

CSU Biennial Alcohol Policy Report: 2013-2015
California State University, Fresno (Fresno State)
Dr. Frank Lamas,
Vice President for Student Affairs

Introduction

During the past two years, **California State University, Fresno** (Fresno State) has continued its efforts to implement the CSU Alcohol policy through its Alcohol Tobacco and Other Drugs Safety Council (ATODSC) and the Student Health & Counseling Center. The ATOD Safety Council is made up of campus and community representatives who provide leadership to all phases of the campus alcohol, tobacco and other drug use prevention program. During this time, the Council witnessed a change in leadership with the retirement of Dr. Paul Oliaro, Vice President of Student Affairs who served as Chair. While the mission statement and learning outcomes of the ATOD Safety Council stayed the same, a steering committee was formed to review the structure of the Council. The Council is now co-chaired by Kathy Yarmo from Fresno State’s Student Health & Counseling Center and Christine Weldon with the Alcoholic Beverage Control Fresno District Office. This co-chairpersonship is a unique campus and community partnership.

Aside from some grant assistance, the majority of financial support has come from the Office of the Vice President for Student Affairs as well as the Student Health & Counseling Center.

This Biennial Alcohol Policy Report is organized as follows:

- I. Summary of Alcohol and Drug Education Related Grants Received by California State University, Fresno
- II. Successful Program Implemented Over the Past Two Years
- III. A Summary Campus Activities Related to Tobacco Use
- IV. A Summary Campus Activities Related to Prescription Drug Use
- V. Assessment Activity
- VI. Highlights of Other Special and Unique Programs

I. Summary of Alcohol and Drug Education Related Grants Received by California State University, Fresno

Agency Issuing Grant	Purpose	Year	Amount
Anheuser Busch Foundation/National Social Norms Institute at University of Virginia	To implement the eCHECKUP TO GO survey for all incoming freshmen and transfer students during the summer of 2013	2013	\$2,200
California Health Collaborative	For the Drug & Alcohol Awareness & Wellness Guides to conduct a video contest among Fresno State students to produce a home-made video on alcohol safety	2013-2014	\$2,975
Fresno State Instructionally-Related Activities (IRA)	To send 25 Fresno State student representatives to the 2013 Annual Higher Education Alcohol and Other Drugs Conference hosted by CSU Chico	2013	\$4,471
Fresno State Instructionally-Related Activities (IRA)	To send 25 Fresno State student representatives to the 2014 Alcohol and Other Drug Education Conference for Institutions of Higher Learning hosted by CSU Channel Islands	2014	\$5,000
Fresno State Parents Association	To cover the cost of CPR certification for 95 students taking the WATCHDOG trainings conducted in the Spring 2014 semester.	2014	\$3,000
Fresno State Instructionally-Related Activities (IRA)	To cover the cost of CPR certification for 200 students taking the WATCHDOG trainings conducted in the Fall 2014 and Spring 2015 semesters.	2014-2015	\$7,000
Fresno State Instructionally-Related Activities (IRA)	To send 25 Fresno State student representatives to the 2014 Alcohol and Other Drug Education Conference for Institutions of Higher Learning hosted by CSU Monterey Bay and Humboldt	2015	\$5,000

II. Successful Program Implemented Over the Past Two Years

• WATCHDOG, Student Health & Counseling Center

- This alcohol overdose intervention education program was developed in spring and summer of 2013 after much research into existing programs across the country including, but not limited to, the Red Watch Band program out of Northwestern University. This program consists of a one-day training that is comprehensive and skills-based, providing students with hands-on experience in dealing with alcohol emergencies. The goal of the training is to reduce drinking death due on and around campus. Students are educated on the dangers of alcohol overdose and provided with the skills, tools, and prevention strategies necessary to take action and intervene to save a life. The training covers various topics including the bystander effect, alcohol's effect on the body, symptom identification, step by step intervention procedures, how to make a 911 call, what to expect from emergency personnel, and CPR certification training. Trainings attract a diverse group of students from all class levels and majors, including many student leaders. Since the program's inception, **eleven** trainings have been offered and a total of **two hundred students** have been trained, including forty-four Greek Life students, fourteen student athletes, and eighty-two student club/organization members. Knowledge was assessed at training's end and in a follow-up at the end of the semester. Overall, 93% of trainees correctly identified the signs of alcohol overdose and 94% correctly identified at least three safe drinking behaviors, a preventive strategy.
- This program has been nominated for a NASPA Excellence Award.
- Here is an example of a Collegian (Fresno State school newspaper) article that acknowledges the students who were in attendance at the trainings in the Fall 2014 semester.



