Central Connecticut State University’s
Drug Free Schools Act
2015 Biennial Report

To: The United States Department of Education
Office of Postsecondary Education

From: John W. Miller, President

Date: December 2015

This report was prepared on behalf of the CCSU Presidential Advisory Council on Alcohol, Tobacco and Other Drugs for President John W. Miller.
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I. **Introduction to Central Connecticut State University**

Central Connecticut State University (CCSU) was founded in 1849 as the New Britain Normal School and is Connecticut's oldest publicly supported institution of higher education. Located at 1615 Stanley Street, New Britain, Connecticut, CCSU is a fully accredited four year university with an enrollment of approximately 8,500 full time students and 4,000 part time students. CCSU is a dry campus. The President of Central Connecticut State University is Dr. John W. Miller.

II. **Description of the Alcohol, Tobacco and other Drug Prevention Program at CCSU** by Jonathan A. Pohl, Ph.D., Wellness Education Coordinator

The Director of Student Wellness Services was responsible for supervising the Office of Wellness Education (formerly the Office of Alcohol and Drug Education) and overseeing the Alcohol, Tobacco and other Drug (ATOD) Prevention Program for students at Central Connecticut State University. The following is a brief description of the 2015 ATOD program on campus:

- **Presidential Advisory Council on Alcohol, Tobacco and other Drugs.**
  Central Connecticut State University has a Task Force entitled “The Presidential Advisory Council on Alcohol, Tobacco and other Drugs,” dedicated to monitoring ATOD policies, practices and programs on campus. The Council serves the University by coordinating efforts to reduce the impact of ATOD on the community and contributes to creating optimal conditions for student academic success and personal development. The Council meets six times during the academic year and sub-committees are formed to conduct ATOD project assignments.

Members are appointed by President Miller. The Chairperson is Dr. Laura Tordenti, Vice President for Student Affairs. Other members include Christopher Dukes, Director, Office of Student Conduct; Dr. Jonathan Pohl, Coordinator of Wellness Education; Dr. Christopher Diamond, Director of Student Wellness Services (resigned); Sergeant Gerald Erwin, CCSU Police Department; Anna Suski-Lenczewski, Chief Human Resources Officer; Molly McCarthy, Assistant Director of Compliance for Athletics; Scott Hazan, Director of Student Activities; Lila Coddington, Assistant Director and Project Coordinator of Central Access and Student Development Program; Jean Alicandro, Director of Residence Life; Ryan Baumann, Associate Director of Residence Life; Michael Ansarra, Sr. Associate Athletics Director; Maria Santilli, Assistant Director of the Student Center; Colleen Powers, Assistant Director of Student Activities.

The Advisory Council is specifically charged with:

- establishing a forum for collaboration, coordination and accountability among the various CCSU departments delivering programs and enforcing policies relevant to high risk use of ATOD;
- developing recommendations for implementing an effective, comprehensive and sustainable ATOD risk reduction strategy for the university;
- reviewing and recommending revisions as needed to all relevant university policies;
• initiating appropriate research to assess the effectiveness of programs as well as guide recommendations;
• preparing a biennial report for the President, with recommendations, which assess the effectiveness of programs in compliance with reporting requirements of the Drug Free Schools Act.

The work of the Advisory Council has resulted in the following activities:

• **Alcohol Edu**
Beginning in 2004, Student Affairs entered into an agreement with the company Outside the Classroom (currently EverFi) to purchase the online web based course entitled *Alcohol Edu for College Students*. From 2005 to 2014, all incoming students had been required to complete the Alcohol Edu program. In the fall of 2015, the University shifted from Alcohol.edu to e-CHUG (alcohol education) from ECheckUpToGo. For alcohol education, incoming students are sent a letter from the Vice President before the fall and spring semesters. Incoming students, including new freshmen, transfer students and international students receive a letter in the mail from the Vice President of Student Affairs, and their respective guardians/parents also receive a letter inviting them to become “partners in prevention” with CCSU by participating in alcohol education for parents. Starting in the fall of 2010, *Haven*, sexual assault education, was added to the course. *Sexual Violence Prevention Program* (SVPP) replaced Haven in the fall of 2015. Students are reminded of the anonymity of the program and are not required to answer the sexual assault questions, as well as given resources available to them on campus. The Alcohol Edu program was also used in the following two ways: by the Director, Office of Student Conduct for students who violate the alcohol policy on campus, and for training purposes with different student groups such as Natural Helpers and Resident Assistants. Dr. Laura Tordenti secured funds for the Alcohol Edu Program through spring 2015. In 2013-2014 academic year, of the 1464 students who participated in alcohol.edu, 820 students completed the course, and in 2014-2015 academic year, of the 1410 students who participated in alcohol.edu 711 students completed the course. A copy of the Alcohol Edu and e-CHUG letters sent to incoming students and their parents may be found in the Appendix.

• **e-Chug and e-Toke**
On-line self assessment resources are available to students and include ways of decreasing or eliminating drinking/smoking. The e-CHUG (Electronic Check-Up and Go) is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes about 20 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator. If the student is concerned with the results of e-CHUG, the student can set up an appointment with one of our counselors to discuss them.

The electronic THC Online Knowledge Experience (e-TOKE) is a brief marijuana-specific assessment and feedback tool designed to reduce marijuana use among college students. The assessment only takes 20 minutes to complete and requires a Javascript enabled browser. It is also self-guided, and requires no face-to-face contact time with a counselor or administrator.
If the student is concerned with the results of e-TOKE the student can set up an appointment with one of our counselors to discuss them.

The on-line programs, e-CHUG and e-TOKE are used in the following two ways: voluntarily by students who may or may not be in counseling and use it off the website or as mandated by the Office of Student Conduct for students who violate the alcohol policy on campus as a part of the BASICS program (for more information, see BASICS below).

