

**(in partial fulfillment of compliance with the Drug-Free Schools and Communities Act and
Drug and Alcohol Abuse Prevention Regulations)**

2016-2017

2017-2018

Student Prevention Program

Introduction

Wilkes University understands the importance of providing effective drug and alcohol prevention program strategies and having in place services to support community members challenged with substance abuse issues. For the purposes of planning and assessment of the University's student prevention programs Gordon's (1987) classification system is used to define the most effective means of meeting community needs:

Universal prevention efforts are those that are applied to everybody in an eligible population. In other words, universal efforts are targeted to the general public or the general population. The focus is on persons who are not considered to be at higher risk than others and the benefits outweigh the cost and risk for everyone.

Selective prevention efforts are focused on individuals or subgroups of the population whose risk of developing problems of alcohol abuse or dependence is above average. The subgroups may be distinguished by characteristics such as age, gender, family history, or economic status. Subgroups may also be identified by past experience or behavior. While risk levels are higher, not all individuals within the subgroups will experience alcohol use problems.

Indicated prevention efforts apply to persons who exhibit specific risk factors or conditions that individually identify them as being at risk for the development of alcohol

National Collegiate Alcohol Awareness Week (Luzerne County DUI checkpoint trailer), Wyoming Valley Alcohol and Drug Services (educational table), Northeastern Highway Safety Program (educational table), PLCE, Alcohol Awareness Walk); BACCHUS CLUB Safe Holiday message treats; BACCHUS CLUB STD educational table; BACCHUS CLUB Suicide Prevention Speaker; BACCHUS CLUB National Condom Month Educational Table; Alcohol and Drug Awareness Speaker; Health & Wellness Fair (Wyoming Valley Alcohol and Drug Services, PLCE, Family Member Suffer from addiction, Northeastern Highway Safety Program, Victims Resource Center, PLCE, PA State Police, PSI CHI; alcohol abuse screening).

Social/Recreational Alternatives

The University offers a well-populated social activities calendar working with over 67 clubs and organizations to serve as a catalyst to develop program offerings that provide alternatives to unauthorized events and activities related to alcohol use. During the 2016-2017 and 2017-2018 academic years hundreds of activities took place sponsored by clubs, organizations and the Office of Student Development. Some of these sponsored events include:

Student Development: 28 off campus bus trips each year (i.e. baseball, hockey games, New York City or Philadelphia trips); tickets to local events at the Kirby Center and the Little Theater of Wilkes Barre; bicycle loans; \$3 movie tickets, free bowling passes)

Student Government: 14 different event or themed weekends (i.e. Casino week, Spring Fling, Homecoming)

Commuter Council: 4 programs each year (i.e. pumpkin carving, Mad Hatter's Tea party, bus trip to major city, i.e. NYC, Niagra Falls, Washington D.C.)

Inter-

faculty member to sustain the Costa Rica service-learning experience with Raising Awareness Worldwide.

The Residence Life Office sponsored over 150 programs annually in different residence halls for social and educational purposes and to promote a sense of community.

Finally, the University offered 21 different intercollegiate sports, a renovated fitness center on campus, student memberships to the YMCA, and an active intramural program to engage students in healthy living through fitness.

Substance Abuse Taskforce

The Substance Abuse Taskforce has functioned for many years on campus serving in an advisory capacity for all drug and alcohol awareness initiatives and policies. It meets one to two times per semester and consists of faculty, staff, administrators, students, a member of the Liquor Control Board (LCB), and community members (see Appendix A). The Taskforce will often invite guests in to discuss recent drug and alcohol trends and best practices on college campuses. In 2017 the CEO of the Wyoming Valley Alcohol and Drug Services (WVADS) spoke to the task force about the growing heroin epidemic in Luzerne County. In 2018, a WVADS counselor discussed the trend in synthetic opioids.

