

The California Maritime Academy

CSU Alcohol Policy Biennial Report

2013-15

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Introduction

National estimates of alcohol use among college students continue to indicate that “college drinking is extremely widespread”, affecting 80% of college students, half of which include binge drinking (NIAAA, 2015). In addition to concerns about alcohol use, drug use in college is an ever increasing problem. As described by the Clinton Foundation (2015), “prescription drug abuse is the nation’s fastest growing drug problem”, with rates for college students increasing significantly over the past 10 to 15 years. These national statistics and trends are evident on a local level here at The California Maritime Academy. Recent data indicate higher incidence and prevalence rates of alcohol and tobacco use among cadets compared to their CSU peers. Campus data also suggest that compared to CSU peers and colleagues, Cal Maritime has a less emotionally supportive climate for cadets with drug and alcohol problems as well as provides fewer programs, resources, and support for cadets with drug and alcohol problems. This combination of greater drug and alcohol use with less support and assistance creates a potentially dangerous environment where everyday triggers, such as stress and life circumstances, may lead to more problematic substance use. Thus, the CSU Alcohol Policy Biennial Report is a key opportunity to review and evaluate prevention efforts, identify areas for growth, and nudge our cadets and of our campus toward healthier choices involving drugs and alcohol.

Campus Activity

(1) All alcohol and drug education related grants that have been received since January 2013 with annotation on the purpose of the grant, agency issuing the grant, and the dollar amount. Grants that have were received prior to January 2013 and extended into the 2013-15 reporting years should also be included in this section.

During the time period of this report, January 2013 to January 2015, Cal Maritime has not received any alcohol, tobacco, or other drug-related grants. Nor did the university have any existing ATOD-related grants extend into this period.

(2) Identify one successful program it has implemented over the past two years with annotation about the purpose, target audience, major activities and assessed outcome/impact.

Program and Description: Group counseling for alcohol and other drugs was introduced to the campus beginning in the spring 2014 semester. The group is entitled Motivated to Moderate and it takes a harm reduction approach to alcohol and other drug concerns. Information about this group is available on the Counseling and Psychological Services Web site:

[file:///C:/Users/iwallace/Downloads/Motivated%20to%20Moderate%20flyer CAPS spring%202015.pdf](file:///C:/Users/iwallace/Downloads/Motivated%20to%20Moderate%20flyer%20CAPS%20spring%202015.pdf). As stated on the flyer and Web site, the group is described as follows:

This group will help you make healthier decisions around alcohol/drug use to minimize

the negative effects on health, relationships, and school performance. This group does not focus on abstinence, but rather on harm reduction. The group will explore: • How one's use has led to difficulties • How use affects behavior • Ways to prevent recurring problems

This group was developed by Psychologist Ian Wallace, PhD, who started with the university in August 2013. Based on the previous campus psychologist's report, group counseling for alcohol and other drugs was not offered during the previous eight years. The group has been offered each semester since spring 2014. The group was initiated following a needs assessment of the campus community regarding identified mental health needs of cadets. Alcohol and other drug use was reported as the top identified need among respondents to an online survey conducted in December 2013. Prioritizing ATOD prevention for cadets was also supported by data indicating elevated use by Cal Maritime cadets compared to other CSU campuses (see NCHA data included in our 2011-13 Alcohol Policy Biennial Report as well as recent Rand survey data collected in fall 2013, also included in #5 below).

Target Audience: The ATOD group targets Cal Maritime cadets with a self-identified desire to reduce ATOD use. Cadets were typically referred to the group through existing relationships with CAPS as well as through Student Health Services providers. Cadets were also encouraged to attend independently and without referrals. Additionally, cadets mandated to CAPS by Judicial Affairs due to alcohol violation sanctions (typically a 2nd violation), were then referred to the Motivated to Moderate group or offered the option of seeking community-based treatment. Cadets were informed of groups via multiple advertising methods, including print and electronic flyers, emails through campus gatekeepers (e.g., housing staff and cadet-leaders), information on the CAPS groups web page (see above), at Peer Health Educator events, referrals from CAPS and SHS, through informing faculty/staff via email and at academic senate meetings, as well as through social media, including campus Facebook pages and Fantail, an online forum for cadets to promote and learn about campus activities.