- **Natural Helpers/Peer Educators**
  The group known as the Natural Helpers, (approximately 12 volunteer peer educators) work toward reducing the use of alcohol and drugs on and off campus. Members of Natural Helpers take part in weekly trainings throughout the academic year. The training includes educational sessions and guest speakers discussing the effects of alcohol and other drugs. Nominated by their peers, these Natural Helpers are selected to take part in conducting several National Wellness outreach programs on campus throughout the academic year. Natural Helpers’ volunteer their time at Devil’s Den @10pm. Outreach events include: National Alcohol Awareness Week, depression screening at Fresh Check, The Great American Smoke Out, Healthy Relationships Week, Safe Spring Break, Problem Gambling Awareness and Stress Busters Week. Natural Helpers disseminate alcohol and other drug prevention messages on campus at their events and during programs. They are trained to help their peers; conduct alcohol and other drug prevention programs on campus, in classrooms and in residence halls; collaborate extensively with on and off campus departments, groups and organizations; and as a campus resource to help prevent substance use and abuse on campus and in the surrounding community. The Natural Helpers provide a resource table on campus, providing ATOD-related health risk information available to the campus community at health fairs. They are affiliated with the Bacchus Network, a nationally recognized university and community-based network focusing on comprehensive health and safety issues. The Natural Helper and Bacchus philosophies state that students, as peer to peer, play a uniquely effective role – unmatched by professional educators – in encouraging peers to consider, talk honestly about, and develop responsible attitudes toward high-risk health and safety issues. The Natural Helper Program is considered A Best Practice Model Prevention Program. The Natural Helper program recommends the following site for information pertaining to the health risks associated with the use of illicit drugs and the abuse of alcohol [www.ctclearinghouse.org](http://www.ctclearinghouse.org). A brochure describing the Natural Helper Program and brochure describing the resource link, the Connecticut Clearing house, can be found in the Appendix.

- **Curriculum Infusion – First Year Experience classes**
  Jonathan A. Pohl, Ph.D., Coordinator of Wellness Education and Interns work with First Year Experience faculty to bring alcohol prevention into the classroom. The Programs on the Go (curriculum infusion) efforts offer Choices about Alcohol (a Brief Alcohol Prevention Program), Sam Spady (video of a young woman who dies from alcohol poisoning), and Stress Management to first year experience students. Over 500 students have received drug and alcohol education through the “Programs on the Go” presentations.
• **Brief Alcohol Screening for College Students BASICS**

The Brief Alcohol Screening Intervention known as the BASICS program is also available on campus. Jonathan A. Pohl, Ph.D., Coordinator of Wellness Education and trained interns conduct the BASICS program. This program consists of two individual sessions offering students the opportunity to review current alcohol use, explore alternatives to drinking, and should the student choose to drink - learn about low risk drinking strategies. Most referrals to BASICS have come through the Office of Student Conduct or Residence Life, typically students who have violated the alcohol policy on campus for a second time. The BASICS program is provided to students who have been sent to the emergency room as a result of a high risk drinking incident. Students may be referred to BASICS after an appointment at Student Wellness Services. During the academic years 2013-2015, 50 students took the BASICS. A brochure describing the BASICS program may be found in the Appendix.

**CHOICES**

The CHOICES program uses an interactive journal in a group format to provide a psycho educational program on alcohol/marijuana. The 90 minute group discussion covers the physical/psychological effects of alcohol/marijuana, low risk behaviors, and ways of managing negative effects of alcohol. In Choices for alcohol, students learn about BAC levels, signs of alcohol poisoning, and tolerance. During the academic years 2013-2105, 218 students attended the groups.

**Red Watchband Training**

The Red Watchband Program was created at Stonybrook University after the tragic loss of a first year student to alcohol poisoning. The program involves University students being trained in CPR and toxic drinking to provide the education needed to intervene during an alcohol crisis. Students learn the physical/psychological effects of alcohol, high risk behaviors, BAC levels, signs of alcohol poisoning, tolerance and ways of coping with a dangerous situation at a party. Upon completion of the program students are given a red watch to wear at University functions, a symbol recognizing the student as having the capacity to assist others who are in trouble with alcohol.

http://www.stonybrook.edu/sb/redwatchband/

Red Watch Band – 133 students were trained in bystander intervention techniques.

**Card 21**

The Office of Alcohol and Drug Education works with the Natural Helpers to have those over the age of 21 purchase alcohol at local liquor stores. Local liquor establishments are encouraged to card (request proof of age) from anyone who appears to be under the age of 25. The students observe the treatment of others and report back on whether or not they are "carded". If the establishment cards, a letter of gratitude is sent for keeping alcohol out of the hands of underage students. If the establishment does not card, a letter of encouragement is sent to card those who appear to be under 25 and an offer of TIPS training is sent. Card 21 for spring 2013 – 4 out of 6 establishments did not request proof of age. Four were sent congratulatory letters and the others were encouraged to request proof of age and given an invitation to TIPS training. Fall 2014 6 out of 6 establishments requested proof of age.
**Alcohol Awareness Fair**
The Alcohol Awareness fair is a collaborative effort on the part of the CCSU Student Wellness Services, Natural Helpers (peer educators), CCSU Police Department, a number of CCSU clubs and organizations, presenting on the hazards of alcohol use. At the Fairs, for academic year 2013-2014, 310 alcohol screenings were completed and for academic year 2014-2015 381 alcohol screenings were completed.

**Prescription Drug Abuse Awareness**
Along with posters for parents and students on the hazards of prescription drugs, the Office of Wellness Education conducted outreach to students during midterms and finals. We provided students with coffee, tea, hot chocolate, granola bars and fruit. The beverages were in cups that had messaging about prescription drug misuse. The carts were located near the largest student garage.

**Smoking Cessation Collaboration**
Student Wellness Services collaborated with the Community Mental Health Affiliates to provide smoking cessation on campus. The pilot program had limited results, but increased awareness of Student Wellness Services. Overall, smoking seems to be down among students – more report marijuana use over tobacco. It was noted that smoking rates seem to be the highest during the first week of school/orientation.

  In 2004, 2006 and 2008, Dr. Douglas Engwall, Professor of Psychology, conducted the CORE Alcohol and Drug survey and in 2010, 2012, and 2014, Dr. Jason Sikorski, Professor of Psychology, conducted the CORE Alcohol and Drug survey. The results of these reports have assisted in the ATOD prevention programming plans. A copy of the CORE survey used may be found in the Appendix.

