

## 2017-2018 Year-End Committee Report Form

**Committee:** Alcohol and Drug Abuse Prevention Committee

**Chair:** Celinda Miranda, LCSW  
Theodore Tsau

**Chair-Elect for 2018-2019:**

**Number of Meeting held:**

5

(Please include phone/zip/email if available)

### Items of Business Completed 2017/2018

1. New ADAP Co-chairs were installed: the co-chairs were not finalized until after the semester had begun and the first meeting was held on November 17, 2017.
2. Updated the ADAP Charge and Membership: the charge and membership had not been updated for over a decade and we worked with O&G and the Committee to submit a document that allows this Committee to be more relevant and current.
3. With the different campus offices represented (between 12 to 14 offices) and with the ability to redefine the committee charge, we held various discussions about the history of alcohol and drug abuse efforts on campus and identified various future possible efforts.

### Unfinished Business Items from 2017/2018

1. Update various SJSU departmental webpages with the most up to date ADAP information.
2. Solidify the ADAP Charge and Membership: The charge and membership have yet to be fully approved.
3. Finish compiling the Alcohol Prevention and Education Efforts AY 2017-2018 template
4. Continue to increase awareness of the different departments' alcohol and drug efforts and ways to collaborate across various departments and divisions.

### New Business Items for 2018/2019

1. Research collegiate recovery programs and other recovery, prevention programs that can be implemented at SJSU.
2. Create a list of Alcohol and Drug Abuse prevention resources on campus for the campus and find ways to disseminate the information to the campus.
3. Identify the need and funding for a full time drug and alcohol staff member.
4. Explore the benefits of an Amnesty policy to help increase prevention and support seeking assistance among the student body.
5. Explore new funding sources among the committee members to promote increased intervention and prevention efforts through the use of technology; such as the Samsung grant.
6. Update various SJSU departmental webpages with the most up to date ADAP information.

**Please return to the Office of the Academic Senate (ADM 176/0024) by May 31, 2018.**

## **Alcohol and Drug Abuse Prevention Committee Meeting**

Thursday, May 3, 2018

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- Welcome and Introductions
- Past Meeting Minutes
  - Please review and identify any needed changes or corrections
- Committee Charge/Membership Updates
  - Updates
- Liz's Document
- Reflections & Thoughts
  - Committee end of the year reflections
- Announcements
- Next Meeting: Fall 2018

**SJSU Alcohol and Drug Abuse Prevention Committee  
Meeting Minutes  
May 3, 2018  
Student Wellness Center Room 122A  
12:00 – 1:30 PM**

Present: Manel Aguayo, Jason Amezcua, Carole Dowell, Nicole Dubus, Jacquelyn Duysen, Chelby Gill, Celinda Miranda, Robert Rinck, Liz Romero, Lori Salazar, Theodore Tsau, Erin Woodhead

**I. Welcome and Introductions**

- Celinda and Teddy shared a message from Bethany in which she wanted to thank the committee and appreciated all the things we have done this year.

**II. Past Meeting Minutes**

- Celinda mentioned there was a need for clarification on page two of the minutes, Erin said there should be more focus on abuse and dependence and why one is preferred over the other. She also shared in the previous DSM more focus was on use than abuse. Nicole added the thinking is more on a continuum and trying to have that be captured in the title.

**III. Updating Committee Charge/Membership**

- General:
  - Celinda updated the group that we have submitted to Bethany and O&G our recommendations but no updates yet because they are waiting on the President's, DI Athletics Director's, and VPSA's approval. We will email out any updates to the group as soon as we know.
  - Celinda also noticed she found more information on various webpages around campus that needs to be updated and we will email the respective parties to ask for the information to be updated.

**IV. Liz's Document (Alcohol Abuse Prevention and Education Efforts AY 2017-18)**

- Liz shared in the document she had tried to capture as much as possible, but focusing on alcohol, now she would like to include other perspectives and from other areas. She was looking at trying to effect change at each level, not just on the individual level.
- Liz shared pamphlets (Party Classy) and posters from Aware, Awake, and Alive with the committee members. She said in the past these posters have been placed in the windows of various campus partners. Manny shared placing some of these posters in windows along the path students would take when they return from the bars; he suggested locations near MLK Library, Tower Lawn, and in between Student Union and Music building.
- Celinda and Nicole asked if the Greek community were given these posters and what enforcement was like in the Greek houses around alcohol and steps they use to limit drinking. Lori shared the university policy's for the Greek communities; specifically alcohol, parties, and sanctions. Lori mentioned part of the sanctioning for the student organizations, the organizations can be placed on social probation. She also acknowledged the perception about the Greek community, but overall she wanted to let the group know the groups at SJSU are getting better at curtailing their drinking.

