



CENTRAL CONNECTICUT STATE UNIVERSITY

CONNECTICUT STATE UNIVERSITY SYSTEM

Office of the President

**Central Connecticut State University's
Drug Free Schools Act
2021 Biennial Report**

**To: The United States Department of Education
Office of Postsecondary Education**

From: Zulma R. Toro, President

Date: May 16, 2022

This report was prepared on behalf of the CCSU Presidential Advisory Council on Alcohol, Tobacco and Other Drugs for President Zulma R. Toro

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I. Introduction to Central Connecticut State University

Central Connecticut State University (CCSU) was founded in 1849 as the New Britain Normal School and is Connecticut's oldest publicly supported institution of higher education. Located at 1615 Stanley Street, New Britain, Connecticut, CCSU is a fully accredited four-year university with an enrollment of approximately 7325 full time students and 3325 part time students. CCSU is primarily a dry campus; two floors of a residence hall allow alcohol for those of legal age. The President of Central Connecticut State University is Dr. Zulma R. Toro.

II. A Description of the Alcohol, Tobacco and other Drug Prevention Program at CCSU by Jonathan A. Pohl, Ph.D.

Description of the Alcohol, Tobacco and other Drug Prevention Program at CCSU by Jonathan A. Pohl, Ph.D., Wellness Education Coordinator responsible for overseeing the Alcohol, Tobacco and other Drugs (ATOD) Prevention Program for students at Central Connecticut State University. Dr. John Day Tully, Interim Vice President of Student Affairs was supervising Student Wellness Services (SWS), Wellness Education. The following is a brief description of the 2019-2021 ATOD program on campus.

- a. **Presidential Advisory Council on Alcohol, Tobacco and other Drugs.** Central Connecticut State University has a Task Force entitled "The Presidential Advisory Council on Alcohol, Tobacco and other Drugs," dedicated to monitoring ATOD policies, practices and programs on campus. The Council serves the University by coordinating efforts to reduce the impact of ATOD on the community and contributes to creating optimal conditions for student academic success and personal development. The Council meets six times during the academic year and sub-committees are formed to conduct ATOD project assignments. Members are appointed by President Zulma R. Toro. The Facilitator is Dr. Jonathan Pohl, Wellness Education Coordinator; other members include: Dr. John Daly, Interim Vice President for Student Affairs; Stephanie Reis, Director of the Office of Student Rights and Responsibilities; Marisol Melendez Cruz, Associate Director of Student Wellness Services - Health; Sergeant Gerald Erwin and Sgt Densil Samuda, CCSU Police Department; Anna Suski-Lenczewski, Chief Human Resources Officer; Molly McCarthy, Assistant Director of Compliance for Athletics; Jean Alicandro, Director of Residence Life; Dr. Reginald Holt, Assistant Professor, Counselor Education & Family Therapy; Chelsy Cardillo, Wellness Programs Assistant.

The Advisory Council is specifically charged with:

- establishing a forum for collaboration, coordination and accountability among the various CCSU departments delivering programs and enforcing policies relevant to high risk use of ATOD;
- developing recommendations for implementing an effective, comprehensive and sustainable ATOD risk reduction strategy for the University;
- reviewing and recommending revisions as needed to all relevant University policies;
- initiating appropriate research to assess the effectiveness of programs as well as guide recommendations;
- preparing a biennial report for the President, with recommendations, which assess the effectiveness of programs in compliance with reporting requirements of the Drug Free Schools Act. The work of the Advisory Council has resulted in the following activities: e-CHUG for all incoming student, as we have done in past years, all incoming students are required to complete an alcohol awareness program and a sexual violence prevention program.

- II. Since 2015, the e-CHUG (alcohol education program) and the SVPP (Sexual Violence Prevention Program) from ECheckUpToGo have been utilized. All incoming students are sent a letter from the Vice President for Student Affairs before the Fall and Spring semesters. First year students, transfer students and international students are sent a letter inviting them to take e-CHUG and SVPP. Their respective guardians/parents also receive a letter inviting them to become "partners in prevention" with CCSU. Students are reminded of the anonymity of the program as they are encouraged to complete the surveys. All students are given resources available to them on campus. In the 2019-2021 academic years, approximately 50% of students coming into the University completed e-CHUG. We are unable to mandate the on-line training. A copy of the e-CHUG/SVPP letters sent to incoming students and their parents may be found in the appendix. e-CHUG and e-TOKE On-line self-assessment resources are available to students and include ways of decreasing or eliminating drinking/smoking. The e-CHUG (Electronic Check-Up and Go) is an interactive web survey that allows University students to enter information about their drinking patterns and

receive feedback about their use of alcohol. The assessment takes about 20 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator. If a student is concerned with the results of e-CHUG, the student can set up an appointment with one of our counselors to discuss the concerns. The electronic THC Online Knowledge Experience (e-TOKE) is a brief marijuana-specific assessment and feedback tool designed to reduce cannabis use among college students. The assessment takes 20 minutes to complete and requires a Javascript enabled browser. It is also self-guided and requires no face-to-face contact time with a counselor or administrator. If a student is concerned with the results of e-TOKE, the student can set up an appointment with one of our counselors to discuss the concerns. The on-line programs, e-CHUG and e-TOKE are used in the following two ways: voluntarily by students who may or may not be in counseling and can be accessed from the website or as mandated by the Office of Student Rights and Responsibilities for students who violate the alcohol policy or cannabis policy on campus as a part of the BASICS program (for more information, see BASICS below).

- III. Peer Education The Office of Wellness Education currently is hiring 2 peer educators through the CHCI Opioid and Stimulant Education and Awareness mini-grant. The peer educators will work toward raising awareness of the use of opioids and stimulants, benefits of not using them, and hopefully reducing the use of stimulants & opioids on and off campus. The peer educators were trained in opioids and stimulants and ways to promote avoidance of use.
- IV. Curriculum Infusion – First Year Experience (FYE) classes Jonathan A. Pohl, Ph.D., Coordinator of Wellness Education, Chelsy Cardillo, Wellness Programs Assistant work with First Year Experience faculty to bring alcohol prevention into the classroom. The “Programs on the Go” (curriculum infusion) efforts offer Choices about Alcohol (a brief alcohol prevention program), and Stress Management to first year experience students. Over the 2 years, 108 students have received drug and alcohol education and 160 students have received stress management through the “Programs on the Go” presentations. Brief Alcohol Screening for College Students (BASICS) is also available on campus. Jonathan A. Pohl, Ph.D., Coordinator of Wellness Education, and a trained Graduate Intern conduct the BASICS program. This program consists of two individual sessions, offering students the opportunity to review current alcohol use, explore alternatives to drinking, and learn about low risk drinking strategies. Most referrals to BASICS have come through the Office of Student Rights and Responsibilities and Residence Life, typically these are students who have violated the alcohol policy on campus for a second time or have been sent to the emergency room as a result of a high-risk drinking incident. Students may be referred from SWS Health or SWS Counseling. During the academic years 2019-2021, 11 students took BASICS. A brochure describing the BASICS program may be found in the appendix.
- V. Choices The Choices program uses an interactive journal in a group format to provide a psycho educational program on alcohol or cannabis. The 90-minute group covers the physical/psychological effects of alcohol or cannabis, low risk behaviors, and ways of managing negative effects of alcohol or cannabis. In Choices for alcohol, students learn about the physical and psychological effects, the laws pertaining to underage drinking and DUI, BAC levels, signs of alcohol poisoning, fake ID is a felony, and tolerance. In Choices for cannabis, students learn about the laws pertaining to cannabis, the physical and psychological effects of cannabis, and recent research in the negative impact of cannabis.
- VI. Red Watchband Training The Red Watchband Program was created at Stony Brook University <http://www.stonybrook.edu/sb/redwatchband/> after the tragic loss of a first year student to alcohol poisoning. The program involves University students being trained in CPR and toxic drinking to provide the education needed to intervene during an alcohol crisis. Students learn the physical/psychological effects of alcohol, high risk behaviors, BAC levels, signs of alcohol poisoning, tolerance and ways of coping with a dangerous situation at a party. Upon completion of the program, students are given a red watch to wear at University functions, a symbol recognizing the student as having the capacity to assist others who are in trouble with alcohol. Due to the pandemic, we were unable to train students in this bystander intervention technique during the 2019-2021 academic years.
- VII. Card 21 Student Wellness Services, Office of Wellness Education works with the student volunteers with the program Card 21 and have those over the age of 21 purchase alcohol at local liquor stores. Local liquor establishments are encouraged to card (request proof of age) from anyone who appears to be under the age of 25. The students observe the treatment of others and report back on whether or not they are "carded." If the establishment cards, a letter of gratitude is sent for keeping alcohol out of the hands of underage students. If the establishment does not card, a letter of encouragement is sent to card those who appear to be under 25. Student Wellness Services plans to hold an event in Fall of 2023, as the pandemic interfered with the capacity to have volunteers buy alcohol.
- VIII. Alcohol Awareness Fair The Alcohol Awareness fair is a collaborative effort on the part of the CCSU Student Wellness Services, peer educators, Counseling and Student Development, Health Services, CCSU Police Department, RECentral, and a number of CCSU clubs and organizations, presenting on the barrier alcohol use creates towards