2016-2018 Program Highlights

The Office of Student Development - encompassing Student Activities, Wilkes Adventure Education and Civic Engagement – offered programming on every weekend of each semester. Focusing on off-campus, cultural and service-based experiences, programming included (but not limited to):

- New York Broadway shows
- Professional sporting events
- 2-day overnights to Boston, Baltimore and Washington DC

E-mentors

The University uses E-

Selective Prevention

Assessment Methods

First Year Students

First year students are identified as a selective group because of their higher risk of engaging in experimental behavior trending from high school to college (Stappenback, C.A., Quinn, P.D., Wetherill, R.R., & Fromme, K., 2010) in addition to campus assessment data (disciplinary statistics, etc.).

Required Online Program for First Year Students (MyStudentBody.com Essentials program)

In 2006, the University adopted an earlier intervention strategy requiring all students to participate in an online course, AlcoholEdu. Approximately one in three first year college students, nationally, participated in an online alcohol education course (Everfi). The course had been effective in raising awareness regarding the associated risks of drugs and alcohol and changing student behavior at Wilkes University. First year students began the course early in the fall semester with a follow up in early November.

MyStudentBody.com's Essentials online program takes a comprehensive, evidence-based approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. Hazelden acquired MyStudentBody.com from Inflexxion in October 2012. The Essentials online program is implemented similarly to AlcoholEdu. First year students receive instructions for the program via email during the beginning of the fall semester and briefly follow up in November.

Essentials 2016-2017:

Self-reported data obtained was from 623 out of 641 first-year Wilkes students who registered for, completed and passed all three Essentials modules.

Approximate 97% pass/completion rate.

Essentials Course and Student Learning: 2016 Data han

Alcohol Module	Average Score
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Drug Module	Average Score
Pre-test	62%
Post-test	80%
Sexual Violence Module	Average Score
Pre-test	71%
Post-test	82%

**Self-Reported Alcohol-
onses):**

Unsafe and/or unplanned sexual activity was the most common issue reported (7%).

Serious risk of nonconsensual sex or sex without meaningful consent.
Associated with increased risk of STIs, contraceptive failure.

Risky behavior related to transportation was another frequent response (5%).

Students who ride with someone who has been drinking may look at it as a way to avoid getting in trouble, rather than as an unsafe choice.

**Self-
(Initial* N=223)**

These questions were only asked of students who indicated alcohol use in the past year.

Pre-planning transportation or eating before or while drinking are the most popular “social” means of controlling risks related to alcohol.

Results indicate the number of students who report they “frequently” or “always” use these strategies.

Avoid heavy drinking settings (50%)

Eating before drinks (70%)

Tracking drinks (69%)

Socialize with light drinkers/abstainers (51%)

Pre-planning transportation (80%)

Responses) (Initial* N=641)

These questions were asked of all students, regardless of alcohol consumption.

These numbers indicate the percentage of Wilkes University students that report “frequently or always” engaging in behaviors that keep others safer. Wilkes University students display a moderate level of altruism, and positive behaviors increase after time on campus.

Highest rate of use: Marijuana

The actual number of students engaging in the use of drugs is average.

Drug use held steady over time for all classes of substance.

Marijuana use at Wilkes University is similar to NCHA data.

Self-

Where would Wilkes University students go for help on campus after a sexual assault?

They are *most likely* to use the following resources:

On-campus safety, on-campus health services, University Counseling/Student Life, Rape Crisis Center, friends, family

They are *least likely* to use the following resources:

Campus judicial offices, faculty, other off-campus resources

Student Satisfaction with the Essentials Course (608 total responses)

Increased knowledge about alcohol 90%

Increased awareness of campus alcohol policies 91%

Helps me take more precautions to maintain safety 85%

Helps new students adjust to college life 79%

*Initial (all student responses to self-assessment)

** 4+ drinks for women, 5+ for men with MSB, 5+ drinks for all in NCHA

Pre-test	70%
Post-test	82%

Self-reported alcohol consumption: Sample vs. College Students Nationally

Wilkes University had a lower number of first-year students who had consumed alcohol in the past year, as compared to other MyStudentBody schools, and lower rate of high-risk/binge drinking.

