



California State University  
**MONTEREY BAY**

**California State University, Monterey Bay  
Drug-Free Schools and Campuses Regulations  
[EDGAR 86]  
Biennial Review: Academic Years 2020-21 & 2021-22**

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## **Introduction**

The Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require that institutions of higher learning (IHE) such as the California State University, Monterey Bay adopt, implement, and evaluate programs to prevent the misuse or abuse of alcohol and use or distribution of illicit drugs both by university students and employees both on its premises and as a part of any of its activities. At a minimum, each institution of higher education must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.
- A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students.
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

The law further requires that the institution conduct a biennial review of its program with the following objectives: (1) determining the effectiveness of the policy and implementing changes to the Alcohol and Other Drug (AOD) program if needed; and (2) to ensure that the sanctions developed are enforced consistently.

The biennial review must also include a determination as to: (1) the number of drug and alcohol-related violations and fatalities occurring on the campus, or as part of their activities that are reported to campus officials; and (2) the number and type of sanctions the IHEs impose on students or employees as a result of such violations or fatalities.

California State University, Monterey Bay acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act. The intention of this document is to comply with the legal requirements as set forth by the DFSCA and to discuss prevention and education related programs, initiatives and activities related to alcohol and other drug abuse prevention during the 2020-2021 and 2021-2022 academic years.

## **Biennial Review Process**

The California State University, Monterey Bay strives toward fulfilling requirements of the Drug-Free Schools and Communities Act and maintains compliance.

Coordinated by the Office of the Dean of Students, the biennial review is a comprehensive, evidence-informed practice designed to implement and evaluate campus strategies to prevent high-risk drinking and substance use/abuse among college students. It is a collaborative effort with campus partners.

The members of the review committee include:

- Raquel Bonilla, Associate Director Title IX & DHR Programs
- Melanie Chavez, University Personnel
- Dr. Jeff Cooper, Director, Student Housing & Residential Life
- Kirby Garry, Athletics Director
- Idonas Hughes, Student Conduct Administrator
- Joseph Prebula, Detective, University Police
- Gary Rodriguez, Health Promotion and Prevention Manager, Health & Wellness Services
- Lindsey Wetzal-Polin, Health Educator
- Leslie Williams, Associate Vice President for Student Affairs & Dean of Students

This biennial review is covering the timeframe from academic years 2020-2021 and 2021-2022.

The following documents were collected and assessed when compiling the biennial review.

- ACHA-NCHA II data (Spring 2021)
- Student Conduct Data
- University Policies
- Annual Security Report (Clery Act)

Biennial review reports are maintained in the Office of the Dean of Students and kept for a minimum of three (3) years. One may access a copy on the Student Affairs website or request a copy of the report by contacting the Dean of Students at [deanofstudents.csumb.edu](mailto:deanofstudents.csumb.edu).

## **Annual Notification Process**

### **Student Notification**

CSUMB distributes the required information to all students via electronic mail. This message was sent after the completion of the two weeks of classes in the fall term during the 2020 and 2021 academic years to all current students registered at the California State University, Monterey Bay. The emails were sent after campus census to assure the accuracy of email addresses and thus, no messages were rejected as undeliverable. The emails were sent under the heading, "Notification from Dean of Students." For students who enter the university after the Fall notice is delivered, receive information at new student orientation and online. Sample text of the emails is included in *Appendix A*.

### **Employee Notification**

In compliance with the Federal Drug-Free School and Campus Regulations (DFSCR), CSUMB annually distributes required information via electronic mail to all CSUMB employees. The message is also distributed via campus mail in paper format to employees who may not have access to work email on a regular basis. The email subject for these distributions was, "Annual Drug-Free Schools and Campuses Regulations."

Sample text of the information provided are included in *Appendix B*.

New employees who begin working at the institution after policy is distributed are provided an information packet at orientation which includes the Drug-Free Workplace Pamphlet and a Staff Guide containing summaries of policy.

Link to Drug-Free Workplace Information (*Appendix C*):

<https://www2.calstate.edu/csu-system/administration/chancellors-office-human-resource-services/Pages/policies/drug-free-workplace.aspx>

Link to Drug-Free Workplace and Schools Policy (*Appendix D*):

<https://csumb.edu/policy/policy-illicit-drug-use-campus>

## **Alcohol and Other Drug Prevalence Rates, Incidence Rates, Needs Assessment and Trend Data**

### **ACHA-NCHA III Data**

Health and Wellness Services gathers quantitative data using the National College Health Assessment (ACHA-NCHA III), an established survey questionnaire created by the American College Health Association. This survey is completed every three years, and IRB approval is obtained before implementation. The questions aim to address the following questions related to alcohol and other drugs:

1. What is the pattern of alcohol and other drug use among current students?
2. What is the perception of others regarding alcohol and other drug use?
3. What percentage of students received alcohol and other drug information from the University?

