

Wilkes University's Biennial Review
(in partial fulfillment of compliance with the Drug-Free Schools and Communities Act and
Drug and Alcohol Abuse Prevention Regulations)

2020-2021
2021-2022

Student Prevention Program

Introduction

Wilkes University understands the importance of providing effective drug and alcohol prevention program strategies and having in place services to support community members challenged with substance abuse issues. For the purposes of planning and assessment of the University's student prevention programs Gordon's (1987) classification system is used to define the most effective means of meeting community needs:

Universal prevention efforts are those that are applied to everybody in an eligible population. In other words, universal efforts are targeted to the general public or the general population. The focus is on persons who are not considered to be at higher risk than others and the benefits outweigh the cost and risk for everyone.

Selective prevention efforts are focused on individuals or subgroups of the population whose risk of developing problems of alcohol abuse or dependence is above average. The subgroups may be distinguished by characteristics such as age, gender, family history, or economic status. Subgroups may also be identified by past experience or behavior. While risk levels are higher, not all individuals within the subgroups will experience alcohol use problems.

Indicated prevention efforts apply to persons who exhibit specific risk factors or conditions that individually identify them as being at risk for the development of alcohol abuse (e.g., early experimentation).

Statement of Goals - Drug and Alcohol Prevention at Wilkes University

1. Educate the University community: regarding risk factors associated with drug and alcohol use and abuse; and, federal, state, local and campus laws and policies related to drugs and alcohol
2. Consistently enforce all drug and alcohol policies set forth by the University
3. Assess prevention strategy effectiveness and make necessary changes based on data trends
4. Maintain a Substance Abuse Taskforce consisting of key community stakeholders (see Appendix A) to provide advice for campus decision makers with respect to drug and alcohol issues
5. Provide information to the community regarding campus and community resources for those in need of professional assistance related to chemical dependency issues

6. Provide campus events and activities that serve as popular alternatives to drug and alcohol use

Prevention Strategies

Universal Prevention

Required Dissemination of Information at the Beginning of the Academic Year

At the beginning of the school year all students are notified of their responsibilities to familiarize themselves with the *Student Handbook* which includes information relative to drug and alcohol laws, policies, risks, and helpful resources for those experiencing problems (see Appendix B). As added assurance that students are fulfilling this responsibility, first year students complete an online handbook quiz which includes questions specific to the drug and alcohol section.

Resident Assistant Training

All resident assistants are trained to recognize behaviors related to misuse of drugs and alcohol and respond within the parameters set forth by University procedures. Part of the training is to prepare resident assistants to plan required programs in all of the halls (both educationally and socially) that promote healthy lifestyles. The resident assistants also receive additional training from the Pennsylvania Liquor Control Board.

Education/Awareness Programs

Throughout the year, programs are open to the entire campus community to educate and advocate for responsible use of alcohol and abstinence from drugs. During the years, events included:

2018-2019

National Collegiate Alcohol Awareness Week (Wyoming Valley Alcohol and Drug Services (educational table); Northeastern Highway Safety Program (educational table); BACCHUS Club (educational table); Alcohol Bingo; BACCHUS Club Human Papilloma Virus Educational Table; Operation Safe Holiday (educational table); BACCHUS Safe Holiday message treats; Health & Wellness Fair (Wyoming Valley Alcohol and Drug Services, PLCE, Family Member Suffer from addiction, Northeastern Highway Safety Program, Victims Resource Center, PLCE, PA State Police, PSI CHI; alcohol abuse screening); BACCHUS Club Resident Assistants Hall Program - Floats and Fun Alcohol Awareness Program.

2019-2020

National Collegiate Alcohol Awareness Week (Luzerne County DUI checkpoint trailer), Wyoming Valley Alcohol and Drug Services (educational table),

Northeastern Highway Safety Program (educational table), PLCE, Alcohol Awareness Walk); BACCHUS CLUB Safe Holiday message treats; BACCHUS CLUB STD educational table; BACCHUS CLUB Suicide Prevention Speaker; BACCHUS CLUB National Condom Month Educational Table; Alcohol and Drug Awareness Speaker; Health & Wellness Fair (Wyoming Valley Alcohol and Drug Services, PLCE, Northeastern Highway Safety Program, Victims Resource Center, PLCE, PA State Police, PSI CHI; alcohol abuse screening).

Social/Recreational Alternatives

The University offers a well-populated social activities calendar working with over 62 clubs and organizations to serve as a catalyst to develop program offerings that provide alternatives to unauthorized events and activities related to alcohol use. During the 2018-2019 and 2019-2020 academic year hundreds of activities took place sponsored by clubs, organizations and the Office of Student Development. Some of these sponsored events include:

- **Student Development:** 25 off campus bus trips each year (i.e. baseball, hockey games, New York City or Philadelphia trips); tickets to local events at the Kirby Center and the Little Theater of Wilkes Barre; \$3 movie tickets, free bowling passes, comedians, traveling Broadway shows)
- **Student Government:** 14 different events or themed weekends (i.e. Casino week, Spring Fling, Homecoming, Block party, Community Service day—"The BIG Event")
- **Commuter Council:** 4 programs each year (i.e. pumpkin carving, spring cookout, bus trip to major city, i.e. NYC, Niagra Falls, Washington D.C., off campus gatherings at local bowling alley, trivia night)
- **Residence Hall Council:** 4 programs each year (i.e. Study Break party during finals week,, haunted residence hall tour, outdoor movie night)
- **Programming Board:** 30 programs each year, including 2 major concerts/comedians, casino night each semester, weekly bingo nights, wing wars, trivia night
- **Multicultural Student Coalition:** 4 programs a year (i.e. annual talent show, cultural holiday celebrations, a fall diversity conference, local speakers)

In the spring of 2020, Wilkes, like most other colleges, was forced to go remote due to the COVID-19 virus. In-person activities ceased as campus closed and classes moved online. During this time, the Student Development office endeavored to provide some social outlet for students. Online bingo and trivia events became the norm and students signed in from all over.

The Office of Community Engagement also offered a variety of short and long term community service projects providing an opportunity for students to choose to spend discretionary time helping others while experientially learning about societal needs and challenges. In 2018-2019, students put in over 109,000 volunteer hours. In 2019-2020, students participated in over 122,000 service hours.

During both years, students extend Wilkes' spirit of service beyond local borders by volunteering during Alternative Fall Break in Northeastern Pennsylvania, and in Puerto Rico during winter

break to help with a children's home, and traveling domestically and internationally to serve during Spring Break. In spring students had the opportunity to travel with faculty and staff mentors to North Carolina, Florida (Give Kids the World), and Dominican Republic to work on public health programs and teach English as a second language in the school system with Guanin El Centro Cultural Toristico. Also, the Civic Engagement Office partnered with a political science faculty member to sustain the Costa Rica service-learning experience with Raising Awareness Worldwide.

The Residence Life Office sponsored over 150 programs annually in different residence halls for social and educational purposes and to promote a sense of community.

Finally, the University offered 23 different intercollegiate sports, a renovated fitness center on campus, student memberships to the YMCA, and an active intramural program to engage students in healthy living through fitness.

Substance Abuse Taskforce

The Substance Abuse Taskforce has functioned for many years on campus serving in an advisory capacity for all drug and alcohol awareness initiatives and policies. It meets once per semester and consists of faculty, staff, administrators, students, a member of the Liquor Control Board (LCB), and community members (see Appendix A). The Taskforce will often invite guests in to discuss recent drug and alcohol trends and best practices on college campuses. In 2018 the CEO of the Wyoming Valley Alcohol and Drug Services (WVADS) spoke to the task force about the prospects of marijuana cards and legal selling of marijuana in Luzerne County. In 2019, a WVADS counselor discussed the trend in synthetic opioids (kratom, salvia, kava). The SATF did not meet during 2020 (spring or fall).

2018-2020 Program Highlights

The Office of Student Development - encompassing Student Activities, Wilkes Adventure Education and Civic Engagement – offered programming every weekend of each semester. Focusing on off-campus, cultural and service-based experiences, programming included (but not limited to):

- New York Broadway shows
- Local off-broadway performances
- Professional sporting events
- Special Olympics Bowling Day
- The BIG Event (community clean-up effort)
- Private hot yoga sessions (weekly)
- Hiking and camping at area state parks
- Day trips to Philadelphia and New York City

Wilkes University Programming Board implemented consistent weekly programming on Thursday evenings. This student-run organization offered social programs every Thursday evening on campus, in addition to planning/hosting multiple weekend concerts and service days. Student Government and other Mega-Council organizations (Commuter Council, Residence Hall Council, and Multicultural Student Coalition) continued to host weekend programming in conjunction with the Office of Student Development.

In the spring of 2020, in-person programming came to a halt when the campus closed due to COVID-19. Efforts were made through online platforms to continue weekly programs, i.e. trivia games and bingo.

Welcome Weekend

All first-year students participate in Welcome Weekend, which occurs two days prior to the beginning of the fall semester. At that time, students participate in a variety of social and educational programs including an educational program on sexual assault which emphasizes the connectedness between increased risk of sexual assault, alcohol and drug use. On-campus social programming is offered both nights.

E-mentors

The University uses E-mentors to serve as a resource and role model for first year students. To accommodate growing class size, there has been a large increase in the numbers of the E-mentor staff. The ratio of first-year students to e-mentor is, on average, 14:1.

The relationship begins at new student orientation during the summer and continues through the fall semester. The E-mentors are trained to engage students in positive aspects of University life and identify students who present concerning behavior, including behavior associated with drug and alcohol use. E-mentors are included in training with resident assistants as it relates to substance abuse and sexual assault to better inform them.