Group	Consumed alcohol in past year (%) (N=551)	Engaged in high-risk drinking (%)**
Wilkes University	35%	9%

Students who ride with someone who has been drinking may look at it as a way to avoid getting in trouble, rather than as an unsafe choice.

Self- (Initial* N=195): **sponses)**

These questions were only asked of students who indicated alcohol use in the past year.

Prescription pain/opioids (7%)

They are *least likely* to use the following resources:
Campus judicial offices, faculty, other off-campus resources

Student Satisfaction with the Essentials Course (526 total responses)

Increased knowledge about alcohol 89%
Increase awareness of campus alcohol policies 94%
Helps me take more precautions to maintain safety 87%
Helps new students adjust to college life 81%

*Initial (all student responses to self-assessment)

**4+ drinks for women; 5+ for men with MSB; 5+ for all in NCHA

***National College Health Assessment <http://www.acha-ncha.org/docs/NCHA->

Indicated Prevention

General Information

There are students who present themselves under this classification through self-disclosure or behavior related challenges. Students who self-disclose to having a drug or alcohol problem are referred to a counselor in the Health and Wellness Office. Students may also be identified through drug and alcohol screenings sponsored by the Health and Wellness Office and offered in the Student Center. Students may opt to take an anonymous, free online screening for alcohol misuse at www.mentalhealthscreening.org/screening/WILKES. Once a student is identified he/she is assessed and an appropriate referral is made to a professional resource in the community. The counselor makes an effort to continue a relationship with the student (in consultation with the community resource) to assist the student with current or future educational plans. Students who are identified through behavior related circumstances (i.e. conduct infractions) meet with the appropriate adjudicating body and are sanctioned based on the severity and frequency of the behavior. Any student who violates the drug or alcohol policies more than once are required to get a professional assessment from an off-campus mental health professional. Minimum sanctions are in place for both drug and alcohol infractions and include a mandatory fine, education class, and parental notification (for those under 21 years of age). The required class is called CHOICES, and during this educative and interactive experience students learn about the physiological effects of alcohol, protective behaviors, and risk factors, and will discuss their own expectations about drinking as well as negative outcomes they would like to avoid in the future. Making healthy and responsible decisions is a focus of this class. Students who have a repeat offense or a high-level first offense, will be asked to attend a group session with Wyoming Valley Alcohol and Drug Services Inc.

The primary community services in which student referrals are made include:

Clearbrook, Inc.(inpatient) 570-823-1171 or 800-582-6241
1100 E. Northampton Street, Wilkes-Barre, PA 18706

Marworth (inpatient) 800-442-7722
Lily Lake Road
Waverly, PA 18471-7736

Wyoming Valley Alcohol and Drug Services, Inc. 570-820-8888
North Main Street
Wilkes-Barre, PA 18704

Caron Foundation Alcohol and Drug Treatment Center 800-854-6023
243 North Galen Hall Road

Wernersville, PA 19565

Other resources including Community Counseling and a host of private psychologists and psychiatrists are available to students based on individual needs and circumstances.

Academic Program Specific Information

The School of Pharmacy has procedures to encourage students who display risk factors for substance abuse to obtain the needed treatment in order to complete their professional education. Participation in the recovery program will require that individuals who are impaired agree to undergo a professional evaluation, agree to enter and participate in a treatment program if deemed necessary, and agree to continue their recovery program after treatment.

The Wilkes University School of Pharmacy Student Recovery Program (WPSRP) is directed by a faculty liaison. This liaison acts to facilitate student evaluation and treatment recommendations through *Secundum Atrem: Reaching Pharmacists with Help (SARPH)*, Pennsylvania's voluntary professional recovery program. Referrals to the WRSPH and SARPH are generated through deans, faculty, preceptors, staff or other students. The WPSRP will receive information concerning suspected chemical impairment of students enrolled in the School of Pharmacy. WPSRP will be available to talk to those students for the purpose of encouraging referral to the SARPH and monitoring information indicative of noncompliance with the terms of treatment and rehabilitation, if needed.

