Introduction:

Lewis-Cark State College (LCSC) continues to build its substance abuse prevention programs to not only meet the federal mandate to provide substance abuse and dependency prevention efforts on campus but also provide accurate informative, educational programming for students, faculty, staff. This report includes information from various participants of the Student Life Committee (SLC) including students, staff and faculty members, the Student Counseling Center (SCC), the Vice President for Student Affairs, Director of Residence Life, and Director of Security at LCSC. This document reflects the programs in place at LCSC and complies with the Education Department General Administrative Regulations (EDGAR) Part 86 mandate to review Lewis-Clark State College’s “alcohol and other drug” (AOD) prevention program to the campus community. This report addresses the following elements:

1. Overview of the current AOD prevention program
2. Discussion of goals and subsequent assessment of each AOD program goal.
3. Synopsis of strengths and weaknesses of our AOD program
4. Incident Reports and Resolutions
5. Suggested changes, improvements to the AOD prevention program
7. Current policies distributed to LCSC students, faculty and staff

Overview of LCSC Alcohol and other Drug Prevention Program:

The Student Life Committee (SLC) made up of students, faculty and staff members, and works under the direction of the Vice President for Student Affairs to address campus substance abuse concerns and other relevant topics related to our campus AOD prevention efforts.

The college, as a member of the Idaho College Health Coalition (ICHIC) consisting of 9 other colleges and universities in Idaho State, works to provide support and programing services through grant funding that has been approved by Idaho State Enforcement of Under Age Drinking Law (EUDL) grant. This money is dispersed to participating IHE’s for programming and prevention efforts for the campus. One ongoing project funded by this coalition is the administration of the American College Health Association – National College Health Assessment (ACHA-NCHA) every two years since 2005. Results of these surveys are distributed to relevant campus wide stake holders and offices and are used in substance abuse and other health related programming efforts by SCC, Student Health Services (SHS), and the SLC. Survey results are also posted on the SCC
website for campus and community distribution. The ICHC also provides additional trainings and opportunities to benefit campus prevention programs.

The AOD prevention program at LCSC consists of the following components and activities:

- **Student Alcohol and Drug Use Education**
  - Student orientation workshops were provided at orientation for 2013-14 to provide Warrior Step Up! Bystander trainings and Choices Alcohol education to students attending the workshop.
  - Information regarding the impact and effects of substance use and abuse and potential harmful consequences of AOD use and of violating the LCSC AOD policy are presented as conditions of registration each semester.
  - The SLC or SCC provides opportunities for alcohol drug education and screening at various times through the semester, during the Welcome Fair, several Warrior Wednesday events each semester and during special events such as the National Alcohol Screening event in April or events such as the “Warriors Step Up! Town Hall Meeting on Underage Drinking” that was conducted this past October.
  - Students receiving services either through the SCC or SHS offices are now regularly screened for alcohol and drug concerns at the time they initially enter services in one of these offices.
  - The SCC and SHS both routinely provide educational information to their clients and other groups as needed or requested and provide relevant AOD information on our websites. These sites also maintain substance abuse education and services links for students as well as faculty and staff use.
  - Starting Fall 2014 LCSC athletic programs adopted a new AOD policy and athletes were made aware of this new policy and relevant education and resource information during the Fall 2014 Athlete Orientation.

- **Faculty and Staff Alcohol and Drug use Education**
  - Employees are provided an orientation to the campus when they first start, via the Office of Human Resource Services. During that training, they are made aware of the college’s policies about drug and alcohol use.
  - They are also informed of the Mental Health, Substance Abuse, and Employee Assistance Program made available to college employees and they are given a 24-hour hotline that they can call at any time if they need help. All services and policies are posted on the college’s web site: [http://www.lcsc.edu/hr/benefits/employee-assistance-program;](http://www.lcsc.edu/hr/benefits/employee-assistance-program;) [www.bpahealth.com](http://www.bpahealth.com); and SCC site [http://www.lcsc.edu/student-counseling/](http://www.lcsc.edu/student-counseling/)

- **Early Intervention Services**
  Students, who come to the attention of faculty, Residence Life, Security or other staff members due to concerns related to AOD use and/or abuse, are referred to the SCC for initial substance abuse screening, education and referral services.
• Students who violate the Student Code of Conduct related to the alcohol and drug policy the first time are referred to the VP for Student Affairs or the Director of Residence Life for adjudication. These students are typically asked to verify completion of the *Electronic - Check Up to Go for Alcohol (e-CHUG)* program. Depending on the situation, some students are also referred to SCC to complete the *Choices: A Brief Alcohol Abuse and Prevention and Harm Reduction Program* and are required to provide verification of their attendance and participation in this program.

