

2016-2017 Year-End Committee Report Form

Committee: Alcohol and Drug Abuse Prevention Committee

Chair:

Liz Romero, MPH, MCHES

Chair-Elect for 2017-2018:

Liz Romero, MPH, MCHES

408-924-6203

Number of Meeting held:

8

Liz.Romero@sjsu.edu

(Please include phone/zip/email if available)

Items of Business Completed 2016/2017

1. **Reviewed results from business completed during the 2015-2016 Academic Year.** Amendments to the *Recommendations on How to Enforce the Tobacco-Free Policy at SJSU* report were submitted to VPSA so it may reflect our most current data.

2. **The ADAP committee has identified the campus' need to strengthen its prevention and education efforts in the areas of illicit drug use, marijuana use, and prescription drug use/misuse.** As a result, different departments have begun discussing a plan for how best to collaborate with one another to deliver peer-led programming, staff-led programming, social marketing strategies, etc.

Unfinished Business Items from 2016/2017

1. Funding from the CSU/Aware Awake Alive partnership was awarded to SJSU to be used for education and prevention surrounding Alcohol Poisoning. The ADAP committee created an application process that would allow students to request funds from this pool of money to help support alternative and/or educational programming. Due to a lack of interest from the student body, these funds will now be used to purchase educational materials for the following academic year.

New Business Items for 2017/2018

1. Review results from business completed during the 2016-2017 Academic Year

2. Review most recent data from the National College Health Assessment and Everfi to help identify alcohol and drug trends on campus.

Please return to the Office of the Academic Senate (ADM 176/0024) by May 31, 2017.

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

9.29.16

- **Welcome and Introductions**

- **Recap AY 15-16**
 - Updates on ADAP Reports
 - Tailgate Updates Fall 2016 Season
 - Tailgate Takeover
 - Medical Tents
 - Marketing efforts
 - Video
 - Posters
 - Email from the President

- **Review Mission of ADAP**

- **Open Discussion**
 - Open Seats
 - Direction of ADAP
 - Length of Meeting
 - Time of Meeting

- **Announcements**
 - AlcoholEdu Review

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

10.28.16

- **Welcome and Introductions**

- **Department Updates (Trends)**
 - Student Conduct and Ethical Development
 - Counseling and Psychological Services
 - Student Health Center
 - University Police Department
 - Wellness and Health Promotion
 - Associated Students
 - University Housing
 - Athletics
 - Student Involvement

- **COUGH Updates**

- **NCHA Data**

- **Alcohol Edu**

- **Campus Resources**
 - Contemplating Change Group
 - Appointments with the Health Educator
 - RADD
 - PHE Presentations
 - Alcohol Edu

- **Aware Awake Alive Funding**

- **Announcements**

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

11.17.16

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- **Welcome and Introductions**

- **Webinar Discussion**
Campus Policies to Create a Culture of Values and Accountability

- **Department Updates**
 - Student Conduct and Ethical Development
 - Counseling and Psychological Services
 - Student Health Center
 - University Police Department
 - Wellness and Health Promotion
 - Associated Students
 - University Housing
 - Athletics
 - Student Involvement

- **COUGH Updates**

- **Aware Awake Alive Funding Ideas**

- **Announcements**

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

1.26.17

- **Welcome and Introductions**

- **Department Updates**
 - Student Conduct and Ethical Development
 - Counseling and Psychological Services
 - Student Health Center
 - University Police Department
 - Wellness and Health Promotion
 - Associated Students
 - University Housing
 - Athletics
 - Student Involvement

- **COUGH Updates**

- **Student Programming Award**
 - Review Application
 - Available Funds: \$5,250

- **Announcements**

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

2.23.17

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- **Welcome and Introductions**

- **Department Updates**

- **Student Programming Award** (Available Funds: \$5,250)
 - Review Application
 - Other Ideas
 - CPR Trainings
 - Meetings with Greek Leaders
 - Spring Break Programming
 - What else?