academic goals. At the fairs, for academic year 2019-2020, the fair was cancelled due to the Covid-19 pandemic and for academic year 2020-2021, the fair was online and there were 91 participants. The fair has been moved to the Fall due to inclement weather often in the spring.

- IX. Smoking Cessation in Wellness Education – Wellness Education did not have any formal smoking cessation group. If a student was considering quitting nicotine use, Dr. Pohl met with them individually. Post grant, students had to pay for their own nicotine replacement. We had 2 students achieve a nicotine free lifestyle. Individuals who continued to use nicotine were encouraged to do so in the smoking huts.
- X. Prevention Programming at Orientation and Opening Weekend Student Wellness Services provides information to parents of incoming freshmen/transfer students during the Summer Orientation. Due to the pandemic, orientation was changed to an online format. Orientation was restructured which decreased Wellness Education’s involvement in orientation.
- XI. Connecticut Healthy Campus Initiative The Coordinator of Wellness Education is a member of the Connecticut Healthy Campus Initiative (CHCI) organized via the Connecticut Clearinghouse. The vision of the statewide initiative is to foster a campus community that reduces occurrences of high-risk alcohol use, other drug use and the related consequences of high-risk behavior among college students on Connecticut campuses. In 2008, a Key Leadership Award was presented to then CCSU President Miller, who signed a commitment to support the Connecticut Statewide Healthy Campus Initiative, and to work to promote consistent, coordinated health promotion and substance abuse prevention efforts on our University campus (appendix). This Official Statement was also signed by the Commissioners of Mental Health and Addiction Services; Higher Education, and then Governor M. Jodi Rell. Currently, CCSU remains active in the initiative. Further information on the Statewide Healthy Campus Initiative and the strategic action plan may be found at www.preventionworksct.org/ (appendix).
- XII. Town & Gown Coalition Central Connecticut State University has a vested interest in addressing the problems associated with off campus parties in the surrounding neighborhood. In September 2007, then CCSU President Miller and Mayor Timothy Stewart of New Britain established a formal community task force. It is known as the “The Town Gown Coalition”. The Coalition is currently Co-Chaired by Interim Vice President Dr. Tully and Mayor Erin Stewart of New Britain. This coalition addresses problems of underage drinking, works to reduce the incidence of problem house parties, and drinking and driving in the local Belvedere area surrounding the college. Members of the Coalition include: President Dr. Zulma R. Toro, CCSU Police Chief; Jean Alicandro, Director of Residence Life; Anna Suski-Lenczewski, Chief Human Resources Officer; James Wardwell, Chief of New Britain Police; Kenneth Cook, Elmer’s (owner local college bar), and neighbors.
- XIII. Connecticut Healthy Campus Initiative Opioid Education and Awareness mini-grant provided funding for the university to increase safety measures to include 8 locations with Public Access Naloxone (PAN) units placed near the Automated External Defibrillators in buildings throughout campus. The PAN units are located in areas with heavy foot traffic, adding to Naloxone being available at health services, the athletic training room and in the CCSU PD vehicles.
- The grant allowed us to train 17 staff from Student Wellness Services and Athletic Training in the use of Naloxone. We created a time capsule for the Summer of 2020 for the university. The time capsule focused on the Covid-19 pandemic and the social justice movement. We took this opportunity to also present on the rise in Opioid use as well as Opioid overdose.
- Through the grant, we held a number of events:
1. Remembrance quilt for those who died while trying to cope with a chemical dependency. 11 participants
 2. Raising Awareness of how to help someone misusing prescription medications at a basketball double-header. 96 participants
 3. Online Opioid Quiz through Instagram with questions to raise awareness and knowledge about opioids. 87 participants
 4. Collaboration with Student Activities and Leadership Development to raise awareness at the event. 40 participants.
 5. Opioid Awareness at the alcohol awareness fair. Helping students understand the connection between alcohol and opioids. 91 participants

III. Department of Counseling and Student Development –

by Dr. Michael Russo, Director of Counseling and Student Development

The Student Wellness Center (SWC) is comprised of the Department of Counseling and Student Development Services (CSD), the Department of Health Services, and the Office of Wellness Education. The CSD department provides mental health counseling and other services designed to support students' academic success by assisting them in resolving interpersonal, behavioral, emotional, and other personal challenges. Many students who seek mental health services through the department present with co-morbid substance use. Counseling Center services are provided by a highly skilled and compassionate team of seven (7) licensed counselors who are invested in student success. Services are available in both English and Spanish. Services provided include:

- Individual, family, couples, and group counseling
- Referrals to community providers for specialty, long term, or more intensive services
- Case management
- Crisis intervention and risk assessment
- Consultation to CCSU faculty and staff regarding students they are concerned about
- Training to faculty and students on a variety of mental health related issues

All services/programs are provided at no cost to enrolled students. A Student Wellness Center brochure is found in the appendix.

IV. Description of the Employee Assistance Program

by Anna Suski-Lenczewski, Chief Human Resources Officer

Central Connecticut State University provides an employee assistance program for all full-time employees, as well as part-time faculty, at no cost to the employee or their family member(s). Administered by The Lexington Group, Inc., the Employee Assistance Program (EAP) provides professional, confidential assistance for employees and their families who are experiencing personal problems that may be affecting them in the workplace. The EAP's objective is to reduce problems in the workforce and to retain valued employees. EAP clinicians are experienced professionals with backgrounds in psychology, substance abuse, and social work.

EAP services are available 24 hours a day, seven days a week to assist employees with such issues as marital and family dilemmas, emotional difficulties, alcohol and drug abuse, addictive disorders, and financial, legal, or career problems. In addition to face-to-face counseling, individuals may also elect the option of online counseling if they so choose. Online counseling is available to employees and their household family members by video, phone, and messaging. This service helps provide more options for quality and convenient care to fit a variety of lifestyles. However, there are three areas The Lexington Group, Inc. has determined will better benefit from in-person counseling. These exceptions to on-line counseling are substance abuse, issues in the workplace, and suicidal ideation.

Services include initial evaluation and assessment, treatment planning, counseling, outside referral if indicated, coordination with the employee's health care plan, family consultation, and follow-up. The EAP clinician makes every effort to refer employees to qualified professionals or specialists who are approved for coverage by the employee's health insurance carrier. By law, information shared by employees with the EAP clinician cannot be disclosed to another person without the employee's written consent.

New employees receive information about the EAP in their information packets and at New Employee Orientation. All employees receive an EAP Newsletter from The Lexington Group via e-mail on a quarterly basis, which are also added to the Human Resources website for continual availability to employees. Employees may contact the EAP 24/7 by calling 1-800-676-HELP (4357). A copy of the EAP brochure may be found in the appendix.

