



# **Biennial Review Report**

## **Curry College**

### **Substance Abuse Prevention Programs**

For the period of August 1, 2017 to July 31, 2019  
As required by the Drug-Free Schools and Campuses Act

Prepared by: Devon Corbett, Coordinator for Wellness Education

## Table of Contents

- Introduction, Compliance Statement and Biennial Review Process.....4
- Biennial Review Process.....4-5
- Annual Student Policy Notification.....5-6
  - Substance Use and Substance Abuse.....5
  - Health Risks.....5
  - Community Standards Process.....6
  - Colonels Can Call Policy.....6
- Student Code of Conduct.....6-9
  - Alcohol.....6-7
  - Drugs.....7-8
  - Failure to Comply with Student Code of Conduct.....8
  - Student Sanctions.....8
  - Federal and State Sanctions.....9
- Alcohol and Other Drug Educational Sanction Programs.....9-10
  - E-Chug/E-Toke Online Course.....9
  - AOD Wellness Workshop.....9-10
  - BASICS.....10
  - Further Assessment.....10
- Alcohol and Other Drug Educational Sanction Completion Data.....11
- Alcohol and Other Drug Prevalence and Incidence Rate Data.....11-13
- Intervention/Treatment/Student Support Services.....13-16
  - Curry College Counseling Center.....13-14
  - Curry College Health Services.....14-15
  - Student Education.....15
  - Information on Local 12-Step Programs.....15
  - Interventions for Students of Concern.....15
    - Student Assistance Team.....16
    - Behavioral Intervention Team.....16
    - Student & Community Form.....16
- Drug Free Workplace and Alcohol Policy for Employees.....16-17
  - Alcohol.....16-17
  - Drugs.....17
  - Sanctions.....17
  - Resources.....17
- Athletics.....17-18
- Office of Wellness Education Outreach Initiatives.....18-25
  - Mandatory Online Education.....18-19
  - Co-curricular class.....19

- Orientation and Welcome Weekend.....19
- Residence Hall programming.....19-20
- AA Meetings.....20
- Wellness Wednesdays.....20
- National Collegiate Alcohol Awareness Week.....21
- Great American Smoke Out.....21
- Alcohol Awareness Month.....21
- National Sexual Assault Awareness Month.....21
- Curry College Health Assessment (CCHA) .....21-24
- Coalitions/Collaborations Prevention Initiatives.....24-25
  - Milton Substance Abuse Prevention Coalition .....24
  - Curry College Wellness Council.....24-25
- Wellness Education’s Strengths, Successes, Challenges and Improvements.....25-27
  - Strengths and Success.....25-26
  - Challenges and Improvements.....26
  - Awards/Achievements.....26
  - Goals for next Biennial Review (2017-2019).....27

**Curry College**  
**Biennial Review of Curry College**  
**Alcohol and Other Drug Programs**  
**2017-2019**

**Introduction to Drug Free Schools and Communities Act**

The Drug Free Schools and Communities Act of 1989 Amendments required institutions of higher education to design and implement alcohol and illicit drug programs on their campuses. As a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education has to certify that it has adopted and implemented a program to prevent “the unlawful possession, use of distribution of illicit drugs and alcohol by students and employees” on campus property or as part of any campus activity.

**This legislation directed Colleges to:**

1. To develop a written policy on alcohol and other drugs
2. To develop a process that ensures policy distribution to all students, staff, and faculty
3. To enumerate federal, state, or local sanctions for unlawful possession or distribution of illicit drugs and alcohol
4. To describe health risks associated with alcohol abuse or illicit drug use
5. To describe College drug and alcohol programs available for students and employees
6. To specify disciplinary sanctions imposed on students and employees for policy violations
7. To conduct biennial reviews to assess the effectiveness of its alcohol and drug programs.

**Compliance with Drug Free Schools and Communities Act**

The law further requires an institution of higher education to review its program to:

1. To determine its effectiveness and implement changes if they are needed, and
2. To ensure that the sanctions developed are consistently enforced

**Biennial Review Process**

The information and data for the Biennial Review was collected from the following members of the campus community:

Daniel Cline, Assistant Director of Residence Life & Housing  
Zachary Irish, Interim Director of Community Standards & Accountability  
Vinnie Eruzione, Director of Athletics  
Alison Markson, Director of Counseling Center  
Devon Corbett, Coordinator for Wellness Education  
Erin Simmons, Director of Health Services

This report will be made available to community members on the Curry College website and MyCurry web portal.

**AOD Comprehensive Program Goals and Objectives for Biennium being reviewed**

1. Collect and provide information on Alcohol and Other Drug efforts to be accessible for the college community in one location.
2. Assess areas of improvement needed for Alcohol and Other Drug educational and preventative efforts. Based on reviewing the data, recommendations will be made regarding future directions of the Alcohol and Other Drug program at Curry College.

### 3. Coordinate efforts for future reviews.

In order to continue to prioritize the health and safety of Curry College students, alcohol and other drug education efforts are continuously being assessed to improve and increase initiatives provided by this department as well as in partnership with other departments campus-wide.

#### **Annual Student Policy Notification Process**

The Alcohol and Drug Policies are outlined in the Curry College Student Handbook. This handbook is accessible via the Curry College website for the external community and on the web portal for the internal community. This policy is updated annually and made available to all students each year.

#### **Substance Use and Substance Abuse**

The College is committed to promoting an environment free of drug and alcohol abuse through (1) education and counseling programs, and (2) the prohibition of illegal or imprudent use of drugs or alcohol. The College prohibits the unlawful manufacture, distribution, dispensing, possession and use of controlled substances. The term “controlled substances” is defined to include all substances included the federal Controlled Substances Act. Please [click here](#) for more information on substances included in the federal Controlled Substances Act. For the purposes of this policy, the terms “substance” and “controlled substance” also include alcoholic beverages. For more information on the College’s Alcohol and/or Drug policies, please see the [Code of Conduct](#). All members of the community are expected to be familiar with and adhere to the College’s Alcohol and Drug policies.

#### **Health Risks**

The use of alcohol and other drugs has both physical and psychological repercussions. Such substances can interfere with memory, sensation and perception, and impair the brain’s ability to synthesize information. Regular users develop tolerance and physical dependence. Psychological dependence occurs when the substance becomes central to the user’s life and decision-making. Alcohol consumption may cause a number of marked changes in behavior. Even low doses may significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol may increase the incidence of a variety of aggressive acts, including physical attacks. Moderate to high doses of alcohol may cause marked impairments in higher mental functions, severely altering a person’s ability to learn and remember information. Very high doses may cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol may produce the effects just described.

Repeated use of drugs and alcohol can lead to dependence. Sudden cessation of substance intake can produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Substance withdrawal can be life-threatening. Long-term consumption of substances, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs, such as the brain and liver. Women who use controlled substances during pregnancy may give birth to infants with fetal alcohol or drug syndrome. In addition, research indicates that individuals with immediate family members who have experienced alcoholism or drug addiction are at greater risk than other individuals of becoming addicted to a substance themselves. More information is available [here](#).

