portland, Westbrook

Mid-Fairfield Substance Abuse Coalition
203-649-1111  www.capscouncil.org

Serving: Norwalk, Weston, Westport, Wilton

Northeast Communities Against Substance Abuse
860-779-9253  www.capscouncil.org


Regional Youth/Adult Substance Abuse Program
203-579-2727  www.capscouncil.org

Serving: Bridgeport, Easton/Rudding, Fairfield, Monroe, Stratford, Trumbull

South Central Regional Action Council


Substance Abuse Action Council of Central Connecticut
860-826-4856  www.capscouncil.org

Serving: Berlin, Bristol, Burlington, New Britain, Plainville, Plymouth, Southold

Valley Substance Abuse Action Council
203-736-8566  www.capscouncil.org

Serving: Ansonia, Derby, Oxford, Seymour, Shelton

STATEWIDE COALITIONS

Mobilize Against Tobacco for Children’s Health
MATCH  888-366-MATCH  www.matchcoalition.com

CT Coalition to Stop Underage Drinking
600-422-5422  http://www.preventionworksc.org/local_home.html

Reference Guide 081809
Appendix E

BASICS Brochure
The Costs of High Risk Drinking

DWI means Driving while intoxicated under the influence of drugs and/or alcohol. The average total cost of a DWI is approximately $8,649.00. If caught driving while intoxicated you will be arrested. That record may follow you for years and may hinder your professional career.

It is illegal to serve alcohol to a minor (anyone under 21 years old). If you have a party and serve alcohol to a minor you may be fined, arrested or sued.

You can be held responsible for anyone you serve alcohol to in your house. If that someone gets into trouble, you may be liable. Don’t allow your guests to drink and drive.

How about Another Round Of:

- Fighting
- Crash your car
- $8,649 for a DWI
- Fail your midterm
- Can’t pay your rent
- Late to class again
- A run in with the law
- Forgot how you got home
- Destroying a relationship
- Possibly contracting an STD
- Testing positive on a drug test

Central Connecticut State University

1615 Stanley St.
P.O. Box 4010
New Britain, Ct
860.832.CCSU

BASICS is a program of:
Central Connecticut State University
Counseling & Wellness Center
Marcus White, 2nd floor
860.832.1945
www.ccsu.edu/counseling
Free and confidential

BASICS:
BRIEF ALCOHOL SCREENING
INTERVENTION FOR COLLEGE STUDENTS

Reducing alcohol related risk NOW
Preventing alcohol dependence in the FUTURE
A harm reduction approach to alcohol abuse prevention

Brought to you by the Counseling and Wellness Center. This project was funded by a grant from the Department of Mental Health and Addiction Services
Designed for:
Students who typically drink heavily several times a week, already experienced alcohol related problems and who are often low in problem recognition.

Goal:
To reduce the frequency of risky behaviors including quantity of drinking per occasion and decreasing the harmful effects of drinking.

Outcomes:
Because lifestyle changes occur gradually over time, harm reduction emphasizes and encourages step-by-step changes in which any movement in the direction of reduced risk and harm is progress.

In addition to BASICS, we also offer a program called Choices. This program engages students in self-reflection and discussion about facts, risks and norms associated with alcohol while equipping them with the information, strategies and skills to make wise decisions. Choices can be experienced either as an individual, or in a group setting.

When to Refer
Referrals for BASICS can come from a variety of sources including:

- Athletics
- Professors
- Self-Referral
- Judicial Affairs
- University Deans
- Resident Advisors
- Concerned Friends
- The Women’s Center
- University Health Services

How it Works
Students must complete two 60 minute sessions with a counselor:

- The first to assess drinking patterns, related attitudes about alcohol, and motivation to change drinking
- The second to get feedback about personal risk factors and advice about ways to moderate drinking

Students also receive a computer generated personalized graphic feedback summarizing the reviewed material.

Although BASICS is primarily for students who are high-risk alcohol users, the program also gives some feedback related to other drugs.

