

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) (1) **“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 the 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 to consistent enforcement of disciplinary sanctions for violating standards of conduct. It is the goal of the Office of Alcohol & Drug Prevention Education 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 programs 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 assist the institution in complying 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 May 2021 and was submitted August 1, 2021 covering the previous two academic years; August 2019- July 2020 and August 2020 to July 2021.

The review process was conducted and reviewed by:
 Jennifer Quinn, M.Ed., CHES, CTTS; Director of Title IX and Alcohol & Drug Prevention
 Education.

The Biennial Report was written and prepared by:
 Jennifer Quinn, M.Ed., CHES, CTTS; Director of Title IX and Alcohol & Drug Prevention
 Education

Successful preparation required contributions from:

- § Sean Morrow, Assistant Director Alumni Relations & Engagement
- § Sarah Potrikus, M.S., Assistant Director of Student Involvement and Leadership Development
- § Laura Murphy, M.A./C.A.G.S; Assoc. Dean of Health & Wellness/ Director of Counseling
- § Joshua Katz, BA; Associate Director, Office of Community Standards
- § 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
- § Dean Bowen, Assistant Director, Fitness Center Manager, Wellness Center
- §Brittaney Rende, Intramural Coordinator and Assistant SID

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

- ACHA data, Spring 2018
- Conduct Reports 2019- 2021

- University Clery Reports, 2019-2021
- Office of Alcohol & Drug Prevention Education Reports & evaluations 2019-2021
- AlcoholEdu data 2019-2021

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 Alcohol & Drug Prevention Education.

President's Office

Office of the Dean of Students and Chief Student Affairs Officer

Office of Alcohol & Drug Prevention Education

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 are 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 an acknowledgment that they have received the policy. All employees are subsequently advised on an annual basis 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 AllOne Health, in the event the 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 receive the information. Every student receives the information via email in the form of the WSU Code of Conduct. This mailing is conducted through the Office of Community Standards. In addition to this delivery method, the information is also available to all students via WSU Student Handbook and as of 2019 the Handbook will continue to only be available on the Residence Life website.

Dates of email notifications:

September 11, 2019

January 22, 2020

September 9, 2020

February 18, 2021-- This was sent in February due to semester delay due to COVID

As required by the Drug Free Schools & Campuses Regulations, In Spring semester 2021 the DAAPP was emailed to all students, full time, part time and those taking one class for academic credit. This was facilitated by The Office of Drug & Alcohol Prevention Education. The complete DAAPP is at the end of this document.

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 WSU Code of Conduct. This guide is reviewed and revised on an annual basis. Guide was edited in summer of summer 2018 and will be reviewed by a committee after the 2021-2022 academic year.

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 Associate Director of Community Standards. 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 Associate Director of Community Standards.

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:

- 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.

Athletic Tailgating Policy (non-homecoming)

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

Homecoming Tailgate Policy

The safety and security of all of our guests is of paramount importance to the University. Therefore, Worcester State University Police placed the following in effect on June 29, 2018.

All persons entering the tailgating grounds are subject to University rules, regulations, and the Laws of the Commonwealth of Massachusetts. The University shall not be held liable or responsible for any actions while on state property or in regards to alcoholic beverage consumption.

Individuals participating in activities at Worcester State University are expected to conduct themselves in a manner respectful of the nature and character of the University; including, following the directives of event management staff and public safety officials (Worcester State University Police, City of Worcester Police, etc.).

Persons acting in a disruptive, disrespectful or disorderly manner, violating rules, participating in illegal activity, or other misconduct will be asked to leave the premises and/or be subject to arrest or citation. Students will also be charged with a violation of the Student Code of Conduct. WSU maintains a zero tolerance policy on these as well as underage possession or consumption of alcoholic beverages and providing alcoholic beverages to underage persons.

For Homecoming 2018 on Saturday, September 22, the celebration area will open at 11:30 am and will come to a close at the end of the game. Please review the following regarding Worcester State University's Police's Homecoming 2018 tailgating policy.

- *Those 21 years of age and older will be able to purchase alcohol in the designated beer/wine tent only, IDs will be checked and strictly enforced. There will be NO outside beverages allowed in this area and ALCOHOL may not be brought onto campus. Consumption of alcohol by those 21 years of age and older are only permissible in the beer/wine designated, police-monitored section of the North Lot parking area of campus. Consumption of alcoholic beverages on any other part of the campus or on public streets that surround campus is prohibited.*
- *Please note that with the new homecoming layout, parking in the tailgating section is limited to the first 100 cars. After that cars will be directed to overflow parking and guests may walk into the tailgating parking lot. Early admittance and RVs are not permitted. No backpacks or oversized bags, unless they are clear plastic, will be permitted into this section for those walking in. Coolers are permitted but will be searched prior to entering.*
- *If you are tailgating please keep in mind that Tailgating amenities (i.e. grills, tents, chairs) may not obstruct sidewalks, drive lanes, or pedestrian walkways.*
- *Once in the Tailgate area there will be no containers including cans or bottles allowed. You may purchase at the Beer/Wine Tent area (Water stations will be available as well).*
- *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.*

Violation of this policy will result in arrests or citations. Student violations of this policy are subject to the Worcester State University Student Code of Conduct. Additionally the University will revoke all future tailgating privileges.

In Fall 2020 there was no Homecoming due to Coronavirus restrictions.

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 the Director of Alcohol & Drug Prevention Education within twenty four (24) hours of receipt of letter from The Office of Alcohol & Drug Prevention Education. 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 Director of Alcohol & Drug Prevention 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.

During this reporting period the policy was enhanced to include amnesty around social distancing if a student calls on behalf of another student.

Title IX and Sexual Assault Policy

Worcester State University is committed to creating and maintaining an academic and work environment, and in adherence with federal law, prohibits discrimination based on race, color, religion, national origin, age, disability, gender, sexual orientation*, gender identity*, gender expression*, genetic information, marital or parental status, or veteran status, sex: including sexual violence

We reach these commitment goals by ensuring compliance with The U.S. Department of Education’s Office for Civil Rights (OCR) Title IX of the Education Amendments of 1972, The Jeanne Clery Act, VAWA, SaVE, Drug Free Schools and Campuses regulations and University Student Code of Conduct and Employee Handbook. Title IX protects people from discrimination based on sex in education programs or activities that receive federal financial assistance.

Title IX states:

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.

Title IX Scope:

Title IX prohibits sex discrimination in all university programs and activities, including, but not limited to, admissions, recruiting, financial aid, academic programs, student services, counseling and guidance, discipline, treatment of pregnant and parenting students, class assignment, grading, recreation, athletics, housing, and employment.