Major Activities: Motivated to Moderate has been offered on a weekly basis during the following semesters: spring 2014, fall 2015 and currently in spring 2015. One group is typically offered each semester (usually on Fridays), but in spring 2014 two sections of the group were offered to accommodate greater interest and availability. The group combines an approach that includes elements of social support, skill building, and psychoeducation. Handouts and educational material are often shared with participants, including links to web pages for additional information and resources.

Assessed Outcome/impact: Participation in group counseling is one measure of outcome and impact. Over 25 cadets have participated in ATOD group counseling since spring 2014. Assessments of the counseling experience and its effects were initiated in December 2014. This

includes a self-report client satisfaction survey that assesses the influence of counseling on multiple areas, including well-being, symptom alleviation (e.g., ATOD use), academic performance, as well as retention and progress. At this time the data are insufficient to draw conclusions regarding the group's impact on these areas. However, anecdotally cadets reports satisfaction and appreciation for the group, including the social support available as well as a general sense of caring from the community based on making such a group available. These sentiments have also been shared by campus staff and faculty, particularly in the student affairs division.

(3) A brief summary of its campus activities related to tobacco use (e.g., policy, education, student use, enforcement initiatives, cessation programs, etc.)

Since the previous 2011-13 report, the Cal Maritime campus no-smoking policy has been updated and also made available on the campus Web site: <http://www.csum.edu/web/campus-life/campus-no-smoking-policy>. The policy states:

Smoking is prohibited throughout the campus, except in certain outdoor areas specifically designated for smoking. The campus no-smoking policy includes inside vehicles used for official business (whether on or off school property) and in spaces used for off-campus activities,

1. The Director of Facilities will identify, and have the flexibility to adjust, designated smoking areas on campus

2. Violations will be addressed through appropriate disciplinary channels, i.e., the Corp of Cadets regulations and the Faculty/Staff Personnel system.

Notice shall be posted at or near the principal entrances of each campus or property calling attention to the existence of the rules.

Violations of the no-smoking policy are reported to the campus Judicial Officer in the Department of Student Development, including through the online reporting system (Maxient).

Survey data collected by the Rand Corporation during the fall 2013 assessment of campus mental health provided the following results regarding tobacco use:

- Have you received information on the following topics from Cal Maritime? And was the information useful? (1-not useful to 5-very useful; Note: CSU data in parentheses)
 - Tobacco use: 25% (16%); 3.1 (3.4)

With a highly residential campus population (approximately 67%) that interacts with Student Health Services on a regular basis, programming has been targeted toward smoking cessation as

well as creating and sustaining healthy habits. Designated smoking areas have been assigned and cessation products are available in Student Health. Specifically, there is one designated smoking area at each of the three residence halls. On campus there are two designated smoking areas.

In addition to a tobacco cessation program with an on-campus tobacco cessation educator, Student Health Services provides educational materials and outreach. Student Health provides Nico-derm patches at no charge to cadets who are also involved in a smoking cessation program. Smoke-free promotional materials are also available in the waiting room as well as displayed on the TV screen in the waiting room.

The Great American Smoke Out event: Peer Health Educators and Student Health Services collaborated to educate cadets about the effects of smoking and cessation options available to them free of charge. The event was a promotion and education tabling held during consecutive weeks that also included a pledge to be smoke-free. Information about e-cigarettes was also shared during these events. The Great American Smoke Out continues to be an annual event on campus.

Tobacco use prevention and education has also been included in programming across other departments on an intermittent basis, including during the fall and spring semesters as well as during training cruises. The following departments have reported such programming: Housing, Athletics, and the Training Ship Golden Bear.

