
Sonoma State University

Alcohol and Other Drug
Education Programs

Biennial Review

2020

Maintained by the Division of Student Affairs, Sonoma State University

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Introduction

Sonoma State University is in compliance with the Drug Free Schools and Campuses Regulations (34CFR, Part 86) of the Drug Free Schools and Communities Act (DFSCA), and the Higher Education Act (Section 120A). Sonoma State expects that all members abide by local, state, and federal laws, including the DFSCR, regarding alcohol and other drugs as well as the California State University System Policies regarding Drugs & Alcohol.

The Biennial Review Team

The Alcohol and Other Drug (AOD) Committee, reviews the requirements and goals of the Drug-Free Schools and Campuses Regulations [EDGAR Part 86] and collects campus information to evaluate the Drug and Alcohol Abuse Prevention Program (DAAPP), review publications, and create the Biennial Review every subsequent two years to include recommendations for future actions.

The AOD Committee supports the mission of Sonoma State by promoting healthy choices and reducing the harmful effects caused by abusing alcohol, tobacco, and other drugs. The committee consists of staff and student representatives from across the University campus. This includes REACH, Student Involvement, Office of the Dean of Students, Faculty, Fraternity and Sorority Life, Athletics, Student Health, University Police, Sonoma County Department of Health Services, Students, Counseling and Psychological Services, Confidential Advocacy, Office for the Prevention of Harassment and Discrimination.

The University is an alcohol, drug, smoke, tobacco, and vape free campus. Alcohol and other drug rules are detailed in the Student Code of Conduct. This information is provided to all incoming students during mandated New Student Orientation (online or in person). Also, a notification of the various policies such as the DAAPP and various resources on campus are sent to all students at the start of every semester by the Division of Student Affairs.

Biennial Review Summary 2018-2020

SSU complies with the [Safe and Drug Free Schools and Community Act of 1989](#) and the Higher Education Act, Section 120(a) addressing drug and alcohol abuse prevention. The university recognizes that drug and alcohol abuse on campus is not conducive to SSU's mission, and is actively committed to substance abuse education and prevention for both students and employees.

All university students, faculty members, and staff are subject to local state and federal laws regarding the unlawful possession, distribution, or use of alcohol and illegal drugs. Violators are subject to university discipline, criminal prosecution, and/or removal from university housing. The unlawful manufacture, distribution, dispensing, possession, or use of illegal drugs on the university campus, or at any university-sponsored event off-campus is also prohibited. A complete description of this policy can be found at <http://www.sonoma.edu/policies/alcoholic-beverages>. Alcohol use for students living in the residential community is governed by the "Campus Housing Regulations & Guidelines," and varies based upon the age of the student and the terms of the community where alcohol may be consumed. The full text of these regulations can be found at [REACH Regulations, Guidelines, and Conduct Process](#).

The CSU Student Conduct Code stipulates that students found in violation of the Alcohol Policy are subject to expulsion, suspension, probation, or a lesser sanction as determined by the disciplinary hearing process. The code governing student conduct may be found at <http://studentaffairs.sonoma.edu/student-resources/student-conduct>.

Employees in violation of the university alcohol and drug policies may be subject to arrest, corrective action, or dismissal, or be required to participate fully in an approved counseling or rehabilitation program. Applicable legal sanctions under federal, state, and local statutes for the unlawful possession or distribution of illicit drugs and alcohol range from probation and diversion, to imprisonment in the county jail or state prison. A police officer can confiscate the driver's license from any person suspected of driving under the influence of alcohol and drugs who refuses to take a blood-alcohol test.

In accordance with the Drug-Free Schools and Communities Act (DFSC Act), programs such as National Collegiate Alcohol Awareness Week, Aware Awake Alive, Sexual Assault Awareness Month, as well as our Red Flag and Crashed Car displays, focus on campus-wide Alcohol use, abuse and misuse Awareness. Other drug and alcohol prevention presentations and information are provided throughout the year, at orientations, University 102 classes, residential educational programming, upon request for departments and in conjunction with other sponsored campus activities. Our Greek communities play a role in helping to reduce alcohol-related incidents by requiring alcohol and drug education in the new member education process, hosting speakers and programs in their individual chapters about bystander intervention, alcohol poisoning as well as other alcohol and drug related issues. In addition to

many of the active programs there are also numerous passive posters, flyers, screen ads and blog posts, that are placed around campus in high foot traffic venues and spaces, or in online newsletters and social media platforms. These spaces include the residential community, in classroom hallways and spaces, the Seawolf Plaza, Library, Recreation Center, Student Center, as well as in Dining Halls and other campus food service venues.

The Drug and Alcohol Prevention Program (DAAPP) Elements

Highlighted Programs Summaries

Brief Intervention Counseling with AOD Education and Prevention Specialist

The purpose of this program is to meet the needs of students who may be vulnerable or struggling with issues related to AOD concerns. The AOD Education and Prevention Specialist (AODEPS) reports to the Director of Student Conduct, within the Division Student Affairs. In consultation with the University Care Team, the AODEPS provides individual or group sessions for students in order to identify risky behaviors in hopes to prevent alcohol and drug abuse amongst Sonoma State students.

The sessions are an alcohol, marijuana and/or other drug education workshop provided for students who have been found responsible for violations of the alcohol and drug policies or voluntary referrals from campus partners. This program is designed to educate health risks associated with AOD abuse. The program is assigned on two levels depending on the severity, recidivism, or level of care assessed based on the issue and available in-person or virtual and in a group or individual format.

The impact of these sessions is observed through low recidivism, outreach to consult with the AODEPS after the student's required sessions are completed, and anecdotal feedback from students after their attendance of the sessions.

Prescription Drug Use Screening and Intervention

Prescription drug and other substance use education is integral to nearly all Student Health Center interactions with patients. Intake at each medical visit includes questions about current medications, as well as the frequency and quantity of tobacco, alcohol, marijuana, and other substance use. Information about prescribed medications and other substances as well as potential short and longer term impacts on health is provided by the clinician as appropriate. When substance use relates to the primary reason for the medical visit (e.g. respiratory illness, drug interactions, patient seeking of medications with potential for abuse, behavioral or mental health issues) a more comprehensive level of medical intervention and discussion is provided. Similar interventions occur in conjunction with client interactions at SSU Counseling and Psychological Services.

Each student interaction with the SHC Pharmacy includes information about the proper use of medications, potential side effects, hazards, precautions, and potential drug and substance interactions.

The Student Health Center has worked with the Sonoma County Water Agency and Russian River Watershed Association to sponsor periodic, on-campus, SHC monitored collection/take back of unused or expired medications under the “Safe Medicine Disposal” program. The purpose of this effort is to prevent the contamination of environmental and water resources with these medications and also to prevent prescription drug misuse by reducing the amount of unused casually stored or discarded medication that could be redirected for illicit use.

Tobacco

The Student Health Advisory Committee (SHAC) works with the Student Health Center (SHC) to provide education about tobacco products, tobacco litter, and cessation information at campus theme weeks and activities. “Quit Kits” are always available at the Student Health Center lobby and Pharmacy for no cost. Since tobacco users are at high risk of influenza related health complications, student smokers may sign a pledge to not smoke any substance for 24 hours and then receive a free flu immunization from the Student Health Center during this time period. SHAC participates in the annual No Butts Week (observed in conjunction with other campus activities during Earth Week) and during their own sponsored events including Stress Less Fair. Collaboration will continue with the California Youth Advocacy Network, the American Lung Association and the local Public Health Department to focus on tobacco product use and education.

