

## ATODSC Ad Hoc Committee

January 2013

**Purpose:** The purpose of this ad hoc committee was to examine Fresno State's programming and practices around ATOD (specifically alcohol) and to make recommendations to reduce students' risks for alcohol poisoning.

**Background:** The ad hoc committee is a subgroup of the Alcohol, Tobacco, and Other Drug Safety Council (ATODSC) whose mission is "to promote and sustain a safe, healthy, and responsible learning environment in the campus community by: developing and coordinating education, prevention and intervention programs, practices and policies regarding alcohol, tobacco, and other drugs; and advising and collaborating with the University administration, the campus and the surrounding community on alcohol-related issues; and creating a well-informed and empowered campus community around the use of alcohol, tobacco and other drugs." The ad hoc committee was formed in response to a Fresno State student's death which resulted from alcohol poisoning in September 2012.

**Actions:** The ad hoc committee completed the following actions in an effort to examine Fresno State's ATOD programming and practices:

- The committee developed a survey that was sent to faculty, staff and administrators throughout the Fresno State campus. Participants were asked to provide information on any programming, education, or other efforts that included ATOD topics. Committee members followed up with some departments to clarify or seek additional information. The data were reviewed by the committee for trends and gaps.
- A meeting was held with Chief Huerta of the University Police Department to gather information on policy/ law enforcement and educational efforts led by UPD.
- A conversation was held with the coordinator of the new student orientation program (Dog Days).
- An electronic search of the University Course Catalog was conducted in order to identify academic courses addressing ATOD issues.
- Other documents that were discussed in brief included Fresno State's Use of Alcoholic Beverages Policy, NIAAA Summary of the Final Report of the Task Force on College Drinking, and the CAS standards for Alcohol, Tobacco, and Other Drug Programs.
- Finally, the ad hoc committee reviewed all of the information that had been gathered, identified strengths, weaknesses, gaps and trends and developed recommendations to report to the larger committee.

### Findings:

**Assessments** – SBIRT, a brief screening, intervention, and referral to treatment tool was reported to have been used at Fresno State. This tool was used with a limited number of students. Additionally, the National College Health Assessment survey is used to gather data on students related to on health behaviors which include ATOD attitudes, beliefs, and behaviors. The data gathered from the two instruments were not consistent with each other.

**Education and Prevention** - There were 43 non-academic programming efforts reported as available or pending to the campus community (42 to students, 1 to parents).

- 20 of those are offered through Residential Life. Of those, 9 are for staff.
- 10 were reported by Health Promotions and Wellness Services.
- 11 were interactive workshops offered to select groups such as athletes or student organizations and often as requested.
- 3 were events offered to the campus community.
- 2 were targeted to individual students who violated the alcohol policy.
- 4 orientations covering alcohol and/or tobacco and other drugs were reported for all housing residents, Greek Life new members, club officers, and parents.
- 8 of the reported efforts were passive programming that may include print or electronic information.

Seven academic departments offer courses with ATOD listings. They include:

- Public Health
- Rehab Counseling
- Social Work
- Criminology
- Women's Studies
- Nursing
- University 1

### **Interventions**

- An AA meeting is held at the Student Health Center. It is not extensively promoted or well attended by students.
- Psychological Services at the Student Health Center offers individual therapy or referrals for students who present with ATOD issues.

**Policies and Enforcement** – Fresno State maintains a policy on the use of alcoholic beverages on campus. This policy includes language from California State Law. It covers the buying, selling, and consumption of alcohol at all campus events. It also addresses residents of legal age to consume alcohol. Enforcement of the policy is the responsibility of the University Police in coordination with other responsible parties such as the Vice President for Student Affairs and the Dean of Students and Residential Life staff. The University Police Department is also responsible for reporting and publicizing infractions according to the mandates of the Clery Act.