All undergraduate students enrolled during the Spring 2021 semester were invited to participate in the survey via email. There were 740 respondents resulting in a 12.2% response rate. This survey is conducted every three years; therefore data from spring 2021 is the most current available. Several descriptive and inferential analyses of the data were performed. Some key findings included:

- Alcohol Use:
  - 24.6% reported never using alcohol
  - 35.5% reported using in the last 2 weeks
  - 9.2% reported using more than 2 weeks ago but within the last 30 days
  - 11.1% reported using more than 30 days ago but within the last 3 months
  - 11.3% reported using more than 3 months ago but within the last 12 months
  - 8.3% reported using more than 12 months ago
- Binge Drinking:
  - 11.6% of all students surveyed reported consuming five or more drinks in a sitting at least once over the last two weeks (binge drinking)
  - 32.7% of students who reported using alcohol in the past two weeks, also reported consuming five or more drinks in a sitting at least once over the last two weeks (binge drinking).
- Cannabis Use:
  - 49.2% reported never using cannabis
  - 17.8% reported using in the last 2 weeks
  - 4.1% reported using more than 2 weeks ago but within the last 30 days

- 5.0% reported using more than 30 days ago but within the last 3 months
- 9.8% reported using more than 3 months ago but within the last 12 months
- 14.0% reported using more than 12 months ago
- Prescription Medication Misuse:
  - 0.7% of students used a prescription painkiller (OxyContin, Vicodin, codeine) within the last 3 months that was not prescribed to them, or that was used in a manner other than as prescribed.
  - 1.8% of students used a prescription sedative (Xanax, Valium) within the last 3 months that was not prescribed to them, or that was used in a manner other than as prescribed.
  - 1.1% of students used a prescription stimulant (Ritalin, Adderall) within the last 3 months that was not prescribed to them, or that was used in a manner other than as prescribed.

Refer to *Appendix E: 2021 ACHA NCHA III CSU Monterey Bay Executive Summary*

## **Alcohol and Other Drug Policy Violations Data**

For data on alcohol and other drug policy violations refer to *Appendix F: Clery Crime Statistics reported to CSUMB University Police Department.*

## **Policy, Enforcement of Disciplinary Sanctions & Compliance Inventory**

The Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require California State University, Monterey Bay to certify that it has developed and implemented a drug and alcohol abuse education and prevention program. California State University, Monterey Bay prohibits the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees. Therefore, the University's drug and alcohol abuse education and prevention program is designed to prevent the unlawful possession, use, and distribution of drugs and alcohol on campus and at recognized events and activities.

Alcohol continues to be the most commonly used drug among CSUMB students and results in the highest number of violations of the Student Code of Conduct each year. While education and prevention remain a top priority, the consistent and timely enforcement of the Student Code of Conduct rules and regulations is critical to the quality of the educational environment and the success of students. Enforcement is focused on harm and risk reduction intervention strategies and decreased recidivism. Delivery is personalized and attentive to both the needs of individual students and the community as a whole. The University enforces the [Student Code of Conduct](#) and [Student Conduct Procedures, Discrimination, Harassment, and Sexual Misconduct Policy](#), the Alcohol and Drugs Policy, and the [Drug-Free Workplace and Schools Policy](#) and documents incidents of potential policy violations. Students involved in potential conduct violations are afforded a conduct hearing in accordance with the Student Code of Conduct, and those students found in violation are given appropriate sanctions.

The Dean of Students is responsible for the oversight and direction of student conduct administration. Considerable authority for the administration of student conduct is delegated to the Student Conduct Administrator. Due to the diffuse nature of enforcement, the Office of the Dean of Students works closely and collaboratively with the Student Housing & Residential Life and student conduct administrators working in the Office of the Dean of Students to ensure student conduct policies are consistently enforced.

## **CSUMB's Alcohol and Other Drug Policies**

*Appendix D: [Policy on Illicit Drug Use on Campus](#)*

*Appendix G: [Campus Alcohol Policy](#)*

*Appendix H: [Proposition 64](#)*

*Appendix I: [Smoking and Tobacco Free Environment](#)*

*Appendix J: [CSU Policy on Systemwide Smoke and Tobacco Free Environment](#)*

*Appendix K: [Standards for Student Conduct](#)*

*Appendix L: [Student Athlete Code of Conduct](#)*

## **Sanctions Administered via the Standards for Student Conduct**

Those students found responsible for violating prohibited behaviors regarding alcohol or other drugs are held accountable in accordance with the policies described in the Standards for Student Conduct. Accused students are requested to attend a student conference to determine if they are responsible for violating the policy. The meeting is conducted by the Student Conduct Administrator in the Office of Student Conduct.

The student conduct administrator determines sanctions as appropriate. More than one sanction may be imposed for any single violation, and the sanction(s) imposed on any student or organization are progressively more severe, if the student or the student organization has previously violated the Standards for Student Conduct.

Sanctions are structured to be consistent with the seriousness of the offense. Student conduct administrators consider several factors in determining sanctions including:

- Helping the student accept responsibility for their actions
- Helping the student learn how their behavior affects themselves and others
- Helping the student make better choices in the future
- The risk of the offender being a danger to themselves or to others in the community
- Consistency of sanction(s) with the University mission
- The impact of the behavior upon other individual(s)

In addition to the factors described above, student conduct administrators evaluate the attitude and level of understanding of the violation of the accused student, and their previous disciplinary history. Additionally, CSUMB has various educational options for sanctions to utilize for AOD violations, see Individual Based Programs and Interventions below.

The Office of the Dean of Students supports training of student conduct administrators including Student Housing & Residential Life staff to foster greater consistency in sanctioning. The training includes discussion about the philosophy of student conduct administration, the factors used in determining sanctions, and guidelines for choosing educational interventions in

alcohol-related offenses. The training facilitates a common framework for all student conduct administrators to use in assigning educational interventions for alcohol violations.