How about another round of:
Fighting
Crash your car
$8,649 for a DWI
Fail your midterm
Can’t pay the rent
Late to class again
A run in with the law
Forgot how you got home
Destroying a relationship
Possibly contracting an STD
Testing positive on a drug test

How about not!
Appendix F

CORE Data Questionnaire
### Core Alcohol and Drug Survey

**Long Form**

#### FIPSE Core Analysis Grantee Group

- Core Institute
- Student Health Programs
- Southern Illinois University
- Carbondale, IL 62901

#### Please use a number 2 Pencil.

#### 1. Classification:
- Freshman
- Sophomore
- Junior
- Senior
- Grad/professional
- Not seeking a degree
- Other

#### 2. Age:
- [ ]

#### 3. Ethnic origin:
- American Indian/
- Alaskan Native
- Hispanic
- Asian/Pacific Islander
- White (non-Hispanic)
- Black (non-Hispanic)
- Other

#### 4. Marital status:
- Single
- Married
- Separated
- Divorced
- Widowed

#### 5. Gender:
- Male
- Female

#### 6. Is your current residence as a student:
- On-campus
- Off-campus

#### 7. Are you working?
- Yes, full-time
- Yes, part-time
- No

#### 8. Living arrangements:

##### A. Where:
- House/apartment/etc.
- Residence hall
- Approved housing
- Fraternity or sorority
- Other

##### B. With whom:
- (mark best answer)
- Alone
- With roommate(s)
- With parent(s)
- With spouse
- With children
- Other

#### 9. Approximate cumulative grade point average: (choose one)
- [ ]

#### 10. Some students have indicated that alcohol or drug use at parties they attend in and around campus reduces their enjoyment, often leads to negative situations, and therefore, they would rather not have alcohol and drugs available and used. Other students have indicated that alcohol and drug use at parties increases their enjoyment, often leads to positive situations, and therefore, they would rather have alcohol and drugs available and used. Which of these is closest to your own view?
- Have available
- Not have available

#### 11. Student status:
- Full-time (12+ credits)
- Part-time (1-11 credits)

#### 12. Campus situation on alcohol and drugs:
- yes
- no
- don't know

#### 13. Place of permanent residence:
- In-state
- USA, but out of state
- Country other than USA

#### 14. Think back over the last two weeks. How many times have you had five or more drinks* at a sitting?
- None
- Once
- Twice
- 3 to 5 times
- 6 to 9 times
- 10 or more times

* A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink.

#### 15. Average # of drinks* you consume a week:
- [ ]

(If less than 10, code answers as 00, 01, 02, etc.)

#### 16. At what age did you first use...

##### (mark one for each line)
- Tobacco (smoke, chew, snuff)
- Alcohol (beer, wine, liquor)*
- Marijuana (pot, hash, hash oil)
- Cocaine (crack, rock, freebase)
- Amphetamines (diet pills, speed)
- Sedatives (downers, ludes)
- Hallucinogens (LSD, PCP)
- Opiates (heroin, smack, horse)
- Inhalants (glue, solvents, gas)
- Designer drugs (ecstasy, MDMA)
- Steroids
- Other illegal drugs

* Other than a few sips

17. Within the last year about how often have you used…
(mark one for each line)
- Tobacco (smoke, chew, snuff)
- Alcohol (beer, wine, liquor)
- Marijuana (pot, hash, hash oil)
- Cocaine (crack, rock, freebase)
- Amphetamines (diet pills, speed)
- Sedatives (downers, ludes)
- Hallucinogens (LSD, PCP)
- Opiates (heroin, smack, horse)
- Inhalants (glue, solvents, gas)
- Designer drugs (ecstasy, MDMA)
- Steroids
- Other illegal drugs

18. During the past 30 days on how many days did you have:
(mark one for each line)
- Tobacco (smoke, chew, snuff)
- Alcohol (beer, wine, liquor)
- Marijuana (pot, hash, hash oil)
- Cocaine (crack, rock, freebase)
- Amphetamines (diet pills, speed)
- Sedatives (downers, ludes)
- Hallucinogens (LSD, PCP)
- Opiates (heroin, smack, horse)
- Inhalants (glue, solvents, gas)
- Designer drugs (ecstasy, MDMA)
- Steroids
- Other illegal drugs