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.

Only incidents falling within the Final Rule’s definition of sexual harassment and jurisdiction will be investigated through the Title IX Grievance Policy. Policy violations that do not fall under the scope of standards defined by the Title IX Grievance Policy or if misconduct falling outside the Title IX Grievance Policy is discovered in the course of investigating, Worcester State retains authority to investigate and adjudicate the allegations under the policies and procedures defined within the Policy Against Discrimination, Discriminatory Harassment, and Retaliation: found in the Board of Higher Ed. Equal Opportunity, Diversity and Equal Opportunity Plan and the Code of Conduct.

To access the policy: [https://www.worcester.edu/Title-IX/
Financial Aid Drug Conviction Policy](https://www.worcester.edu/Title-IX/Financial-Aid-Drug-Conviction-Policy)

In compliance with the Federal regulations Worcester State University follows the Federal guidelines for the Financial Aid Convictions policy. The complete guide to the Financial Aid Conviction Policy can be found here in the [FAFSA Guidelines](#).

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.

Policies for sale or consumption of alcohol at a student organization sponsored event can be found in *Synergy*, the student leader handbook in the Office of Student Involvement and Leadership Development (OSILD). *Synergy* is reviewed and updated every year and reflects the most current policy as it relates to alcohol and student organizations.

All requests to serve alcohol are approved at the discretion of the OSILD Director. An Alcohol Request Form must be submitted and a meeting scheduled with the OSILD Director to review event details.

The Office of Student Involvement and Leadership Development Office is responsible for authorization of any event being held by a student club or organization, to include any off campus activity that is sponsored by a student club or organization.

For the academic years 2019-2021 the following number of events serving alcohol was approved by the Director Office of Student Involvement and Leadership Development and/or Director of Conference Events and Services.

Student Organization events - 0
On campus activities – 1

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 Residence Hall Handbook pg. 31-39, the policy is the identical policy stated in the WSU Code of Conduct.

The Residence Hall Smoking 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.

The Residence Hall Alcohol Policy states:

- All residents under the age of 21 and their guests, regardless of age, are prohibited from the possession, consumption, or being in the presence of alcohol in all residence areas. Residents under the age of 21 are also prohibited from:
 1. Being under the influence of alcohol
 2. Being present in any area where there are alcohol containers or other vessels containing alcohol (empty or full to include decorative containers)
- 21+ housing designation is reviewed on a case-by-case basis for Wasylean Hall and Chandler Village apartments only. An application for 21+ designation must be submitted and the apartment residents must await approval, which is subject to the discretion of Residence Life and Housing. At the time of application and in order to maintain 21+ designation, all residents of the apartments must be:
 1. 21 years of age or older
 2. Clear of any alcohol-related student conduct probation
- Residents of 21+ apartments may responsibly consume alcohol in the privacy of their apartments. This privilege is extended to guests of the residents in these apartments as long as the guests are also 21 years of age or older. The consumption of alcohol is not permitted in 21+ apartments if anyone under the age of 21 is present, and therefore alcohol containers should not be out in the open when someone under the age of 21 is present.
- Residents who are approved for 21+ housing designation may each have **only ONE** of the following at any time (**limits apply to full or empty alcohol containers**) and larger bottles are not permitted:

1. 375ml (pint) of Hard Liquor – no higher than 80 proof
 2. One 6 pack of 12oz Beers (or no more than 72 ounces total) – including wine coolers, hard ciders, and other 12oz bottled beverages
 3. 750ml bottle of wine
- The 21+ designation for any apartment is subject to change at the discretion of Residence Life and Housing, and any violation or disruptive behavior in the apartment, or that involves the residents of the apartment, could be grounds for revoking the 21+ designation.

A reminder of Worcester State University's Alcohol Transport Amnesty Policy, as found in the WSU Code of Conduct.

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

Assessment

The Worcester State University prevention programs are guided by necessary needs assessments coordinated by The Office of Alcohol & Drug Prevention Education. 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 2019-2020 and 2020-2021 academic years:

- **Alcohol Edu for College** – Administered Fall, 2019 & 2020, Executive summary available in the Office of Drug and Alcohol Prevention Education.
- **AUDIT Alcohol Screenings** – Administered 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.
 - **Healthy Minds Study** - 2018-2019 Report

WSU Departmental AOD Efforts and Data
July 2019- June 2021

University Police

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 University Police works closely with the Worcester Police Department, Massachusetts State Police and the Worcester District Attorney's Office.

The Commonwealth of Massachusetts recognizes the Department as a criminal justice agency, and its patrol officers as police officers. Pursuant to the General Laws of Massachusetts, *Chapter 15A, § 22*, and *Chapter 73, § 18*, the Board of Trustees at Worcester State University has established the Worcester State University Police Department; and the Board has invested the department all the same powers, authority, immunities, and privileges of state and municipal police officers, including but not limited to the power to make arrests, to handle prisoners, and to enforce all traffic laws on streets and highways, throughout the property owned, leased, used, or controlled by the university.

Additionally, officers employed by the Worcester State University Police Department are also Special State Police Officers (SSPOs), pursuant to the General Laws of Massachusetts, *Chapter 22C, § 63* which grants to university police officers the power to exercise law enforcement authority including detentions, arrests, and searches; concerning any criminal offense; occurring in or on buildings, structures, facilities, lands or roads; owned, occupied or used by their employing institution. The authority to investigate and enforce "any crime" encompasses all felonies and misdemeanors, including motor vehicle offenses.

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. Desk Assistants are trained by Residence Life on how to conduct various assessments at the desk for and how to report to Residence Life and University Policy.

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 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 commuters.

In the reporting period 2019-2021 The University Police Community Outreach Programs were minimal due to staff shortage as well as the pandemic. Below is a list of typical University programming efforts when fully staffed.

1. R.A.D.
2. Impairment Goggle Presentations and Simulation
3. Information table at Congratulations Day
4. Information table at Criminal Justice Fair
5. Participated in New Student & Parent Orientations
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
12. Citizen Response to Active Attacker Events
13. FEMA sponsored Until Help Arrives

Each year, all colleges and universities are required by law to comply with the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, part of the Higher Education Act of 1965, and the Violence Against Women Act (VAWA) and the Fire Safety Report. This is a document that provides crime statistics to the WSU community that, over the last three calendar 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. An online version is available on the University Police website at <http://www.worcester.edu/university-police/>. Hard copies are available upon request.

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 students 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, for the report period of 2019 to 2021 had been staffed with five counselors. All counselors are qualified to work with students who present with AOD issues. In addition, the Counseling center refers to off campus treatment when necessary.