• Students receiving a second or third alcohol related violation are referred to the SCC to complete our *Brief Alcohol Screening and Intervention for College Students (BASICS)* intervention and likely face additional related judicial sanctions as well. Students found using illegal substances (marijuana, OTC meds, etc.) and in violation of our substance abuse policy are referred directly to the SCC for substance abuse assessment and evaluation and receive other sanctions as warranted.

• Parental notification is also included in alcohol/drug violation sanctions and is used at the discretion of the VP for Student Affairs.

• If necessary or warranted additional counseling services are provided and can be mandated or proper referrals are made to other community services when appropriate.

As mentioned above LCSC utilizes the *Electronic - Check Up to Go for Alcohol (e-CHUG) program* for both universal alcohol screening purposes as well as a tool for selected use with first time alcohol offenders. Specifically, 90 students have completed the E-CHUG since January 1, 2013 which includes those who were assigned completion as a result of an alcohol violation mentioned above and those who participated in our random alcohol screening events held at various times over the year.

The SCC and SLC conducted alcohol screening events and numbers are outlined below:

- April, 2013 – 34 students were screened with the AUDIT and/or E-CHUG during Warrior Wednesday Alcohol screening event.

- October 2013 – Alcohol Awareness Warrior Wednesday – 31 students were screened with the AUDIT and/or E-CHUG during Warrior Wednesday Alcohol screening event.


- April, 2014 – Warrior Wednesday – Alcohol Screening – use of AUDIT – 16 students screened.

- October, 2014 – “Step Up and Help Prevent Underage Drinking - Town Hall Meeting” - 22 students completed the AUDIT or E-CHUG.

**Environmental Strategies**

- LCSC continues to provide an active campus recreation and Student Activity program that offers a variety of safe, free or low cost and AOD free alternatives for all students. Such programming, which includes intramural sports, student clubs, outdoor recreation opportunities, student government and other leadership development activities, are marketed aggressively to the student population. This wide menu of student activities promotes student engagement and provides alternatives to more destructive behavior including AOD use or abuse.

- The Associated Student Body of LCSC along with the Student Activity program initiated a weekly campus wide event called “Warrior Wednesday” several years ago. These days have become a very useful means by which we can provide is a somewhat systematic and consistent way, to provide both specific information regarding alcohol and other drugs and associated problems with use but also to provide substance abuse screening as well and improving campus engagement and cohesiveness and to add diversity to the campus as a whole. The SLC has now become regular participants in this activity to provide periodic AOD information and Alcohol Screening opportunities.

The Office of Residence Life (RL) also continues to provide a wide array of alcohol and drug free activities for student residents. Large numbers of students are now attending many of the RL sponsored events and include but are not limited to:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>$1 movie night</td>
</tr>
<tr>
<td>BBQ</td>
<td>Glow in the dark Frisbee</td>
</tr>
<tr>
<td>Community service</td>
<td>Group hike</td>
</tr>
<tr>
<td>Root beer pong</td>
<td>Roller skating</td>
</tr>
<tr>
<td>Swimming</td>
<td>Scary Wood</td>
</tr>
<tr>
<td>Ice skating</td>
<td>Game night</td>
</tr>
<tr>
<td>Ice skating</td>
<td>Movie on the wall</td>
</tr>
<tr>
<td>Ice skating</td>
<td>Minute- to- win -it</td>
</tr>
<tr>
<td>Ice skating</td>
<td>Corn maze</td>
</tr>
<tr>
<td>Ice skating</td>
<td>Sock assassin</td>
</tr>
<tr>
<td>Root beer pong</td>
<td>Safe Trick or Treat (for families in Talkington Hall)</td>
</tr>
<tr>
<td>Root beer pong</td>
<td>Chalk it up</td>
</tr>
<tr>
<td>Root beer pong</td>
<td>Resident dances</td>
</tr>
</tbody>
</table>

Residence Life has mandatory meetings at the beginning of every semester regarding the residence hall handbook and specifically addresses the alcohol drug use guidelines and
the directors of SCC and Security, our Student Health Services Nurse, and a Lewiston
police officer typically present during these trainings.

- ** Enforcement Efforts**
  The LCSC Security office continues to enforce AOD policies consistently and the
  adjudication process with the VP for Student Affairs and/or the Director of Residence
  Life maintains consistent standards. The Director of Security, Director of Residence
  Life, Director of Student Counseling Center, the Title IX Coordinator and the VP for
  Student Affairs make up a group called the Behavior Response Team (BRT) and
typically meet on a weekly basis to discuss any concerns related to AOD related incidents
or referred issues. The security office also work with local law enforcement as needed
when a student, staff or faculty member appears to have violated an alcohol or drug law.

