

The California Maritime Academy's 2011-2013 CSU Alcohol Policy Biennial Report

- (1) All alcohol and drug education related grants that have been received since January 2011 with annotation on the purpose of the grant, agency issuing the grant, and the dollar amount (per 2011 report).

The California Maritime Academy did not receive any AOD grants.

- (2) Each campus is asked to identify one successful program they have implemented over the past two years with annotation about the purpose, target audience, major activities, and assessed outcome/impact (per 2011 report).

In October 2011 the Student Health Center and Housing and Residential Life had their first Girls Night.

Cal Maritime is 15 percent female and the two departments wanted to reach out specifically to the women on campus. During the program emotional and physical health were covered including information about alcohol and tobacco use among women on campus and in industry. The women at the program participated in events including facials, massages, haircuts, as well as talking with campus and community organizations about personal health goals and activities.

Through verbal follow-up and written feedback, students were impressed with and wanted to make Girls Night a regular event. The men on campus even expressed interest in expanding the program for other groups of students on campus.

- (3) Each campus will be asked to provide a brief summary of their campus' activities related to issues related to tobacco use – policy, education, student use, enforcement initiatives, etc.

The California Maritime Academy prohibits smoking in all university facilities, including residence halls, classrooms, offices, and in university vehicles. A survey (the National Collegiate Health Assessment - NCHA) from the American College Health Association (ACHA) was approved by IRB in Fall of 2010 and was completed in late Spring 2011. Smoking is allowed only in designated smoking areas. Smoking is not allowed near building entrances and windows. Student violators are reported to the Commandant's office for disciplinary action, including, but not limited to demerits.

According to the NCHA assessment results, cigarette use is far less than perceived. 28.3 percent of the Cal Maritime student body self reports that they have used cigarettes in the past 30 days, compared to students believing that 94.4 percent of students have used cigarettes in the same period of time.

With a highly residential campus population that works with the Student Health Center on a regular basis, programming has been targeted toward smoking cessation and creating and living a healthy life style. In order to regulate cigarette users designated smoking areas have been assigned and cessation products are available.

There is one designated smoking area at each of the three residence halls that house 702 students. On campus there are two designated smoking areas.

The Student Health Center provides educational materials and outreach, in addition to a tobacco cessation program with an on-campus certified tobacco cessation educator. Our clinic stocks Nico-derm patches at no charge to students for use in conjunction with the smoking cessation program.

In November 2011 The Student Health Center (SHAC) held their first annual The Great American Smoke Out event. This event was to educate students about the effects of smoking and cessation options available to them free of charge. This has since become an annual event on campus.

- (4) Each campus is asked to provide a brief summary of their campus' activities related to prescription drug use – policy, education, students use, etc.

Maritime industry and US Coast Guard standards prohibit the use of many prescription drugs, including those related to Ritalin and opiate derivatives. Students with prescriptions for these medications are closely monitored in the Health Center. The Health Center works closely with students in license track programs, and their prescribing physicians, to gradually wean and discontinue their use prior to the licensure process.

All students participate in a random drug testing program which would detect opiate derivatives, marijuana (medical or otherwise), and illegal drugs. Students testing positive are referred to an outside medical review officer and may face separation from the institution for one year on a first offense for use of non-prescribed and/or illegal drugs.

According to the NCHA assessment 72.2 percent of students have never used marijuana and 1.5 percent of students have indicated that they have used marijuana within the past 30 days. The actual use of marijuana is significantly lower than the perceived use. Students perceived that 37.1 percent of the student body has used marijuana within 30 days and only 21.7 percent have never used marijuana.

All other drug use figures (including cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs and other illegal drugs) are very similar to those of marijuana. 40.6 percent of students report they have never used drugs and 26.7 percent report drug use within the past 30 days. Perception of the student body indicates students believe only 6 percent of students have never used drugs and 87.3 percent have used drugs within the past 30 days.

The Student Health Center, with the new Peer Health Educator, is working to educate students about personal health and safety, including alcohol, illegal and prescription use, and mental and emotional health. Through peer led and initiated activities and programs California Maritime Academy is working to educate students about the results of both the NCHA assessment and Alcohol EDU findings.

- (5) Each campus is asked to provide annotated information on one successful assessment activity which they undertook during the past two years to include a description of the assessment, methodology, and results.

Since January 2011 The California Maritime Academy has had students participate in two assessments, American College Health Association's National College Health Assessment (NCHA) and Alcohol EDU.

As new freshmen at Cal Maritime, students are required to attend orientation and take the Alcohol EDU survey and online course. This assessment comes in three parts that are administered over their first semester. The findings are based on self-report data obtained from 299 first-year Cal Maritime students who completed all three Alcohol EDU for College Surveys.

The main comments from the survey findings include:

- When measured prior to their arrival on campus, students' drinking rates are similar to the national average
- When measured midway through the Fall semester, 23% of students reported drinking in a high risk way.
- Cal Maritime students are most commonly drinking at an off-campus residence or an outdoor setting.

- The most common drinking-related risk behaviors that students engage in are pre-gaming and doing shots.
- Drinking rates differ for men and women. Women are drinking in a high-risk way more frequently than men.

With the initiatives and changes in programming at Cal Maritime the assessment shows the changes in drinking behaviors over the past four years. Fewer students are considering themselves high risk drinkers and non drinkers; in 2009 34 percent reported being high risk drinkers and 41 percent considered themselves non drinkers, compared to 23 percent and 56 percent respectively.

Students at Cal Maritime follow the national trends when it comes to reasons for drinking and the patterns for identifying peak drinking days.

With the information provided by Alcohol EDU Cal Maritime can and is now taking the initiative to educate and program toward student behaviors and needs on our campus.

- (6) Each campus would be asked to highlight any other special or unique programs and/or accomplishments which they feel helped them to implement the CSU Alcohol Policy and had a positive – and measurable – impact on students.

The Alcohol, Tobacco, and Other Drug (ATOD) Advisory Committee was reinstated in the Fall of 2010 and serves as a broad, campus wide advisory group for education and prevention, as well as policy review and revision. The ATOD Advisory Committee was most active in the 2011-2012 academic year.

The Student Health Center and Residence Life continually work to provide programming in the areas of personal safety, emotional and physical health, sexual awareness, and alcohol awareness. Programs completed over the past two years include:

Fall 2011 and Spring 2012: Two Kegs with Keenan and Kevin: Teaching students about responsible drinking behaviors

Fall 2012-Rootbeer Pong: Teaching students about alcohol affects, signs, symptoms, and indicators of intoxication

August 2011 and August 2012 – Resident Assistant Training

October, 2011 – Girls Night In event, included alcohol, tobacco and other drugs awareness

October, 2011 – Fall Expo with alcohol, tobacco and other drugs awareness

November, 2011 – Great American Smoke Out promotion

December, 2011 – Fluffy Therapy Stress Reduction included alcohol and tobacco awareness

December, 2011 – Massage Night included alcohol awareness

January, 2012 – Career Fair with alcohol, tobacco and other drugs awareness

January, 2012 – April, 2012 – Biggest Loser Event which included alcohol awareness incorporated into it for the students

March, 2012 – St Patrick's Day alcohol awareness table event

October, 2012 – Fall Expo with Tobacco/Alcohol Awareness

November, 2012 with Great American Smoke Out/tobacco awareness

December, 2012 - Stress Reduction Event which included Fluffy Therapy, alcohol and smoking awareness

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