

## **Keene State College**

# **ALCOHOL AND OTHER DRUG PREVENTION PROGRAM BIENNIAL REVIEW 2022 - 2024**

## **I. Introduction**

This report is compiled in compliance with the Drug-Free Schools and Campuses Regulations (34 CRF Part 86) by Emily Alexander, Senior Coordinator of Student Involvement and Well-Being and Kat Dougherty, Assistant Dean of Students in consultation with all departments across campus that intersect with prevention and response related to Alcohol and Other Drugs.

As an institute of higher learning, Keene State College is required by the Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) to develop, implement, and evaluate programs to prevent the misuse or abuse of alcohol and use or distribution of illicit drugs both by Keene State College community faculty, staff, and students. This law requires that KSC conduct a biennial review of its program with the following objectives: determining the effectiveness of the policy and implementing changes to the Alcohol and Other Drug (AOD) program if they are needed; and to ensure that the sanctions developed are enforced consistently. In compliance with the DFSCA, the biennial review must also include a determination as to: the number of drug- and alcohol-related violations and fatalities occurring on the campus, or as part of their activities that are reported to campus officials; and the number and type of sanctions the IHEs impose on students or employees as a result of such violations or fatalities.

## **II. Description of Alcohol and Other Drugs (AOD) Program Elements**

### **1) Education Programming**

#### **a) All incoming First Year Full Time**

##### **i) Shots of Reality Orientation program**

Keene State College's orientation program includes hosting "Shots

of Reality”, a presentation geared toward providing harm reduction strategies to first year KSC students as well as transfer students during Fall and Spring Orientation. This program also provides students with information regarding the resources available on campus.

## 2) Active Events and Outreach

### a) Student Involvement

#### i) **Alcohol Skills Training Program**

The Wellness Center and the Office of Student Involvement collaborated to certify faculty and staff on Alcohol Skills Training Program (ASTP). The Alcohol Skills Training Program acknowledges the reality that college students may choose to drink rather than focusing solely on imposing abstinence. This program recognizes that any steps taken toward risk reduction are steps in the right direction. By using ASTP at Keene State, we joined several national organizations, colleges and universities in offering a program that focuses on risk management and education through conversation and programming. Training was offered to all Fraternity and Sorority Life members in both the Fall 2022 and 2023 semesters with a 75% completion rate. Each session was in-person and lasted approximately 1-hour.

#### ii) **Social Host Training**

The Office of Student Involvement offered a Social Host Training Program for fraternity and sorority members in both the Fall 2022 and Fall 2023 semesters. This training provided students with risk prevention techniques they could use while hosting social events with alcohol. The training consisted of a mock social, review of campus and national organization policies, and the creation of individual prevention plans for each organization.

#### iii) **Community Living programs**

Community Living staff and students are offered a wide range of substance misuse prevention and intervention services through The Wellness Center. This includes educational trainings during orientation, educational trainings for student leaders and professional staff, experiential programs, as well as other AOD related programming in the residence halls.

iv) **Wellness Center**

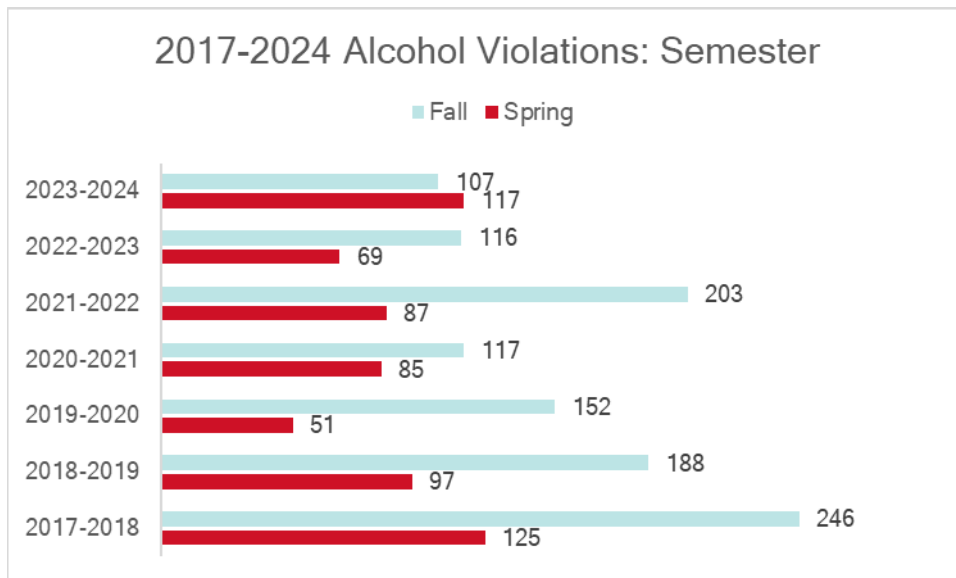
During this reporting period The Wellness Center began hosting monthly Narcan trainings, and Narcan is being placed in a variety of locations around campus in case of need. The Wellness Center provided harm-reduction based programs in collaboration with community living staff and student organizations, as well as programs and appointments mandated as part of community standards processes related to substance use violations.