- **Prevention Programming at Advising Days and Orientation**
  Student Wellness Services provides information for parents of incoming freshmen/transfer students on the summer advising sessions. During Orientation, students attend a Community Expectations session with the Office of Student Conduct, the Office of Wellness Education and the Office of Diversity. The session includes a brief description of Wellness Education prevention programming efforts on campus, information on the consequences of high-risk alcohol use and the supportive services available on campus.

- **Connecticut Healthy Campus Initiative**
The Coordinator of Wellness Education is a member of the Connecticut Healthy Campus Initiative organized via the Connecticut Clearinghouse. The vision of the statewide initiative is to foster a campus community that reduces occurrences of high-risk alcohol use, other drug use and the related consequences of high-risk behavior among college students on Connecticut campuses. In 2008, a Key Leadership Award was presented to CCSU President Miller, who signed a commitment to support the Connecticut Statewide Healthy Campus Initiative, and to work to promote consistent, coordinated health promotion and substance
abuse prevention efforts on our University campus. This Official Statement was also signed by the Commissioners of Mental Health and Addiction Services; Higher Education; and Governor M. Jodi Rell. Currently, CCSU remains active in the initiative. Further information on The Statewide Healthy Campus Initiative and the strategic action plan may be found at www.preventionworksct.org/.

- **SPF and PFS Community Grants**
  In September 2006, Victoria Kate Ginter, Associate Director of Counseling and Wellness, applied for a grant to help reduce underage drinking. In October 2006, Central Connecticut State University was successfully awarded this Connecticut Strategic Prevention Framework (SPF) Grant from the Department of Mental Health and Addiction Services to help reduce underage drinking in the New Britain community. The grant awarded Central Connecticut State University $60,000.00 annually for three years, for a total of $180,000.00, covering the period of September 30, 2006 to September 29, 2009.

The Department of Mental Health and Addiction Services has continued grant funding to Central Connecticut State University in the form of the Partnership for Success and Best Practices grants. PFS grant totals $219,000. Central Connecticut State University and the CCSU Public Safety Department have since partnered with the New Britain Police Department to help decrease the problems associated with underage drinking in the community. The grant funds have been used to develop and maintain the Town & Gown Coalition (see below), as well as enhance enforcement of the underage drinking laws. In the fall of 2010, the New Britain and Central Connecticut State University police departments combined efforts and over 150 infractions were reported at house parties. In the fall 2010 semester, supporting efforts increased to include the University Department of Student Affairs making calls to each of the students receiving an infraction, and the Central Connecticut State University Police Department sent letters to the parents of those students in an effort to reduce a repetition of the behavior. The Office of Wellness Education and CCSU police department co-sponsored a presentation of How to Succeed at College and piloted the program at Southington High School - a feeder school for CCSU. A copy of the grant award letter from Governor M. Jodi Rell, and the letter from the CCSU police department to the parents of offenders may be found in the Appendix.

Central Connecticut State University has a vested interest in addressing the problems associated with off campus parties in the surrounding neighborhood. In September 2007 President Miller and Mayor Timothy Stewart of New Britain established a formal community Task Force. It is known as the “The Town Gown Coalition” and was Co-Chaired by Dr. Jonathan A. Pohl, Associate Director of the Counseling and Wellness Center, and Jon A. Zipadeli, Landlord and Neighbor. The Coalition is currently Co-Chaired by Christopher Dukes, Director, Office of Student Conduct, and Dr. Zeena Twafik, Community Services Acting Administrator for New Britain, which addresses problems of underage drinking and works to reduce the incidence of problem house parties, and drinking and driving in the local Belvedere area surrounding the college. Members of the Coalition include: President Dr. Jack Miller; Vice-President for Student Affairs, Dr. Laura Tordenti; Gregory Sneed, CCSU Police Chief; Erin Stewart, Mayor of New Britain; Jean Alicandro, Director of Residence Life; Dr. Jonathan Pohl, Coordinator of Wellness Education; Kenneth Cook, Elmer’s (owner local college bar); Mary Eddy, neighbor; Dr. Mark McLaughlin, Associate
Vice President for Marketing and Communications; James Wardwell, Chief of New Britain Police; Sheila Wylie, President of Natural Helpers & CCSU Student; Peter Gostin, neighbor; Gloria Hampl, neighbor; Aimee Pozorski, neighbor; Nancy Tully, CCSU Faculty and neighbor; and Anna Suski-Lenczewski, Chief Human Resources Officer.

**SAAC Involvement**  
Presently, the Coordinator of Wellness Education is a member of the Substance Abuse Action Council. SAAC’s mission is: “Working together to prevent substance abuse and to promote a substance-free, safe and healthy environment within our communities.” Collaborations between SAAC and the University include Smoking Cessation, TIPS merchant alcohol training and National “Kick Butts” Smoking Awareness Day.

**III. Student Wellness Services, Counseling**  
*by Dr. Jonathan A. Pohl, Coordinator of Wellness Education*

Counseling is a branch within Student Wellness Services, a division of Student Affairs. The Counseling Center supports the mission of the University by actively collaborating with members of the CCSU community in the process of creating conditions and/or personal attributes which promote physical, intellectual, psychological and spiritual well-being for all members of the University community. The Counseling Center offers a range of personal counseling services including comprehensive assessment; individual counseling; peer support through groups; and access to outside community providers through our referral service. All services/programs are provided at no cost to full time and part time students. More information may be found at [http://www.ccsu.edu/page.cfm?p=2346](http://www.ccsu.edu/page.cfm?p=2346). A brochure on Student Wellness Services is found in the Appendix.

**IV. Description of the Employee Assistance Program**  
*by Anna Suski-Lenczewski, Chief Human Resources Officer*

Central Connecticut State University provides an employee assistance program for all full-time employees, as well as part-time faculty, at no cost to the employee or their family member(s). Administered by The Lexington Group, Inc., the employee assistance program (EAP) provides professional, confidential assistance for employees and their families who are experiencing personal problems that may be affecting them in the workplace. The EAP’s objective is to reduce problems in the workforce and to retain valued employees. EAP clinicians are experienced professionals with backgrounds in psychology, substance abuse, and social work. EAP services are available 24 hours a day, seven days a week for help with such issues as marital and family dilemmas, emotional difficulties, alcohol and drug abuse, addictive disorders, and financial, legal, or career problems. Services include initial evaluation and assessment, treatment planning, counseling, outside referral if indicated, coordination with the employee’s health care plan, family consultation, and follow-up. The EAP clinician makes every effort to refer employees to qualified professionals or specialists who are approved for coverage by the employee’s health insurance carrier. By law, information shared by employees with the EAP clinician cannot be disclosed to another person without the employee’s written consent.