Human Resources provided the following workshops/programs for faculty and staff that help reduce stress, offer healthy lifestyle tips and improve morale:

- **New Employee Orientation** was held on 12/12/2017, 11/01/2018, 4/04/2019, and 11/6/2019. The Drug Free Workplace Policy, and the Employee Assistance Program (EAP) are discussed. On campus health and wellness offerings such as on campus fitness programs and fitness center locations are mentioned as well.
- **New Classified Employee Sign-In Sessions** – during the new Classified Employee Sign-In Sessions, the Employee Assistance Program (EAP) which is a free and confidential service for employees and their household dependents is reviewed. They are given a program brochure which describes the personal and/or work-related services EAP assists with and a business card.
- **Open Enrollment Fair** was held on 5/08/2018 and 5/17/19. During the fair employees are given the opportunity to gain further information and make changes regarding their health benefits, long-term care and discuss financial matters concerning deferred compensation.
- **Service Awards and Retirement Recognition Ceremony** was held on 5/9/2018 and 5/8/2019. Service awards are presented to faculty and staff who have achieved 20, 30, or 40 years of continuous, full-time at CCSU. Faculty and staff who retired during or at the conclusion of the academic year are recognized. During the program a Performance Excellence Award for Support Staff is presented to a classified support staff member to recognize his/her outstanding service/work performance.
- In conjunction with The Connecticut State Colleges and Universities in partnership with Department of Administrative Services, Human Resources offers In-Service Training courses to employees, some of which focus on reducing stress and living a healthier lifestyle. Some of these courses are as follows:
 - All About Emotional Intelligence
 - Balancing Time, Priorities and Productivity
 - Be Your Own Coach, Cheerleader, and Career Change Agent
 - Communication Skills a Must!
 - Customer Service with a Focus on the Taxpayer
 - Dump the Drama! Managing Workplace Emotions
 - Feeling Great at Work
- How Can I Control Stress in My Life
- How to (Positively Deal with Workplace Problems!
- “Know Thyself”
- Managing the Stress of Being a Manager
- Mastering Emotional Intelligence
- Using Humor to Reduce Stress in the Workplace

- Working Towards a Stress-Free Life: Exploring Exciting Ways of Balancing Life and Work

The CCSU Work-Life Balance Committee, a sub-committee of the Committee on the Concerns of Women (CCW), is focused on providing leadership in facilitating the integration of work and study with family/personal life at Central Connecticut State University. Their mission supports the broader goals of creating a healthy and productive environment for men and women throughout their lives while contributing to the well-being of future generations. Over the past decade, academic institutions have increasingly begun to focus attention on the importance of work/family issues for students, faculty, and staff, generating rapid growth in the number and variety of campus programs designed to address work/family needs. Our focus is to encourage the University to develop strategies for all members of the campus community to better balance their Work-Life arenas. We believe it is necessary and important to work with individuals from various organizations and groups on campus in order to achieve this important endeavor. We believe that it is our responsibility to assist faculty, staff, and students in creating the best work-life balance possible. To this end, we have created various resources to aid in this goal. A Human Resources representative devotes ten percent of his/her workload to managing Work-Life balance resources. This representative serves on CCW's Work-Life Balance Subcommittee, providing support and guidance for campus work-life balance initiatives. With the financial support of CCW and Human Resources, CCSU is an institutional member of the College and University Work Family Association (CUWFA) which maintains an active website and listserv and holds an annual national conference each year. The association provides advice and support for Work-Life initiatives at institutions of higher learning. CCW has established a website (www.ccsu.edu/wlb) that serves as a centralized location for information, services, and programs, on or related to, work-life balance issues.

The Work Life Balance Subcommittee is currently advocating for comprehensive child care on campus. The center would serve as an academic resource for students and faculty on campus who are researching the effects of early childhood education and to provide a vital resource for CCSU and New Britain parents seeking comprehensive child care. To access the student's current needs of child care, a new Child Care Survey was sent out to all students to take. The survey information will also be used as supportive documentation for the Child Care Access Means Parents in School (CCAMPIS) Program grant. The funds for the grant are to be used to support or establish campus-based child care programs.

In progress, is a plan to get CCSU recognized as a Breastfeeding-Friendly Campus by the Connecticut Breastfeeding Coalition (CBC). The university already has several lactation rooms throughout the campus and would like this designation to add to its already supportive environment for breastfeeding students, employees, and visitors of the campus that wish to breastfeed or express breast milk.

Beginning during the Fall of 2019 a federal funded grant was received for evening child care for the next four years. Qualifying students will have access to free or very low-cost evening childcare at the Early Learning Program (ELP). This licensed and NAEYC accredited off campus program provides nursery and preschool programs for children ages 3-5 years old and after school and evening child care for children ages 3-14 years old.

In the Fall of 2020 near East Hall at CCSU, there are plans for a drop-off child care center to be opened. The drop-in care center would provide intermittent care for toddlers and pre-k aged children. The center would service students and faculty who need emergency or intermittent care so that they can attend class, meetings, or study/research groups as well as cultural events on campus. It is with great hope that the center will provide comprehensive child care (infants, toddler and pre-k education) for CCSU faculty, staff, and students and serve as a lab school for the School of Education and Professional Studies.

The CCW contributed funding to the CCSU Women's Center for the annual Take Our Daughters and Sons to Work program conducted on April 26, 2018 and April 25, 2019. The program strives to expose children to future job possibilities and the value of education in a fun-filled educational manner.

V. Description of disciplinary sanctions for employees

By Anna Suski-Lenczewski, Chief Human Resources Officer

In accordance with the Drug Free Workplace Act, employees must notify the Chief Human Resources Officer within five (5) days of any drug conviction for violation of a state or federal drug statute if the violation occurs in the workplace. A conviction means a finding of guilty, including a plea of nolo contendere, or the imposition of a sentence by a judge or jury in any federal or state court. Within ten (10) days of receiving notice that a CCSU employee funded under a federal grant or contract has been convicted for a violation of a state or federal drug statute occurring in the workplace, the Chief Human Resources Officer must notify the appropriate federal granting or contracting agency.

Employees who have substance abuse problems are encouraged to contact the Lexington Group, CCSU's employee assistance provider, or a rehabilitation program of their choosing. Disciplinary action may be required, even when an employee agrees to seek treatment. In that case, sanctions for violation of this policy include, but are not limited to, the following:

1. Written warning or reprimand
2. Suspension without pay
3. Demotion
4. Dismissal

Disciplinary action will be taken in accordance with collective bargaining agreements, and principles of progressive discipline will be applied as appropriate.

VI. Description of disciplinary sanctions for students

By Stephanie Reis, Director of the Office of Student Rights and Responsibilities

The following behaviors represent types of acts that constitute violations of this Code and are excerpts from the Student Code of Conduct.

17. Use, possession, purchase, sale or distribution of alcoholic beverages, except as expressly permitted by law and CSCU regulations. Alcoholic beverages may not, under any circumstances, be used by, possessed by, or distributed to any person under twenty-one (21) years of age.
18. Use, possession, purchase, sale, distribution or manufacturing of narcotics, controlled substances and/or drugs, including, but not limited to, marijuana and heroin, or drug paraphernalia, except as expressly permitted by law.

DISCIPLINARY SANCTIONS

Sanctions which may be imposed for violations of the Student Code are listed below. In determining appropriate sanctions, the Hearing Body may take into consideration any and all prior violations of the Code for which the Accused Student was determined to be responsible. The Hearing Body shall have the authority to defer the imposition of any sanction when deemed appropriate.

