

Introduction

The report is prepared to meet the requirements of The Drug-Free Schools and Campuses Regulations, as articulated in Part 86, the Drug and Alcohol Abuse Prevention Regulations. The Part 86 regulations require that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education (IHE) must certify to the Secretary of Education that it has adopted and implemented a drug and alcohol abuse prevention program (DAAPP) **“to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees”** both on the institutions premises and as part of any of its activities, in order to comply with the Drug-Free School and Campuses Regulations. In addition, Part 86 presents only one aspect of the legal landscape. Equally important are recent judicial rulings in negligence suits against colleges and universities. A number of court rulings have made clear that, while colleges and universities cannot be expected to control student conduct, they must ensure that their activities, offerings and programs meet minimum standards of care, and they must take steps to deal with dangerous situations on campus.

Worcester State University views this report as a valuable tool of assessment for not only our adherence to requirements but the effectiveness of our prevention and promotion efforts and our adherence of consistent enforcement of disciplinary sanctions for violating standards of conduct. It is the goal of the Office of Health Promotion to be sure our campus efforts are comprehensive in nature, focusing on a continuum of services related to education, prevention, training and skill development, evaluation, referral and treatment, and being mindful that we are addressing individuals, groups, and the environment.

Regulation Requirements

AOD Prevention Program IHEs receiving federal funds or financial assistance must develop and implement programs to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on the institution’s premises or in conjunction with institution-related activities. The DAAPP must be communicated annually, in writing, to all students enrolled in any course (s) for which academic credit will be awarded as well as to all employees, and must include the following:

1. Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs, and alcohol by students and employees on its property or as part of any of its activities.
2. A description of applicable legal sanctions under Local, State, and Federal law for the unlawful possession or distribution of illicit drugs and alcohol.
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
4. A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students.
5. A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with Local, State, and Federal law) and a description of those sanctions, up to and including expulsion or termination of employment and

referral for prosecution, for violations of the standards of conduct enumerated in the DAAPP.

Each of these five components must be fully addressed in the DAAPP and in the annual notification sent to students and employees in order to be in compliance with part 86 requirements.

Certification For certain forms of federal funding or assistance, IHEs must certify to the existence of such AOD prevention programs; the certification is typically included as part of a Title IV program participant or within the “Representations and Certifications” section of a standard federal grant or contract application in the “Representations and Certifications” section.

Requirement to Comply IHEs must provide a copy of their biennial report to the U.S. Department of Education or its representative on request. The Secretary or his/her designee may review the report and supporting documentation as necessary and, where an IHE is noncompliant, may take action ranging from providing technical assistance to help the campus come into compliance to terminating all forms of federal financial assistance.

Other Legal Obligations IHEs also may be subject to related requirements under state and federal law and judicial rulings. IHEs should seek advice on this point from the institution’s general counsel or other relevant national resources.

Biennial Review Process

In addition to developing the DAAPP and providing the required disclosure, institutions must conduct a biennial review of the effectiveness of their drug and alcohol abuse prevention program. To comply with the regulations, every two years an IHE must conduct a review of its AOD program to determine effectiveness and consistency of sanction enforcement, in order to identify and implement any changes. This biennial review process qualifies fulfillment of the Drug-Free Schools and Campuses Regulation.

The Biennial Review should provide meaningful information about the successes and challenges of its current drug and alcohol abuse prevention program and helps the institution comply with Part 86 requirements.

In accordance with current statutory requirements, the biennial review must:

- A. Determine the program’s effectiveness and implement changes to the program if the changes are needed;
- B. Determine the number of drug and alcohol-related violations and fatalities that –
 - i. Occur on the institution’s campus (as defined in the Clery Act), or as part of any of the institution’s activities; and
 - ii. are reported to campus officials;

- C. Determine the number and type of sanctions that are imposed by the institution as a result of drug and alcohol-related violations and fatalities on the institutions campus or as part of any of the institutions activities; and
- D. Ensure that sanctions imposed for violations of the standards of conduct addressed by the DAAPP are consistently enforced.

The review process began in November 2016 and was submitted August 1, 2017 covering the previous two academic years; August 2015- July 2016 and August 2016 to July 2017.

The review process was conducted and reviewed by:
Jennifer Quinn, M.Ed., CHES, CTTS; Health Promotion Specialist.

The Biennial Report was written and prepared by:
Jennifer Quinn, M.Ed., CHES, CTTS; Health Promotion Specialist

Successful preparation required contributions from:

- William Marrier, Captain, WSU Police Department
- Krisite McNamara, M.Ed., Associate Director Student Involvement and Leadership Development
- Rosemary Naughton, M.Ed., CHES, Associate Dean of Students, Title IX Coordinator
- Laura Murphy, M.A./C.A.G.S; Asst. Dean of Student Affairs/ Director of Counseling
- Joshua Katz, BA; Coordinator of Judicial Affairs
- Jayne McGinn, BA; Director of Financial Aid
- Lisa Giamari, MSN, ANP, BC; Director of Health Services
- Kristen Nelson, MS, Associate Director, Residence Life and Housing
- Mark Wagner, Ph.D.; Director, Center for Service Learning & Civic Engagement
- Kelly Downs, M.Ed., Coordinator of Student-Athlete Support Services

In order to complete the Biennial report data was collected from several resources including:

- ACHA data, Spring 2016
- Judicial Reports 2015-2017
- University Police Reports, 2015-2017
- Office of Health Promotion Reports & evaluations 2015-2017
- AlcoholEdu data 2015-2016

In compliance with DFSCA all records related to the biennial reports are kept on file for three years. The Biennial Reports are kept in the following offices on campus and a copy may be requested from the Office of Health Promotion.

President's Office

Annual Policy Notification Process

As stated prior, to comply with the Part 86 regulations, IHEs must notify all students and employees annually of certain information. The notification must include the following:

- (1) Standards of conduct; standards that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.
- (2) Legal sanctions and penalties; including sanctions under local, State, or Federal Law for the unlawful possession or distribution of illicit drugs and alcohol.
- (3) Descriptions of the health risks associated with AOD abuse.
- (4) The IHE's AOD programs available to students, staff, and faculty; including drug or alcohol counseling, treatment or rehabilitation or re-entry programs that is available to employees or students.
- (5) Disciplinary sanctions for violations of the standards of conduct for employees and students (consistent with State and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

IHE's must make the notification in writing and in a manner that ensures all students and employees receive it.

Employee Notification

The Worcester State University Drug Free Workplace policy is distributed to all new employees, full and part time, upon hire through the employee handbook with the policy clearly stated. (handbook updated annually) Employees must sign acknowledgment that they have received the policy. All employees are subsequently advised on an annual basis in September of each year of the Drug Free Workplace policy in a letter from the Director of Human Resources. The policy is also readily available to employees on the Worcester State University Human Resource website and on-line in the employee portal.

Worcester State University offers its employees an Employee Assistance Program (EAP) through ESI Management in the event an employee is having difficulty with Alcohol and or other drug use. The EAP offers a description of available drug and alcohol counseling, treatment, rehabilitation programs and re-entry programs that are available to employees. The EAP also offers on-line drug free workplace training available to all employees at a self-paced instruction. In addition, through the collective bargaining agreement with AFSME & APA the University Police are subject to random drug and alcohol testing.

Student Notification

Every student, undergraduate and continuing education students, and even those taking one class for academic credit or on-line classes receive notification of policies twice per year; once in Sept. and once in January to assure new students starting in spring semester. . Every student receives the information via e-mail in the form of the *Worcester State University Code of Conduct and Guide to Academic Honesty*. (Appendix I) This mailing is conducted through the Conduct Office. In addition to this delivery method, the information is also available to all students via student handbooks, which is available on the WSU website, www.worcester.edu/handbook. For resident students, each resident is also given a *Resident Hall Handbook* (Appendix II) and this information is also available on the Residence Life website.

Dates of e-mail notifications:

Sept. 10, 2015

January 26, 2016

Sept. 12, 2016

February 23, 2017

Worcester State University Alcohol Policy, Enforcement & Compliance

The complete text of the Worcester State alcohol, drug and tobacco policies, compliance, enforcement, disciplinary sanctions and health risks can be found in the *Worcester State Code of Conduct and the Conduct System*. This guide is reviewed and revised on an annual basis. Guide was edited summer 2016.

The administration of the policies and Code of Conduct is overseen by the Dean of Students and Chief Student Affairs Officer, The Associate Director of Residence Life and Housing, Assistant Dean Student Affairs/Director of Residence Life and Housing, and The Coordinator of Student Conduct. The monitoring of the policy is overseen by the Resident Directors and the Associate Director of Residence Life, and the adjudication of the policy is conducted by the Resident Directors and the Coordinator of Student Conduct.

All policies and regulations regarding the consumption and/or sale of alcoholic beverages on the Worcester State University premises or off-campus where University jurisdiction applies shall be in strict conformity to the appropriate Massachusetts General Laws, the regulations of the License Commission of the city of Worcester and in compliance with the Drug-Free Schools and Communities Act (DFSCA), and the Drug-Free Schools and Campuses Regulations.

References: Mass. General Law, Chap. 138, Sec. 34: Alcoholic Beverages (Procuring for persons under 21); Mass. General Law, Chap. 138, Sec 34A: Alcoholic Beverages (Procuring by false pretenses); Mass. General Law, Chap. 138, Sec. 3413: Alcoholic Beverages (Liquor Purchase Identification Cards); Mass. General Law, Chap. 138, Sec. 34C: Alcoholic Beverages

(Transportation by those under 21 years of age); Worcester City Ordinances Chap. 9 re: Open Alcoholic Beverage Containers.

These laws are subject to change at any time. The college shall promulgate and enforce to whatever degree possible within its jurisdiction, all such charges and laws as established by the Commonwealth.

In addition to the preceding laws and others which may be established by legislative bodies, the following rules and regulations apply to the University premises or off-campus where University jurisdiction applies:

- Worcester State University prohibits the possession, consumption, storage or service of alcohol by students with the exception of prior approval from the Dean of Students or designee.
- Students are not allowed in the presence or in possession of empty or full containers of alcohol, including decorative containers.
- Public intoxication is prohibited.
- Operating a vehicle under the influence of alcohol is prohibited.
- The manufacturing of any alcoholic beverage is prohibited.
- Students are responsible for informing their guests of the University's Alcohol Policy prior to any campus visit. The student will be held strictly accountable for an alcohol violation when their guest violates the alcohol policy. Guests are defined as any person visiting the student whether or not the guest has signed-in to the residence halls through official procedures. Guests, regardless of their age are not permitted to bring alcohol onto the Worcester State University campus.
- Providing alcoholic beverages to a person under age twenty-one (21), whether gratuitously or for sale is prohibited.
- The possession or use of alcoholic container(s) which indicates the probability of common source drinking (e.g. kegs, punch bowls, beer balls, or the functional equivalent) is prohibited and shall result in a more severe sanction.
- Drinking funnels, taps, ice luges or similar devices are prohibited.
- Creating, offering, and playing drinking games such as beer pong are considered endangering behaviors and are prohibited.
- Open alcoholic beverage containers (including cups containing alcohol) are prohibited.