## **Community Standards Process**

Students of Curry College must adhere to appropriate standards of behavior, comply with College policies, follow directions from College officials and act in accordance with the College's Personal Integrity Statement and Community Expectations. Students who do not do so may be subjected to the community standards process. Depending on the nature of the situation, the College reserves the right to take immediate action and make administrative decisions in the best interest of the College. In keeping with these expectations, the use of alcoholic beverages cannot be an excuse for inappropriate conduct, or for damage to public or private property.

Administrators from the College's Academic Affairs and Student Affairs Offices and their designees, have the authority to determine if a student's actions constitute a violation of the College's policies, standards, and expectations or otherwise warrant discipline and what disciplinary action is appropriate, given the particular circumstances. Each situation is evaluated in a case by case manner, as the facts and circumstances of each individual situation vary. Accordingly, comparisons between disciplinary measures imposed on different students have no bearing on whether any particular disciplinary action is warranted in regard to any one student. Students who are involved in student conduct proceedings must realize that the rules which apply to a court matter do not apply to the College Community Standards Process. The College wishes to encourage students to communicate openly and to benefit from this process.

## **Colonels Can Call Policy**

The health, safety, and wellbeing of community members are a primary concern of the College. The College strongly encourages community members to call for help if they or another individual are in need of medical assistance for any reason. Students should contact Public Safety (or local police, or emergency responders if off-campus) and remain with the individual who needs medical assistance until help arrives. This includes a situation where an individual needs medical assistance because of consumption of alcohol or other drugs and exhibiting any signs of potential alcohol poisoning or overdose.

As a community of care, we value the act of students positively intervening for others. We do not want students to be reluctant to call for help due to the fact they themselves are under the influence of alcohol or other drugs. If a student is under the influence of alcohol or other drugs and calls for help and remains with the individual until help arrives, the Office of Community Standards & Accountability will recognize the importance of the call and the caller will not receive a community standards record for being under the influence or in possession of alcohol or other drugs. Such situations will be handled on a case by case basis and determined by the Office of Community Standards & Accountability.

## **Student Code of Conduct**

### **Alcohol**

1. Students are expected to comply with federal, state, and local laws with regards to possession, use, and distribution of alcohol. The possession or use of alcoholic beverages is restricted to those persons age 21 or older. Students under the age of 21 and their guests, regardless of age, may not possess, use or distribute alcoholic beverages or be in attendance where alcohol is present.

2. The possession or presence of empty alcohol containers is prohibited in rooms where students are under the age of 21 and will be viewed as evidence of possession or consumption of alcoholic beverages.
3. Students of legal drinking age may have in their possession no more than the following amounts of alcohol at any given time: twelve 12oz. cans of beer, or one 750ml. bottle of wine, or one pint of hard liquor up to 80 proof. The amount of alcohol in a room is limited to the number of occupants present in the room (e.g. a suite with 6 occupants, each resident of that suite may possess 12 beers limiting the total amount of alcohol allowed in the suite at any given time to 72 beers regardless of the number of guests).
4. Common source alcohol containers and paraphernalia (kegs, beer balls, funnels, etc.) are prohibited.
5. Open containers and/or consumption of alcohol in public areas (bath rooms, hallways, lounges, outside, etc.) is prohibited.
6. Alcoholic beverages are generally prohibited at College-sponsored activities, unless approved in advance by the Vice President of Student Affairs. Public Intoxication on the Curry College campus or at College sponsored activities is prohibited. Intoxicated students and their guests will not be permitted entrance to college sponsored activities. Intoxicated students or their guests may be transported to the hospital for emergency care. All costs for transportation and treatment will be borne by the student. Intoxicated students who are disorderly or disrespectful to College staff, or who fail to comply with the directives of same, may be subject to disciplinary actions.
7. Providing alcohol to persons who are not of legal age is prohibited. The commercial delivery of alcoholic beverages to the College mailroom is prohibited.
8. Participation in drinking games as well as the use of funnels, beers bongs, and similar products is prohibited.
9. Possession and/or consumption of alcoholic beverages is prohibited on the North side of campus as well as on any South side residences that are designated as “dry.”
10. Driving under the influence of alcohol on campus is prohibited. Students may be subject to arrest from local authorities as a result of this conduct.

## **Drugs**

Students are expected to comply with federal, state, and local laws with regards to controlled substances and the possession and use of all prescription medication. All prescription medication must be stored in the original container with the original label affixed by the pharmacist showing all details as described in M.G.L Chapter 94, Section 21, including patient’s name, name of medication, and directions for use. Any other method of storage of prescription drugs may be considered to constitute abuse of the medication or intent to distribute.

**Marijuana use and possession remains prohibited at Curry College.** In 2016, Massachusetts legalized the growth, possession and personal recreational use of marijuana by adults 21 years of age or older. As a recipient of federal funding, however, Curry College must comply with current federal drug laws that classify marijuana as a controlled substance and prohibit use and possession. Accordingly, Curry continues to prohibit the use, possession, cultivation and sale of marijuana on all College property and at all College-sponsored activities, whether on or off-campus.

1. Possession and/or use: Curry prohibits the possession and/or use of a controlled substance and/or the misuse of prescription medication or being in the presence of such activity. The possession and use of medical marijuana is prohibited on campus. A prescription for the use of medical marijuana does not serve as an exemption from the College's policy. If a student has a written medical certification from a qualified physician pertaining to the prescribed use of medical marijuana, the student may schedule an appointment with the Office of Disability Services to engage in an interactive process regarding reasonable alternatives to a request to use marijuana on campus. Additionally, the possession and/or use or attempted use of prescription drugs by persons for purposes other than those prescribed by a licensed physician or being in the presence of such activity is prohibited.
2. Possession with intent to sell and/or distribute: The sale, attempted sale, distribution and/or attempted distribution of controlled substances including prescription medications or being in the presence of such activity is prohibited.
3. Drug paraphernalia: The possession and/or use of drug paraphernalia or being in the presence of such activity are prohibited.
4. In the presence of: In the presence of any activity involving drugs that is in violation of local, state, or federal law, including, but not limited to, manufacture, cultivation, distribution, sale and/or misuse of any controlled or illegal substance, including designer drugs and the illicit use or possession of prescription drugs without a valid prescription or with a valid prescription that violates the intended and medically accepted use.

### **Failure to Comply with Student Code of Conduct**

Students and their guests are expected to comply with request or directions of all Public Safety, residence hall staff, faculty members, administrators, student employee staff acting in performance of their duties, and college officials acting in performance of their duties. In addition, students are expected to comply with the terms of any sanctions imposed on them as an outcome of a Community Standards Process.