Throughout the fall semester, E-mentors provide social programming for students. They complete two programs with their small group of mentees and together as a whole group, they provide four programs for new students.

Student Athletes

Student athletes are also identified as a selective prevention group. Based on a study by the Center for Science in the Public Interest, 81.5% of Division III athletes use alcohol (2005). An educational program presented by the Title IX office shares the dangers of alcohol and drug use and their relationship to sexual misconduct. This program is presented annually to all athletic teams.

Off-Campus/Neighborhood Population

For fifteen years the University has employed off-duty Wilkes-Barre police officers to patrol areas in heavily student populated areas to serve in an enforcement capacity and as a deterrent to students traveling to and from apartments where parties are present. Assessment data (conduct statistics and CORE Survey) identify those apartment areas as the places of choice to consume alcohol for both on campus and off campus student populations.

The Associate Dean of Student Affairs sends a letter to all off campus students in August to discuss responsibilities of that life-style and reminds students of those responsibilities at known celebration weekends, i.e. Homecoming and Winter Weekend. The Associate Dean also conducts a meeting in September to further discuss those responsibilities.

Selective Prevention

Assessment Methods

First Year Students

First year students are identified as a selective group because of their higher risk of engaging in experimental behavior trending from high school to college (Stappenback, C.A., Quinn, P.D., Wetherill, R.R., & Fromme, K., 2010) in addition to campus assessment data (disciplinary statistics, etc.).

Required Online Program for First Year Students (MyStudentBody.com Essentials program)

In 2006, the University adopted an earlier intervention strategy requiring all students to participate in an online course, AlcoholEdu. Approximately one in three first year college students, nationally, participated in an online alcohol education course (Everfi). The course had been effective in raising awareness regarding the associated risks of drugs and alcohol and changing student behavior at Wilkes University. First year students began the course early in the fall semester with a follow up in early November.

MyStudentBody.com's Essentials online program takes a comprehensive, evidence-based approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. First year students receive instructions for the program via email during the beginning of the fall semester and briefly follow up in November.

Essentials 2018-2019:

Self-reported data obtained was from 637 out of 658 first-year Wilkes students who registered for, completed and passed all three Essentials modules. Approximate 97% pass/completion rate.

Essentials Course and Student Learning: 2018 Data

Alcohol Module	Average Score
Pre-test	66%
Post-test	82%
Drug Module	Average Score
Pre-test	65%
Post-test	79%

Sexual Violence Module	Average Score
Pre-test	74%
Post-test	83%

Self-reported alcohol consumption: Sample vs. College Students Nationally

- Wilkes University had a similar number of first-year students who had consumed alcohol in the past year, as compared to other MyStudentBody schools, and a similar rate of high-risk/binge drinking.

Group	Consumed alcohol in past year (%) (N=655)	Engaged in high-risk drinking (%)**
Wilkes University	46%	7%
All MyStudentBody schools	45%	8%
NCHA***	61.7% (Any alcohol use past 30 days)	27.1%

Self-Reported Student Alcohol Consumption:

Typical week

- Among students who drink, they reported drinking, on average, 3.5 drinks a week.
- The vast majority of students at Wilkes University are low risk drinkers (28%) or abstainers (7%).

Past week

- Among students who have had a drink in the past year, a majority of Wilkes University students had four or fewer drinks on their heaviest drinking day (75% total) in the past two weeks.
- 40% reported no drinking at all in the past two weeks.
- 3% reported 10 or more drinks.

Self-Reported Alcohol-Related Risks (Initial* N=234) (from Alcohol / “Rate Myself” Responses):

Unsafe and/or unplanned sexual activity was the most common issue reported (8%).

- Serious risk of nonconsensual sex or sex without meaningful consent.

- Associated with increased risk of STIs, contraceptive failure.

Risky behavior related to transportation was another frequent response (2%) students who ride with someone who has been drinking may look at it as a way to avoid getting in trouble, rather than as an unsafe choice.

Self-Reported Protective Factors (from Alcohol /“Rate Myself” Responses) (Initial* N=234)

These questions were only asked of students who indicated alcohol use in the past year.

- Pre-planning transportation or eating before or while drinking are the most popular “social” means of controlling risks related to alcohol.
- Results indicate the number of students who report they “frequently” or “always” use these strategies.
 - Avoid heavy drinking settings (49%)
 - Eating before drinks (77%)
 - Tracking drinks (67%)
 - Socialize with light drinkers/abstainers (54%)
 - Pre-planning transportation (87%)

Other Protective/Bystander Behaviors (from Alcohol/”Rate Myself” Responses) (Initial* N=655)

These questions were asked of all students, regardless of alcohol consumption.

- These numbers indicate the percentage of Wilkes University students that report “frequently or always” engaging in behaviors that keep others safer.
- Wilkes University students display a moderate level of altruism, and positive behaviors increase after time on campus.
 - Assist in an emergency (72%)
 - Help a friend with a drinking problem (79%)
 - Intervene in conflict (54%)
 - Tell a friend to stop drinking (77%)

Overall drug use

- Highest rate of use: Marijuana
- The actual number of students engaging in the use of drugs is average.
- Drug use decreased over time for all classes of substance.
- Marijuana use at Wilkes University is lower than NCHA data.
- NCHA query is based on last 30 days.

Self-Reported Drug Misuse/Abuse (Initial* N=647)

- Marijuana is the most frequently misused/abused drug, according to student responses (19%)
- Prescription pain/opioids (5%)
- Prescription stimulants (2%)

Self-Reported Risks and Consequences (from Drugs /“Rate Myself” Responses) (Initial* N=27)

- Respondents to these questions have used either a prescription drug in a non-medical way *or* reported illicit drug use.
- Students who indicated no illegal drug use were not asked about effects of their drug use.
- Risks related to drug use and driving are the most commonly reported behaviors related to drugs in Wilkes University student population.
- There was generally a decline in these variables over time.
 - Passenger of person using drugs 11%
 - Driving after drug use 11%
 - Impact on academics 4%
 - Fight or conflict 4%

Sexual Violence and Bystander Intervention Summary

- Students reported a high likelihood to intervene in situations where sexual harassment is taking place.
- Students reported a high likelihood to seek help in the event of an assault involving themselves or a friend.
- Students are drawn to some on-campus resources more than others for help with sexual assault.

Bystander Intervention (from Sexual Violence/“Rate Myself” Responses) (Initial* N=645)

- A very high number of students indicated being likely or very likely to intervene.
- Likelihood of intervention increased in follow-up group over time. Percent of students who said they were extremely likely to support increased 10%.
- Likelihood to seek assistance/support for a friend/self after sexual assault: 93%.
- Likelihood to intervene if witnessing harassment: 86%.

Where would Wilkes University students go for help on campus after a sexual assault?

They are *most likely* to use the following resources:

- On-campus safety, on-campus health services, University Counseling/Student Life, Rape Crisis Center, friends, family

They are *least likely* to use the following resources:

- Campus judicial offices, faculty, other off-campus resources

Student Satisfaction with the Essentials Course (616 total responses)

- Increased knowledge about alcohol 88%
- Increased awareness of campus alcohol policies 92%
- Helps me take more precautions to maintain safety 94%
- Helps new students adjust to college life 94%

*Initial (all student responses to self-assessment)

** 4+ drinks for women, 5+ for men with MSB, 5+ drinks for all in NCHA

***[https://www.acha.org/documents/ncha/NCHA-](https://www.acha.org/documents/ncha/NCHA-II_Spring_2018_Reference_Group_Executive_Summary.pdf)

II_Spring_2018_Reference_Group_Executive_Summary.pdf

Essentials 2019-2020:

Self-reported data obtained was from 442 out of 460 first-year Wilkes students who registered for, completed and passed all three Essentials modules. **Approximate 96% pass/completion rate.**

Essentials Course and Student Learning: 2019 Data

Alcohol Module	Average Score
Pre-test	64%
Post-test	80%
Drug Module	Average Score
Pre-test	66%
Post-test	80%
Sexual Violence Module	Average Score
Pre-test	73%
Post-test	81%

Self-reported alcohol consumption: Sample vs. College Students Nationally

- Wilkes University had a lower number of first-year students who had consumed alcohol in the past year, as compared to other MyStudentBody schools, and lower rate of high-risk/binge drinking.

Group	Consumed alcohol in past year (%) (N=405)	Engaged in high-risk drinking (%)**
Wilkes University	26%	4%
All MyStudentBody schools	41%	8%
NCHA***	75% (Any alcohol use past 30 days Spring Response)	12%

Self-Reported Student Alcohol Consumption:

Typical week

- Among students who drink, they reported drinking, on average, 3.95 drinks a week.
- The vast majority of students at Wilkes University drink minimally (22%) or not at all (72%)

Past week

- Among students who have had a drink in the past year, a majority of students had four or fewer drinks on their heaviest drinking day (79% total) in the past two weeks.
- 41% reported no drinking at all in the past two weeks
- 2% reported 10 or more drinks

Self-Reported Alcohol-Related Risks (Initial* N=126) (from Alcohol / “Rate Myself” Responses):

- These questions were only asked of students who indicated alcohol use in the past year.
- Fighting or conflict was the highest percentage response (6%).
 - Fight or conflict could be verbal or physical

Unsafe and/or unplanned sexual activity was the most common issue reported (5.5%).

- Serious risk of nonconsensual sex or sex without meaningful consent.
- Associated with increased risk of STIs, contraceptive failure.