Additional Guidelines

- Intoxicated persons shall be subject to police intervention including medical transport, arrest, and/or other appropriate action.
- In the event that a student is suspended from University housing or from the University for any disciplinary infraction(s), including but not limited to alcohol, no refund of any University fees or tuition will be given to the student.
- Any backpack, bag or similar container that anyone carries onto campus shall be subject to inspection and search by a member of the University staff whenever there exists reasonable suspicion to believe that the container is being used to bring onto campus any alcoholic beverage or other material in violation of University Policy.

- Students are encouraged and expected to seek help from University Police or other University staff when they witness others who are incapacitated due to alcohol or other drug use.
- Residency in a bedroom, apartment or suite in which any alcohol containers, (empty or full to include decorative containers) are present is a violation of the Policy. This includes the bedroom to which the person is assigned or in an adjacent common area.
- Visitation in a bedroom, apartment or suite in which any alcohol containers, (empty or full to include decorative containers) are present, with reasonable opportunity to be aware of the presence of said item is a violation.

Tailgating Policy

As part of an ongoing effort to promote a healthier and safer campus environment, Worcester State has implemented the following policy regarding tailgating activities at football games. Beginning in the fall of 2017, the following guidelines regarding tailgating will be in force.

- The tailgating (setting up grills and tables, etc.) will be located in Lot O (side of Wellness Center).
- Tailgating will be allowed two hours prior to game time.
- No alcohol will be allowed at any time. Any person with alcohol will be asked to dispose of it. The second time the person will be asked to leave the premises.
- At game time, the tailgating area will be shut down and cleared by University Police and all individuals will be asked to enter the stadium or required to exit the premises.
- Those who refuse to vacate the area will be viewed as trespassers and will be subject to police action.
- No individual will be permitted to exit the stadium and linger in the tailgate area, including returning to the area during half time.
- Additionally tailgating will be allowed for players and/or their families after the game for 90 minutes. After the ninety minutes have expired the area will be cleared.
- No Charcoal Grills permitted

Our aim in these policy is to allow for guests at Worcester State to enjoy the football atmosphere in a safe, alcohol free environment.

Tailgating/Homecoming Policy

The safety and security of all of our guests is of paramount importance to the University. Therefore, the following tailgate policy will be placed in effect beginning in the fall of 2016.

All persons entering the tailgating grounds are subject to University rules and regulations, and the Laws of the Commonwealth of Massachusetts. The University shall not be held liable or

responsible for any actions taken by the public or tailgaters while on state property or in regards to alcoholic beverage consumption.

Please see the WSU Alumni Tailgating Policy below.

- Tailgating and the consumption of alcohol by those 21 years of age and older are only permissible in the designated, police-monitored area of campus during designated tailgate hours.
- Tailgating will open at 12noon and will come to a close at the end of the third quarter, at which time, all guests will be required to cease tailgating and all tailgating amenities including grills, food, alcohol and non-alcoholic beverages must be packed.
- Glass bottles, kegs, beer balls, etc. are strictly prohibited.
- Early admittance and RVs are not permitted.
- Underage possession or consumption of alcoholic beverages is illegal. Similarly, providing alcoholic beverages to underage persons is illegal. WSU maintains a zero tolerance policy regarding these matters.
- Tailgating amenities (i.e. grills, tents, chairs) may not obstruct sidewalks, drive lanes, or pedestrian walkways.
- The use of drones is prohibited.
- The campus speed limit is 15 mph at all times.
- Please keep our campus beautiful by disposing of trash in the complimentary bags which shall be provided by the Alumni Office upon arrival on campus. Trash containers will be located throughout the parking lot for disposing of trash and recyclables. You are responsible for making sure your tailgating area is cleaned prior to departing campus.
- Worcester State University is a tobacco free campus. Use of tobacco products of any kind including any nicotine-delivery system will not be permitted in or on WSU-owned or -leased property, including buildings, residence halls, grounds, community garden, athletic fields, walkways, parking lots, bus stops, and parked vehicles on campus grounds.

Please note that the University may revoke the tailgating privileges and eject or refuse entry to persons for violation of tailgating rules, disruptive behavior, illegal activity, or other misconduct.

Our aim in these policy revisions is to curtail excessive drinking - with special attention to underage students - while maintaining our tradition of Lancer camaraderie. We thank you for your support of these policies.

Alcohol and Drug Emergency Transport/Amnesty Policy

Worcester State University considers the safety and personal well-being of the student body a priority. Worcester State University recognizes that there may be alcohol or other drug-related medical or safety emergencies in which the potential for disciplinary action could act as a deterrent to students who want to seek assistance for themselves or others.

Students who are evaluated for a substance abuse wellness check that may or may not result in being transported to a local hospital will be required to contact a member of the Office of Health Promotion within twenty four (24) hours of receipt of letter from the Office of Health Promotion. Failure to schedule and attend the sessions may result in conduct action.

When a student aids an intoxicated or impaired individual by contacting Worcester State Police or Residential Life Staff, neither the intoxicated individual nor the individual or student reporting the emergency will be subject to disciplinary action.

In the case of a second (2nd) transport; the student will attend two (2) educational meetings with the Office of Health and Wellness followed by a minimum of three (3) sessions with a member of the Counseling Center staff.

In the unlikely case of subsequent transports, the student will meet with an administrative team to discuss the students' well-being, evaluate their residency status and/or visitation privileges within the residence halls, and potential conduct action.

Title IX and Sexual Assault Policy

The primary purpose of the Massachusetts Board of Higher Education's Diversity and Sexual Violence Plan is to inform campuses in the Massachusetts State University System of each university's prohibition of all forms of discrimination, discriminatory harassment, sexual violence, sexual and gender-based harassment, domestic violence, dating violence, stalking and retaliation; efforts to prevent such behaviors; and the manner in which each university will respond to such behaviors, including the prompt, impartial, fair and thorough investigation and resolution of complaints.

Title IX forbids sex discrimination in all university Student Services and Academic programs including, but not limited to, Admissions, Financial Aid, Academic advising, Office of

Residence Life and housing, Athletics, Health Services, Counseling, Office of Student Accessibility Services, Registrar's office, and classroom assignments, grading and discipline.

Title IX also forbids discrimination because of sex in employment and recruitment consideration or selection, whether full or part time, under any education program or activity operated by an institution receiving or benefiting from federal financial assistance.

Worcester State University has equitable procedures in place to promptly, thoroughly and fairly address concerns and complaints of harassment or discrimination while being mindful of the rights and unique needs of all parties and of due process.

In certain instances Title IX issues may impact a student's academic performance and decisions regarding withdrawals, repeats, and the ability to continue in high-stakes programs need to be made. Academic accommodations related to Title IX will be handled on a case by case basis by the Provost and Vice President for Academic Affairs or her/his designee.

Complaints and reports may be made by contacting Rosemary Naughton, Associate Dean of Students and Title IX Coordinator at (508) 929-8964 or wsu_titleix@worchester.edu. For more information, please visit the [Title IX website](#).

Financial Aid Drug Conviction Policy

In compliance with the Federal regulations Worcester State University follows the Federal guidelines for the Financial Aid Convictions policy. (Appendix III)

Office of Student Involvement and Leadership Development - Alcoholic Beverage Policy

All policies and regulations regarding the consumption and/or sale of alcoholic beverages on the Worcester State University campus and its properties shall be in strict conformity to the appropriate Massachusetts General Laws, the regulations of the License Commission of the city of Worcester and in compliance with the Drug-Free Schools and Communities Act (DFSCA) and the Drug Free Schools and Campuses Regulations.

All policies and procedures for sale or consumption of alcohol on campus can be found in the Office of Student Involvement and Leadership Development Handbook, *Synergy, 2016-2017*, pg. 47 (Appendix IV) which is housed in The Office of Student Involvement and Leadership Development Office. *Synergy* is reviewed and updated every year by the Associate Dean of Student Affairs, Director; Office of Student Involvement and Leadership Development. Request forms for alcohol events may be obtained at the Conference and Event Services Office in the Student Center. (*At the time of this document, the forms are under revision*)

Authorization for all events where alcohol is served or consumed will only be approved upon written request. The Office of Student Involvement and Leadership Development Office is responsible for authorization of any event being held in the WSU Student Center and any request

from a student club or organization, to include any off campus activity that is sponsored by a student club or organization.

Authorization for all events where alcohol is served or consumed in a building outside of the Student Center is coordinated through the Conferences and Event Services Office including scheduling the responsible beverage service, which is required. All event coordinators need to complete a Request for College Department to Allow Alcohol at an On-Campus Event form (Appendix V) which can be obtained from the Conference and Event Services Office. This form must be completed and follow the internal approval process prior to any event being permitted.

For the academic years 2015-2017 the following number of events serving alcohol was approved by the Associate Dean of Student Affairs, Director Office of Student Involvement and Leadership Development and/or Director of Conference Events and Services.

On campus Activities – 10

Smoke/Tobacco Free Policy

Background

In 1997, the Massachusetts Legislature passed a law prohibiting smoking in State buildings. Mass. Gen. Laws Chapter 270, section 22. Specifically this law prohibits smoking in (1) the State House; (2) any building owned by the Commonwealth; and (3) any space occupied by a state agency or department of the Commonwealth but located in a building not owned by the Commonwealth. This law also prohibits smoking on public transportation and in all state vehicles.

Smoking in the Workplace

Pursuant to Mass. Gen. Laws Chapter 71 section 37H, smoking is prohibited in all public school buildings and grounds. All public school employees, students, and visitors are restricted from using any tobacco product, including smoking or chewing, within school buildings, the school facilities, or on school buses. Worcester State University accepts this law as binding upon its students and employees, as well as visitors to our school and buildings.

Effective Sept. 2014 the following policy went into effect.

1. Smoking and/or the use of tobacco products, including any nicotine delivery system, will not be permitted in or on University property, University- leased property, including buildings, dormitories, grounds, community garden, athletic fields, walkways, parking lots, and bus stops; all other property (enclosed or outdoors) owned, leased or operated by the University. The sale of any tobacco products, including smokeless tobacco, and nicotine delivery systems is prohibited on any property owned or leased by the University.
2. Smoking and/or the use of tobacco products in the University owned or leased vehicles is prohibited. Smoking and/or the use of tobacco products is also prohibited in personal vehicles when those vehicles are on University property.

3. Compliance with this policy is mandatory for all employees, faculty, staff, students, and visitors of the University.
4. Any employee who repeatedly violates this policy may be subject to disciplinary action.
5. Any student who repeatedly violates this policy will be referred to the University's Student Conduct office for disciplinary action.
6. The University will not tolerate retaliation against any person who takes any action in furtherance of the enforcement of this policy or who exercises any right conferred by this policy.
7. The University expects that all members of the campus community will respect the intent of this Policy and will comply with it voluntarily; however, it is the responsibility of anyone observing or affected by a violation of the Policy to remind the smoker of the Policy. If such a reminder is not effective, the individual should report the violation to University Police. If the alleged violator is an employee or a student, the violator could be subject to disciplinary action.
8. Worcester State University asks our students, employees, faculty, and staff to help maintain a positive relationship with our neighbors. Smoking off campus does not give any smoker the right to litter on private or public property. Worcester State will inform our neighbors about our new smoke-free standards, and will encourage our neighbors to contact the University should problems arise. Worcester State would also like to remind you that smoking is prohibited on public school grounds, including the two schools that surround the University's campus.

