Introduction:

Lewis-Cark State College takes serious the federal mandate to provide substance abuse and dependency prevention efforts on campus for faculty, staff and students. This report is written by the Director of Student Counseling Center and Disability and Health Services with input from students, staff and faculty members of the Student Life Committee (SLC), the Vice President for Student Affairs, Director of Residence Life, and Director of Security at LCSC. The purpose of this document is to comply 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:

Lewis-Clark State College maintains an ongoing substance abuse prevention program currently consisting of educational, early intervention, enforcement and environmental strategies. The Student Life Committee (SLC) made up of students, faculty and staff members, works under the direction of the Vice President for Student Affairs (previously Dean of Student Services). The Director of the Student Counseling Center (SCC) is the current chair of this committee which works to address campus substance abuse concerns and other relevant topics to provide support and direction for campus prevention efforts.

Lewis-Clark State College is also a member of the Idaho College Health Coalition (ICHC) which consists of 9 other colleges and universities in Idaho State to address relevant health, substance abuse and prevention issues. This coalition helps to support programming and funding for prevention efforts. Every two years since 2005, LCSC, along with other Institutions of Higher Education (IHE) in the ICHC, have conducted the American College Health Association – National College Health Assessment (ACHA-NCHA) on our students. 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, and the SLC. Survey results are also posted on the SCC website for campus and community distribution.
also provides additional trainings and opportunities to benefit campus prevention programs.

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

1. **Alcohol and Drug Use Education**
   All incoming students attending orientation services and those entering campus residencies are provided with the AOD policy, information regarding the effects and potential harmful consequences of AOD use, consequences of violating those policies and are given campus and community referral resources if needed. The campus community also receives periodic opportunities to participate in AOD screening programs and events and is provided other educational information related to substance use throughout each academic year. Additionally, the SCC and Student Health Services (SHS) both routinely provide educational information to their clients and other groups as needed/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 with registration for FA, 2011, the LCSC AOD policy and required notification information is presented during registration so that each student (except HS/dually enrolled students and some professional technical students) is exposed to this information during the registration process. This allows LCSC a systematic and comprehensive method for our notification mandate.

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: [www.lcsc.edu/humanresources/additional%20benefits.htm](http://www.lcsc.edu/humanresources/additional%20benefits.htm) and SCC site [www.lcsc.edu/osl/counseling.htm](http://www.lcsc.edu/osl/counseling.htm).

2. **Early Intervention Services**
   Students who come to the attention of faculty, Residence Life, Security or other staff or faculty for 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 are referred to the VP of Student Affairs for adjudication. Students found in violation of this policy for the first time are typically asked to verify completion of the [Electronic - Check Up to Go for Alcohol (e-CHUG)](http://www.lcsc.edu/humanresources/additional%20benefits.htm) program. Depending on the situation, some students are also then referred to SCC to complete the [Choices: A Brief Alcohol Abuse and Prevention and Harm Reduction Program](http://www.lcsc.edu/osl/counseling.htm) and 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 receive at least two sessions of [Brief Alcohol Screening and Intervention for College Students (BASICS)](http://www.lcsc.edu/osl/counseling.htm), 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.

3. **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. Over the past two years, the Associated Student Body of LCSC along with the Student Activity program initiated a weekly campus wide event called ‘Warrior Wednesday” which has become a very well attended, well run and organized and effective event to provide both specific information regarding specific topics of interest and/or concern but also to provide 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 last event we participated in during October, 2012, we conducted 34 individual alcohol screenings and had many more participants in the alcohol related education and programming during this event.

The Office of Residence Life (RL) also continues to improve its provision 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>Bowling</th>
<th>$1 movie night</th>
<th>Swimming</th>
<th>Ice skating</th>
<th>Capture the flag</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ</td>
<td>Glow in the dark Frisbee</td>
<td>Scary Wood</td>
<td>Game night</td>
<td>Movie on the wall</td>
</tr>
<tr>
<td>Community service</td>
<td>Group hike</td>
<td>Minute- to- win-it</td>
<td>Corn maze</td>
<td>Sock assassin</td>
</tr>
<tr>
<td>Root beer pong</td>
<td>Roller skating</td>
<td>Safe Trick or Treat (for families in Talkington Hall)</td>
<td>Chalk it up</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. Additionally, the Director of SCC, Student Health Services Nurse, and a Lewiston police officer all speak during mandatory Resident Assistants (RAs) training each semester on
alcohol awareness and related issues and to other residence and campus groups as needed or requested.