v) **Annual Training**

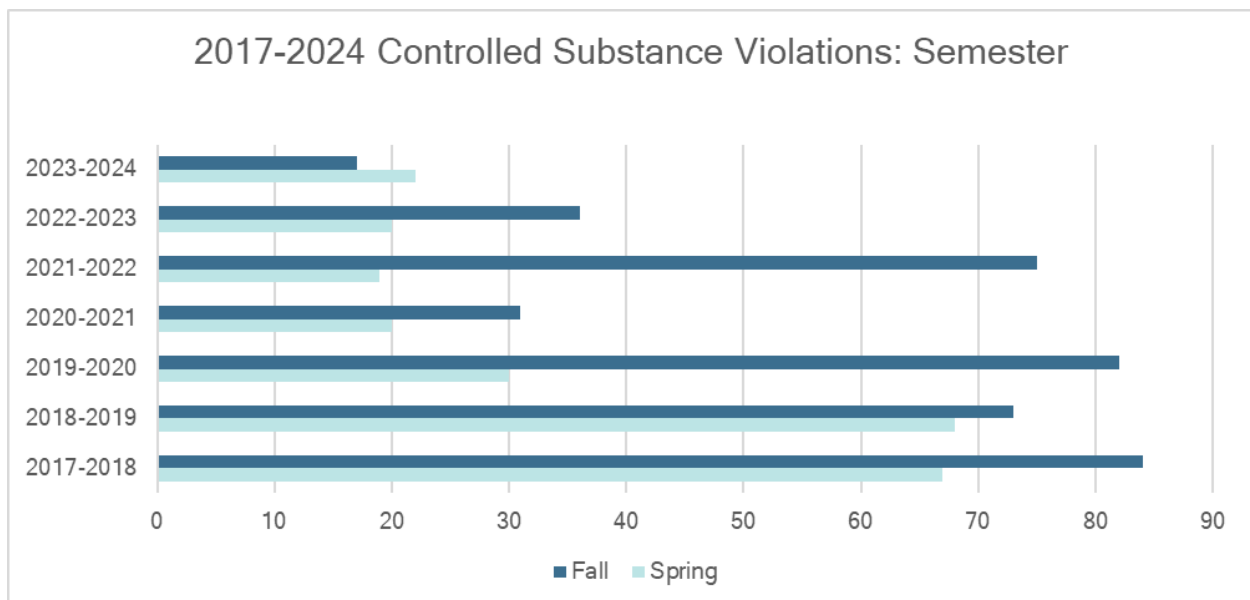
In compliance with NH RSA 188-H Sexual Misconduct at Higher Education Institutions, Keene State College offered training to all enrolled students in 2022-2023 and 2023-2024 received access to training on inclusion, sexual misconduct/consent, alcohol and other drugs, and hazing and intimidation.