### **Student-Athlete Code of Conduct**

The Athletics Department utilizes a Student-Athlete Code of Conduct (*see Appendix L*) that describes the expectations of student-athletes in addition to those expectations defined in the University Student Conduct Code. CSUMB student-athletes have the responsibility to conduct themselves in accordance with relevant Department, University, Conference, and NCAA policies, in addition to federal, state, and local laws.

The Department of Athletics does not tolerate substance abuse, use of any substance banned by the NCAA, underage drinking or the inappropriate use of alcohol. Participation in intercollegiate athletics is a privilege. Student-athletes who refuse to sign the NCAA Drug-Testing Consent Form or refuse to participate in substance abuse prevention education programs will not be eligible to participate in intercollegiate athletics at CSUMB. The Department of Athletics works closely with the Dean of Students in administering disciplinary action.

Incidents brought to the attention of the CSUMB Athletic Department involving the unauthorized use of any NCAA Banned Substances or abuse of alcohol will result in sanctions. The Athletic Director and/or Assistant Athletic Director will determine the sanctions placed when such incidents occur. Incidents would not include monitoring specific team rules.

Possible sanctions include but are not limited to:

1. Warning - The issuance of a written warning.
2. Probation - Special status with conditions imposed for a limited time.
3. Restitution - Payment for damaged property.
4. Temporary Suspension - Removal of a student-athlete from all Department of Athletics activities, including athletic participation in team events, for a limited period of time.
5. Suspension - Removal of a student-athlete from all Department of Athletics activities, including athletic participation in team events, for a specified period with financial aid revoked.
6. Expulsion - Permanent removal from a team and/or Department of Athletics activities with all financial aid revoked.
7. Withdrawal of Financial Aid - Termination of athletic-related financial aid could be applied to probation, temporary suspension and suspension.

Possible sanctions for team violations (i.e. Hazing) include but are not limited to:

1. Team Probation
2. Cancellation of Contests
3. Cancellation of Season



## **Student Housing and Residential Life**

Resident Advisors are responsible for monitoring, documenting, and reporting all incidents of violations or abuse involving alcohol, cannabis, and other drugs in Student Housing and Residential Life facilities via Maxient. Documentation and reporting is conducted in the following manner:

1. A person/s who is found in possession of alcohol in a public area and who appears to be a minor or is known to be a minor is:
  - a. Asked for their student ID/s;
  - b. Asked to show all alcohol being consumed for documentation;
  - c. Educated on documentation procedure and follow up process;
  - d. Directed and escorted to pour out the alcohol in the nearest room or restroom sink and dispose of container/s in recycle bin outside;
  - e. Asked to instruct all who do not reside in the unit and non-residential students to leave the premises.
2. When a staff member responds to a room for any reason and learns underage persons may be in possession of alcohol, the staff member requests:
  - a. All present person to provide their student ID;
  - b. Photographs evidence of alcohol (if safely able to do so);
  - c. Explains documentation procedure and follow up process;
  - d. Has one resident pour out the alcohol in the manner described above;
  - e. Asks resident(s) of the room/unit to have others present leave the room or the building if they do not reside in unit or are non-residential students;
3. SHRL staff members do not assume responsibility for residents in situations when residents are documented or cited by University Police but not arrested or transported to the hospital or county jail. Police take the necessary steps to find someone to care for the student if necessary.
4. SHRL staff members do not transport students to the hospital or assume responsibility for care of an intoxicated student.
5. All students who are documented as being present during incidents which violate alcohol policies are referred through the community standards process or referred to the campus Title 5 conduct process. Residents of a room/unit may be held responsible if they or other minors in the room were in possession of alcohol.

## **Criminal Sanctions**

The California State University, Monterey Bay University (CSUMB) Police Department (UPD) is made up of the Police Division and the Parking Division, and is a fully accredited law enforcement agency and not a branch of any other law enforcement agency. UPD employs sworn peace officers who are vested with full arrest authority in the State of California, pursuant to California Penal Code, Section 830.2(c) and Education Code, Section 89560. The police officers' arrest authority may extend to any place within the State of California and maintain primary law enforcement jurisdiction for all crimes occurring in or on all properties owned and operated by CSUMB. UPD Police officers meet all the requirements specified by the California Peace Officer Standards and Training Commission, which are mandated for all sworn California law enforcement officers. Law enforcement duties and responsibilities of UPD police officers mirror those of municipal and county law enforcement agencies in your home communities.

UPD shares concurrent law enforcement jurisdiction on all adjacent public streets, areas, and in communities surrounding CSUMB properties. UPD patrol has concurrent jurisdiction one mile beyond the exterior boundaries of the core campus and in or about other grounds owned, operated, controlled, or administered by CSUMB pursuant to Section 830.2 of the California Penal Code and Section 89560 of the California Education Code. CSUMB maintains operational agreement/memorandums of understanding with the Monterey County Sheriff's Office that comply with the Kristin Smart campus Safety Act and Higher Education Opportunity Act in regard to sharing information and the investigation of Part I crimes; however, UPD is the primary law enforcement agency. UPD also adheres to the Monterey County Chief Law Enforcement Officers' Association protocols that encourage prompt law enforcement response and collaboration in incidents requiring inter-agency law enforcement collaboration.

