

**DRUG-FREE SCHOOLS AND CAMPUSES
BIENNIAL REPORT
LEWIS-CLARK STATE COLLEGE
DECEMBER, 2016**

Introduction

The alcohol and drug prevention program at Lewis-Cark State College (LCSC) continues to comply with the federal mandate outlined in Education Department General Administrative Regulations, Part 86 (EDGAR, 1990). This document reviews and assesses the “Alcohol and Other Drug” (AOD) prevention program at LCSC and will include information from various participants and departments from across the LCSC campus including the Student Life Committee (SLC), the Student Counseling Center, Health and Disability Services office (SCC/SHS/DS), Human Resources (HR), Student Activities/Campus Recreation, Residence Life (RL), Security, the new Resources Effecting Action for Community Health (REACH) coalition, and the Vice President (VP) for Student Affairs office. This report addresses the following elements:

1. Overview of the current AOD prevention program and efforts
2. Summary of the various strengths and weaknesses of the AOD program
3. Accounting of Incident Reports and Resolutions
4. Review, assessment, and discussion of program goals
5. Identification of AOD prevention program goals – **2017-2018**
6. Suggested improvements to the AOD prevention program
7. Inventory of LCSC policies distributed to LCSC students, faculty and staff

Overview of LCSC Alcohol and Other Drug Prevention Program

LCSC provides substance abuse prevention programs through SCC/SHS/DS and the SLC, made up of students and staff members, under the direction of the Dean of Students/Director of Student Counseling Center and the Vice President for Student Affairs.

The College, as a member of the Idaho College Health Coalition (ICHC) consisting of four other colleges and universities in Idaho, works to provide support and programming through service delivery methods and programs shown to be effective and relevant in impacting change with college student alcohol and other drug use. The ICHC applied for and received the Idaho State Office of Drug Policy (ODP) Strategic Prevention Framework (SPF) Grant starting in FY 15-16, which provides some funding for local and statewide programs and initiatives. One project funded again by this coalition is the administration of the American College Health Association – National College Health Assessment (ACHA-NCHA). The ICHC has been able to support this assessment at each ICHC participating institution every 2 years since 2005. The last administration of the NCHA occurred Fall 2015 and the results of this survey were distributed to relevant campus wide stake holders, administrators and offices, and are being used in substance abuse and other health related programming efforts by SCC, SHS, the SLC, and REACH. Survey results are also posted on the SCC website for campus and community distribution. The ICHC also provides additional trainings and opportunities to benefit campus prevention efforts.

An unanticipated development that occurred this past year was the awarding of the ODP Substance Abuse Block Grant (SABG) to LCSC SCC to provide universal alcohol education to incoming students through the Alcohol Edu program, additional funding support for an alcohol/drug prevention worker and to bolster social norms marketing related to alcohol and marijuana messaging to LCSC students. These efforts started in earnest in August and will continue through June 30, 2017.