The Counseling Center and the Office of Alcohol and Drug Prevention Education 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 2019-2021 are as follows:

102 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. One student was hospitalized for AOD issues and a re-entry meeting took place upon their return. In the report period 2019-21, 12 alcohol/substance use screenings were completed. These screening links are located on both the counseling center and alcohol and drug prevention websites.

Fresh Check Day

Fresh Check Day is an uplifting fair-like event hosted by the Counseling Center that includes interactive booths that bring awareness to mental health resources and coping strategies. This annual event includes a booth specific to Alcohol and Drug awareness. The "Know Your Limit Booth" aims to raise awareness of alcohol (and other drug) safety and the warning signs of alcohol (and other drug) abuse and dependence. It also provides information on resources that can help if a student is worried about themselves or a friend.

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 ACT Report is the form a member of the WSU community submits when 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 SIT for further assessment

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 via an online reporting form 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.

The Student Intervention Team is a cross-divisional, multidisciplinary team that meets 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
- Community Standards
- Counseling Services
- Health Services
- Alcohol & Drug Prevention Education
- Multicultural Affairs
- Residence Life and Housing
- Retention Office

- Student Accessibility Services
- Student Affairs
- Student Involvement and Leadership Development
- Title IX
- University Police
- Veteran's/Military Affairs

Civic Engagement

WSU's Civic Engagement: 2020-21

Totals: For the academic year 2020-21, WSU reports 869 students engaged at 268 sites completing 127,137 hours of engaged / experiential learning.

Impact of COVID-19: Civic Engagement, Student Placements and Clinical Practicums

Concerns related to student safety, limited resources, and the strain on educational organizations posed limitations and unique challenges for our university in all regards. The above numbers are down from the previous year, when we reported *1869 students engaged at 268 sites completing 161,255 hours of engaged learning*. That said, challenges prevented by Covid were addressed in myriad ways, by increasing technologically assisted engagement, such as zoom debates, virtual simulation, clinical labs, and independent online learning modules.

All of the areas tracked here below may be grouped – in general – around the educational concept (pedagogy) of experiential learning. Internships, volunteerism, clinicals, practicums, and service learning remain meaningful to professors, students and community partners.

· **Civic Learning:** In keeping with the DHE's assessment of Civic Learning and Engagement, WSU is in its third year tracking courses as CL (civic learning). As in years past, 496 course sections were coded as CL, with (mostly digital) 8518 seats filled for a total of 25,712 credit hours that foster a civic ethos across the campus and educational culture. Roughly *30% of our classes each year are coded as some form of Civic Learning. (Source: IR)*

- **Internships:** According to our Office of Institutional Research, 243 students were enrolled in 806 credit hours of internships for 2019-2020.

Internship projects are registered in 11 of our 21 departments.

Internship hours: 30,618

(Source: IR. The State Internship Incentive Fund was not active this year.)

- **Experiential Learning / Service Learning.** As we continue to develop methods for coding and institutionalizing Service Learning and Civic Engagement, OT, Communications, Urban Studies, Sociology, Biology, and Business Departments continue to run courses where service is a central student outcome. *Notable: This academic year, the Worcester State Foundation began to award \$500 stipends for Experiential Learning. In each term, more than 100 students applied for 50, \$500 stipends. These awards were evenly divided between the two schools within Worcester State.* Combined with Jumpstart and the class offering of the Urban Action Institute, Experiential Learning / Service Learning accounted for 28 SL projects involving 150 students contributed 18,900 service hours to various community partners.

(Source: Binienda Center)

Volunteerism: ENACTUS and Jumpstart continued with their volunteer efforts. The university also ran a food distribution program with The United Way and the Woo Sox and Ocean State Job Lot in January, and our faculty, staff and students populated our regional vaccination clinic through the spring. Jumpstart featured 31 student volunteers providing 300 hours over the course of the year. *Notable also Vaccine Clinic (180 hrs x's 48 students= 8,640 hours)*

- In all, BCCE reports 12 Projects involving 101 students and 20,369 hours of volunteer, civic engagement. (Source: Binienda Center).

- **Nursing Clinical Placements:** 206 students (undergrads), 21 clinical sites, 27,284 hours (including expected summer hours). (Source: Nursing).

For breakdown of results, see below.

- **CSD, Health and Education Practicums:**

Education: Education: Totals: 171 students, 21,717 hours of community engaged learning. (Source: Education).

CSD: 46 students in Internships providing 8249 hours of service. (Source: CSD)

The Binienda Center keeps a complete list of our community partners and placement sites. If you have an interest, please contact Dr. Wagner at: mwagner2@worchester.edu or visit: <https://www.worcester.edu/Binienda-Center-for-Civic-Engagement>

Here are further details on where and what for our students were active in the community:

EDUCATION:

Undergraduate Prepracticum Middle/Secondary (*Includes Post-Bacc, PB, students*):

SP20 - 8 students

FA20 - 14 students (24 students total)

SP21 - 7 students (13 students total)

I only know the PB Preprac numbers for FA20 & SP21 as those were the two semesters that I have taught this course:

FA20 - 10 students

SP21 - 6 students

Practicum Middle/Secondary

Spring 2020 - 80 practicum placements

Fall 2020- 70 practicum placements

Spring 2021-68 practicum placements

Elementary Education:

SP 2020 - 18

FA 2020 - 20

SP 2021 - 7

The School Psychology Program had the following student placements in schools during this covid period.

SP 2020: Practicum: 13 Internship: 13

F 2020: Practicum: 11 Internship: 13

SP 2021: Practicum: 10 Internship. 13

School Psychology "Pre-practicum".

SP 2020: 13

SP 2021: 13

Nursing

Senior Level

Fall Semester:

Number of Students: 48

- Each completed 30 hours of Community Health clinical (1,440)
- Each completed 24 hours of Mental Health Nursing (1,152)

Spring Semester:

These same 48 students each completes 180 hours related to their capstone course (164 hour in either 1:1 preceptorship or in guided clinical groups plus 16 hours in the Vaccine Clinic (180 hrs x's 48 students= 8,640 hours)

2020/2021 Total for senior level: 11,232

Junior Level

Fall Semester: Med-Surg & OB

Number of students 72 students

- Each completed 48 hours of med/surg clinical (3,456)
- Each completed 48 hours in Maternity clinical (3,456)

Spring Semester: OB

Number of students: 60

- Each completed 32 hours in Pedi clinical (24 in clinical & 8 in Vaccine Clinic)
1,920

Summer: 60 students

- Each expected to complete 72 Hours of med/surg clinical (4,320)

2020/2021 Total of junior level hours: 13,152

Sophomore Level:

Fall Semester: 89 students/ No Clinical

Spring Semester: 69 students/ No clinical

Summer:

Number of students: 69

- Each expected to complete 36 hours in fundamental nursing (long term care) hours
(2,484)

Total sophomores: 2,484

RN-BS

Fall Semester: Number of students 18

- Each completed 48 hours in community health clinical (816)

Spring Semester: No Clinical

Examples of Name and Address of Cooperative Agency
1. Ashland Board of Health
2. Catholic Charities

3. Canton Board of Health
4. Dedham Public Schools
5. Edward M Kennedy Community Healthcare Center
6. Emerson Hospital
7. Fairlawn Rehabilitation Hospital
8. Hopkinton Board of Health
9. Marlborough Hospital
10. Milford Regional Medical Center
11. Milton Board of Health
12. Natick Board of Health
13. Newton Board of Health
14. Norton Board of Health
15. St. Francis Rehabilitation and Nursing Center

16. St. Vincent Hospital
17. Sudbury Board of Health
18. UMass Memorial Medical Center, 119 Belmont Street, Worcester, MA
19. UMass Memorial Medical Center, 55 Lake Avenue North, Worcester, MA
20. Wayland Public Health
21. Worcester State University, COVID-19 Vaccine Clinic

Athletics

The Worcester State student athletes are subject to the same rules and policies stated in the WSU Code of Conduct. 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 discretion (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 the 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 (see below) 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.

NCAA Alcohol, Tobacco and Other Drug Education Guidelines

NCAA bylaws require that the director of athletics or designee educate student-athletes about NCAA banned drugs and the products that may contain them. The following provides a framework for member schools to assure they are conducting adequate drug education for all student-athletes. Athletics administrators, coaches, and sports medicine personnel should also participate in drug-education sessions. Campus colleagues may provide additional support for your efforts.

In Preparation for institution drug education programs, annually

Develop a written policy on alcohol, tobacco and other drugs. This policy should include a statement on recruitment activities, drug testing, disclosure of all medications and supplements, discipline, and counseling or treatment options.

Review the NCAA, conference and institutional drug-testing program policies and update handbook materials accordingly.

Include NCAA list of banned drug classes and NCAA written policies in student-athlete handbook.

Identify NCAA, conference and institutional rules regarding the use of street drugs, performance enhancing substances, and nutritional supplements, and consequences for breaking the rules.

Display posters and other NCAA educational materials in high-traffic areas.

Include the following printed warning in the student-athlete handbook:

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at your own risk. *

Tasks and Timelines for educating student-athletes

By July 1:

Send out the NCAA list of banned drug classes, the dietary supplement warning and REC* information to all returning student-athletes and known incoming student-athletes.

Orientation at the start of academic year:

Ensure that student-athletes sign NCAA compliance forms.

Provide student-athletes with a copy of the written drug policies as outlined above.

Show NCAA Drug-Education and Testing video.

Verbally explain all relevant drug policies with student-athletes and staff:

- o NCAA banned drug classes (note that all related compounds under each class are banned, whether or not they are listed as an example.)
- o NCAA drug-testing policies and consequences for testing positive, including failure to show or tampering with urine samples.
- o Risks of using nutritional/dietary supplements – read the dietary supplement warning.
- o NCAA tobacco use ban during practice or competition.
- o Conference and institutional drug-testing program policies, if appropriate.
- o Street drug use policies and institutional sanctions for violations, if appropriate.

Team Meetings:

Repeat the information from the orientation at team meetings throughout the year.

Start of Each New Academic Term:

Repeat the information from the orientation at the start of new academic terms to reinforce messages and to ensure transfer student-athletes are exposed to this information.

Throughout the year:

Provide additional drug-education opportunities using NCAA resources at www.ncaa.org/drugtesting.

* For authoritative information on NCAA banned substances, medications and nutritional supplements, contact the Resource Exchange Center (REC) at 877-202-0769 or www.drugfreesport.com/rec (password ncaa1, ncaa2 or ncaa3).

Life Skills

To provide for the health and safety of all student athletes the Athletic Department in collaboration with Residence Life, Counseling Services, and the Director of Title IX and Alcohol and Drug Prevention Education collaborate to offer Life Skills programming to our student athletes.

The NCAA Student Athlete Affairs Life Skills 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.

Worcester State University NCAA Life Skills and Apple Advisory Team:

Jennifer Quinn, Director of Title IX and Alcohol and Drug Prevention Education

Kelly Downs, Coordinator of Student Athlete Support Services.

Kevin Fenlon, Assist. Director, Counseling Services

Kristen Nelson, Associate Director, Residence Life and Housing

Dean Bowen, Assistant Director, Fitness Center Manager, Wellness Center

In Fall 2019, three classes were offered for about 60 first year student athletes to complete a three credit course titled “Leadership/Life Skills for the Student Athlete”. The Life Skills focused class included information alcohol, drugs, bystander, sexual assault, campus and local resources. Unfortunately in 2020, zero classes were offered.

In 2019, the Student -Athlete Life skills program was altered into each athlete participating in two - life skills sessions a year. One picked by their coach, designed for the team; the other picked by the individual. These topics range from Healthy relationships, career, alcohol and drug prevention, leadership, mental health, etc. In 2020, coaches choose each session for them.

Athlete Compliance Meeting

Once a year Athletics hosts a mandatory Athlete Compliance Meeting for our student athletes. Topics include alcohol, marijuana and performance, Conduct policies and Title IX, sexual violence education and consent.

Approximately 400 students attended annually.

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.

Intramural Alcohol & Drug Policy

As safety is our number one priority, No student will be permitted to participate in, or watch

any intramural activity under the influence of alcohol or drugs. Any student who violates this policy may be referred to the University's Office of Community Standards for disciplinary action.

Worcester State University prohibits the possession or use of alcohol and/or drugs or drug paraphernalia on university premises.

Intramural Tobacco Policy

Smoking, the use of other tobacco products (i.e. Dip, Chewing Tobacco, etc), and any other nicotine delivery system (i.e. ECigs, Vapes, Juul, etc), will not be permitted during the participation or viewing of any intramural events as it is a violation of the University's Tobacco Free Policy. Compliance with this policy is mandatory for all employees, faculty, staff, students, and visitors of the University.

Recreation & Wellness (WSU Wellness Center)

Our goal is to educate the diverse campus community through movement, social and educational opportunities with a variety of inclusive programs that focus on a holistic approach to personal well-being. Our Recreation & Wellness program will provide programs and services to help you achieve your health and fitness goals including a variety of group exercise classes each week, 1-on-1 personal training, intramural sports/leagues and tournaments, educational sessions, wellness workshops, golf simulator use, drop-in open recreation play, equipment rental, free consultations and assessments related to the five components of health related fitness, collaborative nutritional programs, virtual/remote engagement and many other special events.