Risky behavior related to transportation was another frequent response (5%).

- Students who ride with someone who has been drinking may look at it as a way to avoid getting in trouble, rather than as an unsafe choice.

Self-Reported Protective Factors (from Alcohol /“Rate Myself” Responses)

(Initial* N=223):

These questions were only asked of students who indicated alcohol use in the past year.

- Pre-planning transportation or eating before or while drinking are the most popular “social” means of controlling risks related to alcohol.
- Results indicate the number of students who report they “frequently” or “always” use these strategies.
 - Avoid heavy drinking settings (39%)
 - Eating before drinks (68%)
 - Tracking drinks (63%)
 - Socialize with light drinkers/abstainers (48%)
 - Pre planning transportation (83%)

Other Protective/Bystander Behaviors (Initial* N=223)

These questions were asked of all students, regardless of alcohol consumption.

- These numbers indicate the percentage of your students that report “frequently or always” engaging in behaviors that keep others safer.
- Wilkes University students display a moderate level of altruism, and positive behaviors increase over time on campus
 - Assist in an emergency (71%)
 - Help a friend with a drinking problem (82%)
 - Intervene in conflict (51%)
 - Tell a friend to stop drinking (73%)

Overall drug use

- Highest rate of use: Marijuana
- The actual number of students engaging in the use of drugs is very low.
- Timing of national surveys versus Wilkes University incoming student requirement may affect reported use rates.
- Drug use held steady over time for all classes of substance.
- Marijuana use at Wilkes University is similar to NCHA data.
- NCHA query is based on last 30 days.

**Self-Reported Drug Misuse/Abuse (from Drugs / “Rate Myself” Responses)
(Initial* N=432)**

- Marijuana is the most frequently misused/abused drug, according to student responses (19%)
- Prescription pain/opioids (5%)
- Prescription stimulants (4%)

Self-Reported Risks and Consequences (from Drugs / “Rate Myself” Responses)(Initial* N=16)

- Respondents to these questions have used either a prescription drug in a non-medical way or reported illicit drug use;* students who indicated no illegal drug use were not asked about effects of their drug use.
- Risks related to drug use and driving are the most commonly reported behaviors related to drugs in Wilkes University student population.
- There was a decline in these variables over time.
 - Passenger of person using drugs (6%)
 - Driving after drug use (13%)
 - Impact on academics (0%)
 - Fight or conflict (0%)

Sexual Violence and Bystander Intervention Summary

- Students reported a high likelihood to intervene in situations where sexual harassment is taking place.
- Students reported a high likelihood to seek help in the event of an assault involving themselves or a friend.
- Students are drawn to some on-campus resources more than others for help with sexual assault.

Bystander Intervention (from Sexual Violence / “Rate Myself” Responses)(Initial* N=502)

- A very high number of students indicated being likely or very likely to intervene.
- Likelihood of intervention increased in follow-up group over time. Percent of students who said they were extremely likely to seek support increased 7%.
- Likely to seek assistance/support for friend/self after sexual assault (94%).
- Likely to intervene if witnessing harassment (93%).

Where would Wilkes University students go for help on campus after a sexual assault?

They are *most likely* to use the following resources:

- On-campus safety, on-campus health services, University Counseling/Student Life, friends, family

They are *least likely* to use the following resources:

- Campus judicial offices, faculty, other off-campus resources

Student Satisfaction with the Essentials Course (487 total responses)

- Increased knowledge about alcohol 70%
- Increase awareness of campus alcohol policies 70%
- Helps me take more precautions to maintain safety 66%
- Helps new students adjust to college life 81%

*Initial (all student responses to self-assessment)

**4+ drinks for women; 5+ for men with MSB; 5+ for all in NCHA

*** National College Health Assessment

https://www.acha.org/documents/ncha/NCHAI_SPRING_2019_US_REFERENCE_GROUP

Indicated Prevention

General Information

There are students who present themselves under this classification through self-disclosure or behavior related challenges. Students who self-disclose to having a drug or alcohol problem are referred to a counselor in the Health and Wellness Office. Students may also be identified through drug and alcohol screenings sponsored by the Health and Wellness Office and offered in the Student Center. Students may opt to take an anonymous, free online screening for alcohol misuse at www.mentalhealthscreening.org/screening/WILKES. Once a student is identified he/she is assessed and an appropriate referral is made to a professional resource in the community. The counselor makes an effort to continue a relationship with the student (in consultation with the community resource) to assist the student with current or future educational plans. Students who are identified through behavior related circumstances (i.e. conduct infractions) meet with the appropriate adjudicating body and are sanctioned based on the severity and frequency of the behavior. Any student who violates the drug or alcohol policies more than once are required to get a professional assessment from an off-campus mental health professional. Minimum sanctions are in place for both drug

and alcohol infractions and include a mandatory fine, education class, and parental notification (for those under 21 years of age). The required class is called CHOICES, and during this educative and interactive experience students learn about the physiological effects of alcohol, protective behaviors, and risk factors, and will discuss their own expectations about drinking as well as negative outcomes they would like to avoid in the future. Making healthy and responsible decisions is a focus of this class. Students who have a repeat offense or a high-level first offense, will be asked to attend a group session with Wyoming Valley Alcohol and Drug Services Inc.

The primary community services in which student referrals are made include:

Clearbrook, Inc.(inpatient)	570-823-1171 or 1-877-792-0902
1100 E. Northampton Street, Wilkes-Barre, PA 18706	

Marworth (inpatient)	800-442-7722
Lily Lake Road	
Waverly, PA 18471-7736	

Wyoming Valley Alcohol and Drug Services, Inc.	570-820-8888
North Main Street	
Wilkes-Barre, PA 18704	

Caron Foundation Alcohol and Drug Treatment Center	877-554-2936
243 North Galen Hall Road	
Wernersville, PA 19565	

Other resources including Community Counseling and a host of private psychologists and psychiatrists are available to students based on individual needs and circumstances.

Academic Program Specific Information

The School of Pharmacy has procedures to encourage students who display risk factors for substance abuse to obtain the needed treatment in order to complete their professional education. Participation in the recovery program will require that individuals who are impaired agree to undergo a professional evaluation, agree to enter and participate in a treatment program if deemed necessary, and agree to continue their recovery program after treatment.

The Wilkes University School of Pharmacy Student Recovery Program (WPSRP) is directed by a faculty liaison. This liaison acts to facilitate student evaluation and treatment recommendations through *Secundum Atrem: Reaching Pharmacists with Help (SARPH)*, Pennsylvania's voluntary professional recovery program. Referrals to the WRSPH and SARPH are generated through deans, faculty, preceptors, staff or other

students. The WPSRP will receive information concerning suspected chemical impairment of students enrolled in the School of Pharmacy. WPSRP will be available to talk to those students for the purpose of encouraging referral to the SARPH and monitoring information indicative of noncompliance with the terms of treatment and rehabilitation, if needed.

Students identified for participation in this program shall be those who are referred due to poor academic performance, disciplinary problems or a criminal offense that is indicative of a chemical dependency. The suspected impaired student will be given the opportunity to accept a referral to the SARPH for initial professional evaluation and any treatment recommendations deemed appropriate. The student will be given the opportunity to engage in evaluation, treatment and recovery agreements. Students who refuse the referral or fail to comply with the terms of the agreements may face the next level of disciplinary action, which may include dismissal from the School of Pharmacy.

Student Conduct Information 2018-2019

During the academic year 62 incidents were reported involving alcohol or drugs. Sanctioning was consistent with published policies. CHOICES (education class) classes were offered monthly by a trained counselor.

The information below is taken from the annual Residence Life survey and captures perceptions specific to alcohol and policy enforcement on campus:

		2018-2019	
		Count	Col %
Regulations and rules governing the residential student population are	Fair	98	69.5%
	Too restrictive	24	17.0%
	Too Lenient	6	4.3%
	No opinion	13	9.2%

		2018-2019	
		Count	Col %
The alcohol policy is	Fair	99	69.7%
	Too restrictive	20	14.1%
	Too Lenient	7	4.9%

	No opinion	16	11.3%
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		2018-2019	
		Count	Col %
The general enforcement of the residence hall policies/rules is	Fair	103	80.5%
	Too restrictive	13	10.2%
	Too Lenient	12	9.4%
	No opinion	0	0%

		2018-2019	
		Count	Col %
The consumption of alcohol (or use of drugs) has impacted your residential experience	Strongly agree	6	4.3%
	Agree	10	7.1%
	Disagree	32	22.7%
	Strongly disagree	15	10.6%
	Not Applicable	45	31.9%
	Neutral	33	23.4%

**the Residence Life Survey was not administered during the 2019-2020 year due to the interruption of the COVID-19 shutdown of campus.

Student Conduct Information 2019-2020

During the academic year 99 violations of the drug and alcohol policy were documented(only 14 of those came from the first 6 weeks of the spring 2020 semester). Sanctioning was consistent with published policies. CHOICES (education class) classes were offered monthly by a trained counselor. Each semester, a half-day session was offered to repeat alcohol or drug offenders by Wyoming Alcohol and Drug Services Inc.

EFFECTIVENESS

Survey data from MyStudentBody indicates that 46% of first year students at Wilkes consumed alcohol within the past year versus a national average of 61.7%. The data also found that 7% of first year students at Wilkes engaged in high risk drinking while the national average was almost four times as high at 27.1%. The annual Residence Life Survey data indicates that policy are fair, understood, and being consistently enforced.

