



Sonoma State University

Alcohol and Other Drug
Education Programs

Biennial Review

2022

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 University 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, Sonoma State 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 2020-2022

Sonoma State University (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 arrest, 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 California State University (CSU) Student Conduct Code stipulates that students found in violation of the Alcohol Policy are subject to expulsion, suspension, probation, or a lesser sanction based on a finding related to the following policies:

(9) Use, possession, manufacture, or distribution of illegal drugs or drug related paraphernalia (except as expressly permitted by law and University regulations), or the misuse of pharmaceutical drugs.

(10) Use, possession, manufacture, or distribution of alcoholic beverages (except as expressly permitted by law and University regulations), or public intoxication while on campus or at a University related activity.

The entire 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 may 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 (SHC) 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, as well as individualized therapy. 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. Sonoma State may notify parents/guardians of a student who was transported to the hospital for AOD situations under life threatening or extraordinary circumstances.

Athletics

The Office of the Dean of Students supports the Department of Intercollegiate Athletics in their Drug & Alcohol Education, Testing, and Treatment Program. This includes a referral of any student-athletes who provides a positive sample through various drug screening programs (i.e. NCAA Drug Testing Program) to Student Conduct, CAPS, etc.

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, First Year Experience classes, 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 a 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, StressFree Zones and programming, and Puppy Play Day with the Student Health Advisory Committee to educate about healthy alternatives other than alcohol and drugs to reduce stress.
- We also host at least one nationally known speaker a semester to speak to issues of alcohol use, misuse and abuse, ways to cope while not using substances and/or the role alcohol traditionally plays in sexual assaults.

Substance Free Housing

Designated First Year Housing is by design substance free, regardless of whether a student is of legal drinking or cannabis consumption 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: 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 662 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](#).

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.

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.

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 30 programs in the following categories (see Appendix A for program titles, dates, and sponsoring offices/organizations):

- Program Type
 - alcohol education
 - alcohol and sexual violence
 - marijuana
 - alcohol and drugs
 - alcohol, marijuana, tobacco
- Program Delivery
 - passive programs (surveys, flyers, tabling)
 - 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 will adjudicate violations of our alcohol, drug, smoke, tobacco, and vape policies, in addition Sonoma State University is a drug, smoke, tobacco, and vape free campus. notification is distributed by University Email (Appendix G). Alcohol is not allowed at University sponsored events, unless approved by The Office of the President. The AOD Committee continues to support the A&M-SA mission and to further educate the community.

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 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. This past fall, we hosted a speaker, Brittany Piper, who shared her story of being sexually assaulted and the role alcohol played in that incident.

Partnership with Rohnert Park, and Cotati Police Departments

We work with the Rohnert Park, Cotati and, of course, the SSU Police Departments (PD) 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 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. They are always first to volunteer to do educational/social events like our Beer Goggle Mario Kart Tournament that educated our students about the effects of driving under the influence, while having fun with the students, or by tabling and educating about the effects of Fentanyl or oTHEr drugs at our Save A Seawolf Fair..

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 thru December 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 passive print and digital 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, hosting alcohol and drug awareness speakers (i.e. Gregg Adams and Jackson Katz), 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 and Saturday night events, as well as weekend trips, films and other events supporting athletics, the SSU theater department and RSO sponsored events.

Fraternity and Sorority Life New Member Education

Annually, once new members are selected, Fraternity and Sorority Life (FSL) hosts an educational session for new members of the FSL community. 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, Confidential Advocacy, The Office of the Prevention of Harassment & Discrimination, and other campus partners.

Fraternity and Sorority Chapter Training and Education Sessions

Annually, every chapter is required to complete an alcohol and other drug workshop in their chapter meeting. It can be hosted by their national organization or a local campus or community partner. Every member of a recognized fraternity or sorority is also required to complete additional Title IX training beyond the undergraduate requirement. This can be completed in a

chapter meeting or individuals can select one of the make up sessions to attend. All trainings are hosted by The Office of the Prevention of Harassment & Discrimination. Prior to the start of each academic semester, two members of the executive board are required to attend the FSL Leadership Conference. The leadership conference includes reviewing the policies, procedures, accreditation, and preparing each chapter executive board for the semester ahead.

