



# CALIFORNIA STATE UNIVERSITY EAST BAY DRUG AND ALCOHOL ABUSE PREVENTION PLAN (DAAPP)

DECEMBER 2020

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# Introduction

INTROD



Student Health Center  
Recreation and Wellness (RAW) Center - Health Education Resource Room

## Goals and Objectives

Cal State East Bay's Alcohol, Tobacco and Other Drug (ATOD) Committee will be responsible for deciding on the final goals and objectives of the DAAPP. Sample goals from the

ATOD include the following:

1. Articulate and consistently enforce clear policies that promote an educational environment free from substance misuse.
  2. Provide ongoing education for members of the campus community for the purpose of preventing alcohol and drug misuse/abuse.
  3. Provide a reasonable level of care of substance misusers/abusers through counseling, treatment and referral.
  4. Implement campus activities that promote and reinforce health, responsible living,
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- o Standards of conduct that prohibit unlawful manufacture, distribution, dispensation, possession, sale, offer to sell, purchase, offer to purchase, and/or unlawful use.
- o Description of the dangers and health risks associated with use
- o Description of applicable sanctions
- o Description of where to go for referrals
- o Statement of disciplinary sanctions

### EMPLOYEES

The annual notification is emailed to employees annually by Human Resources. A copy of the [Annual Notification for Employees](#) is distributed via email to all employees.

Content of the annual notification to employees should include:

- o Standards of conduct that prohibit unlawful manufacture, distribution, dispensation, possession, sale, offer to sell, purchase, offer to purchase, and/or unlawful use.
- o Description of the dangers and health risks associated with use
- o Description of applicable sanctions
- o Description of where to go for referrals & referral process
- o Statement of disciplinary sanctions

## ATOD Programs

### CURRENT STUDENT PROGRAMS

#### Population Based Alcohol & Other Drug Education

- a. Health & Wellness Services integrates alcohol and other drug education through into general prevention curriculum (nutrition, self-care, fitness, sexual health, sexual violence) to provide a holistic approach to overall student wellness. The alcohol education campaign incorporates three learning outcomes:

1. Being an Alcohol education cae

alcohol use for Cal State East Bay.

- ii. Choose to Use Responsibility - challenging student notion of what is responsible use, increasing motivation to adopt personal protective behaviors when drinking alcohol including moderating, designated drivers, balancing priorities of work/school/family against partying, and enhanced decision-making skills.
  
- iii. Taking Action to Help a Friend - increasing students confidence to become an active bystander, actively engage their peers in harm reduction when they had too much to drink, overcoming groupthink and peer pressure when someone has alcohol poisoning, and supporting a peer if they are showing signs of alcohol misuse/abuse and encouraging them to seek help to reduce/quit use.

#### Completion Data

Academic Year	Events with Interactive tabling activities dedicated specifically to alcohol education	Events with alcohol education infused into general wellness curriculum
2016-2017	4,465 participants	2,465 participants
2017-2018	4,300 participants	1,925 participants
2018-2019	1,047 participants	2,013 participants
2019-2020	1,542 participants	3,321 participants

- b. As part of Cal State East Bay's comprehensive alcohol abuse prevention initiatives for students, incoming students are required to complete an online alcohol and other drug prevention program. AlcoholEdu was required from 2016-2018 for all incoming freshman and transfer students. These programs provided tailored

educational pathways for students who identified as abstainers, moderate users, and high risk users. Students completed modules prior to the first week of Fall Semester and a follow up post-test evaluation 30-days after classes began to assess knowledge acquisition and behavior changes. AlcoholEdu held an implied mandate without registration holds or other consequences. Unfortunately, the response rate was low compared to the total number of incoming students and the agreement with AlcoholEdu was discontinued.

In 2018, alcohol and other drug education was combined with Not Anymore the Title IX training that all incoming freshman and transfer students must complete each academic year per [Executive Order 1095](#) Revised. Registration holds are placed upon students who do not complete the requirement.

The 30-minute interactive session features content designed to educate students on the risks of alcohol and other drugs, as well as to prepare them for handling dangerous situations related to those substances. Content includes information on the effect of AOD upon GPA, peer influences, and tips for bystander interactions. The program uses social norming, peer-based reality, and harm reduction approbO

Wellness interns to talk with their peers about underage drinking. Approximately, 1500 students engaged in alcohol education and discussion about the effects of alcohol. Students reported it was important to receive information at Freshman Orientation to educate students about alcohol use and policies prior to starting classes. Students wanted to hear real examples of what occurs from drinking in a straightforward and relatable manner. Students reported wanting to know how to intervene when a friend needs help but often fear punishment from reaching out to authorities especially when the entire group is underage.