### III. AOD Incident Rate and Trends

#### Alcohol Incidents 7-year trend

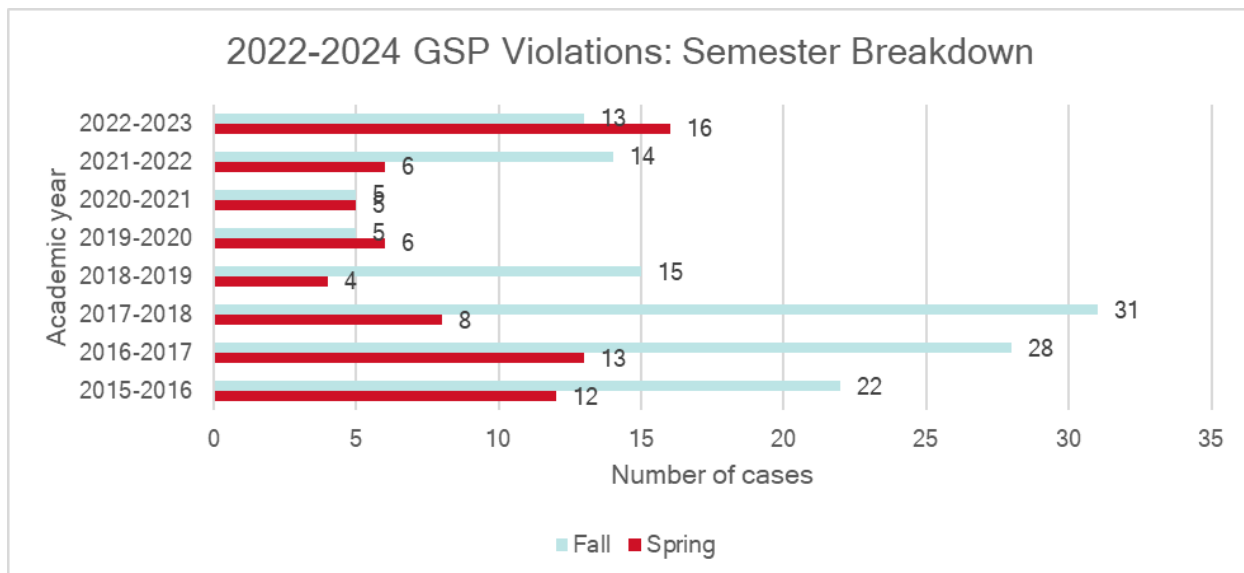


#### Controlled Substance 7-year trend



The Good Samaritan Policy (GSP). The GSP was suggested by a group of students in 2011 as a way to keep students safer on-campus. Essentially, if a student reaches out for help for themselves or others after using alcohol or drugs, the GSP is enacted. Instead of a conduct hearing, the student(s) meet with a Hearing Officer (typically their

own Community Director) to discuss what happened. They are then assigned educational outcomes through the counseling center and receive no punitive conduct sanctions. Encouraging students to seek help and use the GSP is a topic discussed at New Student Orientation and Welcome Days, and by Community Assistants during their initial floor meetings.



Referred Learning Program (RLP). All students found responsible for an alcohol or marijuana violation are required to complete an educational program to help them learn in a developmentally appropriate manner.

- First Time Offense: Online Module focused on Alcohol or THC use/misuse
- Second Time Offense: In person Alcohol and Other Drug course (90 minutes) facilitated by the Wellness Centered (Certified Counselor)
- Third Time Offense: Connections with a Counselor: referral to the Wellness Center for an Alcohol or Other Drug screening and follow up as needed

#### **IV. Statement of AOD Goals**

**GOAL: REDUCE STUDENT RISK AND INCREASE ACCESS TO PREVENTION EFFORTS AND EDUCATION THROUGH COLLABORATION WITH CAMPUS DEPARTMENTS AND EXTERNAL COMMUNITY PARTNERS**

Strategy: The Campus AOD Committee will identify and partner with various campus and community partners necessary in reducing student AOD related risk.

Measurements:

1. The Senior Coordinator for Student Involvement and Well-Being will partner with the AOD Committee to develop and distribute monthly Stall St. Journal issues to students and the larger campus community.  
*Achievement date: Fall 2024 – ongoing.*
2. The Senior Coordinator for Student Involvement and Well-Being will partner with the AOD Committee to offer AOD risk reduction and prevention focused health education programming for students, staff, and faculty.  
*Achievement date: Fall 2024 – ongoing.*
3. The AOD Committee will identify opportunities for continued collaboration with community members like Monadnock Center for Violence Prevention (MCVP), the Keene Police Department, Cheshire Medical Center, and the Keene Fire Department for on-campus programming and student support.  
*Achievement date: Fall 2024 – ongoing.*
4. The Office of Transitions and Community Living will continue to offer “Shots of Reality” and ongoing AOD related programming and education to both incoming first year students as well as current students.  
*Achievement date: Fall 2024 – ongoing.*
5. The Office of Community Standards will communicate with all incoming and returning students to Keene State College the expectations related to Alcohol and Other Drugs. A specific email will be sent to Off Campus students informing them of local City Ordinances related to alcohol.  
*Achievement date: Fall 2024 – ongoing.*