Residence Life Alcohol/Drug Policy

The Residence Hall Alcohol and Drug Policy is available in the Resident Hall Handbook 2016-2017, pg. 31-39 (Appendix II) the policy is the identical policy in the WSU Code of Conduct and Guide to Academic Honesty.

The Residence Hall Smoking Policy is available in the Residence Hall Handbook 2016-2017, pg.21. The policy states:

Smoking and/or the use of tobacco products, including any nicotine delivery system, will not be permitted in or on University property, University-leased property, including buildings, dormitories, grounds, community garden, athletic fields, walkways, parking lots, and bus stops; all other property (enclosed or outdoors) owned leased or operated by the University. The sale of any tobacco products, including smokeless tobacco, and nicotine delivery systems is prohibited on any property owned or leased by the University.

Assessment

The Worcester State University prevention programs are guided by necessary needs assessments coordinated by the Office of Health Promotion. Data is collected to determine current habits, behaviors and perceptions on the most prevalent health topics. The data also assists in determining the effectiveness of alcohol and drug prevention efforts as well as other health topics. The following assessments were used during the 2015-2016 and 2016-2017 academic years:

- **American college Health Association National College Health Assessment II** – Administered Spring 2016.
- **Alcohol Edu for College** – Administered Fall, 2015,2016 (Appendix VI-VII)
- **AUDIT Alcohol Screenings** – Administered Spring 2016, 2017 during National Alcohol Screening Day and in every Alcohol Education Class
- **Program Evaluations** – Administered at most programs. More information available in the Alcohol and Other Drug Education & Prevention section of this report.

WSU Departmental AOD Efforts and Data July 2015-June 2017

University Police

WSU Departmental AOD Efforts and Data

The Worcester State University Police Department's main priority is to provide the safest and secure environment possible for the students, faculty, staff and visitors that comprise the institution's community. We believe that safety is everyone's responsibility and encourage our students, faculty and staff to engage in community policing and report any suspicious activity to University Police.

Policing is provided 24 hours a day throughout the calendar year by a full-time staff of 17 sworn, armed police officers and 5 dispatchers. University Police officers enforce the rules and regulations of Worcester State University in conjunction with applicable State and Federal laws.

The Worcester State University Police Department derives its power from the Massachusetts General Laws Chapter 22c Section 63, which gives the officers authority to arrest anyone involved in any criminal activity that occurs while on any property owned, rented, or leased by Worcester State University. The University Police works closely with the Worcester Police Department, Massachusetts State Police and the Worcester District Attorney's Office.

Our philosophy and mission is to enhance the "community policing" model to all members of the campus, including students, staff, faculty, and guests. Campus police and their continued efforts to remain visible by cruisers and foot patrols can minimize the dangers of crimes occurring within our community. Residence hall desk assistants work under Residence Life, but remain in direct communication with University Police. In their position residence hall desk assistants serve as an extension of the University Police, giving them the responsibility to the safety of the

individuals entering residence halls by documenting guests and checking belongings for alcohol or drugs attempting to be brought into the buildings.

University Police will conduct programs at the request of any group or organization as well as schedule various safety programs throughout each semester. Employees and faculty of the University are encouraged to attend.

The University Police Community Outreach Program developed in 2016 offers programs to the Worcester State University community on the following topics, sexual assault, rape aggression defense systems (R.A.D.), domestic violence, workplace violence, online safety, club drugs, binge drinking and the dangers of alcohol and overall social media safety.

The University Police and the Office of Residence Life and Housing maintain a strong working relationship and assist in training the Resident Assistants on an annual basis. As part of this training, Resident Assistants are familiarized with procedures for reporting crimes and other incidents that occur on campus. Resident Assistants also request University Police's assistance in crime prevention and educational programs for the resident student population as well as the commuters.

University Police Community Outreach Programs:

1. R.A.D.
2. Beer Goggle Presentations
3. Information table at Commuter Fair
4. Information table at Criminal Justice Fair
5. Participated in New Student & Parent Orientation
6. Presentation to campus in the residence halls
7. Various Classroom Presentations upon request
8. Presentations for RA Training
9. Coffee with a Cop
10. Safety Walks
11. Adopt a Residence Hall Program

Each year, all colleges and universities are required by law to comply with the Jeanne Clery Disclosure of the Campus Security Policy, the Campus Crime Statistics Act and the Fire Safety Report. This is a document that provides crime statistics to the WSU community that, over the last three years, have occurred on campus and the immediate adjacent streets that surround the University.

Notification on how to obtain this report is provided to all students, faculty and staff via a postcard mailing. Hard copies are also distributed at the following locations: Admissions, University Police, Counseling, Human Resources, Student Activities, Student Affairs and the Student Information Desk. An online version is also available on the University Police website at <http://www.worcester.edu/university-police/>

Clery Report

The Clery Report is available on the University Police Department web page.
<http://www.worcester.edu/University-Police/>

Counseling Services

The Worcester State University Counseling Center mission is to assist all students and other members of the University community in their development and functioning as psychologically healthy and effective adults by offering services that strengthen academic skills and performance, support the resolution of psychosocial issues and enhance personal growth.

The Counseling Center offers individual counseling as well as group counseling and outreach services.

The Counseling Center information pamphlet and mission statement is attached in (Appendix VIII)

The Counseling Center, for the report period of August, 2015 to Sept. 2016 had been staffed with four counselors. In Sept. 2016 an additional counselor was added to the staff to make up a team of five. All counselors are responsible and capable of seeing students who present with AOD issues. In addition, the Counseling center refers to off campus treatment when necessary.

The Counseling Center and Office of Health Promotion stay apprised of local support services available to students looking for further treatment or education.

Data collected from the Counseling Center for the Biennial Report period of 2015-2017 are as follows:

26 students were seen relative to counseling sessions regarding student alcohol/drug use. These sessions primarily focused on harm reduction combined with other mental health issues.

1 student was referred to Adcare Hospital for outpatient treatment.

1 student was hospitalized for post-traumatic stress with alcohol as a significant coping strategy.

Behavioral Intervention Team

The Behavioral Intervention Team at Worcester State University takes a multidisciplinary approach to address reports of disruptive, problematic, or concerning student behavior prior to a critical incident and, as recommended by the National Behavioral Intervention Team Association, tracks “red flags” over time, detecting patterns, trends, and disturbances in individual or group behavior. The Behavioral Intervention Team’s response to these reports is a proactive approach that balances the needs of the student who may be/is in crisis and the overall safety of the campus community.

The Assessment Care Team serves as the preliminary assessment team in response to a report from a faculty, staff, or student regarding a student in distress. ACT receives this report either via email ACT_wsus@worchester.edu or telephone (dean of Student Affairs at 508-929-8077 or Counseling Services at 508-929-8072) and begins the assessment process.

Depending on the nature of the report, ACT may either determine a more immediate response and follow-up process, or refer to the Student Intervention Team for further assessment. Members of ACT include, but may not be limited to, the dean of Student Affairs, associate dean of Students Affairs/Title IX coordinator, and assistant dean of Student Affairs/director of Counseling Services.

The ACT Report is the form a member of the WSU community submits when he/she/they are concerned about a student. Receipt of this form initiates the ACT process. An ACT team member will review the report, identify the level of concern, gather more information if necessary, and determine whether the case requires a more immediate response, or will be referred to the SIT for further assessment

- The Student Intervention Team is a cross-divisional, multidisciplinary team that meets bi-weekly during the academic year to discuss and assess students whose behavior is of concern. The ACT Report information that may be shared with this group is confidential, utilized to determine where else the student has been identified, and subsequently determines the most appropriate individual(s) to reach out to the student. The SIT response, whenever possible, is aimed at assisting the student(s) by providing them with the necessary support to foster their success as a WSU student.

SIT members represent the following departments:

- Academic Affairs
- Academic Success Center
- Athletics
- Counseling Services
- Disability Services
- Health Services
- Health and Wellness Office
- Residence Life and Housing
- Retention Director
- Student Affairs
- Student Conduct Office
- Student Involvement and Leadership Development
- Title IX
- University Police
- Veteran's Affairs

Notification Process

While the safety and well-being of the WSU community is everyone's responsibility, ACT and SIT serve as a central place to assess behaviors of concern. All reports must be made in writing. Reports that are filed via telephone must also be submitted in writing by the reporting party within 24 hours of phone contact. The [BIT Flow Chart](#) describes the response an ACT Report submission generates.

Any faculty, staff, administrator, or student can make a referral by emailing ACT_wsu@worchester.edu or through the [ACT Report Form](#).

Civic Learning & Engagement

Preliminary Report: Tracking WSU's Community Engagement: 2015-2016

In March 2012, the Board of Higher Education added a sixth key educational outcome to the Vision Project focusing on civic education and engagement, reflecting more accurately the "vision" of an educated citizenry. Tracking the hours of engagement and the number and range of community partners is a key feature of assessment of civic learning and engagement and service learning. Projects involving service learning, internships, Practicums, clinical placements, and volunteerism involve faculty, staff, and students in reciprocal partnerships with public, private and non-profit organizations in communities to address critical social issues. The goals of service learning and civic learning and engagement are to prepare individuals for effective democratic participation, which in turn promotes growth of healthy communities, global economic vitality, social and political well-being and democratic human interactions. Toward this end, The Binienda Center for Civic Engagement began moving toward a comprehensive tracking in '11. While the system we have in place is not flawless, we have moved toward wide participating in the tracking of projects and services, and this year we report the following for 2015-2016:

Service Learning: 24 projects involving 679 Students contributing 19,202 hours

Internships: 218 Projects involving 217 Students contributing 29,213 hours

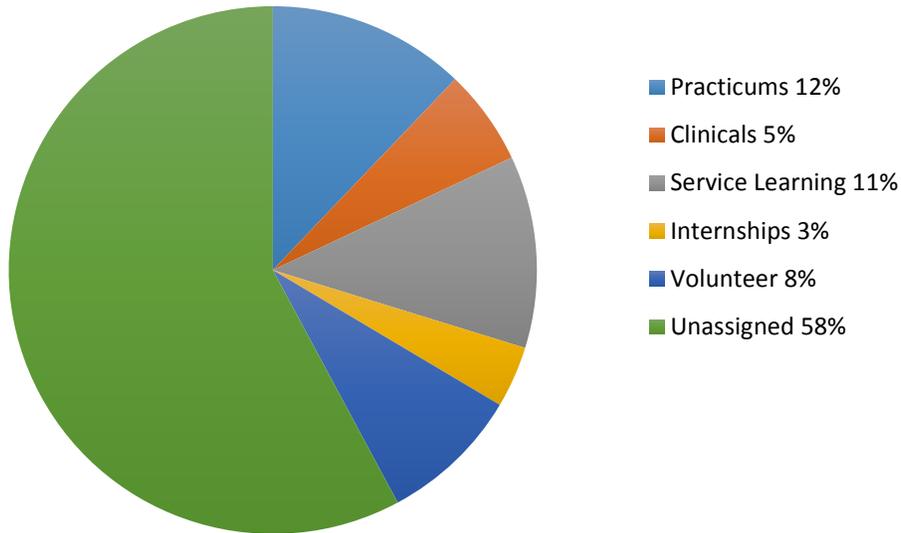
Volunteerism: 32 Projects involving 497 students and 14,570 hours