- a. **Warning:** A disciplinary warning is a written notice to a Student advising him or her that specific behavior or activity constitutes a violation of the Code and that the repetition of such behavior will likely result in the commencement of more serious disciplinary action by the University.
- b. **Fine:** A sanction involving the imposition of a specified dollar amount due and payable by a specified date.
- c. **Probation:** Disciplinary probation is a designated period of time during which a Student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges within University Community. Disciplinary probation may involve the imposition of certain restrictions and/or conditions upon the Student including, but not limited to, financial restitution, community service, fines, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, and ineligibility to participate in University activities or events. Periodic contact with a designated member of the University Community or non-college professional may be required. If the Student fully complies with the terms and conditions imposed in connection with the disciplinary probation, full student privileges will be restored to the student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A Student accused of violation of probation will be given due notice of the alleged violation and the procedures set forth in this Code shall be followed.
- d. **Loss of Privileges:** Denial of specified privileges for a designated period.
- e. **Restitution:** Compensation for loss, damage to real or personal property. This may take the form of appropriate service and/or monetary or material replacement.
- f. **Discretionary Sanctions:** Work assignments, essays, service to the University, or other related discretionary assignments, referral for professional services such as counseling, participation in educational programs, parental notification under limited circumstances, and ineligibility to participate in University activities or events. Periodic contact with a designated member of the University Community or non-college professional may be required.
- g. **Residence Hall Warning:** A written notice to a Student advising him or her that specific behavior or activity constitutes a violation of the Code and that the repetition of such behavior will likely result in the commencement of more serious disciplinary action by the University.
- h. **Residence Hall Probation:** Residence hall probation is a designated period during which an Accused Student is given the opportunity to modify unacceptable behavior and/or to complete specific assignments in an effort to regain full student privileges within the residence hall in which the Student resides. Residence hall probation may include restrictions and/or conditions on the exercise of residence hall activities and privileges. Periodic contact with a designated member of the residence hall staff or professional may be required. If the Accused Student fully complies with the terms and conditions imposed in connection with the residence hall probation, full residence hall privileges will be restored to the Student upon termination of the probationary period. Failure to comply with the terms and conditions of the probation constitutes prohibited conduct that is separate from and in addition to the conduct for which the probation was imposed. A Student accused of violation of probation will be given due notice and the procedures set forth in this Code shall be followed.
- i. **Residence Hall Separation:** Separation of the Student from the residence halls for a definite period of time, after which the Student is eligible to return. Conditions for readmission may be specified.
- j. **Residence Hall Expulsion:** Permanent separation of the Student from the residence halls.

k. Suspension: Suspension is temporary disciplinary separation from all universities among CSCU and the denial of all student privileges. Suspension shall be effective on the date that notice of the suspension is provided to the Accused Student, or later, if so stated in the notice, and shall prescribe the date and conditions upon which the Student may petition for readmission to the University. A Student separated from all universities within CSCU by suspension may under the terms of the suspension be excluded from the premises of all CSCU premises when in the judgment of the suspending authority, the Student's continued presence would constitute a danger to persons or property or a threat to the academic process. Notwithstanding the foregoing, the suspending authority of the suspended Student's home University or his or her designee may authorize a suspended student who has been excluded from all University premises to enter the premises of the student's home University for designated purposes.

l. Expulsion: Expulsion is permanent disciplinary separation from all universities within CSCU and the denial of all student privileges. Expulsion shall be effective on the date that notice of expulsion is provided to the Accused Student, or later, if so stated in the notice. A student separated from all universities of CSCU by expulsion may under the terms of the expulsion be excluded from all premises when in the judgment of the expelling authority the Student's presence would constitute a danger to persons or property or a threat to the academic process.

For Office of Student Conduct Clery statistics and alcohol and drug violations, please see appendix.

Beginning in Fall 2019, students found responsible for the alcohol and drug violations of the Student Code of Conduct are assigned a Judicial Educator module, which is flash technology that educate students who are involved in the campus disciplinary process. Randomly generated automatic testing is built into each module and students must earn a 70% or higher in order to pass the test. The modules assigned are specific to alcohol, drugs, and personal decision making. If a student is found in violation for the 2nd time, the student is required to attend CHOICES through the Office of Wellness Education.

VII. Department of Intercollegiate Athletics – Drug Education and Screening Policy by Michael Ansarra & Molly McCarthy

CONNECTICUT STATE COLLEGES and UNIVERSITIES DRUG EDUCATION and SCREENING POLICY and PROGRAM FOR STUDENT-ATHLETES The Connecticut State Colleges and Universities (CSCU) is committed to providing and maintaining an environment that will enhance the growth and well-being of all students participating in intercollegiate athletic programs. Student-athletes occupy a special position in the University community and are subject to demands not made upon most other students, i.e., they must maintain a high degree of physical fitness and alertness to perform to their peak athletic potential; they must conform to the highest standards of ethical behavior because of their visibility as representatives of the University; they must be prepared to be regarded as role models not only by their peers, but also by unknown others. Because contemporary American society is presently in the grip of a complex scourge of abuse and misuse of drugs and alcohol, and because student-athletes are representative of the society at-large, the CSCU deems it essential that student-athletes not only exist in a drug-free environment but also learn responsible behavior regarding alcohol use. Towards these ends, the CSCU proposes:

- To acquaint student-athletes with the hazards of using alcohol and performance enhancing and so-called "street" or "illicit" drugs;
 - To discourage, through educational programs, the misuse or abuse of legal substances and the use of illegal substances;
 - To identify through a drug testing program, individuals who misuse or abuse legal substances or use illegal substances;
 - To assist identified misusers and/or abusers, through education and treatment, to live a productive life, free of substance abuse problems; and
 - To comply with applicable testing requirements of the National Collegiate Athletic Association ("NCAA").
- A. EDUCATIONAL PROGRAMS It is the intention of the CSCU that all students (including athletes, athletic training students and managers) will participate in an education program designed to acquaint them with the risks and hazards associated with the use of alcohol and street and performance enhancing drugs.

The education program will identify community and university resources available to assist student athletes should they experience problems of drug and/or alcohol abuse, and to begin to provide them with the tools necessary to live a life free from the problems associated with drug and/or alcohol abuse. Attendance at and participation in these educational programs will be a condition of continuing as a member of a university athletic team. Additionally, Athletic Department personnel, including, but not limited to, all full and part-time coaches, administrators, and athletic training staff, will participate in an education program designed to identify the signs of drug or alcohol dependency among student-athletes and to explain the procedures through which student-athletes may be referred to appropriate personnel for evaluation, and if necessary, treatment.

The Athletics Department has had several speakers visit campus in the past few years to talk about alcohol, drugs and risky behaviors: Elaine Pasqua, Chris Herren, Mike Green. Approximately 300 student athletes attended these presentations.

B. DRUG TESTING PROGRAMS The CSCU's program of drug testing for student-athletes is designed to enhance and safeguard their overall health and well-being by determining, through random testing and through testing based upon individualized reasonable suspicion, those individuals who need assistance because of a possible reliance on addictive substances. The drugs and supplements for which testing may be conducted include, but are not limited to:

- "Street drugs," including amphetamines, ecstasy (MDMA), barbiturates, benzodiazepines, cannabinoids (marijuana), cocaine, methaqualone, opiates, and phencyclidine (PCP);
- "Performance enhancing drugs" including anabolic steroids, including oxymetholone, methandrostenolone, oxandrolone, ethylstrenol, stanozolol, and nandrolone; and
- Nutritional supplements, including androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, ephedrine and other supplements banned by NCAA. Although these supplements may be purchased legally, they are banned by the NCAA and other athletic governing bodies.

The CSCU Drug Education and Screening Policy and Program is a university program, which is separate and distinct from the NCAA testing program. All student athletes are subject to testing by the University and/or the NCAA.

1. Procedures for Drug-Testing the University's drug-testing program is composed of three different testing regimes for student athletes: a random testing program, "probable cause" drug-testing; and testing of student athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA. Under the random testing program, a random list of student-athletes' names will be generated on a regular basis. These student-athletes will be contacted by the University's Drug Testing Administrator and will be required to be present at the drug-testing site at the prescribed time. A student-athlete is considered to be subject to random drug testing at any time of the calendar year if he or she is currently on an official roster of an NCAA intercollegiate athletic team. The second testing regime is the "probable cause" drug-testing program. Drug-testing, in this situation, is performed after the identification of possible drug-users through what is known as "probable cause" or an individualized reasonable suspicion, based upon the observation of certain symptoms, that an individual is using either "street drugs" or "performance enhancing drugs." No "probable cause" test will be carried out unless there is a reasonable suspicion that a student-athlete is using such drugs.
2. The determination of "probable cause" may be made by:
 - a) a physician who identifies specific signs or symptoms during the course of a routine or special physical examination; or
 - b) a coach or athletic trainer who identifies symptoms in a student participant which indicate possible drug use. If the identification of symptoms is made by a physician, then testing (as described below) may take place immediately. If the identification of symptoms is made by a coach or athletic trainer, then the student-athlete will be referred to appropriate personnel immediately for possible testing. Any testing procedure for probable drug use will be done immediately following the determination by a physician that a reasonable suspicion exists that the student athlete is using either "street" or "performance-enhancing" drugs. The student-athlete must be informed of the reasons for such testing procedures prior to being tested. The third testing regimen involves the testing of all student-athletes prior to their participation in a Championship event or bowl contest where drug testing will likely be performed by the NCAA. Positive test results from this testing will be handled in the same fashion as with all other tests. The testing procedure

will involve the collection of specimens of urine from the student-athlete. This collection procedure will be observed by the University's contracted drug-testing provider. 2. Drug Screening Protocol

- A qualified testing laboratory will be utilized and a proper and effective chain of custody of collection specimens will be observed.