- **COUGH Updates**

- **Announcements**

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

3.23.17

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- **Welcome and Introductions**
- **Department Updates**
- **Student Programming Award**
- **Illicit Drug Use Prevention Brainstorm**
- **COUGH Updates**
- **Announcements**

Alcohol and Drug Abuse Prevention Committee Meeting

Meeting Agenda

4. 27. 17

- **Welcome and Introductions**

- **Department Updates**

- **COUGH Updates**

- CSU Tobacco Policy

Each campus president is asked to comply with the systemwide policy to create a smoke and tobacco-free campus, and to create a task force to lead the implementation of the new policy. Campus task forces will be responsible for developing an implementation plan, and ensuring all activities associated with implementation are carried out. Furthermore, a member of each campus task force will serve on the systemwide Smoke and Tobacco Free Policy Task Force to ensure all campuses are adequately moving forward with the implementation of this policy.

- **Funding**

- Breakfast Event
- Graduation Posters
- Brainstorm

- **ADAP Chair**

- **Announcements**

**SJSU Alcohol and Drug Abuse Prevention Committee
Meeting Minutes
September 29, 2016
Student Wellness Center Room 122A
12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Lisa Mackean (COUGH); Robert Rinck (COUGH); Stephanie Preston; Theodore Tsau; Carlos Garcia; Laurie Morgan; Roger Elrod; Joan Wilson; Julie Wong

I. Welcome and Introductions

- Welcome all

II. Recap AY 15-16

Updates on ADAP Reports

- COUGH and Risking Drinking Behavior reports were submitted. Anna will send reports to members and Liz will provide updates from President's Office when she receive them.
- In regards to Risky Drinking Behavior, some measures were already implemented to reduce high risk drinking for Fall 2016 football season.

Tailgate Updates Fall 2016 Season

Tailgate Takeover

- Carlos reported that there were 3 transports in the first game as well as the second game. It was noted that the first game which was held early in the semester and during dry rush week did not see an unusually high number of incidents.
- For the second game (SJSU vs Utah); Carlos reported that students belonging to a fraternity displayed aggression towards officers.
- Carlos informed members that there will be strict enforcement by UPD at future games to mitigate risky behavior.
- Carlos also reported that he reached out to local agencies such as CHP and other CSUs to provide additional support at games in preparation for unanticipated incidents. Typically more officers are deployed for homecoming games. Carlos anticipates a huge turnout for SJSU vs Hawaii homecoming game.
- Liz will seek further clarification regarding duration of tailgate. Homecoming kick-off is at 1:35pm. Carlos reported that gates will open around 8:30am and fans will start showing up around 10am. He recommends shortening current tailgate hours to 3 hours instead.
- Carlos informed members that all game tickets are linked to student ID and game is completely dry.
- Carlos advised members to report to UPD immediately regarding instances of unprofessionalism by contracted security.

Medical Tents

- In addition to the 2 ambulances on standby, medical assistance has been expanded to include 2 medical tents at tailgate area.

Marketing Efforts

- Video & Posters-Tailgate videos on safe drinking were created and posted at LCDs at SHC, Housing and MLK. Posters were also created.

Email from the President

- Email from the President was sent.

III. Review Mission of ADAP

- Members reviewed the mission statement of ADAP and suggested that words like “ optimum health”; “ healthy choice making” be included.

Open Seats

- There are a few open seats on the committee. Liz will meet with AVP and reach out to those filling open seats.

Direction of ADAP

- Suggestions for future meetings include reports by various departments on trends (data and/or anecdotal) noted in their areas, inviting speakers to provide training; discussion on hot topics as a collective group; providing a comprehensive response to alcohol concerns on campus; not just focusing on tailgate; additional support for programming from SHC can be requested.

Length/Time of Meeting

- Members did not encounter barriers attending meetings on Thurs at 12pm.

IV. Announcements

AlcoholEdu Review

- Liz will send members a demo link for AlcoholEdu and request for feedback since the contract will be expiring soon.

Others

- Stephanie informed members that addictive behavior group session is every Thursday from 3:15pm-4:15pm
- COUGH informed members that there will be a cigarette butt clean up on 11/17 and had noted an increase of butts in Fall 15 compared to past Spring.
- COUGH requested for tobacco issues to be included in future ADAP agenda.

**SJSU Alcohol and Drug Abuse Prevention Committee
Meeting Minutes
October 28, 2016
Student Wellness Center Room 122A
12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Lisa Mackean (COUGH); Robert Rinck (COUGH); Stephanie Preston; Theodore Tsau; Carlos Garcia; Roger Elrod; Natalya Balal; Julie Wong; Jenny Whyte; Steven Olsen; Matt Miller; Bianca Thompson

I. Welcome and Introductions

- Welcome new members.