Campus leaders ensure publicity of the policy in student, staff and faculty newsletters, [websites](#), via social media, new campus signage, new student and transfer orientations, new employee orientations, posted job announcements, campus housing, and visitor information. Sonoma State Human Resources and the Student Health Center work collaboratively to educate the broader campus community about the smoke free policy, the health hazards of primary and second hand smoke, nicotine addiction, and nicotine product safety issues. Counseling and Psychological Services (CAPS) offers a smoking cessation group to students as well.

Individual Level Interventions for Students

Screenings and Referral for Education or Treatment

Sonoma State provides access to all students to individual addictions counseling by a nationally certified, state licensed alcohol and drug counselor. These services are free for all students and can be accessed through a number of avenues, including the campus conduct system, referrals from faculty, administrators, peers, and/or self-referral. Sonoma State provides a continuum of care ranging from basic psychoeducational information and support to outpatient level

treatment. Individual and group counseling and education is also available in the forms of motivational interviewing, individualized feedback, social norms messages, and client-centered counseling.

All students who are found responsible for a simple alcohol or drug violation, which typically includes students with an underage possession of alcohol or drugs, are sanctioned to complete alcohol education workshops. The standard sanction for an initial alcohol or marijuana policy violation includes one, 60-minute AOD group education workshop. Any subsequent violation of the AOD policy typically results in a mandated, one on one session with the AODEPS.

Education Interventions

Education interventions are administered in two ways on Sonoma State's campus, which include: 1) The conduct process, which consists of students attending review sessions as stated above group classes that focus on substance use and abuse, and 2) The Judicial Educator (online module) is used to education the individual regarding individualized feedback with education regarding normative alcohol and other drug use on our campus.

Support Groups

Counseling and Psychology Services (CAPS) offers support groups for students who abstain from alcohol and other drug use and who are seeking support to maintain such a lifestyle. There is also a group offered to students who are coping with the effects of another person's substance use, especially those students who have a parent/family member with a history of substance use issues.

Parental Notification of Policy Violations

Sonoma State views parents and families as partners in the educational process. Parents/guardians are notified of any hospital transport, regardless of a student's class year, involving AOD situations.

Athletics

The Office of the Dean of Students supports the Athletic Department's random urine drug screening program by evaluating and providing counseling to athletes who produced positive urine drug screens.

Student Population Level Interventions

eCheckup To Go Prevention and Assessment

All students under the age of 25 years old are assigned the eCheckup To Go Prevention and Assessment program prior to the start of the academic year. The assessment reviews each individual student's alcohol and/or drug use and evaluates risks associated with use. Students that do not complete the assessment may have holds placed on their student accounts that prevents them from registering classes.

Consistent Policy Enforcement

Our conduct system requires that all students who are in violation of campus alcohol and/or drug policies are provided counseling and/or education by our AODEPS.

Referrals to AODEPS

Referral of students with conduct violations for education and/or evaluation and treatment: Students who are found responsible for AOD related violations of community standards are required to attend the AOD harm reduction sessions.

Outreach and Prevention Presentations and Programs

The AODEPS offers presentations throughout the year to educate students about the possible effects that substance use can incur and to contribute to the overall reduction of students' substance use.

NOMA Nation Orientation

All summer orientation programs include presentations to students and families on the college drinking culture. These presentations include effective social norms messages that are designed to correct misconceptions and reduce substance use.

Invited Presentations

More focused discussions about campus health and mental health services as well alcohol, tobacco, and potentially misused or illegal substances during class and club meetings occur when the Health Education nurse is an invited speaker to University 102 and other classes, Freshman Interest Groups, student clubs or organizations, and the Residential Community. The following are examples of presentation topics made over the past two years:

- Sex in the Dark, Sex Ed, Sexual Health and Sexual Assault prevention- alcohol, and use/misuse and use of date rape drugs in other forms. STIs and sexual decision-making, sexual assault, and partner communication and education about sexual health.
- Nutrition and Healthy lifestyle presentations and individual appointment consultations to review components of healthy diet including exercise and stress reduction and sleep and how medications and drugs can have altering effects on health goals.
- Interviews with students about SHC services, health profession career choices, birth control methods including condom use which included the influence drugs and alcohol can have on proper use of contraceptive methods. Participation in Alcohol Awareness Week with other campus departments, Stress Less Fair and Puppy Play Day with the Student Health Advisory Committee to educate about healthy alternatives other than alcohol and drugs to reduce stress.

Substance Free Housing

Designated First Year Housing is by design substance free, regardless of whether a student is of legal drinking age.

Screening

The Student Health Center continues to collaborate (as staffing allows) with various national screening days focused on alcohol use, depression, eating issues, etc. Each of these may have an alcohol/substance or related mental health behavior cofactor which is concurrently addressed. Example: The SHC used AUDIT every other year. Counseling and Psychological Services: On the CAPS website, there is an anonymous screening that will notify a student if they are elevated on a substance abuse scale and recommend counseling.

Alcohol-Free Social Activities

The University offers many opportunities for students to become involved in pro-social, substance-free activities, such as retreats, service work, recreational sports, dances, theater, movies, San Francisco Giants games, and free late-night programs that occur every Friday, Saturday, and Sunday night during the academic year.

- Social norms messaging campaigns: Our campus-wide social norms educational program seeks to reduce irresponsible alcohol and/or other drug use by correcting students' perceptions that irresponsible alcohol use is a SSU norm.

Counseling and Psychological Services

During these reporting years, the Counseling and Psychological Services (CAPS) Department has worked to prevent alcohol and drug abuse by providing consultation, workshops, group and individual counseling, and referrals to outside resources. CAPS consults regularly with faculty

and staff regarding students of concern whose issues often include substance abuse. CAPS addresses alcohol and drug use through workshops on a variety of topics, including stress reduction, grief, mindfulness, and study skills. Alcohol and drug use is routinely assessed and discussed during individual and group therapy. CAPS also connects students with pertinent off-campus resources, such as Alcoholics Anonymous, Narcotics Anonymous, the Drug Abuse Alternative Center, etc. CAPS also participates regularly in campus events related to substance abuse such as Alcohol Awareness Week.

In addition, Sonoma State students have the option to take anonymous mental health screenings which can alert the student to a possible alcohol or drug problem, among other mental health concerns. At this point, through the CAPS website, students are provided with the resources that allow them to fully utilize the services of the department. During these reporting years, more than 120 screenings were taken by SSU students.

Campus-Wide Outreach and Special Events

Human Resources

"Sonoma State is a drug-free workplace" is shared on several of our promotional items (jobs ads, websites, etc.) for employees. Additionally, we have our tobacco cessation program through Empathia and our various health insurers, and a Smoke-Free Campus Web site that promotes the System-wide policy <http://web.sonoma.edu/hr/smoke-free-campus.html>.

Annual Security and Fire Safety Report

One goal was to make certain students are educated on the zero tolerance policy for alcohol/drug on campus. The Annual Security and Fire Safety Report (ASFSR) includes statistics for the previous three years concerning reported crimes that occurred on campus, including alcohol and other drug law violations and referrals. The report also includes institutional policies concerning campus security and personal safety including topics such as: crime prevention, Sonoma State law enforcement authority, crimes reporting policies, disciplinary procedures and other matters of importance related to security and safety on campus. Notification is sent out to the university community every year by email.