Fraternity and Sorority President Meetings

Fraternity and Sorority Life (FSL) hosts mandatory monthly President Meetings for all chapters. During these meetings, campus and community partners are invited to share resources and programs. The topics vary based on the current needs of the FSL community, however, they are typically based on strengthening and expanding our efforts and internal processes as well as the health and safety of the community. There is also time built in for student leaders to get to know each other and have discussions based on challenges or opportunities within the FSL community.

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.

- Currently, we do not address marijuana, opioids and the risks of fentanyl to the extent we should, however, this Spring 2023 we will be hosting a week long dialogue and programming around these issues.
- To date we have not included Narcan as a strategy, however we are currently in conversation with the Health Center to provide Narcan to our community as needed.
- We still do not have a full time, on campus, staff person who addresses the issues proactively and/or reactively. We need a person whose role is to be a resource for students who aren't in trouble but struggle with alcohol and other drug addictions/recovery/family members/roommates, etc.

Annual Notification Procedures

Students

- The Office of the Dean of Students, on Census Day, 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 (Census Day).
- 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. That policy can be found [here](#).

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](#) 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 January 2023. 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.
- 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

Spring 2021			
PROGRAMS FOR Spring 2021			
DATE	MODE	TOPIC / TITLE	CLERY CATEGORY
January 2021	Training	Fraternity & Sorority Life: FSL Leadership Retreat	Alcohol Education, Sexual Volience
1/21/21	Training	OPHD Training for student leaders and pro staff	Sexual Violence Education
1/21/2021	Virtual	One Love presents...	Healthy Relationships
1/26/21	In Person	Human Trafficking Awareness Program	Domestic Violence Education
1/27/21	In Person	Cyber Stalking Awareness	Domestic Violence Education
1/28/21	In Person	Healthy Relationships - w/One Love Foundation	Domestic Violence Education
2/10/2021	Virtual	Meet the Advocates	Advocacy, Disclosures
March 2021	Training	Fraternity & Sorority Life: New Member Education	Alcohol, Sexual Volience, Drug, Bystander Invention, Domestice Volience Education
3/12/2021	Virtual	Meet the Advocates	Advocacy, Consent, Healthy Relationships, BI
3/29/2021	In Person	Picture A Scientist Film Screening and Panel	Sexual Violence Education
April 2021	Passive	30 Days of SAAM	Sexual Violence Education
4/6/21	Passive	Sexual Assault Awareness Month (SAAM) Day of Action	Sexual Violence Education
4/6/2021	Virtual	SAAM Day of Action	Advocacy, Sexual Violence PRevention
4/13/21	In Person	SAAM/Sport and Social Justice Speaker: Katie Hnida	Sexual Violence Education
4/16/21	In Person	(SAAM) Consent Workshop	Sexual Violence Education
4/28/21	In Person	(SAAM) Denim Day Self Care Session	Sexual Violence Education
4/29/2021	Virtual	Denim Day	Consent, Rape Culture
6/8/2021	Virtual	Meet the Advocates	Advocacy, Consent, Rape Culture