- Protocol: The following procedures will be adhered to as part of the chain of custody involving the collection of urine samples for testing:

Step 1: The student-athlete will proceed to the testing site where a log number will be assigned to him or her. All testing and subsequent communication will refer to the log number in order to ensure security and protect confidentiality. The student-athlete will sign the custody log verifying the number assigned and list any prescription or non-prescription medicines currently being taken by him or her and/or any pertinent medical history;

Step 2: The student-athlete will list his or her age, the log number assigned to him or her, and the date upon which the sample is being provided on the test requisition form;

Step 3: The student-athlete will select a urine specimen collection bottle;

Step 4: The student-athlete will provide a urine specimen under direct supervision of a member of the laboratory's screening staff;

Step 5: The specimen collected from the student-athlete will be split into two samples "A" and "B" at the time of collection;

Step 6: The student-athlete will be provided a security tape and will seal the bottles, write his or her log number on the security tapes sealing the bottles, and place the specimen bottles in the courier case;

Step 7: The testing laboratory will test specimen "A" from the student-athlete, using an immunoassay technique. If by immunoassay a student-athletes' urine specimen is found to contain any of the drugs mentioned above or other street drugs or performance-enhancing substances, a second confirmatory test will be performed by gas chromatography/mass spectrophotometry. If this second test is positive, specimen "B" will be retained for possible later evaluation.

Additional Information • Screening results will be reported by the testing laboratory to the Drug Testing Administrator (the University employee charged with implementing drug-testing procedures) within twenty-four to twenty-eight (24-28) hours of the obtaining of test results.

- The Drug Testing Administrator will immediately report the results to the Athletics Director.

- The Athletics Director will immediately inform the Head Coach of the test results.

- The student-athlete will also be notified of test results by the Athletics Director. If no notification is provided within seven (7) days, the student may assume the test results were negative.

C. SANCTIONS FOR SUBSTANCE ABUSE The primary purpose of the CSCU's substance abuse program is educational rather than punitive and the program is designed to assist student-athletes in their desire to remain drug-free. For this purpose, students who so require it will be referred to the Coordinator of Wellness Education or his/her designee. However, in order for the program to serve as a deterrent to the continued use of either "street drugs" or "performance-enhancing drugs," a system of sanctions must be developed for those student-athletes who test positively for the prescribed drugs and/or persist in the use of banned substances. These sanctions should not be viewed as retribution against the drug user but as a means of aiding the user to become free of the harmful effects of drugs.

1. Pre-Sanction-Appeal Upon the first positive test, or any subsequent positive test, or a student-athlete indicating the presence of any of the listed street drugs or others in the student-athlete's system at the time of testing, the student-athlete will have a period of five (5) days in which to appeal the test result. This appeal consists of a request that specimen "B", collected at the time of testing and forwarded to the testing laboratory, be tested by the laboratory at the expense of the University. If the second test is negative, no action will be taken by the University. The occurrence of a negative test following an appeal will not eliminate the student-participant from any further testing based upon the random or "probable cause" procedure described above. All student athletes, irrespective of initial test results, may be subject to further selection for subsequent testing.

2. Sanctions - "Street" Drugs a. First Positive Test - Tier I Upon the first positive test of a student-athlete indicating the presence of any of the listed or other street drugs in the student-athlete's system at the time of testing, the Drug Testing Administrator will notify the Athletics Director and the student-athlete's head coach. The student-athlete whose urine is found to contain the presence of any of the listed or other street drugs will meet with the Drug Testing Administrator to review the test results. Unless the student-athlete appeals the results of the test, the student-athlete will participate in an education and treatment program and will not be allowed to participate in practice or competition

for a period of fourteen (14) days. The student-athlete will be retested up to a maximum of three (3) times within ninety (90) days from the date of the first positive test. If the result of any retest proves to be positive with respect to the proscribed substance identified in a prior test the student-athlete will enter Tier II automatically. In addition, if a student athlete's urine is found to contain proscribed substances in two (2) separate tests at any time during the course of his/her matriculation, he/she will enter Tier II. Retests shall be scheduled by the Athletics Director in consultation with the University's contracted drug testing laboratory and the University's Drug Testing Administrator to assure that all traces of the proscribed substances identified in the prior test have passed through the student-athlete's system, as determined by established laboratory standards. All test results will remain confidential in Tier I. If, at any time during this ninety (90) day period, the student-athlete refuses evaluation or treatment by appropriate personnel in the University's SWS Counseling, sanctions equivalent to those in Tier II will be levied. A student-athlete who tests positively for proscribed substances will be withheld from competition or participation in athletics.

b. Second Positive Test - Tier II
A student-athlete whose urine: (a) is found to contain proscribed substances in any of the retests, as set forth in the previous section; or (b) is found to contain a proscribed substance in two (2) separate tests during the course of his/her matriculation at the CSCU, shall enter Tier II. A student-athlete who tests positively for "street drugs" for a second time during his or her career at the University will be barred from practice and competition or participation in athletics for a period of thirty (30) days. Following a second positive test, the same procedures to be followed subsequent to a first positive test will be followed and the student-athlete must again be seen by appropriate personnel for education and treatment. Refusal to participate in this procedure will result in the application of sanctions applied for a third positive test (see, Tier III below).

c. Third Positive Test - Tier III
Any student-athlete who tests positively for "street drugs" upon a third occasion at any time during his or her career at the University will lose his or her grant-in-aid, if any, and will be permanently barred from practice and competition in his or her sport or any other athletic event sponsored by the University (including intramural competition). Continued medical treatment for the drug-abuse problem will be offered to the former student-athlete during the time he or she remains as a student at the CSCU. Prior to the application of these final sanctions following a third positive test for "street drugs," the student-athlete shall have five (5) days within which to request a meeting with the Athletic Director for the purpose of establishing reasons why this sanction should not be applied. At any such meeting, the student-athlete shall have the right to bring a representative.

3. Sanctions - Performance Enhancing Drugs
Educational programs on "performance-enhancing drugs," including steroids, will be conducted periodically during the academic year. Initial testing based upon "probable cause" or an individualized reasonable suspicion of the use of "performance enhancing drugs" may be conducted as early as thirty (30) days following the initial education program. Student-athletes testing positively for steroid or other performance enhancing drugs at the time of these initial or any subsequent tests will be subject to the sanctions described below.

a. First Positive Test: Sanctions
A student-athlete who tests positively for the presence of anabolic or other steroids, or other "performance enhancing drugs," shall be barred from competing in university-sponsored athletic events (including intramural competition) for sixty (60) days. In addition to being barred from competition or participation in intercollegiate or intramural athletic events for 8 sixty (60) days, the student-athlete will be required to participate in an education and counseling program with the appropriate personnel.

b. Second Positive Test: Sanctions
A second positive test for steroids or other "performance-enhancing drugs" at any time during a student's athletic career at the University will result in sanctions equivalent to those applied for a third positive test for street drugs; i.e., the student will lose his or her athletic grant-in-aid, if any, and will be permanently barred from competition or participation in any University-sponsored athletic event.

D. SUPPORT SERVICES FOR SUBSTANCE ABUSE PROBLEMS
On-campus counseling for drug and alcohol problems is available. In addition, there are many off campus counseling agencies and self-help groups that offer confidential assistance if you or someone you know has a problem with drugs or alcohol. The campus Student Wellness Services - Health maintains a listing of such agencies and groups.

E. CONCLUSION
All student-athletes should remember that the intent and purpose of this substance abuse program is educational and preventative rather than punitive. It is designed to ensure that all student-athletes will remain drug-free and will continue to enjoy benefits of being student athletes at the CSCU. It is also intended to provide the assurance that student-athletes will continue to enjoy the mental and physical health and well-being which is such an important consequence of participation in intercollegiate athletics. More information regarding the procedures for Drug Testing, the Drug Screening Protocol and sanctions may be found by going to the Compliance section and clicking on CSU Drug Education Program – effective July 1, 2006, on the Athletic department website <http://www.ccsbluedevils.com/athletics/compliance/index>. Note, the CSU Drug Education Program policy is also contained in the student-athlete handbook which is distributed to all athletes.