Save A Life Tour

Driving while under the influence/distracted driving simulator.

Red Flags Project

Each year for Alcohol Awareness Week and/or just before the holidays, we display 1800+ flags on the quad, representing the average annual number of college-aged student lives lost due to alcohol use/misuse/abuse.

Campus-Wide Topics and Events

Domestic Violence Awareness Month, Dating Violence Awareness & Healthy Relationships Awareness, National Collegiate Alcohol Awareness Week, Sexual Responsibility & Safe Sex Awareness, Sexual Assault Awareness Month campaigns to educate and enhance awareness of the hazards associated with alcohol and other drug use. In addition to information pertinent to all populations, attention is given to collegiate celebrations and circumstances often also associated with college student misuse of alcohol and other drugs (e.g. spring break, sexual assault). We work with various campus and community partners to provide passive and active education about topics that include (but are not limited to) our Save a Seawolf campaign, bystander intervention, impacts of alcohol/drugs on our communities, consent, sexual misconduct, healthy relationships, pouring demonstrations, alternatives to drinking/drugging, healthy ways to approach life.

Check It SSU -Bystander Intervention

A bystander intervention program that teaches students how to be an active bystander by using observation to recognize problematic behaviors, assume responsibility, determine ways to help and take action in a way that is safe for them. The training discusses the impact alcohol and or drugs may play in incidents of interpersonal violence. The training provides consent education and brings attention to CSU policy that states individuals incapacitated by alcohol or drugs are unable to provide consent for sexual activity.

Aware Awake Alive Training

Sonoma State University representatives attended the 1/30/14 Chancellor's Office Aware Awake Alive meeting and began implementing the program soon after. To supplement the program, the Health Education team in the SHC produced banners, flyers, magnets, business cards, and hang tags with signs of alcohol poisoning and safe ride information. This year the campus police used the handouts when talking to students about underage alcohol use and/or alcohol misuse. The Residence Hall laundry rooms were given various posters, banners and flyers were displayed in the Student Health Center, on campus and lent to students for class presentations.

Residential Education Programming

Residential Education and Campus Housing (REACH) facilitated a total of 58 programs in the following categories (see Appendix A for program titles, dates, and sponsoring offices/organizations):

- Program Type
 - 55 alcohol education
 - 22 alcohol and sexual violence
 - 1 marijuana
 - 9 alcohol and drugs
 - 1 alcohol, marijuana, tobacco
- Program Delivery
 - 6 passive programs (surveys, flyers, tabling)
 - 82 face-to-face programs

Statement of AOD Program Goals and a Discussion of Goal Achievement

The AOD Prevention Committee supports the mission of A&M-SA by promoting healthy choices and reducing the harmful effects caused by abusing alcohol, tobacco and other drugs. Program goals focus on creating a campus community that is cognizant of the various risks and negative impacts of alcohol and other drugs, to educate the community on various policies and laws surrounding alcohol and other drug use and abuse, and to create community support and resources for individuals who may have concerns about behaviors related to the use and/or abuse of alcohol and other drugs. The University is an alcohol, drug, smoke, tobacco, and vape free campus and notification is distributed by University Email (Appendix G). Alcohol is not allowed on University property or at University sponsored events, unless approved by The Office of the President. Various new goals were created by the AOD Committee to assist in supporting the A&M-SA mission and to further educate the community. These new goals will be assessed during the next Biennial Review period.

Purpose, Charge, and Goals & Achievement

Purpose

To promote wellbeing and student success by creating an environment in the SSU community that supports informed, lawful wise decision-making and behavior related to alcohol and other drug use.

Charge

An advisory to the Vice President for Student Affairs with regard to student substance use/misuse/abuse with the intention of promoting:

- a safe living, learning, and working environment.
- the use of critical thinking skills, self-awareness and personal/community responsibility.
- healthy lifestyle choices and behaviors regarding alcohol and other drugs.
- the collective alcohol and other drug educational resources available to SSU students.

Goals and Discussion of Goal Achievement

Goal 1: Create and publish a list of on and off campus AOD resources

- Status: Completed
- Published on the Office of the Dean of Students [website](#)

Goal 2: Explore and identify at risk groups and provide targeted education

- Status: In process
- Currently in the process of identifying at risk groups through the eCheckup-to-go not previously identified

Goal 3: Educate and support identified high risk groups through intentionally designed outreach

- Status: Completed/Ongoing
- Currently identified groups: student athletes, fraternities and sororities, first year students, and sport clubs.
- Identified groups have received specialized education and prevention training (Appendix A)

Goal 4: Provide alcohol and other drug education, support, and accountability in an in-person and/or virtual environment.

- Status: Ongoing
- Alcohol and drug education is available both in-person and virtual for all students.

Goal 5: Create more of an authentic culture around the realities of alcohol on our campus (Culture is identified as: the rights, responsibilities, bystander intervention, the effects and affects of alcohol on ourselves and others).

- Status: In process/Not Complete
- This goal is currently being assessed for strategic planning

Goal 6: Provide periodic reports regarding program attendance, alcohol and drug use data reported by SSU students, etc.

- Status: Completed/Ongoing
- The goal is evidenced by reports from AOD Committee, eCheckup-to-Go analytics and Maxient analytics for alcohol and drug incidents.

AOD Program Strengths and Weaknesses

Strengths

Tri-Community Coalition

This monthly meeting consists of the Chiefs of Police of SSU, Rohnert Park, and Cotati and well as representatives from SSU Student Affairs, the local high school (that backs up to the SSU Residential Community), local housing representatives and the Sonoma County Department of Public Health and Code Compliance. The focus is on alcohol and noise related community issues, educational partnerships and environmental strategies.

NOMA NATION New Student and Parent Orientation

Alcohol, use of substances, both legal and illegal, sexual misconduct, and the use and misuse of prescribed drugs is addressed in presentations to both student and parent groups and, time permitting, during the Student Health Center, Counseling and Psychological Services, and Campus Life portions of new student orientation presentations along with scheduled or impromptu tours of the Student Health Center, Housing facilities, etc. The students have also participated in an Interactive Theatre Production, which focuses on alcohol and drug use, sexual misconduct and bystander Intervention. Lastly, during the opening time with their Summer Orientation Leader, they sign a pledge to not drink or use drugs during the Summer Orientation session.

Partnership with Rohnert Park, and Cotati Police Departments

We work with the Rohnert Park, Cotati and, of course, the SSU Police Departments in a couple different ways. One way is that we invite them into our Fraternity and Sorority Life President Meetings, once a semester, so they can share information about how to be good neighbors in the communities and talk about issues and questions that the students have. We also however, have a great relationship with both PDs, and work together to confront/carefront issues that may come up in the community between students and non-student community members. Some of these issues relate to alcohol and other drug use or parties, while other issues relate to noise, upkeep of property, or other violations of city/county ordinances. It has been a very successful partnership.