Clinicals: 57 Projects involving 338 students contributing 59,348 hours

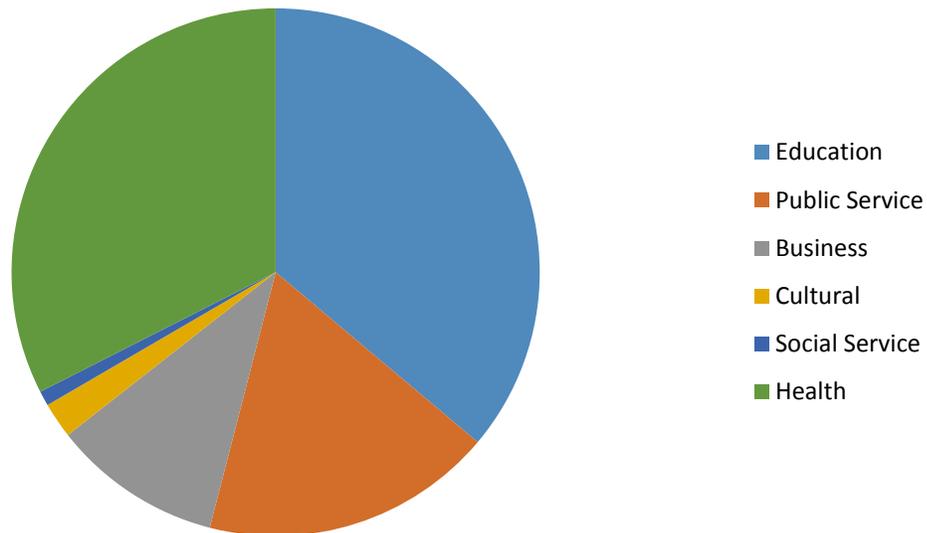
Practicums: 206 Projects involving 699 students contributing 38,521 hours

In all, 547 Projects involving 389 partners and 2229 students contributing 161,594.75 hours

WSU Student Engagment -- 2015-16



Types of Placements



Preliminary Report: Tracking WSU's Community Engagement: 2016-2017

2016-17: Civic Learning: This year, in keeping with the DHE's assessment of Civic Learning and Engagement, WSU has begun to track courses as CL, civic learning. According to the Office of Institutional Assessment and Research 507 course sections were coded as CL, with 9,387 seats filled for a total of 28,422 credit hours that meet the outcome of fostering a civic ethos across all components of the campuses and educational culture and making civic literacy a core expectation for all students.

*

In March 2012, the Board of Higher Education added an educational outcome to the Vision Project focusing on civic education and engagement, reflecting more accurately the vision of an educated citizenry. Tracking the hours of engagement and the number and range of community partners is a key feature of assessment of civic learning and engagement and service learning. For the academic year 2016-17, we continue to track 5 areas.

Internships: According to the Office of Career Services, WSU featured 175 Internship Projects involving 251 credit hours contributing approximately 21,000 hours of engagement. Internship projects are registered in 14 of our 21 departments.

Volunteerism: The Binienda Center for civic Engagement continues to develop opportunities in volunteerism and community engagement. For this year, BCCE reports 32 Projects involving 491 students and 16,246 hours of civic engagement. Volunteerism continues to grow because of Jumpstart, Enactus, and Woo Serve, a student organization devoted to community engagement, which has earned Major organization status for the 2017-18 year.

Service Learning: As we continue to develop methods for coding and institutionalizing Service Learning and Civic Engagement, Urban Studies, Sociology, Occupational Therapy, and Business continue to run courses that where service is a central feature. This academic year WSU reports 38 SL projects involving 720 Students contributing 19,538 hours.

Nursing, Health and Education continue to be drive student engagement through clinical and practicums placements. For this academic year, we project the following:

Nursing Clinical Placements: 57 involving 338 students contributing 59,348 hours.

Health and Education Practicums: 206 Projects involving 699 students contributing 38,521 hours.

In addition to the new category of Civic Learning, WSU reports 508 engagement opportunities involving 2423 students (43% of the student body) and approximately 154, 643 student hours in the community in a variety of educational activities.

Athletics

The Worcester State student athlete is subject to the same rules and policies stated in the WSU Code of Conduct and sanctions as such. There are currently no additional formal written policies for student athletes in regards to alcohol and drug use. However, coaches may implement more restrictive verbal team policies at their digression (ex. 48 hour rule, if 21 years old and live off campus) and are responsible for the monitoring and consequences.

Student athletes are known to be at higher risk for substance use, therefore, by design of the Code of Conduct alcohol policies, student athletes have more to risk if found responsible for a violation of the alcohol or drug policy.

The Athletic Department uses The WSU Code of Conduct and the NCAA Alcohol, Tobacco and Other Drug Education Guidelines (Appendix IX) as guides to assuring the student athlete is informed and educated about the alcohol and drug policies and health risks. Every year the policies are printed in the student athlete planner that is given to each student during the compliance meeting. In addition, the student athlete is educated on the policies in the athlete orientation.

Life Skills

To provide for the health and safety of all student athletes the Athletic Department in collaboration with The Office of Health Promotion collaborate to offer Life Skills programming to our student athletes.

The NCAA Student Athlete Affairs Life Skills program is a program created in 1994 by the NCAA to prepare student athletes for the challenges of life beyond the playing fields. The Life Skills program benefits the student athletes in five critical areas: Commitment to academic excellence, athletic excellence, career development, personal development and commitment to service. These areas are addressed primarily through direct programming which includes personal interaction, seminars, workshops, speakers, videos and other material. The Life Skills program is a great opportunity for our student athletes to enhance the quality of their student athlete experience within the context of higher education.

In 2014 four staff members and two students attended the Apple Conference. As a result of that conference the “Apple Team” was organized on campus and that team developed a comprehensive Life Skills curriculum for first year student athletes. The curriculum includes alcohol and drug education.

Worcester State University NCAA Life Skills and Apple Advisory Team:

Jessica Meany, Head Athletic Trainer
Jennifer Quinn, Health Promotion Specialist
Kelly Downs, Coordinator of Student Athlete Support Services.
Josh Katz, Coordinator of Judicial Affairs
Carrie Stevens, Resident Director

In 2015, the commitment of the Life Skills program was again strengthened by sending the Health & Wellness Educator to the NCAA Student Athlete Affairs Life Skills Symposium. The NCAA Life Skills Symposium is an annual program designed to provide relevant, effective and practical training and professional development opportunities to enhance the ability of professionals to serve student-athletes in the areas of life skills and student-athlete development.

In Sept. 2015 the Apple Team developed a first year student athlete curriculum. The student athletes meet once a month and every month the topic changes. There is always an alcohol, marijuana, policy, and sexual assault lesson. This program is ever evolving and changing.

In Sept. 2016 The Health Promotion Specialist developed a Life Skills curriculum for First Year Student athletes titled “Leadership/Lifeskills for the Student Athlete”. The course was approved for one section so in fall 2016 24 freshmen student athletes completed a three credit First Year Seminar class for credit. The Life Skills focused class included information alcohol, drugs, bystander, sexual assault, campus and local resources.

The entire programming calendar and schedule for student athlete life skills can be found in the Office of Health Promotion.

Intramurals

Mission: To provide students, faculty and staff with the opportunity to participate in a variety of competitive recreational sports in a safe environment; to promote and provide quality service, facilities and equipment; to facilitate the opportunity for enjoyable experiences; to nurture and celebrate the wholesome and worthwhile use of leisure, healthy lifestyles and wellness; and to create opportunities for the growth and development of all stakeholders.



4/4/17



2015-16 Intramural Participation

Sports Offered

- **Soccer:** 2 Men's Teams, 2 Co-Ed. 40 Participants
- **Flag Football:** 4 Men's Teams. 44 Participants
- **Outdoor Basketball:** 7 Men's Teams. 49 Participants
- **Street Hockey:** 8 Teams. 80 Participants (23 Female)
- **Ultimate Frisbee:** 0 Teams
- **Co-Ed Volleyball:** 0 Teams
- **Softball:**

2016-17 Intramural Participation

Sports Offered

- **Fall Dodgeball:** 5 Teams. 27 Participants (23 Male, 4 Female)
- **3v3 Basketball:** 10 Teams. 54 Participants (46 Male, 8 Female)
- **Indoor Soccer:** 12 Teams. 114 Participants (80 Male, 34 Female)
- **Floor Hockey:** 8 Teams. 72 Participants (48 Male, 24 Female)
- **5v5 Basketball:** 16 Teams. 128 Participants (126 Male, 2 Female)
- **Volleyball:** 16 Teams. 136 Participants (69 Males, 67 Females)
- **Spring Dodgeball:** 9 Teams. 84 Participants (73 Males, 11 Females)

Freshman Participants: 161 Participants (108 Male, 53 Female)

Sophomore Participants: 185 Participants (137 Male, 48 Female)

Junior Participants: 139 Participants (117 Male, 22 Female)

Senior Participants: 107 Participants (84 Male, 23 Female)

Grad Participants: 1 Participants (1 Male)

= 593 Total Participants

Wellness Center

In September 2016 the Wellness Center opened on campus. The mission of the Wellness Center is to educate the diverse campus community through movement and educational opportunities with a variety of inclusive programs that focus on a holistic approach to personal well-being. The Department of Athletics & Wellness programs provide programs and services to help students achieve their optimal wellness goals through use of the fitness center, open recreation, a variety of group exercise classes, 1 on1 personal training, intramural sports, fitness assessments related to the five components of health related fitness, and many other special collaborative events.

The first academic year of the Wellness Center had much success, which from an environmental approach we are confident had a positive effect on healthy behaviors and behavior choices.

The numbers effective May 2017:

- 63, 813 Fitness Center visits
 - 12% usage increase from fall to spring
 - Single day record 738 users on 1/25
- Group Exercise classes Fall 2016 recap: 4 persons/class average (324 classes, 1410 participations, 322 unique participants)
- Group Exercise Classes Spring 2016 recap: 5 person/class average (383 classes, 2051 participations, 395 unique participants)
 - 3 class/week increase, removed weekends
 - 25% increase in participations in Fitness Jam (one day event)
 - 45% increase in participations with semester long schedule (2051)

Office of Military Affairs

Worcester State's Office of Military Affairs avails itself of those services and programs offered at Worcester State through the Office of Health Promotion and Counseling Services. The office also has an extensive network of resources through the Department of Defense and Veterans Administration as well as community based programs specific to our Veterans population.

The Office of Military Affairs abides by all policies and procedures set forth in the Code of Conduct and the Conduct System.

Health Services

The Health Services Department provides alcohol/drug education and assessment during any of the Physical exams that are performed for the Athletics, Nursing, Education, and Occupational Therapy Departments as well as any student presenting with such signs, symptoms or questions.

To support the Alcohol Transport Policy the Health Service department places a telephone call to the students who get transported for alcohol poisoning upon receipt the University Police Report.

Generally in speaking with the student they assess the need for further follow-up in regards to alcohol/drug counseling, and are also advised of the need to follow-up with the Office of Health Promotion.

Effective fall 2016 the Health Service Office now has Narcan available and staff are trained to administer.

Residence Life & Housing

The Office of Residence Life & Housing is an integral component in Worcester State's comprehensive alcohol and drug prevention efforts. Procedures and trainings are put into place to support the policies, the conduct system and the welfare of our students.