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

**2013-14 Substance Abuse Prevention Program Goal Assessment**

1. Will re-direct the SLC toward the development of survey and or implementation of an
   existing standardized survey to evaluate perceived student needs. The SLC will also
   explore use of a series of brief student surveys to address specific, campus
   perceptions of LCSC life, AOD use/abuse by students on campus and associated
   problems that the college should explore. This information will drive opportunities to
   offer substance abuse education programs more frequently during an academic year.
   **Assessment:**
   The SLC did not develop additional surveys as planned but continued to work on
   other programs and events to address known concerns generated by ACHA-NCHA
data.

2. Pending continued funding, LCSC in conjunction with the ICHC will conduct the
   *American College Health Association – National College Health Assessment (ACHA-
   NCHA)* during FA 2013 semester.
   a. Will fully disseminate the results of this survey to all relevant campus wide
      stake holders and offices and to faculty, staff and students.
   b. Results will be used in substance abuse and other health related programming
      efforts.
   c. Results will be posted on the SCC website for campus and community
      distribution.
   **Assessment:**
   The ACHA-NCHA survey was administered as planned in FA 2013 and results were
   disseminated to relevant stakeholders as well as members of the SLC and continue to
   drive programing and future grant applications. These results are available on the
   LCSC SCC webpage.
3. SLC and SCC and other relevant departments will work together to develop and implement a pro-social, peer to peer based, bystander training program (such as “Step Up”, ‘Red Watch Program”, etc.) with projected implementation date of FA 2013 or SP 2014.

Assessment:
- The Student Counseling Center (SCC) has trained multiple staff members and students in our “Warrior’s Step Up! Bystander training program. We are now continuing look for ways to promote and push this program to the campus community.
- The SCC also has developed our LCSC Student Support Network – Peer Advocacy and Mentoring Program. Over the past year we have trained 9 students to be peer advocates (through their attendance and participation in our 8 hour training) to be available to support other students on campus as requested.

4. Work to continue implementation of the Electronic - Check Up to Go for Alcohol (e-CHUG) program to all students at LCSC, across campus, as well as with all first time, sanctioned students.

Assessment:
E-Chug for alcohol continues to be utilized by our students through our alcohol violation adjudication process as well as through various periodic alcohol screening events such as the Warrior’s Step Up Town Hall Meeting on Underage Drinking, which occurred in October 2014 as well as screenings during Alcohol Screening Day in April and other various Warrior Wednesday Alcohol emphasis days throughout the year.

5. Continuation and expansion of the Choices: A Brief Alcohol Abuse and Prevention and Harm Reduction Program intervention, currently used for sanctioned students to other interested individual students through the student orientation workshop format, in other venues or to other individual or student groups (Athletes, RA’s, student leaders, etc.)

Assessment:
Although we have tried several ways to implement Choices programing to a larger group of students through offerings such as Orientation Workshop presentations, this continues to be an under-utilized program at LCSC. As most alcohol violation cases appear to be first time and not real severe types of cases, the use of our E-Chug program gets most of this traffic. We continue to have materials to last quite some time and this writer may try to find other means for using this program such as with athletes; will look at whether to continue with this program over the next two years or discontinue at that time.

6. The informal January, 2013 was completed and briefly discussed with the Student Life Committee; no major changes or adjustments were warranted at that time.
LCSC AOD Prevention Program Strengths and Weaknesses

Strengths:
1. Student Life Committee (SLC) has regular attendance of 8-14 members and is active in multiple student events, programs and campus wide initiatives related to AOD issues.
2. The ASLCSC student leadership has continued to provide leadership and support for AOD educational efforts across campus resulting in a more student friendly and comprehensive program.
3. LCSC’s continued involvement with the ICHC has although currently strained due to lack of funding for FY 2014-15 has continued to assist our campus AOD programs.
4. Utilization of the SCC counseling intern more deliberately as part of the internship itself to maximize our efforts given the limited resources we have at our disposal.
5. VP for Student Affairs continued support and direction has made our prevention efforts not only compliant but more impactful.

Weaknesses:
1. Services are still patch work at times due to limited staffing and limited resources.
2. Programs needs to be expanded to include services to a broader and more diverse campus community especially incoming students and when possible should incorporate changes in technology and account for differences in the student, staff and faculty populations.
3. Changes should occur to the notification protocols for faculty, and staff to make that process more systematic and thorough.
4. With a lack of direct responsibility assigned to staff other than the Director of SCC planning and implementation of prevention programming is often disjointed and tenuous at times.