- Celinda shared a recent conversation she had with a student who did the Alcohol AUDIT for the first time and their score was really high; the student had normalized their drinking behavior without knowing this was an issue. She also shared to the group where they can go to get more information about the Alcohol AUDIT.
- The conversation moved from alcohol to drugs. Nicole shared a story about a student in the school of social work who had died of abuse and unfortunately none of the professors or peers noticed. She continues to share there is a culture of abuse and they have a perspective of it is the client that has the issue not them; this led to a discussion about how to have faculty be more cognizant and be more aware on a personal level, what does this look like and the education?
  - Celinda shared the idea of something like See Something, Say Something. Manny shared that idea is more about threat, but how do we make a message more global. How do we help and give resources? The idea about AA and things like that, because he has encounter students that have attended class drunk before. Overall the committee agrees there is a need for AA and other forms on campus.
  - Robert did share another perspective on not having AA on campus, but for some of the people attending, they would like to remain anonymous. If the meeting location is on campus, there is a higher likelihood they can see people they know from campus at these meetings. Carole believes this has been done at other campuses and Erin thinks we should do more research to find out more on this topic. Celinda mentioned there are Collegiate Recovery Programs existing on other campuses and this can be a good starting point to find more information; additionally CAPS is planning on providing workshop around the topic of alcohol usage. Nicole also suggested to bring in someone who facilitates the 12 step process might be helpful as well.
  - Carole also suggested creating a document that has a list of resources that can be shared with student.
  - Liz mentioned about Alcohol Edu, an online training required for all first year students to complete; but some of the students she has met with have told her they would just click through the course. Additionally some of the information collected by the course might not be accurate because at the time when the follow up course is to occur is during the dry rush, she believes that the data would be more accurate if it post survey would occur after dry rush ends. Chelby also shared her perspectives from as a student, she said she personally did not like it because to her it felt like a task and there is a perception out there that you can't die from drinking. She thinks maybe having something like a podcast, instead of having the information dictated to them, would be better. Nicole suggested maybe include speakers for the mandatory first year classes, but having panels made up of their peers would be more impactful than an online course. Chelby also suggested including other types of alcohol other than beer.
  - Jason followed by saying having student engaging in dialogue can be important, but the focus should be on the bystander and having them intervene. Liz suggest engaging the students should be peer led. As discussion about bystander intervention, this led to amnesty policy for bystanders there is not one. The group then shifted to using the idea of having bystanders knowing what to do to help their friends, Nicole shared maybe creating an App that would assist with that and Celinda said it sounded like SPARTAfit. Manny provide some important insight, he said if there is a medical emergency, people would need to call 911 because only professionals can make medical decisions, so for Nicole's idea of the App, it would be more appropriate for non-medical emergencies. Jason mentioned that is the purpose of the bystanders intervention would be helpful. He shared some programs such as Green dot, Step Up, it can be student led and it can be done for campus wide. Jacquelyn recommended creating a flow chart to help the bystanders better help their peers. Liz shared an anecdote that the students she has interacted have shared their number one concern is the cost of the ambulance, Manny empathizes with the student's concerns but believes the cost of an ambulance ride is far less than a loss of life; it's about saving a life.

#### V. Announcements

- Celinda and Teddy wrapped up the meeting with noting there are a lot of programs that exists out there and the question is how do we bring some of those things to this campus. Additionally, the minutes once it is completed will be emailed to the group along with any updates about the charge and membership. Finally, the discussion today brought up a lot of good points and those will be noted in the year-end report for the group to start addressing next year.
- Liz will share the AlcoholEdu report to the group.
- Celinda and Teddy wants to acknowledge the hard work everyone has put in and depending upon the final decision from the Academic Senate, the committee maybe different next academic year.

#### VI. Next Meeting: Fall 2018

## **Alcohol and Drug Abuse Prevention Committee Meeting**

Thursday, April 19, 2018

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- Welcome and Introductions
- Past Meeting Minutes
  - Please review and identify any needed changes or corrections
- Committee Charge/Membership Updates
  - Updates
  - Brainstorming Exercise
- Review Liz's Document
- Announcements
- Reflections & Thoughts
- Next and Last Meeting Date: May 3, 2018

**SJSU Alcohol and Drug Abuse Prevention Committee  
Meeting Minutes  
April 19, 2018  
Student Wellness Center Room 122A  
12:00 – 1:30 PM**

Present: Manel Aguayo, Jason Amezcua, Carole Dowell, Nicole Dubus, Jacquelyn Duysen, Roger Elrod, Chelby Gill, Celinda Miranda, Sarika Pruthi, Robert Rinck, Liz Romero, Theodore Tsau, Erin Woodhead

I. Welcome and Introductions

II. Past Meeting Minutes

- On page two of the minutes, Manny shared an update. When he had reported during the last meeting, the device he had mentioned was not an Epipen like device, but instead is a nasal spray; he learned about this after attending the training. He will follow up with the committee to see if the product can be purchased over the counter.