The Resident Directors are professional staff whose responsibilities include alcohol prevention efforts. The Resident Directors are required to implement and attend Late Night Lancer events, adjudicate all judicial cases, and have educational conversations with students regarding alcohol and drug sanctions. Also, it is the RD responsibility to supervise the Resident Assistants and assist them in developing and implementing the programming model, (Appendix X-XI)

Resident Assistants are trained peer leaders who supervise those students living in residence halls. An RA has many roles and responsibilities, including, but not limited to, building a residential community through programming, acting as a para-counselor for students, being a familiar first resource for students with academic or institutional questions, and enforcing residence policies. The RA's goes through a training process which includes, but not limited to the following:

- Standard operating procedures (Appendix XII)
- *We Speak Up*, bystander empowerment training. The description of We Speak Up is outlined on page 45 of this report. This training is facilitated by the Health Promotion Specialist.
- Mental Health and crisis response to include suicide prevention, facilitated by the Counseling Center.
- Sexual Assault response training facilitated by The Coordinator of Sexual Assault and Prevention Response to include other forms of sexual violence as stated in Title IX.
- Code of Conduct training. The Conduct Office trains the RA's on the policies as well as the judicial process.
- Campus Police training.
- Behind Closed Doors: Interactive role play scenarios.

- True To Life - A diverse range of behaviorally focused, training experiences that are facilitated by our professional team of trainers and actors. We serve all audiences from RAs and first year students to faculty and staff. Our workshop and program topics include: RA leadership training, Student Leadership development, Title IX compliance for Responsible Employees, and sexual misconduct and bystander intervention techniques for orientation programs or any time of year.

Upon completion of training the RA's are responsible for understanding the policies, monitoring resident behavior, collaborating with professional staff, conducting programming and helping to maintain a living learning environment conducive to academic and personal success.

Office of Student Conduct

The mission of the WSU Office of Student Conduct is to educate students on their rights and responsibilities as college community members, to facilitate an understanding of the balance between individual and community rights, and to promote a safe and inclusive atmosphere conducive to student success. Integrity, scholarship, community, creativity and excellence are the core values that guide our conduct, performance and decisions.

The Goals of the Conduct Office are to:

- Educate students, faculty and staff on issues related to student conduct, community responsibilities, and behavioral expectations set forth within the Student Handbook.
- Protect the rights of the students and the Worcester State community.
- Provide a fair and impartial review for students charged with violating Worcester State policies.
- Educate students who have violated Worcester State policy by assigning purposeful sanctions that foster learning, ethical development and personal integrity.
- Encourage respect for members of the Worcester State community.

The policies and protocols for the Office of Student Conduct are outlined in the Student Code of Conduct. In addition to these the Coordinator of Student Conduct-- annually trains the Residence Directors who act as administrative hearing officers as well as members of the University community that serve on the campus judicial and appellate boards. In addition, the Coordinator attends Resident Assistant training in August to train the RAs on incident report writing and the judicial process.

Conduct reports, (Appendix IX for report period August 2015 - July 2017 are housed in the Office of Student Conduct.

The Office of Health Promotion

The Office of Health Promotion ultimately has the responsibility of all alcohol and drug prevention education on campus. It is this office's responsibility to plan, implement, and evaluate health promotion strategies, policies, programs and services offered to Worcester State University students. This is accomplished by collaboration across campus and divisions to develop a comprehensive multidisciplinary approach.

The Health Promotion Specialist leads the WSU Alcohol Task Force and has responsibility for the Biennial Review which includes gathering data and information from all areas on campus who offer Drug and Alcohol education as well as educate those areas on evidence based best practices and compliance with DFSCA.

Other responsibilities for the Office of Health Promotion are described in more detail throughout this report.

Alcohol Transport Data

The Worcester State University Transport Policy is described on page 9 of this report. Information and reports on students who meet with the Health Promotion Specialist after a medical Transport for a BASICS and Brief Motivational Intervention is kept in the Office of Health Promotion.

Number of WSU students seen for BASICS and Brief Motivational Intervention for an alcohol medical transport or evaluation per semester:

Fall 2015 –13
Spring 2016- 9
Fall 2016 - 17
Spring 2017 – 12

Alcohol and Other Drug Education & Prevention

The Health Promotion Office uses the following resources to guide the AOD prevention efforts at Worcester State University. All resources have several standard commonalities that suggest that prevention programs be comprehensive in nature, focus is on a continuum of services related to education, prevention, training and skill development, evaluation, referral and treatments. Each focuses on both the individual and the environment.

- The American College Health Association (ACHA)
- The Council for Advancement of Standards in Higher Education. (CAS)
- The U.S. Department of Education’s Higher Education Centers, *Five strategies for Environmental Management and Principals of Effectiveness for Prevention Programs*.
- Ever-fi, Alcohol Prevention Coalition research, data, insights, tools and support.
- *A Typology for Campus-Based Alcohol Prevention: Moving toward Environmental Management Strategies** WILLIAM DeJONG, Ph.D., † and LINDA M. LANGFORD, Sc.D. † Department of Social and Behavioral Sciences, Boston University School of Public Health, 715 Albany Street, Boston, Massachusetts 02118
- NIAAA College AIM, College Intervention Matrix. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) developed the *CollegeAIM* guide and website to help college personnel choose wisely among the many potential interventions to address harmful and underage college student drinking.

The centerpiece of the guide is a user-friendly, matrix-based tool developed with input from leading college alcohol researchers, along with college student life and alcohol and other drug (AOD) program staff. With this “college alcohol intervention matrix”—or *CollegeAIM* tool—school officials can easily use research-based information to inform decisions about alcohol intervention strategies.



The following is a list of WSU prevention efforts and the level of effectiveness as determined by College AIM is noted. (Please note some have more than one strategy noted)

Alcohol Edu for College

Multi-component education-focused program (MCEFP): AlcoholEdu® for College

AlcoholEdu® for College is a two-part, online program providing personalized feedback along with education around alcohol use. The first part of the program is typically completed in the summer before freshmen arrive on campus, with the second part being completed during the fall. Students must complete knowledge-based quizzes in order to complete the course. Cost of the program is based on first-year enrollment size. This program also may target individuals and all students.

- **Effectiveness:** ★★ = Higher
- **Cost:** \$\$\$ = Higher
- **Barriers:** # = Lower
- **Research Amount:** ** = 4 to 6 studies
- **Public Health Reach:** Focused
- **Primary Modality:** Online
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals, specific groups, or all students
- **Duration of Effects:** Short-term (up to 3 months) effects; long-term (≥ 6 months) effects not assessed

Worcester State University has been using Alcohol Edu since 2005 and is mandated for ALL incoming freshmen students. It is administered in the pre-matriculation format with the goal of providing education to our incoming students prior to the start of the semester. Students are required to complete the program according to the specified timeline completing it during their first semester and must also achieve a passing grade of 80%.

Alcohol Edu offers a student self-referral tool. Students who are identified by the program as frequent high-risk drinkers will be sent a confidential message from The Office of Health Promotion with information about campus resources and local resources. This tool also reinforces to our incoming students that they are entering a welcoming community that cares about their health and well-being.

Our students are also required to complete the Haven on-line program which is sexual assault awareness and prevention information.

The data received from Alcohol Edu is used as a tool to assist in program planning, social norms clarification and prevention strategies.

Brief motivational enhancement interventions

Brief motivational intervention (BMI): In-person—Individual (e.g., BASICS)

BMI combines a brief intervention with motivational interviewing. BMI emphasizes personal responsibility and self-efficacy of participants, offering them personalized feedback on their alcohol use, risks, expectancies, perceptions of social norms, and options for reducing problems and consequences. Discussions are guided by a trained facilitator. Goals for behavioral change are set by participants.

One such BMI, which is the model after which most BMIs are patterned, is the Brief Alcohol Screening and Intervention for College Students (BASICS). BASICS involves initial screening to identify high-risk drinkers, subsequent baseline assessment to generate personalized feedback, and then a one-on-one meeting with the trained facilitator to review the feedback. In the original studies of BASICS, baseline assessment was completed in-person; participants were asked to self-monitor drinking for 2 weeks, then return for a second session to review their personalized feedback. More recent research has eliminated the first in-person meeting, opting instead to complete baseline assessment via the web.

-
- **Effectiveness:** ★★ = Higher
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** ## = Moderate
 - **Research Amount:** **** = 11+ studies
 - **Public Health Reach:** Focused
 - **Primary Modality:** In-person individual
 - **Staffing Expertise Needed:** Health professional and coordinator
 - **Target Population:** Individuals or specific groups
 - **Duration of Effects:** Short-term (< 6 months) and long-term (up to 4 years) effects

Facilitating BASICS to sanctioned students and transports by the Health Promotion Specialist is a positive approach as students view it as an educational approach as opposed to a judicial or counseling session. It is however, the role of the Health Promotion Specialist to evaluate and refer to counseling if it is suspected the student requires more intensive treatment.

Statistics of individual student meetings conducted:

Fall 2015- 48
Spring 2016 – 76
Fall 2016 – 78
Spring 2017 - 24

At the end of every semester an anonymous survey monkey evaluation is sent to every student who has met with the Health Promotion Specialist to assess the effectiveness of BASICS. Survey results are positive and indicate students are making positive changes in their behaviors as a result of these meetings. This data can be requested through the Office of Health Promotion.

Echeckup To Go

- **Personalized feedback intervention (PFI): eCHECKUP TO GO (formerly, e-CHUG)**

Alcohol eCHECKUP TO GO is a web-based survey that provides students with personalized feedback about their drinking patterns and how their alcohol use might affect their health and personal goals. The program has a special focus on two high-risk groups: first-year students and athletes. eCHECKUP TO GO is a commercial program. Campuses pay an annual subscription fee of about \$1,000 for unlimited use of a customized program.

-
- **Effectiveness:** ★★ = Higher
 - **Cost:** \$ = Lower
 - **Barriers:** # = Lower
 - **Research Amount:** *** = 7 to 10 studies
 - **Public Health Reach:** Broad

- **Primary Modality:** Online
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals or specific groups
 - Duration of Effects:** Short-term (< 6 months) and long-term (up to 1 year) effects

In summer 2016 The Office of Health Promotion, to assist in the significant increase in marijuana sanctions, The Office of Health Promotion purchased eCheckup To Go for Marijuana. It was implemented in fall 2016 for all first offense marijuana offenses. A BASICS/MI one-on-one meeting with the Health Promotion Specialist is now the educational for level 2 marijuana offense.

39 students completed eCheckup for Marijuana from Sept. 2016-May 2017

Alcohol Education Class

Adjudicated students are required to attend a two hour alcohol educational/skill building class after their first offense. The class has been revised to include evidence based prevention, a social-environmental approach to intervention, harm reduction education and cognitive-behavioral skill development. In addition, each student completes the AUDIT and an explanation of score is discussed. The class also offers a workbook that offers alcohol information for the student to take away. (Appendix XVII) This class is facilitated by the Health Promotion Specialist.

Evaluations for the alcohol class indicate students are gaining knowledge in the above areas. These evaluations are housed in the Office of Health Promotion.

Skills training, alcohol focus: Goal/intention-setting *alone*

Under this approach, students identified as having alcohol use problems set goals for limiting their alcohol use, based on their current drinking behaviors, other goals, and values.