Current AOD Prevention Program at LCSC

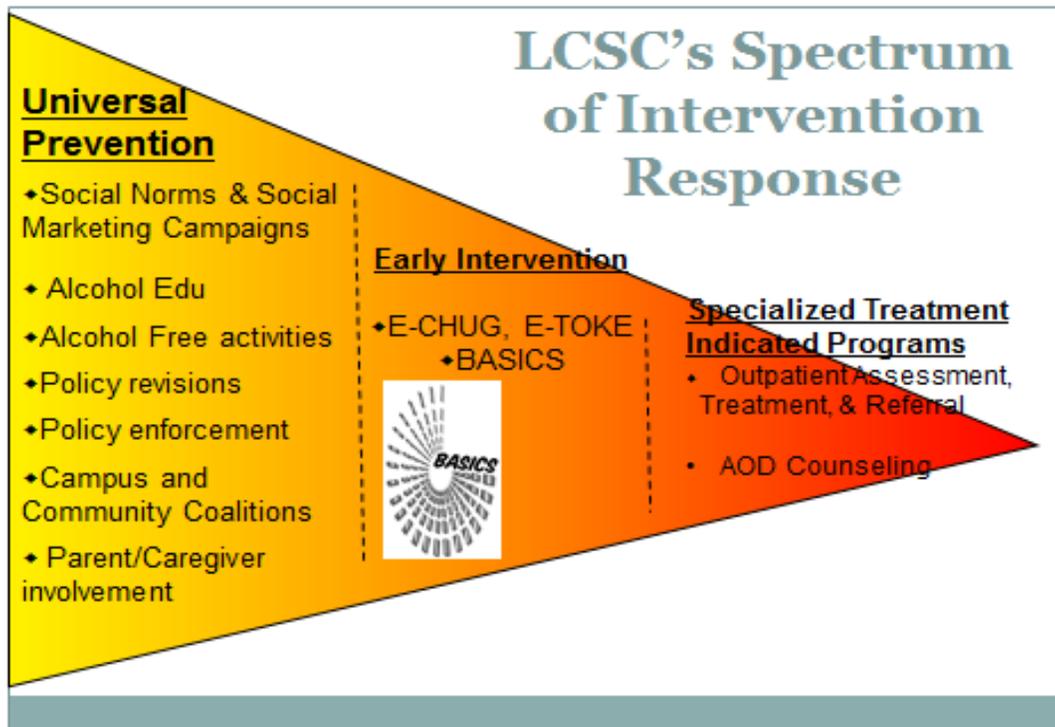
Faculty and Staff Alcohol and Drug Use Education

A campus orientation is provided to employees when they first start, via HR. During that training, they are made aware of the College’s policies regarding drug and alcohol use.

They are also informed of the Mental Health, Substance Abuse, and Employee Assistance Program (EAP) made available to College employees and are given a 24-hour hotline they can call at any time if they need help. All services and policies are posted on the College’s HR website: <http://www.lcsc.edu/hr/benefits/>; the Office of Group Insurance website: <https://ogi.idaho.gov/counseling/>; the Employee Assistance Program website through Guidance Resources: <https://www.guidanceresources.com/groWeb/login/login.xhtml>; and SCC site <http://www.lcsc.edu/student-counseling/>.

Student Alcohol and Drug Use Education

LCSC has expanded our prevention program over the past several years to address the various aspects of prevention and intervention services shown here.



Universal strategies:

- Each semester, as part of the conditions of registration, students are made aware of AOD education and information regarding the potential ramifications and effects of substance use and abuse and potential harmful consequences of AOD use. They are also notified of potential impact of violating the LCSC AOD Student Code of Conduct, Substance Abuse Policy.
- Students also receive general information regarding the alcohol/drug policy, Idaho state, law, and the possible negative consequences and other impacts of violation of this policy in various settings including:
 - a. New student orientation – through in-person presentation, exposure to Student Code of Conduct in the Student Handbook and Resource Guide
 - b. Participation in various workshops provided as part of the orientation process
 - c. Participation in various Warrior Step Up! bystander trainings offered throughout the year, available to all students
 - d. Attendance in various, campus wide AOD educational events/presentations
 - e. Participation in random AOD screenings presented to students during various times through the year
 - f. Exposure to various points and information, through articles and posters via Student Health 101, social media platforms such as Facebook, Social Norms marketing efforts, traditional posters, table tents, notices, etc.
- Students receiving services either through the SCC or SHS offices are now routinely screened for AOD concerns at the time they initially enter services in one of these offices.
- The SCC and SHS offices provide health and wellness information, including AOD, to their clients and other groups as needed or requested and provide relevant AOD information on our websites as warranted.
- Websites relay community substance abuse education and services links for students as well as faculty and staff use.
- LCSC athletic program continues with the AOD policy and athletes are made aware of this policy and relevant education and resource information during the fall Athlete Orientation sessions and throughout the year.
- Starting Fall 2016, all new students were required to enroll in the Student Development 107/307 courses. These students were provided a brief introduction to Alcohol Edu and strongly encouraged to complete the program as part of their course requirements. The goal was to provide this universal program to all incoming students as they entered their first semester of college which is a best practice intervention as determined by the *National Institute on Alcohol Abuse and Alcoholism (NIAAA) CollegeAIM* guidelines for effective prevention programs for college students.
<https://www.collegedrinkingprevention.gov/CollegeAIM/>

Selective, Early Intervention and Indicated Services:

Students who come to the attention of faculty, RL, Security or other staff members due to concerns related to AOD use and/or abuse, are referred to the VP for Student Affairs or Dean of Students for assistance.