PICTURED: Aaron naputi, Abigail Flores, Afrah Hauter, Angelica Lopez, Anthony M. Farao, Azucena Luna-Morales, Beyra Bautista, Brandon Chavez, Cindy Syvilay, Cody Pierce, Crystal Davila, Daniel Hurrera, Danielle Khang, Danielle Martin, Desmond Brown, Edid Torres, Edward Heggie, Eiliana Guerrero, Emerald Bonilla, Emily Logan-Pranik, Frank Dao, Gabriel Cruz, Gabriel Malandrini, Genoveva Vivar, Ivan Cruz, Ivette Ruiz, Izaias Jackson, James King, Jamie Oeser, Jazmin Rios, Jeanette Valle, Juanita Toledo, Kenny Olivas, Kylie L Edmisten, Luis Rodriguez, Ly Vang, Maddison Fortuna, Mai Yer Vang, Maria Chavez, Megan Pittman, Micah Morehead, Miranda Diaz, Monica Zepeda, Moses R. Menchaca, Nicole Santillanez, pachia vang, paige vanasen, Patricia Guerrero, Pooja Patel, Ralph Ruiz, Randi Garcia, Ross Scarr, Sandra puga, Sarah Hasan, Sergio Valdez, Shelby Murray, Stephanie Perez, Steven Peters, Sylvia Tinoco, Urania Rodrigues, Vince LaSala, Will Tilson, Xoua Vang, Yuki Matsumoto & Zoila Cruz.

III. A Summary of Campus Activities Related to Tobacco Use

- Fresno State's Smoke-free Campus Policy was written in 2003. The policy remained in effect during the 2013-15 academic years.

- A clinical psychologist continued to offer one-on-one smoking cessation to Fresno State students interested in quitting smoking.
- Based on a total of 763 students randomly selected who participated in the National College Health Assessment in the Spring of 2013, the following statistics were identified: 81% of Fresno State students have never used cigarettes (up from 75% as reported in 2011) and 95% Fresno State students have never smoked or haven't smoked in the last 30 days (higher than the 2011 data)
- **Project IMPACT 4 Life** is a campus club dedicated to reducing secondhand exposure to the campus community. It is supported by a staff member at the local chapter of the American Lung Association. The Club's advisor is a Public Health Professor from Fresno State. The group is also a member of the ATODSC. Project IMPACT members have been collecting surveys for a petition to make Fresno State a 100% smoke free campus. They have also tabled several events on campus to educate students, staff, and faculty about the dangers of smoking and secondhand smoke, encouraged quitting smoking, and has conducted several cigarette butt clean-ups. In addition, the club is currently organizing a meeting with President Castro, which will take place during the Spring semester 2015. The IMPACT members will address a lack of enforcement regarding the designated smoking areas, educate the President regarding electronic cigarettes, and request to make the campus 100% smokefree and include e-cigarettes into the policy.

IV. Summary of Campus Activities Related to Prescription Drug Use

- According to the results of the National College Health Assessment conducted in 2013 by the Student Health & Counseling Center, data showed the percentage of students reported taking prescription drugs not prescribed to them in a twelve month period of time. The percentages of Fresno State students who reported using any of the prescription drugs noted below are lower than the national reference data.

