

Samples of CT Campus Work

University of New Haven

UNH provides a comprehensive approach to the issue of substance abuse prevention for the university community that is based on empirically validated best practices and serves as a reflection of our institutional values. The strategies in place at UNH include a comprehensive substance use policy that incorporates the following:

- A first year student preventative program through the freshman experience class that includes each student completing the E-chug online alcohol assessment program with follow up.
- Educational interventions with trained staff members for policy violators that include the BASICS concepts, including an alcohol and drug education class, a substance abuse group, and 1/1 substance use screening.
- The University has a Substance Use Task Force that is made up of students, faculty, and staff. This task force is charged with reviewing the substance use policy, coordinating educational programming efforts, and promoting activities on campus that are substance free. Including on the task force is faculty member and state legislator Michael Lawlor, who provides invaluable input from a faculty and legal point of view.

Western Connecticut State University

WCSU's President has been key to prevention efforts participation in the development of a coalition in the Greater Danbury area. He has been vigilant in supporting the WCSU Alcohol Task Force and has co-hosted the first Community Wide Coalition meeting with the Mayor of Danbury. Presidential leadership has been key to engaging top officials, legislators, police chiefs, school superintendents and community leaders in the campus/community coalition. Presidential support has let to:

- Faculty members' involvement in the research and evaluation of evidence based strategies, increasing efficacy of prevention services including tracking trends and progress through the biennial Core Survey.
- A partnership with immediate downtown area establishments to curb aggressive marketing to underage college students.
- Productive partnership with municipal leaders and legislators to collaborate in ways that will develop and support sustainable efforts in enforcement strategies to curb underage drinking including WCSU membership on the Connecticut Leadership Team to Stop Underage Drinking

Presidential support of underage drinking is far reaching on campus from consistent review and publicizing of our alcohol policy, to supporting our Police Department and attending alcohol awareness events,

Wesleyan University

Wesleyan's participation in the January 2006 signing event for the Statewide Healthy Campuses Initiative prompted creation of the first *standing* Alcohol and other Drugs Committee. The school's evidence-based prevention strategies are guided by a strategic plan. Broad constituency membership has fostered conversation beyond policy and education. Members include the offices of Admissions, University Relations, Athletics, students and faculty. Four subcommittees' efforts include:

- Assessment: Implementation of the Core Survey of Alcohol and other Drug Use, creating recommendations for other forms of evaluation to support prevention efforts.
- Policy & Enforcement: Continual review of the alcohol and other drug policy, social event registration policies for alcohol and non-alcohol events, creative sanctions by the Student Judicial Board and other judicial officers, exploring minimum mandatory sanctions for policy violations.
- Education: Improved training for residential life student staff/peer health educators, website to inform campus of AOD Committee's efforts, CHOICES alcohol education for judicial violations, expanded outreach efforts on alcohol and prescription drug abuse, expanded resources for student athletes.
- Environment: Promoting clear expectations relating to alcohol in order to promote a healthy campus environment to prospective student visitors.

University of Bridgeport

University of Bridgeport has a system in place, where each student violating the university alcohol policy is given a mandated referral for counseling. At Counseling Services, students meet with a professional counselor for an average of 2-3 sessions where they are provided BASICS and an extended evaluation when needed. Referrals are provided for outside treatment when a student's needs exceed Counseling Services scope of practice. Substance abuse groups are offered when the need presents itself.

Fairfield University

Fairfield University uses a multi-pronged approach to substance abuse. Recent prevention strategies include:

- August 2006: Removal of kegs from upper-class townhouse units
- October 2006: Acquisition of federal grant to address underage drinking
- December 2006: Alcohol and other drug self study report and site visit by Joseph LaBrie, SJ PhD
- March 2007: Convened the Alcohol and Other Drug Task Force – assesses measures and outcomes, updates policy
- September 2007: Motivational training: A university-wide training for the key enforcement, educational and treatment professionals to provide a unified approach using the motivational interviewing model.
- Spring 2008: Increased alcohol education to athletes – team presentations and introduction of mystudentbody.com online program

Existing strategies:

- **First Year Experience component on AOD** includes key note address and curriculum module
- **AOD Classes** utilize brief motivational interviewing. Classes are highly engaging, facilitating healthier choices, with a 30 day post-assessment. The Office of the Dean of Students requires students with violations of the alcohol policy to attend.
- **Substance Abuse Assessments** are conducted by a licensed alcohol and drug counselor for students who have violated student conduct in regards to alcohol abuse as well as for students who have been treated in the Health Center or hospital for ETOH. This assessment includes exploring individual and family history of use and the student's relationship with substances with respect to negative consequences while utilizing a Motivational Interviewing approach which "meets them where they're at" to process choices without judgment.
- **The Grand Group**, modeled after the S.C.O.P.E. Program at Smithers Institute that was developed by Dr. Anne Grand, is a two or four session group experience utilizing a harm reduction approach. It targets the students who drink/drug heavily but do not think that they have a problem.
- **A Recovery Group** for students in recovery or approaching readiness for an abstinence program. The group meets once or twice a week incorporating the principles of the 12 steps.
- **Clean Living:** Alcohol free lunches, coffee houses, music events, and A.A. meetings
- **Fairfield Corps:** student-interns working to curb underage drinking with their peers and to provide prevention efforts to middle school children in the inner-city Bridgeport, CT.
- **Mystudentbody.com** an on line program designed to help students identify and track individual drinking behaviors and risks.

Mitchell College

Mitchell College has have been very supportive of my departments efforts to reduce high risk behavior among our students. For the past two and one half years they have allowed me the time to work with the New London Community and Campus Coalition (NLCCC) and the New London police department. They place no restrictions on me and my staff, and are leaders by allowing my department to go out into the community and conduct bar compliance checks with the New London Police department's crime prevention unit. It really sends a strong message to our students when they see my officers walk side by side into the local bars with a New London Police officer. Last year we were able to reduce the ambulance calls to our campus by 50% and we plan on achieving this goal again this year. My president is a leader and I believe that anyone would be hard pressed to find a president of a college that allows for their staff members to work so closely with their local police department to reduce high risk behavior among college aged students. This is a great community effort, and it is a cost savings to the community trough a reduction in ambulance calls and police services on the campus and in the city. I feel this fits with category number three. Thank you for considering my submission.

The University of Hartford

The University of Hartford continues to be supported in efforts regarding primary prevention and policy change. This year marks the third year of a successful project, funded by a federal grant, which supports brief intervention screening with our students. This project also continues to demonstrate success in efforts to reduce substance use on campus through changes were made alcohol policies that will aid in efforts to reduce excessive use and minimize underage consumption.

Our President falls into Category 2. For his support with our newly launched social Norms Campaign and for the Camus/community task force. Also, this year our administration has been working closely with a new Bridgeport Police Department team to combat underage drinking at the server and student level. This has been extremely active on our Coalition.