The Adjudication process of students allegedly violating the Student Code of Conduct typically involves the following:

- a. First time violators of the Student Code of Conduct are referred to the VP for Student Affairs or the Dean of Students for adjudication. Students found in violation of the

- Student Code of Conduct are often asked to complete the *Electronic Check Up to Go for Alcohol (e-CHUG)* and/or *Electronic Check Up to Go for Marijuana (e-TOKE)* program(s).
- b. Depending on the situation, some students are also referred to SCC to complete the *Choices: A Brief Alcohol Abuse and Prevention and Harm Reduction Program* and are required to provide verification of their attendance and participation in this program.
 - c. Students receiving a second or third alcohol related violation may be referred to the SCC to complete *Brief Alcohol Screening and Intervention for College Students (BASICS)* intervention and will likely face additional related judicial sanctions as well.
 - d. Students found using illegal substances (marijuana, OTC meds, etc.) and in violation of our substance abuse policy are often referred to complete the *e-TOKE* or directly to the SCC for substance abuse assessment and evaluation and receive other sanctions as warranted.
 - e. Parental notification may also be included in alcohol/drug violation sanctions and is used at the discretion of the VP for Student Affairs/Dean of Students.
 - f. If necessary additional substance abuse treatment services may be warranted and students might be referred to other appropriate community services when appropriate.

Environmental Strategies:

- LCSC, in an effort to promote increased student engagement and provide AOD alternatives is committed to providing quality, low cost and accessible activities and campus recreation opportunities to all students. The Student Activities/Campus Recreation program continues to grow their programs to meet student demands and interests. Activities include intramural sports, student clubs, outdoor recreation opportunities, student government and other leadership development activities, and these are marketed aggressively to the student population. This is a very important component of the overall prevention program at LCSC.
- The Associated Student Body of LCSC (ASLCSC), along with the Student Activities program, initiated a weekly campus wide event called “Warrior Wednesday” several years ago. This program continued over the past two years and provided a useful vehicle by which the SCC and SLC could gain additional access to students in a somewhat systematic and consistent way. We utilized several of these days throughout each semester to partner with the ASLCSC to provide specific information regarding alcohol and other drugs and to provide substance abuse screening opportunities. Overall improved campus engagement and cohesiveness resulted from these events and they have been useful events for the SLC.
- RL also continues to provide a wide array of alcohol and drug free activities for student residents. As the student population living on campus has increased, the numbers of students now attending many of the RL sponsored events also continues to increase. These activities include but are not limited to:

<ul style="list-style-type: none"> ○ Bowling ○ BBQs ○ Community service ○ Root beer pong ○ Movie night ○ Glow in the dark Frisbee ○ Group hike 	<ul style="list-style-type: none"> ○ Roller skating ○ Swimming ○ Scarywood ○ Minute-to-win-it ○ Safe Trick-or-Treat (for families in Talkington Hall) 	<ul style="list-style-type: none"> ○ Ice skating ○ Game night ○ Corn maze ○ Chalk it up ○ Movie on the wall ○ Sock assassin ○ Resident dances
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RL has mandatory meetings at the beginning of every semester regarding the Residence Hall Handbook and specifically addresses the alcohol and drug use guidelines and the Directors of SCC and Security, our SHS nurse, and a Lewiston police officer typically present during these trainings. Resident Directors (RDs) and Resident Assistants (RAs) also receive regular alcohol drug education and Warrior Step Up! bystander trainings to remind them of their role and responsibilities to respond appropriately to alcohol/drug incidents that may occur on campus.