Incident Reports and Resolutions

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

<table>
<thead>
<tr>
<th>SP  2013</th>
<th></th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outcome:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) No Action</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>2) Warning</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>3) Official Warning</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>4) Probation</td>
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<tr>
<td>5) Withheld Suspension</td>
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<tr>
<td>6) Suspended</td>
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</tr>
<tr>
<td>Total</td>
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</tr>
<tr>
<td>Refer for Intervention (E-Chug, Choices, BASICS, other)</td>
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### FA 2013

<table>
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</tr>
<tr>
<td>2) Warning</td>
<td>6</td>
</tr>
<tr>
<td>3) Official Warning</td>
<td>0</td>
</tr>
<tr>
<td>4) Probation</td>
<td>1</td>
</tr>
<tr>
<td>5) Withheld Suspension</td>
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### SP 2014

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<tbody>
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<td>1</td>
</tr>
<tr>
<td>2) Warning</td>
<td>4</td>
</tr>
<tr>
<td>3) Official Warning</td>
<td>1</td>
</tr>
<tr>
<td>4) Probation</td>
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<tr>
<td>5) Withheld Suspension</td>
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### FA 2014

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</thead>
<tbody>
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<tr>
<td>2) Warning</td>
<td>12</td>
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<td>3) Official Warning</td>
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<td>4) Probation</td>
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<tr>
<td>5) Withheld Suspension</td>
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<tr>
<td>6) Suspended</td>
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<tr>
<td><strong>Total</strong></td>
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<tr>
<td>Refer for Intervention (E-Chug, Choices, BASICS, other)</td>
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**Recommendations for Improvement of LCSC AOD Prevention Efforts**

1. Research and development or implementation of a robust universal substance abuse educational program for all incoming students (Orientation, First Year Experience, etc.).

2. Renew efforts along with fellow institutions in the Idaho College Health Coalition (ICHC) to secure Strategic Prevention Framework grant, offered through the Idaho Office of Drug Policy which is due SP, 2015 with specific focus on underage drinking and prescription drug abuse prevention strategies.
3. Continue growth in screening services and program planning with the goal of developing more specific and more frequent survey information on alcohol use trends, marijuana use and prescription drug usage on campus.

4. Advocate for more institutional investment through funding and additional staffing needs in order to more fully address the current and increasing demand for prevention services as a result of increased practice standards and need for effective program implementation, support and outcome assessment of services provided.

Substance Abuse Prevention Program Goals – 2015-16:


2. Work toward increased emphasis and participation in the Student Support Network – Peer Advocacy and Mentor program and Warrior’s Step Up! Bystander awareness training sessions – goal of two SSN trainings per semester with 6 participants each cohort, by SP, 2016 and 5 Warrior’s Step Up! presentations per semester by SP, 2016.


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

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

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

Annual Notification Procedures

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

For students, the primary web page is the Student Counseling Center (SCC) web page http://www.lcsc.edu/student-counseling/.

Current LCSC AOD Policies

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

Alcoholic Beverages
1. Illegal possession or consumption of alcoholic beverages (beer, wine, liquor or other beverage which is controlled as an alcoholic beverage under Idaho law) is prohibited in College or College-owned, leased or operated facilities and on campus grounds.

2. Alcoholic beverages may not be possessed or consumed under any circumstances in areas open to and most commonly used by the general public. Public areas include, but are not limited to, lounges, College Union buildings, recreation rooms, conference rooms, athletic facilities and other public areas of College-owned buildings or grounds.

3. Sale of alcoholic beverages is prohibited in College-owned, leased or operated facilities and on campus grounds.

4. Guests and visitors shall observe these regulations while on campus or other College property. Noncompliance may subject a person to sanctions imposed by the College as well as to the provisions of local and state law. (Adopted by the State Board of Education, December 1, 1977).

5. For LCSC sponsored events which are open to the campus community and at which alcohol will be present, the sponsor will work with the Dean of Student Services or the appropriate academic or vocational dean to assure adherence to this policy. The following information will need to be provided to assure adherence.
   a. Names and ages of individuals designated as bartenders or servers to check identification.
   b. Means to inform participants of applicable state and federal laws regarding alcohol.
   c. Non-alcoholic beverages and food consumption.
   d. Designated driver program

6. No social event shall include any form of drinking contest in its activities or promotion. The Idaho law states that it is illegal to sell, serve or furnish beer, wine or other alcoholic beverages or intoxicating liquor to a person under 21 years of age. It is
illegal for any person under 21 years of age to purchase or attempt to purchase, 
procure, possess, or consume any alcoholic or intoxicating liquor.

a. There are a number of minors attending LCSC and as a state institution; the 
College is legally obligated to comply with the state law.

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

Appendix


Student Counseling Center link to alcohol/drug policy and associated resources: 


Employee Assistance Program (EAP) information 
[http://www.lcsc.edu/hr/benefits/employee-assistance-program/](http://www.lcsc.edu/hr/benefits/employee-assistance-program/)

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

Respectfully submitted

Doug Steele, MA
Director, Student Counseling Center, Disability and Health Services
Chair, Student Life Committee, LCSC