Student Involvement

All SSU Recognized Student Organizations (RSOs) participate in the chartering process. Each RSO must send the elected/nominated President and Treasurer to one in-person chartering meeting. The CSU Alcohol Policy is reviewed with all students in attendance. Presentations also include the relationship of alcohol to RSOs, (for both on and off campus events), member safety, and RSO judicial responsibility. Chartering meetings occur in September, November and April of each academic year. We also include alcohol and drug education, (as well as bystander intervention training with Sport Clubs) in our semesterly training with our RSOs.

In addition to managing the RSOs, Student Involvement (SI) also produces and co-produces a variety of events, and collateral, that support the alcohol and other drugs, as well as sexual misconduct, bystander intervention education, Save a Seawolf efforts on campus. Some of these events include National Collegiate Alcohol Awareness Week, Sexual Assault Awareness Month, and education before the december holidays/break about the effects of drinking and distracted driving. SI also works with various campus partners to ensure that these issues also are focused on throughout the entire year by doing one-off events, poster and screen campaigns, as well as includes the campus alcohol, other drug and Title IX resources in the various resource fairs throughout the opening 6 weeks (health and wellness fair , academic resource fair, spirituality fair and club fairs). Lastly, SI teams up with our REACH staff to provide weekend alternative programming in the form of weekly friday night events, as well as weekend trips, films and other events supporting athletics, the SSU theatre department and RSO sponsored events.

Fraternity and Sorority Life New Member Education

Each semester, once new members are selected, the Fraternity and Sorority Life (FSL) Advisor provides half day education sessions for them. The program includes education in the areas of alcohol and other drugs, campus policies, hazing, bystander intervention, sexual misconduct training, campus and local resources and much more. Topics are typically presented by the FSL Advisor and other campus/community partners.

Fraternity and Sorority Individual Chapter Training and Education Sessions

Each year, most of our FSLs are also required by their National Organizations to host speakers, or other education about alcohol and other drugs , in addition to education about sexual misconduct.

Fraternity and Sorority President Meetings

The Fraternity and Sorority Life (FSL) Advisor hosts mandatory bi-monthly President Meetings for all Chapters. During these meetings, he brings in guests to speak, shares information and leads discussions about various topics. The FSL Advisor also brings in guests from campus to share resources and information, as well as answer questions. Speakers have included the

Office of Prevention, local police to talk about living in a community as what that means, and the SSU Confidential Advocate among others.

Fraternity and Sorority Retreat

Every spring after the chapters change leadership, we host a Leadership Retreat for the President, Vice President, Risk Manager, Recruitment Coordinator and New Member Educator of each chapter. Topics include, but are not limited to, AOD, sexual misconduct, Ladder of Risk, hazing and recruitment.

Weaknesses

One of the goals for the AOD Workgroup was not completed, “Create more of an authentic culture around the realities of alcohol on our campus (Culture is identified as: the rights, responsibilities, bystander intervention, the effects and affects of alcohol on ourselves and others).” While this goal is in process, we do not have all of the information needed to make informed decisions regarding next steps. This is a topic that we are reviewing and will plan on reporting on for the 2020-2022 Biennial Report.

Despite various efforts for programming at the time of this review period, there is no clear data to assess the effectiveness of programs. The Division of Student Affairs has hired an Assistant Vice President for Strategic Operations. The AOD Workgroup plans to request assistance to formally assess some of our programs. This will assist in establishing how the AOD Workgroup could use these standards as a best practice guide for further educational developments.

Annual Notification Procedures

Students

- The Office of the Dean of Students, during the first month of semester, will send a notice to all students requesting the University's policies on Alcohol and Other Drugs.
- The topic of AOD is covered during all NOMA Nation Orientation Sessions.
- The topic of AOD is covered during all first floor/building meetings for residential students within the first ten days of each semester.

Employees

- Human Resources will distribute a notice of all applicable AOD policies and resources to all employees each fall semester.
- Human Resources will provide information regarding AOD policies and resources during all new employee orientation sessions.

Campus and Community

- Information related to AOD education, resources, and services are delivered all year passively through: campus screens (LoboVision, billboard monitors), bulletin boards, signage, bathroom stall reads, social media, and tabling (word of mouth programming). (Appendix B and Appendix C)

Policies Distributed to Students and Employees

Sonoma State University (SSU) complies with the Drug Free Workplace Act of 1990 and the Higher Education Act, Section 120(a) addressing drug and alcohol abuse prevention. SSU recognizes that drug and alcohol abuse/misuse is not conducive to the mission of the University and is actively committed to education and prevention for students and employees.

All University students, faculty members, and staff are subject to local state and federal laws regarding the unlawful possession, distribution, or use of alcohol and illegal drugs. Violators are subject to University discipline, criminal prosecution and/or removal from University housing.

The unlawful manufacture, distribution, dispensing, possession or use of illegal drugs on the University campus or at any University-sponsored event off-campus is also prohibited.

The Drug and Alcohol Abuse Prevention Programs (DAAPP) Annual Notification (Appendix A and B) is distributed via University email to all students and employees once every semester, including Fall, Spring, and Summer terms. This ensures that each student and employee receives the notification as they join the campus community. The most recent DAAPP is also available for review online at the [Division of Student Affairs Webpage](#).

The following sections describe applicable policies and regulations related to the abuse/misuse of alcohol and other drugs.

Sonoma State University Alcoholic Beverages Policy No. 1985-1

The possession, consumption or sale of alcoholic beverages on campus is prohibited unless approved by the President of the University or his official designee.

<https://www.sonoma.edu/policies/alcoholic-beverages>

Departments, groups, organizations, or the Person in Charge found to be in violation of the Campus Alcohol Policy may lose the privilege at future events and are subject to university disciplinary action and/or civil penalties for which there is no established maximum.

Sonoma State University Drug-Free Workplace Policy No. 1989-1

It is the goal of Sonoma State University to maintain a drug-free workplace. To that end, and in compliance with the Drug-Free Workplace Act of 1988 (Public Laws 100-440 and 100-690), the University has adopted the following policies:

1. The unlawful manufacture, distribution, dispensing, possession, or use of controlled substances is prohibited in the workplace.
2. Employees who violate this prohibition (paragraph 1) are subject to corrective or disciplinary action as deemed appropriate, up to and including termination.
3. As an on-going condition of employment, employees are required to abide by this prohibition (paragraph 1); and to notify the campus Office of Human Resources of any criminal drug statute conviction they receive for a violation occurring in the workplace. Notification must be provided no later than five days after such a conviction.
4. If an employee receives such a conviction (paragraph 3), the University shall:

- a. take appropriate personnel action against the employee, up to and including termination and the loss of University-controlled housing; or
 - b. require the employee to participate satisfactorily in an approved drug-abuse assistance or rehabilitation program.
5. The University regularly offers drug-awareness programs and activities for employees, including new-employee orientations, articles in campus publications, training and development courses, and lectures and workshops. In addition, through the Office of Human Resources the University makes available to employees information about drug counseling, rehabilitation, and employee assistance programs.
<https://www.sonoma.edu/policies/drug-free-workplace>

Smoking and Tobacco-Free Policy

To provide a safe and healthy environment for all of our faculty, staff and students, the university maintains a smoke and tobacco-free environment.

<https://www.sonoma.edu/policies/smoking-and-tobacco-free-policy>

Student Conduct

Title V of the California Code of Regulations, as it relates to the Standards for Student Conduct, stipulates that students found in violation of the Alcohol Policy are subject to expulsion, suspension, probation or a lesser sanction as determined by the disciplinary hearing process.