The Wellness Center has had much success, which from an environmental approach we are confident had a positive effect on healthy behaviors and choices.

Fall represents September 1 to December 31, Spring represents January 1 to May 31.

Fall 2019:

Fitness Center Visits: 29,068* (*includes all members)

Unique Fitness Center Visits: 1,963

Group Exercise Classes Offered: 467

Group Exercise Class Participations: 1,419

Unique Group Exercise Participation: 310

Spring 2020: (CLOSED 3/14/2020-5/31/2020)

Fitness Center Visits: 20,483* (*includes all members)

Unique Fitness Center Visits: 1,705

Group Exercise Classes Offered: 278

Group Exercise Class Participations: 455

Unique Group Exercise Participation: 92

Fall 2020: COVID Restrictions

Fitness Center Visits: 9,951 (only students)

Unique Fitness Center Visits: 793

Group Exercise Classes Offered: 0

Group Exercise Class Participations: 0

Unique Group Exercise Participation: 0

Spring 2021: COVID Restrictions

Fitness Center Visits: 11,343 (only students)

Unique Fitness Center Visits: 712

Group Exercise Classes Offered: 37

Group Exercise Class Participations: 53

Unique Group Exercise Participation: 21

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 Alcohol & Drug Prevention Education 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 of 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 Alcohol & Drug Prevention Education.

The Health Service Office also 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 training 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. 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
- *We Speak Up*, bystander empowerment training.
- 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 as well as True to Life Training - Compassionate Compliance
- Code of Conduct training. The Office of Community Standards trains the RA's on the policies as well as the judicial process.
- University 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 Community Standards

The mission of the WSU Office of Community Standards 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 Community Standards 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 and the Code of Conduct..
- 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 Community Standards are outlined in the Worcester State University Code of Conduct as well as the Student Handbook - Worcester State University.

The Associate Director of Community Standards annually trains the Residence Directors who act as administrative hearing officers as well as members of the University community that serve on the campus conduct and appellate boards. In addition, the Associate Director attends Resident Assistant training in August to train the RAs on incident report writing and the conduct process.

Alcohol and Drug Policy Documentations for August 2019-July 2021

Fall 2019

Alcohol: 54

Drug: 21

Spring 2020

Alcohol: 8

Drug: 4

Fall 2020

Alcohol: 83

Drug: 4

Spring 2021

Alcohol: 19

Drug: 6

The number of sanctions that are imposed as a result of drug and alcohol-related violations were not provided by the Office of Community Standards for this reporting period.

The specific sanctions imposed for the above numbers (first offense, second offense, etc.) were not provided by the Office of Community Standards for this reporting period. Please refer to the chart below for minimum sanctions.

Incidents of vandalism related to AOD were not reported by the Office of Community Standards for this reporting period.

The Office Alcohol & Drug Prevention Education

The Office of Alcohol & Drug Prevention Education 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 Director of Alcohol & Drug Prevention Education leads the WSU Alcohol Task Force and has responsibility for the DAAPP and Biennial Review which includes gathering data and information from all areas on campus who offer Drug and Alcohol education as well as educating those areas on evidence based best practices and compliance with DFSCA.

Other responsibilities for The Office of Alcohol & Drug Prevention Education are described in more detail throughout this report.

Alcohol and Other Drug Education & Prevention

The Office of Alcohol & Drug Prevention 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 treatment. 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 Principles 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 Matrix was updated in 2019 with updated research and best practices.

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%.

Our students have also been required to complete the Sexual Violence Prevention on-line program since 2005 which is sexual assault awareness and prevention information.

Effective Fall 2018 we added the Ever-fi on-line Prescription Drug Prevention and in 2020 we added Mental Well-being and Diversity, Equity and Inclusion programs that are also mandatory for all incoming freshmen.

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

Because it is a mandated program we typically have about a 98% completion rate.

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

Alcohol Transport Data

The Worcester State University Transport Policy, as described in this report, serves as an opportunity for a positive approach and education for impacted students. Information, reports and evaluations from students who meet with the Director of Alcohol & Drug Prevention after a medical Transport for a BASICS and Brief Motivational Intervention are kept in The Office of Alcohol & Drug Prevention.

Number of students reported having experienced a wellness check or transport:

Fall 2019 - 18
 Spring 2020- 6
 Fall 2020- 4
 Spring 2021 - 0

Number of WSU students and sessions seen for BASICS and Brief Motivational Intervention for an alcohol medical transport, level 3 alcohol offense, level 2 marijuana offense or self-refer:

Fall 2019– 34 sessions
 Spring 2020- 11 sessions
 Fall 2020 - 5 sessions
 Spring 2021 – 2 sessions

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:** *** = 11+ 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

The Office of Alcohol & Drug Prevention utilizes 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 Director of Alcohol & Drug Prevention is the educational for level 2 marijuana offense.

20 students completed eCheckup for Marijuana from Sept. 2019 - July 2020

0 student completed eCheckup for Marijuna from Sept. 2020 - July 2021

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 and the relationship between alcohol and sexual violence. 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. This class is facilitated by the Director of Alcohol & Drug Prevention. Evaluations are completed after each class. Results indicate students are gaining knowledge in the above areas. These evaluations are housed in The Office of Alcohol & Drug Prevention.

For the reporting period 29 students attended the alcohol class in this reporting period.

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:** ** = 7 to 10 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

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:** ** = 7 to 10 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 (≥ 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:** ** = 7 to 10 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)

Number of students attending alcohol education classes:

Fall 2019 – 21

Spring 2020 -11

Fall 2020 - 0

Spring 2021 - 0

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:** ** = 7 to 10 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.

In the review period of 2019-2021, 79 students trained through SSN.

Sexual Assault Survivor Support Group, Healing Through Trauma

Healing through Trauma is a confidential support group for student survivors of sexual assault or rape. The group is facilitated by a licensed clinician and focuses on education, resilience, empowerment and coping with traumatic incidents of sexual violence. The group runs weekly to bi-weekly and students are welcome to attend as needed. Students are asked to complete intake paperwork with the counseling center prior to attendance.

It IS My Place Theatre Program

As part of Worcester State University's commitment to maintaining a safe and healthy learning and living environment we provide mandatory first year student prevention education in the areas of gender misconduct, bystander intervention, affirmative consent, and inclusivity.