New employees receive information about the EAP in their information packets and at New Employee Orientation. Annually, Human Resources sends out an email to all employees
providing information and updates about the Employee Assistance Program and its use. All employees receive an EAP Newsletter from The Lexington Group via e-mail on a quarterly basis. Brochures and business cards are made available in campus departments, and posters are placed on bulletin boards throughout campus buildings. Employees may contact the EAP 24 hours a day by calling 1-800-676-HELP (4357). A copy of the EAP brochure may be found in the Appendix.

Human Resources provided the following workshops/programs for faculty and staff that help reduce stress and offer healthy lifestyle tips:

- **New Employee Orientation** held on 10/1/13, 10/15/14, 3/18/14, and 3/27/15 – discussion of Employee Assistance Program, Drug Free Workplace Policy, overview of fitness classes and centers available on campus.
- 4/21/14 – **Healthy Eating: From My Pyramid to My Plate: Has Anything Changed?** - Workshop open to all faculty and staff. Presented by Monica Pacheco, R.D., CT Department of Education, Bureau of Health/Nutrition, Family Services; sponsored by Human Resources as part of Employee Appreciation Week.
- 4/22/14 – **Cultivating Compassion and Forgiveness: At Work and in Life** – Workshop open to all faculty and staff. Presented by Chip Tafrate, Professor of Criminology, clinical psychologist and co-author of “Anger Management for Everyone”; sponsored by Human Resources as part of Employee Appreciation Week.
- 4/24/14 – **Move to Improve: Make Your Day More Productive through Physical Activity** – Workshop open to all faculty and staff. Presented by Jason Melnyk and Carol Ciotto, Professors of Physical Education/Human Performance; sponsored by Human Resources as part of Employee Appreciation Week.
- 4/24/14 – **Everyone Can be a Champion: Be Healthy and Active at Any Age** – Workshop open to all faculty and staff. Presented by Carrie Andreoletti, Professor of Psychological Science, and Jason Melnyk, Professor of Physical Education/Human Performance; sponsored by Human Resources as part of Employee Appreciation Week.
- 4/25/14 – **Fun Run/Walk** around campus open to all faculty and staff and sponsored by RECentral as part of Employee Appreciation Week.

**Work Life Balance**

The CCSU Work-Life Balance Committee, a sub-committee of the Committee on the Concerns of Women (CCW), is focused on providing leadership in facilitating the integration of work and study with family/personal life at Central Connecticut State University. Our mission supports the broader goals of creating a healthy and productive environment for men and women across the life span and contributing to the well-being of future generations.

Over the past decade, academic institutions have increasingly begun to focus attention on the importance of work/family issues for students, faculty, and staff, generating rapid growth in the number and variety of campus programs designed to address work/family needs. Our focus is to encourage the University to develop strategies for all members of the
campus community to better balance their Work-Life arenas. We believe it is necessary and important to work with individuals from various organizations and groups on campus in order to achieve this important endeavor. We believe that it is our responsibility to assist faculty, staff, and students in creating the best work-life balance possible. To this end, we have created various resources to aid in this goal.

In response to CCW’s recommendations, President Miller requested that a representative in Human Resources devote 10% of his/her workload to managing Work-Life balance resources. This representative serves on CCW’s Work-Life Balance Subcommittee, providing support and guidance for campus work-life balance initiatives.

With financial support provided by CCW and the AAUP, CCSU is now an institutional member of the College and University Work Family Association (CUWFA) which maintains an active website and listserv and holds an annual national conference each year. The association provides advice and support for Work-Life initiatives at institutions of higher learning. In March 2015, a Work-Life-Family Conference was sponsored by the Connecticut State Community Colleges and Universities (CSCU), Central Connecticut State University (CCSU) and Southern Connecticut State University. The conference was held at CCSU and featured the following workshops: The 4 Steps to Transforming Institutional Culture for Workplace Flexibility; Transparency + Collaboration + Student-Centered Focus = Great College to Work For; Considering Best Practices within CSCU; Planning for Connecticut’s Future needs in Higher Education. The conference also included information from CUWFA to assist attendees in deciding on institutions that may want to be employed with based on the institution’s offerings concerning work-life balance. Members of the CCSU Work-Life Balance committee including the Human Resources representative attended this conference.

CCW has established a “clearinghouse” website (www.ccsu.edu/wlb) that serves as centralized places for information, services, and programs on or related to work-life balance issues. The website includes a babysitting forum that can link CCSU parents with CCSU-affiliated caregivers for temporary child care. It provides interested babysitters and parents with an accessible, simple, reliable, supported network to coordinate care. The Human Resources representative updated the babysitting website with current information and continues to maintain it.

The Work-Life Balance Sub-Committee of CCW prompted the Faculty Senate to set up a campus wide Child Care Task Force (CCTF) to specifically address campus child care needs and to tap the talents and resources of those across campus not affiliated with CCW. The Task Force was asked to identify needs, options, and obstacles, as well as locate funding sources outside of the campus budget to support child care-related ideas and initiatives. The CCTF continues to work on finding ways to introduce child care into the campus culture and into long-term planning, including the campus facilities master plan to accommodate drop-in care sites on and in close proximity to campus. This has included expanding the Early Learning Program, which resides in a CCSU-owned building, to include services beyond pre-school to toddler and infant care as well as after-hour care. The CCTF is encouraging conversations and making other efforts to secure space to provide “drop-in” care services on and/or near campus such as in the library or the student center.
V. Disciplinary sanctions for employees – by Anna Suski-Lenczewski, Chief Human Resources Officer

In accordance with the Drug Free Workplace Act, employees must notify the Chief Human Resources Officer within five (5) days of any drug conviction for violation of a state or federal drug statute if the violation occurs in the workplace. A conviction means a finding of guilty, including a plea of nolo contendre, or the imposition of a sentence by a judge or jury in any federal or state court. Within ten (10) days of receiving notice that a CCSU employee funded under a federal grant or contract has been convicted for a violation of a state or federal drug statute occurring in the workplace, the Chief Human Resources Officer must notify the appropriate federal granting or contracting agency.