Type of Prescription	Percentage (Fresno State Data)	Reference Group (National Data)
Antidepressants	2.3%	3.1%
Erectile Dysfunction Drugs	.1%	1.0%
Pain Killers	5.8%	7.6%
Sedatives	.9%	4.2%
Stimulants	1.6%	7.8%

- At the Student Health & Counseling Center, the Pharmacist in Charge continues monitors prescriptions for falsification or alterations, observes for potential "doctor shopping" and notes whether the student has been seen by one provider or multiple providers and receiving an excess amount of controlled medications. He counsels students on how to take medication appropriately and uses resources such as the CURES program to identify misuse.
 - If a pharmacist or provider staff suspects a student is abusing prescription medications or inappropriate prescribing is taking place the Medical Chief of Staff or administrator is notified immediately. An ad hoc "Patient Care Committee" is assembled and the case is discussed. A care plan is developed; the student is notified by the appropriate person which may be the Medical Chief of staff, a provider or an administrator of the plan of care. A notation is made in the electronic medical record so that all providers are aware that controlled substances are not to be prescribed for this student.
- **Lock It Up Prescription Drug Abuse Prevention Project**
 - Has been collaborating with Fresno State's ATODSC and Health Promotion & Wellness Services to prevent and raise awareness regarding prescription drug use and misuse on campus. This program is part of the California Health Collaborative and is funded through the Fresno County Department of Behavioral Health, Substance Abuse Services to serve the Fresno State campus. Lock It Up staff continued to collaborate with Fresno State to plan and implement large scale events to educate Fresno State students on the dangers and consequences of prescription drug abuse including events in honor of National Collegiate Alcohol Awareness Week and spring break safety.
 - Partnered with the College of Health and Human Services to put on annual "Thrills Without Pills" events which are town hall meetings organized by Fresno State students with the purpose to educate their college community about the dangers and consequences of prescription drug abuse and proper disposal of prescription medication.

- Became part of *Health PAWS presents...* program and offered educational presentations to classrooms whereby a total of **646** students received information about the dangers of prescription drug abuse, emerging trends, risks and consequences and proper disposal.
- A total of **32** Fresno State students from all grades, majors and interest became peer educators hosting educational presentations, in-service trainings, tabling events, and created public service announcements both on campus and for the community at large.
- Collaborated with Fresno State's CAMP program, providing educational presentations over the summer for high school students entering Fresno State in the fall. Students participated in interactive activities learning about refusal skills, ways to say no to pressured situations, dangers and consequences of prescription drug abuse and importance of proper disposal. A total of **79** students were educated.
- In a community effort to reduce access to un-sued/expired prescription medication and to reduce the abuse of prescription medication among youth in Fresno County, Fresno State campus police participated by hosting and managing a disposal unit for the collection of prescription medication. The unit was in operation for about two years. Due to miss-use of the box and lack of resources to maintain the box, campus police decided to permanently remove the box in the fall of 2014. Although the box is no longer in operation, campus police continues to support Lock It Up Project efforts. Most recently, campus police representative sat on a board of panelist for Lock It Up Project Peer Education Program in-service training held on November 21, 2014. This event reached an estimated **28** Fresno State students and community partners.
- Participated in four community service opportunity fair's during calendar year 2013-2014 reaching out to a total of **1,150** Fresno State students with information on Lock It Up Project services and opportunities for volunteer/community service projects. Many peer educators were recruited through these events as well as other students looking to complete community service projects.

V. Assessment Activity

- Since its inception in the Fall of 2013, the WATCHDOG program has included an assessment component.