Students identified for participation in this program shall be those who are referred due to poor academic performance, disciplinary problems or a criminal offense that is indicative of a chemical dependency. The suspected impaired student will be given the opportunity to accept a referral to the SARPH for initial professional evaluation and any treatment recommendations deemed appropriate. The student will be given the opportunity to engage

The information below is taken from the annual Residence Life survey and captures

	Not Applicable	NA	
	Neutral	60	41.4%

Student Conduct Information 2017-2018

During the academic year 108 students were involved with alcohol infractions and 27

December 1st. All notifications contain a link to the University's Drug and Alcohol Abuse Prevention Program along with an attachment of the most current program.

B. A biennial review of the program to:

1. Determine its effectiveness and implement changes to the program if they are needed; and
2. Ensure that the disciplinary sanctions described in paragraph (A) (5) of this section are consistently enforced.

DEFINITIONS

The following terms are important for purposes of expressing the University's policy on a drug-free workplace:

A. Controlled substance means a controlled substance in schedules I through V of section 202 of the Controlled Substance Act (21 S.C. 812), as further defined by regulations at 21 CFR 1300.11 through 1300.15 and as defined in Pennsylvania's Controlled Substance, Drug, Device and Cosmetic Act, 35 Pa. C.S.A. '780-101 et seq.

B. Contract means a legal instrument reflecting a relationship between the federal government and a recipient whenever the principal purpose of the instrument is the acquisition by purchase, lease or barter of property or services for the direct benefit or use of the federal government.

C. Conviction means finding of guilt (including a plea of nolo contendere) or imposition of sentence, or both, by any judicial body charged with the responsibility to determine violations of the federal or state criminal drug statutes.

D. Criminal drug statute means a federal or state criminal statute involving the manufacture, sale, distribution, dispensation, use or possession of any controlled substance,

E. Employee means any faculty, staff or student receiving a salary, wages, other compensation and/or stipend support from the University.

F. Federal agency or agency means any United States executive department, military department, government corporation, government controlled corporation or any other establishment in the

are permitted the use of alcohol within the confines of their room or the rooms of other students of legal age. Within the residence halls, alcohol use is not permitted by anyone in common areas (i.e. lounges, hallways, studies, kitchens, etc.). The University prohibits common supplies of alcoholic beverages. This includes any size keg or beer ball (full, partially full, or empty), open punch bowls, or any common source from which alcoholic beverages may be served. The possession or consumption of grain alcohol is prohibited.

Those students of legal age may possess only reasonable quantities of alcohol for their own personal use. Students 21 years of age or older may bring a maximum of one case of beer (not to exceed a case of 12 oz. or 16 oz. containers), or one gallon of wine, or one case of wine coolers, or one fifth of distilled alcohol into college-owned housing. However, a room or living unit (i.e. apartment) may not have a quantity of alcohol in excess of the limit listed above. An excess of the established limit would be considered a large quantity and reason for disciplinary action. Decisions of this nature will be the judgment of the Residence Life Judicial Board. High content alcohol/caffeine (combined) beverages are prohibited from the residence halls.

The University recognizes the legal ability of those who are 21 years of age and over to consume

Amnesty

A member of the Wilkes University community who fears direct or immediate threat to the health or safety of an alcohol or drug-impaired individual should alert the Student Affairs on-call person, a Resident Assistant, Public Safety or professional medical assistance. For his or her part in aiding the impaired individual, he or she will not be subject to formal University discipline for the occasion on which he or she gave assistance. This refers to isolated incidents only and does not excuse or protect those who flagrantly or repeatedly violate this policy. Those who receive medical attention in these circumstances due to abuse of alcohol or illegal drugs will be immune from University disciplinary action concerning abuse for the initial offense. They will, however, be referred to the Counseling Center. The counselor will determine if further treatment is necessary. Failure to comply with the evaluation or treatment recommendations will result in full disciplinary action for the original violation.