Employees who have substance abuse problems are encouraged to contact the Lexington Group, CCSU’s employee assistance provider, or a rehabilitation program of their choosing. Disciplinary action may be required, even when an employee agrees to seek treatment. In that case, sanctions for violation of this policy include, but are not limited to, the following:

1. Written warning or reprimand
2. Suspension without pay
3. Demotion
4. Dismissal

Disciplinary action will be taken in accordance with collective bargaining agreements, and principles of progressive discipline will be applied as appropriate.

VI. Student Disciplinary Sanctions – by Christopher Dukes, Director, Office of Student Conduct

In accordance with Connecticut State Colleges and Universities (CSCU) policy, the following sanctions may be imposed, individually or in various combinations, on any student found to have violated the following provisions of the CSCU Student Code of Conduct:

12) Use, possession, purchase, sale or distribution of alcoholic beverages except as expressly permitted by law and University regulations.

13) Use, possession, purchase, sale, distribution or manufacturing of controlled substances and/or drugs, or drug paraphernalia, except as expressly permitted by law.

**Expulsion:** Expulsion is permanent disciplinary separation from all universities within the CSCU and the denial of all student privileges. Expulsion shall be effective on the date that notice of expulsion is provided to the accused student, or later, if so stated in the notice. A student separated from all universities of the CSCU by expulsion may under the terms of the expulsion be excluded from all University
premises when in the judgment of the expelling authority the student's presence would constitute a danger to persons or property or a threat to the academic process.

**Suspension:** Suspension is temporary disciplinary separation from all universities within the system and the denial of all student privileges. Suspension shall be effective on the date that notice of the suspension is provided to the accused student, or later, if so stated in the notice, and shall prescribe the date and conditions upon which the student may petition for readmission to the University. A student separated from all universities within the CSCU by suspension may under the terms of the suspension be excluded from all University premises when in the judgment of the suspending authority the student’s continued presence would constitute a danger to persons or property or a threat to the academic process. Notwithstanding the foregoing, the suspending University authority of the suspended student's home university or his or her designee may authorize a suspended student who has been excluded from all University premises to enter the premises of the student's home university for designated purposes.

**Disciplinary Probation:** Disciplinary probation is a designated period of time during which a student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges with University community. Disciplinary probation may involve the imposition of certain restrictions and/or conditions upon the accused student including, but are not limited to, financial restitution, community service, fines, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, or ineligibility to participate in University activities or events. Periodic contact with a designated member of the University community or non-college professional may be required.

If the accused student fully complies with the terms and conditions imposed in connection with the disciplinary probation, full student privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A student accused of violation of probation will be given due notice of the alleged violation and the procedures set forth in this Code shall be followed.

**Residence Hall Separation:** Residence hall separation is the removal of a student from the University residence hall in which he or she resides. Such separation shall include a restriction of access to all or designated University residence halls.

**Residence Hall Probation:** Residence hall probation is a designated period during which a student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges within the residence hall in which the student resides. Residence hall probation may include restrictions and/or conditions on the exercise of residence hall activities and privileges. Periodic contact with a designated member of the residence hall staff or professional may be required. If the accused student fully complies with the terms and conditions imposed in connection with the residence hall probation, full
residence hall privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A student accused of violation of probation will be given due notice and the procedures set forth in this Code shall be followed.

**Alcohol Edu for Sanctions/CHOICES Sanctions class:** Students may be assigned to AlcoholEdu for Sanctions or to attend the CHOICES Sanctions class as a part of their sanctions. Alcohol Edu for Sanctions is a 2 part program. Students complete Part 1 and then complete a second follow up part after a certain amount of time has passed. The CHOICES Sanction class is a class of up to 15 students where they are provided information in a discussion-style format.

<table>
<thead>
<tr>
<th>Additional Violations</th>
<th>Supplemental Sanctions</th>
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<tbody>
<tr>
<td>12.a: Use of alcohol that results in the transportation of an &quot;intoxicated&quot; student for emergency medical treatment.</td>
<td><strong>AlcoholEdu for Sanctions</strong></td>
</tr>
<tr>
<td>13.a: Use of controlled substances and/or drugs that results in the transportation of a student for emergency medical treatment.</td>
<td><strong>Reflection Papers:</strong> A reflection paper provides a student with an opportunity to consider all circumstances surrounding their recent violation(s) and articulate what he/she has learned and what, if anything, he/she would do differently.</td>
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<tr>
<td>20.a: Failure to comply with Residence Life Policy regarding being present in a room during an alcohol or drug violation.</td>
<td><strong>Behavioral Assessment:</strong> The student is required to undergo an assessment with a licensed clinician/counselor. The student may be required to fulfill 1 or more of the assessor's recommendations.</td>
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<tr>
<td></td>
<td><strong>Discretionary Sanctions:</strong> Work assignments, essays, service to the University, or other related discretionary assignments, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, and ineligibility to participate in University activities or events. Periodic contact with a designated member of the University Community or non-college professional may be required.</td>
</tr>
</tbody>
</table>
Office of Student Conduct Statistics
a. Academic year 2011-2012
   Drug violations 9 incidents involving 18 people
   49 alcohol incidents 192 people
   Alcohol transports 17 people
   1 drug transport
   Physical assaults 6 incidents 11 people only 1 was non-alcohol related
b. Academic year 2012-2013
   3 drug incidents 4 people
   12 alcohol incidents 51 people
   Physical assaults 1 not alcohol related
   In the presence of alcohol
      Fall- 17 incidents 64 people
      SPRING 9 incidents 42 people
   This includes bystanders allowing violations to happen to encourage others to not engage in it.