19. How often do you think the average student on your campus uses…
(mark one for each line)
- Tobacco (smoke, chew, snuff)
- Alcohol (beer, wine, liquor)
- Marijuana (pot, hash, hash oil)
- Cocaine (crack, rock, freebase)
- Amphetamines (diet pills, speed)
- Sedatives (downers, ludes)
- Hallucinogens (LSD, PCP)
- Opiates (heroin, smack, horse)
- Inhalants (glue, solvents, gas)
- Designer drugs (ecstasy, MDMA)
- Steroids
- Other illegal drugs

20. Where have you used…
(mark all that apply)
- Tobacco (smoke, chew, snuff)
- Alcohol (beer, wine, liquor)
- Marijuana (pot, hash, hash oil)
- Cocaine (crack, rock, freebase)
- Amphetamines (diet pills, speed)
- Sedatives (downers, ludes)
- Hallucinogens (LSD, PCP)
- Opiates (heroin, smack, horse)
- Inhalants (glue, solvents, gas)
- Designer drugs (ecstasy, MDMA)
- Steroids
- Other illegal drugs

21. Please indicate how often you have experienced the following due to your drinking or drug use during the last year…
(mark one for each line)
- Had a hangover
- Performed poorly on a test or important project
- Been in trouble with police, residence hall, or other college authorities
- Damaged property, pulled fire alarm, etc.
- Got into an argument or fight
- Got nauseated or vomited
- Driven a car while under the influence
- Missed a class
- Been criticized by someone
- Thought I might have a drinking or other drug problem
- Had a memory loss
- Done something I later regretted
- Been arrested for DWI/DUI
- Have been taken advantage of sexually
- Tried unsuccessfully to stop using
- Seriously thought about suicide
- Seriously tried to commit suicide
- Been hurt or injured

22. Have any of your family had alcohol or other drug problems: (mark all that apply)
- Mother
- Father
- Stepfather
- Stepmother
- Brothers/sisters
- Mother's parents
- Father's parents
- Aunts/uncles
- Spouse
- Children
- None

23. If you volunteer any of your time on or off campus to help others, please indicate the approximate number of hours per month and principal activity:
- Don't volunteer, or less than 1 hour
- 1–4 hours
- 5–9 hours
- 10–15 hours
- 16 or more hours
- Principal volunteer activity is: [Blank]
24. **Within the last year to what extent have you participated in any of the following activities?** *(mark one for each line)*

<table>
<thead>
<tr>
<th>Activities</th>
<th>Not involved</th>
<th>Attended</th>
<th>Active involvement</th>
<th>Leadership position</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Intercollegiate athletics</td>
<td></td>
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<tr>
<td>b. Intramural or club sports.</td>
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<tr>
<td>c. Social fraternities or sororities</td>
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<tr>
<td>d. Religious and interfaith groups</td>
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<tr>
<td>e. International and language groups</td>
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<tr>
<td>f. Minority and ethnic organizations</td>
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<tr>
<td>g. Political and social action groups</td>
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<tr>
<td>h. Music and other performing arts groups</td>
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<tr>
<td>i. Student newspaper, radio, TV, magazine, etc.</td>
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</tr>
</tbody>
</table>

25. **In the first column, indicate whether any of the following have happened to you within the last year while you were in and around campus.**

If you answered yes to any of these items, indicate in the second column if you had consumed alcohol or other drugs shortly before these incidents.

<table>
<thead>
<tr>
<th>Incidents</th>
<th>Yes</th>
<th>No</th>
<th>Alcohol or Drugs</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Ethnic or racial harassment</td>
<td></td>
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</tr>
<tr>
<td>b. Threats of physical violence</td>
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<tr>
<td>c. Actual physical violence</td>
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<tr>
<td>d. Theft involving force or threat of force</td>
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<tr>
<td>e. Forced sexual touching or fondling</td>
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<tr>
<td>f. Unwanted sexual intercourse</td>
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</tr>
</tbody>
</table>

26. **How do you think your close friends feel (or would feel) about you...** *(mark one for each line)*

<table>
<thead>
<tr>
<th>Feelings</th>
<th>Don’t care</th>
<th>Disapprove</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Trying marijuana once or twice</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>b. Smoking marijuana occasionally</td>
<td></td>
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<tr>
<td>c. Smoking marijuana regularly</td>
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<td></td>
<td></td>
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<tr>
<td>d. Trying cocaine once or twice</td>
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<td></td>
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<td></td>
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<tr>
<td>e. Taking cocaine regularly</td>
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<td></td>
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<tr>
<td>f. Trying LSD once or twice</td>
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<td></td>
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<tr>
<td>g. Taking LSD regularly</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>h. Trying amphetamines once or twice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. Taking amphetamines regularly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>j. Taking one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day</td>
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<td></td>
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<tr>
<td>k. Taking four or five drinks nearly every day</td>
<td></td>
<td></td>
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<tr>
<td>l. Having five or more drinks in one sitting</td>
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<tr>
<td>m. Taking steroids for body building or improved athletic performance</td>
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</tr>
</tbody>
</table>

27. **Do you believe that alcohol has the following effects?** *(mark one for each line)*

- a. Breaks the ice
- b. Enhances social activity
- c. Makes it easier to deal with stress
- d. Facilitates a connection with peers
- e. Gives people something to talk about
- f. Facilitates male bonding
- g. Facilitates female bonding
- h. Allows people to have more fun
- i. Gives people something to do
- j. Makes food taste better
- k. Makes women sexier
- l. Makes men sexier
- m. Makes me sexier
- n. Facilitates sexual opportunities

28. **On this campus, drinking is a central part in the social life of the following groups:** *(mark one for each line)*

- a. Male students
- b. Female students
- c. Faculty/staff
- d. Alumni
- e. Athletes
- f. Fraternities
- g. Sororities

29. **Campus environment:** *(mark one for each line)*

- a. Does the social atmosphere on this campus promote alcohol use?
- b. Does the social atmosphere promote other drug use?
- c. Do you feel safe on this campus?

30. **Compared to other campuses with which you are familiar, this campus' use of alcohol is...** *(mark one)*

- Greater than other campuses
- Less than other campuses
- About the same as other campuses

31. **Housing preferences:** *(mark one for each line)*

- a. If you live in university housing, do you live in a designated alcohol-free/drug-free residence hall?
- b. If no, would you like to live in such a residence hall unit if it were available?
### 32. To what extent do students on this campus care about problems associated with... (mark one for each line)

<table>
<thead>
<tr>
<th></th>
<th>No at all</th>
<th>Slight</th>
<th>Somewhat</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Alcohol and other drug use</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>b. Campus vandalism</td>
<td></td>
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<tr>
<td>c. Sexual assault</td>
<td></td>
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<tr>
<td>d. Assaults that are non-sexual</td>
<td></td>
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<tr>
<td>e. Harassment because of gender</td>
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<tr>
<td>f. Harassment because of sexual orientation</td>
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<tr>
<td>g. Harassment because of race or ethnicity</td>
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<tr>
<td>h. Harassment because of religion</td>
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</tbody>
</table>

### 33. To what extent has your alcohol use changed within the last 12 months?

- Increased
- About the same
- Decreased
- I have not used alcohol

### 34. To what extent has your illegal drug use changed within the last 12 months?

- Increased
- About the same
- Decreased
- I have not used drugs

### 35. How much do you think people risk harming themselves (physically or in other ways) if they...

(mark one for each line)

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Slight</th>
<th>Moderate</th>
<th>Great risk</th>
<th>Can't say</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Try marijuana once or twice</td>
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<td></td>
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<tr>
<td>b. Smoke marijuana occasionally</td>
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<tr>
<td>c. Smoke marijuana regularly</td>
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<tr>
<td>d. Try cocaine once or twice</td>
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<tr>
<td>e. Take cocaine regularly</td>
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<tr>
<td>f. Try LSD once or twice</td>
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<tr>
<td>g. Take LSD regularly</td>
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<tr>
<td>h. Try amphetamines once or twice</td>
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<tr>
<td>i. Take amphetamines regularly</td>
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<tr>
<td>j. Take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day</td>
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<tr>
<td>k. Take four or five drinks nearly every day</td>
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<tr>
<td>l. Have five or more drinks in one sitting</td>
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<tr>
<td>m. Take steroids for body building or improved athletic performance</td>
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<tr>
<td>n. Consume alcohol prior to being sexually active</td>
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<tr>
<td>o. Regularly engage in unprotected sexual activity with a single partner</td>
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<tr>
<td>p. Regularly engage in unprotected sexual activity with multiple partners</td>
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</tbody>
</table>