**GOAL: INCREASE TRAINING OPPORTUNITIES AND EDUCATION RELATED TO ADDICTION, SUBSTANCE MISUSE, AND EVIDENCE-BASED INTERVENTION STRATEGIES AVAILABLE TO STAFF AND FACULTY**

Strategy: The Campus AOD Committee will collaborate with The Wellness Center, The Office of Student Involvement, and the Dean of Student office to increase training opportunities available on campus for staff and faculty.

Measurements:

1. Alcohol Skills Training Program (ASTP). The Office of Student Involvement will give staff and faculty the opportunity to attend ASTP Trainer training on campus.  
*Achievement date: Fall 2024*
2. Bringing In the Bystander (BITB). The OVW grant coordinator and the Dean of Students Office will continue to explore ways to utilize BITB on campus.  
*Achievement date: Spring 2025 - ongoing.*

3. NARCAN Training. The Wellness Center will explore continuing to offer monthly on-campus training for faculty, staff, and students throughout the year.  
*Achievement date: Fall 2024 – ongoing.*
4. The Wellness Center in collaboration with The Senior Coordinator of Student Involvement and Well-Being will provide training on alcohol and substance misuse to Community Living Staff.  
*Achievement date: Fall 2024.*
5. The Dean of Students Office will provide ongoing education and support to Community Standards Hearing Officers around Alcohol and Other Drug intervention via the Referred Learning Program.  
*Achievement date: Fall 2024 – ongoing*

**GOAL: RE-ESTABLISH AN ACTIVE AOD COMMITTEE TO ENSURE COLLABORATIVE AOD EDUCATION, PREVENTION AND INTERVENTION EFFORTS CONTINUE**

Strategy: Identify 8-10 members from the KSC community including faculty, staff, and students committed to serving on the AOD Committee.

Measurements:

1. The Assistant Dean of Students and Senior Coordinator of Student Involvement and Well-Being will outreach to past AOD Committee members to inquire about interest and availability to participate in AOD Committee.  
*Achievement date: Fall 2024.*
2. The AOD Committee members will review and make necessary updates to past mission, vision, and goals of the Committee.  
*Achievement date: Fall 2024.*
3. The AOD Committee will explore and identify potential opportunities for educational and prevention programming on campus.  
*Achievement date: Spring 2025.*

**GOAL: AOD COMMITTEE WILL REVIEW OPPORTUNITIES TO COLLECT DATA THAT WILL INFORM DECISIONS**

Strategy: Identify opportunities to use existing or establish new assessment, screening, and survey tools that can collect data regarding student substance use trends.

Measurement:

1. The AOD Committee will explore potential opportunities for collecting and analyzing data related to AOD use on campus.

*Achievement date: Spring 2025*

Strategy: Wellness Center Screening: The Wellness Center will screen all incoming medical appointments to determine levels of substance misuse and nicotine use.

Measurement:

1. Individuals who alert for concerns pertaining to alcohol use will be recommended to take an additional AUDIT tool assessment.

*Achievement date: Fall 2024 – ongoing.*

2. Individuals who mention concerns pertaining to mental health, nicotine, or other drugs will receive support in obtaining a referral to Counseling Services.

*Achievement date: Fall 2024 – ongoing.*

## **GOAL: IMPROVE AND MAINTAIN COMPLIANCE WITH THE SAFE AND DRUG FREE SCHOOLS ACT**

Strategy: An annual notification will be drafted and distributed to all faculty, staff, and students yearly. This notification will include standards of conduct related to Keene State College, applicable legal sanctions under federal, state, and local laws, and a description of the health risks associated with alcohol or substance misuse.

Measurement:

1. The Assistant Dean of Students and The Senior Coordinator of Student Involvement and Well-Being will draft this notification and distribute to the Associate Vice President of Student Engagement for approval and campus wide distribution.