The code governing student conduct may be found on the [Office of Student Conduct](http://studentaffairs.sonoma.edu/student-resources/student-conduct) website at <http://studentaffairs.sonoma.edu/student-resources/student-conduct>.

On-Campus Housing

Alcohol use for students living in the residential community is governed by the “Campus Housing Regulations & Guidelines,” and vary based upon the age of the student and the terms of the community where alcohol may be consumed. The full text of these regulations can be found at <http://housing.sonoma.edu/resources/policies>.

Recommendations for Revising AOD Programs

- As part of the eCheckup- to-Go program, Sonoma State is able to do longitudinal assessments of our students and alcohol, as well as comparisons with other universities of our choice as well as other universities within our Carnegie classification.
- Full time health promotion team member - currently the Student Health Center has a part-time person in this position, but would benefit from having a full time person to champion AOD services as part of their role, and convene campus resources.
- In an effort to improve the quality of the interventions provided to students, the Office of the Dean of Students, in collaboration with Student Conduct, will be working toward implementing AOD evaluations for all students found in violation of the University's alcohol and drug policies beginning August 2021. This change is designed to ensure that the interventions that students receive are appropriate for their individual substance use behaviors, and not simply limited to the committed violation itself. We are hopeful that this targeted response and treatment approach may contribute to a decline in recidivism within our conduct system.
- The Office of the Dean of Students will send birthday cards to 21 year olds, congratulating them and reminding them of the expectations and responsibilities that come with being 21.
- There is currently not a campus specific policy which addresses alcohol use by students not on the residential campus. The CSU has an overarching policy, but we will be creating a campus specific policy that better explains the University's expectations related to AOD at SSU..
- The University is committed to enhancing the variety and number of programs available to employees to help address substance use. In addition to increasing the number of programs, we will be increasing our efforts to gather additional information on the utilization of these programs.

We are confident that by addressing the aforementioned goals, we will greatly enhance our efforts to address and prevent substance use at Sonoma State University.

Appendix A. AOD Programming

Responsible Office	Topic Category	Program Description	Frequency
REACH	Consent	First neighborhood meeting	Twice a year; at the beginning of each semester
REACH	Personal Safety	First neighborhood meeting	Twice a year; at the beginning of each semester
REACH	Crime Prevention	First neighborhood meeting	Twice a year; at the beginning of each semester
REACH	Healthy Relationships	First neighborhood meeting	Twice a year; at the beginning of each semester
REACH	Bystander Training	First neighborhood meeting	Twice a year; at the beginning of each semester
REACH	Alcohol/Drug Use	First neighborhood meeting	Twice a year; at the beginning of each semester
REACH	Consent	Variety of programming events; some hosted by resident advisors where campus partner content experts visit students where they live; others where resident advisors bring residents to campus events addressing this category	At least once a month by 56 RAs

REACH	Personal Safety	Variety of programming events; some hosted by resident advisors where campus partner content experts visit students where they live; others where resident advisors bring residents to campus events addressing this category	At least once a month by 56 RAs
REACH	Crime Prevention	Variety of programming events; some hosted by resident advisors where campus partner content experts visit students where they live; others where resident advisors bring residents to campus events addressing this category	At least once a month by 56 RAs
REACH	Healthy Relationships	Variety of programming events; some hosted by resident advisors where campus partner content experts visit students where they live; others where resident advisors bring residents to campus events addressing this category	At least once a month by 56 RAs
REACH	Bystander Training	Variety of programming events; some hosted by resident advisors where campus partner content experts visit students where they live; others where resident advisors bring residents to campus events addressing this category	At least once a month by 56 RAs

REACH	Alcohol/Drug Use	Variety of programming events; some hosted by resident advisors where campus partner content experts visit students where they live; others where resident advisors bring residents to campus events addressing this category	At least once a month by 56 RAs
REACH	Consent	Resident advisors post information or prevention methods and tips on bulletin boards throughout the residential community	At least once a month by 56 RAs
REACH	Personal Safety	Resident advisors post information or prevention methods and tips on bulletin boards throughout the residential community	At least once a month by 56 RAs
REACH	Crime Prevention	Resident advisors post information or prevention methods and tips on bulletin boards throughout the residential community	At least once a month by 56 RAs
REACH	Healthy Relationships	Resident advisors post information or prevention methods and tips on bulletin boards throughout the residential community	At least once a month by 56 RAs
REACH	Bystander Training	Resident advisors post information or prevention methods and tips on bulletin boards throughout the residential community	At least once a month by 56 RAs

REACH	Alcohol/Drug Use	Resident advisors post information or prevention methods and tips on bulletin boards throughout the residential community	At least once a month by 56 RAs
Confidential Advocacy	Consent/Discl osures	Orientation leader training	4/19/18
Confidential Advocacy	Consent/Byst ander Intervention	SAAM tabling Seawolf plaza	4/24/18
Confidential Advocacy	Consent	Denim day - tabling seawolf plaza	4/25
Confidential Advocacy	Sexual Violence Prevention	Take back the night	4/25/18
Confidential Advocacy	Sexual Violence Prevention	Panhellenic e-board	4/30/18
Confidential Advocacy	Sexual Violence Prevention	IFC, MGC, and panhellenic chapter	5/2/18
Confidential Advocacy	Alcohol & Sexual Violence Prevention	Drinking knows w/alpha o's	5/9/18 & 5/10/18
Confidential Advocacy	Consent/Sex ual Violence Prevention /Bystander Intervention	Summer Bridge Leaders training 5/21/18	5/21/18
Confidential Advocacy/Orient ation	Consent/Alco hol/ Bystander Intervention / Sexual	Orientation Interactive Theatre Program (ITP)	7 sessions month of June

	Violence Prevention		
Confidential Advocacy	Consent & Sexual Violence Prevention	Resident Assistants sexual assault protocol training	8/9/18
Confidential Advocacy	Sexual Violence Prevention	All Student engagement Staff training	8/16/18
Confidential Advocacy	Consent/Sexual Violence Prevention	Peer Mentors training	8/17/18
Confidential Advocacy	Consent/Sexual Violence Prevention & Rape Culture	FYE & UNIV 102 classes	10 presentations for 10 different classes
Confidential Advocacy	Consent/Sexual Violence Prevention /Healthy Relationships	Mental Health Day tabling	10/10/18
Confidential Advocacy	Sexual Violence Prevention	The Hunting Ground film facilitation	11/2/18
Confidential Advocacy	Suicide Prevention/Personal Safety	"I Can Help" program	12/12/18
Human Resources	Sexual Misconduct	Edu: Eliminate Campus Sexual Misconduct	1x/year, online, all employees (including student)
Human Resources	Discrimination and Harassment	CSU: Preventing Discrimination and	1x/year, online, all employee (including