III. Updating Committee Charge/Membership

- General:
  - Celinda shared with the group the minutes from the academic senate meeting, shown both on the projector as well as hard copies were distributed. She goes on to share this was the first reading of the charge and membership for our committee and it was done on April 9, 2018. They have provided some edits and are sharing them with the committee today.
  - Liz asked who was O&G and Celinda shared who they were and the role they have on the academic senate.
  - Sarika asked about feedback that O&G has given. Celinda shared the document that the committee had received were the feedback and during this meeting, we are trying to get the feedback from this committee back to O&G by Monday, April 23, 2018. We starting with the charge then membership.
- Charge:
  - Celinda shared this was the first reading and will be more readings and it was important for us to provide some feedback and context. She also said overall, O&G did not have much issue with the charge that we had proposed. She also shared a three page of the handout which contained some insights from Bethany, she received during a meeting she had with her, with the committee.
    - Stricken “community at large” because O&G believes the focus of this committee should be on SJSU.
    - Shared the Presidential Directive (PD – 1990-02) and this committee will be reporting to the President.
  - She also shared it would be possible to make some changes to our charge or membership later on though it is not recommended. Ultimately any recommendations we provide to the academic senate, the academic senate needs to share with the president, because she will have the final word of this entire process.
  - Nicole asked about the tense used in the document and it was shared things such as grammar will be edited at a later time so it is not a pressing issue.

- Carole asked why was there a recommendation for this committee's name to change from drug to substance in ADAP. It was shared the idea of drugs being a substance in order to be more inclusive.
- Roger suggested that though alcohol can be considered a substance, he prefers it to be kept separate.
- Liz shared when students are googling for resources, substance abuse is not usually the first thing to they see, instead the key words are usually alcohol and drug.
- Nicole shared an insight that most of the research being done now including having alcohol and drugs together, but she also understands the importance of outreach.
- Sarika shared she believes the keys to ADAP and what makes it unique will be lost by having it changed to ASAP.
- Nicole shared an insight that the difference between abuse in the DSM5 (Diagnostic, Statistical Manual, 5th edition), so there is a need to try to figure to include substance abuse or not into the name.
- Membership
  - Celinda shared the insight into the reading of ADAP's charge and membership
    - O&G had taken a significant time discussing the membership section when they were doing the reading; specifically they felt the titles and designee were not good. They wanted the people who are the decision makers at the meetings. They key to the membership and the appointments are done by the academic senate. If the membership list the academic senate has proposed is final then some of the members currently on this committee might not be able to attend in the future.
  - Liz shared Wellness and Health Promotions do not have a director, but an associate director.
  - Chelby recommended for AS, it would be better to have a designee because all of the directors have equal say in the board room. Carole also added if they are going to be specific, it would be most appropriate to have someone who is in Chelby's position because the programming director's role is too broad and might not be ideal for this part. Roger recommend to add something like an e.g. AS Student Rights and Responsibility might help with the clarification.
  - Roger added having the membership changed from the RLCs to the Associate Director of Residential Life is better because the Associate Director would be the decision maker. Liz agreed and added it would be better for the long term stability of the committee as well because the RLCs in those positions change frequently. Carole agreed and shared especially for what they are looking for, someone with the ability to make decisions. Celinda added the attendance to these meetings would be important as well.
  - Roger shared when thinking generally about who should be at this table, it should be housing, athletics, health, UPD, and AS. These departments should always be at these meetings, it is a good best practice.
  - Jacquelyn agrees with the recommendation the academic senate made for athletics. Her role is NCAA drug testing, but not the other aspects of working with the student athletes directly. The people recommended is a better fit.
  - Celinda shared the director of CAPS has been the chair before and sat on the committee, but due to his time commitment, it would not be ideal to have him and no designee.
  - Teddy shared the same sentiment when it came to student conduct.
  - Celinda also asked if the committee thought these recommendations would be possible to be implemented by Fall 2019 and the committee believes it would be possible for everything to be implemented by Fall 2018.
  - Liz shared she is not on the list and believes she should be included because of the programs she has put on around the topics of drugs and alcohol; she does acknowledge that she does not have power to make decision as required by the academic senate. She also believes it is important to have someone knowledgeable around the topic of health education on the committee.