UPD officers who respond to alcohol and drug law and policy violations involving students have a degree of discretion in determining how to best respond. Several factors are considered by officers in determining the appropriate response including, but not limited to:

- The seriousness of the offense
- Impact of the crime on other individuals, property, and the community
- The level of impairment and actions of the violator
- The living arrangements of the violator and any victims
- Level of danger the violator poses to self or others
- Previous interactions with the offender

The officer may elect to arrest the student and refer the student to the Office of Student Conduct for disciplinary action. Regardless of whether an arrest is made, the officer documents the incident and the department reports the matter to the Office of Student Conduct using an informational report. The Office of the Dean of Students then determines if disciplinary action against the student is appropriate. If the violator is not a student but attends another college or university, the referral form may be submitted to the Office Dean of Students who may then forward the report to the respective college or university student conduct officer.

### **Maxient Discipline Databases**

California State University, Monterey Bay uses the Maxient database system. The system provides functionality, tracking of prior incidents, sanction follow-up, and reporting functions. Administrators use the system to study the number of violations of behavior and the recidivism rate of alcohol and other drug-related offenses (*Appendix M*).

### **Employee Assistance Program (EAP)**

CSUMB offers EAP services through Empathia. Employees are eligible for up to 5 sessions of in-person counseling, per issue annually. Employees are eligible to utilize counseling services across the state and country, through a network of counselors contracted with Empathia. In addition, employees have access to financial counseling, legal counseling, life coaching, 24-hour assistance with a licensed mental health counselor, and MyLifeMatters.com web resources. For a full summary of EAP services, visit:

<https://csumb.edu/up/employee-assistance-program> or see *Appendix N*.

## **Alcohol and Other Drug Education and Prevention Program Elements**

The Health Promotion and Education program coordinates alcohol and other drug (AOD) preventive, educational, and supportive services for students on campus. The Campus Health Center and Personal Growth and Counseling Center also provide AOD supportive services for students, while University Personnel coordinates supportive services for employees. Enforcement and adjudication oversight for students is provided by the University Police Department, Student Housing and Residential Life, and the Dean of Students Office. Services provided by these departments include:

- Presentations and prevention programming for students, faculty, and staff
- Training programs by Health Promotion and Education, Student Housing and Residential Life and other campus departmental trainings
- Consultation and referral services for students
- Interventions for alcohol and other drug policy violators
- Maintenance of an alcohol and other drug incident database
- Currently enrolled students may access no additional cost individual and group counseling sessions via the Personal Growth and Counseling Center
- Employees eligible for health insurance are provided access to an Employee Assistance Program (EAP)

Although Health and Wellness Services is the primary provider of alcohol and other drug prevention education, many departments and campus partners are involved in educating students, staff, faculty and families.

### **Individual Based Programs and Interventions**

#### **Employee Assistance Program**

For the 2020-2021 fiscal year, there were no mandatory referrals for AOD. The 2020-2021 fiscal year saw 0 referrals for alcohol, 0 for drugs, and 0 for addictions. There were no mandatory referrals for AOD.

#### **Personal Growth and Counseling Center Individual Counseling**

The Personal Growth and Counseling Center (PGCC) utilizes a screening form to assess both alcohol and drug use at the initial intake appointment. While the PGCC does not provide substance abuse treatment, clinicians assist students in accessing the resources that best suit their needs and make referrals when needed. PGCC clinicians are also available to consult with faculty, staff, and student supporters to strategize the best ways to support students contending with AOD issues.

#### **Campus Health Center Substance Abuse Referrals**

The Campus Health Center intake form includes screening questions to assess both alcohol and drug use. Patients complete this for every visit. If the patient has positively answered high-risk questions, they are given the opportunity to have the health risks and concerns

addressed by a healthcare professional and be provided with a referral to substance abuse resources as appropriate.

### **Group Presentations, Educational Workshops, and Outreach Events**

In addition to professional Health and Wellness Services staff providing health education, the Health Promotion and Education department houses the campus POWER Peer Educator program, a group of certified peer educators who provide wellness outreach and programming to their peers on campus. Workshops, trainings, and group presentations are provided upon request to targeted student populations (i.e. first-year students, international students, sororities/fraternities, students living in the residence halls, athletes). The following are outreach events, workshops, and group presentations related to alcohol and other drugs that HWS Professional Staff or Peer Health Educators offered to CSUMB students:

- National Collegiate Alcohol Awareness Week Fall 2020 (all virtual due to the pandemic)
  - Yoga and Recovery: A collaboration with Associated Students and Sun Street Centers.
  - Global Alcohol Culture: Panel discussion featuring students from different countries and religious denominations. Led by International Programs staff.
  - Mocktail Happy Hour: Mocktail mixing demonstration and discussion, featuring recipes submitted by students. Hosted by POWER Peer Educators.
  