Intoxication

Intoxication is not an excuse for irresponsible behavior and students will be held accountable for their behavior at all times. Students who demonstrate inappropriate, irresponsible behavior as a result of drinking will be subject to disciplinary action. These behaviors may include, but are not limited to, slurred speech, erratic behavior, or difficulty with physical coordination. The sanctions imposed may range from an official reprimand to dismissal from the University.

It should be clearly understood that students who demonstrate a lack of responsibility and maturity in the use of alcohol will be required to participate in programs pertaining to alcohol education and/or abuse. Any behavior resulting from the use of alcoholic beverages that infringes upon the rights or privacy of others will be considered a violation and is subject to disciplinary action.

Off-Campus Events

No student who is under 21 years of age, may consume alcohol while representing the University on a University-sponsored trip. This includes, but is not limited to, sporting events, educational trips, and student-sponsored trips. Those of legal drinking age should exercise control when representing the University.

Tailgating

In an effort to promote a healthy environment surrounding athletic activities, the University does not condone tailgating of any kind.

University regulations regarding alcohol stand to preserve the legal and responsible use of this substance on or off campus and at events sponsored by the University. Noncompliance with these regulations will result in disciplinary procedures being instituted in an effort to protect the health, safety, and well-being of all members of the community, as well as the violator of the regulations. The University is not a sanctuary from the law and will cooperate fully with law enforcement agencies in support of these regulations.

Sanctions for Alcohol Violations

Students: Please refer to [the Student Handbook](#) for a complete list of sanctions based on specific violations.

MyStudentBody

MyStudentBody is a comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. MyStudentBody engages students and parents in effective, evidence-

Illicit Drugs Policy

Wilkes University is opposed to the use of any illicit substances. The possession, sale, manufacture or distribution of any controlled substance is illegal under both state and federal laws. Such laws are strictly enforced by the Department of Public Safety. Violators are subject to University disciplinary action, criminal prosecution, fine and imprisonment. Anyone in possession of illegal drugs or paraphernalia can be charged under PA Crimes Code Title 18, depending on the illegal substances found. Penalties for a first offense upon conviction can include fines of no less than \$500 and possible imprisonment up to 15 years.

Additionally, any misuse and/or abuse of prescription or over-the-counter medications will not be tolerated. Any drugs, or drug combination (legal or illegal), deemed by the University to be detrimental to the health and safety of community members are not allowed on campus. This would include, but is not limited to: synthetic cannabinoids (synthetic marijuana), mephedrone

A. A person commits an offense if he or she attempts to purchase, purchases, consumes, possess, or transports any alcohol, liquor or malt or brewed beverages within the confines of the parks, recreation areas, or conservation areas within the limits of the City of Wilkes-Barre.

B. A person commits an offense if he or she openly consumes any alcohol, liquor, or malt or brewed beverages on any public thoroughfare within the limits of the City of Wilkes-Barre.

Section 2: Posted Park Rules and Regulations

A person commits an offense if he violates any of the rules and regulations, as the same are posted in each of the parks, recreation areas, or conservation areas within the limits of the City of Wilkes-Barre.

Section 3: Penalty for Violation

Any person violating any of the provision of this ordinance shall, upon summary conviction thereof in a summary proceeding before a magistrate, be sentenced to pay a fine of not less than

\$25 and not more than \$300, and costs. In default of the payment of such fines and costs, such person shall be imprisoned in the county jail for a period not exceeding 90 days. Each and every day upon which any person violates or continues to violate the provisions of this ordinance shall constitute a separate offense.

1. Anyone under the age of 21 who attempts to purchase, purchases, transports, or possess alcoholic beverages faces a fine of \$25 to \$300. Additionally, there is a mandatory suspension of a driver's license for a period of 90 days on the first offense, one year for a second offense, and two years for every offense thereafter.
2. It is a misdemeanor of the third degree and calls for a mandatory \$1000 fine for anyone who knowingly and intentionally sells or furnishes alcohol to someone under 21 years of age.