*Achievement date: Fall 2024*

2. The Assistant Dean of Students and The Senior Coordinator of Student Involvement and Well-Being will collaborate with campus leadership to ensure appropriate distribution of the notification as well as posting the review on the campus-wide website.

*Achievement date: Fall 2024*



## **GOAL: CONTINUE TO EXPLORE OPPORTUNITIES TO IMPLEMENT, MAINTAIN, AND IMPROVE INTERVENTIONS AND SUPPORTS FOR STUDENTS IN RESPONSE TO AOD RELATED CONCERNS**

Strategy: Collaborate with Community Standards and the Wellness Center to evaluate the Referred Learning Program for students who are in violation of alcohol or marijuana policies to determine most appropriate developmental sanctions.

Measurement:

1. For the Online learning modules, develop a pre and post test to determine if students are learning and feel confident in implementing the knowledge and strategies offered within the modules.  
*Achievement date: Spring 2025 – ongoing.*
2. Continue to assess the satisfaction with the Alcohol and Other Drug Class offered to students who have two violations of policy.  
*Achievement date: Spring 2025 – ongoing.*

## **V. Summaries of AOD Program Strengths and Areas for Improvement**

### STRENGTHS

A clear strength of Keene State College is its dedication to providing continued and collaborative AOD prevention, education, and intervention programming across campus. Although KSC has experienced many changes in professional staff over the last few years, the current campus community values providing as much preventative education and support to students as possible. Although the previous Coordinator of Alcohol and Other Drug Prevention and Education (CAODPE) departed from the college system during the 2022 calendar year, KSC recognizes the importance of developing and employing positions that allot dedicated time to alcohol and other drug prevention efforts. As a result, the Senior Coordinator of Student Involvement and Well-Being position was developed and filled February 2024. The majority (over 60%) of this job description is dedicated to well-being, AOD prevention and risk mitigation programming and includes co-chairing the campus-wide AOD Committee. This is a strength of KSC as there are minimal positions on campus that focus primarily on prevention which can make providing consistent and successful prevention programming difficult.

Another strength of KSC is the collaborative and creative AOD programming efforts that occur between departments. Multiple departments across campus host various programs and provide resources designed to support students and reduce AOD risk. Examples of programs and supports across campus include: Student Involvement's

After-Hours programming and traditions like Winter Carnival, Spring Carnival, Alternative Spring Breaks, Monadnock Therapy Pets, Wellness Wednesdays, Crafternoon Activities (with The Wellness Center and The Office of Student Diversity, Belonging, and Equity), New Member Education Days for Fraternity and Sorority Life members, Alcohol Skills Training Program, Social Host Training, Fresh Check Day, Student Activities Council programming, educational programming provided during orientation, and various other academic and athletic events. All activities listed above are alcohol and other drug free and provide opportunities for pro-social sober connection between students.

Additionally, The Wellness Center and the Office of Student Involvement collaborated to certify faculty and staff on Alcohol Skills Training Program (ASTP). Offering ASTP ensured that a diverse range of faculty and staff were equipped with effective and evidence-based strategies and interventions necessary for supporting students in decreasing risk associated with AOD use. Staff members in attendance represented a diverse range of departments including The Office of Student Involvement, The Dean of Students Office, Community Living, and The Wellness Center.

Finally, The Wellness Center at KSC coordinates and implements many educational and therapeutic intervention efforts for the campus community. The Wellness Center is an integrated health-care center that provides all students easy access to physical and mental health care. Regarding AOD prevention efforts, students are easily able to meet with a member of the clinical counseling staff to discuss AOD prevention and risk mitigation strategies, complete components of the Referred Learning Program, and attend group therapy sessions that offer peer support. The Wellness Center also began hosting monthly Narcan trainings and provided harm-reduction based programs in collaboration with Community Living staff and student organizations.