### **Student Sanctions**

Students who are referred to the College's Community Standards Process and/or found responsible for violating the College's Alcohol or Drug policy should review the Community Standards Process and Alcohol and Drug policies in the student handbook. The College will impose disciplinary sanctions for violations of the Alcohol and Drug policies, up to and including expulsion from the College and referral for criminal prosecution. A sanction may include the completion of an appropriate rehabilitation program in the sole discretion of the College. For more information on potential sanctions, please see the Sanctions section of the handbook located under [Community Standards & Accountability](#).

All students should be aware that federal statutes permit Curry to notify a student's parent(s) or legal guardian(s) regarding a student's violation of the College's Alcohol or Drug policy in certain circumstances. For example, designated college administrators or Community Standards staff members may notify a student's parent(s)/legal guardian(s) in the case of a student being medically transported for drug overdose or alcohol poisoning. Curry may also notify parent(s)/legal guardian(s) if a student is found responsible for violating the College's Alcohol and/or Drug policy and they are under 21 years old or if the parent(s)/legal guardian(s) claim the student as a dependent for federal income tax purposes.



## **Federal and State Sanctions**

Federal, state and local sanctions for unlawful possession or distribution of illicit drugs range from probation to fines and imprisonment. Federal penalties and sanctions for the illegal possession of a controlled substance are detailed in the Controlled Substances Act, available [online](#).

Pursuant to federal law, conviction for violation of any state or federal drug law can lead to ineligibility for any or all federal benefits, including student loans, grants, contracts, and professional commercial licenses, grants and loans. Thus, a drug conviction can make a student ineligible for student loans.

All students should be aware that federal statutes permit Curry to notify a student's parent(s) or legal guardian(s) regarding a student's violation of the College's Alcohol or Drug policy in certain circumstances. For example, designated college administrators or student conduct staff members may notify a student's parent(s)/legal guardian(s) in the case of a student being medically transported for drug overdose or alcohol poisoning. Curry may also notify parent(s)/legal guardian(s) if a student is found responsible for violating the College's Alcohol and/or Drug policy and they are under 21 years old or if the parent(s)/legal guardian(s) claim the student as a dependent for federal income tax purposes.

## **Alcohol and Other Drug Educational Sanction Programs**

The alcohol and other drug educational sanctions are overseen by the Director of Community Standards & Accountability and the Coordinator for Wellness Education. In the Community Standards process, the following educational sanctions are used as brief educational interventions for students who have been found responsible for violating either the College Alcohol or Drug policy:

1. **E-Chug/E-Toke Online Course** - The e-CHECKUP programs are a personalized, evidence-based, online prevention intervention for alcohol and marijuana developed by counselors and psychologists at San Diego State University. The eCHECKUP TO GO programs are designed to motivate individuals to reduce their consumption using personalized information about their own drinking and risk factors. E-CHUG is used as a sanction for first time, non-serious alcohol offenses. This program is also given to students to use at random during educational events and programs to obtain a wider range of data regarding student alcohol and marijuana use.
2. **Alcohol & Other Drug Wellness Workshop**– The Alcohol and Other Drug Wellness Workshop is a brief alcohol and other drug abuse prevention and harm reduction program for college students involving interactive activities and discussion. This class involves a 90-minute, facilitated class by the Coordinator for Wellness Education. Throughout the course, students are presented with information, and then they are able to reflect on what they have learned as it relates to their choices about drinking and using other drugs. The AOD Wellness Workshop is presented in a non-confrontational manner that enables students to make their own decisions about alcohol consumption. Because the central

focus of this program is to help students make informed choices, the workshop is set up to provide participants with information, and then they are asked to apply what they have learned in pre and post surveys. In the Spring of 2019, we eliminated the journaling portion of the class as we felt that students weren't engaging in meaningful discussions and making up responses to the journal questions. We now include reflective questions within our discussions and provide a pre and post survey.

3. **BASICS** - BASICS is a two-session appointment with the Coordinator for Wellness Education at Curry College. These sessions include an alcohol use assessment and incorporate motivational interviewing techniques to assist students struggling with alcohol or drug abuse. BASICS is generally reserved for either repeat offenders of the AOD policies, or for students that experience negative consequences as a result of their AOD violation (i.e. hospital transport for alcohol or other drugs)
4. **Further Assessment** - If the student has completed the online course, group classes, and BASICS, further individual assessment will be needed and determined in consultation with the Director of Community Standards & Accountability.

- In addition to these sanctions, students who violate the Alcohol and Drug policies may be sanctioned to complete Probationary Review Meetings. This sanction was implemented for students who were at higher risk due to repeat partners of drug and alcohol violations. The students are assigned to a full-time staff member that they see on a bi-weekly or monthly basis. The meetings are designed to connect the student to campus resources as well as to hold them accountable while successively establishing goals with the student.

Other sanctions may include but are not limited to the following: Reflection paper (assigned to all students who are transported for alcohol and other drugs), substance abuse assessment (if student has completed BASICS and has another violation and/or receives suspension due to alcohol and other drug violation), bulletin board and/or designing program to be completed within residence halls, or other sanction in which the student proposes as sanction option (i.e. attending programs, attending AA meeting, watching video and writing additional reflection paper, journaling, etc.), or required attendance at a College-sponsored event.

It appears that students who do not complete their assigned sanction are at a greater risk for attrition from the institution. Students who do not complete their assigned educational sanctions by the date set by the Community Standards officer are charged and found responsible for failure to comply (violation listed in our Student Handbook); subsequently, the student must complete additional sanctions for the failure to comply charge as well as complete the sanctions previously assigned for the alcohol and other drug violations.

### **Alcohol and Other Drug Educational Sanctions Completion Data**

#### **Academic Year 2017-2018**

<b>Sanction</b>	<b>Completed</b>	<b>Assigned</b>	<b>Completion Percentage</b>
E-Chug (alcohol)	88	107	82%
E-Toke (marijuana)	16	27	59%
Alcohol & Other Drug Class	57	70	81%
BASICS	22	30	73%

#### **Academic Year 2018-2019**

<b>Sanction</b>	<b>Completed</b>	<b>Assigned</b>	<b>Completion Percentage</b>
E-Chug (alcohol)	87	105	83%
E-Toke (marijuana)	45	64	70%
Alcohol & Other Drug Class	31	43	72%
BASICS	15	20	75%

### **Alcohol and Other Drug Prevalence and Incidence Rate Data**

The data below was provided by the Office of Community Standards and Accountability at Curry College. These numbers reflect incidents occurring both on-campus and off-campus that went through the Community Standards Process.

The following chart shows the number of students who went through the Community Standards Process during the 2017-2018 and 2018-2019 academic years. The numbers below reflect the alleged violations (reported violations) and responsible findings as a result of the Community Standards Process.