- Nicole shared an observation about the ability to make decisions and would having a delay on decisions and waiting the directors to show up and Celinda clarified the academic senate would be the ones to decide on the membership of this committee.
- Jacquelyn asked what is this committee accountable from the academic senate's point of view.
- Roger then provided the historical context of the PEP position, where this position used to be part of counseling services then went and stayed in Wellness and Health Promotions with the expertise in the area and the role Liz is currently in is a result of that.
- Liz shared an insight as the past chair, where she believes having directors in the room would help getting the things this committee would like to get accomplished faster. But Jason brought up another point of view though he understands the goal of this committee, but even if the directors are not here, should the representatives carry the weight of the entire committee? Celinda shared overall, O&G's goal was try to eliminate the designees in the committee membership and we are trying to meet their request.
- Robert shared the historical context for COUGH. He shared they are a recognized club and originally Santa Clara came to him to try to help create an campus organization that would try to create a tobacco free campus. Now that the policy has been created on this campus, the goal of the organization has shifted at looking how this policy can be enforced on the campus. Roger agreed that nicotine and tobacco is also a form of substance abuse and needs to be part of the committee as well. Robert suggested if COUGH could not be part of ADAP, maybe allow for an advisor of a health related club to be part of the membership. Liz also suggested including a student member from COUGH because they have always been active on campus and on the committee.
- Erin asked if there are any current members on the committee for the staff member and currently on ADAP, there is not any staff member representation.
- Roger also suggested to add a professional staff from AS. Carole recommended it would either be the Associate or Director positions.
- Jason suggested changing from RAs to RHA, Residence Halls Association, because this group would be a better fit for not only the needs of ADAP but they are representing the residents living on campus.
- Sarika also suggested including a representation from the international student community.
- Teddy recommended taking out the NPHC and USF, but leaving the Student Engagement Coordinator because there are two coordinators that works with the Greek and student organization community.
- Closing
  - Celinda appreciated the perspectives the committee has shared and will compile them to share with O&G by April 23<sup>rd</sup>. Teddy shared he will send an email edits for everyone to share their perspectives once more before the deadline. He set the deadline of Monday.

#### IV. Announcements

- Liz gave more insight into the document she had been working on. She added if the committee could provide some possible triggers and looking at other types of substances other than alcohol.
- Carole shared AS will be hosting events for Mental Health Week and will send an email to the group with information.
- Liz shared there are LCD slides available on the topic of marijuana. The slides address to the different policies (on campus vs off campus, state laws) and a social norming component is included as well.
- Robert spoke about Wellness week and Earth Day celebration that was occurring during this meeting.
- Liz asked the group to see if there is an interest in cannabis use training through a program which is similar to BASICS but for cannabis. Nicole spoke about SBIRT (Screening Brief Intervention Referral to Treatment)
- Jacquelyn asked about "Kegs and Eggs" event that occurs during graduation to see if it was still going on this year even though there is a change in the venue and during this event there are a lot of people drunk. Liz said she is not sure.

V. Reflections & Thoughts

- Did not have time to speak about this section

VI. Final Meeting Date for 2017-2018: May 3, 2018

## **Alcohol and Drug Abuse Prevention Committee Meeting**

Thursday, March 15, 2018

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- Welcome and Introductions
- Past Meeting Minutes
  - Please review and identify any needed changes or corrections
- Committee Charge/Membership Updates
  - Updates
  - Brainstorming Exercise
- Announcements
- Reflections & Thoughts
- Next Meeting Date: April 19, 2018

**SJSU Alcohol and Drug Abuse Prevention Committee  
Meeting Minutes  
March 15, 2018  
Student Wellness Center Room 122A  
12:00 – 1:30 PM**

Present: Manuel Aguayo, Carole Dowell, Roger Elrod, Steven Olsen, Liz Romero, Robert Rinck (COUGH), Kristine Roth, Sarika Pruthi, Celinda Miranda, Erin Woodhead

**I. Welcome and Introductions**

- Celinda welcomed everyone to meeting and new member to Committee, Sgt. Manuel Aguayo, from University Police Department was acknowledged. Everyone introduced themselves.
- Announced that Lori Salazar, Jacquelyn Duysen, and Nicole Dubus identified they could not attend today's meeting. Zoom was attempted to be used for Nicole's participation but connection was lost and she had other meeting commitment at same time as this Committee meeting.
- Mentioned that Teddy was out ill today and Celinda would be chairing meeting and taking minutes.
- Noted that room change may be occurring for next month's meeting since we were #1 on the wait list for the room reservation list for 122A.

**II. Past Meeting Minutes**

- Members reviewed meeting minutes from 2/15/18. Note was made that Teddy captured very specific details and did a great job at completing minutes. No other changes were indicated.

