

COLUMBUS STATE COMMUNITY COLLEGE DRUG-FREE SCHOOLS AND COMMUNITIES ACT (DFSCA) ALCOHOL AND OTHER DRUG (AOD) REPORT 2011 - 2012 BIENNIAL PROGRAM REVIEW

The Drug-Free Schools and Communities Act (DFSCA) and subsequent legislation require an institution of higher education (IHE) to provide a biennial program review of alcohol and other drug prevention programs to be eligible to receive funds or any other form of financial assistance under any Federal program, including participation in any federally funded or guaranteed student loan program. In compliance, Columbus State Community College conducts a biennial review in all even years.

Institutional Mission

The mission of Columbus State is to educate and inspire, providing our students with
The opportunity to achieve their goals.

Institutional Vision

Columbus State Community College is Central Ohio's front door to higher education and
a leader in advancing our region's prosperity.

Institutional Values

Student Success. We welcome and engage all students in creating individualized, accessible and mutually accountable pathways that allow them to pursue their goals.

Inclusion. We reflect the demographics of Central Ohio, and we leverage the college's rich diversity for the benefit of our local and global communities.

Quality. We expect excellence and accountability in ourselves and our students.

Innovation. We embrace bold ideas and an entrepreneurial spirit, and we are responsive to the changing needs of students, employers, and other stakeholders.

Learning. We are a community of teachers and learners who believe that fulfilling lives are grounded in self-awareness and continuous learning.

Partnership. We recognize that more can be accomplished collaboratively than individually, and we seek like-minded partners to advance our shared goals.

Stewardship. We are careful and thoughtful stewards of the resources entrusted to us.

Leadership. We lead by action and example to help our community pursue opportunities and address the challenges of the 21st century.

Foundational Belief of Columbus State Community College AOD Programming

Columbus State Community College is a two-year community college that constantly strives to provide the best product, services, and environment for its students and employees. This college is committed to a drug and alcohol-free campus. In recognition of problems associated with substance use/abuse, Columbus State provides a program designed to promote a healthy and responsible life-style.

It has long been recognized that an ounce of PREVENTION is worth a pound of cure. In this case, PREVENTION means taking the steps necessary, direct or indirect, to avoid substance use/abuse. The Counseling Center at Columbus State offers a variety of services from which students can benefit and works collaboratively with other areas of Student Affairs, the college and community. These services and programs are designed to increase awareness, prevent substance abuse problems, or assist those experiencing difficulties.

Alcohol and Other Drug Policy and Sanctions

Alcohol and Illegal Drugs. The Drug-Free Schools and Communities Act and Drug and Alcohol Abuse Prevention Regulations (EDGAR Part 86 TITLE 34 – EDUCATION, PART 86_DRUG n ALCOHOL ABUSE PREVENTION), notes that no institution of higher education shall be eligible to receive funds or any other form of financial assistance under any Federal program, including participation in any federally funded or guaranteed student loan program, unless the institution certifies that it has adopted and has implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities. Columbus State values the health and safety of its students and employees, and therefore supports local, state, and federal laws concerning illegal drugs.

Students. Student Code of Conduct Policy 7-10 (<http://www.csc.edu/campus-life/student-conduct/code-of-conduct.shtml>) lists the following behaviors as violations of Columbus State's community values: Use, possession, or distribution of an alcoholic beverages; Use, possession, or distribution of a narcotic, inhalant or other controlled substances, as well as drug paraphernalia, except as expressly permitted by law; Abuse or misuse of prescriptions or over-the-counter medications. Students who unlawfully possess, use, or distribute illegal drugs or alcohol will be in violation of college policy and will be subject to disciplinary action, including possible suspension or expulsion from the College. Students could also be subject to arrest and prosecution under applicable local, state, or federal laws. *Appendix A*

Employees. The college desires a workplace that is free from the adverse effects of alcohol and drugs, acknowledging that substance abuse is a serious, yet treatable condition/disease. According to College Policy 3-32 (<http://www.csc.edu/resources/media/about/pdf/3-32.pdf>), disciplinary action may be initiated for, but not limited to, use of or being under the influence of alcohol or illegal drugs at work or inappropriate use of prescription drugs. College union contracts note the goal for a workplace that is free from the adverse effects of alcohol and other drugs (Appendix B,

C, and D). There is an acknowledgement that substance abuse is a serious, yet treatable condition/disease that affects the productive lives of employees. Substance abuse may lead to safety and health risks in the workplace for the abusers, their co-workers, and the public-at-large. The College and the Unions pledge to work collaboratively in programs designed to reduce and eradicate the abuse of alcohol and drugs. The Unions also recognize the College's obligations under the Federal Drug-Free Workplace Act of 1988 and other Federal laws and regulations concerning the controlling of substance abuse in the workplace. The College recognizes employee's rights to privacy and other constitutionally guaranteed rights. The parties agree that the emphasis of any drug-free workplace program shall be to prevent and rehabilitate employees and to abate risks created by employees who are on duty in an impaired condition.