Decriminalization of Marijuana
CCSU’s change as a result of the change in laws includes not immediately separating a student on a first offense. A student would be placed on Deferred Separation but not removal for a first offense. Students are also given an infraction, according to the new law. We have posters and will continue to educate students about decriminalization.

VII. Athletic Department – Drug Education and Screening Policy,
provided by Michael Ansarra, Senior Associate Athletics Director

CONNECTICUT STATE COLLEGES and UNIVERSITIES (CSCU)
DRUG EDUCATION AND SCREENING POLICY AND PROGRAM FOR STUDENT-ATHLETES

The Connecticut State Colleges and Universities (CSCU) is committed to providing and maintaining an environment that will enhance the growth and well being of all students participating in intercollegiate athletic programs. Student-athletes occupy a special position in the University community and are subject to demands not made upon most other students, i.e., they must maintain a high degree of physical fitness and alertness to perform to their peak athletic potential; they must conform to the highest standards of ethical behavior because of their visibility as representatives of the University; they must be prepared to be regarded as role models not only by their peers, but also by unknown others. Because contemporary American society is presently in the grip of a complex scourge of abuse and misuse of drugs and alcohol, and because student-athletes are representative of the society at-large, the Connecticut State Colleges and Universities deems it essential that student-athletes not only exist in a drug-free environment but also learn responsible behavior regarding alcohol use.

Towards these ends the Connecticut State Colleges and Universities proposes:
1. To acquaint student-athletes with the hazards of using alcohol and performance enhancing and so-called “street” or “illicit” drugs;
2. To discourage, through educational programs, the misuse or abuse of legal substances and the use of illegal substances;
3. To identify through a drug testing program, individuals who misuse or abuse legal substances or use illegal substances;
4. To assist identified misusers and/or abusers, through education and treatment, to live a productive life, free of substance abuse problems; and
5. To comply with applicable testing requirements of the National Collegiate Athletic Association (“NCAA”).

I. EDUCATIONAL PROGRAMS

It is the intention of the Connecticut State Colleges and Universities that all students (including athletes, athletic training students and managers) will participate in an education program designed to acquaint them with the risks and hazards associated with the use of alcohol and street and performance enhancing drugs. The education program will identify community and university resources available to assist student-athletes should they experience problems of drug and/or alcohol abuse, and to begin to provide them with the tools necessary to live a life free from the problems associated with drug and/or alcohol abuse. Attendance at and participation in these educational programs will be a condition of continuing as a member of a University athletic team. Additionally, Athletic Department personnel, including, but not limited to, all full and part-time coaches, administrators, and athletic training staff, will participate in an education program designed to identify the signs of drug or alcohol dependency among student-athletes and to explain the procedures through which student-athletes may be referred to appropriate personnel for evaluation, and if necessary, treatment.

The Athletics Department has had several speakers visit campus in the past few years to talk about alcohol, drugs and risky behaviors:
Elaine Pasqua
Chris Herren
Mike Green
Approximately 300 student athletes attended these presentations.
In the fall of 2013 our women’s soccer team completed the Red Watch Band Training Program

II. DRUG TESTING PROGRAMS

The Connecticut State Colleges and Universities' program of drug testing for student-athletes is designed to enhance and safeguard their overall health and well-being by determining, through random testing and through testing based upon individualized reasonable suspicion, those individuals who are in need of assistance because of a possible reliance on addictive substances. The drugs and supplements for which testing may be conducted include, but are not limited to:
1. "Street drugs," including amphetamines, ecstasy (MDMA), barbiturates, benzodiazepines, cannabinoids (marijuana), cocaine, methaqualone, opiates, and phencyclidine (PCP);
2. "Performance enhancing drugs" including anabolic steroids, including oxymetholone, methandrostanolone, oxandrolone, ethylstrenol, stanozolol, and nandrolone; and
3. Nutritional supplements, including androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, ephedrine and other supplements banned by NCAA. Although these supplements may be purchased legally, they are banned by the NCAA and other athletic governing bodies.

The Connecticut State Colleges and Universities Drug Education and Screening Policy and Program is a University program, which is separate and distinct from the NCAA testing program. All student athletes are subject to testing by the University and/or the NCAA.

A. Procedures for Drug-Testing
The University’s drug-testing program is composed of three different testing regimes for student athletes: a random testing program, “probable cause” drug-testing; and testing of student athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA. Under the random testing program, a random list of student-athletes’ names will be generated on a regular basis. These student-athletes will be contacted by the University’s Drug Testing Administrator and will be required to be present at the drug-testing site at the prescribed time. A student-athlete is considered to be subject to random drug testing at any time of the calendar year if he or she is currently on an official roster of an NCAA intercollegiate athletic team. The second testing regime is the “probable cause” drug-testing program. Drug-testing, in this situation, is performed after the identification of possible drug-users through what is known as "probable cause" or an individualized reasonable suspicion, based upon the observation of certain symptoms, that an individual is using either "street drugs" or "performance enhancing drugs." No “probable cause” test will be carried out unless there is a reasonable suspicion that a student-athlete is using such drugs.

The determination of “probable cause” may be made by:
1) a physician who identifies specific signs or symptoms during the course of a routine or special physical examination; or 2) a coach or athletic trainer who identifies symptoms in a student-participant which indicate possible drug use. If the identification of symptoms is made by a physician, then testing (as described below) may take place immediately. If the identification of symptoms is made by a coach or athletic trainer, then the student-athlete will be referred to appropriate personnel immediately for possible testing. Any testing procedure for probable drug use will be done immediately following the determination by a physician that a reasonable suspicion exists that the student athlete is using either "street" or "performance-enhancing" drugs. The student-athlete must be informed of the reasons for such testing procedures prior to being tested.

The third testing regimen involves the testing of all student-athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA. Positive test results from this testing will be handled in the same fashion as with all other tests.

The testing procedure will involve the collection of specimens of urine from the student-athlete. This collection procedure will be observed by the University’s contracted drug-testing provider.
B. Drug Screening Protocol

1. A qualified testing laboratory will be utilized and a proper and effective chain of custody of collection specimens will be observed.