- National Collegiate Alcohol Awareness Week Fall 2021
  - Alcohol Awareness Conversation Couch (in-person): In observance of National College Alcohol Awareness Week (NCAAW), join the POWER Peer Educators in talking about how to make safer choices in regards to alcohol use
  - Virtual Conversation Couch (virtual): A safe space hosted by the Campus Advocate for students to have a conversation about alcohol and sexual assault.
  - Take Your Best Shot (in-person): How would you fare playing basketball while under the influence? Join Student Engagement and Leadership Development and try your hand at shooting hoops while wearing special glasses.
  - How to Be a Great Designated Driver (in-person): Visit the Tortuga RA's while decorating water bottles. Featuring guest speakers from Sun Street Centers, learn about safer choices and taking care of others.
  - Virtual Workshop - Alcohol is Not Consent (virtual): Join the Campus Advocate for a presentation about alcohol, consent, and sexual assault. Alcohol use does not cause sexual assault, but it can be a contributing factor. There will also be time after the presentation for discussion and questions.
  - Mocktails Around the World (virtual): Want to learn how to make mocktails from other countries? International Programs has you covered! Come listen to students from other countries talk about how alcohol culture is different in every country.

### **New Student Orientation Programming**

Health Promotion and Education, along with other departments within Health and Wellness Services, facilitates “Otter Be Healthy” workshops for incoming first time freshmen and transfer students attending new student orientation. The workshop includes information about campus and community resources dedicated to providing support for students concerned about their own alcohol use, and/or use by friends or family.

### **Safe Spring Break**

Health Promotion and Education hosts an annual Safe Spring Break event during the week prior to spring break. This wellness event provides students with interactive opportunities to learn about alcohol safety, sun safety, sexual health, sexual assault prevention, and other wellness topics and related resources. Safe Spring Break activities were held virtually in 2021.

### **Fraternity and Sorority Greek Otter Training:**

Health Promotion and Education professional staff, Title IX staff, and the Campus Advocate educate each fraternity and sorority member annually during the Greek Otter Training. This training includes harm reduction strategies, alcohol poisoning prevention and intervention, sexual misconduct prevention, hazing prevention and active bystander intervention.

### **Student Organization Officer Training:**

All student organization leaders (president, vice president, treasurer, and secretary) complete an annual online risk management course. This online course covers substance harm reduction, sexual misconduct prevention, hazing prevention and active bystander intervention.

## **Universal/Entire Population-Based Programs**

### **AlcoholEdu**

AlcoholEdu is a 2 to 3 hour online alcohol education course that is required to be completed by all incoming first time freshmen and transfer students. Designed for students entering college, this interactive online program uses the latest evidence-based prevention methods to create a highly engaging user experience, inspiring students to make healthier decisions related to alcohol and other drugs. This course includes tailored content that engages abstainers, light to moderate drinkers, and frequent drinkers with customized messaging; educates students on the mental and physical effects of alcohol; and prepares students to engage in bystander intervention.

### **Social Marketing Campaigns**

Health and Wellness Services provides on-going education to students via health promotion messages on social media. Focus is placed upon events related to priority health topics such as: alcohol safety, sexual assault prevention, safety in social settings, spring break safety, and mental health. In addition, social media outlets are used to promote health and wellness resources.

### **Passive Programming**

Health and Wellness Services is involved in many tabling and displays across campus as a passive approach to create awareness and enhance education/prevention to the universal

population. Examples of passive programming as it relates to substance abuse prevention and alcohol safety include: safe spring and alcohol awareness week programming related to alcohol safety, sexual assault prevention, safety in social settings, and bystander intervention.

## **Environmental/Socio-Ecological Based Programs**

### **Substance-Free Activities**

California State University, Monterey Bay provides a healthy and stable support structure for students in addition to their regular academic routine. There are numerous programs offered by various departments and student organizations that promote health and wellness and are substance-free. The CSUMB website offers an online master calendar, which is centralized and accessible to students, faculty, and staff.

Intentional and collaborative programming between departments encourages student involvement with activities that are substance-free. Intentional and collaborative programming is also done for the first forty days of the fall semester as data shows that this is a time for determining true connections to a college or university, specifically by first-year students. Participation is encouraged in activities that foster positive social, emotional, and physical well-being throughout the academic year. The concept is that by offering a variety of healthy outlets for students to be involved in, they will choose these activities over unhealthy or inappropriate ones.

### **Student Engagement and Leadership Development**

Student Engagement and Leadership Development (SELD) is responsible for co-curricular and extracurricular programs and services. All students at California State University, Monterey Bay are encouraged to get engaged here to advance their personal and professional development. College should also include fun, friends and family. In addition to working with all student registered student organizations on campus, special emphasis is placed on the needs of transfer, first-generation, young men of color, and first-time students.

SELD meets the students where they are, whether right out of high school or while in graduate studies! The SELD staff works mutually with all students to cater to their individual career readiness transformation. The programs are designed to support students' greater self awareness, increase their confidence and focus their sense of direction/purpose. A broad scope of employment, leadership, entertainment, educational enrichment, cultural diversity and various community engagement activities awaited the eager Otter each year.

SELD serves as the "clearinghouse" for many small and large-scale campus events (all alcohol-free), while also directly assisting registered student organizations plan their events. SELD includes the Associated Students and their student government programs and services which contribute greatly to the campus calendar of events, including service and basic needs advocacy on behalf of all CSUMB students. The impact of SELD on the campus is also experienced through many collaborations with colleagues and partners campus-wide and beyond. These collaborations have included Campus Sustainability, Transportation, Basic Needs, Recreation and Service Learning, and Health and Wellness Services among others.

SELD Functional Units' Events: Listed below are examples of events that were alcohol free, or they were educational or awareness events related to alcohol:

### Take Your Best Shot- Fall 21 and Fall 22

Join us on the quad to shoot some hoops, but there's a catch; fatal vision goggles. How well can you play basketball when drunk?