Description of Assessment	Methodology	Results
<p>Data has been collected on all 200 student WATCHDOG training participants from the Fall of 2013 through the Fall of 2014. All trainees completed a training evaluation at the end of the training and at the end of the semester. Training evaluation was based on other intervention program evaluation tools and was specifically designed to assess the four learning objectives of the training program. Data was also collected for program improvement.</p>	<p><i>About the participants:</i> Approximately 44% of the participants were a member of a student club on campus, 7% were student athletes and 22% were members of Greek life. Approximately 73% of the participants were female and 27% were male. Class level ranged with representation from Freshman to Graduate level with the largest groups of Junior and Senior.</p> <p><i>About the measures:</i> Student participants were provided with a paper copy of the training evaluation that was later consolidated, at first by hand then later using Survey Monkey, and entered manually after the training. The evaluation had them rate their level of satisfaction with each portion of the training as well as overall, how they heard about the training and the reason they choose to attend. They were also asked questions to determine if the learning objectives (correctly identify: three safe drinking practices, two consequences/risks of alcohol overdose, the eight signs of alcohol overdose, the three steps of the campus good Samaritan policy) were achieved. At the end of semester a follow-up report was sent to assess how they had used their skills and assess retention of training lessons using the Fresno State Qualtrics system. The follow-up had students report the portion of the training they had used the most, if they had worn their</p>	<p>A majority (approximately 98%) of the students reported being satisfied or very satisfied, overall, with the WATCHDOG training. In regards to the first two learning objectives assessed at the training's end, approximately 94% correctly identified three safe drinking behaviors and approximately 71% correctly identified two consequences of alcohol overdose. This objective was re-emphasized each semester so that there was a notable rise in accuracy from 53% to 71% and finally 90% this last semester. In regards to the last two learning objectives, assessed at the training's end, approximately 94% correctly identified the eight signs of alcohol overdose and approximately 60% correctly identified the three steps in the campus Good Samaritan policy. The campus policy was re-emphasized each semester so that there was a notable rise in accuracy from 37% to 70% and finally 74% this last semester. Thirty-nine students completed the end of semester report. Results from the Fall 2014 semester are still being collected. In regards to the learning objectives, 94% correctly identified at least three safe drinking</p>

	WATCHDOG t-shirts on campus and at parties, how their perceptions had changed, retention of learning objective messages, increase in confidence to intervene and if and how they had intervened and if not, why.	behaviors, 93% correctly identified the signs of alcohol overdose, 44% correctly identified the three step of the campus Good Samaritan policy. While not a high percentage, at least the students are aware a policy exists. No data on consequences was collected but the current follow-up survey has been updated to track this information. The Alcohol 101 portion was utilized the most (51%), followed by Bystander Intervention (25%) and CPR (22%). Most reported that they had shared the information with a friend or classmate or used in a school or work project. Sixteen reported using their skills to intervene to help a friend (emergency or not). The most common intervention reported was talking to a friend about alcohol intake, followed by serving as a designated driver. Additionally, students reported monitoring their friends through the night, hiding keys or disposing of alcohol. Approximately 75% reported feeling some to a lot more confident to intervene in an emergency situation.
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

VI. Highlights of Other Special and Unique Programs

- **eCHECKUP TO GO** alcohol survey was implemented during the summers of 2013 and 2014 by the Student Health & Counseling Center. All incoming freshmen and transfer students were given a “soft mandate” to complete the survey by the end of the first week of the fall semester. The survey implemented in the summer of 2014 witnessed a significant increase in the number of completed surveys as a result of an emailed link to all new students. Here is a summary of the results:

	Summer 2013	Summer 2014
Survey Response Rate	36% (2,394) N = 6,687	58% (4,233) N = 7,250
Respondent Demographics: Gender	59% female 41% male	62% female 38% male
Respondent Demographics: Class Status	57% freshmen 41% transfer	62% freshmen 38% transfer
Respondent Demographics: Athlete	6%	4%
Respondent Demographics: Residence	79% off campus 21% on campus	85% off campus 15% on campus
Drinking Behavior: Never Had a Drink	55%	55%
Drinking Behavior: % started when underage	91%	82%
Drinking Behavior: Average Age Started Drinking	17	17
Drinking Behavior: Average # of Drinks per Month	5	5
Drinking Behavior: # of Days Drove Vehicle after Having 3+ Drinks	.06	.07

- **Drug & Alcohol Awareness & Wellness Guides (DAAWG), Student Health & Counseling Center**
 - Since the Fall of 2013, a total of 18 students have been trained as DAAWGs. They make a year-long commitment to volunteer between 3-5 hours per week and are instrumental in planning and implementing alcohol programming on campus as well as collaborating with the agencies responsible to provide

programming related to marijuana, prescription drug and tobacco use. These students donated over 1,300 hours of community service to the DAAWG program. This peer education program is supervised by a Health Educator with the Student Health & Counseling Center.