II. Department Updates (Trends)

- Student Conduct & Ethical Development
 - OSCED reported about 20+ incidences for various alcohol violations and 20+ incidences for drug use. These cases include incidents in Housing/Athletics.
- Counseling and Psychological Services
 - CAPS shared data from 2014-Fall'16. Alcohol was cited to be one of the top 3 concerns for students who visit CAPS. There is a slight dip in the percentage of alcohol data for Fall 16 (4.3%) compared to 2015 (5.3%) and 2014 (5.8%). If possible, CAPS to share available data on ADAP folder. It would be interesting to compare NCHA data to CAPS data also.
- Student Health Center
 - SHC reported that anecdotally SHC providers did not see a spike in the number of alcohol and/or drug related visits. Providers have a 10 minute intervention window with the patient before diagnosis and treatment to learn more about factors contributing to the visit.
- University Police Department
 - UPD reported that UPD did not see a spike in alcohol and marijuana violations either. Ecstasy cases are not as prevalent as before.
 - UPD also reported that in the recent homecoming game, there was stricter enforcement by UPD at the tailgate: 3 arrests were made; ejected a yellow truck selling cases of beer; confiscated many bottles, all of which helped to curb risking drinking behavior. They also noted that the earlier start time for the game contributed to a reduction in transports. Compared to previous years, there was an improvement. UPD continues to work with Athletics and get student buy-in to change the tailgate culture.
 - UPD also reported that concerts have not been much of an issue lately ever since reputable promoters were selected to work with campus.
- Athletics
 - Athletics reported that they are looking into ways such as DJ to provide a fun but safe environment as students have noted a mellower climate at tailgate
- Wellness & Health Promotion
 - Liz reported that she is seeing fewer one-one consults compared to previous years. She is getting more referrals than self-referrals.
- Associated Students

10.28.16

- AS student representative wanted to know if there are plans to liven up tailgate area such as selling wristbands or allowing alcohol purchase for those above 21 as students have noted a more toned down environment at recent tailgate.
- Student Involvement
 - Student Involvement observed that because of the increased enforcement at tailgate, some students have stayed back at their fraternity houses.
- COUGH Updates
 - COUGH is having a cigarette butt clean up on 11/10 and 11/17. COUGH will provide clean up supplies such as gloves and picks. 11/17 is also Great American SmokeFree Day. COUGH would like to partner with PHE to have a presence on campus. Volunteers are needed for Butt Clean-Up. COUGH to send a recruitment flyer to ADAP to send to members.
- NCHA Data
 - Liz shared alcohol NCHA Spring 2016 undergraduate data with members. Complete data is available for download on www.sjsu.edu/wellness
- AlcoholEdu
 - 9 votes in favor for AlcoholEdu. It is noted that AlcoholEdu and Haven should be administered together. ADAP will make recommendation to Division of Student Affairs to continue with AlcoholEdu.
 - Liz shared an article from a journal that looks at the benefits of behavioral change via Alcohol 101, an online program supplemented by email boosts.
- Campus Resources
 - Contemplating Change group (students who wish to quit addictive habits) every Thurs from 3:14-4:45pm
 - Appointments with Health Educator- Liz offers free one-one consults on Alcohol, marijuana and other drugs. Students can make appointments to see Liz at SHC appointment desk
 - RADD- RADD card posted on <http://www.sjsu.edu/wellness/docs/RADD.pdf>
List of restaurants that partner with RADD is on the card. Liz is trying to get more restaurants on board with the program. Suggestion to reach out to San Pedro Square restaurants was offered.
RADD recently partnered with Uber to offer free rides from restaurants
 - PHE presentations: Peer led presentations for Party Classy and Tailgate are available upon request through WHP.
 - AlcoholEdu
- Aware Awake Alive Funding
 - Liz shared that ADAP will receive \$5,000 from AAA for alcohol education and outreach. The grant does not have many restrictions. Members to come up with ideas for grant at the next meeting
- Announcements:
 - Next meeting: 11/17
 - AA will send out ADAP meeting dates for the rest of the calendar year.