### Alcohol is Not Consent- Fall 22

Join Greek life and the Monterey Rape Crisis Counseling center as we talk about the difference of intoxication versus incapacitation - how alcohol impacts affirmative consent and so much more!

### Take back the night. Greek Life- Fall 22

Take Back The Night Candlelight Vigil hosted by Greek. Will be taking a moment of silence to pay respect to victims of domestic violence and sexual assault.

### Sexual Assault Awareness Month (SAAM) Resource Fair

A resource fair focused on providing resources and empowering our community.

### The Sexual Assault Awareness and Prevention Committee- Student Group

The Sexual Assault Awareness and Prevention Committee strives to use our voices as students to bring awareness to the community on ways to prevent sexual assault, educate the community on the root causes of sexual violence, help those affected, and connect members of the CSUMB community to on and off campus resources.

### The Hidden Opponent @ CSUMB - Student Group

The purposes of this organization are to bring awareness to the mental health of student athletes, de-stigmatize mental health illnesses in sports culture, and empower the student athletes at CSUMB.

## **CSUMB Recreation**

CSUMB Recreation inspires transformative change, promotes wellbeing, and is committed to student growth and success. Recreation creates healthy, inclusive and accessible learning environments that foster personal development, leadership and wellbeing for the CSUMB community.

Recreation provides benchmark co-curricular programs, services, and facilities that contribute to the university experience and academic success. Recreation's services and programs foster community, develop a sense of belonging, and complement the academic and residential experience. Recreation is a student-centered department employing and training approximately 35 students to facilitate activities and manage operations. CSUMB Recreation consist of the following programs, each providing distinct services and facilities:

### **Virtual Recreation**

Innovative recreational programming leveraging technology for remote participation regardless of location during virtual learning modality.

### Virtual Recreation

- NIRSA Movement
- Virtual 5K/10K Run, Walk, Ride

### Adventure Anywhere

- Campfire Cookin' Series
- Outdoor Adventure Book Club
- Lunch 'n Learn Series
- Recreate Responsible Series

### Virtual Intramurals

- Sports Movie Challenge
- Dominoes Tournament
- Fortnite Tournament
- Rocket League
- Madden 2020 League
- FIFA Tournament
- MLB The Show Tournament

### Virtual Cycle Center

- Tech Tuesdays Series
- Virtual Bike Ride Series

## **Experiential Learning Center**

The ELC is committed to the development of human potential through experiential and adventure-based programming for team building and group development outcomes. Our resources and Challenge Course facilities are open to CSUMB and community groups. We custom design experiential training programs for CSUMB groups, non-profits, businesses, and schools. Our programs encourage groups to challenge assumptions and reach beyond perceived limitations to achieve their potential. Participants explore intrapersonal and interpersonal relationships while engaged in experiential challenges through portable adventures and on our high and low ropes course. We design programs to: Improve teamwork, group cohesion, and cooperation; develop leadership, encourage problem-solving and improve communication; and challenge groups to achieve their potential.

## **Intramural Sports**

Intramural Sports provides a wide range of non-competitive to moderately competitive inter-campus sports. Intramural Sports provides a variety of seasonal sport leagues and tournaments ranging from traditional to virtual. Seasons are relatively short to encourage a larger participation level. Student staff are hired and trained to officiate and manage game day operations.

## **Otter Cycle Center**

The OCC is a complete bike shop conveniently located in the Student Center providing: guided bike rides, skills class and clinics, and self-repair workshops.

- Bike Ride Leader Program



Our mountain and road rides are student lead, and the ride leader program is a leadership development training program. In addition, our mechanics are hired and trained to provide basic repair services and manage shop operations.

- Bike Rentals

The OCC maintains a diverse inventory of bicycles including road bikes, a variety of mountain bikes, and commuter bikes. Bikes are available for rent ranging from a day to an academic year.

- Parts & Service

The OCC provides a complete menu of repair services and parts on order or in stock. In addition, the OCC is open to students for self-repair and free bike repair consultation.

## **Outdoor Recreation**

Outdoor Recreation is a benchmark program providing experiential and adventure-based services including overnight and day trips, skills clinics and classes, wilderness medicine, rental equipment. Adventures include rock climbing, camping, hiking, surfing, kayaking, paddle boarding, and winter sports. Experiences are designed with an emphasis on education, wellbeing, physical activity, and an appreciation for the regional natural and human history. In addition, the Rental Center allows students the ability to rent camping equipment for self-led adventures.

- Outdoor Leadership Program

Our adventures are facilitated by trained students that engage in a comprehensive, multi-tiered leadership training program designed to prepare students to take an active role in planning, coordinating, implementing and evaluating high quality and intentional Outdoor Recreation activities. OLP is a training program focused on preparing highly skilled outdoor leaders through skills training and professional certification. OLP combines leadership development, outdoor skills training, wilderness medicine, environmental stewardship, critical thinking, mentoring, and evaluation. The curriculum integrates educational skills with outdoor and human skills in a program of leadership development.

## **Sport Clubs**

Sport Clubs are registered student organizations initiated and managed by students with the assistance and guidance of recreation professional staff. The Sport Club program ranges from recreational-based clubs to intercollegiate competition. Sports Clubs provide CSUMB students an opportunity to enrich their university experience through participation in competitive, recreational, and instructional sports clubs. The program centers on student governance and is a subsidiary of CSUMB Associated Students providing students with leadership and organizational development opportunities as well as shared governance experience through membership in the Sport Club Council.