Fall 2021

PROGRAMS FOR FALL 2021 TOPIC /

DATE	MODE	TITLE	CLERY CATEGORY
7/21/2021	Virtual	Working with TIX and the Confidential Advocate	Advocacy, TIX, Consent, Disclosures
7/21/2021	Virtual	Questions for Advocacy	Sexual Violence prevention
8/9/2021	Virtual	RA REACH Training	Advocacy, Disclosures
8/23/2021	Training	Officer Training containing alcohol and drug abuse	Alcohol Education
8/23/2021	Virtual	AC Training	Advocacy, Disclosures
9/1/21	In Person	Academic Success Fair	Alcohol, Sexual Volience, , Domestic Violence Education
9/1/21	In Person	NAK Awareness Events: 2 day event focusing on Supporting a survivor, healthy relationships, Verity, Rape Culture, Empowered Self Denfense. 9/1/21-9/2/21	Safety
9/2/21	In Person	Movie Night with Officer Holiday	Alcohol
9/6/21	Bulletin Board	A Shot of Information	Alcohol
9/6/21	Bulletin Board	A Shot of Information	Alcohol
9/7/21	In Person	Don't Drink and Drive	Alcohol
9/7/21	In Person	Long Live the Liver	Alcohol
9/7/21	In Person	Rethink Your Drink	Alcohol
9/7/21	In Person/Virtual	Stalking Talk	Sexual Violence Education, Domestic Violence Education
9/8/21	In Person	Watch your BAC	Alcohol
9/8/21	In Person	Safe SSU Fair (Included alcohol and Sexual Asault resources and programs)	Sexual Violence Education, Alcohol Education
9/8/2021	In person	Fair	Advocacy and Prevention
9/13/21	In Person	99 Problems but Alcohol Poisoning Ain't One	Alcohol
9/15/21	Bulletin	1 Tequila, 2 Tequila, 3 Tekeja Floor- How much is	Alcohol

	Board	too much?	
9/15/21	Bulletin Board	Jersey "Not so shore" Alcohol Awareness	Alcohol
9/15/21	Bulletin Board	"Don't Be a Sus! Be Safe like one of us" Drug and Alcohol Awareness	Drug
9/15/21	Bulletin Board	"They Love me, They Love me not? Domestic Violence Awareness	Sexual Misconduct
9/15/21	Bulletin Board	Don't Get Super Smashed Bro- Alcohol Awareness	Alcohol
9/15/21	Bulletin Board	Drunkopoly- Alcohol Awareness	Alcohol
9/15/21	Bulletin Board	The Jungle Juice Book	Alcohol
9/15/21	Bulletin Board	"Drinking is Fun Until" Alcohol Poisoning Bulletin Board	Alcohol
9/15/21	Bulletin Board	"Blame it on the" Alcohol Awareness Bulletin Board	Alcohol
9/15/21	Bulletin Board	Know the Facts- Binge Drinking BB	Alcohol
9/15/2021	In Person	Meet the Advocates	Advocacy, Consent, Healthy Relationships
9/16/21	In Person	Pre-Gaming Facts	Alcohol
9/22/21	In Person	Health and Wellbeing Fair	Sexual Violence Education, Alcohol Education
9/23/21	In Person	Kahoot! Alcohol Awareness	Alcohol
9/23	In Person	Let the Fun Be-Gin	Alcohol
9/23/2021	In Person	Meet the Advocates	Advocacy, Consent, Healthy Relationships
9/24	In Person	Bad and Boozy	Alcohol
9/27/21	Bulletin Board	Binge Drinking Facts Bulletin Board	Alcohol
9/28/21	In Person	Reverse Trick or Treat + Alcohol Facts	Alcohol
9/29/21	In Person	Slice of Awareness (Alcohol Education)	Alcohol
9/30/21	In	Fire Safety Kahoot!	Safety

	Person		
10/1/21	Bulletin Board	Watch Your Booze	Alcohol
10/4/2021	In Person	Tabling - Confidential Advocate	Dating/Domestic Violence Awareness
10/5/2021	In Person/Virtual	Jungle Flower - Reclaim Your Voice	Dating/Domestic Violence Awareness
10/13/21	In Person	Consent and Candy	Sexual Misconduct
10/25/21	In Person	Beat the Stress - Without Alcohol	Alcohol
10/25/21	In Person	Save a Seawolf: Seawolves CARE about Consent	Domestic Violence Education
10/25/21	In Person	REACH Beat the Stress	Alcohol Education
10/26/21	Passive	Save A Seawolf Alcohol Awareness Week Red Flag Display. 10/26/21-10/29-21	Alcohol Education
10/28/21	In Person	Monster Mash Halloween Bash	Sexual Misconduct
10/28	In Person	Student Athlete Advisory Committee Presents, Athletics and Alcohol	Alcohol Education
10/28/21	In Person	Hangover Free Coping Skills	Alcohol Education/stress reduction
10/29/21	Virtual	NCAAW Panaptic Presentation: Marijuana & Prescription Drug Abuse	Drug
10/29/21	Bulletin Board	Netflix & Chill/ Consent is Hot, Assault is Not	Sexual Misconduct
10/29/21	In Person	Recognizing the Signs of Marijuana & Prescription Drug Abuse	Alcohol Education; Drug Education
11/16/21	In Person	Sex in the Dark	Sexual Misconduct