**SJSU Alcohol and Drug Abuse Prevention Committee
Meeting Minutes
November 17, 2016
Student Wellness Center Room 122A
12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Robert Rinck (COUGH); Stephanie Preston; Theodore Tsau; Carlos Garcia; Natalya Balal; Julie Wong; Jenny Whyte; Steven Olsen; Matt Miller; Natina Gurley

I. Welcome and Introductions

II. Webinar Discussion

- Campus Policies to Create a Culture of Values and Accountability
Members shared some highlights from the EverFi webinar on Campus Policies to Create a Culture of values and accountability. Anna can send link to members if interested.
- Liz shared that in spite of the trend to bring back alcohol sales by some schools, the ban on alcohol sales at SJSU continues and is CSU wide. It was also noted in the webinar that when policies are enforced, violations involving complex cases will be reduced.
- It was also noted in the webinar that assessment and treatment is an effective strategy for behavioral change

III. Department Updates

Student Conduct & Ethical Development

- OSCED reported that they have not seen any spikes in cases, currently there are about 30 cases for both alcohol and drugs

Counseling and Psychological Services

- CAPS also reported that there has not been any spikes in the number of alcohol/drug visits.

University Police Department

- Tailgate enforcement in recent games has been manageable. UPD did not encounter any major issues.

Athletics

- Athletics also reported that they did not encounter any major tailgate issues.

Wellness & Health Promotion

- WHP reported that there has been a reduction in the number of sanctioned students and did not see as many tailgate related violations, unlike in previous years. There were no spikes in alcohol/drug related clinical appointments

11.17.16

Associated Students

- AS welcomes suggestions on how to make the tailgate environment lively but safe.

Student Involvement

- Student Involvement reported that student orgs must register their parties and rules for the hosts are enforced. Violations will result in social probations.
- Liz shared that PHE has a presentation “So You Think You can Throw a Party” which educates students on how to be responsible hosts.

Human Resource

- Suggestion to include a Title IX representative on the committee was raised.

COUGH Updates

- COUGH is tabling for Great American Smoke Free event. They will compare cigarette butt data over the years and are working closely with the rest of the CSU on enforcement issues.

- Aware Awake Alive Funding

- Ideas include partnering with Housing on Thursday Night Live Programs; dry events for different games such as basketball; alternative programs during high drinking celebratory seasons such as St Patrick’s Day; Super Bowl Sunday; creating customized videos

- Announcements:

- No meeting in December

**SJSU Alcohol and Drug Abuse Prevention Committee
Meeting Minutes
January 26, 2017
Student Wellness Center Room 122A
12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Robert Rinck (COUGH); Stephanie Preston; Theodore Tsau; Carlos Garcia; Steven Olsen; Matt Miller; Natina Gurley; Roger Elrod; Daisy Ramirez; Erin Woodhead

I. Welcome and Introductions

II. Department Updates

Student Conduct & Ethical Development

- No new updates

Counseling and Psychological Services

- No new updates

University Police Department

- No new updates

Approached by student groups regarding hosting on campus EDM concerts. Suggestions include inviting a representative from SU programming board on the committee; using a portion of ticket sales to support prevention and education efforts.

Athletics

Student Health Center

- No new updates. SHC providers are looking into a consistent practice to follow up with students whose condition or injury might have been related to alcohol.

Wellness & Health Promotion

- No new updates. There will be 7 alcohol sanctioned workshops this semester. Peer led workshops available this semester are: Party Classy and So You Think You can Throw a Party.

Associated Students

University Housing

- No new updates

Student Involvement

III. COUGH Updates

- COUGH is recruiting for new members as previous students have graduated.
- Earth Day is 4/20/17. COUGH will be partnering with PHE.

IV. Student Programming Award

- Aware Awake Alive Funding
- Carlson's story from Aware Awake Alive is being integrated into Alcohol workshops, posters have been used in outreach efforts. PHE is currently looking into customizing the poster for the campus.
\$5,500 received from Chancellor's Office for academic year 2016-2017. \$250 has been used with a balance of \$5,250 remaining.
- Members reviewed draft application and made suggestions for edits.
- Depending on the number of applications received, it was suggested that a subcommittee can help speed up the review process. Natina. Volunteers for subcommittee are Natina, Daisy and Erin.
- Liz will email finalized application to members

