Lafayette College
Division of Campus Life

Alcohol and Other Drugs Standing Committee
Bi-Annual Report

2012-2014

Submitted by: Stephanie Falzone, M.Ed
Alcohol and Other Drugs Program Assistant
June 1, 2014
The college years are an important time in the intellectual, social, and emotional development of students. Although students prefer to be viewed as adults, in truth they are still in the midst of late adolescent development that concludes between the ages of 23 and 25. During this stage of late adolescent development, the prefrontal cortex of the brain is undergoing dramatic changes (Blimling, 2013). Our students and the decisions they make surrounding the issue of alcohol are deeply connected to the development of their prefrontal cortex. Natural brain development over time will help students understand the implications of their decisions and allow them the foresight to better consider the consequences of their actions. During their time as students at Lafayette College, it is our responsibility to educate and facilitate a harm reduction approach.

To that end, the Office of the Dean of Students and the Alcohol and Other Drugs Standing Committee (AODSC) in partnership with faculty, staff, and departments on campus, work effortlessly to combat the negative consequences of high risk and rapid consumption of alcohol. Our strategies are guided by the NIAAA 4 Tiers of Evidence of Effectiveness.

This bi-annual report documents the work of several committed faculty, staff, and students through the work of the AODSC during the academic years 2012-2013 and 2013-14.

I. Alcohol and Other Drugs Standing Committee Tier 2 Strategy

The difficult task of reducing the negative implications of high-risk drinking on a college campus like Lafayette requires a comprehensive, diverse, and committed group of faculty, staff, and students, as well as community and collaborative partners who plan, act, assess, and refine a comprehensive strategic plan. To influence student culture and model responsible use through education and programming, Lafayette’s AODSC meets at least monthly during the academic year as a full committee and more often in subcommittees. The AODSC is chaired by the Dean of Students, Paul McLoughlin, and acquired a part-time program assistant, Stephanie Falzone, for the 2013-14 academic year. The strength of the AODSC’s mission lies in the commitment of its’ members. Lafayette is fortunate to possess nearly 30 members devoted to creating a campus free of the negative consequences and providing students the opportunity to succeed, without the harmful effects associated with the high risk/rapid consumption of alcohol.

Mission Statement: The Lafayette College Alcohol and Other Drug Standing Committee (AODSC) implements and assess strategies, programs and policies specifically aimed at reducing high-risk drinking among Lafayette students. Using new measures that target education and outreach, student advocacy and peer education, as well as social programming, combined with the continued enforcement of College policy and Commonwealth law, the AODSC strives to reduce dangerous and negative implications of alcohol abuse, including blackouts, hospital transports, vandalism, harm to self or peers, and violations of the College’s code of conduct.

The AODSC explores best practices from peer institutions and relevant research that targets high-risk behaviors with documented success. This faculty, staff, and student standing committee works to engage the entire Lafayette community of students, faculty, staff, parents, and alumni in devising and implementing community-wide solutions to dangerous drinking. With more than
1,800 alcohol-related deaths of college students each year, the AODSC’s efforts are critically important to the College’s mission.

The AODSC is comprised of four subcommittees: (1) Education and Outreach, (2) Policies and Enforcement, (3) Social Programming, and (4) Student Education. Their accomplishments are outlined in the following document.
A. Education and Outreach to Faculty, Staff, and Alumni Subcommittee

1. Members:

   Stephanie Falzone, M. Ed, AODSC Program Assistant, Subcommittee Chair; Grace Reynolds, Director of Residence Life; Donna Krivoski, Director of Parent Relations; Taaha Mohamedali, Assistant Director of Admissions; Rebecca Heslin, Assistant Director of Development Research; Zachary Lappen ’14, Greek Student Representative; Katherine Levy, Resident Assistant.

2. Projects:

   a) Parent Communication

      The Parent Relations Office informs parents of high risk and stressful events occurring on campus such as Homecoming, exams, and semester breaks. Students can be ill prepared to deal with such events and as a result engage in self-destructive or counter-productive behavior. These choices disrupt their pursuit of academic success and personal growth.

      ◆ Initiate dialogue between parents and the college on their child’s college experiences.
      ◆ Assist students identified as experiencing difficulties with their own or other’s use of alcohol.
      ◆ Inform parents of opportunities for their child to connect with student groups and staff on campus.

   b) Parent Handbook Tier 3 Strategy

      An on-line guide for parents, to familiarize them with the offices and services available for their student at Lafayette College.

      ◆ Familiarize parents with campus resources so they can better assist their child.

   c) Faculty/Staff Survey Tier 1 Strategy

      The CORE survey was administered to faculty and staff in Fall 2013. The Core Institute is a national, non-profit research center with the largest data base for studies on alcohol and behaviors for similar Liberal Arts colleges.