4. **Enforcement Efforts**
The Security Office takes AOD infractions seriously and refers students to the VP for Student Affairs, who is also acting as a Judicial Affairs officer along with the Director of Residence Life, for on campus students violating the AOD policy. The Director of Security, Director of Residence Life, Director of Student Counseling Center and the VP for Student Affairs typically meet weekly to discuss enforcement efforts and to make appropriate referrals to campus and community resources as needed to effectively deal with AOD infractions. 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 to continue to build prevention efforts at LCSC.

**Incident Reports and Resolutions**

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

### Spring 2011

<table>
<thead>
<tr>
<th>Outcome:</th>
<th>Number</th>
</tr>
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<tbody>
<tr>
<td>1) No Action</td>
<td>1</td>
</tr>
<tr>
<td>2) Warning</td>
<td>1</td>
</tr>
<tr>
<td>3) Official Warning</td>
<td>4</td>
</tr>
<tr>
<td>4) Probation</td>
<td>0</td>
</tr>
<tr>
<td>5) Withheld Suspension</td>
<td>1</td>
</tr>
<tr>
<td>6) Suspended</td>
<td>1</td>
</tr>
<tr>
<td>7) Refer for Intervention (E-Chug, Choices, BASICS, other)</td>
<td>Total 8</td>
</tr>
</tbody>
</table>

### Fall 2011

<table>
<thead>
<tr>
<th>Outcome:</th>
<th>Number</th>
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<tbody>
<tr>
<td>1) No Action</td>
<td>13</td>
</tr>
<tr>
<td>2) Warning</td>
<td>4</td>
</tr>
<tr>
<td>3) Official Warning</td>
<td>9</td>
</tr>
<tr>
<td>4) Probation</td>
<td>0</td>
</tr>
<tr>
<td>5) Withheld Suspension</td>
<td>0</td>
</tr>
<tr>
<td>6) Suspended</td>
<td>0</td>
</tr>
<tr>
<td>7) Refer for Intervention (E-Chug, Choices, BASICS, other)</td>
<td>Total 24</td>
</tr>
</tbody>
</table>

### Spring 2012

<table>
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<tr>
<th>Outcome:</th>
<th>Number</th>
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AOD Program Goals and Assessment

The goals for Lewis-Clark State’s AOD program for 2011-12 included the following:

1) All students, faculty, and staff will be notified of the college’s drug and alcohol policies. AOD counseling/assistance programs, and will be provided with information needed to access those policies independently. (Carried over from the 2010 report):

**Assessment:** Staff and faculty members at LCSC are now typically notified each semester via campus mail about the LCSC AOD policy and are given referral information as to where to receive assistance if needed. New employees are provided the AOD policy at the time they are hired and ongoing staff members receive periodic post card mailings reminding them of this policy. Every new student is given information about the AOD policies as well as information needed to access those policies (i.e., the proper location on the college’s web site). Additionally, the AOD policy and required notification information is now presented to students each semester during the online, registration process. This allows LCSC a systematic and comprehensive method for our notification mandate. The current plan was in place starting in FA, 2011 and has worked well at presenting this information in a consistent and reliable fashion. Dually enrolled students (HS/Dual Enrollment) and others not registering online, in the typical fashion are provided this information in paper in their registration material.

All this information is also provided in the Student Handbook and Academic Calendar which is available for new and returning students. It is also available to all students on the Student Counseling Center homepage at:
http://www.lcsc.edu/osl/counseling/AlcoholDrugPolicy/CurrentAlcoholDrugAbusePolicy.pdf
2. Development of surveys and establish a process of evaluating perceived student needs to begin January, 2011. The SLC has begun developing 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. **Assessment:** The SLC began the process in early 2011 looking at developing student surveys related to alcohol and other drug use programming options, ideas etc. This goal has not come to complete fruition as of this time as other issues and needs have taken precedence. However, the SLC will continue to explore options related to better data collection of student perceived needs as it relates to future AOD prevention education and programming.

3. Pending continued funding, LCSC in conjunction with the ICHC will conduct the American College Health Association – National College Health Assessment (ACHA-NCHA) during FA, 2011 semester. **Assessment:** The NCHA was completed as planned in November, 2011 and we generated 612 student responses to questions ranging from substance use, abuse and dependency to mental health, physical health and safety concerns and related problems to name only a few of the areas addressed. The information that was gathered was disseminated to all relevant campus wide stake holders and offices and to faculty, staff and students. Also the results are being used in substance abuse and other health related programming efforts and is posted on the SCC website for campus and community distribution.