STRENGTHS

- New students receive a thorough orientation to drug and alcohol issues through new student orientation, an online assessment, and targeted prevention programs throughout the academic year.
- Strong partnerships with the Pennsylvania Liquor Control Board, Pennsylvania State Police, Wilkes Barre City Police, and various treatment agencies have the University well positioned to be proactive in terms of delivering prevention programs and reactive when students identify themselves with alcohol and drug related problems.
- Through the *Student Handbook*, access to information pertaining to all drug and alcohol issues (i.e. – risks, regulations, treatment) is clearly provided.
- A variety of well-rounded events and activities exists for students to engage in a substance free lifestyle. Programming efforts during the 18-19 and 19-20 academic years have provided an increased number of alternatives for students to participate during traditional “high alcohol consumption nights.”
- Assessment opportunities exist to measure program effectiveness and a governance structure is in place to strategically respond to trends through changes in policies and programs. Through the PLCB Grant the University has increased assessment efforts and has been able to better identify and target “at risk” groups.
- The overwhelming majority of extra-curricular activities are substance free. Those few activities where alcohol is present (i.e. - off campus dances, alumni sponsored events) professional bar tenders are used to insure compliance with the law and avoid abuse.

WEAKNESSES

- As identified in the CORE Survey, off campus students and student athletes, have been identified as higher risk students and need additional attention in terms of program planning and awareness.
- Targeted programming for off-campus students is lacking.

RECOMMENDATIONS

- Better populate the Wilkes website, in strategic areas, with comprehensive prevention program information.
- Implement a comprehensive intervention program targeting the higher risk student populations.
- Continue to assess existing strategies and new initiatives to measure effectiveness.

Center for Science in the Public Interest (2005). Retrieved from:

<http://cspinet.org/booze/FactSheets/0311CollegeStudents.pdf>

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Staff and Faculty Prevention Programs

Wilkes University Drug and Alcohol Abuse Prevention Program

SCOPE

This policy applies to all Wilkes University students and employees.

Drug and Alcohol Abuse

PURPOSE

This policy serves to further Wilkes University's mission by fostering an environment that encourages lifelong learning; enhances personal growth and provides support for each individual's overall health and well-being. Members of our campus community are responsible for their own actions and expected to respect the rights of others to participate freely in all university activities. In the spirit of individual and shared responsibility, the University has adopted the following policies and practices to help shape healthy and informed decision making and maintain a caring and supportive learning environment.

COMPLIANCE

In order to comply with the law, the Drug Prevention Program must, at a minimum, include the following:

A. The annual distribution in writing to each employee, and to each student who is taking one or more classes for any type of academic credit except for continuing education units, regardless of the length of the student's program of study, of

1. Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of controlled substances and alcohol by students and employees on its property or as part of any of its activities;
2. A description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of controlled substances and alcohol;
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students;
5. A clear statement that the institution of higher education will impose disciplinary sanctions on students and employees (consistent with local, state and federal law), 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 required by paragraph (a)(1) of this For the purpose of this section, a disciplinary sanction may include the completion of an appropriate rehabilitation program.

Wilkes University notifies all students annually of the Drug Prevention and Alcohol Prevention Program via email on or about September 10th. Wilkes University employees are notified annually of the Drug Prevention and Alcohol Prevention Program via email on or about

December 1st. All notifications contain a link to the University's Drug and Alcohol Abuse Prevention Program along with an attachment of the most current program.

B. A biennial review of the program to:

1. Determine its effectiveness and implement changes to the program if they are needed; and
2. Ensure that the disciplinary sanctions described in paragraph (A) (5) of this section are consistently enforced.

DEFINITIONS

The following terms are important for purposes of expressing the University's policy on a drug-free workplace:

A. Controlled substance means a controlled substance in schedules I through V of section 202 of the Controlled Substance Act (21 S.C. 812), as further defined by regulations at 21 CFR 1300.11 through 1300.15 and as defined in Pennsylvania's Controlled Substance, Drug, Device and Cosmetic Act, 35 Pa. C.S.A. '780-101 et seq.

B. Contract means a legal instrument reflecting a relationship between the federal government and a recipient whenever the principal purpose of the instrument is the acquisition by purchase, lease or barter of property or services for the direct benefit or use of the federal government.

C. Conviction means finding of guilt (including a plea of nolo contendere) or imposition of sentence, or both, by any judicial body charged with the responsibility to determine violations of the federal or state criminal drug statutes.

D. Criminal drug statute means a federal or state criminal statute involving the manufacture, sale, distribution, dispensation, use or possession of any controlled substance,

E. Employee means any faculty, staff or student receiving a salary, wages, other compensation and/or stipend support from the University.

F. Federal agency or agency means any United States executive department, military department, government corporation, government controlled corporation or any other establishment in the executive branch, or any independent regulatory agency.

G. Grant means an award of financial assistance, including a cooperative agreement, in the form of money or property in lieu of money, by a federal agency directly to a term grant includes block grant and entitlement grant programs. The term does not include technical assistance which provides services instead of money, or other assistance in the form of loans, loan guarantees, interest subsidies, insurance or direct appropriations; or any veteran's benefits to individuals, i.e., any benefit to veterans, their families or survivors by virtue of the service of a veteran in the Armed Forces of the United States. a

H. Grantee means a legal entity which applies for or receives a grant or contract directly from a federal agency.

I. Illegal use of drugs means the use of a controlled substance, as defined

J. Student is anyone who is taking a course for credit at the

K. Workplace means the physical boundaries of the University and all University owned or controlled property.

STATEMENT ON DRUG AND ALCOHOL PREVENTION

See Appendix B for complete policy

MyStudentBody

MyStudentBody is a comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. MyStudentBody engages students and parents in effective, evidence-based prevention and gives administrators the data to target, evaluate, and strengthen prevention initiatives. College students make choices every day that affect their academic success and ultimately their success in life. The choices they make about alcohol, drugs, and sexual violence can be among the toughest—and can have the most serious consequences. MyStudentBody is a comprehensive, evidence-based, online prevention program that gives students the tools to choose behavior that helps them successfully navigate the social pressures of the campus environment and achieve academic success. MyStudentBody is the only online college prevention program that continues to provide students with health education, self-assessment, tools, and strategies to cope with behavioral risks, available 24/7 throughout the school year. MyStudentBody is also the only online college drug and alcohol program that boosts the University's prevention message with follow-up assessment at 30, 60, or 90 days. The follow-up assessment reinforces the prevention message and gathers data to track the effects of your program on student drinking, drug use, and sexual victimization.

Every incoming, first year student is required to complete the MyStudentBody program within the allotted timeframe. An email is sent to each student at the beginning of the school year with directions to participate. Failure to complete the Wilkes University required Essentials program in the specified time frame will be considered an alcohol violation. The resulting penalty is that you will receive a \$200 fine and be placed on disciplinary probation.

Illegal Drugs

The University is opposed to the use of any illicit substances. Additionally, any misuse and/or abuse of prescription or over-the-counter medications will not be tolerated. Any drugs, or drug combination (legal or illegal), deemed by the University to be detrimental to the health and safety of community members are not allowed on campus. This would include, but is not limited to: synthetic cannabinoids (synthetic marijuana), mephedrone (street name "bath salts"), and party powders. Possession of drug paraphernalia is also illegal, particularly when there is evidence of drug use. Students who are charged with possession, use, transfer, or sale of these substances will be subject to disciplinary action that may result in penalty charges, suspension, or dismissal from the University independent of any external legal action.

Wilkes is cognizant of the growing problem of drug abuse and is concerned with the complex and serious nature of this problem. For this reason, students found to be involved in supplying drugs for others will be subject to serious disciplinary action. We define "supplying drugs" as meaning procuring and providing substances in any amount, under any conditions.

Although the University respects a student's right to privacy, the University reserves the right to inspect individual rooms at any time, especially for reasons of maintenance, health and safety. Such searches can only be conducted by the Dean of Students or delegates.

Any illegal substances that are confiscated will be turned in to the local police. The University will cooperate fully with law enforcement officers as they continue their efforts to halt the use of illicit substances.

Employees: Any employee who is convicted of any criminal drug statute violation which has occurred in the workplace to notify his or her supervisor or appropriate academic officer, preferably in writing, of such conviction, including any resultant conditions, within five days of the conviction. All academic officers, supervisors or student employment officials having knowledge of or receiving notification of a conviction as described above must immediately notify Human Resources in writing.

The University will notify the appropriate federal agency within 10 days after receiving notice of a criminal drug statute conviction of any University employee engaged in the performance of the grant or contract.

Any employee convicted of a drug offense occurring in the workplace will be subject to corrective action (up to and including suspension, suspension without pay, and/or termination) and may be required to satisfactorily participate in a drug abuse assistance or rehabilitation program as agreed upon between the employee and the Human Resources department. Upon completion of the program, the employee is asked to make a good faith effort to continue to maintain a drug-free workplace through implementation of this policy. Further information concerning corrective actions and appropriate procedures are available from the Human Resources department.

Illicit Drugs Policy

Wilkes University is opposed to the use of any illicit substances. The possession, sale, manufacture or distribution of any controlled substance is illegal under both state and federal laws. Such laws are strictly enforced by the Department of Public Safety. Violators are subject to

University disciplinary action, criminal prosecution, fine and imprisonment. Anyone in possession of illegal drugs or paraphernalia can be charged under PA Crimes Code Title 18, depending on the illegal substances found. Penalties for a first offense upon conviction can include fines of no less than \$500 and possible imprisonment up to 15 years.