	<b>2017-2018</b>	<b>2018-2019</b>
Alleged Alcohol Policy Violations	342	262
Responsible Alcohol Violations	224	173
Alleged Drug Policy Violations	120	154
Responsible Drug Violations	60	100
Total Responsible Findings for Alcohol & Drugs	284	273
Transports to the hospital for Alcohol or Other Drugs	18	10
Colonels Can Call Policy	10	4

**Additional Information:**

During 2017-2018 academic year, 462 students were referred to the Community Standards Process for an alleged violation of the alcohol and/or drug policies. These referrals include the following statistics:

- 342 students were alleged to have violated the alcohol policy and 224 of them (65%) were found responsible or accepted responsibility
- 120 students were alleged to have violated the drug policy and 60 of them (50%) were found responsible or accepted responsibility
- From August 1, 2017 through May 31, 2018, 18 individuals were transported to the hospital for further evaluation for alleged alcohol or other drug consumption; of these 18 individuals, 10 of these students utilized our Colonels Can Call program. At the conclusion of the academic year, all students were referred to the student conduct process to meet with a conduct officer and sanctioned to BASICS with a trained staff member.

During 2017-2018 academic year, 416 students were referred to the Community Standards Process for an alleged violation of the alcohol and/or drug policies. These referrals include the following statistics:

- 262 students alleged to have violated the alcohol policy and 173 of them (66%) were found responsible or accepted responsibility
- 154 students alleged to have violated the drug policy and 73 of them (47%) were found responsible or accepted responsibility
- From August 1, 2018 through May 31, 2019, 10 individuals were transported to the hospital for further evaluation for alleged alcohol or other drug consumption; of these 10 individuals, 4 of these students utilized our Colonels Can Call program. At the conclusion of the academic year, all students were referred to the Community Standards Process to meet with a Community Standards Officer and sanctioned to BASICS with the Coordinator for Wellness Education.

**Colonels Can Call Policy highlights:**

The Colonels Can Call policy is an initiative to encourage students to call for help when they or their friends are in need of medical assistance.

Upon reviewing the statistics for the “callers,” who utilize this policy, it appears that the majority of callers were male in 2017-2018, and majority female in 2018-2019, but all were primarily first

year students. The Office of Community Standards and Accountability continues to partner with the Coordinator for Wellness Education to enlist the help and support of all community members to “call for help” if another member of the community may need assistance due to alcohol or other drug consumption. Furthermore, all incoming students attend an orientation session with Community Standards and Accountability. This session intentionally highlights the statistics regarding referrals to the Community Standards Process for alcohol and other drugs while also educating incoming students on the Colonels Can Call policy. There has been a continued message around Community of Care that is later reiterated during Welcome Weekend and throughout the year. The two offices continued the collaboration into the spring semester by highlighting the policy in communication about Spring Weekend and Senior Celebrations. In conclusion, this partnership will continue to review data, note trends, and incorporate best practices for addressing issues both proactively and reactively.

### **Intervention/Treatment/Student Support Services**

In order to promote an environment free of substance abuse, the college supports an active program of community awareness and education. This program extends to the misuse or abuse of controlled substances including prescription drugs, alcohol, and other harmful substances.

#### **Curry College Counseling Center**

The College offers assistance with access to confidential counseling. Students, faculty, and staff are encouraged to refer students who appear to be affected by drug or alcohol use to the College resources. For students, counseling is available through the Counseling Center (617-333-2182) as well as through referrals for off-campus resources.

The Counseling Center at Curry College is designed to support students' personal growth, development, and academic success. The Center's services provide students with an opportunity to understand emotional wellness and to develop skills they can utilize to make healthy choices. In addition, the services offer students a place to learn about ways to manage stressors that affect them personally, as well as their academic progress and goals. The Counseling Center also provides prevention based education that promotes mental health to the College community.

Services provided include:

- The Counseling Center provides predominantly short-term individual counseling to help promote personal and academic success at the College. Additional services include:
- Crisis Intervention
- Couples counseling (both students must be currently enrolled Curry College students)
- Group counseling or psycho-educational workshops
- Stress reduction via the Mind Spa (relaxation room)
- Self-Help software to assist students in understanding anxiety, depression, and recognizing possible signs of drug and alcohol misuse (TAO Connect)
- Consultation to help faculty, staff, parents and students assist a student in distress, or to refer a student to the Counseling Center
- The Counseling Center will provide referrals to students in the event that we are unable to offer appropriate clinical services.

Counseling Center	2017-2018	2018-2019
Referrals to Off Campus Substance Abuse Treatment Programs	3	4

**AUDIT Tool: Alcohol Use Disorders Identification Test**

The AUDIT tool is an internationally recognized and simple alcohol tool that is currently included in the Counseling Center’s electronic medical record (EMR) and scheduling system (Titanium Schedule Software). It offers college students (or patients in other clinical settings) an opportunity to provide self-reported data about their use of alcohol, and thus, helps clinical staff determine potential areas of clinical treatment need or support. Enclosed is a link to the tool, which Curry College students complete once they consent to participate in an intake appointment. <http://auditscreen.org/>

**Curry College Health Services**

Curry College maintains an outpatient clinic, staffed by two nurse practitioners and a consulting physician. These health professionals work together to provide quality medical care for routine, acute, and chronic health problems and injuries. All full-time students who carry at least 12 credits are eligible to use the Health Services.

Services provided include:

- Evaluation and treatment for most illnesses and injuries
- Prescriptions for medication when medically indicated
- Testing for strep throat, mono and flu
- Pregnancy Testing
- Urinalysis
- STD and HIV testing
- Birth Control Prescriptions
- Emergency Contraception (morning after pill)
- Blood work and injections
- Resource for sexual assault
- Gynecological care
- Consultation and counseling about healthy lifestyle choices, including smoking cessation
- Flu vaccine clinics in the fall

**Updates/Data**

- Health Services saw 13 students for injuries or illnesses related to alcohol abuse. The majorities of these visits were related head injuries, lacerations or vomiting. We saw two students for visits related to cannabis abuse. We referred all students to the Counseling Center or gave them off campus resources.
- We saw approximately 1200 individual students in the Health Center in the past two years. During their first visit, all students are asked about their weekly tobacco, alcohol

and drug use. All students who admit to regularly smoking or vaping were encouraged to quit and offered smoking cessation resources. Students who admitted to daily or frequent marijuana or alcohol use were given campus resources and/or offered additional follow-up appointments in Health Services.

- Since 2016, the majority of our prescriptions are electronically transmitted to a pharmacy via our EMR. In the past two year, Health Services wrote two prescriptions for controlled substances, both for cough syrup with codeine. The prescription pads are locked up year round in a file cabinet in the Director’s office. We do not keep any controlled substances in the Health Center.
- In October 2018, Health Services hosted an educational event called The Truth About Vaping and discussed the harmful effects of vaping and e-cigarettes. We provided resources and tips for smoking cessation.