      ◆ Capture the beliefs and attitudes of faculty and staff towards alcohol on campus, their knowledge of available services, and their ability to address alcohol issues with their students.
      ◆ Provide educational training, services, and opportunities for involvement based on survey results.

   d) Prologue Weekend partnership with Admissions Tier 2 Strategy

      Multiple offices on campus collaborate with Admissions to provide prospective students with fun, purposeful, and intentional programming. Student hosts engage prospective students in
activities that showcase the campus and the students of Lafayette College at their finest.

- Encourage socialization without the consumption of alcohol.
- Facilitate a change in culture for future students where alcohol is not the central focus.

e) **Reunion Weekend partnership with Alumni Relations**

**Tier 2 Strategy**

It is essential for alumni and guests to adhere to the College’s alcohol policy and be mindful of the College’s efforts to reduce the high risk/rapid consumption of alcohol. The relationship between alumni and students is and will continue to be one of support both professionally and personally. Alumni play an important role in modeling and supporting the need for responsible consumption of alcohol.

- Provide clear and consistent messaging concerning high risk and rapid consumption of alcohol on campus.
- Define expectations of behavior when consuming alcohol.
- Educate the attendees on the College’s alcohol policy.

f) **Prospective student messaging coordination with Admissions**

**Tier 2 Strategy**

Admissions ambassadors effectively communicate the College’s alcohol policy and direct parents and prospective students to online resources available to assist parents in speaking with their child about alcohol use. Prospective students and their parents need to recognize the role of alcohol on campus and the negative consequences that can result both academically and personally.

- Provide clear and consistent messaging concerning high risk and rapid consumption of alcohol on campus.
- Inform prospective students of the comprehensive support system in place to facilitate a safe and responsible drinking culture.
B. Policies and Enforcement

1. Members:

   Greg Meyer, Director of Student Development, Subcommittee Chair;
   Michael W. Butler, Ph.D., Assistant Professor of Biology; Cory Spera ’15, Kendall Weedling ’16, Aaron Little ’16.

2. Projects

   a) Focus Groups Tier 1 Strategy
      Student members of the AODSC solicit feedback from small student focus groups to gather opinions and understanding of the current alcohol policy.
      ♦ Determine students’ level of knowledge of the alcohol policy.
      ♦ Create messaging that will positively influence changes in behavior regarding alcohol use.

   b) Exploration of Birthday Books Tier 2 Strategy
      Local merchants are provided with Birthday Books upon request. Research will continue into the summer as to the practicality and usefulness of the Birthday Books and their ability to support our mission statement.

   c) Review of the Student Code of Conduct Alcohol Policies Tier 3 Strategy
      The Alcohol Policy was reviewed for updates, clarification, and streamlining. The revisions were approved in April 2014.
      ♦ Create a new “Spectrum of Response” option to allow hearing officers to sanction individualized responses for alcohol violations driven by the needs of the student.
      ♦ Allows the College to address multiple violations, escalating violations, and students facing addictive or problematic drug and alcohol use.

   d) How to have a “Hassle Free Homecoming” Tier 3 Strategy
      Signs were constructed to communicate the behavioral and conduct expectations to students and alumni. College Public Safety, outside security, community police and EMT, and the Pennsylvania Liquor Control Board were on hand to assist with Homecoming.
      ♦ Diminish the number of alcohol violations and hospital transports on a high risk weekend.

   e) Clear and frequent emails in advance of high risk events Tier 3 Strategy
      Students receive information coordinated with high risk events from the Dean of Students. The information explicitly states the layout and schedule of the event and the expectations for behavior.
 Eliminate any confusion and misperception surrounding the event.
 State clearly what will or will not be tolerated and how students can attend an event hassle free.

f) **On-line alcohol education module (MSB/Alcohol.edu)** Tier 1 Strategy
Students challenge their alcohol expectations and test their knowledge of alcohol use. The on-line module provides basic alcohol education as well as multiple other modules helpful to students and parents. The results enable the College to compare class over class as well as comparisons to similar colleges and universities.
 ♦ Reduce the risk of drugs and alcohol abuse among college students.
 ♦ Engage students and parents in effective, evidence-based prevention.
 ♦ Give administrators the data to target, evaluate, and strengthen prevention initiatives.
 ♦ Utilized for general prevention and for conduct violations.

g) **A Parent Handbook for Talking to Your Student About Alcohol** Tier 1 Strategy
Parents engage their child in a discussion about consumption prior to the student coming on campus with Rob Turrisi's Parent Handbook publication, tailored to Lafayette. This parent-based intervention has undergone clinical trials and has been publicized in multiple peer review articles.
 ♦ Proven to prevent students from drinking when they come to campus and reduce the drinking of those students who come to campus with established high risk drinking habits.