		Harassment for Non-Supervisors	students) except mpps
Human Resources	Discrimination and Harassment	Edu supervisor: Anti-Harassment, Discrimination, Retaliation (ca-13-h)	1x/year, online, MPPs
Title IX	Student Athlete	Title IX Overview	4/5/18, Women's golf, soccer, softball, track and field, tennis, water polo
Title IX	Student Athlete	Title IX Overview	4/6/18, Men's Tennis, Soccer, Golf, Basketball
Title IX	Student Athlete	Title IX Overview	4/12/18 Men's Baseball, Soccer
Title IX	Title IX	Dept Overview	7/13/18, REACH and Transfer/Transition professional staff
Title IX	Title IX & Confidential Advocate	Dept Overview, Bystander Intervention, Reporting, Confidential Advocate	8/16/2018, for Student Life staff
Title IX	Title IX	Dept Overview	8/22/18, for UPD
Title IX	Title IX	Mandated Student Online Training	9/17/19, assigned to all students
Title IX	Title IX	Dept Overview, services, reporting	9/25/2018, trio Support Services
Title IX	Title IX	Dept Overview, services, reporting	9/28/2018, trio Support Services, Student Staff
Title IX	Title IX	Dept Overview, services, reporting	10/10/2018, Psychology Services

Title IX	Greek Life Title IX	Title IX Overview	10/15/18, Sigma Pi Alpha Sorority
Title IX	Greek Life Title IX	Title IX Overview	10/21/2018, Phi Sigma Sigma Sorority
Title IX	Greek Life Title IX	Title IX Overview	12/9/18 Alpha Delta Pi
Title IX	Greek Life Title IX	Title IX Overview	12/2/18, Alpha Omicron Pi
Student Involvement	Hazing/Alcohol Ed/Title IX	New Member Ed – Fraternity & Sorority Life	New member education – Fall (Sept/Oct) and Spring (Feb/March) for all new members. Includes hazing, alcohol awareness, Title IX
Student Involvement	Alcohol/Title IX Expect/Resources	Club chartering portal	General club online chartering portal that all clubs must complete includes information about alcohol expectations and resources as well as Title IX
Student Involvement	Alcohol Education	All Fraternity & Sorority chapters/all members	Alcohol education speakers, workshops etc...
Student Involvement and Others	Campus Resource Fair	Seawolf Academic and College Success Fair	9/5/18 - fair included Title IX, Confidential Advocacy, Counseling, Sexual Assault etc...
Student Involvement and Others	Campus Resource Fair	Seawolf Health and Wellness Fair	9/26/18 - fair included Title IX, Confidential Advocacy,

			Counseling, Sexual Assault etc.
Student Involvement and Others	NCAAW - Alcohol Awareness Week	Hypnotic Intoxication - alcohol awareness week event	10/24/18
HUB Cultural Center	Consent Education	Embodied consent: feel what you want, ask for what you want	11/8/18
	Alcohol Education	Red flag passive display with education	
Student Involvement and Others	Alcohol/Drug And Distracted Driving Education	Arrive Alive Drunk, drugged, distracted Driving Simulator	12/4/18
Student Involvement and Others	Alcohol and Distracted Driving Awareness	Save A Seawolf Alcohol Awareness Week Crashed Car Display	12/4 thru 6th /2018
AOD Committee	Alcohol/Drug/ Distracted Driving	Save a Seawolf PSA Video Contest 2019	Feb thru April 2018
HUB Cultural Center	Consent	Embodied consent: feel what you want, ask for what you want	02/07/2019
Vagina Monologues Club	Sexual Assault /Consent Education	Vagina Monologues	Feb 14th thru 16th/ 2019
HUB Cultural Center	Safe and Consensual Sex Education	Sex, love, & hookup culture	Feb 19, 2019

Appendix B. Vaping Information

VAPING

Vaping devices are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine or marijuana, flavorings, and other chemicals

RESOURCES
SSU Counseling & Psychological Services
Salazar Hall 17A
8am-4pm (Mon), 8am-5pm (Tue-Fri)
#707.664.2153 (24hr)

SSU Student Health Center
8am-5pm (Mon-Th), 9:30am-5pm (Fri)
#707.664.2921



PHYSICAL & MENTAL HEALTH IMPACT

- Paranoia
- Anxiety
- Panic Attacks
- Hallucinations
- Increase in Heart Rate & Blood Pressure
- Symptoms of Withdrawal & Addiction
- Negative Effect on Attention, Memory, and Learning Skills
- Severe Lung Infection

PREVENTION
DRUG ENFORCEMENT ADMINISTRATION (DEA) WWW.DEA.GOV
WWW.CAMPUSDRUGPREVENTION.GOV

CENTER FOR DISEASE CONTROL & PREVENTION (CDC) WWW.CDC.GOV/TOBACCO/INDEX.HTM


NATIONAL INSTITUTE ON DRUG ABUSE WWW.DRUGABUSE.GOV

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STUDENTS WHO USE MARIJUANA OR NICOTINE CONCENTRATES ARE MORE LIKELY NOT TO FINISH HIGH SCHOOL OR GET A COLLEGE DEGREE, COMPARED TO THOSE WHO DON'T

PREVENTION
DRUG ENFORCEMENT ADMINISTRATION (DEA) WWW.DEA.GOV
WWW.CAMPUSDRUGPREVENTION.GOV

CENTER FOR DISEASE CONTROL & PREVENTION (CDC) WWW.CDC.GOV/TOBACCO/INDEX.HTM

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RESIDENTIAL EDUCATION AND CAMPUS HOUSING
SONOMA STATE UNIVERSITY

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RESIDENTIAL EDUCATION AND CAMPUS HOUSING
SONOMA STATE UNIVERSITY

**SINCE AUG 2019,
2,711 PEOPLE
HAVE BEEN HOSPITALIZED OR
DIED FROM THE USE OF VAPING
PRODUCTS. OF THOSE
HOSPITALIZED, RANGING FROM
13-85 YEARS, 37% OF THE
PATIENTS WERE 18-24 YEARS
OLD**

PREVENTION

DRUG ENFORCEMENT ADMINISTRATION (DEA)
WWW.DEA.GOV
WWW.CAMPUSDRUGPREVENTION.GOV


CENTER FOR DISEASE CONTROL & PREVENTION
(CDC)
WWW.CDC.GOV/TOBACCO/INDEX.HTM

NATIONAL INSTITUTE ON DRUG ABUSE
WWW.DRUGABUSE.GOV


Appendix C. Passive and Promotional Collateral

Alcohol

Affects people differently based on age, sex, weight, type & number of drinks and times elapsed



1 out of 5 college students drinks alcohol



1

It takes an hour for your body to process 1 ounce of alcohol

In 4 students report academic consequences from drinking

Responsible Drinking

A Standard Drink

- 12 oz of beer
- 5 oz of wine
- 1.5 oz of 40% alcohol

Drinking Limits

- 7 drinks/week for females (no more than 3 per day)
- 14 drinks/week for males (no more than five drinks per day)
- Plan non-drinking activities to avoid developing a habit
- Make adjustments considering your age and body weight

Drink in a place that is familiar and with people you know

Regard others' behavior as not alone

Ignore food before and while you're drinking

Never mix alcohol and drugs

Know your limits

Use a safe and sober ride home


Plan yourself for more than 2 drinks (3 times)

Marijuana


SCHEDULE 1
SUBSTANCE

Federally Marijuana is a Schedule 1 controlled substance

This Includes College Campuses



Users are much more likely to drop out of school



3 to 7

times more likely to cause a car accident


Responsible Usage

Standardized Dosage

Flower **10% - 25% THC**

Keef **35% - 45% THC**

Extract **60% - 80% THC**




Health Implications

- ◆ Marijuana smoke irritates and affects lungs
- ◆ The damage increases chances for bronchitis and lung infections.