- The Protect Your 'Dogs poster and magnet alcohol overdose awareness campaign continued with a refresh of the design that shows the campus mascot wearing a WATCHDOG t-shirt. This poster makes use of the Aware Awake Alive MUST HELP acronym. Close to 10,000 magnets and posters have been distributed on and off campus.

PROTECT YOUR 'DOGS!

KNOW THE SIGNS OF ALCOHOL POISONING

M ENTAL CONFUSION	H YPOTHERMIA
U NRESPONSIVE	E RRATIC BREATHING
S NORING OR GASPING	L OSS OF CONSCIOUSNESS
T HROWING UP	P ALENESS OR BLUENESS OF SKIN

WHAT TO DO:

- * CALL 911 OR UNIVERSITY POLICE: 278.8400
- * STAY WITH THE PERSON
- * MONITOR BREATHING/HEARTBEAT
- * PERFORM CPR IF NECESSARY

FRESNOSTATE Drug & Alcohol Awareness & Wellness Guide Program
 awareawake **alive** keep it the fuck alive and sobering
 FRESNOSTATE.EDU/HEALTH FACEBOOK.COM/FRESNOSTATEHEALTH

- Since Fall 2013, the DAAWGs reached over 1,000 Fresno State students with 45-50 minute Protect Your 'Dogs presentations.
- The RADD California College DUI Awareness Project was launched in Fall 2014 at Fresno State. So far, the DAAWG peer educators recruited three local vendors to join the RADD program and provide benefits to designated drivers who use their eating/drinking establishments.

- **University Courtyard On-campus Housing**

- No alcohol policy changes.
- Conducted surveys through Educational Benchmarking, Inc. of residents' alcohol and drug use behaviors in December 2013 and December 2014. Here are the results:
 - December 2013
 - 346 completed the survey (32.7% of all residents)
 - How Many Alcohol drinks do you typically consume when you go out and drink?
 - I do not drink: 230 (67.1%)
 - One or Two Drinks: 59 (17.2%)
 - Three or Four Drinks: 29 (8.5%)
 - Five or Six Drinks: 14 (4.1%)
 - Seven or Eight Drinks: 7 (2%)
 - More than 8 drinks: 4 (1.2%)
 - How frequently do you consume alcohol?
 - I do not drink: 222 (64.5%)
 - Less than once per week: 90 (26.2%)
 - Once per week: 15 (4.4%)
 - Two to three times per week: 15 (4.4%)
 - Almost every day: 1 (.3%)
 - Every Day: 1
 - How frequently do you use marijuana?
 - I do not use marijuana: 320 (92.8%)

