

Alcohol and Other Drug Prevention Program

Under the College Environmental Prevention Grant from the New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS) a College Prevention Coordinator (CPC) was provided to 20 colleges in New York (15 SUNY and 5 CUNY). The grant started in August 2017 and will end in June 2022. John Jay College has had a CPC since March 2018.

Goal: To prevent and reduce underage alcohol consumption and other drug use, including prescription drug misuse by college students

Target Population: Students between the ages of 18-24 years old

Objectives:

- Change attitudes and norms that support college underage drinking and drug use, including prescription drug misuse
- Provide Screening Brief Intervention and Referral to Treatment (SBIRT) services to students
- Reduce availability of alcohol and drugs to the targeted college student population
- Reduce alcohol and drug access on campus and in the surrounding community

The programs and initiatives developed by the college are expected to achieve an overall decrease in problems related to:

- Alcohol and drug use
- Academic difficulties
- Alcohol overdoses and injuries
- Assaults under the influence of drugs and alcohol

Survey:

In order to learn more about John Jay's students and their relationships with alcohol and substances, the OASAS College Prevention Survey was created by the University of Buffalo (RIA Survey) to address student use, knowledge and perceptions about drugs and alcohol. This survey was provided to students in the Fall 2017 semester. Students were provided with a link to their email in order to participate- 301 students completed the survey. RIA Survey will be provided to students in the 1st, 3rd and 5th year of the grant (next wave is due in Fall 2019 semester).

Focus Groups and Interviews:

CPC conducts focus groups with targeted population of students (Veterans, first year students, transfer students, LGBTQ, athletes, residence life, college students aged 18-24, students identified through Counseling Services, Health services and Accessibility Services) and key informant interviews with college officials to find out more about trends or sanctions on campus.

Coalition:

Campus Community Coalition (CCC) has been established at John Jay College since September 2018. The CCC is named the Substance and Alcohol prevention Coalition (SAP-C). The coalition is comprised of college officials, students and community stakeholders.

Mission statement: The mission of the SAP-C (Substance & Alcohol Prevention-Coalition) is to prevent and reduce alcohol consumption and other substance misuse within the John Jay Community

Goals:

- To reduce substance misuse through education to protect health, safety and quality of life for students
- Empower students to become ambassadors and allies to their communities

College Prevention Coordinator:

The CPC conducts individual therapy to students at the Wellness Center who present with substance or alcohol issues and provides free/confidential screenings/risk assessments to students for substance and alcohol use. CPC provides referrals to students who may need a higher level of care for addiction treatment. In addition, CPC chairs the Campus Community Coalition, manages the campus AOD Prevention Program and manages all College Environmental Prevention Grant responsibilities. Through the leadership of the CPC, the campus continues to spread awareness and education about addiction and substance misuse on campus through the use of seminars and tabling events to staff, faculty and students.

Events provided on-campus:

- Workshop series where students were educated about substances, alcohol and sexual health. The students who were present for all four weeks of the workshops received certificates of completion as a form of community education and awareness.
- CPC has trained different staff members at the college (Counselors, Wellness Peers, Peer Counselors, Residential Advisors, Counseling interns/externs) on the effects of substances and alcohol on the body and mind, treatment options, how to recognize an overdose and what to do in case of an overdose.
- A series of Narcan trainings (Narcan is used to reverse opioid overdoses). Each participant for the training received a Narcan kit.
- Other events/seminars with guest speakers providing information on addiction, policy and resources on campus (*i.e. Road to Recovery, Panel discussion on AOD CUNY Policy, Safe 21st Birthdays, BASICS Training, Party Responsibly*).

Creation of AOD Intake form for Counseling and Health Services:

CPC created an intake form that specifies substances of use by the students who are seeing the staff nurse and when intakes are conducted for the Counseling Services Center. Through this assessment approximately **200 students have been screened in the Spring 2019 semester**. Students who identify any illegal or underage substance use are referred directly to the CPC for a more intense screening and referral discussion. Three Assessment tools are used for this process (AUDIT, CUDIT-R and DAST-10). CPC also uses these assessment tools to screen students sent by the Dean's Office, walk-ins or referrals from Counseling Services Center or other staff members. **Since July 2018 44 students have been screened** using the assessment tools.