****More research is needed in link between effects to Lung Cancer****

Tobacco



Tobacco is the leading preventable cause of death in the world today

Contains **4,000** different chemicals including nicotine, which is highly addictive



Your Body after you STOP SMOKING

After 20 Minutes

- Blood pressure goes down
- Heart rate goes down

After 24 Hours

- Heart attack risk is lower

After 72 Hours

- Bronchial tubes start to relax
- Easier to breathe

After 1 Year

- Heart disease risk cut in half

After 10 Years

- Lung cancer risk cut in half

After 8 Hours

- Blood carbon monoxide levels return to normal
- Blood oxygen levels go up

After 48 Hours

- Body becomes free of nicotine
- Sense of taste and smell begin to improve

After 2-13 Weeks

- Blood circulates
- Exercise is easier

After 5 Years

- Stroke risk same as non-smoker
- Cancer risk of throat, esophagus and bladder cut in half

Passive Alcohol Education – Back the Pack Campaign

#BACKTHEPACKSSU
IT'S ALL ABOUT THE CHOICES
CHOICES TO DRINK OR NOT DRINK,
CHOICES TO INTERVENE WHEN A SEAWOLF
MAY BE IN TROUBLE

REMINDE THEM NOT TO GO HOME WITH SOMEONE FROM A PARTY WHEN THEY HAVE BEEN DRINKING.

OFFER TO BE THE DESIGNATED DRIVER

CALL FOR HELP IF THEY ARE UNRESPONSIVE OR PASSED OUT

ALL OF THESE ARE WAYS THAT YOU CAN SHOW YOU HAVE YOUR FRIEND'S BACKS



#BACKTHEPACKSSU YOU COULD WIN GREAT PRIZES JUST BY POSTING PICTURES OR VIDEOS WITH YOUR SEAWOLF'S BACKS IN THE COMMENTS OF HOW YOU BACK THE PACK

Drinking
is a Personal Choice



Don't Be a Bully

having someone's back means not pressuring them to drink.

people can make their own choices.



#BACKTHEPACKSSU SHARE HOW YOU HAVE YOUR SEAWOLF'S BACKS

YOU COULD WIN GREAT PRIZES JUST BY POSTING PICTURES OR VIDEOS WITH YOUR MESSAGE OF HOW YOU BACK THE PACK




BE THE HERO
SAVE A SEAWOLF

If someone who has been drinking is not responsive, passed out or you just don't feel right about where they are at,

DON'T STALL
CALL 911 for help. It's better to have a friend mad at you for calling than to jeopardize their safety.

#backthepackssu

Be Smart.
Party With A Plan.



Connect with your friends or roommates

- Who are you going out with? Who are you meeting later on?
- What are you planning to do? Do you have the details in mind before you leave your room? Where are you going? Is it random or do you have a plan?
- Do others know the location in case they need to reach you?
- How are you getting home? Know this before you go out! Is your driver planning to drink? If so, make sure you have an alternate ride home.

#backthepackssu

Passive Alcohol Education – Myth Campaign

MYTH

Anyone who passes out from drinking too much should be put to bed and allowed to "sleep it off".



FACT

If a friend has had too much to drink and passes out, the worst thing to do is put them in a bedroom away from everyone else and close the door. Alcohol slows down heart rate and breathing and lowers blood pressure. The amount of alcohol it takes to make you pass out is dangerously close to the amount it takes to kill you. If a friend passes out, monitor their breathing and heart rate closely and do not hesitate to get them medical attention.

Basewell Myths - 2019 National Collegiate Alcohol Awareness Week

MYTH

Alcohol improves sexual performance.



FACT

Although a small amount of alcohol may make you feel less inhibited, anything more will decrease a man's ability to maintain an erection and both genders' ability to achieve orgasm. As a depressant drug, alcohol numbs nerve endings and decreases lubrication while also affecting rational decisions and judgment.

Basewell Myths - 2019 National Collegiate Alcohol Awareness Week

MYTH

Beer doesn't have as much alcohol as hard liquor.



FACT

A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

Basewell Myths - 2019 National Collegiate Alcohol Awareness Week

MYTH

I can manage to drive well enough after a few drinks.




FACT

About one-half of all fatal traffic crashes among 18 to 24 year olds involve alcohol. Your impairment is related to your blood alcohol concentration (BAC). Depending on your weight, you can have a BAC of 0.02% after only one drink, which can slow your reaction time and make it difficult to concentrate on two things simultaneously.


Basewell Myths - 2019 National Collegiate Alcohol Awareness Week

Passive Alcohol Education – Crash Stories



**DRINK
OR
DRIVE**
not both

SAVE A SEAWOLF
ALCOHOL
AWARENESS WEEK



Mark Tartaglio 19
April 16, 2016
University of Houston

Mark was struck by a pickup truck while walking on a sidewalk near campus. The driver of the pickup, also a student of UH, was arrested for driving while intoxicated.



**OR
DRIVE**

SAVE A SEAWOLF
ALCOHOL
AWARENESS WEEK



Sarah Vande Berg 21
October 11, 2015
University of South Carolina Upstate

Sarah lost her life in an automobile crash where three other students died. The driver, who was also a student, had a blood alcohol level of 0.122. Sarah's blood alcohol level was 0.13.

DRINK
OR
DRIVE
not both

SAVE A SEAWOLF
ALCOHOL
AWARENESS WEEK



Madeline Scalf 19
January 22, 2016
Lenoir-Rhyne University

Madeline lost her life when she drove off the road while taking a hard turn in the early morning hours. She had just left a party and authorities stated that alcohol was a primary factor.

DRINK
OR
DRIVE
not both

SAVE A SEAWOLF
ALCOHOL
AWARENESS WEEK



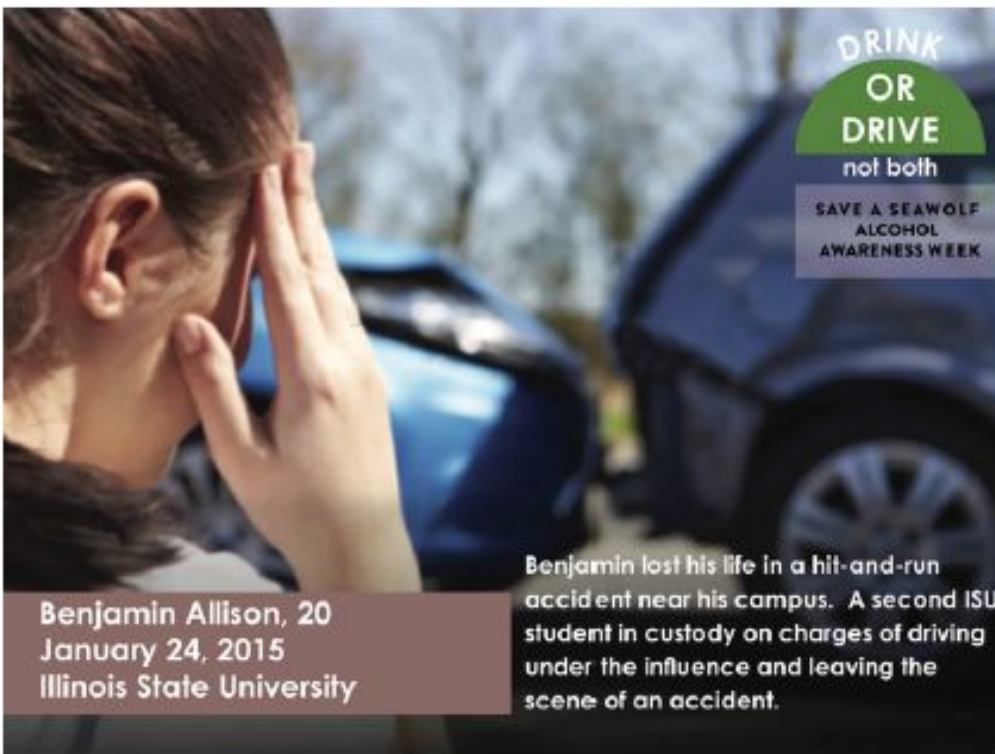
Maury Lorence, 22
October 12, 2014
Nebraska Wesleyan University