- Less than once per week: 16 (4.6%)
- Once per week: 3 (.9%)
- Two to three times per week: 3 (.9%)
- Almost every day: 1 (.3%)
- Every day: 2 (.6%)
- How frequently do you use other drugs?
- I do not use other drugs: 336 (98%)
- Less than once per week: 2 (.6%)
- Once per week: 1 (.3%)
- Two to three times per week: 0
- Almost every day: 1 (.3%)
- Every day: 3 (.9%)
- What drugs?
- Oxycontin
- Permanent Marker
- Vicodin
- Beggin Strips
- Aspirin/Ibuprofen/Tylenol PM
- Prescription
- Blue dream
- December 2014
 - 380 completed the survey (34.5% of all residents)
 - How Many Alcohol drinks do you typically consume per event?
 - I do not consume alcohol: 229 (64.9%)
 - One or Two Drinks: 62 (17.6%)
 - Three or Four Drinks: 39 (11.1%)
 - Five or Six Drinks: 10 (2.8%)
 - Seven or Eight Drinks: 6 (1.7%)
 - More than 8 drinks: 7 (2%)
 - How frequently do you consume alcohol?
 - I do not consume alcohol: 224 (63.5%)
 - Less than once per week: 94 (26.6%)
 - Once per week: 19 (5.4%)
 - Two to three times per week: 14 (4.0%)
 - Almost every day: 0
 - Every Day: 2 (.6%)
 - How frequently do you use marijuana?
 - Not in the past year: 298 (90.3%)
 - 2 to 3 times per year: 16 (4.9%)
 - Once a month: 4 (1.2%)
 - Two to three times per month: 4 (1.2%)
 - 2 to 3 times per week: 1 (.3%)
 - Daily: 6 (1.8%)
- Housing alcohol, tobacco and other drug use programs:
 - January 2013: One Last Drink Passive program
 - January 2013: Booze and Body – 2 residents attended
 - February 2013: Water Pong -35 residents attended
 - March 2013: Thor Drinking Program – 10 residents attended
 - September 2013: rootBeer Floats – 14 residents attended
 - September 2013: Alcohol facts spamming courtyard passive program
 - September 2013: Drinking Game? Alcohol program – 13 residents attended
 - September 2013: Zombie Pong Alcohol program – 17 residents attended
 - September 2013: knockout Mocktails – 22 residents attended
 - October 2013: Open Doors alcohol program – 31 residents attended
 - October 2013: Milk and Cookies – 300 residents attended
 - November 2013: Come Play Pong (alcohol program) – 20 residents attended
 - March 2014: Heads up, Drugged up – 4 residents attended
 - March 2014: Pot Party – 11 residents attended

- September 2014: Protect Your Dogs alcohol program – 17 residents attended
- September 2014: Thirsty Thursday program – 40 residents attended
- September 2014: Beer pong – 17 residents attended
- October 2014: Milk and Cookies – 200 residents attended
- **Alcohol & Drug class used for conduct:**
 - 2013, 7 classes were offered, 90 attended
 - 2014, 8 classes were offered, 77 attended
- **Training for Intervention Procedures (TIPS) Trainings**
 - Representatives from the Fresno State Student Involvement Office continued to offer TIPS training for Fresno State as a 2.5 hour program that helps students make sound choices when faced with difficult decisions about alcohol use. TIPS training provides students with the knowledge and confidence necessary to reduce high-risk drinking behavior among their peers. Throughout the 2013 and 2014 year, they conducted **seventeen** presentations and trained **259** people including, but not limited to, Concessions program for the Alumni Association volunteers to their special events as well as for groups volunteering to serve at the Vintage Days beer and wine garden.
- **Call Stay Cooperate Response Action Practice**
 - An ad-hoc Subcommittee of the ATODSC developed an amnesty policy and guidelines for Fresno State students when faced with an urgent situation such as an alcohol overdose. Known as the *Call.Stay.Cooperate Response Action Practice*, it provides protection to the student caller for revealing information about unsafe action or conduct on the Fresno State campus. Students are educated about this *Responsible Action Practice* during the WATCHDOG trainings as well as by the DAAWG volunteers during their classroom presentations.

CALL STAY COOPERATE
Responsible Action Practice

Purpose:

Fresno State (hereby referred to as the University) is committed to creating a safe and healthy learning environment for all members of the campus community. As such, the Responsible Action Practice is designed to encourage students to be responsible, caring members of the University community by seeking prompt emergency assistance on their own behalf or on the behalf of another student for a medical emergency related to the consumption of alcohol or other drugs (i.e. alcohol poisoning¹ or drug overdose). The University understands that the possibility of disciplinary action or sanctions may be a deterrent for some students to act when emergency assistance is needed. Therefore, in most cases, a student who calls for or seeks emergency assistance on behalf of a student experiencing an alcohol or other drug-related emergency will not be subject to formal disciplinary actions or sanctions under the University Code of Conduct.

The University will consider the positive impact of taking responsible action in an emergency situation when determining the appropriate response for alleged policy violations by the reporting student that may have occurred prior to or contemporaneously with the emergency situation. This means that generally no formal University disciplinary actions or sanctions will be imposed for alcohol or drug infractions, but the incident will be documented, and educational, community, and health interventions may be required as a condition of deferring disciplinary actions or sanctions. The practice does not protect repeated, flagrant, or serious violations of the University Student Code of Conduct, including physical or sexual assault, violence, hating, harassment, theft, or vandalism or instances where multiple individuals need medical attention, nor does it preclude or prevent action by police or other legal authorities.