Incident Reporting Resource

Any individual may report an alleged violation of the Student Code of Conduct, and the Office of Student Conduct will conduct a follow-up investigation. Community members are encouraged to use the Maxient Online Incident Reporting Form (<https://publicdocs.maxient.com/incidentreport.php?ColumbusStateCC>).

Anonymous reporting of incidents is allowed but discouraged, because it limits the ability of the office to gather further information and adequately address the issue. Every effort will be made to protect confidentiality of witnesses, where possible, particularly where a safety concern exists. CSCC Amnesty Policy – Individuals who may be involved in incidents of misconduct are encouraged to report that behavior. A student who makes a report may be held less accountable for their involvement in proven conduct violations and/or may be given alternative educational sanctions, at the discretion of the Director of Student Conduct. For example, in a group of students who are committing academic misconduct by sharing or copying work from one another, the student who comes forward may be held less accountable for their participation in the misconduct and receive lesser or no sanctions.

Student-Athlete Drug and Alcohol Use

Student-athlete code of conduct is intended to provide guidelines for the establishment of the standards of conduct for student-athletes who are participating in intercollegiate athletics at the College. As part of the code of conduct student-athletes who possess, distribute, or use illegal drugs are subject to the policies and procedures as set for in the College's Student Code of Conduct Policy 7-10.

Columbus State Community College Statement of Drug and Alcohol Abuse

Columbus State values the health and safety of its students and employees, and therefore supports state and federal laws concerning illegal drugs. The Code of Student Conduct Policy No. 7-10, and Policy No. 3-18, Separation from Employment, include as prohibited behaviors:

- Use, possession, or distribution of alcoholic beverages;

- Use, possession, or distribution of a narcotic, inhalant or other controlled substance, as well as drug paraphernalia, except as expressly permitted by law;
- Abuse or misuse of prescriptions or over the counter medications.

Students who unlawfully possess, use, or distribute illegal drugs or alcohol will be in violation of College Policy and will be subject to disciplinary action, including possible suspension or expulsion from the College. The disciplinary process for employees will be subject to Policy 3-32 (non-union), Article 21 of the CSEA contract, Article 34 of the Teamsters contract, and Article 37 of the Federal Order of Police contract. Students and/or employees who are found to be in violation are also subject to arrest and prosecution under applicable local, state, or federal laws. Information regarding state laws and sanctions can be found in Chapter 2929 of the Ohio Revised Code available in the Educational Resources Center (ERC), in a local public library in central Ohio or online at: <http://codes.ohio.gov/orc/2925.11>.

Health Risks

The use of illicit drugs and the abuse of alcohol carry significant social, physical, and emotional health risks. Users may suffer damage to key body organs such as the heart, liver, kidneys, and central nervous system. Drugs can kill the user, and the use of drugs and alcohol during pregnancy may cause birth defects or death of unborn babies. Drug users may experience difficulties with concentration and memory that impair learning. They can exhibit mood swings, impaired judgment, isolation, and depression, all of which can contribute to impaired driving, injuries, accidents, domestic or random violence, and sexual assault. Drugs can be instrumental in the deterioration of family units and the breakdown of friendships and other support systems. Columbus State is committed to providing students and employees with drug and alcohol education, counseling, and referral for treatment or rehabilitation.

The College's Coordinator of Mental Health and Drug Prevention Counseling Services (614-287-5416) can provide resources and assistance to students who use drugs or alcohol, and to others whose lives are affected by family members or friends who are users. The drug prevention professionals in the Counseling Center can help choose a local agency which meets student's needs or can answer any specific questions students might have. Counseling Services can be reached at 614-287-2818. Additional contact information is provided to every new student in the Student Handbook, My Guide to College Success, which is a text for the required first year college success course, COLS 1100 and 1101 (Developmental Education track), and during campus events including Welcome Back (autumn semester) and Spring Fling (spring semester), at both the Columbus and Delaware Campuses.

For employees, in addition to new employee orientations, the College will periodically provide information and training programs concerning the impact of alcohol and other drug use on job performance, as well as information concerning the College's Employee Assistance Program and any other resources that an employee or faculty member or his/her family may contact for assistance in overcoming an alcohol and/or drug problem (Appendix B and C).

Substance Some Possible Long-Term Effects.

Alcohol: Effects may include loss of inhibition and judgment, increased hostility and aggression, depression of the central nervous system, loss of motor coordination, speech and vision, slowed or stopped respiration and heart rate, tolerance and addiction, malnutrition, cirrhosis of the liver and death.