Copies of the state and federal penalties for possession and distribution of controlled substances are available at The Student Wellness Services, the Human Resources Department, or the Public Safety Department. A copy of this document describing the legal sanctions for the unlawful possession or distribution of illicit Drugs and Alcohol may be found in the appendices. Description of federal penalties and state & local penalties can be found at the following websites: <http://www.nicd.us/drugclassifications.html> &

<http://www.cga.ct.gov>.

During the 2015-2017 academic years, students cited for underage drinking - letters were sent to parents/guardians of CCSU students. This letter is sent by the CCSU Police Chief and informs parents/guardians of the arrest, charges associated with the arrest, and resources for both the Office of Wellness Education and the Counseling and Wellness Center.

VIII. A Description of applicable legal sanctions under State and Federal law

Sec. 30-89. Purchasing liquor or making false statement to procure liquor by person forbidden to purchase prohibited. Possessing liquor by minor on public street or highway or other public or private location prohibited; exceptions. (a) Any person to whom the sale of alcoholic liquor is by law forbidden who purchases or attempts to purchase such liquor or who makes any false statement for the purpose of procuring such liquor shall be fined not less than two hundred or more than five hundred dollars.

(b) Any minor who possesses any alcoholic liquor (1) on any public street or highway, or (2) in any other public or private location, shall, for a first offense, have committed an infraction and for any subsequent offense, be fined not less than two hundred dollars or more than five hundred dollars.

Sec. 30-89a. Permitting minor to illegally possess liquor in dwelling unit or on private property or failing to halt such illegal possession. Penalty. (a) No person having possession of, or exercising dominion and control over, any dwelling unit or private property shall (1) knowingly, recklessly or with criminal negligence permit any minor to possess alcoholic liquor in violation of subsection (b) of section 30-89 in such dwelling unit or on such private property, or (2) knowing that any minor possesses alcoholic liquor in violation of subsection (b) of section 30-89 in such dwelling unit or on such private property, fail to make reasonable efforts to halt such possession. For the purposes of this subsection, "minor" means a person under twenty-one years of age.

(b) Any person who violates the provisions of subsection (a) of this section shall be guilty of a class A misdemeanor.

CONNECTICUT DRUG POSSESSION CRIMES

It is illegal for any person to possess or have under his control any narcotic, hallucinogenic, or other controlled substance. The penalty for personal drug possession in Connecticut depends on a number of different factors, including the amount and type of drug, where the criminal act takes place, the offender's age, and whether the criminal act was a first or repeat offense. The statutorily authorized sentences for drug possession range from up to one year imprisonment, a \$1,000 fine, or both for a first offense of possession of less than four ounces of marijuana to up to 25 years imprisonment, a \$250,000 fine, or both for three or more convictions for possession of narcotics. Penalties for all drug possession crimes are enhanced when they occur within 1,500 feet of a school or licensed day care center. Table 1 (see appendix) shows the drug possession crimes, the Connecticut General Statutes citation for each offense, and the authorized penalty.

CONNECTICUT DRUG SALE CRIMES

It is illegal for anyone to manufacture, distribute, sell, prescribe, dispense, compound, transport with intent to sell or dispense, possess with intent to sell or dispense, offer, give, or administer to another any controlled substance. The penalty for violating the law ranges from up to seven years for a first-time offense of selling any drug, other than a narcotic or hallucinogen, to life imprisonment for causing another person's death by selling heroin, cocaine, or methadone. Table 2 (see appendix) shows the drug sale crimes, the Connecticut General Statutes citation for each offense, and the authorized penalty.

Decriminalization of Cannabis The Office of Student Wellness Services - Wellness Education is using Programs on the Go for FYE (First year Experience) classes, and posters on campus to educate students that even though recreational cannabis is permitted for those over 21 by the state of Connecticut, cannabis is still prohibited on campus. Our state university receives Federal funding which could be jeopardized if we allow the use of THC on campus.

IX. Biennial Report Recommendations

1. The Division of Student Affairs funds the ATOD prevention efforts of Wellness Education. Additional funding will be needed for future years. We currently have 0.4 FTE in the Wellness Education Coordinator position to work on alcohol, tobacco and other drugs. We have a well-qualified graduate intern working 17.5 hours/week to help continue ATOD efforts.
2. The University continues to support Devil's Den@10pm as it offers underage students an alternative activity to drinking on Thursday nights. The University has also increased activities on the weekends to encourage students to remain on campus.
3. The Lexington Group, Inc., the employee assistance provider, continues to provide counseling support and wellness workshops that help prevent substance abuse.
4. Human Resources disseminates Drug Free Schools Act information at New Employee orientation. This orientation occurs four times a year and is mandatory for new employees.
5. Human Resources continues to offer wellness related workshops encouraging faculty and staff to maintain a healthy lifestyle thus preventing substance abuse.
6. President Toro will continue to distribute an annual email to students, faculty and staff, reiterating the University's policy on the use and abuse of drugs and alcohol, in accordance with the Federal Drug Free Schools Act and the Federal Drug Free Workplace Act.
7. The Town Gown Coalition continues to address community problems associated with underage drinking and house parties in the local area surrounding the University and specifically the party locations in the Belvedere neighborhood. The Town Gown Coalition is supported by President Toro, New Britain Mayor Erin Stewart, the Belvedere Neighborhood Association, local merchants, and landlords.
8. Student Wellness Services continues to provide counseling and referrals to student athletes who may test positive for drugs per NCAA policy.
9. The Presidential Advisory Council (PAC) on Alcohol Tobacco and other Drugs (ATOD) meets six times a year to review alcohol prevention programming and update information pertaining to the Drug Free Schools Act and to ensure that the requirements of the Act are upheld.
10. The Division of Student Affairs will continue with the implementation of alcohol education and sexual violence prevention programming for all incoming students, including first-year, transfer students and international students to provide the campus community with shared general knowledge. In Spring 2022, the university is initiating the use of ScreenU from HECAOD.
11. The Presidential Advisory Council on Alcohol, Tobacco and other Drugs makes recommendations to the University to reduce the risks associated with providing alcohol to students during events such as "Homecoming."

12. Wellness Education secured 2 grants from the Connecticut Healthy Campus Initiative for Opioid and Stimulant Education and Awareness. Our recommendation is to continue to make the CCSU community aware of the Public Access Naloxone, the signs of overdose, how to use the Naloxone, and the benefit of avoiding the misuse of prescription medications.

Appendices:

- A. Screen U Letter to incoming Students and to Parents
- B. Drug Possession Crimes
- C. Drug Sale Crimes
- D. Health & Counseling and Student Development handouts
- E. Employee Assistance Program – Lexington Group Brochure
- F. Connecticut Clearinghouse
- G. Wellness Education Brochure

Appendix A

January 17, 2022

Dear Student:

At Central Connecticut State University (CCSU), we strive to maintain a safe and healthy learning environment for our students. As part of our awareness program to reduce high-risk behaviors, we provide you and your peers with information about alcohol use. For this reason, we **require** all new students to complete a program on alcohol awareness by **February 25, 2022**. At CCSU, we use a program called **Screen U** (created by Higher Education Center for Alcohol and Other Drugs) for alcohol awareness. If you do not complete the online program by this date, you will be required to attend an online session. For students from Fall 2021, we were in the process of setting up contracts, so you are now being told about this program. Whether you drink or not, *Screen U* will provide you with helpful information so you can make well-informed decisions about alcohol, including how to help your peers when necessary. There is additional information on the back of this letter. The *Screen U* program includes survey questions. The surveys are individualized to your attitudes, behaviors, and knowledge, and provide a comparison with your peers. Your individual responses will be confidential. Be assured, the University will not receive information about your specific responses. The more honest you are, the more you will learn from the program. The overall results will be used to develop campus-wide programming.

Next Steps

You will need a computer with internet access and audio capabilities, using any major web browser released within the previous two years. **It takes approximately 30 minutes to complete Screen U.** The online course can be accessed **January 17, 2022**.