Additionally, any misuse and/or abuse of prescription or over-the-counter medications will not be tolerated. Any drugs, or drug combination (legal or illegal), deemed by the University to be detrimental to the health and safety of community members are not allowed on campus. This would include, but is not limited to: synthetic cannabinoids (synthetic marijuana), mephedrone (street name "bath salts"), and party powders. Possession of drug paraphernalia is also illegal, particularly when there is evidence of drug use. Students who are charged with possession, use, transfer, or sale of these substances will be subject to disciplinary action that may result in penalty charges, suspension, or dismissal from the University independent of any external legal action.

Wilkes University is committed to maintaining a drug free workplace. The Office of Human Resources co-sponsors an annual health fair which is open to all employees where dozens of community resources are available to raise awareness regarding a myriad of issues. Finally, staff and faculty are welcome to attend and participate in all student sponsored drug and alcohol programs and most extra-curricular activities throughout the year.

LOCAL, STATE AND FEDERAL LAW

The Pennsylvania Liquor and Penal Code states:

All persons, while in the Commonwealth of Pennsylvania, are subject to Pennsylvania Liquor and Penal Code.

- It shall be unlawful for a person less than 21 years of age to attempt to purchase, consume, possess, or transport any alcohol or malt or brewed beverages within this (Fine not to exceed \$500, suspension of operating license)
- It is unlawful to sell or furnish alcoholic beverages of any kind to persons under 21 years of No person under 21 years of age may pass assessments that will be used in whole or in part for the purchase of alcoholic beverages. (First violation fine not less than \$1,000, subsequent violation fine not less than \$2,500.)
- It is a misdemeanor to lawfully transfer a registration card for the purpose of falsifying age to secure alcoholic or malt beverages.
- It is unlawful to misrepresent one's age to obtain alcoholic beverages or to represent to a liquor dealer that a minor is of (First offense is a summary offense and results in restriction of operating privileges, subsequent offense results in restriction of operating privileges and fine of \$300.

Wilkes-Barre city ordinances:

Section 1: Purchase, consumption, and possession or transportation of intoxicating beverages

A. A person commits an offense if he or she attempts to purchase, purchases, consumes, possess, or transports any alcohol, liquor or malt or brewed beverages within the confines of the parks, recreation areas, or conservation areas within the limits of the City of Wilkes-Barre.

B. A person commits an offense if he or she openly consumes any alcohol, liquor, or malt or brewed beverages on any public thoroughfare within the limits of the City of Wilkes-Barre.

Section 2: Posted Park Rules and Regulations

A person commits an offense if he violates any of the rules and regulations, as the same are posted in each of the parks, recreation areas, or conservation areas within the limits of the City of Wilkes-Barre.

Section 3: Penalty for Violation

Any person violating any of the provision of this ordinance shall, upon summary conviction thereof in a summary proceeding before a magistrate, be sentenced to pay a fine of not less than

\$25 and not more than \$300, and costs. In default of the payment of such fines and costs, such person shall be imprisoned in the county jail for a period not exceeding 90 days. Each and every day upon which any person violates or continues to violate the provisions of this ordinance shall constitute a separate offense.

1. Anyone under the age of 21 who attempts to purchase, purchases, transports, or possess alcoholic beverages faces a fine of \$25 to \$300. Additionally, there is a mandatory suspension of a driver's license for a period of 90 days on the first offense, one year for a second offense, and two years for every offense thereafter.
2. It is a misdemeanor of the third degree and calls for a mandatory \$1000 fine for anyone who knowingly and intentionally sells or furnishes alcohol to someone under 21 years of age.

Federal Penalties for Illegal Possession of a Controlled Substance:

1st Conviction: Up to 1 year imprisonment and fined at least \$1,000 but not more than \$100,000 or both.

After one prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more than \$2,500 but not more than \$250,000, or both.

After 2 or more prior drug convictions: At least 90 days in prison, not to exceed three years and fined at least \$5,000 but not more than

\$250,000 or both.

Special sentencing provisions for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:

- 1st conviction and the amount of crack possessed exceeds 5 grams
- 2nd crack conviction and the amount of crack possessed exceeds 3 grams

- 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram
Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than one year imprisonment.

Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to 1 year for first offense, up to 5 years for second and subsequent offenses.

Ineligible to receive or purchase a firearm. Revocation of certain Federal licenses and benefits; e.g. pilot license, public housing tenancy, etc.

PREVENTION

In support of this policy, the University understands the importance of providing effective drug and alcohol prevention program strategies and having in place services to support community members challenged with substance abuse issues. For the purposes of planning and assessment of the University's prevention programs Gordon's classification system is used to define the most effective means of meeting community needs:

Universal prevention efforts are those that are applied to everybody in an eligible population. In other words, universal efforts are targeted to the general public or the general population. The focus is on persons who are not considered to be at higher risk than others and the benefits outweigh the cost and risk for everyone.

Selective prevention efforts are focused on individuals or subgroups of the population whose risk of developing problems of alcohol abuse or dependence is above average. The subgroups may be distinguished by characteristics such as age, gender, family history, or economic status. Subgroups may also be identified by past experience or behavior. While risk levels are higher, not all individuals within the subgroups will experience alcohol use problems.

Indicated prevention efforts apply to persons who exhibit specific risk factors or conditions that individually identify them as being at risk for the development of alcohol abuse (e.g., early experimentation).

Statement of Goals - Drug and Alcohol Prevention at Wilkes University

1. Educate the University community: regarding risk factors associated with drug and alcohol use and abuse; and, federal, state, local and campus laws and policies related to drugs and alcohol
2. Consistently enforce all drug and alcohol policies set forth by the University
3. Provide all employees and students a copy of this policy annually
4. Assess prevention strategy effectiveness and make necessary changes based on data trends
5. Maintain a Substance Abuse Taskforce consisting of key community stakeholders (see Appendix A) to provide advice for campus decision makers with respect to drug and alcohol issues

6. Provide information to the community regarding campus and community resources for those in need of professional assistance related to chemical dependency issues
7. Provide campus events and activities that serve as popular alternatives to drug and alcohol use

Universal Prevention

Required Dissemination of Information

At the beginning of the school year all students are notified of their responsibilities to familiarize themselves with the *Student Handbook* which includes information relative to drug and alcohol laws, policies, risks, and helpful resources for those experiencing problems. As added assurance that students are fulfilling this responsibility, first year students complete an online handbook quiz which includes questions specific to the drug and alcohol section. Additionally, students are provided, annually, with a separate document (Wilkes University Drug and Alcohol Prevention Program) to review.

The Chief Human Resources officer will provide this policy to all University employees on an annual basis.

Resident Assistant Training

All resident assistants are trained to recognize behaviors related to misuse of drugs and alcohol and respond within the parameters set forth by University procedures. Part of the training is to prepare resident assistants to plan required programs in all of the halls (both educationally and socially) that promotes healthy lifestyles.

Education/Awareness Programs

Throughout the year programs are open to the entire campus community to educate and advocate for responsible use of alcohol and abstinence from drugs. Examples of educational programs include:

-National Collegiate Alcohol Awareness Week (Wyoming Valley Alcohol and Drug Services (educational table), including:

- Northeastern Highway Safety Program (educational table);
- BACCHUS Club (educational table);
- Candlelight Prayer Vigil;
- Alcohol Awareness Walk);
- Alcohol Bingo;

-Operation Safe Holiday (educational table);

-BACCHUS Safe Holiday message treats;

-Health & Wellness Fair, including representatives from Wyoming Valley Alcohol and Drug Services, PLCE, Northeastern Highway Safety Program, Victims Resource Center, PLCE, PA State Police, PSI CHI; alcohol abuse screening);

-BACCHUS Club Resident Assistants Hall Program - Floats and Fun Alcohol Awareness Program.

Social/Recreational Alternatives

The University offers a well-populated social activities calendar working with over 70 clubs and organizations to serve as a catalyst to develop program offerings that provide alternatives to unauthorized events and activities related to alcohol use. The Office of Community Engagement also offered a variety of short and long term community service projects providing an opportunity for students to choose to spend discretionary time helping others while experientially learning about societal needs and challenges. The Residence Life Office sponsored over 150 programs annually in different residence halls for social and educational purposes and to promote a sense of community. Finally, the University offered 23 different intercollegiate sports and an active intramural program to engage students in healthy living through fitness.

Substance Abuse Taskforce

The Substance Abuse Taskforce has functioned for many years on campus serving in an advisory capacity for all drug and alcohol awareness initiatives and policies. It meets once per semester and consists of faculty, staff, administrators, students, a member of the Liquor Control Board (LCB), and community members. The Taskforce invites guests in to discuss recent drug and alcohol trends and best practices for college campuses.

Selective Prevention

Required Online Program for First Year Students (MyStudentBody.com Essentials program)

MyStudentBody.com's Essentials online program takes a comprehensive, evidence-based approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. First year students receive instructions for the program via email during the beginning of the fall semester and briefly follow up in November. Program completion is required.

Welcome Weekend

All first-year students participate in Welcome Weekend which occurs two days prior to the beginning of the fall semester. At that time students participate in a variety of social and educational programs including a program on sexual assault which emphasizes the connectedness between increased risk of sexual assault, alcohol and drug use.

E-mentors

The University uses E-mentors to serve as a resource and role-model for first year students. The relationship begins at new student orientation during the summer and continues through the fall semester. The E-mentors are trained to engage students in positive aspects of University life and identify students who present concerning behavior, including behavior associated with drug and alcohol use.

Student Athletes

For the past several years the Title IX office has met with each athletic team at the beginning of the year to discuss high risk behavior and consequences.