SPRING 2022

PROGRAMS FOR Spring 2022			
DATE	MODE	TITLE	CLERY CATEGORY
1/25/2022	Virtual	Sex Trafficking Awareness and Prevention	Sexual Misconduct

1/25/22	Virtual	Staying Safe When Stalking Goes Digital (Stalking awareness month event)	Digital Stalking Education
1/26/22	Virtual/In Person	Human Trafficking Survivors Speaking Their Truth and Awareness of Trafficking in Sonoma County (Trafficking Awareness Month event)	Trafficking Awareness
1/27/22	Virtual/In Person	Healthy Relationships One Love Foundation	Healthy Relationships
2/1/22	Virtual	Who's Got Game? Policy Review	Policy
2/15/22	Virtual	Community Policy Review	Safety
2/27/2022	In Person	Denim Day	Sexual Misconduct
3/15/22	Virtual/In Person	EveryBODY: A Body Positivity Event (respecting your body. Consent is included)	Body Positivity/consent
3/16/22	In Person	Sex and Candy: Sex Education	Sexual Misconduct
4/5/22	In Person	SAAM Day of Action	Sexual Misconduct
4/5/22	Virtual/In Person	Bystander Intervention Training =Presenter SSU Title IX & Discrimination, Harassment, Retaliation Compliance Investigation and Training Specialists	Sexual Misconduct
4/5/22	Virtual/In Person	Sexual Assault Awareness Month - SAAM DAY OF ACTION – WEAR TEAL	Tabling/Campus Fair
4/7/22	Virtual/In Person	Survivor Centered Dialogue (social justice week event)	Workshop
4/21/22	In Person	Sex and Candy: Sex Education	Sexual Misconduct
4/7 - 4/9/22	Virtual/In Person	SSU's THE VAGINA MONOLOGUES	Body Positivity/consent

Fall 2022

DATE	MODE	PROGRAMS FOR FALL 2022 TOPIC / TITLE	CLERY CATEGORY
8/22/22	Virtual	Policy Meeting	Policy
8/23/22	Virtual	Policy Meeting	Policy
8/24/22	Virtual	Policy Meeting	Policy
9/2/22	Bulletin Board	Boo! Hangover	Alcohol
9/2/22	Bulletin Board	Who you going to call?	Safety

9/2/22	Bulletin Board	A Shot of Information	Alcohol
9/2/22	Bulletin Board	You are not alone- Suicide Prevention	Safety
9/8/22	In Person	Alcohol Awareness Event	Alcohol
9/8/22	In Person	Drunk Driving Awareness Event	Alcohol
9/9/22	In Person	Rethink Your Drink	Alcohol
9/13/22	In Person	Safe SSU Fair	Alcohol
9/14/22	In Person	Seawolf Academic and College Success Fair	Alcohol
9/16/22	In Person	Alcohol and Drug Awareness with Juli and Mia	Alcohol
9/16/22	In Person	You Booze You Lose	Alcohol
9/16/22	In Person	Dangers of Pills and Potions	Drug
9/20/22	In Person	Bad + Boozy: Rethink Your Drink	Alcohol
9/20/22	In Person	Slice of Awareness	Alcohol
9/22/22	In Person	Mocktail Madness	Alcohol
9/27/22	In Person	How Well Do You Know Alcohol?	Alcohol
9/29/22	In Person	Mario Kart: Dangers of Drinking and Driving	Alcohol
9/29/22	In Person	Rethink Your Drink	Alcohol
10/3/22	Bulletin Board	Keep it Spooky, Keep It safe	Safety
10/3	Bulletin Board	Avoid a Spooky Situation	Safety
10/5/22	In Person	Seawolf Health and Wellness Fair	Safety
10/7/22	Bulletin Board	Safe Sex Practices	Sexual Misconduct
10/13/22	In Person	Safe Sex with Your Bone Buddy	Sexual Misconduct
10/24/22	Passive Education/In Person	Red flag passive display with education. 10/24-28/22	Alcohol
10/24/22	In Person	Save A Seawolf Alcohol Awareness Week Crashed Car Display. 10/24-28/22	Alcohol
10/24/22	In Person	National Collegiate Alcohol Awareness Week: Alternative to Alcohol Events and Activities - various events throughout the week to highlight substance free things to do - sporting events, movies, Friday night events, Saturday night crafts, crafts etc. 10/24-28/22	Alcohol