1. An e-mail will be sent to you at your campus e-mail address.

2. Complete the alcohol awareness program. When completed Dr. Jonathan Pohl will be notified only of the programs completion

After completing the program, you can print the results or take a screen shot for your records. The deadline for completing the course is **February 25, 2022**. If you have any difficulty logging in at home, please try a different web browser.

Questions

If you have any questions about the *Screen U* program, please contact Dr. Jonathan Pohl, Coordinator of Wellness Education in the Student Wellness Center at 860-832-1948. We look forward to seeing you on campus.

Very truly yours,

John Tully

John Tully, Ph.D. Interim Vice President for Student Affairs

When Drinking is Most Risky

Risky drinking styles

Shots, pre-gaming, tailgating, keg-stands, drinking games

Environment/activities

remote places, high places, playing sports, sledding, drinking around water

Social

Being around individuals who pressure you to drink

Being around individuals who are unable to be social without drinking

Heavy drinking events/celebrations

Physical Signs of Alcohol Poisoning

Call 911 if you see the following symptoms:

- ✓ Breathing less than 10 times per minute or irregular breathing (check every 2 minutes)
- ✓ Cold, clammy, pale, or bluish skin
- ✓ Cannot be awakened by pinching, prodding, poking, or shouting
- ✓ Vomiting without waking up

NEVER leave an intoxicated person alone!

Possession of Alcohol By a Minor

Prohibits possession of alcohol by minor on both public and private property, as well as in a motor vehicle.

Penalties First offense \$136 fine; **30-90 day suspension of motor vehicle license;**

High Risk pool for insurance; \$175 reinstatement fee

Fake/False Identification

Prohibits the misrepresentation of age or committing deception to obtain; identity card or using another's card.

Prohibits willfully misrepresenting age on an age statement.

Penalties – Fake ID = Felony

Up to 30 days in prison, and/or fine up to \$500.

Subject to a 150-day suspension of motor vehicle license. If not licensed, must wait additional 150 days after eligible for license.

January 12, 2022

Dear Parent:

At Central Connecticut State University (CCSU), we strive to maintain a safe and healthy learning environment for our students. As part of our awareness program to reduce high-risk behaviors, we want to provide your student with information about alcohol use. We understand many students do not drink alcohol but may attend events off campus where there is alcohol. For this reason, we **require** all new students to complete a program on alcohol awareness **by February 25, 2022**. Students required to complete this program would be *new incoming students, transfer students and international students*. At CCSU, we use a program called **Screen U** (created by Higher Education Center for Alcohol and Other Drugs) for alcohol awareness. If your student does not complete the online program by this date, your student will be required to attend an online session.

Your student's individual responses will be confidential. Be assured, the University will not receive information about any specific responses. The overall results will be in aggregate form and be used to develop campus-wide programming.

It will take your student approximately 30 minutes to complete Screen U. The online course can be accessed beginning **January 17, 2022**.

1. Your student will be sent an e-mail from Screen U providing access information.
2. When completed, Dr. Jonathan Pohl will be notified.

The deadline for completing the course is February 25, 2021.

We ask for your assistance in encouraging your daughter or son to complete this mandated training. If they have any difficulty logging in at home, please have them try a different web browser.

If you have any questions about the program, please email Dr. Jonathan Pohl, Coordinator of Wellness Education at pohlj@ccsu.edu or call him at 860-832-1948. We look forward to being a resource for your student.

Very truly yours,

John Tully

John Tully, Ph.D.

Interim Vice President for Student Affairs

Table 1: Drug Possession Crimes

<i>Offense Descriptions</i>	<i>Possession</i>
<p>Narcotics (i.e., heroin, cocaine, and crack)</p> <p>Cite: CGS § 21a-279(a)</p>	<p>First offense: up to 7-year jail term, up to a \$50,000 fine</p> <p>Second offense: up to 15-year jail term, up to a \$100,000 fine</p> <p>Subsequent offenses: up to 25-year jail term, up to a \$250,000 fine</p> <p>*Alternative sentence: up to 3-year indeterminate jail term with conditional release by correction commissioner</p>
<p>Dangerous hallucinogens or at least 4 oz. of marijuana</p> <p>Cite: CGS § 21a-279(b)</p>	<p>First offense: up to 5-year jail term, up to a \$2,000 fine</p> <p>Subsequent offenses: up to 10-year jail term, up to a \$5,000 fine</p> <p>*Alternative sentence: up to 3-year indeterminate jail term with conditional release by correction commissioner</p>
<p>Any other illegal drug or less than 4oz. of marijuana</p> <p>Cite: CGS § 21a-279(c)</p>	<p>First offense: up to 1-year jail term, up to a \$1,000 fine</p> <p>Subsequent offenses: up to 5-year jail term, up to a \$3,000 fine</p>
<p>Possession of illegal drugs within 1,500 feet of an elementary or secondary school or a licensed day care center</p> <p>Cite: CGS § 21a-279(d)</p>	<p>Mandatory 2-year jail sentence running consecutively to the jail term imposed for violating other drug possession laws.</p>

Appendix C

Table 2: Drug Sale Crimes

<i>Offense Descriptions</i>	<i>Authorized Penalties</i>
<p>Causing the death of a user by selling heroin, cocaine, or methadone</p> <p>Cite: CGS § 53a-54b(6)</p>	<p>Life imprisonment without possibility of early release or a death sentence if the jury finds that aggravating factors outweigh mitigating factors</p>
<p>Sale by a nonaddicted person of at least 1 oz. of heroin, cocaine, or methadone; 5 mg. of LSD; or .5 g. of crack</p> <p>Cite: CGS § 21a-278(a)</p>	<p>Mandatory minimum 5 to 20 years imprisonment with a possible maximum term of life imprisonment</p>
<p>Sale by a nonaddict of at least 1 kg. of marijuana or any amount of narcotics, amphetamines, or other hallucinogens</p> <p>Cite: CGS § 21a-278(b)</p>	<p>Minimum 5-year jail term with a possible maximum term of up to 20 years</p> <p>Subsequent Offenses: mandatory minimum 10-year jail term up to a 25-year maximum term</p>
<p>Sale by nonaddict adult of drugs to a minor at least two years younger</p> <p>Cite: CGS § 21a-278a(a)</p>	<p>Mandatory 2-year jail term running consecutively to jail term imposed for violating the underlying crime</p>
<p>Sale of illegal drugs within 1,500 feet of an elementary or secondary school, a licensed day care center, or a public housing project</p> <p>Cite: CGS § 21a-278a(b)</p>	<p>Mandatory 3-year jail term running consecutively to any jail term imposed for violating the underlying drug sale crime</p>
<p>Hiring a minor to sell illegal drugs in violation of the laws prohibiting illegal drug sales</p> <p>Cite: CGS § 21a-278a(c)</p>	<p>Mandatory 3-year jail term running consecutively to the underlying drug sale crime</p>
<p>Sale of any narcotics or hallucinogens other than marijuana</p> <p>Cite: CGS § 21a-277(a)</p>	<p>First offense: up to 15 years imprisonment, a \$50,000 fine, or both</p> <p>Second offense: up to 30 years imprisonment, a \$100,000 fine, or both</p> <p>Subsequent offenses: up to 30 years imprisonment, a \$250,000 fine, or both</p> <p>Alternative sentence: up to a 3 year indeterminate sentence with conditional release</p>
<p>Sale of any other illegal drug</p> <p>Cite: CGS § 21a-277(b)</p>	<p>First offense: up to 7 years imprisonment, a \$25,000 fine, or both</p> <p>Subsequent offenses: up to 15 years imprisonment, a \$100,000 fine, or both</p> <p>Alternative sentence: up to a 3 year indeterminate sentence with conditional release</p>

Appendix D



CCSU Health Services

Need us? Have questions? Give us a call! 860-832-1926

Who are we?

We are a group made up of medical professionals and support staff with varying roles.

Where are we?

Student health services is located on the 1st floor of the Willard-Diloreto building in suite 101.

When can you see us?

We are open Monday through Friday from 8am to 5pm. We see both part-time and full-time students whether they are commuters or live right here on campus. We accept walk-ins or students may schedule appointments. If school is closed due to inclement weather, health services is also closed, although we are open during the summer and over breaks.

How can you see us?

