

**DRUG-FREE SCHOOLS AND CAMPUSES
BIENNIAL REPORT
LEWIS-CLARK STATE COLLEGE
DECEMBER, 2018**

Introduction

This document reviews and assesses the alcohol and drug prevention program at Lewis-Clark State College (LCSC) and its compliance with the Federal mandate outlined in Education Department General Administrative Regulations, Part 86 (EDGAR, 1990). This report will utilize information from various LCSC departments and staff members including the Student Counseling Center (SCC), Student Life Committee (SLC) (now Health and Wellness Committee - HWC), Human Resources (HR), Security, Student Activities/Campus Recreation, Residence Life, the Resources Empowering 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. Accounting of Incident Reports and Resolutions
3. Summary of the various strengths and weaknesses of the AOD program
4. Review, assessment, and discussion of program goals
5. Identification of AOD prevention program goals – **2019-2020**
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 (AOD) Prevention Program

LCSC continues to provide appropriate and beneficial substance abuse prevention programs through SCC, Residence Life and other departments on campus and provides prevention education to our students, faculty and staff members. The newly formed HWC is also beginning to address the overall campus climate as it relates to health and wellness needs across campus, including alcohol and drug education to the entire campus community.

LCSC, as a member of the Idaho College Health Coalition (ICHC), also works to support statewide campus prevention efforts. The administration of the American College Health Association – National College Health Assessment (ACHA-NCHA) every two years is a priority of the ICHC as participating ICHC members have administered this assessment every two years since 2005. The last administration of the NCHA occurred in fall 2017 and the results of this survey were distributed to relevant campus wide stakeholders, administrators and offices, and are being used in substance abuse and other health related programming efforts by SCC, HWC and REACH coalition. The ICHC also provides additional resources and brings awareness to trainings and opportunities to benefit campus prevention efforts.

The current AOD prevention program at LCSC consists of various components and activities for faculty, staff and students as well as for the overall campus and surrounding community.

Faculty and Staff Alcohol and Drug Use Education

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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 [Human Resources](http://www.lcsc.edu/hr/benefits/) website, <http://www.lcsc.edu/hr/benefits/>, the [Office of Group Insurance](https://ogi.idaho.gov/counseling/) website, <https://ogi.idaho.gov/counseling/>, the [EAP](https://www.guidanceresources.com/groWeb/login/login.xhtml) website through Guidance Resources, <https://www.guidanceresources.com/groWeb/login/login.xhtml>, and the [SCC](http://www.lcsc.edu/student-counseling/) website, <http://www.lcsc.edu/student-counseling/>.

Student Alcohol and Drug Use Education

LCSC continues to address the various aspects of prevention and intervention services.

Universal strategies:

- Each semester, students are made aware of AOD education and information as part of the conditions of registration. Information includes 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 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 social media platforms such as Facebook, Social Norms marketing efforts, traditional posters, table tents, notices, etc.
 - g. Beginning spring semester 2018, all residents living in student housing were asked to complete E-Check Up to Go for Alcohol.
 - h. Summer 2018, students were contacted requiring all new incoming freshmen to complete three AOD related trainings through the LCSC Safe Colleges educational program.
 - i. Summer 2018, SCC provide notice to parents and family members of the Safe Colleges trainings and asked them to encourage students to complete courses.
 - j. During orientation, all freshmen students living on campus were required to complete "Rethink the Drink," an in-person group discussion related to alcohol which was provided by SCC counseling staff.
- Students receiving services through the SCC are routinely screened for AOD concerns at the time they initially enter services.
- The SCC, along with the HWC and the SHS (now operated by St. Joseph Regional Medical Center), works to offer overall health and wellness information, which includes AOD concerns. Direct services are provided to our clients and patients and education and prevention programming to the entire campus community and other specific student groups is delivered as needed or requested as well.

- 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.
- New students are enrolled in the Student Development 107/307 courses where health and wellness activities are presented and discussed as part of their course requirements.