Enforcement Efforts:

The LCSC Security office continues to enforce AOD policies consistently and effectively and works closely with the VP for Student Affairs, Dean of Students and/or the Director of RL to maintain consistent compliance standards. The Director of Security, Director of RL, Dean of Students/Director of SCC, the Title IX coordinator and the VP for Student Affairs make up a group called the Behavior Response Team (BRT) and typically meet on a weekly basis to discuss any concerns related to AOD related incidents or need for referrals to appropriate offices and/or resources to effectively and efficiently manage student AOD incidents. Security also works with local law enforcement as needed when a student, staff or faculty member appears to have violated an alcohol or drug law.

The SCC also provides periodic training for RAs, security and other staff and faculty members to address alcohol and drug effects and to explain the referral process. We also continue to build prevention efforts at LCSC through the promotion of our Step Up! bystander training and are looking for ways to more fully implement these trainings into LCSC campus culture.

LCSC AOD Prevention Program Strengths and Weaknesses

Strengths:

1. Prevention efforts have continued to expand and become more “comprehensive” to meet student population needs.
2. The SLC has continued to operate with regular attendance and has drawn more student input and participation over the past two years.
3. The ASLCSC student leadership has increased attention to the provision of student leadership and support for AOD prevention across campus, resulting in a more student friendly and comprehensive program.
4. LCSC’s continued involvement with the ICHC supports prevention efforts at LCSC and directly has led to the formation of REACH, which formed this past year.
5. The program has received support and buy-in by administration, other departments and student groups and organizations of the importance to provide prevention services at LCSC.

Weaknesses:

1. There is no “mandated” requirement for incoming students to participate in an effective alcohol prevention program.
2. There is still work to be done to expand efforts to the entire campus community on a systematic ongoing basis.
3. Although we received a grant to assist us in prevention efforts for this year (FY16-17), there continues a lack of direct counseling staff responsibility for prevention efforts due to having to prioritize the provision of other direct counseling and educational services.

Having a designated prevention specialist would alleviate this issue and allow expansion of the program and would deal with some of the issues mentioned above.

Incident Reports and Resolutions

Table 1: Preview of Drug and Alcohol Reports by semester and outcomes

Alcohol Reports by semester	Spring 2015	Fall 2015	Spring 2016	Fall 2016	Total
No Action	2	2	4	2	10
Warning	12	6	10	5	33
Probation	8	2	3		13
Withheld Suspension					
Total	22	10	17	7	56

Table 2: Preview of Drug and Alcohol Reports by semester, total referrals for intervention

Total Referrals for Intervention	Spring 2015	Fall 2015	Spring 2016	Fall 2016	Total
E-Chug	15	2	11	5	33
E-Toke	2	2			4
Choices	7			5	12
Total	24	4	11	10	49

Assessment of 2015-2016 Substance Abuse Prevention Program Goals:

1. Help secure SPF Grant, 2016 offered by the Idaho State ODP through participation in writing the grant with ICHC members by May 31, 2015.
Assessment
 This goal was achieved and we are currently in the second year of this grant cycle. Each participating ICHC member receives some funding to impact campus/community and statewide alcohol and prescription drug abuse of 18-24 year olds. REACH, which members of the SCC formed along with other campus and community partners, has begun to work on making positive changes to the LCSC campus and LC valley. Our first event occurred in October and was a big success. The REACH Drug Take Back Day had participants from both the campus and community and resulted in 67.5 pounds of prescription drugs being properly disposed of that may have otherwise been improperly disposed of or potentially misused by others.
2. Work toward increased emphasis and participation in the SSN – Peer Advocacy and Mentor program and Warrior Step Up! bystander awareness training sessions – goal of 2 SSN trainings per semester with 6 participants each cohort, by Spring 2016 and 5 Warrior Step Up! presentations per semester by Spring 2016.

Assessment

The SSN has continued and we have conducted 2 trainings per semester for the past 3 semesters with a total of 46 students completing the program over the past 2 years. These students continue to be encouraged to participate in other leadership roles and programs on campus such as becoming a Peer Mentor in the First Year Experience program or help participate in other mentoring and/or tutoring opportunities on campus. We also partnered over the past 3 semesters with the Nursing and Health Science division to provide SSN to students in their community nursing courses with a total of 14 nursing students completing this program. Warrior Step Up! bystander presentations continue and we have presented a training to all athletes at the start of fall semester for the past two years. The nursing students, in the community nursing courses mentioned, above also provide the Warrior Step Up! training to other student groups and courses as part of their course requirements. We also have an LCSC Peer Educator, Work Scholar with the goal of presenting Warrior Step Up! to various student groups/classes as often and to as many students as possible.