h) **Conduct hearing for every student** Tier 1 Strategy
Students sited with violating College policy meet with a hearing officer. At a small institution, students expect to experience a hands-on approach whether for academics or conduct violations. Conduct hearings ensure the student meets with a faculty/staff member to process their experience.
 ♦ Determine level of responsibility and individual developmental/educational opportunity.

i) **Additional Police Enforcement at Risk Events** Tier 2 Strategy
The College partnered with local law enforcement to patrol both events on and off campus. Enforcement of college policy and local laws encouraged students to attend college sponsored events on campus.
♦ Decrease number misconduct, public drunkenness, and underage consumption.

C. Social Programming

1. Members
Kristen Cothran, Director of Student Involvement, Sub-committee Chair; Janice Pigga, Coordinator of Facilities Management and Evening Events, Student Life Programs; Billie Weiss, Assistant to the Vice President for Campus Life/Dean of Students; Lauren Berry ’14, student, President of Order of Omega, Executive Chair for First Year Orientation; Elena Cochrane ’16, student.

2. Programs

   a) Event Registration Form Tier 3 Strategy
   Students will be required to register events through the Office of Student Involvement when twenty-one (21) or more guests are expected in attendance.
   ♦ Encourage students to hold events on campus.
   ♦ Empower students to hold events with alcohol in a responsible way.

   b) Alcohol Policies for On and Off Campus Events Tier 2 Strategy
   The new policy allows students with registered events through the Office of Student Involvement the ability to serve alcohol.

   c) Anderson Courtyard Homecoming Tier 3 Strategy
   The event was designed as part of an ongoing cultural shift in the way students celebrate Homecoming. Homecoming was moved to Anderson Courtyard in 2012 to eliminate underage drinking and reduce the high risk/rapid consumption of alcohol occurring on March Field at previous Homecomings. In an effort to live up to the true spirit of Homecoming the event is centered on providing an opportunity for alumni and current students to socialize and network as well as showcase student groups and encourage alumni to reconnect with those groups.
   ♦ Free food, games and activities, and a DJ were stationed at Anderson Courtyard for the Homecoming Festivities.
   ♦ Encourage students from all class years to socialize together.

   d) Lafayette/Lehigh game Tier 3 Strategy
   The College provided transportation for students to and from the Lafayette/Lehigh game held at Lehigh University. Students driving under the influence pose a significant threat to themselves and the community. By providing transportation, Lafayette sought
to eliminate the risk of injury and death caused by alcohol impaired driving.
♦ Discourage students driving to the game.
♦ Provide transportation and monitor alcohol consumption.
♦ Distribute tickets and water bottles on the busses.

e) 100 Nights/1,000 Nights Tier 3 Strategy
Students gather together as a freshman and then senior class to commemorate their journey at Lafayette College. Prior to the 2013-14 academic year the event was viewed by students as an opportunity to pre-game and consume high quantities of alcohol at a college sponsored event.
♦ Utilize education and purposeful programming to create an event centered on the celebration of shared successes, comradery, and community.
♦ Reduce the number of hospital transports.

f) Senior Week Programming Tier 3 Strategy
Seniors enjoy a week of celebration coupled with programs and speakers.
♦ Designed to empower and prepare the graduates for life beyond Lafayette’s campus
♦ Provide alternative activities to counter the cultural norm of drinking alcohol

g) Midnight Breakfast-Fall & Spring Tier 3 Strategy
Students are served free breakfast food at midnight during high risk events.
♦ Provide students with hydration and substantial food.
♦ Slow the absorption of alcohol into their blood stream.
♦ Encourage students to leave their residence halls so faculty and staff can observe their behavior.
♦ Foster community spirit between students.

h) Pancake Flip Tier 3 Strategy
Students are served free brunch the day of a high risk event.
♦ Provide students with hydration and substantial food.
♦ Slow the absorption of alcohol into their blood stream.
♦ Encourage students to leave their residence halls so faculty and staff can observe their behavior.
♦ Foster community spirit between students.

i) Spring Concert Tier 3 Strategy
Students are invited to take part in a new Lafayette tradition featuring popular artists performing live at Fisher Field. While some traditions at Lafayette centered around the high risk/rapid
consumption of alcohol and were eliminated or changed, the College sought to form “new traditions” that reflect the spirit of Lafayette College student and responsible use.

♦ Provide students with an alternative event

**j) Intentional marketing of alcohol free events Tier 3 Strategy**

Students are made aware of events occurring on campus that are not centered around the consumption of alcohol, through social media and posters.