**III. Committee Charge/Membership Updates**

- Celinda shared that Committee Charge and Membership list was submitted to Bethany Shifflett of the O&G Academic Senate Committee as we had previously discussed and as requested.
- Discussion was held by Committee members regarding the current submitted charge and the following main points were identified:
  - Roger noted he had submitted a revised suggestion to be considered by the Committee chairs after our deadline date. He wanted to suggest that what we have submitted be more clear and concise and also be mindful of the tense. Tense should be more present focused. Question was posed as to whether we can re-submit revised charge although we have already met submittal deadline per O&G Committee's requirements.
  - Sarika also agreed charge should be more concise and have present tense. Shared present charge should convey more ownership, be more forward looking and not feel so separate bringing into question, who is going to be doing action items.
  - Roger made comment that we are having to distinguish between having a mission statement, action plan and vision. He stated the mission should be something that carries the group through 10 years. He stated charge can then guide action plans to help meet goals.
  - Committee further attempted to re-write charge and discussion was held that more time was needed. Noted that not all the Committee members were also present today. Celinda made comment that charge had been submitted to Academic Senate as required and further

clarification was needed about steps to re-writing of charge. Roger stated may be we would move forward with submitted charge and look at rewriting charge and re-submitting in 6 months which would give Committee more time to rewrite.

- Celinda also identified needing to get clarification from Bethany as to the idea of also re-submitting revised charge in another 6 months.
  - More discussion was held about how feedback could be captured regarding charge re-writing. Robert stated we could create a doodle sheet to come up with a consensus on our top three choices.
  - Erin stated she could create google form to capture everyone's feedback, sooner than later, if necessary.
- Celinda introduced spending a little time on "Brainstorming exercise" identified by Teddy and herself as possible committee activity in the spirit of seeing where the submitted ADAP Charge is already being implemented or where the holes may exist.
    - Liz identified that she had already created document, found in ADAP google drive, entitled "Alcohol Abuse Prevention and Education Efforts AY 2017-18." She stated she was given direction to complete document and attempted to capture what all of the activities may be on campus around alcohol and drug prevention and education efforts.
    - Celinda had accessible hard copy of document but was not completely aware of nature or purpose of document.
    - Other committee members were not familiar with the document and had not accessed it on Google drive.
    - Kristine, Graduate Student, brought up discussion point that the awareness of programming and need for resiliency and coping skills training needed to be increased in age groups of 30-40's.
    - Comment was shared about how Associated Student activities can not have alcohol but at some fundraisers alcohol is being made available. Does this present confusion or a discrepancy in policy?
    - Discussion held regarding increasing the interaction with faculty so they are informed of services or programs available and can then share it in their classes. Ideas were shared around the faculty wanting more support so they can reach out to students and whether or not Deans and other Administrators are also approached about how "messaging gets out respectfully."
    - Erin gave example of how Jenny Harper, Sexual Assault Survivor Advocate, was able to share about being "fair and compassionate" and was able to assist in creating a change to the response to sexual assault incidents.
    - Sgt. Manuel Aguayo brought up various discussion points regarding his involvement in not just enforcement but also the end results and prevention efforts around alcohol and drug use. He identified monitoring the activity, such as at the upcoming Snoop Dog 4/20 Wellness Concert, and the use in the dorms or the public service side of providing safe rides and obtaining medical attention for those in need. Other points made included the possible tragedies, such as with DUI's, that could occur or the continued education of resources that can occur when they have a police contact. Point was made that tailgates can be a good educational opportunity. Liz identified the report on tailgates done previously and the information shared and how the Division may still support alcohol free activities but there is not a combining of efforts completely because necessary alternatives are not being promoted in "student zone" itself.
    - Discussion was held regarding Erin's question if Narcan was now available to combat drug overdose. Sgt. Manuel identified Narcan works like an EpiPen to counter effects of fentanyl and helps to prevent overdosing. He identified there being a need for the County's EMS System getting the training and certification put into place. Erin shared example of sample app in Baltimore that identifies the "bad batch" and informs users of what can be harmful to use. Sgt. Manuel shared the dangers of even doing searches in dorms or cars and the fentanyl dust even being "kicked up" creating fatal results. Robert shared of a 2004 movie on Vimeo or Youtube supported thru the San Francisco Foundation entitled "Worth Saving," and addresses the importance of every life being worth saving from addiction.

#### IV. Announcements

- Liz announced Mindfulness and Meditation groups (Koru) are also available to assist college students with better coping skills. The groups are capped at 12 students and go for 4 weeks. There is already one series wrapping up and there are two more series that will be available in April. It is helpful if professors are willing to give extra credit for students who participate. Liz will be sending out an email to the ADAP members with the flyers to be shared widely.
- Robert shared Earth Day will be held on April 19th and COUGH will be joining the efforts with Environmental Health Sciences. Booths will be available in front of the Wellness Center and throughout campus promoting these efforts and there will also be collaboration with the "Treat Yourself Well" efforts that week.
- Carole shared The Associated Students will be sponsoring the Mental Health Awareness Week the last week of April. Different workshops will be promoted to the students that will be addressing mental health and also seeking to erase the stigma of mental health. The hope is this information will be helpful not just for the student but others around the student like a roommate or family member.
- Liz also shared The Biofeedback Lab is open and available for students and staff. It helps to reduce stress and anxiety and includes a 25 minute meeting with a Peer Consultant. The students need the practice and get credit. It has also been found to increase mood and reduce test anxiety. It is only the 3rd Biofeedback Lab in a college setting in the country and it is presently being under-utilized. The hours are from Monday 10 am-12pm, Tuesday 10 am-2 pm, and Thursday, 11 am-3 pm. The contact is the Wellness and Health Promotion Department and appointments can be made in the Wellness Lounge of the Student Wellness Center or by calling 408-924-6204.