Through the use of theater and audience participation, the "It IS My Place" program, tackles the difficult topics of sexual violence, mental health, drugs and alcohol and bias incidents. The program equips students with the tools to recognize problematic situations, identify safe and effective intervention strategies and develop a larger sense of responsibility for one another.

Please note that due to COVID gathering restrictions in the fall 2020 this program was not able to be offered and was instead replaced with the "We Speak Up" bystander intervention program in first year seminar classes. See "We Speak Up" for more information.

Orientations

New Student Orientation

All new students attending orientation in June are introduced to the Director of Alcohol and Drug Prevention 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 Associate Director of Student Conduct and University Police

who reviews policy and procedures in regard to alcohol and drugs. Counseling Services also speak to the new students to make them aware of available support services.

2019 student attendees - 786

2020 student attendees - 404

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 Director of Alcohol & Drug Prevention introduces The Office of Alcohol & Drug Prevention resources to the parents. A formal but brief presentation is given on the Ever-fi requirements; Alcohol Edu, Sexual Violence & Prescription Drug Prevention. Also discussed is alcohol policies, alcohol transport policy, WSU statistics (social norms), Prescription Drug safety and the Director of Alcohol & Drug Prevention 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 were mailed a letter from The Director of Alcohol & Drug Prevention developed a booklet titled, Alcohol and other drugs on campus, A message to families, this booklet 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. (Booklet available upon request)

Parent Orientation took place virtually in 2020 due to Pandemic.

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:** ** = 11+ 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

- ***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

Skills training, alcohol plus general life skills or general life skills only: Generic/other

These programs combine training in skills aimed at reducing alcohol use (e.g., drink refusal and moderation of alcohol use) with training in general life skills (e.g., stress management, coping, and lifestyle balance), or they provide training only in general life skills as a means of reducing alcohol use.

-
- **Effectiveness:** = Moderate
 - **Cost:** \$\$ = Mid-range
 - **Barriers:** # = Lower
 - **Research Amount:** ** = 11+ studies
 - **Public Health Reach:** Focused
 - **Primary Modality:** In-person group
 - **Staffing Expertise Needed:** Health Professional or 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 Director of Alcohol & Drug Prevention avails herself to faculty who are interested in having her come into the classroom to talk about alcohol or drugs. The Director of Alcohol & Drug Prevention encourages 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 Director of Alcohol & Drug Prevention Education attended 5 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 Alcohol and Drug Prevention Education 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).

In the Biennial Review period no Alcohol Screening was offered but it is intended to offer it again in spring 2021.

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

-
- **Effectiveness:** = Higher
 - **Cost:** \$ = Lower
 - **Barriers:** # = Lower
 - **Research Amount:** *** = 11+ 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

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:** = Moderate
- **Cost:** \$\$ = Mid-range
- **Barriers:** # = Lower
- **Research Amount:** **** = 7 to 10 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 formal 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.

- **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. Programming numbers and data was not received from Residence Life for this reporting period.

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.

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 Alcohol & Drug Prevention Education 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.

In 2020 a We Speak Up curriculum was developed and strengthened by the SAVE Committee and implemented in a dozen classrooms.

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

In the review period there was no AOD social media outreach. This has just been developed and will be active in the upcoming academic year.

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.

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:** ** = 7 to 10 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 Alcohol & Drug Prevention Education 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.

During the 2020 academic school year these were not mailed due to the pandemic.

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 during training, and given to 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 Drug & Alcohol Prevention Education.

Community Wide Coalitions:

The Director of Alcohol & Drug Prevention Education belongs to several coalitions. These coalitions serve as resources for current evidence based information, best practices and networking. The Director of Alcohol & Drug Prevention Education currently attends the following meetings and conferences.

- NEHEN
- NEACHA
 - Recovery Collaborative
- Campus Prevention Network

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 (2017-2019) 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 timelines, individual or offices being held responsible will be identified and recommendations for follow up will be specified.

There were no identifiable strengths for the 2019-2021 reporting period.

Weaknesses for 2019-2021

1. Funding cut for AOD programming initiatives
2. Dir. of AOD job responsibilities are not dedicated to AOD prevention efforts as they have other responsibilities. AOD is about 35%.
3. Peer Health Educators were not active in AOD prevention work and not BACCHUS trained
4. Social Norms campaign not completed in 2019-2021 academic year
5. University Police Outreach program not conducted
6. No specific sophomore education
7. AOD prevention campus wide is not comprehensive to consistently include Prevention, Assessment, Intervention, Treatment, Rehabilitation and Re-entry.
8. Consistent evaluation of prevention programs is not conducted
9. Consistent evaluation of conduct process is not conducted
10. Programming initiatives not consistently reported to include what was offered, target audience, where it took place, program goals (prevention, response, educational, policy enforcement, environmental strategies, therapeutic interventions) and evaluation data.

Recommendations from previous Biennial Reviews reviewed in this reporting period

1. 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) - **GOAL NOT MET**, Evaluation did not take place during this Biennial Review period.
2. 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. (Evaluations are completed for alcohol class, BASICS meetings, and Opioid Presentation, no evaluations for conduct or committees) - **GOAL NOT MET** - Evaluations will be incorporated into all upcoming programs.
3. Collection of data from SIT meetings on the 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) **GOAL NOT MET** - Data was not collected in Maxient. The Dir. of AOD intends to conduct this data collection moving forward.
4. Educate the WSU community on “Alcohol On campus” forms. - **GOAL NOT MET**
April 8, 2019, In speaking with Mike McKenna it was decided to send this information to the community at the end of summer 2019/beginning of Sept. 2019. Dir. of Alcohol & Drug Prevention Education will do that.
5. Educate the community on AOD prevention efforts in place. **GOAL PARTIALLY MET**~Market “We Speak Up” more and develop more bystander programs and trainings. **GOAL MET** ~ In 2020 a very comprehensive We Speak Up (bystander) curriculum was developed by the WSU SAVE committee and presented in several classrooms remotely. In 2021-2022 it will continue to be offered to FYS classes.
6. 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.) - **GOAL MET**