Marijuana and Hashish: Effects may include euphoria, slowed thinking and reaction time, confusion, impaired balance and coordination, cough, frequent respiratory infections, impaired memory and learning, increased heart rate, anxiety, panic attacks, tolerance and addiction (recent studies indicate that marijuana and hashish do carry the potential for addiction, contrary to popular belief).

Hallucinogens: Effects may include altered states of perception and feeling, nausea, chronic mental disorders and persisting perception disorder (flashbacks).

Opioids: Effects may include pain relief, euphoria, drowsiness, respiratory depression and arrest, nausea, confusion, constipation, sedation, unconsciousness, coma, tolerance and addiction.

Stimulants: Effects may include increased heart rate, increased blood pressure, increased metabolism, feelings of exhilaration, energy, increased mental alertness, rapid or irregular heartbeat, reduced appetite, weight loss and heart failure.

Additionally for nicotine - effects may include tolerance, addiction, adverse pregnancy outcomes, chronic lung disease, cardiovascular disease, stroke and cancer.

Anabolic Steroids: Effects may include hypertension, blood clotting and cholesterol changes, liver cysts and cancer, kidney cancer, hostility and aggression, acne; in adolescents: premature stoppage of growth; in males: prostate cancer, reduced sperm production, shrunken testicles, breast enlargement; in females: menstrual irregularities, development of beard and other masculine characteristics. There are no intoxication effects.

Provided courtesy of the University of Wisconsin.

Treatment Programs

Columbus State Community College offers on-campus alcohol and other drugs counseling. Locally, counseling and referral assistance is available to students and employees who are troubled by alcohol or substance abuse problems. Services are provided by a variety of providers (e.g. Maryhaven, Netcare Access, Southeast Mental Health, Columbus Area Inc., North Central Mental Health, YWCA Wings Program, YMCA, and Volunteers of America). Staff and faculty who are experiencing symptoms associated with their own or someone else's alcohol or drug use are encouraged to seek help through any local community resources or through Matrix, the college's employee assistance provider. Columbus State employees may also seek assistance through United Health Care (UHC).

Prevention Services, Programs and Resources

Brochures. http://www.cscce.edu/resources/media/services/pdf/alcohol_drug_prevention.pdf

Counseling Services (<http://www.cscce.edu/services/counseling/mh-sub-abuse.shtml>) offers the following services at no cost to students. These services are confidential and anonymity is maintained.

- **Education and Information.** Resources on drug and alcohol-related topics are available in the form of pamphlets, reading lists, and presentations.
- **Informational Topics Include.** (1) types and effects of drug/alcohol use; (2) co-dependency issues and self-esteem; (3) drunk driving; (4) family effects of drinking or using drugs; (5) stress management and coping; (6) domestic violence prevention; (7) social skills; and (8) parenting.
- **Counseling and Referral.** Short-term counseling for substance abuse or related issues is available. COUNSELING IS FREE OF CHARGE AND CONFIDENTIAL. If counseling of a longer duration is necessary, a referral will be made to a resource within the community.
- **Crisis Intervention.** When an immediate substance abuse problem exists, help is available through the Counseling Center. Assistance will be provided on an individual basis (counseling, and/or referral).
- **Support Groups.** Anonymous support groups are available off campus for drug-related concerns. They include: Alcoholics Anonymous (AA); Narcotics Anonymous (NA); Al-Anon (for family members of drug/alcohol users); and Adult Children of dysfunctional families groups. To find out about meetings times, students should call 287-2818.

Student Engagement and Leadership (<http://www.cscce.edu/campus-life/seal/seal-wellness.shtml>) collaborated with other departments on campus to provide the following services and programming during the National Collegiate Alcohol Awareness Week:

- A National Alcohol Screening Day form for students to complete and have scored by the Students in the Mental Health Chemical Dependency Program. The students who scored the screening form were trained by faculty on the process. Please note that the screening results did not provide a diagnosis but instead indicated whether they or someone they cared about may be drinking at-risk or have an alcohol problem.
- Counselors from Columbus State Counseling Services Department were present to speak with any student needing further assistance. They provided a brief confidential screening interview with a health professional to discuss the results of student Screening Forms and/or Friends and Family Questionnaires and a possible referral for further evaluation
- A Friends and Family Questionnaire was completed if they were concerned about the drinking of a friend or family member.
- A video presentation on at-risk drinking played in the Nestor Hall lounge during the program
- Educational materials on alcohol and its effects were provided
- The program was conducted anonymously for all participants.
- Other outside organizations participated

- ADAMH Alcohol Drug and Mental Health Board of Franklin County
- Prevention Council of Central Ohio
- Neil Kennedy recovery Clinic