#### V. Reflections and Thoughts

- No further time was available.

VI. Next Meeting Date: April 19, 2018 - Announcement made to look forward for further information regarding the room confirmation.

## **Alcohol and Drug Abuse Prevention Committee Meeting**

Thursday, February 15, 2017

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- Welcome and Introductions
- Past Meeting Minutes
  1. Let us know if there is any changes.
- Updating Committee Charge/Membership, etc...
  - Academic Senate wants to update ADAPs charge and Membership
- Announcements
- Reflections & Thoughts
- Next Meeting Date: March 15, 2018

**SJSU Alcohol and Drug Abuse Prevention Committee  
Meeting Minutes  
February 15, 2018  
Student Wellness Center Room 122A  
12:00 – 1:30 PM**

Present: Liz Romero, Robert Rinck (COUGH), Theodore Tsau, Roger Elrod, Celinda Miranda, Jacquelyn Duysen, Lori Salazar, Jason Amezcua, Chelby Gill, Carole Dowell, Erin Woodhead, Sarika Pruthi, Carlos Garcia, Heather Akin

**I. Welcome and Introductions**

- Teddy and Celinda announced Anna received a promotion, unfortunately this will mean she will not be attending ADAP meetings anymore and assist with the committee.

**II. Past Meeting Minutes**

- Teddy shared with the group that he will make sure everyone on the committee will have access to the Google Drive because the committee information will be shared there such as the minutes.
- Jason's last name needed to be fixed
- No other issues with the minutes are needed.

**III. Updating Committee Charge/Membership**

- Teddy and Celinda explained the charge and membership for ADAP is outdated. The charge and membership are needed because ADAP is part of the many committees overseen by the Academic Senate. The last revision of the charge or membership was done in 2001 and before that was in 1992. The timing of this update is actually good for this committee because the Academic Senate is currently having all the committees update their charges and membership.
- There are a lot of different descriptions about ADAP and its membership lists on the web. An example is from UPD and their message is different and this can be confusing. A packet of information from the Academic Senate's webpage with the current charge and membership was provided to the committee.
- The co-chairs had met with Bethany Shifflett who oversees the approval process for the committees and she provided some context for the goals of this committee and she also suggested the goals of this committee can be reactive, passive, or proactive, but she believes it would be better if this committee becomes more visible and proactive on campus.
- Discussions about the charge:
  - Roger: Agree the timing is good and we can use this moment to take a step back to think what the needs of this committee are; for example, he mentioned about looking at research.
  - Celinda: Came from a different point of view and believed it should not only be on research and since we have a clean slate, how do we bridge between the ideas of the past and the future?
  - Roger: Research leads to policy change.
  - Celinda: Shared an example from Bethany about how doing alternative programming or things that can stem alcohol abuse.
  - Erin: Shared there are two key points of view: one is to research about the trends at SJSU and research informed decisions.



- The committee was then broken into four groups to brainstorm on what they would like to see in the new charge and membership for ADAP. Then each group shared their ideas. The ideas and groups are:
  - Group 1 (Erin, Robert, and Roger)
    - Group 1 took examples from Humboldt University's ADAP committee.
    - Idea of having community input
      - Having local community members attend the meeting who serves alcohol to get their points of view on this topic
      - Finding ways to have students attend events that ADAP sponsors or puts on for class credit
    - We should have the decision makers in the room
    - Some of the best practice ideas are like having the recreation center open at more student friendly hours and having classes on Fridays.
    - Discussions:
      - Sarika: Having external stake holders is a good thing
      - Robert: Maybe including the Chamber of Commerce
  - Group 2 (Jason, Jacquelyn, and Liz)
    - Would like to see more collaboration between ADAP and the campus
    - Identifying trends to find out what is working
    - We should be action oriented and create actions that can be submitted to the Vice President for Student Affairs
    - Identify who the "boots on the ground are"
    - Figure out who's doing the programs and how do we make things we do more actionable
    - Identify who the subject matter experts and the stake holders are , this can be broken down to the department level
    - Key question is this committee making an impact
    - Discussion:
      - Roger: In the past ADAP had put on first Thursdays/Wednesday programs
      - Celinda: Should be become a programming committee?
      - Erin: Trends are good because we want to know what they are. Maybe have part be added to the monthly agenda?
  - Group 3 (Shelby, Carole, and Lori)
    - Is there an academic correlation between alcohol and drugs with academics?
    - Create collaborative programs (ie: during Weeks Of Welcome or During finals)
    - We should make recommendations
    - Discussion:
      - Robert: Asking Spartan Shops to look at what can they provide instead of alcohol
      - Carlos: Spartan shops sells the alcohol at the football games
  - Group 4 (Sarika and Carlos)
    - Membership should include more faculty and someone from the international office
    - Goal of committee should go beyond prevention and there should be a need for statistics
    - Maybe looking at past work this committee has done to see if they are still applicable
    - We should be bringing an educational perspective and awareness for campus
    - We should conduct outreach to be more proactive and understand peer influences