Selective, Early Intervention and Indicated Services:

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

Students found violating the Student Code of Conduct may go through the adjudication process which typically involves meeting with the VP for Student Affairs and or the Director of Residence Life. Elements involved in this process are dependent on other factors such as the amount of alcohol consumed, the set/setting of the incidents, and with whom and where the incidents occurred. Components of this process may include the following;

- a. Completion of community service and/or of an educational program such as the Electronic Check Up to Go for Alcohol (e-CHUG) and/or Electronic Check Up to Go for Marijuana (e-TOKE) program(s).
- b. Some students are also referred to SCC to complete 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 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.
- 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:

- In an effort to promote increased student engagement, LCSC has continued to provide alternative programming to help students have activities available that do not include AOD. The Student Activities/Campus Recreation department continues to grow 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) continues to partner with the SCC and HWC to support alternative AOD programming and activities.
- Residence Life continues to conduct a wide array of AOD alternative activities and events for their residents. As the on-campus student population continues to increase, the numbers of students attending many of these events continues to grow. These activities include, but are not limited to, bowling, dances and movie nights, sports and recreational

outings, various student oriented games such as Capture the Flag and Glow in the Dark Frisbee, seasonal activities and events (Safe Corn Maze) and other community service activities such as the Safe Trick or Treat for families with kids during Halloween. One item introduced this last year is a campus fire pit which has been very popular with Residence Life students. LCSC continues to work at providing new and interesting AOD alternative programs for all its students.

Residence Life continues its mandatory meetings each semester regarding the Residence Hall Handbook and specifically addresses the alcohol and drug use guidelines. Representatives from the SCC, Security, SHS and Lewiston Police Department typically present during these trainings to Resident Directors (RDs) and Resident Assistants (RAs). These two groups also receive regular alcohol drug education and 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 Behavior Response Team (BRT), which consists of Directors from SCC, Residence Life, Security, HR, Title IX and the VP for Student Affairs, meets 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. The Security and Residence Life offices partner to enforce AOD policies consistently and effectively and work closely with the VP for Student Affairs to maintain consistent compliance standards. 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.

As mentioned above, the SCC provides consistent 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 bystander trainings and are looking for ways to more fully implement these trainings into LCSC campus culture.

Incident Reports and Resolutions

Judicial Issues - Preview of Drug and Alcohol Reports by semester:

	Spring 2017	Fall 2017	Spring 2018	Fall 2018	Total
No Action	8	13	4	5	30
Warning	1	32	31	2	66
Probation	1	4	3		8
Withheld Suspension		2			2
Suspended					
Withdrew	1	2	1		4
Removed from Team		1	2		3
Refer to Law Enforcement				1	1
Total	11	54	41	8	114
E-Chug	4				4
E-Toke				1	1
Safe Colleges/Community Service				10	10
Safe Colleges/No Action				3	3
Safe Colleges/Warning				1	1
Choices					
Residence Hall Education Program			4	2	6

Total - Refer for Intervention (E-Chug, Choices, BASICS, other) - Total	4	4	17	21
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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 change in title and focus of the SLC to the HWC that occurred mid-2018 has brought together staff/faculty/students to a more health and wellness specific focus with part of its charge to provide direction and support to AOD prevention on campus.
3. The BRT has also emerged as a primary driving committee for much of the education and programming ideas and direction which assists the SCC to further clarify and refine our prevention program through identifying what is needed, where and when.
4. 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 involved and directed program overall.
5. LCSC’s continued involvement with the ICHC supports prevention efforts at LCSC and directly has led to the formation of REACH, which officially launched in 2015.
6. REACH has continued to support and direct both campus and community prevention programs which contributes to our overall efforts.
7. At the end of 2018, LCSC REACH/SCC received a grant from the Idaho State Liquor Division (ISLD) that is being utilized to support the provision of alcohol education and awareness, improving alternative programming for students and a social norms marketing campaign to our students and the surrounding community.
8. Prevention has received support and buy-in by administration, other departments and student groups and organizations, and supports our work to inform others of our need to continue to work to improve prevention services at LCSC.

Weaknesses:

1. Although there have been some efforts made for universal prevention programming, SCC and key stakeholders have not yet settled on an evidence based plan or strategy to provide alcohol prevention to all incoming students.
2. Although prevention efforts have continued to grow and improve over the past two years, our goal to impact the entire campus community on a systematic ongoing basis is still unmet.
3. Ongoing funding for specific prevention efforts and services has not been identified or allocated. Additional resources that would help to sustain services and programming would allow expansion of the program and address some of the gaps in our services and ability to reach more of our students and campus community.

Assessment of 2017-18 Substance Abuse Prevention Program Goals

1. 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).