- **Effectiveness:** ★★ = Higher
- **Cost:** \$\$ = Mid-range
- **Barriers:** ## = Moderate
- **Research Amount:** ** = 4 to 6 studies
- **Public Health Reach:** Focused

- **Primary Modality:** In-person individual
- **Staffing Expertise Needed:** Health professional and coordinator
- **Target Population:** Individuals, specific groups
- **Duration of Effects:** Short-term (< 6 months) but not long-term (\geq 6 months) effects

Skills training, alcohol focus: Self-monitoring/self-assessment *alone*

Self-monitoring/self-assessment approaches involve repeated assessment (e.g., daily diary, multiple longitudinal assessment spread out over weeks, months, or years) without any other intervention.

-
- **Effectiveness:** ★★ = Higher
 - **Cost:** \$ = Lower
 - **Barriers:** # = Lower
 - **Research Amount:** ** = 4 to 6 studies
 - **Public Health Reach:** Focused
 - **Primary Modality:** Online/offsite
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** Individuals, specific groups, or all students
 - **Duration of Effects:** Short-term (< 6 months) and long-term (\geq 6 months) effects

- **Brief motivational intervention (BMI): In-person—Group**

In-person group BMI combines a brief intervention with motivational interviewing in a group (rather than in a one-on-one setting). BMI emphasizes personal responsibility and self-efficacy of participants, offering them personalized feedback on their alcohol use, risks, expectancies, perceptions of social norms, and options for reducing problems and consequences. A trained facilitator guides the group discussion. Goals for behavioral change are set by participants.

-
- **Effectiveness:** ★★ = Moderate
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** ## = Moderate
 - **Research Amount:** ** = 4 to 6 studies
 - **Public Health Reach:** Focused
 - **Primary Modality:** In-person group
 - **Staffing Expertise Needed:** Health professional and coordinator
 - **Target Population:** Individuals or specific groups
- Duration of Effects:** Short-term (< 6 months) and long-term (≥ 6 months) eff

Number of students attending alcohol education classes:

Fall 2015 – 28

Spring 2016- 38

Fall 2016- 18

Spring 2017- 22

Student Support Network

Skills training, alcohol focus: Goal/intention-setting *alone*

Under this approach, students identified as having alcohol use problems set goals for limiting their alcohol use, based on their current drinking behaviors, other goals, and values.

-
- **Effectiveness:** ★★★ = Higher
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** ## = Moderate

- **Research Amount:** ** = 4 to 6 studies
- **Public Health Reach:** Focused
- **Primary Modality:** In-person individual
- **Staffing Expertise Needed:** Health professional and coordinator
- **Target Population:** Individuals, specific groups
- **Duration of Effects:** Short-term (< 6 months) but not long-term (≥ 6 months) effects

The Student Support Network Program is a component of the Counseling Center. SSN was initially developed with funding from The Substance Abuse and Mental Health Services Administration (SAMHSA) and is listed in the SAMSHA best practices registry. The program identifies and trains student leaders in how to identify, reach out and help other students in distress. It is a different model than peer counseling or peer education. It is a specific type of bystander intervention training.

In session #4 of the SSN training the students discuss the following topics:

- Individual attitudes associated with drinking and drug use.
- When to be concerned about someone's substance use.
- Talking to others about substance abuse problems.
- Helping others get help, when to get immediate help.

Due to staffing issues SSN was not conducted in 2016. In fall 2016 19 students attended and in spring 2017 an advanced SSN class was conducted with 4 students completing the training.

Sexual Assault Survivor Support Group

Spring 2017 – 12 students attended multiple sessions.

Sex Signals

For several years Sex Signals has been offered at WSU as a mandatory program for all incoming freshmen through the First Year Seminar Class during the first few weeks of classes. Sex Signals as described on their website:

Through improvisation and audience interaction, the play explores how social pressures, gender stereo-type, unrealistic fantasies and false perceptions all contribute to the tensions often found in dating. Then through a semi-improvisational scene, the presenters demonstrate how these and other factors, like alcohol consumption, can lead to sexual assault. Furthermore Sex Signals

challenges audiences who have been mislabeled coercive behavior as seduction, and to re-examine a culture that too often holds victims of rape responsible for their own vulnerability. Importantly, the play closes on an empowering note, encouraging the audience to both provide solutions for creating softer and healthier interpersonal sexual relationships, and brainstorm how they could positively intervene as bystanders when they witness a friend or stranger in a vulnerable situation that could lead to sexual violence.

Orientations

New Student Orientation

All new students attending orientation in June are introduced to the Health Promotion Specialist and receive a brief introduction to alcohol policies, including the alcohol transport policy, protective factors and information on the Alcohol Edu requirements. The students are also introduced to The Coordinator of Judicial Affairs and University Police who reviews policy and procedures in regards to alcohol and drugs. Counseling Services also speak to the new students to make them aware of available support services.

During orientation the new students are also presented with a series of skits (peer theater model) developed and performed by the orientation leaders (students) in an effort to make them aware of the various issues around alcohol use and abuse.

Information/knowledge/education *alone*

Information/knowledge/education programs solely provide students with alcohol-related education (e.g., how alcohol is processed by the body, potential consequences of alcohol misuse), without any alcohol-specific skills training.

-
- **Effectiveness:** X = Not effective
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** **** = 11+ studies

 - **Public Health Reach:** Broad
 - **Primary Modality:** In-person group
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** Individuals, specific groups, or all students

- **Duration of Effects:** No short- or long-term effects

Parent Orientation

During summer, several attempts are made to educate the parents of new students about the impact that alcohol can have on their student’s health and academic well-being. At parent orientation the Health & Wellness Educator introduces The Office of Health Promotion resources to the parents. A formal but brief presentation is given on the Alcohol Edu requirement, alcohol policies, alcohol transport policy, WSU statistics (social norms) and the Health Promotion Specialist encourages parents/guardians to talk to their first year students about expectations, risks and protective factors about alcohol use on campus. In mid-August parents are mailed a letter from the Health Promotion Specialist and a booklet developed by the Office of Health & Wellness. It is titled, Alcohol and other drugs on campus, A message to families, (Appendix XVIII) this gives parent’s detailed information about some of the decision making issues around alcohol that students may have to make. It also gives parents tips on how to create dialog with their students around drinking. In addition to the booklet an insert is included with specific WSU data to assist the parents with the dialog and provide facts to address the expectations of incoming students.

Skills training, alcohol plus general life skills: Parent-based alcohol communication training

Parent-based alcohol communication training is a campus-sponsored program for parents of students, particularly incoming freshmen, to train parents to effectively talk with their children about alcohol use, avoidance, and consequences.

-
- **Effectiveness:** ★★ = Moderate
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** ** = 4 to 6 studies
 - **Public Health Reach:** Focused
 - **Primary Modality:** Offsite
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** Individuals, underage, specific groups, or all students
 - **Duration of Effects:** Short-term (< 6 months) and long-term (≥ 6 months) effects

Athlete Orientation

Twice every year we host a mandatory Athlete Orientations for our student athletes. The day consists Life Skills educational programming. Typically topics include alcohol and performance, sexual assault, career planning and leadership. In addition a speaker is offered on a specific Life Skills topic.

Typically a brochure is given to each student athlete to support the information given in the orientation. Approximately 400 students attended annually and the evaluations are positive indicating the students not only learned new information regarding alcohol but also stated that they intended to change a behavior based on information presented. Evaluations from this program are kept in the Office of Health Promotion. It is our intent to continue to develop and improve the athlete orientation and to include bystander training as well as other health information.

- **Information/knowledge/education *alone***

Information/knowledge/education programs solely provide students with alcohol-related education (e.g., how alcohol is processed by the body, potential consequences of alcohol misuse), without any alcohol-specific skills training.

-
- **Effectiveness:** X = Not effective
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** **** = 11+ studies
 - **Public Health Reach:** Broad
 - **Primary Modality:** In-person group
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** Individuals, specific groups, or all students

Duration of Effects: No short- or long-term effects

- **Normative re-education: In-person norms clarification *alone***

Globally, normative re-education programs are designed to provide students with accurate information about peer alcohol use and consequences and to modify their attitudes about the acceptability of their excessive alcohol consumption to

their peers and parents. Normative re-education programs can be delivered in-person (typically in group format) or remotely via the web or by mail as personalized graphic feedback.

- **Effectiveness:** ★ = Lower
- **Cost:** \$\$ = Mid-range
- **Barriers:** # = Lower
- **Research Amount:** ** = 4 to 6 studies
- **Public Health Reach:** Focused
- **Primary Modality:** In-person group
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals, specific groups, or all students

Duration of Effects: Mixed short-term (< 6 months) effects; most studies did not assess long-term (≥ 6 months) effects

Curriculum Infusion

- **Normative re-education: In-person norms clarification *alone***

Globally, normative re-education programs are designed to provide students with accurate information about peer alcohol use and consequences and to modify their attitudes about the acceptability of their excessive alcohol consumption to their peers and parents. Normative re-education programs can be delivered in-person (typically in group format) or remotely via the web or by mail as personalized graphic feedback.

- **Effectiveness:** ★ = Lower
- **Cost:** \$\$ = Mid-range
- **Barriers:** # = Lower
- **Research Amount:** ** = 4 to 6 studies

- **Public Health Reach:** Focused
- **Primary Modality:** In-person group
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals, specific groups, or all students
- **Duration of Effects:** Mixed short-term (< 6 months) effects; most studies did not assess long-term (≥ 6 months) effects

The Health Promotion Specialist avails herself to faculty who are interested in having her come into the classroom to talk about alcohol or drug. The Health Promotion Specialist offers every year to all faculty to “not cancel that class” but rather call the office and she will cover the class and offer education.

In the Biennial Review period the Health Promotion Specialist attended 8 classes.

Alcohol Screening

Alcohol Screening Day is an annual event that provides information about alcohol and health as well as free anonymous screening for alcohol use problems. Students complete the Alcohol Use Disorders Identification Test (AUDIT), which screens for patterns of abuse or dependency and then talk privately with a health professional about the results and recommendations. Referrals to campus resources are provided if necessary.

The Office of Health & Wellness annually offers faculty & staff the opportunity to be trained as screeners and subsequently typically train a half dozen faculty and staff on the goals and objectives of NASD as well as the screening AUDIT and Brief Motivational Interviewing (BMI). Alcohol Screening Day has continued to grow in participation over the last couple years. It is the hope this event will continue to grow in popularity with faculty, staff and students.

Screening data is kept in the Office of Health & Wellness and used to further guide prevention efforts.

Spring 2016 – 148 students screened

Spring 2017 – 107 students screened

- **Brief motivational intervention (BMI): In-person—Individual (e.g., BASICS)**

BMI combines a brief intervention with motivational interviewing. BMI emphasizes personal responsibility and self-efficacy of participants, offering them personalized feedback on their alcohol use, risks, expectancies, perceptions of

social norms, and options for reducing problems and consequences. Discussions are guided by a trained facilitator. Goals for behavioral change are set by participants.

One such BMI, which is the model after which most BMIs are patterned, is the Brief Alcohol Screening and Intervention for College Students (BASICS). BASICS involves initial screening to identify high-risk drinkers, subsequent baseline assessment to generate personalized feedback, and then a one-on-one meeting with the trained facilitator to review the feedback. In the original studies of BASICS, baseline assessment was completed in-person; participants were asked to self-monitor drinking for 2 weeks, then return for a second session to review their personalized feedback. More recent research has eliminated the first in-person meeting, opting instead to complete baseline assessment via the web.