3. Continue utilization of E-Chug program and Choices for Alcohol for Fall 2015 and beyond.

Assessment

Although not utilized by a large number of students, those completing these programs are receiving some of the most effective prevention programs available for college students. (*National Institute on Alcohol Abuse and Alcoholism, 2016.*) We will continue to explore ways to expand usage of, and participation in, these and similar programs.

4. Implement and advertise use of E-Toke for Marijuana Use/Abuse to students and departments, Spring 2015.

Assessment

Thus far, only a few students have participated in this program. However, it is an effective motivational enhancement program to help students make more informed choices regarding their own use of marijuana. With the increased awareness of student marijuana use in our immediate area, due to the changes in national attitudes toward pot and the Washington state law just across the border, this program may be an important tool in our prevention efforts going forward. Although it was not promoted as effectively as possible over the past two years we will redouble our efforts and add this item to our list of goals to achieve over the next two year time period.

5. Conduct the American College Health Association – National College Health Assessment, Fall 2015 – with or without ICHC support.

Assessment

This item was accomplished through support by the ODP SPF Grant received by the ICHC. Results are located on the SCC website and were widely distributed to the LCSC community and continue to inform overall campus retention and programing efforts.

6. Choose an alcohol education program suitable for athletic program to assist in compliance with their revised 2014 alcohol policy by Fall 2015.

Assessment

Student athletes receive the same educational programing as other students when they are involved in an alcohol/drug related offense involving violation of the Student Code of Conduct through the adjudication process. As mentioned above, Warrior Step Up! has also been presented to all athletes each fall semester for the past several years. Additionally, the *National Associate of Intercollegiate Athletes (NAIA)* is working toward

implementing more rigorous substance abuse programming and LCSC athletics will be participating in these programs as they are available.

Recommendations for Improvement of LCSC AOD Prevention Efforts:

1. LCSC needs to determine the best program and implementation strategies for a universal alcohol education program, such as Alcohol Edu, which is a highly effective, motivational enhancing substance abuse educational product. Best practices regarding implementation of this or a similar program for all incoming students needs to be determined (Orientation, First Year Experience, etc.) for LCSC to enhance our universal prevention plan.
2. Determine the feasibility and pros and cons of reapplying for the ODP-SABG as a viable way to assist our campus prevention efforts (and somewhat based on results of recommendation #1).
3. Continue active participation in ICHC to continue ODP, SPF Grant funding to support focus on underage drinking and prescription drug abuse prevention strategies, administration of the ACHA-NCHA and other activities such as those being developed and implemented through our REACH coalition.
4. Continue growth in AOD screening services and program planning with the goal of developing more specific and more frequent survey information on alcohol, marijuana and prescription drug usage on campus.
5. Advocate for more institutional investment regarding program sustainability and staffing needs through increased SCC operating expense budget and/or student fee funding to more fully address the current mandated and increasing demand for prevention services on campus.

Substance Abuse Prevention Program Goals – 2017-2018:

- Continue direct support of ICHC and SPF Grant 2016 through direct participation in completing grant requirements by May 31, 2017 (and again the following year, through May 31, 2018).
- By March, 2017, determine feasibility of providing Alcohol Edu to all incoming students, with funding provided by ODP – SABG, FY 2018. If feasible, complete SABG application process by April, 2017.
- Continue utilization of E-Chug, drastically increase use of E-Check up to Go for Marijuana and continue and expand use of Choices for Alcohol through at least, Fall 2018.
- Improve participation and advertising as to the availability of E-Toke for Marijuana Use/Abuse to all relevant staff, faculty, students and departments, Spring 2017.
- Conduct the ACHA-NCHA, Fall 2017 – with or without ICHC support.

