California State University
Sixth Biennial Alcohol Policies, Other Substances & Prevention Programs Report

CSU Board of Trustees
Item 1 - Committee on Educational Policy
July 23, 2013
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Alcohol Policies and Prevention Programs Overview

• Policy Goals
• Alcohol and Other Substance Campus Strategies
• Grant Resources
• CSU Alcohol & Other Drug Annual Education Conference
• Measurable Outcomes
• Collaboration with Community and State Agencies
• Next Steps
Policy Goals

• Prevention strategies (inform and change behavior)
• Proactive practices (deter high-risk drinking)
• Policy enforcement/collaboration (campus/local law enforcement)
• Collaboration with community agencies (Town-Gown Coalitions)
• Increase student involvement (enhance peer education)
• Best practices, data collection, assessment and analysis
• Recognize excellence in campus leadership (student, staff, community collaboration and innovation)
Alcohol and Other Substance Campus Strategies

• Campus Strategies
  • Online training and assessment tools
  • Peer-to-peer outreach and education
  • Utilizing nationally normed survey instruments for year-to-year and baseline data comparisons
  • Engaging in campus-community prevention partnerships
  • Campus-based research projects resulting in grant funding
Alcohol and Other Substance Campus Strategies

• Alcohol Initiatives
  • Increased programming during days and times associated with collegiate alcohol consumption (e.g. Spring Break, holidays, finals week, etc.)
  • On- and off-campus alcohol-free alternative activities

• Prescription Drug initiatives
  • Increase in the number of campuses prohibiting prescription of stimulants (e.g. Adderall or Ritalin) and placing limits on prescriptions for other substances.
Alcohol and Other Substance Campus Strategies

• Tobacco Initiatives
  • Increase in the number of campuses developing smoke-free and designated area policies
  • Student Health Centers offering smoking cessation and alcohol and other substances education programs
Grant Resources

• More than $1,000,000 received from 2011-2013:
  • Coalition for Safer California’s Universities - University of California, Irvine/U.S. Department of Education
  • American Recovery & Reinvestment Act Stimulus Grant, National Institutes of Health
  • State of California Office of Traffic Safety

• Grants supported training, participation in national studies, education, safe-ride programs, research, and on/off-campus programming.
CSU Alcohol & Other Drug Education Annual Conference

• The CSU began hosting a statewide annual conference addressing alcohol and other drugs in 2002

2012 Hosted by Fresno State

2013 Hosted by CSU Chico

2014 Hosted by CSU Channel Islands
Measurable Outcomes

• Assessment Results and Trends (varies by institutions)
  • Increased knowledge about the effects of alcohol, blood alcohol concentration levels and DUI laws
  • Reduction in drinking and driving and incidents of DUls
  • Increase in protective strategies among legal drinkers (e.g. counting drinks, designated driver, avoiding drinking games, etc.)
  • Reduction of higher risk drinking/binge drinking
  • Reduction in alcohol-related harm
  • Fewer than 1% of current drinkers reported daily use
  • Decrease in drinking when students stay and live on campus

References: National Collegiate Health Assessment (NCHA), Alcohol.EDU, Safer California University Study, & American College Health Association (ACHA) National College Health Assessment II (NCHA II).
Collaboration with Community and State Agencies

- Coalitions with M.A.D.D, local hospitals and community colleges
- Increased cooperation with ABC and law enforcement agencies on major “traditional events” involving alcohol
- Collaboration between campus and local community on state incentive grants (SIGs)
- Participation with Governor’s Prevention Advisory Council (GPAC)
Next Steps

• Continue to expand assessment activities
• Continue to enhance alcohol, tobacco and other drugs education, prevention and enforcement programs
• Collaborate with statewide law enforcement, state agencies and community organizations to enhance training and education programs