### **Alcohol-Free Options**

- a. Alcohol-free options allow students a safe-place build community with their peers. Programs are hosted during evening and late-night time periods offer students "something else to do" instead of drinking. Events are sponsored by a variety of campus departments and are tailored to reach high-risk populations (housing residents, Greeks, Athletes, first-year students). Many events occur during traditional drinking periods such as Homecoming to reduce students going off campus to drink. Events examples and sponsoring departments include:
  - i. Comedy/Live Performance (ASI)
  - ii. Homecoming Silent Disco (ASI/Recreation & Wellness Services)
  - iii. Halloween Fest (ASI/Recreation & Wellness Services)
  - iv. Movie Nights (ASI)
  - v. Thursday Night Take Over (Housing)
  - vi. Trivia Nights (Recreation & Wellness Services)
  - vii. Video Game Nights (University Union)

### **Tobacco Education**

- a. Cal State East Bay adopted the CSU Smoke and Tobacco Free Policy effective September 1, 2017 (EO 1108). The policy encompasses all smoke including cigarettes, pipes, cigars, marijuanah-risk  
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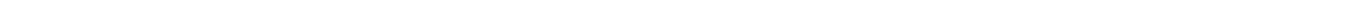
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Hotline offers free



AlcoholEdu and Not Anymore modules include pre-test and post-test evaluation to measure knowledge acquisition, self-reflection for current substance use, and general feedback on the program. Respondents showed increase in knowledge for questions relating to impacts to gpa, impacts upon brain function, impacts to decision making, and factors impacting alcohol use. Full outcomes report are linked as follows:

- (a) [2016-2017](#)
- (b) [2017-2018](#)
- (c) [2018-2019](#)
- (d) [2019-2020](#)

## Policy & Other Enforcement Documents

### CAMPUS POLICIES

Policy Regarding the Sale, Consumption, Distribution, and Possession of Alcoholic Beverages - The Cal State East Bay Policy Regarding the Sale, Consumption, Distribution, and Possession of Alcoholic Beverages is available on the [ATOD website](#). Drug-Free Workplace Policy - The [California State University Drug-Free Workplace Policy](#) is shared with all employees during the annual notification and is also available on the HR website at [CSUEB policies](#).

### POLICY DISTRIBUTION

Cal State East Bay's policies are available on the [campus policies website](#).

### EXECUTIVE ORDERS

#### **Executive Order 1108: Policy on System-wide Smoke and Tobacco-Free Environment**

The California State University Policy on System-wide Smoke and Tobacco-Free Environment was implemented on September 1, 2017. This policy bans smoking and the use of all tobacco products on all California State University properties. Smoke or smoking is defined as inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, cigarillo, pipe, hookah, or any other lighted or heated tobacco or plant product intended for inhalation, whether natural or synthetic, in any manner or in any form and the use of

all electronic smoking devices that create an aerosol or vapor and any other oral smoking device.

**Executive Order 1109: Sales and Service of Alcoholic Beverages at or in Conjunction with University Intercollegiate Athletic Events, and Advertising of Alcoholic Beverages on Campus and at University Athletic Facilities**

Executive Order (EO) 1109 allows institutions to determine whether or not the school sales alcohol at sporting events. Our Athletics Department does not currently serve alcohol at its sporting events and will continue with this policy.

**Executive Order 930: CSU Drug-Free Workplace Policy**

Executive Order (EO) 930 states is committed to h





- b. The Cal State East Bay Athletics Drug Policy which highlights drug testing, testing procedures, and NCAA banned-drug classes. Athletes are required to read and sign a statement indicating an understanding and willingness to comply with the NCAA drug policy. Failure to sign this form will make an athlete ineligible for competition and forfeit any scholarship. Selection for NCAA drug testing is made on a random basis and may occur at any period during the academic year. Also, specific individuals may be tested when reasonable suspicion exists of suspected drug use. Athletes are required to review
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Alcoholic Beverages and Drug Free Workplace Policy) and



b. The University Reservation Office will forward all requests for facility reservations







CCAA and NCAA rules and regulations, Cal State East Bay campus community and Student Affairs rules, regulations, policies, and procedures.

EMPLOYEES -

Administrators and staff in violation of Cal State East Bay's Policy Regarding the Sale, Consumption, Distribution, and Possessd

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healthcare providers. Human Resources will advise employ



Partnerships	Creating connections and collaborating with the divisions of Student Affairs, Academic Affairs, Administration & Finance and the Wellbeing Coalition will develop a stronger sense of campus community and partnerships, as well as alignment with the campus strategic plan and graduation initiatives.	Expand the reach of educational programming opportunities with alternative programming events. Develop staff expertise in departments to assist with best practices of addressing AOD issues in higher education.
Education & Resources	Establishing a system to track and document substance use/abuse screenings and referrals, aligned with a comprehensive dissemination of educational materials and resources to distribute to staff/students, will be essential to establishing a wrap around of support services.	Improve the coordination of educational materials and content via participation in the <a href="#">Higher Education Center</a> learning collaboratives that will provide resources on prevention, intervention and recovery focused education and training.

## Contact Information

### Student Affairs

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