- Sports Club Council

The Sports Club Council is a student organization and subsidiary organization of the Associated Students responsible for the oversight and governance of Sports Clubs. The purpose of the Sports Club Council is to serve the specific organizational, financial, and risk management needs of Sports Clubs by reviewing and recommending resource

appropriation; proposing, planning, and coordinating club activities; and establishing and enforcing policies for the safe and effective operations of club activities. Our mission is to serve as a central governing force bringing together all of the recognized Sports Clubs for resource appropriation, advocacy, and networking.

## **Recreation Facilities**

### Athletic Fields

Baseball and softball fields host intercollegiate athletics, sport clubs, and intramural sports events.

### Aquatic Center

The Aquatic Center hosts intercollegiate athletics, sport clubs and intramural sports events.

### Challenge Course

The CSUMB Challenge Course facility provides a venue for team building and group development. The course includes high and low ropes course elements.

### Disc Golf Course

The 36 hole Disc Golf Course is the home site of CSUMB's nationally recognized Disc Golf team, international, national, regional, and intramural tournaments.

### Otter Sports Center

The OSC hosts intercollegiate athletics, sport clubs and intramural sports indoor leagues and tournaments.

### Recreation Field

The Recreation Field hosts Intramural outdoor leagues and tournaments, and sport clubs practices and home games.

## **Other Campus and Community Resources**

### **AA or Recovery-based Groups**

- Weekly open Alcoholics Anonymous meetings held year-round in communities surrounding campus and online.
- Weekly Al-Anon meetings held year-round in communities surrounding campus.

### **Otters in Recovery Group**

This student group encourages a safe, supportive, and fun environment for students in recovery from substance use disorders and other addictive behaviors.

### **Collaboration and Referrals to Community Resources**

Health and Wellness Services fosters and maintains collaborative relationships with regional resources available for students impacted by substance abuse and addiction. One such resource is Sun Street Centers, a Monterey County agency working to prevent alcohol and drug addiction by providing education, treatment, and recovery programs regardless of income levels. Their participation in campus events helps broaden student knowledge of available resources and increases access to support for those dealing with issues related to substance abuse and addiction.

## **Alcohol and Other Drug Program Goals and Analysis**

### **Alcohol and Other Drug Comprehensive Program Goals and Objectives for Biennium Period Being Reviewed**

**Goal I:** Explore other methods to collect alcohol data and increase tracking of programs and events.

**Objective A:** Talk with other CSU colleagues how they are collecting data and completing the biennial review.

- *We have not completed this and still need to determine what colleagues are doing.*

**Objective B:** Alert staff who do programming to track events so they can be included in our education or substance free programming areas.

- *The AOD Biennial Committee started convening and are now trained and aware of the information needed for this review.*

**Goal II:** Improve AOD programs for students.

**Objective A:** Institute a population level program for all students to participate.

- *We reinstated use of Alcohol EDU for all incoming students.*

**Objective B:** Increase campus conversations about alcohol and drug use on campus.

- *Conversations have definitely increased in the last two years, we should continue to have these conversations so that we are all more intentional and collaborative in our efforts.*

**Objective C:** Increase education regarding marijuana health effects and myths/facts regarding marijuana through social media and offering a marijuana health education program up request.

- *We continue to offer most of our educational programs related to alcohol and need to continue to seek ways to incorporate this topic. We are a smoke-free campus.*

**Goal III:** Educate the campus regarding the DFCS Biennial Review.

**Objective A:** Partner with faculty to educate them about resources for students related to alcohol and drug misuse.

- *We have many programs that we offer to faculty but have not yet done a campaign specifically for faculty. Other departments on campus such as the Care Team and PGCC have done a good job of letting faculty know available resources for students.*

**Objective B:** Increase circulation from the ACHA-NCHA data across campus.

- *The website has the data and we have shared more with this committee; however, we could continue to share more broadly particularly to students.*

### **Alcohol and Other Drug Comprehensive Goal Achievement and Objective Achievement**

While there has been some progress on the goals, since those of us working on this report got a late start as we were new to the institution. Since the arrival of the new Dean of Students and new Student Conduct Administrator, we have been talking about this topic more, keeping

better track of what we are doing, and working with colleagues about being more active in the education of our campus community related to AOD issues.

## **Alcohol and Other Drug 2022-2024 SWOT Analysis**

### **Strengths related to policies:**

- Created at the system level which provided for consistency in how incidents are handled.
- Policies are progressive, proactive and education focused.
- Student Housing & Residential Life (SHRL) has the ability to be more nimble and flexible with their policies as issues arise.
- Policies provide the ability to hold students and student organizations accountable for their behavior and have an education focus on sanctions.
- We review sanctions yearly and could implement changes to educational sanction options yearly if needed.
- We have many colleagues on campus who are committed and willing to work toward the education of students on AOD topics.

### **Weakness related to policies:**

- We tend to focus enforcement on a portion of students that live on campus but continue to work to enforce incidents that occur off campus.
- SHRL policies are not the exact same as Student Code of Conduct and therefore sometimes similar cases are not treated the same.
- COVID-19 data will likely have a residual impact.