Annual Notification Procedures

- Current procedures for notifying the campus community of the College's policies related to drugs and alcohol consist primarily of information disseminated to major campus groups (e.g., the student body) via in-take or orientation programs. The policies and assistance programs are also featured prominently on high-traffic web pages.
- The LCSC AOD policy and required notification information is presented during registration so that each student (except HS/dual enrolled students and some professional technical students) are exposed to this information during the registration process. This allows LCSC a systematic and comprehensive method for our notification mandate.
- Annual post card mailings to notify faculty and staff of this policy continue as the primary periodic, notification tool at this time with employees, which occurs usually at least two times per year. For faculty/staff the primary web page is the college's Human Resources web page <http://www.lcsc.edu/hr/>.
- For students, the primary web page for prevention efforts is the SCC web page <http://www.lcsc.edu/student-counseling/>.

Current LCSC AOD Policies

Global policies covering students, faculty, and staff as well as the new athletic alcohol drug policy and other student policies as published in the Student Code of Conduct and Student Handbook are as follows. (Please see Appendix for web links.)

Alcoholic Beverages

1. Illegal possession or consumption of alcoholic beverages (beer, wine, liquor or other beverage which is controlled as an alcoholic beverage under Idaho law) is prohibited in College or College-owned, leased or operated facilities and on campus grounds.
2. Alcoholic beverages may not be possessed or consumed under any circumstances in areas open to and most commonly used by the general public. Public areas include, but are not limited to, lounges, College Union buildings, recreation rooms, conference rooms, athletic facilities and other public areas of College-owned buildings or grounds.
3. Sale of alcoholic beverages is prohibited in College-owned, leased or operated facilities and on campus grounds.
4. Guests and visitors shall observe these regulations while on campus or other College property. Non-compliance may subject a person to sanctions imposed by the College as well as to the provisions of local and state law. (Adopted by the State Board of Education, December 1, 1977).
5. For LCSC sponsored events which are open to the campus community and at which alcohol will be present, the sponsor will work with the Vice President for Student Affairs or the appropriate academic or vocational associate vice president to assure adherence to this policy. The following information will need to be provided to assure adherence:
 - a. Names and ages of individuals designated as bartenders or servers to check identification
 - b. Means to inform participants of applicable state and federal laws regarding alcohol consumption
 - c. Non-alcoholic beverages and food consumption
 - d. Designated driver program

6. No social event shall include any form of drinking contest in its activities or promotion. The Idaho law states that it is illegal to sell, serve or furnish beer, wine or other alcoholic beverages or intoxicating liquor to a person under 21 years of age. It is illegal for any person under 21 years of age to purchase or attempt to purchase, procure, possess, or consume any alcoholic or intoxicating liquor.
 - a. There are a number of minors attending LCSC and as a state institution; the College is legally obligated to comply with the state law.

Drugs

Possession, manufacture, distribution, use or sale of marijuana, drug narcotics or other controlled substances classified as illegal under Idaho law, except those taken under a doctor's prescription is prohibited on College-owned or controlled property (as that term is herein and hereafter used, College-owned or controlled property includes student housing owned by or rented through the College), or at any College-sponsored or supervised function (See campus policy on Alcohol and Drug abuse, and rules on sanctions for alcohol and drug abuse;

Appendix

Policy 3.113 Drug/Alcohol: <http://www.lcsc.edu/media/4381369/3113-drug-alcohol.pdf>

Policy 3.114 Drug-Free Workplace: <http://www.lcsc.edu/media/2632606/3114-drug-free-workplace.pdf>

National Institute on Alcohol Abuse and Alcoholism (NIAAA) CollegeAIM link provides guidelines for effective prevention programs for college students:
<https://www.collegedrinkingprevention.gov/CollegeAIM/>

Student Counseling Center link to alcohol/drug policy and associated resources:
<http://www.lcsc.edu/student-counseling/substance-abuse-assistance/>

ComPsych Guidance Resources website:
<https://www.guidanceresources.com/groWeb/login/login.xhtml>

Employee Assistance Program (EAP) information: <https://ogi.idaho.gov/counseling/>

If you have questions or concerns related to any part of this report please contact: the Dean of Students/Director of Student Counseling Center at (208) 792-2211 or VP for Student Affairs at (208) 792-2218.

Respectfully submitted

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