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

Recommendations from 2017-2019 Review Period

1. Increase messaging around Narcan availability on campus (per JED recommendations) ~**GOAL NOT MET**
2. Stimulant abuse education needed (Per JED recommendations) ~ **GOAL PARTIALLY MET**. Incoming first year students are required to take the EVERFI course “Prescription Drug Prevention Education” which addresses stimulant abuse but more on-going prevention will be implemented in the next review period.
3. Look into collection day places we can send students (Per JED recommendations) **GOAL MET** ~ University Police and Health Services looked into the possibility of offering a collection site or collection day on campus. Due to some of the guidelines that were not feasible but a link to medication waste kiosks in Massachusetts have been added to the Health Services and AOD webpage.
4. Look into MOU for substance abuse (Per JED recommendations) ~ **GOAL NOT MET**
5. Add screenings to Health Services Website (Per JED recommendations) ~ **GOAL MET**
6. Increase & advertise opioid and marijuana programming (Per JED recommendations) ~**GOAL MET**. Opioid and Marijuana programming are offered as in and out of classroom presentations on campus. Several presentations have taken place in classrooms and with athletics. These programming options are available on the AOD webpage and sent out to all FYS instructors.
7. Research developing Substance Free Housing. ~**GOAL NOT MET**. The Dir of AOD has attended New England Collegiate Recovery Collaboration meetings to learn more about this option but with COVID it has not taken place. More research needs to be done in this area.
8. Increase e-cigarette education ~ **GOAL NOT MET**

Recommendations for the 2021-2022 Review Period

1. Research Covid effects on AOD behaviors of College students and adapt programming as necessary.
2. Put a strategic programming AOD calendar together.
3. Increase Peer Health Educators training and programming around AOD
4. Review recommendations from 2017-2019 Biennial Review Report.
5. Train Counseling service employees on how to administer narcan
6. Create and increase social media presence on AOD
7. Increase more strategic prevention messaging around campus traditions or large events. (promote healthy behaviors)

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 X

If yes, where is it located? Office of Alcohol and Drug Prevention Education

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 X Staff and Faculty: Yes X

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

Students: Yes X Staff and Faculty: Yes X

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

Students: Yes X Staff and Faculty: Yes X

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

Students: Yes X Staff and Faculty: Yes X

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

Students: Yes X Staff and Faculty: Yes X

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)

No X

b. Through campus post offices boxes

No X

c. Class schedules which are mailed to each student

No X

d. During freshman orientation

Yes X

e. During new student orientation

Yes X

f. In another manner - Email

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

Yes

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

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

a. Mailed

Staff: No **Faculty: No**

b. Through campus post office boxes

Staff: No **Faculty: No**

c. During new employee orientation

Staff: Yes **Faculty: Yes**

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 **Faculty: Yes**

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 **Faculty: Yes**

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?

Conduct student alcohol and drug use survey. Keep ongoing data of trends.

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

Students: Yes **Staff and Faculty: No**

c. Evaluate comments obtained from a suggestion box

Students: No **Staff and Faculty: No**

d. Conduct focus groups

Students: No **Staff and Faculty: No**

e. Conduct intercept interviews

Students: No X Staff and Faculty: No X

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

Students: Yes Staff and Faculty: No

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

Students: No X Staff and Faculty: No

h. Other (*please list*)

10. Who is responsible for conducting these biennial reviews?

Jennifer Quinn, Director of Alcohol & Drug Prevention Education

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

12. Where is the biennial review documentation located?

Jennifer Quinn
Office of Title IX and Alcohol & Drug Prevention Education
Student Center, Third Floor Rm. 338
Jquinn@worchester.edu
508-929-8243

In compliance with the Drug-Free Schools and Campuses Regulations, Below is a copy of the DAAPP from Spring 2021.



WORCESTER
S T A T E
UNIVERSITY

Drug and Alcohol Abuse Prevention Program

(DAAPP)

Annual Report

Spring 2021

Worcester State University

The Drug Free Schools Campuses Regulations (34CFR Part 86) of the Drug Free Schools and Communities Act (DFSCA) requires an institution of higher education (IHE) such as Worcester State University, to certify that it has implemented programs to prevent the abuse of alcohol and use and /or distribution of illicit drugs both by Worcester State University students and employees both on its premises and as a part of any of its activities. At a minimum, an IHE must annually distribute the following in writing to all students and employees:

- I. 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.
- II. Legal sanctions and penalties; including sanctions under local, State, or Federal Law for the unlawful possession or distribution of illicit drugs and alcohol.
- III. Descriptions of the health risks associated with AOD abuse.
- IV. 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.
- V. 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.

I. Standards of Conduct

A. Employees

Worcester State University has adopted the “Alcohol and Drug-Free Workplace policy” to ensure a safe environment for all employees. In addition Worcester State is a Tobacco Free campus. These policies are available in the Worcester State Employee Handbook.

<https://www.worcester.edu/FP-HR-Forms-and-Resources/>

Employees should be reminded that Worcester State University complies with the Federal Law regarding the use and possession of marijuana, therefore, marijuana use on campus is prohibited even if the employee’s use is registered through The MA Medical Use of Marijuana Program.

<https://www.mass.gov/medical-use-of-mar-program>

Employees are required to adhere to the requirements of these policies. Failure to adhere to these policies may result in disciplinary action as described in the employee handbook.

B. Students

Current enrolled students are required to abide by Worcester State’s Code of Conduct. In addition to local, state and federal laws, our Student Code of Conduct prohibits: The unauthorized use, possession, manufacturing, or distributing of illegal drugs, controlled substances, look-alike drugs, narcotics or alcoholic beverages or being under the influence of the same. Prohibited conduct includes the use of a prescription drug if the drug was not prescribed to the student. The Code of Conduct includes sanctions for

violating the standards. The full version of the Student Code of Conduct can be found here: <https://www.worcester.edu/CodeofConduct/>

II. Legal Sanctions

Worcester State University enforces all federal and state laws.

A. Federal

Federal law provides criminal and civil penalties for unlawful possession or distribution of all controlled substances. Under the Controlled Substance Act, as well as other related federal laws, the penalties for controlled substance violation includes, but is not limited to: incarceration, fines, potential for the forfeiture of property used in possession or to facilitate possession of a controlled substance (which may include homes, vehicles, boats, aircrafts and any other personal or real property), ineligibility to possess a firearm, and potential ineligibility to receive federal educational benefits (such as student loans and grants). See also a description of federal trafficking sanctions from the Drug Enforcement Administration (DEA) at:

[https://www.iecc.edu/files_user/CONS/Files/Federal Trafficking Penalties.pdf](https://www.iecc.edu/files_user/CONS/Files/Federal%20Trafficking%20Penalties.pdf)

B. State

The State of Massachusetts has numerous laws regarding the possession and use of controlled substances and alcohol. As an example, under current MA laws “a person shall not knowingly or intentionally possess or distribute a controlled substance.” If an

individual is found guilty of a violation of the state law, they may be subject to large fines and imprisonment. A comprehensive list of MA laws can be found at these links:

Controlled Substance Act:

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXV/Chapter94C>

MA general Laws pertaining to liquor:

<https://malegislature.gov/Laws/Search?searchTerms=liquor>

MA laws regarding use and distribution of marijuana not medically prescribed:

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXV/Chapter94G>

III. Health Risks

Health Risks Associated with the Use of Illicit Drugs and the Abuse of Alcohol is a prime contributor to suicide, homicide, motor vehicle deaths, and other unintended deaths. Excessive alcohol consumption leads to more than 54,000 deaths annually in the United States.