**Student Education**

The Coordinator of Wellness Education (617-333-2163) is available as an educational resource to help students get connected with services and/or self-help meetings to address substance abuse. A student is concerned about his or her own or another’s use of alcohol and/or drugs is encouraged to seek advice and counsel from appropriate College resources. Students who come forward to seek advice and counsel regarding the use or alcohol or drugs will not generally face disciplinary action. The College will preserve student confidentiality concerning such inquiries to the extent possible and appropriate, in the College’s discretion. In addition to the services mentioned above, several national hotlines can provide information and referrals to address the use of alcohol or drugs:

**Information on Local 12-Step Programs**

Alcoholics Anonymous.....	Eastern MA Central Service, 617-426-9444
Al-Anon and Ala-teen.....	888-425-2666
<i>(Al-Anon is open to anyone whose life has been affected by another person’s drinking)</i>	
Narcotics Anonymous New England Region.....	(866) 624-3578
Marijuana Anonymous.....	(800) 766-6779
National Alcoholism and Substance Abuse Information Center Helpline.....	(800) 252-6465
Smart Recovery.....	866-951-5357

**Interventions for Students of Concern**

In addition to the educational sanctions for students in the Community Standards & Accountability process, as well as educational and counseling supports (Coordinator of Wellness Education and Counseling Center staff), there are several forms of support and outreach provided by the College who identify students who may be at-risk for issues impeding their success, including substance abuse. Membership of the coordinated teams, noted below, include both college staff and faculty.

- **Student Assistance Team**  
Coordinated by the Dean/Vice President of Student Affairs Office & Advising and Academic Success, this team discusses students who are raising concerns for their performance or adjustment at Curry or are experiencing personal or external difficulties and consider strategies for connecting them with the appropriate resources and services

- **Student Outreach Team**

Coordinated by the Dean/Vice President of Student Affairs Office & Advising and Academic Success, this team exists to facilitate the retention of students through both individualized and campus-wide preventative interventions. The team also strives to identify factors that may put students at risk for leaving the college. Additionally, the team works to proactively reduce impediments to students' academic and social success at Curry under the leadership of Direction II of the Strategic Plan Student Success Work Team.

- **Behavioral Intervention Team**

The purpose of the Behavioral Intervention Team or BIT is to proactively identify students whose behavior raises health or safety concerns for themselves or others and to make recommendations to the Dean/Vice President of Student Affairs Office or other campus officials as appropriate. The ultimate goal of the team is to promote student health, safety and success.

- **Student & Community Concern Form**

Faculty, staff, students, and others may use this form to provide information about a student exhibiting concerning behavior or a general community concern. Students identified on this form may be contacted by a College staff member and offered assistance as appropriate. Information shared on this form may also be sent anonymously.

### **Drug-Free Workplace/Alcohol Policy/Resources for Employees**

The College is committed to maintaining a drug-free workplace to promote and protect the health and safety of our employees, faculty, students and the general public. The abuse of alcohol and drugs undermines the College's educational mission by endangering the members of our community, tarnishing our reputation, and by lowering our productivity and the quality of our services. Accordingly, the College adopts this Drug-Free Workplace Policy. Alcohol and illegal drugs are prohibited in the workplace.

#### **Alcohol**

1. The consumption of alcohol by an on-duty College employee or contractor, whether or not the consumption occurs on the College's premises, is prohibited. An employee who appears to be under the influence of alcohol when reporting for duty or at any time while on duty is subject to discipline whether or not the consumption has occurred on the College's premises. Alcohol consumption by off-duty employees which impairs on-duty performance is prohibited.
2. Possession of alcoholic beverages in or on the College's premises (including parking lots and recreation areas) is prohibited.

#### **Drugs**

1. Any use, possession, manufacture, sale or distribution of drugs, whether or not such activities occur during working hours, is strictly prohibited. Working for the College while under the influence of drugs is strictly prohibited. College employees and contractors are, of course, permitted to use prescription drugs or over-the-counter medications as necessary, but not if such drugs or medications impair job safety or performance. Marijuana use and possession remains prohibited at Curry College. In 2016,



Massachusetts legalized the growth, possession and personal recreational use of marijuana by adults 21 years of age or older. As a recipient of federal funding, however, Curry College must comply with current federal drug laws that classify marijuana as a controlled substance and prohibit use and possession. Accordingly, the use, possession, cultivation and sale of marijuana is prohibited at Curry College, on any other College property, or at College sponsored activities, whether on or off campus. Additionally, working for the College while under the influence of marijuana is prohibited. Possession of marijuana paraphernalia is prohibited at Curry College, on any other College property, or at College sponsored activities, whether on or off campus.

### **Employee Sanctions**

Violation of the prohibitions contained in paragraphs above will result in discipline ranging from a warning, suspension without pay, reassignment, and/or other disciplinary measures up to and including immediate termination, depending on the circumstances.

### **Employee Resources**

Treatment: The College strongly encourages employees with drug or alcohol problems to seek professional help. Employees may check with their health plan or with Human Resources to determine what types of help are available and/or covered by the employee's insurance.

Campus Assistance: The Curry Counseling Center is available for consultation and referral (not treatment).

Contact Person: Each employee's manager should be your first point of contact concerning this Policy. However, the Vice President of Human Resources will be principally in charge of the implementation, monitoring, and enforcement of this policy.

### **Athletics**

Curry Colleges Division III NCAA athletic program seeks to provide competition for men and women who have come to the college for both educational and athletics opportunities. Through this competition, the program provides the means for those involved to come to know themselves and to grow physically, emotionally, socially and intellectually. During this process, the College is vigilant in monitoring the overall health and well-being of its student-athletes. Curry College and The Athletic Department holds the overall health and welfare of its student athletes to high regard. As part of nurturing the health and welfare, the following policies and procedures will be put in place to educate, prevent and possibly manage athletes regarding the use of alcohol and drugs.

- The Athletic Director administers the mandatory, preseason Drug Testing Consent and Results forms to ALL student athletes during the respected sports preseason. The forms include the updated list of NCAA banned substances.
- All Student-athletes are required to attend a Sexual Assault Prevention training in the Fall semester with the colleges Coordinator for Wellness Education.
- The Department of Sports Medicine mandates that all student athletes present annual physical exams from their healthcare provider (physicians, physician assistants, and nurse practitioners) as well as a yearly medical history questionnaire. The Curry Physical Exam form and Medical History Questionnaire ask for the student athlete's use of prescription or over-the-counter medication and any use of performance enhancing supplements or drugs.

- All first year students are required to complete an on-line alcohol/drug education program. Curry College also provides speakers and videos during orientation.
- All students are given access to a digital copy of the Student Handbook which have chapters dedicated to the Curry College's policy on drugs and alcohol.
- Each year the athletic department invites a speaker to campus to address ALL STUDENT-ATHLETES on a variety of topics which has included Drugs/Alcohol, Sportsmanship, Stress/Anxiety, Do's & Don'ts of social media, Diversity, Sexual Violence among other topics recommended by the NCAA. This is mandatory for all student-athletes.
- Posters of the NCAA banned substances as well as educational posters about drug use are posted in the Athletic Training Room and in Miller Gymnasium.
- The Curry College Health and Wellness Center has a counseling center that is prepared to counsel athletes about alcohol and drugs issues. It is open to all student athletes and is confidential. The Department of Athletics may mandate any athlete involved with the misuse of alcohol and drugs to admit themselves to the Counseling center.
- The Department of Sports Medicine is staffed with certified Athletic Trainers and has a retained Team Physician who are educated in recognizing, referring, educating and managing student athletes with concerns about alcohol and drugs.