¹Alcohol poisoning is another term for an alcohol overdose, when individuals consume so much alcohol that their bodies can no longer process it quickly enough. Alcohol poisoning and overdoses are potentially lethal; the human body simply cannot tolerate or process excessive amounts of alcohol. Signs or symptoms of alcohol poisoning or overdose can include any of the following: confusion or slurred vomiting; seizures; slow, irregular or abnormal breathing; cold, clammy, pale or bluish skin; and/or loss of consciousness (inability to rouse a person with shouts or shaking or inability of a person to remain awake for more than a few minutes or to carry on a coherent conversation when awake).

Requirements:

Fresno State students are generally expected to do ALL of the following:

- 🔴 **CALL:** Call 9-1-1 or the University Police Department at (559) 278-8400 to report the incident; and,
- 🔴 **STAY:** Remain with the individual(s) needing emergency treatment and cooperate with emergency officials, so long as it is safe to do so;
 - a. DO NOT leave the person alone.
 - b. DO NOT leave the person on his/her back. Turn the person on his/her side to prevent choking if the person vomits.
 - c. DO NOT try to make the person vomit.
 - d. DO NOT try to get the person to eat or drink anything including water.
 - e. DO NOT put the person in a cold shower, as it could cause shock.
 - f. DO be prepared to tell emergency personnel as much information as possible including the amount and type of alcohol or substances consumed.
- 🔴 **COOPERATE:** Meet with appropriate University officials after the incident and cooperate with any University investigation.

Scope:

1. An "emergency" communication is a timely contact with 9-1-1 or University Police. This practice does not apply to individuals who telephone friends for assistance, or who experience an alcohol or drug-related emergency that is first discovered by University employees or public safety officials.
2. In most cases, neither the student requiring emergency assistance nor an individual or group who assists will be subject to formal University disciplinary action. This practice does not excuse or protect those who flagrantly or repeatedly violate the University Code of Conduct regarding alcohol or illegal drug use.
3. The Responsible Action Practice does not apply if the caller purchased, supplied, or otherwise made available the alcohol or other drug to the student needing medical assistance.
4. If a representative of an organization hosting an event calls for medical assistance, this act of responsibility may mitigate potential conduct consequences that could arise against the organization, in that the fact that an organization sought help might be considered in potential sanctioning for University policy violations. Failure of student organizations to take responsible actions in an emergency situation where action is clearly warranted, however, may void all protections under this provision, may constitute an aggravating factor for purposes of sanctioning, and may lead to further disciplinary actions when such failure to act otherwise constitutes a violation of University rules, regulations or policies.

References: Responsible Action Protocols of Northwestern University, University of Iowa, and University of Georgia

Revised: 10/3/2013

- **New Student Orientation Alcohol Video**
 - As part of the ATODSC, two representatives from the Fresno State Student Involvement Office created a 7-minute video that has been shown as part of a 30-minute presentation on alcohol safety during the summer of 2013 and 2014. Through the use of a very realistic vignette as well as student testimonials, over 14,000 incoming freshmen, transfer students and their parents/family members were shown this video that begins their alcohol safety education here at Fresno State. It has been very well received and there are plans to update this video with footage of interviews with the family and friends of a student who died of alcohol poisoning at Fresno State in 2012.
- **Philip Dhanens Memorial Scholarship**
 - In memory of Philip Dhanens, an eighteen year old Fresno State student who died in 2012 of an alcohol overdose, a scholarship has been created to allow the opportunity for one Greek Man and one Greek Woman

to attend the annual CSU Alcohol and Other Drugs Higher Education Conference. Here is the screen shot of the scholarship details.