- Try to research to find what the drivers for international students are when it comes to alcohol and drugs.
- Create a social norming campaign.
- Discussion:
  - Carlos: International students are an underserved population. We can bring local store owners and good idea with bringing in service provider.
  - Carole: Shared an idea about providing alternative transportation.
  - Carlos: Most services we do have been for the students; example at other campus, they have a “beer bus” to bring students back after drinking.
- Membership
  - Discussion:
    - Jacqueline: Asked if it was relevant to Title IX and how we might be able to get data about alcohol and drugs on this campus.
    - Roger: Repeated the idea of having guests vs active members. Also the idea of inviting privatized housing to the table.
    - Carlos: Shared when it comes to privatized housing, it is a wait and see approach.
    - Heather: Said no way she will be adjudicating any cases from privatized housing.
  - Celinda thanked everyone for their ideas and feedback. Will allow everyone to give their opinion once we finished it on google doc.

#### IV. Announcements

- Did not have time to speak about this section

#### V. Reflections & Thoughts

- Did not have time to speak about this section

#### VI. Next Meeting Date: March 15, 2018

## Alcohol and Drug Abuse Prevention Committee Meeting

Thursday, November 30, 2017

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- Welcome and Introductions
- Acknowledgements
- Goals and Vision
  - Goals
  - Visions
  - Purpose
- Updates
  - Wellness & Health Promotion
  - Health Services
  - University Housing Services
  - Student Involvement
  - Intercollegiate Athletics
  - Human Resources
  - Student Conduct & Ethical Development
  - Counseling and Psychological Services
  - Spartan Shops
  - Associated Students
  - COUGH
  - Peer Health Education
  - Faculty
- Topic of Discussion
- Announcements
- Reflections & Thoughts
- Meeting dates in Spring Semester

**SJSU Alcohol and Drug Abuse Prevention Committee**  
**Meeting Minutes**  
**Nov 30, 2017**  
**Student Wellness Center Room 122A**  
**12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Robert Rinck (COUGH); Theodore Tsau; Roger Elrod; Celinda Miranda; Jacquelyn Duysen; Lori Salazar; Jason Amezcua; Chelby Gill; Chris Cutler; Nicole Dubus; Camille Francisco

**I. Welcome and Introductions**

- Teddy and Celinda announced that they are the new co-chairs for ADAP and thanked members for their patience during this transition.

**II. Acknowledgements**

- Celinda thanked Liz for her contributions in the last three years as ADAP chair and Anna for providing support to the committee. Teddy and Celinda provided Liz and Anna with a small token of appreciation for their service to date.

**III. Goals and Vision**

- Goals
- Visions
- Purpose
- Celinda provided a brief overview of the committee goals and guidelines as outlined in the Academic Senate policy where ADAP is considered a special agency. The committee will continue to build upon the foundation laid by Liz. Liz provided a brief historical context for ADAP and shared with members about the responsibilities carried out in the past. These included interventions arising from ADAP discussions to proposals submitted to senior leadership on a range of topics such as smoke free policy; EDM concerts to drinking at tailgate.
- Teddy informed members that the committee will continue to move towards a collaborative view about self-care and well-being; looking at students' wellbeing from a holistic view and creating a safe environment. Hence everyone's viewpoints and expertise are needed as one may not know everything in one's function area. Information sharing from departments is valued so that members can help develop strategies and coordinate prevention efforts.
- Celinda informed members that the committee has not been charged with any specific directives, but as the two new co-chairs, they are hoping to be able to bring forth this framework defined by these newly created goals, visions and purpose they are introducing to the group, so that discussions can revolve around these guidelines.
- Teddy will also share data from Healthy Campus 2020 when available as well as nationwide best practices.