- **Effectiveness:** ★★ ★ = Higher
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** ## = Moderate
 - **Research Amount:** **** = 11+ studies
 - **Public Health Reach:** Focused
- Primary Modality:** In-person individual

Social Norms Marketing

- **Conduct campus-wide social norms campaign**

Under this strategy, a campus conducts a campus-wide awareness campaign that informs students about actual quantity and frequency of alcohol use among their fellow students, with the intent of changing their perception of what is normal or acceptable.

- **Effectiveness:** ★ = Lower
- **Cost:** \$\$ = Mid-range

- **Barriers:** # = Lower
- **Research Amount:** **** = 5 or more longitudinal studies
- **Public Health Reach:** Broad
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** All students

Research Population: College

The social norms campaign is designed to give students accurate feedback on the attitudes, behaviors and beliefs of their peers. Research across the country and over many years has shown that college students often misperceived how often and how much their peers are drinking. College students report believing that their peers drink more often and drink greater quantities than students actually report drinking. Students also report believing that their peers use drugs more often than students actually report using. This misperception may influence student decision making and fuel high risk drinking for some students.

Like many colleges, WSU is doing research on student behavior and attitudes around alcohol and drug use. As a part of the social norms model, WSU is reporting these survey results back to students to show students an accurate picture of alcohol and drug use on our campus. Being transparent with the data reduces the gap between the misperceived norm and the actual norm regarding substance use. Reducing this misperception gap can reduce high risk drinking and its negative consequences.

A social norms campaign was not conducted in this Biennial Review period.

Alcohol Free Options

Providing alcohol-free options is becoming a commonly adopted prevention strategy, strongly supported by student interest. This strategy can be considered an essential component of an environmental prevention approach. Recent research has demonstrated that alcohol-free events can contribute to a number of environmental and behavioral changes on campus and in the surrounding community. (Outside the Classroom Prevention Coalition (2009). *Maximizing Alcohol Prevention Investments: Critically Analyzing Programmatic Expenditures in a Time of Scarce Resources*.) Although there is not always one clear measure of success for alcohol-free options, hosting such events sends a message to students that campuses support healthy student behaviors. Additionally, by attending these events, students see their peers engaged in healthy behaviors, contributing to perceptions of healthy norms on campus.

Late Night Lancers

WSU continues to provide successful weekly Late Night Lancer events. Evaluations are available in Residence Life.

- **Require alcohol-free programming**

Under this strategy, a campus hosts alcohol-free events to provide students with social alternatives to parties and bars where alcohol is being served.

- **Effectiveness:** ? = Too few robust studies to rate effectiveness—or mixed results
 - **Cost:** \$\$\$ = Higher
 - **Barriers:** # = Lower
 - **Research Amount:** ** = 2 to 4 studies but no longitudinal studies
 - **Public Health Reach:** Focused
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** All students
- Research Population:** College

Residence Life Programming

- **Information/knowledge/education *alone***

Information/knowledge/education programs solely provide students with alcohol-related education (e.g., how alcohol is processed by the body, potential consequences of alcohol misuse), without any alcohol-specific skills training.

- **Effectiveness:** X = Not effective
- **Cost:** \$\$ = Mid-range
- **Barriers:** # = Lower
- **Research Amount:** **** = 11+ studies
- **Public Health Reach:** Broad
- **Primary Modality:** In-person group

- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals, specific groups, or all students
Duration of Effects: No short- or long-term effects

The Office of Residence Life and Housing conducts many programs throughout the academic year. The Resident Directors are responsible to supervise the Resident Assistants and assist them in developing and implementing the programming model which includes educational as well as social events. The programming models can be found in Appendix XIX. The Programs topics and attendance numbers can be found in Appendix XIX. Evaluations are completed after every program to provide feedback on the learning outcomes, publicity that took place, attendance, cost of program, success of program, and challenges of program.

Peer Health Education

- **Normative re-education: In-person norms clarification *alone***

Globally, normative re-education programs are designed to provide students with accurate information about peer alcohol use and consequences and to modify their attitudes about the acceptability of their excessive alcohol consumption to their peers and parents. Normative re-education programs can be delivered in-person (typically in group format) or remotely via the web or by mail as personalized graphic feedback.

-
- **Effectiveness:** ★ = Lower
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** ** = 4 to 6 studies
 - **Public Health Reach:** Focused
 - **Primary Modality:** In-person group
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** Individuals, specific groups, or all students
- Duration of Effects:** Mixed short-term (< 6 months) effects; most studies did not assess long-term (≥ 6 months) effects

WSU Peer Health Educators are a group of WSU students who work together to promote wellness by increasing awareness of student health issues and encouraging positive lifestyle choices and decision-making skills through peer education.

WSU Peer Health Educators are trained and members of the NASPA/Bacchus affiliate.

The NASPA/BACCHUS is a network of more than 8,000 student leaders and advisors who work with over four million peers on more than 330 campuses nationwide.

BACCHUS develops cutting edge tools for campuses consisting of student-friendly training programs, resource manuals, posters, and pamphlets. In addition, each affiliate group receives health issue campaigns that, when used in combination, lay the foundation for a year-round prevention program:

- National Collegiate Alcohol Awareness Week (alcohol and high risk drinking)
- Tobacco Prevention and Cessation (control, policy, programs, advocacy)
- Impaired Driving Prevention (designated driver, safe ride, laws, and awareness)
- Sexual Responsibility Awareness (sexual health, HIV/AIDS-STIs and relationship issues)
- Safe Spring Break (alcohol, impaired driving, predatory drugs, sun safety, personal safety)

Campaigns consist of health topic message promotion and resource manuals that contain the latest research and data, program delivery ideas, model programs, and marketing strategies.

It is the intent of the advisor to this club, due to the educational format, to require the peer educators to develop goals, objectives and learning outcomes for each program planned as well as an assessment to we can gauge over time the impact the programs have on knowledge, attitudes, beliefs and behaviors.

The Peer Health Educators conducted dozens of tabling events in 2015-2017 as well as educational programs on sexual health, cancer survival and impaired driving.

We Speak Up

- **Implement bystander interventions**

In this context, bystander intervention programs offered by campuses are designed to increase a student's capacity and willingness to intervene when another student may be in danger of harming him/herself or another person due to alcohol use. Bystander intervention programs also are used to reduce consequences of drug use, sexual assault, and other problems.

- **Effectiveness:** ? = Too few robust studies to rate effectiveness—or mixed results
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** 0 = No studies
 - **Public Health Reach:** Focused
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** All students
- Research Population:** Not assessed



We Speak Up is a prosocial behavior and bystander empowerment/intervention program that educates students to be proactive in helping others.

The goals of We Speak Up are to:

- Raise awareness of helping behaviors.
- Increase motivation to help.
- To build a community of individual leadership and shared responsibility.
- Create a campus culture where students understand their voices are valued.

Most problematic behaviors on college campuses involve bystanders. We Speak Up training provides a framework explaining the bystander effect and reasons why individuals do not intervene. It also allows students to reflect on their own willingness to be proactive and help others. Teaching students about the determinants of prosocial behavior makes them more aware of why they do not help and as a result may increase the likelihood they will help in the future. The training also addresses situations where bystander intervention would be appropriate including but not limited to alcohol abuse, discrimination, bullying, assault and harm to others.

In 2011 The Office of Health & Wellness implemented *We Speak Up* training at Worcester State with the following objectives and learning outcomes in mind:

- Participants will understand the concept of bystander intervention.
- Participants will understand their role in bystander intervention.
- Participants will understand their own barriers to bystander intervention.
- Participants will develop empathy for those in need of bystander intervention.
- Participants will develop skills to intervene as a bystander.

Social Media

- **Information/knowledge/education *alone***

Information/knowledge/education programs solely provide students with alcohol-related education (e.g., how alcohol is processed by the body, potential consequences of alcohol misuse), without any alcohol-specific skills training.

- **Effectiveness:** X = Not effective
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** **** = 11+ studies
 - **Public Health Reach:** Broad
 - **Primary Modality:** In-person group
 - **Staffing Expertise Needed:** Coordinator
 - **Target Population:** Individuals, specific groups, or all students
- Duration of Effects:** No short- or long-term effects

Due to the increasing number of college students engaging in social media and the frequency in which they visit the sites, the Office of Health Promotion offers three social media sites as a convenient and faster way to communicate information to our students regarding healthy behaviors. The Facebook page “Woo State Student Health” is collaboration between the Office of Health Promotion, Counseling Services, and Health Services. And @WSUhealth101 is the Office of Health Promotion Twitter account and an Instagram page.

Alcohol Task Force

The Worcester State University Alcohol and other Drug (AOD) Task Force was established in 2011 to provide guidance and oversight on issues related to alcohol and drugs on campus. The committee made up of faculty and staff across campus meets monthly to discuss AOD issues, evaluate current program efforts, review AOD policies and make recommendations concerning policy and outreach strategies. Its mission and responsibilities include the following:

1. Make recommendations about alcohol-related policies and procedures.
2. Develop collaboration and advocacy among campus and community groups.
3. Monitor campus conditions.
4. Evaluate prevention efforts.
5. Support and participate in grant projects.
6. Assist in gathering information for biennial review report as required by Federal law.
7. Help maintain prevention as a priority concern on campus.
8. Review enforcement of policy sanctions.

The group will accomplish these goals by:

- Analyzing data
- Identify current challenges
- Review policies
- Promote protective factors
- Identify goals & objectives

Success of the task force requires many different strategies as well as commitment and collaboration between several departments and stakeholders.

Alcohol & Drug Task Force Mission Statement (Appendix XVI)

Passive Programming

21st Birthday Cards

- **Normative re-education: Electronic/mailed personalized normative feedback (PNF)—Event-specific prevention (21st birthday cards)**

Under this event-specific prevention PNF strategy, students receive a birthday card on their 21st birthday, warning them against excessive celebratory drinking.

- **Effectiveness:** ★ = Lower
- **Cost:** \$ = Lower
- **Barriers:** # = Lower
- **Research Amount:** ** = 4 to 6 studies
- **Public Health Reach:** Broad
- **Primary Modality:** Online/offsite
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals, specific groups, or all students

Duration of Effects: Mixed short-term (< 6 months) effects; long-term (≥ 6 months) effects not assessed

21st birthday celebrations have been associated with high risk and binge drinking. Drinking shots, drinking at a fast pace, celebrating with influential peers, and engaging in 21st birthday traditions are often associated with drinking more alcohol than anticipated during 21st birthday celebrations. Therefore, like many institutions, WSU Office of Health Promotion in 2011 implemented the 21st Birthday card program where every student turning 21 is sent a birthday card with a harm reduction approach and normative information. More so, it is a reminder to our students of the potential consequences of high risk drinking and the Universities commitment to wellness and healthy choices.

BAC Cards

BAC cards are used in individual BASICS meetings and group alcohol education classes as a tool to educate the participants in the effects of alcohol at different BAC levels as well as physical and cognitive symptoms at each level. The cards are never just handed out as research does not support the effectiveness of that distribution.

Alcohol Poisoning Magnets

Magnets that educate students on signs and symptoms of alcohol poisoning are given out to all RAs and during Red Watch Band training, and given any students who want them to put on their refrigerator. The magnets also include University Police contact information. Alcohol Poisoning magnets fall under “Evidence of Ineffectiveness” when used alone so more often than not education regarding alcohol poisoning signs and symptoms, referral skills and bystander skills are discussed.