The Network—Columbus State is a member. The Network is the national organization that proactively addresses the issues of alcohol, other drugs, and violence in order to promote healthy campus environments through self-regulatory initiatives, information dissemination, and technical assistance. The Network serves as a liaison between the U.S. Department of Education and member institutions as well as other higher education professional organizations. Member institutions encourage and enhance local, state, regional, and national initiatives through a commitment to shared standards for policy development, educational strategies, enforcement, evaluation, and community collaboration .Approximately 1,600 colleges and universities belong to the Network. In addition the U.S. Department of Education's National Meeting on Alcohol and Drug Abuse and Violence Prevention, members have the opportunity to be informed in a timely manner of events, at both regional and national levels, relevant to alcohol and other drug problem prevention. The Network maintains this Web site for information, and members of the Network also contact one another for ideas, suggestions, and information relevant to prevention issues. Here are reasons to join:

- Raise prevention on the campus agenda
- Information sharing
- Technical assistance from peers
- Collaboration with other professionals
- Access to current resources
- It's free!

Community Partners and Resources:

Maryhaven
 Alcoholics Anonymous
 Alcohol, Drugs, and Mental Health Board (ADAMH) of Franklin County
 Netcare Access – Crisis Mental Health Care of Columbus Ohio
 House of Hope
 Neil Kennedy Center
 Prevention Council of Central Ohio
 National Alliance on Mental Illness (NAMI)
 Drug Free Action Alliance

Columbus State Partners:

Mental Health / Addiction Studies / Developmental Disabilities (MHAD)
<http://www.peerawareness.com/>
<http://www.bacchusnetwork.org/>

Additional Programming.

Partner Acronyms: ADAMH, Alcoholics Anonymous (AA), Netcare of Columbus Ohio, Mothers Against Drunk Driving (MADD),

Program	On-Campus Partner	Off-Campus Partner	Service Impact (# of Students)
WOW! Wellness Fair -Columbus	Athletic Club, Counseling Services, Veterans Services, Public Safety	ADAMH, AA, Directions Counseling, Netcare, Telhio Credit Union, Center for Family Safety and Healing	150
Hypnotic intoxication		MADD, ADAMH, PEER Awareness	60
Dui simulator		PEER Awareness	100
Stress Busters (Don't be Spooked by Semesters)			150
Collegiate Smoke Out	Respiratory Club, Dental Program, Sport and Exercise Science Program	PEER Awareness	100
Stress Busters	Counseling Services		150
Health Fair-Stress Busters NH lounges	Nursing Program	Diabetes Association	200
Winter Blues	AVI Food Service, Counseling Services	Andrew Waters	300
Sexual Health Awareness Week	Counseling Services	CPH; Ohio Department Health; and Planned Parenthood	
Well-being leadership retreat		Cherry Valley Lodge, vat, Bill Weaver	48
Safe Spring Break		CPH	125
Safe Spring Break Pledge		Its abuse	53
Women's Wellness Fair	Counseling Services, Athletics and College Recreation, Phi Theta Kappa	15 vendors	75
Health Fair	Counseling Services, Student Clubs		150
Alcohol Awareness	Counseling Services		57
Alcohol Screenings	Counseling Services		(7)
		Total Students Engaged	1718

Annual Notification

Notification to all Columbus State students and employees is made in the following ways:

- Provided on the College's website as part of the Jeanne Clery Annual Security Report
 - 2012 Columbus Campus Clery Report <http://www.csc.edu/services/publicsafety/pdf/Annual%20Security%20Report.pdf>

- 2012 Delaware Campus Clery Report <http://www.csc.edu/services/publicsafety/pdf/Delaware%20Annual%20Security%20Report.pdf>
- Provided to all new students in the Student Handbook, My Guide to College Success, which is a text for the required first year college success course, COLS 1100 and 1101 (Developmental Education track) <http://www.csc.edu/services/studenthandbook/>

Recommendations for Improvement

After review of the College's alcohol and other drug policies and programs, the primary recommendations are as follows:

- Develop a process and procedure for conducting the biennial review; and assemble a team every even numbered year to conduct the biennial review, facilitated by the Drug and Alcohol Coordinator in Counseling Services
- Create a web page specifically dedicated to Alcohol and Drug prevention, with a portal to house biennial reviews
- Continue to improve College Drug Free Workplace Policy
- Continue to improve communication and coordination of campus alcohol and drug programs
- Continue to improve the distribution of alcohol and drug policies to all students, faculty, and staff
- Increase the number of student activities focusing on drug and alcohol issues
- Incorporate alcohol and drug policies and resources information into employee orientation programs
- Develop a process to track distribution of materials and information

Appendix

- A. Student Code of Conduct
- B. Teamsters Contract – Article 34
- C. CSEA Contract – Article 21
- D. Fraternal Order of Police – Article 37
- E. Compliance Checklist