Employees

The Employee Assistance Program offers general information on drug abuse assistance programs, individual counseling and referrals, and periodic educational programs on the dangers of drug abuse and managing drug related problems. Further information regarding these programs and services can be obtained from the EAP by calling 570-823-5144, which has extensive resource materials and which sponsors many educational seminars, lectures and other events which are designed to increase drug and alcohol awareness among members of the University community.

Indicated Prevention

General Information for Students:

There are students who present themselves under this classification through self-disclosure or behavior related challenges. Students who self-disclose to having a drug or alcohol problem are referred to a counselor in the Health and Wellness Office. Students may also be identified through drug and alcohol screenings sponsored by the Health and Wellness Office and offered in the Student Center. Students may opt to take an anonymous, free online screening for alcohol misuse at www.mentalhealthscreening.org/screening/WILKES. Once a student is identified he/she is assessed and an appropriate referral is made to a professional resource in the community. The counselor makes an effort to continue a relationship with the student (in consultation with the community resource) to assist the student with current or future educational plans. Students who are identified through behavior related circumstances (i.e. conduct infractions) meet with the appropriate adjudicating body and are sanctioned based on the severity and frequency of the behavior. Any student who violates the drug or alcohol policies more than once are required to get a professional assessment from an off-campus mental health professional. Minimum sanctions are in place for both drug and alcohol infractions and include a mandatory fine, education class, and parental notification (for those under 21 years of age). The required class is called CHOICES, and during this educative and interactive experience students learn about the physiological effects of alcohol, protective behaviors, and risk factors, and will discuss their own expectations about drinking as well as negative outcomes they would like to avoid in the future. Making healthy and responsible decisions is a focus of this class.

General Information for Employees:

Therapeutic education and referrals to appropriate therapy programs dealing with drug abuse available to all employees through the Employee Assistance Program (EAP). The Human Resources department, as well as individual departments, will refer faculty and staff to the EAP which will make referrals for treatment as appropriate. An employee may be given the opportunity to choose between corrective action, which may include termination or professional intervention, diagnosis, and/or treatment.

Referrals may be made for students or employees to the following:

Clearbrook, Inc.(inpatient) 1100 E. Northampton Street, Wilkes-Barre, PA 18706	570-823-1171 or 800-582-6241
Marworth (inpatient) Lily Lake Road Waverly, PA 18471-7736	800-442-7722
Wyoming Valley Alcohol and Drug Services, Inc. North Main Street Wilkes-Barre, PA 18704	570-820-8888
Caron Foundation Alcohol and Drug Treatment Center 243 North Galen Hall Road Wernersville, PA 19565	877-854-2936-854-6023

Other resources including Community Counseling and a host of private psychologists and psychiatrists are available based on individual needs and circumstances.

POSSIBLE EFFECTS OF SUBSTANCE ABUSE

Alcohol Use/Abuse and Associated Health Risks

Consequences of drinking too much: Alcohol enters your bloodstream as soon as you take your first sip. Alcohol's immediate effects can appear within about 10 minutes. As you drink, you increase your blood alcohol concentration (BAC) level, which is the amount of alcohol present in your bloodstream. The higher your BAC, the more impaired you become by alcohol's effects. These effects can include:

- Reduced inhibitions
- Slurred speech
- Motor impairment
- Confusion
- Memory problems
- Concentration problems
- Coma
- Breathing problems
- Death

Other risks of drinking can include:

- Car crashes and other accidents
- Risky behavior
- Violent behavior
- Suicide and homicide

Alcohol use disorders are medical conditions that doctors can diagnose when a patient's drinking causes distress or harm. In the United States, about 18 million people have an alcohol use disorder, classified as either alcohol dependence — perhaps better known as alcoholism—or alcohol abuse.

Alcoholism, the more serious of the disorders, is a disease that includes symptoms such as:

- Craving—a strong need, or urge, to drink
 - Loss of control—not being able to stop drinking once drinking has begun
 - Physical dependence—Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking
 - Tolerance—the need to drink greater amounts of alcohol to feel the same effect
- People who are alcoholics often will spend a great deal of their time drinking, making sure they can get alcohol, and recovering from alcohol's effects, often at the expense of other activities and responsibilities.

Although alcohol abusers are not physically dependent on alcohol, they still have a serious disorder. Alcohol abusers may not fulfill responsibilities at home, work, or school because of their drinking. They may also put themselves in dangerous situations (like driving under the influence) or have legal or social problems (such as arrests or arguments with family members) due to their drinking.

Health Effects

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer:

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Source: National Institute of Health – National Institute on Alcohol Abuse and Alcoholism
retrieved from: <http://www.niaaa.nih.gov/alcohol-health>
Illicit Drugs

What Is Drug Addiction? Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge a person's self-control and ability to resist intense impulses urging them to take drugs.

Fortunately, treatments are available to help people counter addiction's powerful disruptive effects. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery and a life without drug abuse.

Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment should be reinstated, adjusted, or that an alternative treatment is needed to help the individual regain control and recover.

What Happens to Your Brain When You Take Drugs?

Drugs contain chemicals that tap into the brain's communication system and disrupt the way nerve cells normally send, receive, and process information. There are at least two ways that drugs cause this disruption: (1) by imitating the brain's natural chemical messengers and (2) by over-stimulating the “reward circuit” of the brain.

Some drugs (e.g., marijuana and heroin) have a similar structure to chemical messengers called neurotransmitters, which are naturally produced by the brain. This similarity allows the drugs to “fool” the brain's receptors and activate nerve cells to send abnormal messages.

Other drugs, such as cocaine or methamphetamine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters (mainly dopamine) or to prevent the normal recycling of these brain chemicals, which is needed to shut off the signaling between neurons. The result is a brain awash in dopamine, a neurotransmitter present in brain regions that control movement, emotion, motivation, and feelings of pleasure. The overstimulation of this reward system, which normally responds to natural behaviors linked to survival (eating, spending time with loved ones, etc.), produces euphoric effects in response to psychoactive drugs. This reaction sets in motion a reinforcing pattern that “teaches” people to repeat the rewarding behavior of abusing drugs.

As a person continues to abuse drugs, the brain adapts to the overwhelming surges in dopamine by producing less dopamine or by reducing the number of dopamine receptors in the reward circuit. The result is a lessening of dopamine's impact on the reward circuit, which reduces the abuser's ability to enjoy the drugs, as well as the events in life that previously brought pleasure. This decrease compels the addicted person to keep abusing drugs in an attempt to bring the dopamine function back to normal, except now larger amounts of the drug are required to achieve the same dopamine high—an effect known as tolerance.

Long-term abuse causes changes in other brain chemical systems and circuits as well. Glutamate is a neurotransmitter that influences the reward circuit and the ability to learn. When the optimal concentration of glutamate is altered by drug abuse, the brain attempts to compensate, which can impair cognitive function. Brain imaging studies of drug-addicted individuals show changes in areas of the brain that are critical to judgment, decision-making, learning and memory, and behavior control. Together, these changes can drive an abuser to seek out and take drugs compulsively despite adverse, even devastating consequences—that is the nature of addiction.

Why Do Some People Become Addicted While Others Do Not?

No single factor can predict whether a person will become addicted to drugs. Risk for addiction is influenced by a combination of factors that include individual biology, social environment, and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction. For example:

- The genes that people are born with—in combination with environmental influences— account for about half of their addiction vulnerability. Additionally, gender, ethnicity, and the presence of other mental disorders may influence risk for drug abuse and addiction.
- A person's environment includes many different influences, from family and friends to socioeconomic status and quality of life in general. Factors such as peer pressure, physical and sexual abuse, stress, and quality of parenting can greatly influence the occurrence of drug abuse and the escalation to addiction in a person's life.
- Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction vulnerability. Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it will progress to more serious abuse, which poses a special challenge to adolescents. Because their brains are still developing in the areas that govern decision-making, judgment, and self-control, adolescents may be especially prone to risk-taking behaviors, including trying drugs of abuse.

Individual Drugs and Their Harmful Effects

Drug Effects

Drug effects vary depending on what type of drug is taken, who is taking it, how much is taken, etc. The method of administration also impacts the drug effects on the user. For example: injection takes the drug directly into the blood stream, providing more immediate effects; while ingestion requires the drug to pass through the digestive system, delaying the effects.

Physical Factors of Drug Effects:

- Person's weight and the amount of physical mass a drug must travel through will have an outcome on the drug's effect on the body. Also, the aging process affects the manner in which the drug exerts its effects on the body.
- Individual biomedical/chemical make-up. Each individual tolerates substances. For example: a person's physical condition as well as hypersensitivity (allergies) or hyposensitivity (need for larger doses to gain the desired effect) will influence the total drug effects on the individual.
- Rate of Each drug metabolizes or processes within the body at a different rate. The drug remains active in the body until metabolism occurs. For example: certain medications require dosages to be taken every four, twelve or twenty-four hours, depending on the duration and rate at which the drug is metabolized.
- Food in the body slows absorption of the drug into the body by not allowing it to pass directly through the digestive process without first being processed by the digestive system. A slower process occurs, since the body is digesting food in addition to the substance or drug utilized by the person.

Emotional Factors of Drug Effects:

- Emotional. A person's specific emotional state or degree of psychological comfort or discomfort will influence how a drug may affect the individual. For example: if a person began using alcohol and was extremely angry or upset, the alcohol could intensify this anger or psychological

discomfort. On the other hand, if alcohol was being used as part of a celebration, the psychological state of pleasure could be enhanced by the use of the drug.