Tobacco use among cadets was also uniquely addressed during this term through the inclusion of tobacco (and other drugs) to the alcohol advisory committee. The committee was renamed to reflect this addition (ATOD Advisory Committee) and monthly meetings have included discussions and efforts to address tobacco use.

Tobacco use statistics of Cal Maritime cadets have historically shown greater use compared to their CSU peers (see 2011-13 biennial report). This difference is locally attributed to maritime culture, and specifically, the high incidence of smoking while aboard training cruises and its influence on new cadets. This upcoming year efforts will be made to gathered tobacco use data, which will be used for programming, education, and policy efforts.

(4) A brief summary of its campus activities related to prescription drug use and misuse (e.g., policy, education, students' use, etc.).

Maritime industry and US Coast Guard standards prohibit the use of many prescription drugs, including many psychotropic medications. Cadets with prescriptions for these medications are closely monitored in Student Health Services. Student Health Services works closely with cadets in license track programs, and their prescribing physicians, often to gradually wean and discontinue their use prior to the licensure process.

All cadets participate in a random drug testing program which would detect opiate derivatives, marijuana (medical or otherwise), and illegal drugs. Cadets testing positive are referred to an outside medical review officer and may face sanctioned treatment and/or separation from the institution for one year on a first offense for use of non-prescribed and/or illegal drugs. The following is the drug testing policy, which is located in the cadet handbook

(<http://www.csum.edu/web/campus-life/studenthandbook>):

DRUG TESTING POLICY All cadets, regardless of whether they are in the license-track program or non-license track program, must participate in a mandatory Random Drug Testing Program that includes a Drug and Alcohol Testing program for reasonable cause/suspicion, post-accident, return-to-duty and follow-up, consistent with the U.S. Department of Transportation (DOT) Drug Testing regulations. Specific procedures are available from the Office of the Commandant.

Recent data gathered from the fall 2013 Rand Corporation mental health survey provided information regarding attitudes and perceptions about drug use on campus. The following data are relevant to this section:

Results from the cadet survey (Note: CSU data in parentheses):

- Have you received information on the following topics from Cal Maritime? And was the information useful? (1-not useful to 5-very useful)
 - Alcohol and other drug use: 91% (67%); 3.2 (3.5)
- How much do you agree with the following statements about your campus and yourself? (1-strongly disagree, 5-strongly agree)
 - There is an emotionally supportive climate on this campus for cadets with substance abuse problems: 2.8 (3.3)

Results from the faculty/staff survey (Note: CSU data in parentheses):

- How much do you agree with the following statements about this campus? (1-strongly disagree, 2-disagree, 3-neither agree or disagree, 4-agree, 5-strongly agree):
 - This campus provides effective confidential support and referral services for cadets needing help because of depression stress, substance use, violence or other emotional issues – 3.3 (3.6)
- To what extent is your campus actively putting into place the following policies or program? (1-not at all, 2-very little, 3-somewhat, 4-a moderate amount, 5-a great deal):
 - Programs and resources for cadets that promote the responsible use of, or abstinence from, alcohol – 3.1 (3.9)

- Programs and resources for staff and faculty to refer cadets for help with drug and alcohol problems – 2.7 (3.2)

Student Health Services, Counseling and Psychological Services, as well as the Peer Health Educators, develop and implement outreach programming and health education to inform cadets about personal health and safety related to prescription drug use and misuse. Through peer led and initiated activities and programs, Cal Maritime is working to educate cadets about ways to prevent and lessen misuse of prescription drugs, including sharing cadet survey data from multiple sources (NCHA, AlcoholEdu, Campus Clarity, Rand survey). CAPS provides confidential individual and group psychotherapy for prescription drug use and misuse. Additionally, other departments on campus deliver prevention and education programming related to prescription drug use and misuse (see #6 below).

(5) Annotated information on one successful assessment activity, which it undertook during the past two years, that includes a description of the assessment, methodology and results.