2. Protocol: The following procedures will be adhered to as part of the chain of custody involving the collection of urine samples for testing:

   Step 1: The student-athlete will proceed to the testing site where a log number will be assigned to him or her. All testing and subsequent communication will refer to the log number in order to ensure security and protect confidentiality. The student-athlete will sign the custody log verifying the number assigned and list any prescription or non-prescription medicines currently being taken by him or her and/or any pertinent medical history;

   Step 2: The student-athlete will list his or her age, the log number assigned to him or her, and the date upon which the sample is being provided on the test requisition form;

   Step 3: The student-athlete will select a urine specimen collection bottle;

   Step 4: The student-athlete will provide a urine specimen under direct supervision of a member of the laboratory’s screening staff;

   Step 5: The specimen collected from the student-athlete will be split into two samples "A" and "B" at the time of collection;

   Step 6: The student-athlete will be provided a security tape and will seal the bottles, write his or her log number on the security tapes sealing the bottles, and place the specimen bottles in the courier case;

   Step 7: The testing laboratory will test specimen "A" from the student-athlete, using an immunoassay technique. If by immunoassay a student-athlete's urine specimen is found to contain any of the drugs mentioned above or other street drugs or performance-enhancing substances, a second confirmatory test will be performed by gas chromatography/mass spectrophotometry. If this second test is positive, specimen "B" will be retained for possible later evaluation.

C. Additional Information

1. Screening results will be reported by the testing laboratory to the Drug Testing Administrator (the University employee charged with implementing drug-testing procedures) within twenty-four to twenty-eight (24-28) hours of the obtaining of test results.

2. The Drug Testing Administrator will immediately report the results to the Athletics Director.

3. The Athletics Director will immediately inform the Head Coach of the test results.

4. The student-athlete will also be notified of test results by the Athletics Director. If no notification is provided within seven (7) days, the student may assume the test results were negative.

III. SANCTIONS FOR SUBSTANCE ABUSE

The primary purpose of the Connecticut State Colleges and Universities’ substance abuse program is educational rather than punitive and the program is designed to assist student-athletes in their desire to remain drug-free. For this purpose, students who so require it will be referred to the Coordinator of Wellness Education or his/her designee. However, in order for the program to serve as a deterrent to the continued use of either "street drugs" or "performance-enhancing drugs," a system of sanctions must be developed for those student-
athletes who test positively for the prescribed drugs and/or persist in the use of banned substances. These sanctions should not be viewed as retribution against the drug user but as a means of aiding the user to become free of the harmful effects of drugs.

A. Pre-Sanction-Appeal
Upon the first positive test, or any subsequent positive test, or a student-athlete indicating the presence of any of the listed street drugs or others in the student-athlete’s system at the time of testing, the student-athlete will have a period of five (5) days in which to appeal the test result. This appeal consist of a request that specimen “B”, collected at the time of testing and forwarded to the testing laboratory, be tested by the laboratory at the expense of the University. If the second test is negative, no action will be taken by the University. The occurrence of a negative test following an appeal will not eliminate the student-participant from any further testing based upon the random or “probable cause” procedure described above. All student athletes, irrespective of initial test results, may be subject to further selection for subsequent testing.

B. Sanctions - "Street" Drugs
1. First Positive Test - Tier I
Upon the first positive test of a student-athlete indicating the presence of any of the listed or other street drugs in the student-athlete’s system at the time of testing, the Drug Testing Administrator will notify the Athletics Director and the student-athlete’s head coach. The student-athlete whose urine is found to contain the presence of any of the listed or other street drugs will meet with the Drug Testing Administrator to review the test results. Unless the student-athlete appeals the results of the test, the student-athlete will participate in an education and treatment program, and will not be allowed to participate in practice or competition for a period of fourteen (14) days. The student-athlete will be retested up to a maximum of three (3) times within ninety (90) days from the date of the first positive test. If the result of any retest proves to be positive with respect to the proscribed substance identified in a prior test the student-athlete will enter Tier II automatically.
In addition, if a student-athlete's urine is found to contain proscribed substances in two (2) separate tests at any time during the course of his/her matriculation, he/she will enter Tier II. Retests shall be scheduled by the Athletics Director in consultation with the University’s contracted drug testing laboratory and the University’s Drug Testing Administrator to assure that all traces of the proscribed substances identified in the prior test have passed through the student-athlete’s system, as determined by established laboratory standards. All test results will remain confidential in Tier I. If, at any time during this ninety (90) day period, the student-athlete refuses evaluation or treatment by appropriate personnel in the University’s Student Wellness Services, Counseling, sanctions equivalent to those in Tier II will be levied. A student-athlete who tests positively for proscribed substances will be withheld from competition or participation in athletics.

2. Second Positive Test - Tier II
A student-athlete whose urine: (a) is found to contain proscribed substances in any of the retests, as set forth in the previous section; or (b) is found to contain a proscribed substance in two (2) separate tests during the course of his/her matriculation at the Connecticut State Colleges and Universities, shall enter Tier II. A student-athlete who tests positively for “street drugs” for a second time during his or her career at the University will be barred from practice and competition or participation in athletics for a period of thirty (30) days.
Following a second positive test, the same procedures to be followed subsequent to a first positive test will be followed and the student-athlete must again be seen by appropriate personnel for education and treatment. Refusal to participate in this procedure will result in the application of sanctions applied for a third positive test (see, Tier III below).

3. Third Positive Test - Tier III
Any student-athlete who tests positively for "street drugs" upon a third occasion at any time during his or her career at the University will lose his or her grant-in-aid, if any, and will be permanently barred from practice and competition in his or her sport or any other athletic event sponsored by the University (including intramural competition). Continued medical treatment for the drug-abuse problem will be offered to the former student-athlete during the time he or she remains as a student at the Connecticut State Colleges and Universities. Prior to the application of these final sanctions following a third positive test for “street drugs,” the student-athlete shall have five (5) days within which to request a meeting with the Athletic Director for the purpose of establishing reasons why this sanction should not be applied. At any such meeting, the student-athlete shall have the right to bring a representative.

C. Sanctions - Performance Enhancing Drugs
Educational programs on "performance-enhancing drugs," including steroids, will be conducted periodically during the academic year. Initial testing based upon “probable cause" or an individualized reasonable suspicion of the use of "performance enhancing drugs" may be conducted as early as thirty (30) days following the initial education program. Student-athletes testing positively for steroid or other performance enhancing drugs at the time of these initial or any subsequent tests will be subject to the sanctions described below.