We do not collect any money but if there is a charge, it will get billed to your student account.

We do not bill your insurance for visits and insurance is *not* required to be seen.

All visits are confidential and will be listed only as a "Health Services" charge.

Are you an athlete?

We see every incoming new athlete for a sports clearance physical exam. If you are a veteran athlete (a returning player), you will also be seen here in the clinic to be cleared.

What services do we provide?

In the clinic we try our best to accommodate each student's needs by providing routine medical care. This includes injuries, sick visits and well visits. If your needs require more specialization, we will help lead you in the right direction and get you in touch with the services you need.

All students must complete and submit our Connecticut State University Student Health Services Form by July 15th, if entering in the fall and by December 15th, if entering in the Spring.



Department of Counseling and Student Development

What we do:

Provide mental health counseling and other services designed to support students' academic success by assisting them in resolving social, emotional, and other personal challenges.

Our counselors:

Counseling Center services are provided by a team of eight (8) highly skilled and compassionate counselors who are invested in student success. Bilingual counseling is available in Spanish.

Counseling services we provide for students registered at CCSU:

- Individual, family, couples, and group counseling
- Referrals to community providers for specialty, long term, or more intensive services
- Case management
- Crisis intervention and risk assessment

Counseling groups planned for this Fall:

Group Name	Description
Balancing Beyond the Books Group	to support new students in navigating their transition to the university and setting them up for a successful college experience
Connections Men's Resource Group	for men to focus on maximizing potential, and leading healthier/more productive lives
Latina Personal Development and Leadership Group	for Latina students to focus on their adjustment to college life and development of leadership skills
Woman-KIND Group	for women who would like to connect with other women to build coping and resiliency skills together
Listen Without Prejudice	for students who identify as LGBTQ+ to focus on building healthy coping and resiliency skills
Reducing, Managing and Coping with Anxiety & Depression Group	for students who struggle with anxiety and depression to focus on coping skill development
Grief and Loss Group	for students who experienced loss to focus on support and working through bereavement
Narrative Therapy Group	for students who wish to reframe and script their life stories by focusing on their abilities, competencies and personal resources needed to create and sustain health

Other points:

- All counseling services are completely confidential, voluntary, and provided at no additional cost.
- *Hours:* Monday-Friday: 8:00 am - 5:00 pm (evening appointments available upon request)
- *Location:* Willard-Diloreto Hall, W101
- *Contact us:* Appointments- (860) 832-1926; General Inquiries- (860) 832-1925

(OVER)

Ten Wellness Apps Designed to Strengthen and Support Your Mental Health and Well-being

Breathe2Relax

For all age groups, Breathe2Relax is a mental health app for those needing time to meditate. After downloading, users follow along as the app provides Jeep breathing exercises to lower stress levels. Inhales and exhales are customized to help the person achieve a relaxed state. Heart rate is measured throughout each deep breathing session to gauge whether the exercise is working to calm the user.

Happify

Happify uses games and activities to relax the individual. Happify is available on cross platforms, including smartphones, tablets, desktops, and laptop computers. A few simple activities completed on a weekly basis relaxes the person and measure his or her "happiness." Graphs generated by the application measure positive emotions before and after each mental health activity.

Headspace

Headspace is for those looking to enter a meditative state. Headspace offers guided meditation to relax app users and reduce stress and anxiety. A free basic guide is available for new users. This guide is a 10-day course designed to teach the person the key facets of meditation and mindfulness. Meditation options are available based on areas of concern.

Mindshift

The Mindshift app is geared to those who are using cognitive behavior therapy to address mental health issues. Cognitive behavior therapy (CBT) involves using available resources to help the person relax. CBT has been used by therapists to address various mental health conditions, such as phobias, panic disorders, and social anxiety.

MoodTools

To get started, the app asks the user to take a short quiz to gauge current emotional state. The questionnaire is only nine questions long and intended to give a baseline for mood. Depression levels can be then tracked and shared with mental health providers. Diary entries allow the individual to create a feelings log. The person types down the situation and what type of emotions he or she had during the moment.

Sanvello

Sanvello provides mental health tips for college students on an easy-to-use platform. Sanvello is one of the most downloaded mental health apps of all time with more than 3 million users. The mental health activities included in the app were studied in 500 adults suffering from anxiety and depression and found to be highly effective.

Self--Help for Anxiety Management

The Self-Help for Anxiety Management application was developed through researchers at the University of the West of England. Designed for user-friendliness, the app is easy to navigate and provides anxiety reduction tools and tips.

VA Mental Health Apps

VA Mental Health Apps is a collection of mental health apps available online, including CPT Coach, PE Coach, Mood Coach, and PTSD Coach. The mental health applications in the suite of product were designed specifically for veterans through the-Department of Veteran Affairs, but anyone can use them.

What's My M3

Users submit mental health assessments for free without revealing their identity. The assessments only take three minutes to complete and a personalized report is generated based on provided answers. The user is then given a M3 score to determine mental health state. Based on the score, the app recommends different strategies to take to address any issues.

WorryWatch

WorryWatch provides mental health resources for college students. WorryWatch allows the person to record any type of worry experienced throughout the day. After writing down an upsetting event or emotion, the user is provided with tools to reflect and assess each situation.

Employee Assistance Program – Lexington Group Brochure



The Lexington Group, Inc.
An International Employee Assistance Program

We're dedicated to providing employees and their families with caring and personalized services, to help them resolve any personal problem with dignity and respect.

Start the helping process now by calling 24/7 toll free:

1-800-676-HELP (4357)
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1-800-367-4343
CANADA

0-800-169-6706
ENGLAND

1-800-676-4357
PUERTO RICO

001-808-819-7162
MEXICO

1-800-955-8339
TTY

www.The-Lexington-Group.com

EAP at a Glance

- ◆ Your employer provides the EAP.
- ◆ Both employees and immediate family members are covered.
- ◆ We can help with any personal problem.
- ◆ Using the EAP is completely voluntary.
- ◆ Confidentiality is assured.
- ◆ Service is provided at no cost to you.



Appendix F

Contact Connecticut Clearinghouse

Connecticut Clearinghouse is happy to respond to your general inquiries about resources and information regarding mental health and substance use disorders, prevention and health promotion, recovery, and related topics. Please call or use the form below to contact us.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255 or 211 in Connecticut.

334 Farmington Avenue
Plainville, CT 06062

[Driving directions >](#)

Toll-Free Phone: 800.232.4424

Local Phone: 860.793.9791

Fax: 860.793.9813

CCSU

Wellness

Education

Experience

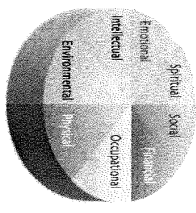
A moment of
tranquility in a busy
world

WELLNESS EDUCATION:
(860) 832-1948

Office Hours
Monday to Friday
8:30 AM to 4:30 PM

101 W
Dioreto/Willard Hall

For upcoming events follow
IG @ccsu_wellness
For Wellness Tips and Trivia
@jonathan_pohl



In our Wellness Open Area

- A place to study in a calm and quiet environment or to relax and take a break from studies
- Arts and Crafts: coloring, painting, bead work, modeling clay and more! Students gain focus, create clarity.
- Therapy dogs come to Wellness Education several times throughout a semester (check Instagram!)
- A room full of resources from staff and peers
- Provide input on ways staff can help students receive the college experience they want!



Presentations

We provide interactive informative sessions around campus. Stop by our programs to learn about Wellness.

- Tables include:
- Suicide Prevention
 - Alcohol
 - Relationships
 - Study Aids, Opioids and dependency
 - Managing stress in many forms
 - Off-campus support lines
 - Nutrition and more!



Presentations are upon request, as we will present in classrooms, residence halls, and for club and organizations. Wellness presentations can be anything listed above or can be tailored to the audience.

Student work, interns and

volunteers

Wellness Education accepts ...

- Work study students
- Grant-based student positions

These students are involved in almost every process within Wellness Education, from designing posters and activities to presenting information at tables.

- 1 Graduate Intern
- Social Work Interns

Interns learn the "how to's" of tableing, grant management, planning and implementation of big events, collaboration, communication through various mediums and the importance of positivity. They are integral to the brainstorming process and design of programming.

Volunteers can participate in one event or an entire semester of events.