Description: As a participating CSU campus, Cal Maritime partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about cadets' experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving cadets' mental health needs, and perceptions of overall campus climate toward cadets mental health and well-being. The purpose of the survey was to *"to learn more about students' experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students' mental health needs, and perceptions of overall campus climate toward student mental health and well-being"*. The survey included multiple items related to alcohol, tobacco, and other drug use, attitudes, perceptions, and campus resources.

Methodology: As the CalMHSA grant coordinator, Counseling and Psychological Services was responsible for the distribution and advertisement of the survey. The survey was advertised to cadets, faculty, and staff two weeks before electronic survey links were made available. The campus community was informed of this survey via multiple methods, including email, campus portal, flyers around campus (including housing), and social media. The survey was incentivized by the CSU by a chance to win a \$1,000 prize, for cadets and faculty/staff, respectively. The surveys were made available for a period of three weeks in November 2013. Emails and flyers contained links to each respective survey, cadets and faculty/staff. Reminder emails were sent weekly regarding the surveys.

Results: Following the collection of data, results were provided to CAPS at Cal Maritime in late spring 2014. Results were reviewed and prepared during the summer and early fall 2014 semester. CAPS created and delivered two presentations for the campus community, one that

addressed results from the cadet survey and the other addressing faculty/staff survey. Those presentations are publically available and located on the CAPS web site: <http://www.csum.edu/web/health-services/reports-and-data>. The presentations available on the Web site include a wide range of mental health data points. The following are ATOD-related results gleaned from the surveys.

Results from the cadet survey (Note: CSU data in parentheses):

- Over the past 2 weeks, how many times have you had 5 or more drinks of alcohol in a sitting? (1-N/A, I don't drink, 2-none, 3-1 time, 4-2-3 times, 5-4-5 times, 6-6 or more times):
 - 2.9 (2.5)
- In the past 12 months, have any of the following affected your academic performance?
 - 1-this did not happen to me,
 - 2-experienced this but my academic performance was not affected,
 - 3-received lower grade in an exam,
 - 4-received lower grade in a course,
 - 5-received incomplete/dropped course,
 - 6-significant disruption/took a leave of absence :
 - Alcohol use: 1.8 (1.5)
- Have you received information on the following topics from Cal Maritime? And was the information useful? (1-not useful to 5-very useful)
 - Alcohol and other drug use: 91% (67%); 3.2 (3.5)
 - Tobacco use: 25% (16%); 3.1 (3.4)
- How much do you agree with the following statements about your campus and yourself? (1-strongly disagree, 5-strongly agree)
 - There is an emotionally supportive climate on this campus for cadets with substance abuse problems: 2.8 (3.3)

Results from faculty/staff (Note: CSU data in parentheses):

- How much do you agree with the following statements about this campus? (1-strongly disagree, 2-disagree, 3-neither agree or disagree, 4-agree, 5-strongly agree):
 - This campus provides effective confidential support and referral services for cadets needing help because of depression stress, substance use, violence or other emotional issues – 3.3 (3.6)

- To what extent is your campus actively putting into place the following policies or program? (*1-not at all, 2-very little, 3-somewhat, 4-a moderate amount, 5-a great deal*):
 - Programs and resources for cadets that promote the responsible use of, or abstinence from, alcohol – 3.1 (3.9)
 - Programs and resources for staff and faculty to refer cadets for help with drug and alcohol problems – 2.7 (3.2)

(6) Highlight any other special or unique programs and/or accomplishments, which it feels helped to implement the CSU Alcohol Policy and had a positive and measurable impact on students.

The following are highlights of ATOD-related programs and accomplishments reported by campus departments from January 2013 to January 2015.

Athletics

- Prior to travel for away events, intercollegiate teams are regularly briefed/addressed by coaches and staff on rules banning alcohol, drug, and tobacco use.
- All cadets-athletes sign a Code of Conduct form that addresses no alcohol, drug, or tobacco use while representing the team.
- Posters about ATOD prevention and education are on display in the gym, training room, and pool area. These posters are in the old gym complex and there are plans to place them in the new gym (operational as of mid semester fall 2014).
- The Student Athletic Advisory Committee has expressed interest in receiving alcohol programming from Peer Health Educators, which is slated for Feb 2015.