10/25/22	In Person	<i>Violence and Silence - Working Together to End Interpersonal & Sexual Violence, A Multimedia Presentation Featuring Jackson Katz, Ph.D.</i>	Sexual Misconduct
10/27/22	In Person	Speaker Gregg Adams "How Reflect, Connect and Select Brought Me Home from A Crossroads"	Safety
11/03/22	in Person	Empowered self defense workshop	Safety
11/14/22	In Person	Confidential Advocacy	Sexual Misconduct
11/18/22	In Person	Bae-Goals	Sexual Misconduct
12/8/22	In Person	Healthy Relationships with CAPs	Sexual Misconduct

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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#707.664.2153 (24hr)

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




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 trust

Regain food before and while you're drinking

Never mix alcohol and drugs

Know your limits

Use a safe and sober ride home


Pace yourself (no more than 3 drinks/3 hours)

Marijuana


SCHEDULE I SUBSTANCE

Federally Marijuana is a Schedule 1 controlled substance

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 Guide

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 to link these effects to Lung Cancer


This Includes College Campuses






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 NAME 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

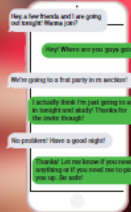
If someone who has been drinking is not responsive, passed out or you just don't feel right about where they are at,

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.

Beavolf 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.

Beavolf 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.

Beavolf 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.

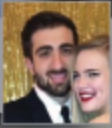
Beavolf Myths - 2019 National Collegiate Alcohol Awareness Week

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

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**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:

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.

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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.

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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.

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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

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

ARTWORK PROOF



g 73% One Side only



g 33% End to end



g 100% Logo (individual size)



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.**
Orenda Center
707-565-7450

• **PUBLIC TRANSPORTATION**
Sonoma County Transit
707-576-7433



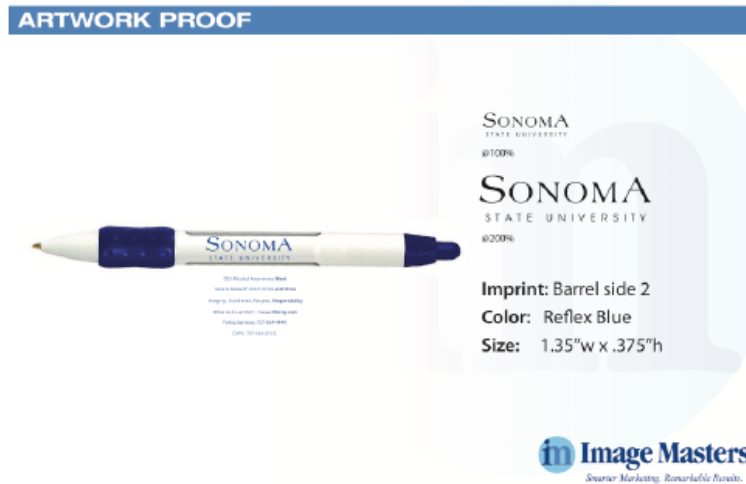
Know the Signs:

- 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
737-664-2923

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
737-664-2923

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
737-664-2923

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
737-664-2923