Maury lost his life after being struck by a vehicle while walking along an interstate highway. Maury was on a "party bus" rented by another student but was separated from the bus after it stopped at a truck stop. His blood alcohol level tested to be .245



Joshua Lee 20
October 11, 2015
University of South Carolina Upstate

Joshua lost his life in an automobile crash where three other students died. The driver, who was also a student, had a blood alcohol level of 0.122.



Benjamin Allison, 20
January 24, 2015
Illinois State University

Benjamin lost his life in a hit-and-run accident near his campus. A second ISU student in custody on charges of driving under the influence and leaving the scene of an accident.



**DRINK
OR
DRIVE**
not both

SAVE A SEAWOLF
ALCOHOL
AWARENESS WEEK



Maury Lorence, 22
October 12, 2014
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Maury lost his life after being struck by a vehicle while walking along an Interstate highway. Maury was on a "party bus" rented by another student but was separated from the bus after it stopped at a truck stop. His blood alcohol level tested to be .245



**DRINK
OR
DRIVE**
not both

SAVE A SEAWOLF
ALCOHOL
AWARENESS WEEK



Garrett Gagne 22
January 1, 2015
St. Lawrence University

Garrett was laying in the road when a police officer ran over him on New Year's Eve after midnight. Authorities stated that Garrett had consumed "hour after hour of alcohol" at bars and house parties while celebrating New Year's Eve and his friends were "too impaired to be looking for him."

Passive Alcohol Education – Awareness Messaging



About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.



About 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.



An average drunk driver has driven drunk over **80 times** before their first arrest.

About **1,825** college students between the ages of **18 and 24** die from alcohol-related unintentional injuries, including motor-vehicle crashes.

Alcohol Awareness Events/Speakers



A positive, science-based and seriously entertaining approach to substance abuse prevention.

SEPTEMBER 10 AT 7 P.M.
STUDENT CENTER BALLROOM A

FROM COLLEGE CAMPUS TO
CORRECTIONAL INSTITUTION:
HOW **ONE** DECISION CHANGED EVERYTHING

TUESDAY
APRIL 10TH

AT 7:30 P.M. IN BALLROOM A
AN ALCOHOL AWARENESS WEEK EVENT
SPONSORED BY STUDENT INVOLVEMENT

Jessica Rasdall
NATIONAL SPEAKER & BEST-SELLING AUTHOR

AS SEEN ON:
20/20 katie AMERICA abc NEWS seventeen theguardian TODAY

Arrive Alive DISTRACTED DRIVING Simulator

Tuesday, December 4
10:00 AM to 4:00 PM
Salazar Plaza

The simulator allows participants to experience the potential consequences of distracted and impaired driving in a controlled environment.



Signage for Red Flag Display

19% of college students
between the ages of
18 and 24
met the criteria for an alcohol use disorder,
but only **5%** of these students
sought treatment for alcohol problems
in the year preceding the survey

In the U.S.
28 people die
as a result of drunk driving crashes
every day

#backthepackssu

Each year an estimated
1,825 college students
between the ages of
18 and 24
die from alcohol related unintentional injuries
including motor vehicle crashes.

#backthepackssu

Each year an estimated
599,000 students
between the ages of
18 and 24
are unintentionally injured
under the influence of alcohol.

#backthepackssu

Each year an estimated
696,000 students
between the ages of
18 and 24
are assaulted by another student
who has been drinking.

#backthepackssu

Each year an estimated
97,000 students
between the ages of
18 and 24
are victims of alcohol related
sexual assault or date rape.

#backthepackssu

About **one quarter** of college students report having academic consequences **because of their drinking** including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

#backthepackssu

Alcohol is the leading cause of death for people between the ages of **15-24**

#backthepackssu

Each year an estimated **4,860,000** students between the ages of **18 and 24** drive under the influence of alcohol

#backthepackssu

Alcohol Education Collateral – Lanyards and tags we put on the lanyards

ARTWORK PROOF



Imprint: Both sides/ End to end
 Color: Full Color
 Size: 32" w x .625" h (End to End)
 16" w x .625" h (One side)



TAXIS*

(The following is for informational purposes and does not represent an endorsement)

- Petaluma Green Taxi • Ace Taxi Rohnert Park
707-769-8294 707-585-0211
- Yellow Cab Company • Sam's Taxi Rohnert Park
707-544-4444 707-588-8282

*Ask at Student Center Box Office about purchasing taxi discount vouchers

- 24 HOUR ALCOHOL INFO. • PUBLIC TRANSPORTATION
Orenda Center Sonoma County Transit
707-565-7450 707-576-7433



Know the Signs:

- Mental Confusion
- Unresponsive
- Vomiting
- Slow/irregular breathing
- Pale or clammy skin

See the signs:

Call 911
 save a Seawolf!

Alcohol Education Collateral – Barrel Click Pens



- The pens have a click forward messaging component to them. Messaging included:
 - Save A Seawolf: Don't Drink and Drive
 - Sonoma State University Alcohol Awareness Week
 - Seawolf Commitment: Integrity, Excellence, Respect , Responsibility
 - There's Always Something To Do at SSU: Seawolfliving.com
 - Police Services: 707-664-4444
 - Counseling and Psychological Services: 707-664-2153

Why to Quit Chew

Chew Causes:

- Mouth cancer, tooth decay, leathery white patches, and red sores in the mouth.
- Who would want to kiss that?



To Quit, Call
1-800-No-Butts

STUDENT HEALTH CENTER
737-664-3933

Why You Should Quit Hookah

- Involves tobacco use and contains nicotine which is an addictive toxin.
- Can cause allergic reactions, asthma attacks, lip & gum cancer.
- Sharing a hookah can pass cold, flu, herpes & other infections.



To Quit Call
1-800-NO-Butts
STUDENT HEALTH CENTER
737-664-3933

Why you should Quit Juul



To Quit Call
1-800-NO-BUTTS

- Juul contains more nicotine than any other E-cigs, and is harder to quit because of it.
- Juul can negatively effect memory, mood, and self control making everyday life harder for college students.

-Quitting is easier with support. Make a pact with a couple friends to ditch Juul for good.

STUDENT HEALTH CENTER
737-664-3933

Why you should quit Vaping

TO QUIT CALL
1-800-NO-BUTTS

- Vaping makes you jumpy, irritable, and quickens your heart rate.
- Vapes dont even help people quit cigarettes.
- Vapes have not been tested thoroughly tested, and may contain dangerous chemicals.

STUDENT HEALTH CENTER
737-664-3933