### AREAS FOR IMPROVEMENT

Although the Keene State College community demonstrates that it values and understands the importance of AOD-related prevention efforts, there are identified areas for improvement. High staff turnover has made it difficult to maintain continued and consistent programming and prevention efforts due to low staff capacity and availability. KSC had previously employed a full time Addiction Specialist at The Wellness Center which provided students with dedicated counseling support in addition to prevention efforts. Due to budget constraints, this position was combined with the Coordinator of Alcohol and Other Drug Prevention and Education (CAODPE) position through The

Wellness Center. This meant this position was required to maintain a large clinical caseload while also overseeing campus-wide AOD prevention efforts including the campus-wide AOD Committee. After this position was vacated, it was not filled in the same capacity and thus meant there was no Addictions Specialist available at The Wellness Center and that staff resources allotted toward AOD prevention and education (including the AOD Committee) were limited and sometimes not present. Although the Senior Coordinator for Student Involvement & Well-Being has allotted capacity for continuing this work, continued prioritization of increased resources and support for AOD prevention will be essential for the campus community.

## **VI. Procedures for Distributing AOD policy to students and employees**

Policy language [Alcohol and Other Drug Policy](#)

The Keene State College community believes that the overall health of its members is dependent on their ability to set standards for alcohol and other drug use, and to live by them in all their affairs. With respect to the use of alcohol and other drugs, it is the position of the Keene State College community that:

1. The use of alcohol or other drugs has many clearly identified risks and consequences.
2. Everyone should seek to understand when the use of alcohol or other drugs puts them and others at increased risk for health or impairment problems. Examples include but are not limited to:
  - When full cognitive function is needed - school work, class attendance, or employment responsibilities;
  - When there is a history of alcohol or other drug addiction in the family;
  - While engaged in athletics or other physical activities as well as when training for such endeavors;
  - While operating complex and/or dangerous equipment - laboratory equipment, motor vehicles, power tools, etc.;
  - While taking certain medications for a wide variety of illness or disorders;
  - While responsible for the supervision, safety, and well-being of others;
  - While pregnant;
  - While recovering from chemical dependency.

3. Keene State College both supports and complies with the Drug-Free Workplace Act of 1988 (P.L. 100-600) and the Drug-Free Schools and Communities Act Amendments of 1989 (P.L. 101-226).
4. Although the legal use of alcohol and other drugs is a personal choice, the illegal use is a violation of the Keene State College Alcohol and Other Drug Policy.
5. Moreover, ignorance of local, state and federal laws or campus regulations does not provide protection from these laws or regulations if they are violated. (See below).
6. No one should be pressured to use alcohol or other drugs.
7. Drunkenness is neither healthy nor socially acceptable and is considered irresponsible behavior. Drunkenness should not be laughed at or taken lightly. Repeated drunkenness may be a symptom of personal problems and/or serious illness.
8. Alcohol or other drugs are not essential for the enjoyment of social events, family gatherings, or celebrations. Furthermore, drinking alcoholic beverages should not be an activity for its own sake. When alcoholic beverages are present at social occasions, including receptions, they should be adjunct to other activities, rather than the primary purpose of attending the function. Food and alternate beverages must be served.
9. Person(s) or organizations arranging events where alcoholic beverages will be consumed are encouraged to plan, so that the consumption of alcohol remains within the spirit of this policy statement.

The following requirements of the Drug-Free Schools and Communities Act Amendments of 1989, is provided to supplement the above policy statement:

1. An overview of the College's Alcohol and Other Drug Use Regulations.
2. A summary of the possible Sanctions imposed for violations of the Alcohol and Other Drug Policy.
3. A description of alcohol and other drug counseling, treatment, and rehabilitation programs available to members of the college community.
4. A summary of local and state laws governing the unlawful possession or distribution of illicit drugs and alcohol.
5. Guidelines for Alcohol Beverage Marketing on Campus.

Notification of Code of Conduct adjustments to students

Annually a community-wide email is sent to students regarding updates to the Student Code of Conduct and necessary policies. This email is separated into a Residential Student and an Off Campus/Commuter Student email. The Residential student email has reminders pertaining to Community Living specific policies while the Off Campus/Commuter student email shares information pertaining to Keene City Ordinances and Laws that pertain to alcohol and other drugs. When adjustments are made to the Student Code of Conduct mid-year an email is sent to all students sharing the update and a link to the policy.

Hello KSC students, staff, and faculty,

Please review the following required annual notification and list of resources provided. This same information is also attached as a PDF.

The Drug-Free Schools and Communities Act (DFSCA) of 1989 - also known as the Drug-Free Schools and Campuses Act - requires institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs for faculty, staff, and students. The DFSCA also requires annual notification of these policies as well as accessible resources, supports, and education.