The image shows two screenshots of the Fresno State Scholarships website. The top screenshot displays the 'Philip Alexander Chanens Memorial Scholarship' page. It features a navigation bar with tabs for 'Applications', 'Opportunities', 'Events', 'References', and 'Drop Menus'. The main content area includes the scholarship title, a detailed description of the award, and a deadline for applications. The bottom screenshot shows the same page with a photo of Philip Chanens and a more detailed biography of the scholarship recipient.

- **Athletics**

- The Athletic department continued to be successful in monthly drug testing and enforcement.
 - All incoming freshmen and transfer student-athletes are tested as they arrive on campus.
 - After they pass a physical, a random selection of 10% of student-athletes from each team on a monthly basis are tested.
 - In addition, any student-athlete who has tested positive on a prior test are tested monthly.
 - Any student-athlete that has been identified by reasonable suspicion is tested monthly.
- A portion of enforcement includes a referral and assessment to Avante Behavioral Health. Avante specializes in assessments of student athletes' drug or alcohol use and referrals to a provider that will best fit the student athletes' needs.
- Made a change to the 2014-2015 Substance Abuse Education and Testing Program with a clarification that the random test schedule can be followed in the summer.
- Education/Awareness Events:
 - During the fall of 2013 the freshmen classes as well as a few additional student athletes completed a TiPS certified workshop. TiPS certifications empower student athletes to reduce high risk drinking behavior and help them make smart choices when faced with unruly situations.
 - January 2014 a group of one staff member and four student athletes attended the APPLE Conference.
 - In February 2014, Fresno State Athletics contracted with Robert Stutman to put together a presentation addressing the dangers of underage drinking, alcohol over-consumption, and drug abuse (prescription and street drugs); as well as their effects on student-athlete performance. Mr. Stutman covered many areas within these topics, including statistics on drug type use and age groups, the dangers of prescription drug abuse, as well as long term and short term effects of substance abuse. A lot of positive feedback was received from student-athletes on this presentation, particularly the effects on student-athlete performance following substance abuse.
 - In the spring of 2014, Student-Athlete Advisory Committee (SAAC) formed & implemented a student-athlete wellness program to address physical, mental, emotional and psychological wellness & development for our student-athletes; intending to set them on the path to success during and after college.
 - In spring and fall of 2014, student-athletes participated in WATCHDOG training. This program taught valuable skills such as bystander intervention techniques, CPR and provided additional information on the dangers of alcohol. The feedback from student-athletes that participated was overwhelmingly positive.

- Continuing yearly education includes: NCAA Drug Education video, Nutrition & Performance speaker, Conduct & Compliance education.

- **Performing Above the High (*PATH*) Project**

- Has been collaborating with Fresno State's ATODSC and Health Promotion & Wellness Services to provide marijuana prevention services to 12-20 year olds. This program is part of the California Health Collaborative and is funded through the Fresno County Department of Behavioral Health, Substance Abuse Services to serve the Fresno State campus.
- During the 2013-2015 school years, the PATH Project has hosted or participated in the following activities exposing hundreds of Fresno State University students to marijuana education and prevention information.
 - Assisted in sponsoring and planning events such as the annual National Collegiate Alcohol Awareness Week events & the annual Spring Break events
 - With the support of a Fresno State University Faculty Member, the PATH Project has formed a Young Adult Advisory Board on Fresno State Campus two consecutive years with the goal of increasing young adult participation in advocacy and prevention efforts. Students meet monthly and monitor college related PATH activities, while also receiving peer education training in order to educate their peers and assist with other prevention efforts taking place on campus. Additionally, youth collect data on current marijuana use trends on campus and work towards a culminating project that shifts social norms and discourages marijuana use.
 - The iPATH Advisory Board has participated two years in a row in a project during April 20th weekend (a date known in popular culture as the "National Day to Smoke Marijuana") to blanket media venues, including radio and internet with marijuana prevention and substance use prevention messaging. Year 1 resulted in over 15,000 people in Fresno County targeted with information; Year 2 resulted in over 25,000 people in Fresno County targeted with information. Results were determined utilizing social media participation statistics.
 - Became part of Health PAWS presents... program and offered educational presentations to classrooms