### **Other**

- Other supportive programs such as the Lock It Up Project's Drop-Off Box are provided.
- Numerous activities and events, of which alcohol is not a component, are readily available for students and the campus community.

## **Recommendations:**

### **Assessments**

- In order to identify students who are at-risk, an assessment tool needs to be made available for all students. Further research is recommended to determine the best tool and the best venue for such an assessment.
- Continue with plans for implementation of eCHECK UP TO GO.

### **Education and Prevention**

- All incoming students should receive ATOD education. In-person versus online programs should be evaluated for effectiveness. This should be a requirement prior to registration or during the first week of school. Best practices should be explored and matched to Fresno States' student population and resources. The coordinator is open to adding ATOD education to the current program and recognizes that this addition would mean the deletion of or time reduction for other programs. The coordinator is open to ideas of online training for students.
- At-risk groups, which may include Greek Life, Athletics, Club Sports, Band, and others, should require ATOD education for all participants.
- Sub-groups such as individual student organizations should be included in future surveys in order to capture additional programs offered.
- Considering the number and types of offerings, in order to have a comprehensive integrated ATOD education program at Fresno State, this committee is recommending a clearing house to act as a resource, to track programs, assist with learning outcomes and to ensure consistency of messages. This "clearing house" could be a standing subcommittee of the ATODSC.

### **Interventions**

- Research best practices for identifying high risk students and treatment options.
- Explore collaboration with law enforcement for intervention options.
- Implement a system for integrated reporting and referrals for judicial affairs, housing, student organization review, and the University Police Department. This would include a path for interventions.

### **Policies**

- Examine the value of an amnesty policy.

### **Other**

- This committee recognizes the labor requirement for the implementation of the recommendations. We, therefore, also recommend the addition of an ATOD program coordinator.

- Athletics is sometimes seen as a high risk group. This committee would like to see an increased representation on the ATODSC from Athletics and other groups identified as offering ATOD programming and interventions.

### **Conclusions:**

Fresno State provides alcohol education to students through various means including orientations, lectures, print and electronic promotional and educational materials, interactive workshops and events, and committee involvement. These opportunities are available to all students with groups such as residents, athletes, and student club and organization leaders having more opportunities available to them. Additionally, students with particular majors such as Public Health, Social Work, and Criminology have opportunities for more intense academic work in the areas of ATOD. This committee recognizes the extent of the programming available to Fresno State students, and at the same time we believe strongly that the programming needs to be better integrated and examined for evidence of effectiveness. The goal is to align and integrate the individual ATOD components into a fully interconnected campus-wide approach which supports the University's goals and priorities.

Fresno State also offers diverse and extensive opportunities for alcohol-free involvement throughout the campus throughout the year. The work of this committee only touched the surface of these opportunities, but the committee wanted to highlight this as a strength of the university.

Another strength acknowledged by this committee is Fresno State's dedication and commitment to the well-being of the students, particularly in the area of ATOD. This can be seen through the consistency in core messages of safety, responsible use, and broad health concerns that are emphasized in the programming. Fresno State's leadership and front-line educators demonstrate their dedication through the sharing of their time, expertise, and resources. Another strength of Fresno State is seen in its collaborations with community groups and resources. This is to be commended.

The NIAAA Task Force suggested that 11% of college students are considered at risk. According to the NCHA survey, 10-20% of Fresno State students engage in high risk behaviors. The data received from the survey is in aggregate form; therefore, individual students are not identified or provided services. This committee recommends that the campus provide an assessment that would identify individual students while also developing appropriate treatment options for these students.

The purpose of this committee was to examine current ATOD practices and policies and to offer suggestions that could help reduce the risk of student alcohol-related incidents including death. We recognize that this is an ominous task with no one solution. We commend Fresno State for continuously addressing and improving its efforts to provide a safe and healthy learning environment for the campus community.

### **Next Steps:**

- Work with the ATODSC to identify priorities.
- Identify who will be responsible for the prioritized recommendations.