\*All Curry College athletes are responsible to be familiar with and sign the [Hazing Policy](#), [Athlete Code of Conduct](#), and the [NCAA Division III Student-Athlete form](#). The Curry College Athletic Department in partnership with the Substance Abuse and Wellness Education Office offer speakers and presentations throughout the year to educate and inform athletes.

## **Wellness Education Outreach Initiatives**

### **Mandatory Online Education**

Beginning in the summer of 2018, all new incoming students are required to take three online educational training courses over the summer through the Everfi online training modules. These interactive courses are designed to give members of our student community the knowledge and tools to have a healthy, respectful and positive experience at Curry College. The Coordinator for Wellness Education manages this online program.

The three courses are:

1. AlcoholEdu for College
2. Prescription Drug Abuse Prevention
3. Sexual Assault Prevention for Undergraduates

\*A fourth class will be added on Diversity and Inclusion in July 2019

### **Co-Curricular Classes**

Each fall and spring semester, the Coordinator for Wellness Education is invited into several First Year Seminar classes to present about student wellness and substance abuse. During these presentations information about services and resources are shared. Students are also educated about BAC, alcohol poisoning, standard drink sizes, and are encouraged to make healthy and informed decisions when it comes to substance use.

## Orientation and Welcome Weekend

During June orientation and fall Welcome Weekend, information, presentations, and in hall programming is implemented into the schedule. Each year since the Fall of 2014, we invite Speak About It, a performance based presentation about consent, boundaries, healthy relationships, and the effects of substance use on decision making, to be part of our Welcome Weekend program. Presentations on Wellness and Community Standards are also provided by the Coordinator for Wellness Education and the Director of Community Standards & Accountability.

## Residence Hall Programming

Resident Assistants request information and resources from the Coordinator for Wellness Education to assist in the planning and implementation of events/programs the residence halls focused on substance use and overall wellness. These programs help in educating students about alcohol and other drugs, and prepare students to make informed decisions that can reduce harmful consequences for themselves and others. Topics covered include marijuana, prescription drugs, warning signs of problematic drinking, tips for responsible drinking, alcohol poisoning identification and Colonels Can Call information.

<b>Resident Assistant - Event Title</b>	<b>Date/Time</b>	<b>Attendees</b>
Mocktail Cocktail	08/28/2017 - 8:00 pm	45
Mocktail Cocktails	08/30/2017 - 7:00 pm	53
Condom Sense	09/07/2017 - 6:30 pm	18
Pot Brownies	09/14/2017 - 8:00 pm	31
So You Think You Can Drink	09/22/2017 - 5:30 pm	18
Pot Brownies	10/13/2017 - 5:30 pm	34
Pot Brownies	10/19/2017 - 6:00 pm	18
Pizza and Beer	11/10/2017 - 12:00 pm	13
Trivia Night	02/07/2018 - 7:00 pm	13
Get Well w/RA Ganiat	03/23/2018 - 6:00 pm	4
Let's Twist It Up With Pizza	04/05/2018 - 7:00 pm	Unknown
Party of the Century	04/19/2018 - 7:30 pm	Unknown
What's in Your Drink?	04/22/2018 - 4:00 pm	6
Thirsty Thursdays	09/07/2018 - 8:30 pm	20
Sex, Drugs and Residence Halls	09/12/2018 - 7:00 pm	24
Positivity Rocks	09/12/2018 - 8:00 pm	4
Sex in the Dark	09/12/2018 - 8:30 pm	18
Mocktails and Cocktails	09/13/2018 - 6:00 pm	35
Safe Drinking 101	09/24/2018 - 6:00 pm	33
Don't be a Fool and Drop the Juul	10/03/2018 - 4:00 pm	17
Dirty Shirley's with RA Kiana	10/10/2018 - 6:00 pm	42
Halloween Happy Hour!	10/30/2018 - 7:00 pm	22
Pot Brownies	11/08/2018 - 7:30 pm	42

Outside of the 23 programs listed above, Resident Assistants hosted an additional 603 events in the residence halls during the dates of this report. These programs offered substance-free alternatives and opportunities to connect with others students on a variety of topic areas. Of these 603 events, 287 were offered as substance-free alternatives on days of the week typically associated with substance use (i.e. Thursday, Friday, and Saturday).

### **Alcoholics Anonymous (AA)**

AA Meetings are now offered off campus at a local church within the Curry College community. Curry began offering meetings on campus for our students in 2017, but found that they were not successful due to the lack of anonymity on our small campus and the need for consistency in attendance in order for meetings to be effective.

### **Wellness Wednesdays**

Created in the spring 2014 by the Wellness Council, the mission of Wellness Wednesdays is to help students explore their personal well-being and provide them with support throughout their educational experience at Curry. Each week, the Wellness Council will lead an interactive wellness activity in the Student Center from 12pm – 2pm focusing on the six dimensions of wellness (social, physical, intellectual, spiritual, occupational and emotional). Since 2014, the Wellness Council has hosted over 126 Wellness Wednesdays. In Spring 2019, the Wellness Council began using the Presence software to provide data and attendance of each Wellness Wednesday event.

### **National Collegiate Alcohol Awareness Week**

In honor of the third week in October being recognized as National Collegiate Alcohol Awareness Week, the Office of Wellness Education, collaborates with the Wellness Council and other campus partners to host a week of events raising awareness about issues related to alcohol through speaker presentations, interactive tabling events and Residence Hall programming.

### **Great American Smoke Out**

On the third Thursday in November we celebrate Great American Smoke Out, informational table encouraging students to abstain or quit smoking tobacco and chewing tobacco. “Quit Kits” are dispersed throughout the campus community and information about smoking cessation tips and services sponsored by Health Services are advertised and available. Education on “Juuling” or vaping has been added to this program as we have seen an increase in usage within our student population.

### **Alcohol Awareness Month (Spring Weekend Wellness)**

In recognition of April being Alcohol Awareness Month, the Office of Wellness Education sponsor’s activities and speakers during the week of Spring Weekend in order for students to learn the effects and consequences of alcohol use and abuse, including binge drinking, alcohol poisoning, and tips to drink responsibly.

### **Sexual Assault Awareness Month**

In honor of April being recognized as National Sexual Assault Prevention Awareness Month, members of the college including students put together Consent Day, an evening of education

about healthy sexual relationships, the meaning of sexual consent and how students can help prevent sexual misconduct on their campus. Consent Day was collectively sponsored by the following departments and offices: Office of Wellness Education, Title IX Office, Curry Consent, Department of Criminal Justice and Sociology, Counseling Center, Women’s and Gender Studies Program, First Year Studies, Student Activities Office, Residence Life and Housing, Health Services, HIPS, Student Affairs, Athletics, Fitness and Recreation, and the Student Center.