<https://www.cdc.gov/nchs>. Alcohol abuse can lead to alcohol dependence, premature death through overdose, alcohol-related stroke, and complications involving the brain, heart, liver, and many other body organs. Alcohol abuse also causes liver disease, gastritis, and anemia, as well as cancers of the esophagus and larynx.

Alcohol used in any amount by a pregnant woman can cause birth defects and permanent brain damage to the child. Drug use by a pregnant woman may cause addiction or health complications in her unborn child.

Alcohol abuse interferes with psychological functions, causes interpersonal difficulties, and is involved in most cases of child abuse. Substance abuse disrupts work, reduces motivation, causes legal and financial problems, and social and family problems.

The abuse of illicit drugs can result in a wide range of health problems. In general, illicit drug use can result in drug addiction, death by overdose, death from withdrawals, seizure, heart problems, infections (e.g., HIV/AIDS, hepatitis), liver disease, and chronic brain dysfunction.

Commonly abused classes of prescription drugs include opioids (for pain), central nervous system (CNS) depressants (for anxiety and sleep disorders), and stimulants (for ADHD and narcolepsy). The use of prescription medications by anyone other than the prescribed individual is illegal and dangerous. Known health risks for inappropriate or illegal use are listed in the [National Institute of Drug Abuse, Health Consequences of Drug Misuse](#) (link below).

Tobacco use is the leading preventable cause of disease, disability and death in the United States. According to the Center for Disease Control and Prevention (CDC), cigarette smoking results in more than 480,000 premature deaths in the United States each year – about 1 in every 5 U.S. deaths – and an additional 16 million people suffer with a serious illness caused by smoking. In fact, for every one person who dies from smoking, about 30 more suffer from at least one serious tobacco-related illness.

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm#toll p

Other problems associated with alcohol and drug use include the following psychological dysfunctions: dependency, memory loss, hallucinations, paranoia, and psychosis.

For additional health risks associated with alcohol and drug abuse visit:

- National Institute of Alcohol Abuse, and Alcoholism, Alcohol's Effect on the Body
<http://niaaa.nih.gov/alcohol-health/alcohols-effects-body>
- Center for Disease Control and Prevention, Fact Sheets- Alcohol Use and Your Health
<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>
- National Institute of Drug Abuse, Health Consequences of Drug Misuse
<https://www.drugabuse.gov/related-topics/health-consequences-drug-misuse>
- National Institute of Drug Abuse, Tobacco, Physical health consequences of tobacco use
<https://www.drugabuse.gov/publications/tobacco-nicotine-e-cigarettes/what-are-physical-health-consequences-tobacco-use>

For more information about health risks associated with alcohol and drug abuse contact Jennifer Quinn, Director of Alcohol & Drug Prevention Education at Jquinn@worchester.edu or 508-929-8243.

IV. Drug and Alcohol Programs

A. Employees

In the event an employee is having difficulty with Alcohol and/or other drug use employees are offered services through AllOne Employee Assistance Program.

<https://www.worcester.edu/FP-Employee-Assistance-Program/>. 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. More information can be found in the employee handbook or by contacting Human Resources.

B. Students

Every student, undergraduate and continuing education students, and even those taking one class for academic credit or on-line classes receive notification of policies, health risks, treatment available, and sanctions via the DAAPP twice per year; once in September and once in January to assure we reach new students starting in spring semester. In addition to this delivery method, some of the information is also available students via the student handbook, which is available on the WSU website, www.worcester.edu/handbook. For resident students, each resident is given a *Resident Hall Handbook* and has access to the document on the WSU website as well.

<https://www.worcester.edu/WorkArea/DownloadAsset.aspx?id=7975>

Students have access to campus efforts in regards to Alcohol and Drugs that 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. These efforts are primarily coordinated through the Office of Health Promotion but require cross campus collaboration to implement. Some examples of efforts are: mandatory incoming freshmen on-line alcohol and drug education programs, BASICS/Motivational Interviewing for sanctioned or self-referred students, NCAA Life Skills programming for

student athletes, Residence Life programming, University Police community outreach programs, and access to Civic Learning and Engagement opportunities.

A comprehensive list of all AOD programming efforts and effectiveness can be found in the WSU Biennial Review <https://www.worcester.edu/Alcohol-and-Drug-Prevention-Education/>

C. WSU Resources

Counseling Services

The Worcester State University Counseling Center mission is to assist all students 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. This is accomplished by offering individual counseling as well as group counseling and outreach services. 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.

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.

Office of Alcohol & Drug Prevention Education

The Office of Alcohol & Drug Prevention Education 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. In addition the Office of Alcohol & Drug Prevention Education provides individual and group alcohol and drug education and outreach.

D. Local Resources

1. AdCare Hospital, Addiction and Rehabilitation Services, 107 Lincoln St. Worcester, 508-799-9000. For more information: <http://adcare.com/programs/adcare-hospital/>
2. Spectrum Health Systems Inc., Drug Addiction Treatment Center, 10 Mechanic St. Worcester, 508-792-5400. For more information: <http://www.spectrumhealthsystems.org/>
3. Clean Slate Addiction Treatment Center, 411 Chandler St. Worcester, 508-471-5600. For more information: <https://cleanslatecenters.com/location/worcester-ma/>

V. Disciplinary Sanctions

A. Employees

Employees are required to adhere to the requirements of these policies. Failure to adhere to these policies may result in disciplinary action as described in the employee handbook. <https://www.worcester.edu/FP-HR-Forms-and-Resources/>

B. Students

Students who violate Worcester State's policies and standards of conduct are subject to disciplinary sanctions. The complete text of the Worcester State University alcohol, drug and tobacco policies, compliance, enforcement, health risks and **disciplinary sanctions** can be found in the *Worcester State Code of Conduct*, <https://www.worcester.edu/CodeofConduct/>. In addition to the sanctions mentioned in the Code of Conduct more severe sanctions may be imposed based on the severity of the violation. Sanctions are determined on a case by case basis.

VI. Oversight Responsibility

The Director of Alcohol & Drug Prevention Education shall have oversight responsibility of the DAAPP including, updates, coordination of information required for the DAAPP, coordination of the annual notification to employees and students and conducting a biennial review.

Director of Alcohol & Drug Education Prevention Education

Jennifer Quinn, M.Ed., CHES, CTTS

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508-929-8243

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