

# CSU Biennial Alcohol Policy Report: 2016-2018

California State University, Fresno (Fresno State)  
Division of Student Affairs and Enrollment Management

## Introduction

During the past two years, **California State University, Fresno** (Fresno State) has continued its efforts to implement the CSU Alcohol policy through its Alcohol Tobacco and Other Drugs Safety Council (ATODSC) and the Student Health and Counseling Center. The ATOD Safety Council is made up of campus and community representatives who provide leadership to all phases of the campus alcohol, tobacco and other drug use prevention program.

Aside from some grant assistance, the majority of financial support has come from the Student Health and Counseling Center (SHCC).

This Biennial Alcohol Policy Report is organized as follows:

- I. Summary of Alcohol and Drug Education Related Grants Received
- II. Successful Programs Implemented Over the Past Two Years
- III. A Summary of ATOD Related Campus Activities
- IV. Assessment Activities
- V. ATOD Highlights
- VI. Future ATOD Initiatives

## I. Summary of Alcohol and Drug Education Related Grants Received

Agency Issuing Grant	Purpose	Year	Amount
Transforming Youth Recovery	To serve as a resource for improved health, wellness, and student success for individuals having difficulties coping with the challenges of addiction	2016-Present	\$10,000
<i>It Matters</i>	A web-based intervention aimed at reducing sexually transmitted infections among college students by targeting the important intersection between alcohol use and sexual behaviors	September 2016, September 2017, September 2018	\$5,000

## II. Successful Programs Implemented Over the Past Two Years: Highlighted Programs

### Watchdog Safety Summit:

- Watchdog is a safety education program that trains students to respond effectively in emergency situations and acquaints them with campus safety resources. Topics include bystander intervention, alcohol and prescription drug overdose, campus safety and CPR.

### Step UP! Bystander Intervention:

- This program is a prosocial behavior and bystander intervention program that educates students to be proactive in helping others with situations related to alcohol use/abuse, prescription drug use/abuse, hazing, discrimination, sexual violence, dating/domestic violence. This program is a collaborative effort between the SHCC and the Fresno State Police Department.

### It Matters

- *It Matters* is a web-based intervention aimed at reducing sexually transmitted infections among college students by targeting the important intersection between alcohol use and sexual behaviors. This program was first launched in September 2016 and has continued each year during the third week of September. All incoming freshmen and transfer students will be invited to participate in this program. Fresno State receives financial compensation for participation in the *It Matters* program.

### Safe Celebrating Activities (Alcohol related programming)

- **Safe Celebration Pledge:** Students have an opportunity to sign a pledge to celebrate safely, to help other students learn about Safe Celebrating and to intervene when they see a person in need because of alcohol or drug consumption.
- **Safe celebrating evening event:** Students were provided an alcohol free celebration activity the evening after the last final (Thursday) that included:
  - **Cap Decorating:** This event allows graduates the opportunity to decorate their caps for commencement in an alcohol-free environment. Safe Celebrating tips and activities were available during the Cap Decorating activities
  - **Bowling and Billiards for Graduates:** Free Bowling and Billiards for Graduates. Graduating students (and a guest) were provided with an alcohol- free alternative to celebrate their upcoming graduation.

### Town Hall Meetings

**Prescription Drug Abuse:** Town hall meeting are conducted a few times a year that includes a discussion related to the prevention of prescription drug abuse, the seriousness of locking up medications and proper ways to dispose of it.

### Bulldogs for Recovery

In 2015, Fresno State was awarded a \$10,000 grant from Transforming Youth Recovery to implement a recovery program for students. The award was received in 2016 and Bulldogs for Recovery officially launched in the Fall of 2016.

### Stomp it out

Fresno State and the Fresno Community work together to host an obstacle course and 5k run to bring awareness to prescription drug abuse along with a prescription drug drop off event.

### III. A Summary of Campus Activities Related to ATOD

<b>Name of Event/Activity</b>	<b>ATOD Area</b>	<b>Date of Event</b>	<b>Number of Attendees</b>	<b>Event/Activity Partners</b>
Bulldogs For Recovery	Alcohol, Drug Use	January 2016-Present	10	HPWS
St. Patty's Glow Day Fest	Alcohol	March 2016	3221	WATCHDOG, PAWS, HPWS, SHAC, American Lung Association, PATH Project, and Lock It Up Project
Lock it UP 5 K Race	Prescription Drug Abuse	April 2016		Lock It Up
Take Back Event	Prescription Drug Abuse	April 2016		Fresno State Police Department, Lock it Up
Town Hall Meeting: Preventing Underage Drinking	Alcohol	April 2016	35	Fresno State SHCC, Student Affairs SAMSHA
Town Hall Meeting: Prescription Drug Abuse	Prescription Drug Use	May 2016	20	SHCC, Lock It Up, California Health Collaborative
Bulldog Strong	Alcohol	May 2016	500	President's Showcase of Excellence, SHCC
Safe Celebrating: Stadium Celebration	Alcohol	May 2016	325	SHCC, HPWS, Student Affairs
Safe Celebrating: Grad Walk	Alcohol	May 2016	40	SHCC, HPWS, Student Affairs
Safe Celebrating Pledge	Alcohol	March 2016-May 2016	600	SHCC, HPWS, Student Involvement
IT Matters Alcohol Education	Alcohol	September 2016	1000	SHCC, HPWS
PAW Volunteer Safety Tabling Event	Alcohol	October 2016	147	HPWS
National Drug And Alcohol Facts Week Tabling Event	Alcohol	January 2017	107	HPWS
Alcohol Safety Presentations	Alcohol	January 2017-Present	120	HPWS
Safe Celebrating: Cap Decorating	Alcohol	May 2017	100	SHCC, Student Involvement, Student Affairs
Safe Celebrating: Bowling and Billiards	Alcohol	May 2017	85	SHCC, Student Involvement, Student Affairs
Safe Celebrating Pledge	Alcohol	April 2017-May 2017	300	SHCC, Student Involvement
Protect Your Dogs	Alcohol	June 2017-Present	3000	HPWS, Dog Days
<i>IT Matters</i> Alcohol Education	Alcohol	September 2017	2300	SHCC, HPWS
Step Up Bystander Intervention	Alcohol, Drug abuse	May 2017-Present	2000	SHCC, Fresno State Police, HPWS
Watchdog Safety Summit	Alcohol	January 2016-Present	108	HPWS

Smoking Cessation Programs	Tobacco Use	January 2016-present		SHCC, Administrative Services, EAP
6th Annual I Heart Me Resource Fair	Marijuana	2/14/2018	200	SHCC, California Health Collaborative's Performing Above the High (PATH) and Lock it Up! Programs
Town hall prescription drug abuse awareness	Prescription Drugs	2/22/2018	150	SHCC, Lock it up, Student involvement
Watchdog Safety Summit (4 hour)	ATOD	2/24/2018	56	SHCC, Campus Police Department, California Health Collaborative's PATH and Lock it Up
CAMP Presentation	Prescription Drugs	4/12/2018	49	California Health Collaborative's Lock it Up! Program
College Kahoot #1	Marijuana	4/16/2018	28	California Health Collaborative's Performing Above the High (PATH) Program
College Kahoot #2	Marijuana	4/16/2018	32	California Health Collaborative's Performing Above the High (PATH) Program
College Kahoot	Marijuana	4/19/2018	24	California Health Collaborative's Performing Above the High (PATH) Program
Vintage Days (Day 1)	Marijuana	4/20/2018	400	California Health Collaborative's Performing Above the High (PATH) Program
Vintage Days (Day 2)	Marijuana	4/21/2018	500	California Health Collaborative's Performing Above the High (PATH) Program
CAMP Presentation	Prescription Drugs	4/23/2018	36	California Health Collaborative's Lock it Up! Program
In-Class Presentation	Prescription Drugs	4/30/2018	33	SHCC, California Health Collaborative's Lock it Up! Program
PEP Town Hall Meeting	Prescription Drugs	5/2/2018	86	California Health Collaborative's Lock it Up! Program
College Kahoot	Marijuana	5/7/2018	41	Performing Above the

				High (PATH) Program
Safe Celebrating Event - Alternative Grad Night	Alcohol	5/17/2018	91	SHCC, Student Involvement, Housing
Safe Celebrating Event - Breakfast Burritos	Alcohol	5/19/2018	400	SHCC, Student Involvement
Step- up Bystander Intervention	Bystander training	June - July 2018		SHCC at Dog Days Orientation
Protect Your Dogs Presentation	ATOD	10/10/2018	45	SHCC, Fresno State Faculty
Prop. 64/College Kahoot #1	Marijuana	10/13/2018	49	California Health Collaborative's Performing Above the High (PATH) Program
Prop. 64/College Kahoot #2	Marijuana	10/13/2018	49	California Health Collaborative's Performing Above the High (PATH) Program
Protect Your Dogs Presentation	ATOD	10/15/2018	15	SHCC, Fresno State Fraternity
Protect Your Dogs Presentation	ATOD	10/16/2018	40	SHCC, Fresno State Faculty
National Collegiate Alcohol Awareness Week	Alcohol	10/25/2018	163	SHCC, Peer Ambassadors of Wellness
Watchdog Safety Summit (4 hour)	ATOD	11/3/2018	61	SHCC, Campus Police Department, California Health Collaborative's PATH and Lock it Up
Conquer the Course	Prescription Drugs	11/10/2018	400	SHCC, California Health Collaborative's Performing Above the High (PATH) Program
Protect Your Dogs Presentation	ATOD	11/19/2018	10	SHCC, Fresno State Fraternity
Resource Table	Prescription Drugs	12/3/2018	85	California Health Collaborative's Lock it Up! Program
PEP Town Hall Meeting	Prescription Drugs	12/4/2018	64	California Health Collaborative's Lock it Up! Program
Distribution of Grad Box Safe Celebrating Tips	Alcohol	3/1/2018	2,500	SHCC, Student Involvement, Alumni

#### IV. Assessment Activities

In the Spring of 2018, Fresno State participated in the American College Health Association, National College Health Assessment II survey assessment and received feedback from 1492 Fresno State students. When compared to national figures, Fresno State certainly has some areas to be proud of. Based on the results of this survey, ATOD programming was tailored towards the specific needs of Fresno State students. The following table highlights some of those statistical comparisons.

<b>ACHA, NCHA Survey Question</b>	<b>Fresno State Students</b>	<b>National Data</b>
In the last 12 months, what percentage of students reported that <b>alcohol</b> negatively impacted their academic performance	2.2%	3.1%
In the last 12 months, what percentage of students reported that <b>drug use</b> negatively impacted their academic performance	1.0%	1.7%
What percentage of students reported never <b>smoking a cigarette</b>	85.3%	79.1%
What percentage of students reported never <b>drinking alcohol</b>	28.3%	21.2%
What percentage of students reported never using <b>marijuana</b>	68.5%	58.5%
What percentage of students reported consuming <b>4 or fewer drinks</b> last time they "partied"	74.3%	65.1%
In the last 12 months, what percentage of students reported <b>using antidepressants</b> that were not prescribed to them	1.9%	2.9%
In the last 12 months, what percentage of students reported <b>using stimulants</b> that were not prescribed to them	2.4%	5.8%

#### V. ATOD Highlights

##### ATOD Website

- Fresno State students, staff and faculty now have the ability to search for and learn about all ATOD related items in a central location. <http://fresnostate.edu/studentaffairs/alcohol/index.html>

##### Online Alcohol Screening Tool

- In December of 2016, Fresno State partnered with AlcoholScreening.org to allow the Fresno State community to quickly and anonymously assess their individual alcohol usage, receive feedback based on their responses, and learn about resources. <http://www.alcoholscreening.org/Home.aspx>

##### Creation of an ATOD Resource Guide

- An on and off-campus ATOD resource guide was updated and included in the Bulldog Bark and the Student Guide to Mental Health & Well-being Services Booklet.

## **VI. Future Initiatives**

### Safe Transportation Practices

- With the implementation of CSU Executive Order 1109 (allowing for alcohol to be sold at college athletic events) and the repeal of the former prohibition of sale or service of alcohol at athletic events, Fresno State will allocate a physical space near Bulldog Stadium, specifically for transportation services such as Lyft and Uber to safely pick up and drop off students and community members that could not safely drive themselves. This initiative will be targeted for implementation during the Fall 2017 semester.