V. Announcements:

- Next Meeting: 2/23/17

**SJSU Alcohol and Drug Abuse Prevention Committee
Meeting Minutes
February 23, 2017
Student Wellness Center Room 122A
12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Robert Rinck (COUGH); Stephanie Preston; Theodore Tsau; Jen; Natina Gurley; Daisy Ramirez; Erin Woodhead; Alex Richards; Alex Froelich; Heather Akins; Diana Ogbevire

I. Welcome and Introductions

II. Department Updates

- WHP will continue with alcohol sanctions class, will be adding Friday class

III. Student Programming Award (Available Funds: \$5,250)

Review Application

- 1 application received. Did not fully meet criteria of award. Liz will meet with applicant to discuss possible revisions.
- Members agreed to the funding being rolled over. Application form will be updated and sent to ADAP. Student Involvement will send to presidents of student organizations.
- Suggestion for funding award to be refunded as an action taken should awardees violate funding regulations
- Other ideas for using fund include: CPR Training; Meetings with Greek Leaders; Spring Break Programming (i.e. incentives for houses).
- PHE curriculum include Alcohol 101 catered to the general population; You think You can throw a Party catered to Presidents of student organizations, Spring Break and Tailgate
- Psychology faculty can help facilitate some of the Greek meetings
- Other ideas are swag for programs during high peak drinking season (i.e. members will ask their student groups for swag ideas); testing out programmatic initiatives from AlcoholEdu data (i.e. movie nights); posters for social norming (NCHA 2014 data used in Grad Campaign posters).

IV. Announcements:

- COUGH holding a cigarette butt clean up on Earth Day 4/20; Robert will share survey results next time
- AS 55 nominations are currently available
- Jasmine Mans Spoken Word event on 3/2 @ SU by CCCAC
- Bio Feedback starting 2nd week of March (Wed 10am-1pm; 12-4pm)
- Spartalooza March 16th, 10am-2pm @ SU ballroom

**SJSU Alcohol and Drug Abuse Prevention Committee
Meeting Minutes
April 27, 2017
Student Wellness Center Room 122A
12:00 – 1:30 PM**

Present: Anna Ang, Liz Romero, Robert Rinck (COUGH); Stephanie Preston; Theodore Tsau; Daisy Ramirez; Erin Woodhead; Roger Elrod; Alex Froelich; Heather Akin, Natina Gurley, Darian Grisso (COUGH)

I. Welcome and Introductions

II. Department Updates

- CAPS reported that Contemplating Change class is over for the semester.
- Housing reported that there has been a few alcohol related transports recently.
- Faculty Affairs is looking at impact of substance abuse on mental health issues; use of substance to cope with mental health issues.
- Student Involvement reported that they are having conversations with students about alcohol misuse and have included national chapters as well.
- WHP reported that attendance at alcohol sanctions workshop continues to be low. Liz is having one-one consultations with students. PHE recruitment is underway. PHE curriculum will be revised to include more content on drugs/ adderall misuse for the fall semester.
- PHE will have a table outreach on adderall misuse in 5/10
- COUGH reported that cigarette butt clean-up and outreach event on 4/20/17 went well. The bus stop is a hot spot for cigarettes butts. More signs should be placed there. 2,300 butts were picked up compared to 3,400 last semester. COUGH is surveying on Smoke FREE Policy.

III. COUGH Updates

- Liz shared that CSU has a tobacco policy that will go into effect, by Sept 1, 2017. Liz will share with members via ADAP folder
- ADAP to also be smoke free task committee. More clarifications needed regarding CSU level enforcement policy.

III. Funding

- Breakfast event- Table it for another year
- Graduation Posters-Members to take hard copies of the posters and put them up in their areas.
- Brainstorm
 - Look into what other campuses have done
 - Purchase koozie for Tailgate. Include standard drinks, tips of alcohol poisoning, etc. Other ideas include stress balls; magnets; non-graduation related posters (i.e. AAA website has sample posters); card holders for back of phone, or items for high risk drinking season like Halloween, December graduation
 - Compensation for outside guest speakers
 - Collaborate with animation class students or media student group to create an animation video.
 - Provide incentives to students for sharing their stories

IV. ADAP Chair

- Liz is looking for a new ADAP chair.
- Natina is interested in being a co-chair.

V. Announcements

- Take Back the Night on 4/27
- COUGH recruiting students for new semester
- CAPS showing Inside Out on 5/2 in CAPS room on 3rd floor