### **Curry College Health Assessment (CCHA)**

Curry College prides itself on the fact that it takes student health and wellness seriously. We work hard to provide our students with the best resources available. As health and wellness needs and trends change for our student body, we want to make sure we are staying on top of the issues that are affecting them. One of the best ways we do this is by offering the Curry College Health Assessment (adapted from the national ACHA-NCHA survey). This assessment assists us as it drives where we add resources and focus our efforts. In January, 2016, as a collaborative effort led by the Wellness Council, The CCHA was administered to all students. The survey went out to all Curry College students with portions completed by up to 576 students. All students — traditional undergraduate, graduate, and Continuing Education students— received the invitation to participate in the survey; however, 95% of respondents were traditional undergraduate students and 75% were female. The survey focuses on students' attitudes and behaviors regarding topics such as: Alcohol, tobacco, and other drug use; sexual health; weight, nutrition, and physical activity; mental health & injury prevention, personal safety, and violence. In January 2019, the CCHA was administered to all students once again and was completed by 743 students. 89% of participants were traditional undergraduate students and 72% identified as female.

### **CCHA Alcohol & Other Drugs Data from January 2019**

**The following questions relate to alcohol and other drugs. Within the last 30 days, on how many days did you use:**

<b>Question</b>	<b>Never Used</b>	<b>Have Used But Not in Last 30 Days</b>	<b>1-2 Days</b>	<b>3-5 Days</b>	<b>6-9 Days</b>	<b>10-19 Days</b>	<b>20-29 Days</b>	<b>Used Daily</b>
<b>Alcohol (e.g. wine, beer, liquor)</b>	16.46%	15.25%	23.35%	19.57%	12.69%	9.58%	1.89%	1.21%
<b>Tobacco (e.g. cigarettes, cigars, tobacco from a water pipe or hookah, smokeless tobacco)</b>	70.23%	14.27%	5.76%	1.92%	1.10%	0.96%	1.10%	4.66%
<b>Marijuana (e.g. pot, weed, hashish)</b>	51.09%	24.46%	7.34%	4.76%	2.58%	3.40%	1.90%	4.48%

<b>Prescription Drugs that were Not Prescribed to You (e.g. antidepressants, painkillers, sedatives, ritalin, adderall)</b>	87.74%	8.09%	1.48%	0.94%	0.40%	0.40%	0.13%	0.81%
<b>Drugs Other than Alcohol, Tobacco, Marijuana, and Prescription Drugs (e.g. cocaine, methamphetamine, amphetamines, sedatives, steroids, hallucinogens, heroin, inhalants, ecstasy)</b>	94.57%	3.80%	0.68%	0.41%	0.27%	0.00%	0.14%	0.14%

**Within the last 30 days, on how many days have you used a vaping device? (JUUL, Blu, Vape Pen, etc.)**

<b>Question</b>	<b>Never Used</b>	<b>Have Used But Not in Last 30 Days</b>	<b>1-2 Days</b>	<b>3-5 Days</b>	<b>6-9 Days</b>	<b>10-19 Days</b>	<b>20-29 Days</b>	<b>Used Daily</b>
<b>Vaped using nicotine</b>	64.50%	11.65%	6.50%	3.39%	1.36%	2.85%	0.95%	8.81%
<b>Vaped using marijuana, THC/hash oil</b>	73.47%	11.29%	5.58%	1.90%	2.18%	2.45%	0.95%	2.18%
<b>Vaped using bath salts</b>	98.76%	0.96%	0.28%	0.00%	0.00%	0.00%	0.00%	0.00%
<b>Other (please specify)</b>	98.87%	0.65%	0.16%	0.00%	0.32%	0.00%	0.00%	0.00%

**The last time you partied or socialized, how many drinks of alcohol did you have?**

<b>Answer</b>	<b>%</b>
<b>None</b>	23.08%
<b>1-2 Drinks</b>	22.40%
<b>3-4 Drinks</b>	23.21%
<b>5-6 Drinks</b>	16.60%
<b>7-8 Drinks</b>	6.48%
<b>9-10 Drinks</b>	4.59%
<b>11 or More Drinks</b>	3.64%

**During the past 12 months, when you partied or socialized, how often did you:**

<b>Question</b>	<b>Not Applicable; I don't drink</b>	<b>Never</b>	<b>Sometimes</b>	<b>Always</b>
<b>Alternate non-alcoholic with alcoholic beverages</b>	21.20%	13.82%	48.56%	16.42%
<b>Avoid drinking games</b>	20.79%	24.76%	42.68%	11.76%
<b>Choose not to drink alcohol</b>	19.97%	13.95%	62.79%	3.28%
<b>Determine, in advance, not to exceed a set number of drinks</b>	20.93%	19.29%	38.71%	21.07%
<b>Eat before and/or during drinking</b>	20.52%	2.74%	24.90%	51.85%
<b>Have a friend let you know when you have had enough</b>	21.20%	23.94%	24.90%	29.96%
<b>Keep track of how many drinks you were having</b>	20.38%	8.76%	28.59%	42.27%
<b>Pace your drinks to 1 or fewer per hour</b>	20.66%	23.80%	39.95%	15.60%
<b>Stick with only one kind of alcohol when drinking</b>	20.38%	9.30%	49.66%	20.66%
<b>Use a designated driver</b>	20.79%	3.28%	10.12%	65.80%

**Within the last 12 months, have you experienced any of the following when drinking alcohol?**

<b>Question</b>	<b>Not Applicable; I don't drink</b>	<b>No</b>	<b>Yes</b>
<b>Did something you later regretted</b>	21.61%	55.68%	22.71%
<b>Forgot where you were or what you did</b>	21.48%	56.50%	22.02%
<b>Got in trouble with the police</b>	21.48%	76.06%	2.46%
<b>Someone had sex with you without your consent</b>	21.48%	75.51%	3.01%
<b>Had sex with someone without their consent</b>	21.48%	77.98%	0.55%
<b>Had unprotected sex</b>	21.20%	55.40%	23.39%
<b>Physically injured yourself</b>	21.61%	66.62%	11.76%
<b>Physically injured another person</b>	21.48%	76.74%	1.78%
<b>Seriously considered suicide</b>	21.61%	76.33%	2.05%

**How many drinks of alcohol do you think the average student at Curry had the last time she/he partied or socialized?**

<b>Answer</b>	<b>%</b>
<b>None</b>	3.99%
<b>1-2 Drinks</b>	2.89%
<b>3-4 Drinks</b>	32.64%
<b>5-6 Drinks</b>	37.05%
<b>7-8 Drinks</b>	14.60%
<b>9-10 Drinks</b>	5.92%
<b>11 or More Drinks</b>	2.89%

### **Coalition/Council Prevention Initiatives**

#### **Milton Substance Abuse Prevention Coalition**

The Coalition was created in October 2014 to address the prevention and treatment of dangerous and addictive substances such as illicit and prescription drugs and alcohol misuse in people of all ages and backgrounds. The Coalition is comprised of town leaders, employees, residents and those in recovery. The Milton Substance Abuse Prevention Coalition has been awarded an \$110,000 three-year grant from the Blue Hills Community Alliance to support community-based efforts to prevent and address substance abuse and mental illness in Milton. The Milton Substance Abuse Prevention Coalition mission is to work together to save lives by increasing awareness, interventions, and resources for Milton residents that address the causes, stigma, and consequences associated with substance abuse, addiction and mental illness. The Coordinator for Wellness Education at Curry College is an active member of this coalition. The Milton Substance Abuse Prevention Coalition hosted their annual strategic planning meeting at Curry College in December 2016. Over 70 members of the Milton, MA community was in attendance. Curry College continues to collaborate with the Milton Substance Abuse Prevention Coalition and the Coordinator for Wellness Education attends meetings.