### 36. Mark one answer for each line:

**Yes**  **No**

- a. Did you have sexual intercourse within the last year? Yes, answer b and c below.
- b. Did you drink alcohol the last time you had sexual intercourse?
- c. Did you use other drugs the last time you had sexual intercourse?

### 37. During the past 30 days, to what extent have you engaged in any of the following behaviors? (mark one for each line)

<table>
<thead>
<tr>
<th></th>
<th>0 or 1 time</th>
<th>2 or 3 times</th>
<th>4 or 5 times</th>
<th>6 or 9 times</th>
<th>10 or more times</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Refused an offer of alcohol or other drugs</td>
<td></td>
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<tr>
<td>b. Bragged about your alcohol or other drug use</td>
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<tr>
<td>c. Heard someone else brag about his/her alcohol or other drug use</td>
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<tr>
<td>d. Carried a weapon such as a gun, knife, etc. (do not count hunting situations or weapons used as part of your job)</td>
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<tr>
<td>e. Experienced peer pressure to drink or use drugs</td>
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<tr>
<td>f. Held a drink to have people stop bothering you about why you weren't drinking</td>
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<tr>
<td>g. Thought a sexual partner was not attractive because he/she was drunk</td>
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<tr>
<td>h. Told a sexual partner that he/she was not attractive because he/she was drunk</td>
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</tbody>
</table>

### 38. To what extent do you agree with the following statements? (mark one for each line)

<table>
<thead>
<tr>
<th></th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. I feel valued as a person on this campus</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>b. I feel that faculty and staff care about me as a student</td>
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<tr>
<td>c. I have a responsibility to contribute to the well-being of other students</td>
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<tr>
<td>d. My campus encourages me to help others in need</td>
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<tr>
<td>e. I abide by the university policy and regulations that concern alcohol and other drug use</td>
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</tbody>
</table>

### 39. In which of the following ways does other students’ drinking interfere with your life on or around campus? (mark one for each line)

- a. Interrupts your studying
- b. Makes you feel unsafe
- c. Messes up your physical living space (cleanliness, neatness, organization, etc.)
- d. Adversely affects your involvement on an athletic team or in other organized groups
- e. Prevents you from enjoying events (concerts, sports, social activities, etc.)
- f. Interferes in other way(s)
- g. Doesn’t interfere with my life
Appendix G

Alcohol Poisoning Prevention Poster
Signs of Alcohol Poisoning
1. Cold, clammy skin.
2. Irregular breathing, breaths less than 10/minute.
3. Vomiting and doesn’t wake up.
4. Pinched and doesn’t wake up.
CALL 911 Immediately!

Effects on the Brain
Alcohol diminishes a person’s capacity to:
- make rational decisions
- feel pain
- stand up straight and walk
- see clearly
- maintain health
A person who has been drinking cannot consent to sexual behavior.

Natural Helpers
Students Helping Students.
Programming on Alcohol and Drugs in the Residence halls.
Programs on the Go - experience of sharing knowledge with a classroom of students.
Providing campus-wide programs throughout the year on stress, alcohol, healthy relationships and safe choices.

Alcohol’s BFF’s
- Gambling
- Drugs
- High-Risk Behavior
- Skipping Class
- Skipping Work
- Poor Grades
- Loss of Friends
- Loss of Money
- Criminal Behavior
- Dropping Out

Students and Alcohol
About 3% of students received alcohol related tickets in 2010-2011.
About 2526 students graduated in 2011.
Remind yourself why you came to college.

Resources on campus
Health Services 860-832-1925
Counseling 860-832-1945
Alc. and Drug Ed 860-832-1948
Women’s Center 860-832-1655
Natural Helpers 860-832-1618
WRAP program 860-832-0078
We Care group @Newman House