ATOD Advisory Committee

- ATOD Committee description and composition revised as of fall 2014 to include tobacco and other drugs.
- New ATOD web page added January 2015 (see <http://www.csum.edu/web/health-services/alcohol-tobacco-and-other-drugs-atod-advisory-committee>)
- Alcohol policy revisions were initiated in Fall 2013 and have been ongoing during this process, with implementation planned for fall 2015.
 - The revision process was presented as a poster presentation at the 2014 CSU ATOD conference and the ATOD committee plans on submitting a proposal for the 2015 conference.

Housing and Residential Life

- An average of seven alcohol education and prevention programs are delivered by Residence Hall Officers (RHOs) each semester. Examples, include: Root Beer Pong, Partying 101, Binocular Soccer (using intoxication goggles)

- An average of one to two prescription drug use/misuse education and prevention programs are delivered by RHOs each semester, often combined with alcohol prevention or preventing sexual violence.
- According to Housing director Kate Kimble, there has been an increase of ATOD-related documentation. Specifically, violations in housing have more than doubled since before fall 2013 and have been steady since spring 2014. Also noted are fewer vomit kits used and greater bystander intervention reports.
- Prevention programming and harm reduction efforts were incorporated into the annual Changeover dance.

Office of Student Development

- In August 2014, in conjunction with CAPS, StepUp! bystander intervention training was delivered during fall orientation for all incoming cadets as well as for all cadet-leaders.
- Since the start of Fall 2014, Student Development has assigned 24 cadets to the Alcohol EDU module for violating the campus Alcohol Policy. The majority have completed the module. These statistics are similar to past semesters during the period of this report.

Office of the Commandant

- From January 2013 through Summer 2014, this office was responsible for cadet conduct violations and adjudication process, including ATOD-related violations.
- Oversaw the administration and data collection for online alcohol education programming (AlcoholEdu). This online program was previously used during orientation week as well as part of sanctions for ATOD-violations.
 - This responsibility has since been transferred to the Office of Student Development and they have added Campus Clarity's Think About It online program for orientation week as well as follow up booster sessions. This program includes ATOD education and prevention, including related to sexual assault and Title IX training.
- As of January 2015, this office conducts random drug testing of cadets, which is a requirement for all cadets in the Corps of Cadets. This process is conducted in partnership with a private drug testing company. Previously, Student Health Services assisted with the drug testing process.
- Co-presented an alcohol education and prevention program (2 hours) with CAPS during pre-trip orientation sessions for cadets attending International Experience.

Peer Health Educators

- Orientation week alcohol education and prevention programming for fall 2013 and 2014. Programs were two hours for all incoming cadets.
- In December 2013 an event was held for National Impaired Driving Prevention Month that includes pledges to not drink and drive as well as alcohol education.

- During fall 2014, received training in an experiential, play-based alcohol prevention and education program called The Buzz (http://www.health.arizona.edu/hpps_aod_buzz.htm). Developing plans to deliver program to interested groups on campus.

Student Health Services and Counseling and Psychological Services

- Introduction of Campus Clarity Think About It online program was started in fall 2014 as a pre-orientation training for all incoming cadets. Two follow up booster training are planned for spring 2015.
- Edwards Leadership Development Program is an initiative from the student affairs division that encourages and provides cadets with leadership activities across multiple areas of the campus (see <http://www.csum.edu/web/edwardsleadership/>). The health and wellness component of this program includes alcohol education and prevention programming, which began in January 2015.
- In April 2014 CAPS delivered a National Alcohol Screening Day event.
- Collaborated with Housing and other campus departments to provide alcohol prevention and education for the annual changeover dance.
- Participated in the The Buzz training for alcohol prevention and education.

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