#### **Wellness Council**

In support of Direction II of Curry College’s Strategic Planning, specifically as an essential element of its articulated charge to “develop a comprehensive, integrated, and centralized system of academic services and support for all students to increase wellness, success and persistence to graduation,” the Wellness Model Work Team convened in spring 2014 to examine the 2012



CCHA data, analyze the substantial increased utilization of College services, such as Counseling and Disability Services, benchmark best practices, and consider strategies to integrate support services to increase student wellness. Through the 2014 work team, the Wellness Council was successfully formulated in the spring of 2015. The mission of the Wellness Council allows faculty, staff and students the opportunity to collaborate more intentionally and provide integrated programming and services to support personal and academic growth in connection with the six dimensions of wellness - physical, emotional, spiritual, intellectual, occupational, and social well-being. The Wellness Council is made up of 18 departments which include: Wellness Education, Health Services, Counseling Center, Athletics, The Center for Career Development, Sodexo Dining Services, Fitness and Recreation, Student Affairs, Spiritual Life, Public Safety, Student Financial Services, Residence Life and Housing, Community Health and Wellness, General Education, Institutional Advancement, Academic Advising and students. Wellness Council Accomplishments since 2017 include:

- Social Media Presence- #BeWellatCurry and Instagram Account @BeWellatCurry
- Over 126 Wellness Wednesday events- held every Wednesday in the Student Center
- Increased CCHA participation from 2016 to 2019 by almost 50%
- Began using Presence software to collect data from Wellness Wednesday participants, assess effectiveness, and gauge student interest
- On-going programming and collaboration

### **Wellness Education Strengths, Successes, Challenges and Improvements**

#### **Strengths and Successes include:**

- Offers a variety of educational programming throughout the academic calendar including First 6 Weeks of Wellness, National Collegiate Alcohol Awareness Week, Alcohol Awareness Month, Fresh Check Day, Consent Day and other sexual assault awareness and prevention programming.
- Strengthened relationship with Athletics through collaboration of hosting guest speakers and meetings with coaches and teams.
- Host alcohol educational programming to communicate educational messages and promote healthy choices during high risk times of the semester including the first six weeks of the fall semester, Halloween, Spring Break, Spring Weekend and Senior Week Celebrations.
- Provides non-judgmental feedback and safe strategies to students regarding their own substance use through motivational interviewing.
- Use empirical, best practices models, including environmental approaches such as BASICS and CHOICES.
- Residence Life and Housing created a system to record all RA AOD programming happening in the halls.
- Facilitates summer training for Resident Advisors.
- Provides educational sessions during summer Orientation and Welcome Weekend addressing alcohol and other drug awareness (risks and responsibilities).
- Secures dynamic outside speaker/educator for all first year students during Welcome Weekend to interact with students in an engaging manner about students' successful decision making skills and sexual assault awareness.

- Maintains a web page with links to self-help groups, facts sheets, links to state, federal and other resources regarding alcohol and other drug information and services.
- Supports Resident Advisor programming during the academic year focusing on the six dimensions of wellness including alcohol and other drugs and sexual assault awareness.
- The Office of Wellness Education established an internship and hired the first intern in Spring 2019
- Coordinator of Wellness Education serves as a member of the New England Health Educators Network (NEHEN) a local recognized community based network focusing on comprehensive health and wellness initiatives within Higher Education.
- Successful and continual partnerships created with First Year Studies, including in class presentations and distribution of campus resources
- Offers E-Chug and E-Toke through eCHECKUP To Go, an interactive online educational tool for students. This online program is used to educate students on the impact and campus norms of alcohol and marijuana use. E-Chug and E-Toke provides individual and personalized feedback to each student.
- Launched three online educational modules for incoming students in Summer 2018, modules include AOD Education, Prescription Drug Abuse, and Sexual Assault Prevention. A Diversity, Equity, & Inclusion module has been added for Summer 2019
- Coordinator for Wellness Education became advisor of student organization, HIPS (Health, Image, Power, Success). HIPS has become an official branch of SADD (Students Against Destructive Decisions) at Curry College
- Collaborates with the Title IX Coordinator on violence prevention programming including sexual assault awareness, intimate partner violence, and domestic abuse.
- Coordinator for Wellness Education attended the 2019 Campus Prevention Network Summit sponsored by Everfi in Nashville, Tennessee
- Coordinator of Wellness Education received “Friend of Residence Life & Housing” award for collaborating on the most programs with Resident Assistants. RA Program of the Year was awarded to an AOD Education program that was done in collaboration with the Office of Wellness Education

**Challenges and Improvements include:**

- Continue to assess the effectiveness of the educational sanctioning process in partnership with the Office of Community Standards and Accountability
- Increase partnership with local AOD treatment centers, substance abuse counselors, and recovery resources for students
- Work with student organization HIPS, to provide fun and educational programming around AOD trends from the student perspective
- Conduct regular AOD climate assessments (i.e.CCHA) every two years to help collect data on student health, protective behaviors, risk behaviors, and perceived norms.
- Recruit and retain students who are interested in wellness for internships and participation on Wellness Council.
- Continue to partner with Residence Life and Housing on substance abuse programming and creating incentives for RA’s to enhance the quality of alcohol and other drug programs in the Residence Halls.

**Awards/Achievements**

- One Resident Assistant from South Campus Residence Hall (SCRH), upper campus housing in partnership with the Office of Wellness Education won Residence Life and Housing “2018-2019 Program of the Year” award for their program educating students about substance abuse and safe drinking titled “*Smart Drinking 101*”

**Goals for next Biennial Review (2017-2019)**

1. Increase social media to engage students in AOD education and prevention.
2. Create an assessment tool to evaluate the effectiveness of the BASICS program.
3. Develop a further education and potential social norming campaign from the 2016/2019 CCHA survey data.
4. Increase education and outreach programs around “Juuling”/vaping and prescription drug abuse
5. Establish stronger relationships with student advocates and internal/external campus partners to address the current trends our students are facing in regards to drugs and alcohol