### **Opportunities related to policies:**

- SHRL is going through a Community Standards Review, therefore we can institute more consistency in violations and sanctions.
- Our campus could incorporate the ideas of the Drug and Alcohol Abuse Prevention Program (DAAPP) across university education efforts.
- Relationships with Campus and local Police have allowed us to begin getting more information regarding off campus behavior.

### **Threats/Challenges to policies:**

- The Responsible Action Protocol (Good Samaritan provision) only applies to CSUMB policy. Civil law allows for civil liability for underage drinking in spite of calling for help in a medical emergency.
- Since the policies are system-wide, sometimes they are very generic and not specific to our campus needs.

### **Strengths related to programs/interventions:**

- AlcoholEdu is used for all new students which is theory based, evidence informed and utilized best practices for educating students
- Intentional programming and events offered as alternatives during high-risk drinking times such as the first several weeks of the semester.
- AOD education and intervention programs are available ongoing throughout the year.

- AOD programs include data collected from the CSUMB American College Health Association - National College Health Assessment (ACHA-NCHA) and is conducted every two years.
- CARE Team model used for intervention and follow-up when students are identified with concerns.

#### **Weakness related to programs/interventions**

- Need to increase student engagement
- Need to increase the education and engagement of students regarding the prevention of alcohol overdose when they are freshmen.
- We need more sanction level education or for students seeking additional education like BASICS, E-Check-Up To Go, Marijuana E-Checkup To Go.
- Not all programming across campus is coordinated intentionally.

#### **Opportunities related to programs/interventions**

- Education related to programming and intervention extended to off campus students which is half of our student population.
- Create more conversations about marijuana use as it is legal in California (but not on campus) and there still remains lots of conflicting information regarding its use and abuse.

#### **Threats/Challenges related to programs/interventions**

- COVID-19 created a unique environment for education and intervention as most students were not physically on campus and most programs were remote. Fewer passive programs such as flier and tabling campaigns could be utilized to share information.
- We do not talk about alcohol and drug use enough as an issue on campus.

#### **Recommendations for Next Biennium**

- Confirm guidelines have not changed
- Convene committee at least six months before due date
- Keep a running list of events and activities to document progress
- Make the reports accessible on the CSUMB website

#### **Goals and Objectives for Next Biennium**

**Goal I:** In support of Health Education, implement a Drug and Alcohol Abuse Prevention Program (DAAPP) for the campus.

**Objective A:** Educate colleagues on the requirements of the DAAPP and support implementation.

**Objective B:** Conduct an inventory of campus policies related to AOD and determine the effectiveness and consistency of enforcement.

**Goal II:** Improve collection of alcohol data and increase tracking of programs and events.

**Objective A:** Utilize AOD Data and ACHA-NCHA data as a starting point for the DAAPP to identify areas of concern for the campus.

Resurveyed for ACHA-NCHA in Spring 2021 - did not get as big of a return as usual because of COVID but identified same issues and we have a smaller AOD issue compared to our others

**Objective B:** Incorporate a tag in CampusGroups (MyRaft) to make tracking of campus AOD events easier.

**Goal III:** Improve and increase education and awareness programs related to alcohol and other drugs for students (i.e. marijuana and prescription drugs).

**Objective A:** Maintain the population level program for all students to participate and use data from the program to inform the DAAPP. [Alcohol EDU, used to inform the programming needed on campus, alcohol poisoning, BAC, overdose, harm reduction tool, how to drink at safer level, those who don't drink and that there are others who do not as well, social norming.]

**Objective B:** Increase campus conversations about marijuana and prescription/other drug use by students.

Address these topics within alcohol programs, marijuana is second drug of choice, have no seen a large increase of use by student for prescription drug use

Fentanyl - joined quad-county coalition Prescribe Safe Monterey to make sure there is access to naloxone for overdose

## **Conclusion**

While CSUMB has been consistent with alcohol programming and education efforts, we are less consistent with other drug education and awareness activities. We have a committed staff that is willing to learn and embrace new ideas. The campus community has been doing much better about tracking programs they are doing to complete the inventory of programs. We all could do a better job of being more intentional with our efforts so that we meet identified goals and do not duplicate efforts. We could also collaborate on efforts across campus more. We consistently participate in the ACHA-NCHA survey and have data to support our student viewpoints. We have campus leadership support to implement new ideas for increasing the awareness of students on AOD topics.

## GOALS for 22-24

**Goal I:** In support of Health Education, implement a Drug and Alcohol Abuse Prevention Program (DAAPP) for the campus.

**Objective A:** Educate colleagues on the requirements of the DAAPP and support implementation.

**Objective B:** Dissemination of the DAAPP across campus to administration, faculty, staff and students to make them aware of the plan so that they can become partners in execution of the plan.

**Goal II:** Improve individual level education of AOD issues to students found in violation of policy.

**Objective A:** Obtain and implement Judicial Educator software and assign courses as applicable to the violation

**Objective B:** Incorporate a tag in CampusGroups to make tracking of campus AOD events easier.

**Goal III:** Because of increased concern with fentanyl, increase education and awareness programs related to fentanyl.

**Objective A:** Increase access to naloxone to the larger community, including students. Possibly expand to include test strips for testing pills for the presence of fentanyl as well.

**Objective B:** Provide programming and education for students in relation to the use of naloxone and the dangers of fentanyl in various forms of drugs.

# Biennial Review: Academic Years 2020-2021 and 2021-2022

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