♦ Create excitement for college sponsored events

♦ Provide alternative programs

**k) Environmental Management Tier 3 Strategy**

Students’ safety and well-being are supported through increased law enforcement at campus-based events that historically have included high risk drinking.

♦ Coordination with multiple departments on campus, with the city of Easton, and Easton Hospital

♦ Increased hours of operation for Bailey Health Center

♦ Availability of free water and food.

### D. Student Education

1. **Members:**
   
   John Shaw III, J.D., Ph.D., *Associate Professor and Assistant Head of Psychology, Sub-committee Chair*; Matt Bayly, *Director of Sports Medicine and Head Athletic Trainer*; Jeff Goldstein, M.D., *College Physician & Director of Health Services, Bailey Health Center*; Danielle Moran ’15, *Student Government Appointed Student Representative*; Tim Silvestri, Ph.D., *Assistant Director of Counseling Services, Counseling Center*; Dan Ayala, *Associate Director of Student Life*; Andrew Alikhani ’15, *student*.

   **a) Mouse Pad Campaign Tier 2 Strategy**

   A normative campaign designed to promote friendship, success, and community on mouse pads placed at computer labs on campus.

   **b) Good Samaritan post cards Tier 2 Strategy**

   Postcards were distributed to students on campus highlighting the importance of intervening before a fellow student reaches a dangerous level of intoxication, reinforcing symptoms and signs of alcohol poisoning, and familiarizing students with the process of seeking assistance.
c) **“Straight Shots” Orientation program** Tier 4 Strategy
A new student orientation program designed to educate students about the science of the brain and how decision-making is affected by alcohol.

d) **Motivational Enhancement Interview** Tier 1 Strategy
Students returning to campus after admittance to the hospital for intoxication meet with the Director of Health Services, Dr. Jeffrey Goldstein. Dr. Goldstein offers a non-judgmental, non-confrontational and non-adversarial approach to increase the student's awareness of the potential problems caused, consequences experienced, and risks associated with high risk alcohol consumption.

e) **Reintroduction of Core Alcohol Survey** Tier 1 Strategy
The CORE survey was administered to students in Fall 2013. In previous years, the Counseling Center administered their Drug and Alcohol Survey with success. After much discussion and debate the AODSC determined it was important to be able to compare Lafayette students’ results with other institutions and moved forward with administering the Core Survey. The Core Institute is a national, non-profit research center with the largest data base for studies on alcohol and behaviors for similar Liberal Arts colleges. The survey consists of 40 total questions (Lafayette added ten questions to capture campus norms.

- Capture student attitudes and behaviors on the consumption of alcohol on campus and their knowledge of available services.
- Provide indicated programs and services based on survey results.

f) **Direct outreach efforts to groups/classes on campus** Tier 1 Strategy
Faculty engage students in discussions regarding college culture, the high risk/rapid consumption of alcohol, and challenge alcohol expectancies.

- Alter students’ expectations about the effects of alcohol.
- Provide feedback and interactive dialogue of students’ drinking habits.
- Assist faculty and staff with providing appropriate prevention/intervention strategies.

g) **Lafayette Drug and Alcohol Peer Advisors (L-DAPAs)** Tier 1 Strategy
A peer education group committed to empowering, educating, and creating change at Lafayette College. The students are recruited for their commitment to drink responsibly and their ability to work with students on campus to promote a culture of responsible drinking. The L-DAPAs are utilized to work on marketing.
campaigns, social media campaigns, educational classes, party grants, and hosting and promoting social events.

♦ Reduce the harmful effects of alcohol and other drugs
♦ Promote a culture of healthy living
♦ Respond to questions about alcohol and other drug use and abuse
♦ Promote awareness
♦ Provide educational outreach

The AODSC implemented programs and campaigns that span the institution. Using the four tiers of effective strategies the committee expounded upon previous events and opportunities as well as created new and exciting initiatives for the future. From organizing a pancake flip breakfast to creating the Anderson Courtyard Homecoming, students were consistently exposed to the College’s effort to promote responsible drinking.

Although the struggle to reduce rapid consumption/high risk drinking is never complete, the 2013-14 statistics demonstrate that Lafayette College made considerable strides. In comparison to the 2012-13 school year, reported citations show a decrease in the following areas: false identifications (down) 29%, furnishing alcohol to minors (down) 50%, and underage consumption (down) 41%. Total alcohol charges decreased by 38%. First year students continue to comprise the highest number of total alcohol charges compared to other class years and therefore indicates a need for the development of new programs such as peer education, challenging alcohol expectations campaigns, and L-DAPA over/under events. Another area of concern is the number of citations for males on campus. Focus groups can be utilized to determine if there are opportunities for additional programs or activities. The AODSC will continue to explore evidence based strategies to reach every facet of our college population.