- Anticipation/Expectancy. The degree to which a person believes that a given drug will affect them, may have an effect on their emotional state. If a person truly believes that by using a substance, they will experience a given drug's effects, then their expectations may cause a psychological change in the manner in which the drug affects them.

Drug-Related Factors of Drug Effects:

- Tolerance refers to the amount of a given substance necessary to receive its desired effect.
- Presence or use of other drugs such as prescription, over-the-counter, nicotine, and caffeine also influence the rate of absorption and metabolism of drugs in the body.
- Method of administration. A drug injected directly into the blood stream will affect an individual at a greater rate, since it will be directly absorbed through the blood stream and presented to various organs. If a drug is snorted or inhaled, the drug effects may be enhanced, due to the fact that the sinus cavity is located in close proximity to the brain. On the other hand, if a drug is ingested, the effects may be slower due to the fact that they must pass through the digestive system.
- Physical dependence (addiction). If a person is physically addicted to a drug, then more of a given substance may be necessary and the effects on the body will differ from those seen in a non-dependent person.
- Elimination. Drugs are eliminated from the body primarily through the liver. The liver and kidneys act as a body's filter to filter out and excrete drugs from the body. The liver metabolizes ninety percent of alcohol in the body, while ten percent is excreted through the lungs and sweat. Also, the liver metabolizes drugs in a fairly consistent manner. For example: alcohol is removed at the rate of one 12 oz. can of beer, one 5 oz. glass of wine, or 1 1/2 oz. shot of whiskey per hour.

Drug Effects: Marijuana

- Increases in heart rate, body temperature, and appetite
- Dryness of the mouth and throat
- Reddening of the eyes and reduction in ocular pressure

Drug Effects: Cocaine

- May cause extreme anxiety and restlessness
- May experience the following medical conditions: twitches, tremors, spasms, coordination problems, chest pain, nausea, seizures, respiratory arrest, and cardiac arrest

Drug Effects: Sedative Hypnotics (Barbiturates, Benzodiazepines)

- Short-term effects can occur with low to moderate use
- May experience moderate relief of anxiety and a sense of well-being
- There may be temporary memory impairment, confusion, and impaired thinking
- A person could be in a stupor, and have altered perception and slurred speech

Drug Effects: Opiates (Morphine, Heroin, Codeine, Opium)

- Include drowsiness, dizziness, mental confusion, constriction of pupils, and euphoria
- Some opiate drugs, such as Codeine, Demerol, and Darvon, also have stimulating effects
- Stimulating effects include: central nervous system excitation, increased blood, elevated blood pressure, increased heart rate, tremors, and seizures

Drug Effects: Amphetamines

- A person may experience a loss of appetite, increased alertness, and a feeling of well-being

- A person's physical condition may be altered by an increase in breathing and heart rate, elevation in blood pressure, and dilation of pupils

For more detailed information on individual drugs go

to: <http://www.drug-rehabs.org/drug-effects-c.htm>

Source: Drug Rehabs.Org, retrieved from: <http://www.drug-rehabs.org>

Effective Date: 12/2015

APPENDIX A

Substance Abuse Task Force Committee 2017-2018

Mark Allen, Dean of Students

Philip Ruthkosky, Associate Dean, Student Development

Gretchen Yeninas, Associate Dean, Student Affairs

Jason DeBoard, President, Commuter Council

Lara McQue, President BACCHUS

Conroy Yearde, Multicultural Student Coalition

Addy Malatesta, Athletics

Sarah Myers, Athletics

James Slocum, AAA

Trooper Connors, PA State Police

Debbie Scheibler, Residence Life

Raymond FeDora, Residence Life

Philip Miller, Lieutenant, Public Safety

Christopher Jagoe, Director, Public Safety

Brian Langan, Bureau of Liquor Enforcement

Joe Swortz, Catholic Social Services

Hunter Hughes, President Student Government

Kya Lewis, President, Programming Board

Lyndsey Shay, Residence Hall Council

Jason Harlen Chief Executive Office Wyoming Valley Alcohol and Drug Services

Stefanie Wolonick, Wyoming Valley Alcohol and Drug Services

Diane O'Brien, Director Health & Wellness Services

Juli Killian, Coordinator, Health & Wellness Services

Mia Bartoletti, Counselor, Health & Wellness Services

Melissa Gaudio, Counselor, Health & Wellness Services

Theresa Dakay, Counselor, Health & Wellness Services

Anita Burns, Assistant Health & Wellness Services

APPENDIX B

Alcohol and Drug Policies (excerpt from *Student Handbook*)

Alcohol and Drug Issues

Contact: [Mark Allen, Ph.D.](#), Dean of Students

Drug-Free Schools and Communities Public Law 101-226

University regulations have consistently supported and recognized the concerns expressed in recent legislation regarding Drug Free Campuses and work places. Alcohol abuse and the use of illicit substances and drugs constitute obvious hazards to health, safety, and well-being and destroy one's ability to function in a productive and contributory fashion. Policies have been developed and adopted by the University that strictly prohibit the use, possession and/or supplying of illicit substances not only on our property, but in the larger community as well.

University regulations regarding alcohol stand to preserve the legal and responsible use of this substance on or off campus and at events sponsored by the University. Noncompliance with these regulations will most certainly result in disciplinary procedures being instituted in an effort to protect the health, safety, and well-being of all members of the community, as well as the violator of the regulations. The University is not a sanctuary from the law and will cooperate fully with law enforcement agencies in support of these regulations.

Local Laws

Any student found to be in violation of city, Commonwealth, or University regulations regarding alcohol may be required to participate in a program of Alcohol Education and will be subject to a monetary fine. Revenues from this source will be utilized to support alcohol and drug information/education and activities. Referrals may be made to local rehabilitation programs. Additional disciplinary sanctions will be imposed as appropriate.

Members of the University community are especially reminded that the laws of Pennsylvania pertaining to alcoholic beverages are applicable to the campus and, as such, the responsibility for observance of the laws of Pennsylvania remains with each individual. The University will not serve as a sanctuary from the law.

The Pennsylvania Liquor and Penal Code states:

1. All persons, while in the Commonwealth of Pennsylvania, are subject to Pennsylvania Liquor and Penal Code.
2. It shall be unlawful for a person less than 21 years of age to attempt to purchase, consume, possess, or transport any alcohol or malt or brewed beverages within this Commonwealth.
3. It is unlawful to sell or furnish alcoholic beverages of any kind to persons under 21 years of age. No person under 21 years of age may pass assessments that will be used in whole or in part for the purchase of alcoholic beverages.
4. It is a misdemeanor to lawfully transfer a registration card for the purpose of falsifying age to secure alcoholic or malt beverages.
5. It is unlawful to misrepresent one's age to obtain alcoholic beverages or to represent to a liquor dealer that a minor is of age.

The University expects that all members of the University community be aware of these laws and of their responsibility for compliance with them. Members of the Students Affairs staff will, as a matter of routine, notify parents of students whose health or safety is endangered.

This includes, but is not limited to situations involving substance abuse.

Students should be aware of the following Wilkes-Barre city ordinances:

Section 1: Purchase, consumption, and possession or transportation of intoxicating beverages

A. A person commits an offense if he or she attempts to purchase, purchases, consumes, possess, or transports any alcohol, liquor or malt or brewed beverages within the confines of the parks, recreation areas, or conservation areas within the limits of the City of Wilkes-Barre.

B. A person commits an offense if he or she openly consumes any alcohol, liquor, or malt or brewed beverages on any public thoroughfare within the limits of the City of Wilkes-Barre.

Section 2: Posted Park Rules and Regulations

A person commits an offense if he/she violates any of the rules and regulations, as the same are posted in each of the parks, recreation areas, or conservation areas within the limits of the City of Wilkes-Barre.

Section 3: Penalty for Violation

Any person violating any of the provision of this ordinance shall, upon summary conviction thereof in a summary proceeding before a magistrate, be sentenced to pay a fine of not less than \$25 and not more than \$300, and costs. In default of the payment of such fines and costs, such person shall be imprisoned in the county jail for a period not exceeding 90 days. Each and every day upon which any person violates or continues to violate the provisions of this ordinance shall constitute a separate offense.

1. Anyone under the age of 21 who attempts to purchase, purchases, transports, or possess alcoholic beverages faces a fine of \$25 to \$300. Additionally, there is a mandatory suspension of a driver's license for a period of 90 days on the first offense, one year for a second offense, and two years for every offense thereafter.

2. It is a misdemeanor of the third degree and calls for a mandatory \$1000 fine for anyone who knowingly and intentionally sells or furnishes alcohol to someone under 21 years of age.

Assistance With Alcohol/Drug Abuse Problems

The University supports the efforts of rehabilitation programs and will refer members of the community to appropriate rehabilitation programs. Such referrals may be part of disciplinary sanctions imposed.

Sources of drug and alcohol counseling are readily available on campus through the University Health and Wellness Services Office. Resources for assistance are designed to provide counseling, treatment, and rehabilitation that will assist a return to full health.

Referrals made to rehabilitation facilities must be kept confidential in the interest of the person seeking rehabilitation for problems with drug and alcohol abuse. Sources for referrals include the aforementioned offices, as well as the Residence Life Office and the Student Affairs Office. Community agencies knowledgeable in the area of substance abuse are located near the University campus. Meetings of Alcoholics Anonymous are held daily at locations within easy walking distance of the campus.

Alcoholic Beverage Policy

The goals of the Wilkes University Alcohol Policy include protection of health and safety of students, the preservation of an environment conducive to scholarship, as well as positive social interaction, the protection of personal and University property, and the prevention of abusive behaviors related to alcohol consumption.