Copies of these policies are available on our website for both students (Student Handbook) and employees (Personnel Policy). Keene State College strongly believes in the health and wellness of its employees. All members of the community are encouraged to review relevant policies and sanctions which may include up to expulsion or termination of employment and referral for prosecution, for violations of established standards of conduct.

#### Relevant Laws

In the state of New Hampshire, it is illegal for any person younger than 21 years of age to be intoxicated from or possess an alcoholic beverage. A minor with a blood alcohol concentration of .02 percent or higher is considered intoxicated.

Any minor who violates this statute for the first time will be charged with a violation and forced to pay a fine of at least \$300. The court will confiscate any alcoholic beverage found in a violating minor's possession. A second time offender will face a fine of at least \$600. (N.H. Rev. Stat. Ann. § 179:10.)

In New Hampshire, it is illegal for any minor to purchase or possess an alcoholic beverage with the intent of purchasing it. Any minor that breaks this law will be charged with a violation. (N.H. Rev. Stat. Ann. § 179:10-a.) Any person who drives in any way a vehicle while knowingly having possession of a controlled substance, or has a controlled substance in the vehicle in violation of the provisions of RSA 318-B (The Controlled Drug Act) shall be guilty of a misdemeanor. This person's license shall be revoked or the right to drive denied for a period of 60 days (at the discretion of the court) for a period not to exceed 2 years. Drug Possession Penalties under NH law depend on the type of drug, the amount, and the intent of the person in possession of a controlled drug. In New Hampshire, drugs are classified according to their addictive nature. Possession of marijuana is a class A misdemeanor and is punishable by up to a year in jail and a \$2,000 fine. Possession of other drugs can be a felony charge and is punishable by up to seven years in State prison and a \$25,000 fine. A second offense possession charge can lead to a class B felony charge that may result in up to 15 years in prison and a \$50,000 fine. Possession of controlled drugs can lead to harsher penalties if intent to sell is charged. Intent to sell increases the fines and possible jail time of a possession charge, this includes marijuana. In fact, possession with intent to sell less than an ounce of marijuana can lead to a possible three-year prison sentence.

### Health Risks

There are a wide range of health risks associated with the use of alcohol and illicit drugs. For example, excessive alcohol consumption can lead to hypertension, liver disease, and cancer. Regular marijuana use is associated with chronic bronchitis; and use of stimulants such as cocaine can lead to heart disease. Alcohol and drug misuse can impair judgment, leading to risky behaviors including driving under the influence (DUI), unprotected sex, and needle/syringe sharing. Driving under the influence of alcohol or drugs contributes to thousands of deaths annually, and 10.6 percent of drivers report engaging in this hazardous behavior each year. For more information on the health risks regarding alcohol use, visit the [National Institute on Alcohol Abuse and Alcoholism](#). Regarding the health risks related to illicit drug use, visit the [National Institute on Drug Abuse](#).

## Resources Available

If you are an employee or a student who is struggling with substance or alcohol use, please know there is help available. Students are eligible for counseling at The Wellness Center regardless of insurance status. For more information about support through The Wellness Center, contact (603) 358-2200. Employees may access help through the Employee Assistance Program (EAP). It is important to note that both services are confidential. Below is also a list of local and online resources that students, faculty, and staff may access for support. Individuals can also dial 211 to access support and resources in their area.

Thank you for your support in making Keene State a safe and healthy community for all,

-Jen

### Local Resources

Monadnock Family Services  
64 Main St., Keene NH 03431  
(603) 357-4400  
[www.mfs.org](http://www.mfs.org)



MAPS Counseling Services  
23 Central Square STE 300, Keene, NH 03431  
(603) 355-2244  
[www.mapsnh.org](http://www.mapsnh.org)  
Keene Serenity Center  
34 Mechanic Street, Keene, NH 03431  
(603) 283-5015  
The Doorway  
24 Railroad St., Keene, NH 03431  
Dial 211

### Online Resources

NAMI  
<https://nami.org>  
SAMSHA  
<https://www.samhsa.gov>

## Copy of Annual Drug-Free Schools and Community Act email notification:

Every year in August an email is sent to the entire Keene State College community in compliance with the Drug-Free Schools and Community Act.