“Ready to Go Out” cards

Ready to Go Out cards are an educational card developed by RAs with harm reduction and protective factor information. These cards are given to our resident students at hall programs.

Examples of all of these passive products are available in the Office of Health Promotion.

Community Wide Coalitions:

The Health Promotion Specialist belongs to several coalitions. These coalitions serve as resources for current evidence based information, best practices and networking. The Health Promotion Specialist currently attends the following meetings and conferences.

- NEHEN
- BACCHUS Area 10
- NEACHA
- WSU Neighborhood Council

Summary of AOD Education Strengths and Weaknesses

In compliance with the recommendations of the Drug-Free Schools and Campuses Regulations we have included the strengths of our AOD efforts that assist in achieving goals and reaching outcomes, and weaknesses that create challenges for prevention efforts or barriers to progress. Included in this section are weakness and recommendations made from the prior biennial review reports and determinations as to whether these recommendations, goals and or objectives for the current biennium were met or not met. Also, if recommendations were not met, reasons and rationales as to why they were not met are noted. Also noted is whether the weaknesses are foreseen as an institutional, divisional, department or program level weakness. All current weaknesses and recommendations from this biennial review period (2015-2017) will receive specific focus by the Worcester State University AOD task force during the biennial period, at which time, if possible, an action plan or steps to be taken to meet goals and objectives, including time lines, individual or offices being held responsible will be identified and recommendations for follow up will be specified.

Strengths 2015-2017

1. Opening of Wellness Center in Sept. 2016. We are confident that this new facility, from an environmental approach provided the WSU community the ability to work on their physical dimension of wellness and make better overall health choices.
2. University Police adopted University Police Community Outreach Programs
3. Office of Health Promotion website updated to include links to on-line personalized feedback programs in alcohol, marijuana, tobacco and sexual violence.
4. Marijuana brochure developed as a collaboration between University Police, Conduct and Office of Health Promotion.
5. Information about prescription drug safety incorporated into Parent Orientation.
6. Football tailgate policy updated. (Last review 2009) and now posted on Athletics website for transparency.
7. Strengthening of Student Intervention Team by offering training to members on Threat Assessment and BIT meeting protocols.
8. Increased number of tabling events conducted by Peer Health Educators

Weaknesses 2015-2017

1. Risk associated with alcohol availability, lack of enforcement and policy at yearly Homecoming tailgating event.
2. Employee annual DAAPP not completed in current Biennial Review period.
3. No specific sophomore year alcohol education.
4. No organized designated driver or safe ride program for students.
5. Breakdown in protocol for alcohol service on campus.
6. No Resident Director training from Health Educator

7. Need updated student athlete survey.
8. Evaluations at Athlete Orientation not completed
9. Sanctions needed for second offense alcohol.
10. Student Notification of DAAP not comprehensive enough to meet DFSCA new regulations.
11. Tobacco Free Policy not consistent for outside groups on campus.
12. More consistent attendance at SIT meetings from cross campus departments.
13. No collection of data from SIT meetings on number of students discussed with AOD issues.

Recommendations from 2015-2017 Review

1. Enhance use of assessment data to shape future program development.
2. Develop evaluation process for judicial sanctions. (Effective Aug. 2017 a discussion regarding this took place and moving forward an evaluation of random conduct cases will take place e/o year to determine effectiveness of sanctions, and to ensure that sanctions imposed for violations are addressed by the DAAPP and are consistently enforced. In addition evaluations of learning outcomes will be evaluated)
3. Include statement in academic honesty policy regarding the use of non-prescribed use of stimulants.
4. Improve DAAPP content to meet recommendations. (Eff. Aug. 2017, new DAAPP will be written and distributed Sept. 2017 to all students)
5. Increase evaluations of all drug & alcohol prevention and education efforts to assure the efficacy of the program. This should include all campus programming, judicial sanctions and committees.
6. Assure DAAPP is compliant and completed in upcoming Biennial Review period. (Eff. Aug. 2017 discussion was had with Health Promotion Specialist and HR to assure compliance with DFCSA)
7. Collection of data from SIT meetings on number of students discussed with AOD issues. (Eff. Aug. 2017 a discussion was had regarding this recommendation and beginning Sept. 2017 this data will be collected during meetings and recorded on Maxient)
8. Increase curriculum infusion classes to offer more opportunity for skills training.

Recommendations from 2009-2011 Review

1. Request for Health Promotion Specialist title change to Director of Health Promotion to facilitate relationship building, increase credibility, and support the office mission and strategic plan. Recommendation meets American College Health recommendations.~ **GOAL NOT MET** (Request denied 12/2013, second request denied 4/2016)
2. Increase OUI prevention education~ **GOAL PARTIALLY MET** Peer Health Educators worked with UPD on programming but more comprehensive programs and/or safe ride program will be researched in 2017-2018.
3. Expanded hours of Late Night Lancers ~**GOAL MET** ~ it has been determined after several years of programming that the current hours offered are reaching the needs of our students. Will continue to review and evaluate.

Recommendations from 2011-2013 Review

1. Create more comprehensive social norms campaign to include small group social norms interventions. **GOAL PARTIALLY MET**~ Social Norms campaign was completed in 2013. New campaign should be completed in 2017-2019.
2. Re-educate all departments on proper protocol for requesting alcohol on campus. **GOAL NOT MET**~ Meetings took place but follow through was absent due to staff turnover. A new Director has been hired so the intent is this goal will be met in Fall 2017.
3. Train trip advisors how to recognize alcohol poisoning and educate on protective factors. **GOAL MET**, *Need continued education.*
4. Increase membership of task force to include representation from President's office, retention and enrollment management. **GOAL NOT MET** ~ Representation from the Financial Aid office, who reports to the VP of Enrollment Management was added in 2016. Still looking for representation from the President's office and Advancement. (Recommendation per 2017 DFSCA)
5. Use data more frequently to gain institutional support and conduct social norms. Once multiple years are available use data to show increase or decreases in trend data. **GOAL MET** ~ presentations made to counseling staff, AOD task force, Dir. Of Retention and Direct Reports. *Ongoing education needed.*
6. Offer alcohol education for level 2 offenders. ~ **GOAL NOT MET** ~Per Josh Katz, Coordinator of Student Conduct conversations have taken place and at this time they will not be moving forward with level two but conversations will continue.

7. Minimize risk associated with alcohol availability at homecoming tailgating. **GOAL NOT MET**~ In 2016 the policy was revised, at which time the AOD task force agreed the new policy added a higher risk than the previous year based on drinking time frame.
8. Survey faculty and staff regarding perceptions and attitudes about student's alcohol and other drug use. **GOAL NOT MET**
9. Apply for Choices Grant in 2014 **GOAL NOT MET** ~ Wellness Center was under construction, athletics displaced therefore not an ideal time to apply for grant. Can be revisited in 2017-2018.
10. Survey faculty to assess AOD curriculum in current courses. **GOAL NOT MET**
11. Develop an evaluation and assessment for judicially sanctioned students. **GOAL PARTIALLY MET** ~Evaluations are completed by students who complete alcohol education class and BASICS meetings with Health Promotion Specialist.
12. Educate community on AOD prevention efforts in place. **GOAL PARTIALLY MET**~ Market "We Speak Up" more and develop more bystander programs and trainings. **GOAL NOT MET**
13. Work with admissions office on material and information regarding healthy choices and environment. **GOAL NOT MET** ~ Per conversation with Joe Dicarlo on 6/2016 it was stated that Marketing did not believe that the view book and travel piece were the most ideal place for this information. (Please note per American College Health Guidelines and Recommendations "Inform all members of the college community by widely distributing the campus tobacco policy on an annual basis. The tobacco policy is clearly posted in employee and student handbooks, on the college/university website, and in other relevant publications. Key components of the policy are also shared with parents, alumni, ae, and visitors. The general policy should be included in prospective student materials in both printed and electronic formats")
14. Review classroom policies and incorporate classroom policies into biennial review. **GOAL NOT MET**
15. Limit sale of shot glasses and other alcohol related items in the bookstore. **GOAL MET** ~Per conversation with Sean in the Bookstore 8/16, once supply runs out he would not order more.

16. Assure Tobacco Free Policy is on CESO contracts for outside vendors. *GOAL NOT MET*
17. Incorporate alcohol & consent into alcohol sanction class. *GOAL NOT MET*
18. Provide alcohol education for faculty/staff *GOAL NOT MET*
19. University Police to increase AOD educational programs and evaluations. *GOAL MET ~ In 2016 UPD began the UPD Community Outreach Program.*
20. Review judicial process to assure compliance with the Drug Free Schools and Campuses Regulations and to assure data collection is accessible, current and listed by case and presents the particulars of the offense, mitigating or aggravating circumstances and disposition. By organizing the list so that similar cases are grouped together, we can facilitate comparisons across cases. *GOAL NOT MET ~ (Eff. Aug. 2017, A Discussion took place to assure moving forward our cases will be complied to meet this requirement.)*
21. Put Tobacco Free Policy on HR website so potential employees know policy. *GOAL NOT MET ~ Per conversation with Susan Moore, HR Director on 6/2016 The HR department stated the policy does not belong in the postings but they will continue to disseminate the policy to employees that have been hired. (Please note per American College Health Guidelines and Recommendations “Inform all members of the college community by widely distributing the campus tobacco policy on an annual basis. The tobacco policy is clearly posted in employee and student handbooks, on the college/university website, and in other relevant publications. Key components of the policy are also shared with parents, alumni, ae, and visitors. The general policy should be included in prospective student materials in both printed and electronic formats”)*

It is the goal of the AOD Task force to revisit any recommendation from any previous biennial review and attempt to meet the recommendation.

Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located? Office of Health Promotion

2. Does the institution provide *annually to each employee and each student*, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?

a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

3. Are the above materials distributed to students in one of the following ways?

a. Mailed to each student (separately or included in another mailing)

Yes No

b. Through campus post offices boxes

Yes No

c. Class schedules which are mailed to each student

Yes No

d. During freshman orientation

Yes No

e. During new student orientation

Yes No

f. In another manner - Email

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution? Yes No

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed

Staff: Yes No Faculty: Yes No

b. Through campus post office boxes

Staff: Yes No Faculty: Yes No

c. During new employee orientation

Staff: Yes No Faculty: Yes No

d. In another manner (*describe*)

7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Staff: Yes No Faculty: Yes No

8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No Faculty: Yes No

9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey

Yes No

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

h. Other (please list)

10. Who is responsible for conducting these biennial reviews?

Jennifer Quinn, Health & Wellness Educator, Office of Health & Wellness

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

N/A Yes No

12. Where is the biennial review documentation located?

Jennifer Quinn
Health Promotion Specialist
Office of Health Promotion
Student Center, Third Floor Rm. 338
Jquinn@worchester.edu
508-929-8243



WORCESTER STATE UNIVERSITY

Drug Free Schools and Communities Act Biennial Review Academic years 2015-2017

Certification of Biennial Review

The Worcester State University 2017 Biennial Review Report,
As required by the Drug Free Schools and Communities Act, has
been reviewed and approved.

Signature: _____ Date: _____
President, Worcester State University

Signature: _____ Date: _____
Dean of Students and Chief Student Affairs Officer