Wilkes University does not encourage the use of alcoholic beverages by students. The University respects the rights of individuals who are 21 years old who decide to use alcoholic beverages, but is greatly concerned about the misuse and abuse of alcohol. Students of legal age who choose to drink must drink responsibly. Those under 21 years of age are not permitted to consume, possess or be in the presence of alcohol under any circumstances on University property or at any University event.*

* At university events where the participants are of mixed age, those of legal drinking age are visibly identified (i.e. by bracelets). The event must be approved by the Office of Student Affairs.

University Regulations Regarding Alcohol

Alcoholic beverages are prohibited outdoors on University property, including, but not limited to, Ralston Field and all campus playing fields and parking lots. They are prohibited also in all academic and administrative buildings, the Marts Center, Munson Field House and the Student Center. Exceptions to the above may only be made by the Office of Student Affairs.

Students who are under 21 must have permission from the Dean to participate in such events (i.e. senior events). They must be identifiable by bracelet or some other means. Students of legal age are permitted the use of alcohol within the confines of their room or the rooms of other students of legal age. Within the residence halls, alcohol use is not permitted by anyone in common areas (i.e. lounges, hallways, studies, kitchens, etc.). The University prohibits common supplies of alcoholic beverages. This includes any size keg (full, partially full, or empty), open punch bowls, or any common source from which alcoholic beverages may be served. The possession or consumption of grain alcohol is prohibited.

Those students of legal age may possess only reasonable quantities of alcohol for their own personal use. Students 21 years of age or older may bring a maximum of one case of beer (not to exceed a case of 12 oz. or 16 oz. containers), or one gallon of wine, or one case of wine coolers, or one fifth of distilled alcohol into college-owned housing. However, a room or living unit (i.e. apartment) may not have a quantity of alcohol in excess of the limit listed above. An excess of the established limit would be considered a large quantity and reason for disciplinary action. Decisions of this nature will be the

judgment of the Residence Life Judicial Board. High content alcohol/caffeine (combined) beverages are prohibited from the residence halls.

The University recognizes the legal ability of those who are 21 years of age and over to consume alcohol. However, possessing alcoholic beverages in one's room allows underage roommates and guests access to a substance that is illegal for them to have. This places legal-age students in the role of providing alcohol to a minor, which is a more serious offense. However, students under the age of 21 may still be held responsible for supplying alcohol to other minors. Residents will be held responsible for any violations of this nature that occur in their room.

Students who maintain residence off campus are reminded of their responsibilities regarding the laws of the Commonwealth. Parties sponsored by independently maintained apartments off campus must comply with Commonwealth laws and local ordinances. If an incident is reported to the University that occurred off campus, it will be dealt with through the Office of Student Affairs.

When official University social functions are held off campus, the price for admission may not include the costs of any alcoholic beverages. The single exception to this regulation is the President's Dinner Dance for Graduates. The University, as a matter of routine, writes to the management of hotels where off-campus events are held, reminding them of their legal responsibilities regarding the serving of alcoholic beverages. Similarly, the University supports hotel management regulations regarding compliance with the law and will fully cooperate with the hotel management staff in the discharge of responsibilities. No club or organization may enter into an agreement with an establishment serving alcohol to receive donations from that establishment as a means of promoting business.

Alcohol and Guests

Residents are responsible for their guests at all times. This includes the use of alcohol. If guests to Wilkes University are found in violation of the alcohol policy, their hosts are responsible for the sanctions resulting from the violation. Students who have guests on campus or in University buildings

are responsible for advising them of the Pennsylvania laws and University policies pertaining to alcoholic beverages.

Amnesty

A member of the Wilkes University community who fears direct or immediate threat to the health or safety of an alcohol or drug-impaired individual should alert the Student Affairs on-call person, a Resident Assistant, Public Safety or professional medical assistance. For their part in aiding the impaired individual, they will not be subject to formal University discipline for the occasion on which he or she gave assistance. This refers to isolated incidents only and does not excuse or protect those who flagrantly or repeatedly violate this policy.

Those who receive medical attention in these circumstances due to abuse of alcohol or illegal drugs will be immune from University disciplinary action concerning abuse for the initial offense. They will, however, be referred to the Counseling Center. The counselor will determine if further treatment is necessary. Failure to comply with the evaluation or treatment recommendations will result in full disciplinary action for the original violation.

Intoxication

Intoxication is not an excuse for irresponsible behavior and students will be held accountable for their behavior at all times. Students who demonstrate inappropriate, irresponsible behavior as a result of drinking will be subject to disciplinary action. These behaviors may include, but are not limited to, slurred speech, erratic behavior, or difficulty with physical coordination.

The sanctions imposed may range from an official reprimand to dismissal from the University.

It should be clearly understood that students who demonstrate a lack of responsibility and maturity in the use of alcohol will be required to participate in programs pertaining to alcohol education and/or abuse.

Any behavior resulting from the use of alcoholic beverages that infringes upon the rights or privacy of others will be considered a conduct violation and is subject to sanctioning.

Off-Campus Events

No student who is under 21 years of age, may consume alcohol while representing the University on a University-sponsored trip. This includes, but is not limited to, sporting events, educational trips, and student-sponsored trips. Those of legal drinking age should exercise control when representing the University.

Tailgating

In an effort to promote a healthy environment surrounding athletic activities, the University does not condone tailgating of any kind.

University Sanctions for Alcohol Violations

Refer to Chart in Governance Section

MyStudentBody

Contact: [Melissa Gaudio](#), Licensed Professional Counselor

MyStudentBody is a comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. MyStudentBody engages students and parents in effective, evidence-based prevention and gives administrators the data to target, evaluate, and strengthen prevention initiatives. College students make choices every day that affect their academic success and ultimately their success in life. The choices they make about alcohol, drugs, and sexual violence can be among the toughest—and can have the most serious consequences. MyStudentBody is a comprehensive, evidence-based, online prevention program that gives students the tools to choose behavior that helps them successfully navigate the social pressures of the campus environment and achieve academic success. MyStudentBody is the only online college prevention program that continues to provide students with health education, self-assessment, tools, and strategies to cope with behavioral risks, available 24/7 throughout the school year. MyStudentBody is also the only online college drug and alcohol program that boosts the University's prevention message with follow-up assessment at 30, 60, or 90 days. The follow-up assessment reinforces the prevention message and gathers data to track the effects of your program on student drinking, drug use, and sexual victimization.

Every incoming, first year student is required to complete the MyStudentBody program within the allotted timeframe. An email is sent to each student at the beginning of the school year with directions to participate. Failure to complete the Wilkes University required Essentials program in the specified time frame will be considered an alcohol violation. The resulting penalty is that you will receive a \$200 fine and be placed on disciplinary probation.

Illegal Drugs

The University is opposed to the use of any illicit substances. Additionally, any misuse and/or abuse of prescription or over-the-counter medications will not be tolerated. Any drugs, or drug combination (legal or illegal), deemed by the University to be detrimental to the health and safety of community

members are not allowed on campus. This would include, but is not limited to: synthetic cannabinoids (synthetic marijuana), mephedrone (street name "bath salts"), and party powders. Possession of drug paraphernalia is also illegal, particularly when there is evidence of drug use. Students who are charged with possession, use, transfer, or sale of these substances will be subject to disciplinary action that may result in penalty charges, suspension, or dismissal from the University independent of any external legal action.

Wilkes is cognizant of the growing problem of drug abuse and is concerned with the complex and serious nature of this problem. For this reason, students found to be involved in supplying drugs for others will be subject to serious disciplinary action. We define "supplying drugs" as meaning procuring and providing substances in any amount, under any conditions.

Although the University respects a student's right to privacy, the University reserves the right to inspect individual rooms at any time, especially for reasons of maintenance, health and safety. Such searches can only be conducted by the Dean of Students or delegates.

Any illegal substances that are confiscated will be turned in to the local police. The University will cooperate fully with law enforcement officers as they continue their efforts to halt the use of illicit substances.

University Sanctions for Drug Violations

Refer to Chart in Governance Section

Parental/Guardian Notification

If a student is determined to be in violation of the drug or alcohol policy and is under the age of twenty-one a letter will be sent home to the parent/guardian(s) regarding the incident. Any student who receives medical attention due to excessive alcohol or drug use, i.e. is seen by University Health Services, requires a paramedic to respond to the campus, or is transported to the hospital, will also have his/her parent/guardian(s) notified. If hospitalization is necessary, the parents will be contacted.

Tobacco Use/Smoking Policy

Use of tobacco, in any form, is prohibited in all University owned, managed or leased buildings, vehicles, shuttles and vans. The University reserves the right, in its sole discretion, to designate certain areas where smoking is permitted on campus.

Tobacco is defined as all tobacco-derived or containing products, including and not limited to, cigarettes (e.g., clove, bidis, kreteks), electronic cigarettes/vaping, cigars and cigarillos, hookah smoked products, pipes, and oral tobacco (e.g., spit and spitless, smokeless, chew, snus) and nasal tobacco (e.g. snuff). It also includes any product intended to mimic tobacco products, contain tobacco flavoring, or deliver nicotine other than for the purpose of cessation (patch, gum, or inhaler are acceptable).

Anyone smoking tobacco-derived products in outdoor locations on campus must be at least twenty feet from any building door, window, or ventilating system.

Failure to comply with this policy will be considered a conduct violation and violators can be reported to the appropriate personnel (i.e. – an employee's supervisor, Student Affairs).

Those wishing to participate in a smoking cessation program may contact University Health Services or the Human Resources Office for further information.