This goal was completed. The ICHC SPF grant officially ended June 30, 2018. The proceeding two years of work helped establish the campus/community REACH coalition to address substance abuse issues at LCSC and in the LC Valley. REACH worked to establish the Prescription Drug Take Back Days which occur each semester and has accounted for collection of over 300 pounds of prescription drugs from our

campus and community over the past 2 ½ years. REACH also participated in efforts to provide education and support to community pharmacies and providers on harm of over prescription of opioid drugs as well as outreach to the campus and young adult population related to underage alcohol abuse and binge drinking. This past November, the SCC and REACH received a \$5800 grant from the ISLD to provide alcohol prevention services and alcohol alternative programming. Details of this grant will be addressed later in this report.

2. 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.

The SCC applied for but did not receive the ODP SABG grant to continue use of Alcohol Edu. Also, the lack of utilization of the program during the 2016-17 administration of the program did not justify continuing the program for the 2017-18 academic year.

3. 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.

E-Check Up to Go for Alcohol and Marijuana programs were utilized mostly for students receiving sanctions related to campus alcohol/drug policy violations. Fall, 2017 saw a very large influx of alcohol related infractions and in order to curb that trend the BRT determined that Res Life students would be required to take the E-Check Up to Go for Alcohol in order to live in the dorms. This had some impact but was not a sustainable plan to continue into subsequent semesters.

4. 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.

This program was utilized more for marijuana education of sanctioned students and as an educational program for dorm students during spring semester, 2018. SCC counselors and BRT members were made more aware of this program during this timeframe.

5. Conduct the ACHA-NCHA, fall 2017 – with or without ICHC support.

This goal completed with ICHC grant funding and completed November, 2017.

Recommendations for Improvement of LCSC AOD Prevention Efforts

1. LCSC should review and determine best program and implementation strategies for a universal alcohol education program, such as Everfi - Alcohol Edu, 3rd Millennium Alcohol-Wise, or other program which has been shown to be an effective and motivational enhancing substance abuse educational product. Best practices regarding implementation of such a program for all incoming students needs to be determined (Orientation, First Year Experience, etc.) for LCSC to enhance our universal prevention plan. The BRT continues to look at possible programming on an ongoing basis.
2. Determine the feasibility and pros and cons of reapplying for the ODP-SABG and other available grants 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 support and focus on underage drinking and prescription drug abuse prevention strategies, administration of the ACHA-NCHA and other activities at LCSC and across the state 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.
6. Research the need for and feasibility of providing AOD recovery support and services on campus open to students, faculty and staff.

Substance Abuse Prevention Program Goals – 2019-2020

1. Determine best option for providing universal prevention education efforts to incoming students by April, 2019 to be implemented in 2019-20 academic year.
2. SCC will work with HWC to develop a comprehensive all-campus community prevention plan by Dec. 31, 2019.
3. Increase comprehensive AOD education and prevention programming to students in coordination with SCC, BRT, HWC and REACH along with other campus stakeholders by Dec. 31, 2019.
4. Identify additional ongoing funding to sustain AOD prevention for students by Aug. 2020.
5. Conduct the ACHA-NCHA, fall 2019 – with or without ICHC support.

Annual Notification Procedures

1. 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 (i.e., the student body) via in-take or orientation programs. The policies and assistance programs are also featured prominently on high-traffic web pages.
2. 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.
3. 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/>.
4. 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, consumed or manufactured 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 VP 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. 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, drugs and/or 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

LCSC [Policy 3.113 Drug/Alcohol](#)

LCSC [Policy 3.114 Drug-Free Workplace](#)

National Institute on Alcohol Abuse and Alcoholism (NIAAA) [CollegeAIM](#),
<https://www.collegedrinkingprevention.gov/CollegeAIM/>

[Student Counseling Center](http://www.lcsc.edu/student-counseling/substance-abuse-assistance/), <http://www.lcsc.edu/student-counseling/substance-abuse-assistance/>

[ComPsych](https://www.guidanceresources.com/groWeb/login/login.xhtml), <https://www.guidanceresources.com/groWeb/login/login.xhtml>

[Employee Assistance Program \(EAP\)](https://ogi.idaho.gov/counseling/), <https://ogi.idaho.gov/counseling/>

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

Respectfully submitted,

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