**IV. Department Updates**

- Liz from Wellness & Health Promotion reported that anecdotal evidence shows an increase in heavy drinking among first year students. Liz further reported that several sanctions classes have been cancelled this semester. Although sanctioned students have the option of making an appointment to

meet with Liz, Liz recommends alcohol workshops as post sanction class survey results showed that students from sanction classes are more likely to adopt positive behavioral strategies due to the in depth discussions that occur in a group setting.

- Liz requested members to enter their input about triggers they have observed in their respective areas related to heavy drinking on a spreadsheet that is in the Google Drive ADAP Folder. Liz will make available the ADAP folder to those who do not have access. Members briefly discussed how alternative alcohol programming (Thurs-Sun) on campus can help reduce drinking behavior but also acknowledged that turnout for programs planned by individual departments may not be as well attended since there may be other competing programs.
  - Some members also observed that SAMMY app is mostly utilized by frosh since it was promoted broadly during orientation. Members also discussed how a variety of factors can influence drinking behavior. These include behaviors from high school; living arrangements; peer pressure; etc.
- Jason from Housing shared that Res Life has many new staff members on board. They are looking into a comprehensive approach to create a safe, engaging and welcoming campus experience for housing residents and how they can help residents utilize all expertise on campus. There has been an increase in the number of housing students this semester. Jason informed members that marijuana is illegal for students under 21 years old and many of the housing students are under 21 years old. Illegal marijuana usage in Housing continues to be monitored closely by administrative staff as they are aware of an increased use. He also announced Housing dorms have the ability to digitally advertise whatever programming information others would like to share. Contact him for further discussion and details needed.
  - Lori from Student Involvement reported that New Member Experience; workshops about responsible hosting and being a positive bystander among the Greek community were conducted. Educating first year and transfer students remains a priority. A hot topic is the dangers of mixing alcohol with drugs. Cocaine misuse is being monitored closely. The number of transports this semester has declined. Chris shared that there are still instances of people passed out drunk in a corner at parties and often it depends on the peers that the person is with and whether their peers are also participating in a drinking culture. A campus response emergency app, RAVE Guardian allows the campus community to get help from UPD or submit anonymous text messages quickly.
  - Jacquelyn from Athletics reported that the football season was relatively quiet and did not see any disturbing trends in transports or incidents. She also shared with members that this is the first year that alcohol was served at football games. It could be a contributing factor as students are not trying to consume as much alcohol as possible before entering the games.
  - Teddy from the Office of Student Conduct and Ethical Development shared that his office has encountered a number of alcohol related incidents involving freshman. The number of second time offenders remain low. However the complexity of second time offence cases is a concern.
  - Celinda from Counseling and Psychological Services informed members that Stephanie Preston, CAPS counselor who used to be a committee member has stepped down as a member. Celinda shared with members Spring 2017 data from CAPS survey administered. She noted that anxiety, depression, sadness remain the top concerns of students. Only 3-3.5% indicated alcohol or drugs. Celinda further noted that students may turn to substance abuse as a coping mechanism and that underreporting is common in data reports.
  - Chelby from Associate Students informed members that the AS board is currently restructuring to increase opportunities for students to be engaged with campus. She shared that AS will continue to educate students especially frosh living in dorms about campus policies, etc. AS also tries to meet

students' anxiety around tailgate. For instance, students enjoyed the ROOTED Festival as there were many vendors and students did not feel compelled to visit all booths.

- Robert from COUGH informed members that he is Health Science faculty member and that he oversees Health Science 104 which is involved in a variety of community outreach events. For instance, his students participated in Treat Yourself Week from Nov 13-16 on a variety of health topics ranging from nutrition to Great American SmokeFree Day. He informed members that his students are currently involved in cigarette butt clean-up and that the hot spots are CVB quad, MLK and SU. Last semester, about 2400 cigarette butts were collected. Robert will share this semester's number when available.
- Roger from Student Health Center informed members that he is looking into how a brief intervention assessment can be integrated into the providers' consultation with their patients to find out if alcohol maybe an underlying cause of their visit. However progress has been slow due to campus wide compliance projects that the Student Health Center has undertaken. Roger also informed members that the National College Health Assessment Survey (NCHA) will be administered in the Spring 2018. The Student Health Center will be launching it several weeks before Spring break. Students selected for the survey will be entered into a drawing for great prizes. The campus is also planning to administer a campus climate survey in the Spring as well.

#### V. Announcements

- CYAN workshop on tobacco free campus on 12/7. Contact Liz for further details if interested.
- Although the Spring semester may not completely underway at this time, Celinda announced the week of January 22nd thru January 28th is the 2018 National Drug and Alcohol Facts Week which exists to counteract myths about drugs and alcohol. For more information please look up <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

#### VI. Meeting Dates in Spring Semester

- Celinda and Teddy will confirm meeting dates for Spring 2018.
- If there are topics to be addressed, please send them to Celinda/Teddy to be included in meeting agenda.