4. Work to fully implement the Electronic - Check Up to Go for Alcohol (e-CHUG) program to students at LCSC, across campus, as well as with all first time, sanctioned students. **Assessment:** The E-Chug was completed by 54 LCSC students over the past 2 years, 39 of those were completed in the past year alone, which is the largest number of students in one year that has ever completed it at LCSC. Students violating the LCSC AOD policy were the primary participants in the program but several other campus groups – RA’s and other student groups and organizations encouraged students to complete the program. Some also completed as part of an orientation workshop that the SCC conducted FA, 2012.

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 student groups (Athletes, RA’s, student leaders, etc.) **Assessment:** Choice’s was completed by about 18 students over the past two years. This includes students who were mandated to be in this due to AOD policy violation. Six of these students participated voluntarily to learn more about the alcohol related decisions as part of an orientation workshop program, FA, 2012. The idea to expand student exposure to Choices will continue in similar and new ways in the future.

**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. Starting with registration for FA, 2011, the LCSC AOD policy and required notification information is now presented during registration so that each student (except HS/dually enrolled students and some professional technical students) is 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 www.lcsc.edu/humanresources. For students, the primary web page is the Student Counseling Center (SCC) web page www.lcsc.edu/osl.

**LCSC AOD Prevention Program Strengths and Weaknesses**

In recent years Student Services staff and other key staff members at LCSC have dedicated their time and efforts to the Student Life Committee (SLC) and have agreed to work together toward expanding and improving its AOD prevention program. Additionally the ASLCSC student leadership has contributed greatly to our efforts and have become an integral part of our processes. As a result, our program has become more comprehensive in nature and is developing into a united and organized effort rather than the piecemeal or patchwork delivery that has occurred in the past. LCSC’s continued involvement with the ICHC has also contributed to improved campus communication about AOD issues. The additional direction from the VP for Student Affairs has made our prevention efforts not only compliant with the federal law and the institution’s ethical obligations to keep students and staff informed of AOD concerns, but has allowed this program to employ some best practices in our response to student needs.

The LCSC AOD programs needs to be expanded to include services to a broader and more diverse campus community and when possible should incorporate changes in technology and account for differences in the student, staff and faculty populations.. In addition, review of and possible changes should occur to the notification protocols for faculty, and staff to make that process more systematic and thorough. 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. However, last year the Director of SCC began utilizing 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 at this time. The off year, brief review that was called for in the previous, 2010 report was not completed in January 2012 as outlined but will be conducted next January, 2013.

Further goals and the continuation of previous program goals and objectives are outlined below.
Recommendations for Improvement of LCSC AOD Prevention Efforts

1. Continued growth and inclusion of additional students and faculty members to participate in the Student Life Committee (SLC) and promote further campus-wide “buy in” for these efforts.

2. LCSC will explore the feasibility of developing and or adopting an online or more “automated” notification of AOD issues program for the faculty staff notification process. Human Resources, (HR) will continue with the current system, as is for the immediate future.

3. 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.

4. Need improved plan to educate and communicate with students, staff, faculty members regarding the SLC and related activities, events, programs and initiatives.

5. The college should conduct a brief annual review of its compliance with the Drug Free Schools and Campuses Act (scheduled for January 2014) until its AOD program has been sufficiently expanded to meet the needs of the current student body. The annual review and report will be published in January of every year.

LCSC Substance Abuse Prevention Program Goals for 2013-14

1. Redirect 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.

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.

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
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.

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.)

**Current LCSC AOD Policies**

Please see Appendix for web links to global policies covering students, faculty, and staff. 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. Consumption.
d. Nonalcoholic beverages and food consumption
e. Designated driver program

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

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

Appendix

Policy 3.113 Drug/Alcohol http://www.lcsc.edu/policy/Policy/3.113.PDF

Policy 3.114 Drug-Free Workplace http://www.lcsc.edu/policy/Policy/3.114.PDF:

Student Counseling Center link to alcohol/drug policy and associated resources: http://www.lcsc.edu/osl/counseling/AlcoholDrugPolicy/CurrentAlcoholDrugAbusePolicy.pdf

ComPsych web site http://www.guidanceresources.com/groWeb/login/login.xhtml

Employee Assistance Program (EAP) information http://www.lcsc.edu/humanresources/additional%20benefits.htm

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

Respectfully submitted

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