1. First Positive Test: Sanctions
A student-athlete who tests positively for the presence of anabolic or other steroids, or other "performance enhancing drugs," shall be barred from the competing in University-sponsored athletic events (including intramural competition) for sixty (60) days. In addition to being barred from competition or participation in intercollegiate or intramural athletic events for 8 sixty (60) days, the student-athlete will be required to participate in an education and counseling program with the appropriate personnel.

2. Second Positive Test: Sanctions
A second positive test for steroids or other "performance-enhancing drugs" at any time during a student's athletic career at the University will result in sanctions equivalent to those applied for a third positive test for street drugs; i.e., the student will lose his or her athletic grant-in-aid, if any, and will be permanently barred from competition or participation in any University-sponsored athletic event.

IV. SUPPORT SERVICES FOR SUBSTANCE ABUSE PROBLEMS
On-campus counseling for drug and alcohol problems is available. In addition, there are many off-campus counseling agencies and self-help groups that offer confidential assistance if you or someone you know has a problem with drugs or alcohol. The University’s Student Wellness Services, Counseling maintains a listing of such agencies and groups.
V. CONCLUSION

All student-athletes should remember that the intent and purpose of this substance abuse program is educational and preventative rather than punitive. It is designed to insure that all student-athletes will remain drug-free and will continue to enjoy benefits of being student athletes at the Connecticut State Colleges and Universities. It is also intended to provide the assurance that student-athletes will continue to enjoy the mental and physical health and well being which is such an important consequence of participation in intercollegiate athletics.

More information regarding the procedures for Drug Testing, the Drug Screening Protocol and sanctions may be found by going to the Compliance section and clicking on CSU drug education program – effective July 1, 2006 on the Athletic department website http://ccsubluedevils.cstv.com  Note, the Connecticut State Colleges and Universities Drug Education Program policy is also contained in the student-athlete handbook which is distributed to all athletes.

VIII. A Description of applicable Legal Sanctions under State and Federal Law, researched by Sergeant Gerald Erwin, CCSU Police Department

Copies of the state and federal penalties for possession and distribution of controlled substances are available at Student Wellness Services, Counseling, the Human Resources Department, or the Public Safety Department. A copy of this document describing the legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol may be found in the appendices. Description of federal penalties and state & local penalties can be found at the following websites: http://www.nicd.us/drugclassifications.html & http://www.cga.ct.gov.

During the 2011–2012 academic years, over 355 students cited for underage drinking and letters were sent to parents/guardians of CCSU students. This letter is sent by the CCSU Police Chief and informs parents/guardians of the arrest, charges associated with the arrest, and resources for both the Office of Wellness Education and Student Wellness Services, Counseling. Three students were arrested for fake ID. We had 33 suspicious odor complaints (possible marijuana) during the same time period.

Decriminalization of Marijuana
Office of Wellness Education is using Community Expectations, Programs on the Go for FYE (First year Experience) classes, and poster on campus to educate students that even though marijuana has been decriminalized, marijuana is still illegal. BASICS for marijuana have increased.

IX. Biennial Report Recommendations

1. Student Wellness Services, a division of Student Affairs is funding the ATOD prevention efforts of Wellness Education and additional funding will be needed for future years. With the end of DMHAS grant funding, a full-time position was lost
and we are seeking a graduate assistant (15 hour/week position) to help continue ATOD efforts.

2. A private resource room is needed for those who may wish to seek support and resource materials related to alcohol, tobacco and other drugs. Student Wellness Services will be able to develop such a resource room that will serve the campus community when renovations on the Willard building are completed - projected 2 years.

3. The University continues to support Devil’s Den@10pm as it offers underage students an alternative activity to drinking on Thursday nights.

4. The Lexington Group, Inc., the employee assistance provider, continues to make themselves known and available to provide counseling support and wellness workshops that help prevent substance abuse.

5. Human Resources disseminates Drug Free Schools Act information at New Employee orientation. This orientation occurs four times a year and is mandatory for new employees.

6. Human Resources continue to offer wellness-related workshops encouraging faculty and staff to maintain a healthy lifestyle thus preventing substance abuse.

7. President Miller will continue to distribute an annual email to students, faculty and staff, reiterating the University’s policy on the use and abuse of drugs and alcohol, in accordance with the Federal Drug Free Schools Act and the Federal Drug Free Workplace Act.

8. The Town Gown Coalition continues to address community problems associated with underage drinking and house parties in the local area surrounding the University and specifically the party locations in the Belvedere neighborhood. The Town Gown will be supported by President Miller, New Britain Mayor Erin Stewart, the Belvedere Neighborhood Association, local merchants, and landlords.

9. Student Wellness Services continues to provide counseling and referrals to student athletes who may test positive for drugs.

10. The Presidential Advisory Council on Alcohol Tobacco and other Drugs meets six times a year to review alcohol prevention programming and update information pertaining to the Drug Free Schools Act and to ensure that the requirements of the Act are upheld.

11. Continue with implementation of e-CHUG and SVPP for all incoming students including freshmen, transfer students and international students to provide the campus community with shared general knowledge.
12. The Presidential Advisory Council on Alcohol, Tobacco and other Drugs makes recommendations to the University to reduce the risks associated with providing alcohol to students during events such as “Homecoming.”
X. Appendices:

A. Drug Free Schools Act e-mail distributed by President Miller

B. ECHUG Letter to incoming Students and to Parents

C. The Natural Helper Brochure

D. Brochure describing the resource link to the Connecticut Clearinghouse

E. BASICS brochure

F. CORE data questionnaire

G. Alcohol Poisoning Prevention Poster

H. Letter of Commitment signed by President Miller to support the Connecticut Statewide Healthy Campus Initiative

I. Statewide Healthy Campus Initiative Strategic Action Plan

J. A copy of the Strategic Prevention Framework grant award letter from Governor M. Jodi Rell

K. Student Wellness Services, Counseling Brochure

L. Employee Assistance Program – Lexington Group Brochure

M. The legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol