



— ARKANSAS COLLEGES OF —
HEALTH EDUCATION

2019

Alcohol and Other Drugs (AOD) Prevention
Program Biennial Review

INTRODUCTION

The Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require that institutions of higher learning (IHE) such as the Arkansas College of Health Education adopt, implement, and evaluate programs to prevent the misuse or abuse of alcohol and use or distribution of illicit drugs both by university students and employees both on its premises and as a part of any of its activities. At a minimum, each institution of higher education must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.
- A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students.
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

The law further requires that the institution conduct a biennial review of its program with the following objectives:

- Determine the effectiveness of the policy and implement changes to the Alcohol and Other Drug (AOD) program if they are needed
- Ensure that the sanctions developed are enforced consistently
- Determine the number of drug and alcohol-related violations and fatalities occurring on the campus, or as part of school activities that are reported to campus officials
- Determine the number and type of sanctions the IHEs impose on students or employees as a result of such violations or fatalities.

The Arkansas Colleges of Health Education acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act. The intention of this document is to comply with the legal requirements as set forth by the DFSCA and to discuss prevention and education related programs, initiatives and activities related to Arkansas Colleges of health Education's Alcohol and Other Drug Prevention Program during the 2017-2018, 2018-2019, and 2019-2020 academic years.

Biennial Review Process

The members of the Biennial Review Taskforce include:

- Dr. Elizabeth McClain, Associate VP for Academic Affairs & Wellness
- Laurel Starling-McIntosh, Assistant Dean of Student Affairs
- Glenna Gilliam, Director of Financial Aid
- Amanda Evenson, Director of Student Services

The following campus offices and documents provided information for this report:

- Student Services and Campus Activities
- Student Event Requests
- Campus Wellness
- Office of Student Affairs
- Campus Police
- Human Resources
- Student Conduct Data
- ACHE Student Handbook
- ARCOM Student Handbook
- MSB Student Handbook
- Employee Handbook

Drug and Alcohol Program Elements

Campus Environment

It is the policy of ACHE to maintain and promote a safe and healthy environment for its students and employees. Therefore, the College policy prohibits the use, manufacture, possession, distribution, or dispensing of drugs, (“controlled substances” as defined in the Controlled Substance Act, 21 U.S.C. 812) alcohol, or tobacco products and vapor products on College property which is used for academic purposes or during College activities by its’ students, staff, or faculty, regardless of the type of employment. This policy is in effect 24 hours a day, year-round. With the approval of the President or the CEO in advance, alcohol or tobacco products may be permitted for special events or circumstances.

Campus Housing

The Arkansas College of Health Education has two apartment complexes adjacent to the campus. *The Residence* consist of 20 buildings, including 164 units that houses 192 students and guests. *The Village at Heritage* consists of 2 buildings, including 32 units that houses 28 students and guests.

Alcoholic beverages for personal consumption by students over the age of twenty-one (21) is allowed in student housing. Alcohol may not be consumed outside the apartment building or in common areas, except for special events authorized by the ACHE President/CEO. Student residents must comply with all state and local alcohol related regulations.

On-Line Training Component

Beginning the 2019-2020 academic year, ACHE contracted with an online training company called Everfi. The new system automates the compliance and learners can work at their own pace within the institution’s designated timeline. One of the training modules that is required from all ACHE students is *AlcoholEdu*.

This interactive online program uses the latest evidence-based prevention methods to create a highly engaging user experience, inspiring students to make healthier decisions related to alcohol and other drugs. This course includes tailored content that covers:

- Overview of Key Definitions
- Myths and Misperceptions
- Alcohol and Motivation
- Standard Drink
- Blood Alcohol Concentration
- Key Strategies for Drinkers
- Key Strategies for Non-Drinkers
- Bystander Intervention Skills
- Academic Brain Science
- Media Literacy and Expectations
- Alcohol and the Law
- College, Drinking and Stress

The *AlcoholEdu* course has a pre and post exam to measure outcomes and requires students to read and sign an acknowledgment of the ACHE drug and alcohol policy.

Student Activities

ACHE recognizes social programming as an alternative to alcohol or drugs. The college values the 31 registered student organizations (RSOs). During the 2018-2019 academic year there were approximately 300 school sponsored events which included, but not limited to fundraisers, volunteer opportunities, speakers, and general body meetings. These on-campus and off-campus events foster personal and professional relationship building, enriched cultural experiences, cultivated community connections, and supported healthy school-life balance.

Students may request alcohol at a student event, but it does require approval by the ACHE President/Chief Executive Officer. Preventative measures have been added to these approved events to encourage responsible drinking. The current 3-pronged approach includes (1) on-site ACHE security, (2) a safe driver program, and (3) a drink limit monitored by a wrist band system.

Academic Year	Alcohol Approved	Event(s)	Preventative measures
2017-2018	1	Gala	
2018-2019	2	Winter & Spring semi-formal	On-site ACHE security Safe driver program Drink limit (Spring event)
2019-2020	1 (as of 12/17/19)	Winter semi-formal	On-site ACHE security Safe driver program Drink limit

New Student Orientation

In the first two years of the college, the institution provided educational presentations on drug and alcohol abuse to all students during new-student orientation. Students are mandated to attend new student orientation programs.

Student Handbooks

Prior to matriculation students are required to sign a handbook acknowledgment for both ACHE and the program in which they are entering. The handbooks cover student conduct at college sponsored activities, both on and off campus.

CARE

ACHE's CARE (Campus Awareness Response Evaluation) team is a multi-disciplinary team for the purpose of promoting and maintaining student safety and well-being across ACHE colleges. The team meets regularly to:

- Assess situations involving students who display concerning behavior
- Connect students with necessary campus and community resources
- Monitor students who have displayed concerning behavior

- Provide consultation and support to campus community members who assist students who display concerning behaviors

The CARE Team does not replace faculty classroom management, the reporting of professionalism issues, public safety responses to incidents or emergencies, Title IX allegations, or any student progress committee function. Students discovered to need any assistance are referred to the appropriate resources by the CARE Team. The CARE Team serves as a resource for students and a referral source for campus community members who are concerned about any ACHE student. CARE is just one more way a student can receive wellness support. Students can self-refer or refer a colleague by contacting a CARE team member or submitting an anonymous report via their student portal.

Wellness Resources

ACHE employs a full-time Wellness Counselor on campus for wellness advisement for students. Wellness advisement differs from psychotherapy in that no diagnoses or treatment plans are made. Wellness Advisement helps by strategically assisting students in developing self-awareness and implementing strategies to bolster their sense of well-being.

In addition, students enrolled at ACHE have access to confidential mental health services, including 24-hour psychiatric services. These services are available to all students throughout their tenure at ACHE. Information is maintained and posted in the Office of Student Affairs, on ACHE's website, and in strategic locations throughout the campus. The individual student and his/her required personal health insurance are responsible for all fees that are incurred through the utilization of such services. The three resources are listed below:

The Guidance Center
3111 So 70th
Fort Smith, AR

Center for Psychiatric Wellness
7217 Cameron Park Dr
Fort Smith, AR 72117

WellConnect
WellConnectForYou.com
866-640-4777

Screenings

ACHE may conduct random drug and alcohol screening on all students, staff, and faculty. ACHE reserves the right to require drug or alcohol testing on any student when reasonable suspicions exist. Refusal or failure to submit to screening may result in disciplinary action up to and including dismissal as determined by the SPC. Students found to have positive screening tests for illicit substances or prescription medications without a valid prescription will be referred to SPC. Students may be suspended pending determination by the SPC.

Faculty/Staff Resources

Employees and their families seeking resources for preventing drug and alcohol abuse as well as treatment information or tobacco cessation programs should contact the EAP (Employee Assistance Program) by calling 1-800-624-5544 or visiting the EAP website www.ndbh.com. (login code is: achedu). The EAP is available 24 hours per day, 365 days a year. Information about the service as well as additional assistance may be obtained through the Office of Human Resources.

Imposed Sanctions

The College is bound to take all appropriate actions against violations of the law, which may include arrest, referral for legal prosecution or requiring the individual to participate satisfactorily in an approved alcohol, tobacco, or drug abuse assistance or rehabilitation program. Students may receive alternate or additional sanctions for violations drug or alcohol related offenses.

If a student is found in violation of Professional Codes, Codes of Student Conduct, Academic Responsibility, or ACHE policies and procedures, one or more of the following sanctions may be imposed. The list is not exclusive of other actions that may be directed by the Dean or other administrative authority.

- Expulsion
- Suspension
- Temporary Suspension
- Final Disciplinary Probation
- Probation
- Probation with Conditions
- Disciplinary Warning
- Verbal Warning
- Fines
- Restitution
- Restriction or Revocation of Privileges
- Counseling Intervention.
- Other Appropriate Actions

Statistics

A summary of the violations and resulting sanctions are sited below. This includes both students and faculty/staff.

Imposed Sanctions			
Violation	Sanction	Number	Location
2017-2018			
Alcohol	Verbal Warning	0	N/A
	Written Warning/ Probation	1	Off-campus
	Expulsion/Suspension	1	Off-campus
	Other	0	N/A
Drugs	Verbal Warning	0	N/A
	Written Warning/ Probation	0	N/A
	Expulsion/Suspension	0	N/A
	Other	0	N/A
2018-2019			
Alcohol	Verbal Warning	1	Off-campus
	Written Warning/ Probation	0	N/A
	Expulsion/Suspension	0	N/A
	Other	0	N/A
Drugs	Verbal Warning	0	N/A
	Written Warning/ Probation	0	N/A
	Expulsion/Suspension	0	N/A
	Other	0	N/A
2019-2020			
Alcohol	Verbal Warning	0	N/A
	Written Warning/ Probation	0	N/A
	Expulsion/Suspension	0	N/A
	Other	0	N/A
Drugs	Verbal Warning	0	N/A
	Written Warning/ Probation	0	N/A
	Expulsion/Suspension	0	N/A
	Other	0	N/A

Program Effectiveness & Committee Recommendations

The Arkansas Colleges of Health Education welcomed its inaugural class in 2017. Since the inception the institution continues to evaluate and expand the resources available for students, faculty, and staff relating to drug and alcohol awareness. The Biennial Review Taskforce recommends the institution consider the following improvements.

- (1) Consult with campus police to determine the feasibility of a prescription drop off location on campus.
- (2) Utilize Everfi's survey tool to research student drug and alcohol usage. This data can then be used to make more informed recommendations by the biennial review taskforce.
- (3) Develop guidelines to standardize the process of referring students for sanction when they have had too much alcohol to drink.
- (4) Develop more interactive student programming involving drug and alcohol themes to build awareness. Awareness includes promoting healthy choices and understanding the difference between high-risk drinking and responsible use of alcohol.
- (5) Consult faculty members to assess their views on drug and alcohol programming enhancements based upon classroom observations and discussions.