Federal Penalties for Illegal Possession of a Controlled Substance:

1st Conviction: Up to 1 year imprisonment and fined at least \$1,000 but not more than \$100,000 or both.

After one prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more than \$2,500 but not more than \$250,000, or both.

After 2 or more prior drug convictions: At least 90 days in prison, not to exceed three years and fined at least \$5,000 but not more than

\$250,000 or both.

Special sentencing provisions for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:

1st conviction and the amount of crack possessed exceeds 5 grams

2nd crack conviction and the amount of crack possessed exceeds 3 grams

3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram

Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than one year

3.

opportunity for students to choose to spend discretionary time helping others while experientially learning about societal needs and challenges. The Residence Life Office sponsored over 150 programs annually in different residence halls for social and educational purposes and to promote a sense of community. Finally, the University offered 18 different intercollegiate sports and an active intramural program to engage students in healthy living through fitness.

Substance Abuse Taskforce

The Substance Abuse Taskforce has functioned for many years on campus serving in an advisory capacity for all drug and alcohol awareness initiatives and policies. It meets one to two times per semester and consists of faculty, staff, administrators, students, a member of the Liquor Control Board (LCB), and

programs and services can be obtained from the EAP by calling 570-823-5144, which has extensive resource materials and which sponsors many educational seminars, lectures and other events which are designed to increase drug and alcohol awareness among members of the University community.

Indicated Prevention

General Information for Students:

There are students who present themselves under this classification through self-disclosure or behavior related challenges. Students who self-disclose to having a drug or alcohol problem are referred to a counselor in the Health and Wellness Office. Students may also be identified through drug and alcohol screenings sponsored by the Health and Wellness Office and offered in the Student Center. Students may opt to take an anonymous, free online screening for alcohol misuse at www.mentalhealthscreening.org/screening/WILKES. Once a student is identified

<p>Marworth (inpatient) Lily Lake Road Waverly, PA 18471-7736</p>	<p>800-442-7722</p>
<p>Wyoming Valley Alcohol and Drug Services, Inc. North Main Street Wilkes-Barre, PA 18704</p>	<p>570-820-8888</p>
<p>Caron Foundation Alcohol and Drug Treatment Center 243 North Galen Hall Road Wernersville, PA 19565</p>	<p>800-854-6023</p>

Other resources including Community Counseling and a host of private psychologists and psychiatrists are available based on individual needs and circumstances.

POSSIBLE EFFECTS OF SUBSTANCE ABUSE

Alcohol Use/Abuse and Associated Health Risks

Consequences of drinking too much: Alcohol enters your bloodstream as soon as you take your first sip. Alcohol's immediate effects can appear within about 10 minutes. As you drink, you increase your blood alcohol concentration (BAC) level, which is the amount of alcohol present in your bloodstream. The higher your BAC, the more impaired you become by alcohol's effects. These effects can include:

Alcohol use disorders are medical conditions that doctors can diagnose when a patient's drinking causes distress or harm. In the United States, about 18 million people have an alcohol use disorder, classified as either alcohol dependence — perhaps better known as alcoholism—or alcohol abuse.

Alcoholism, the more serious of the disorders, is a disease that includes symptoms such as:

Craving—a strong need, or urge, to drink

Loss of control—not being able to stop drinking once drinking has begun

Physical dependence—Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking

Tolerance—the need to drink greater amounts of alcohol to feel the same effect

People who are alcoholics often will spend a great deal of their time drinking, making sure they can get alcohol, and recovering from alcohol's effects, often at the expense of other activities and responsibilities.

Although alcohol abusers are not physically dependent on alcohol, they still have a serious disorder. Alcohol abusers may not fulfill responsibilities at home, work, or school because of their drinking. They may also put themselves in dangerous situations (like driving under the influence) or have legal or social problems (such as arrests or arguments with family members) due to their drinking.

Health Effects

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

Cardiomyopathy – Stretching and drooping of heart muscle

Arrhythmias – Irregular heart beat

Stroke

High blood pressure

Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.

Liver:

and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction. For example:

The genes that people are born with—in combination with environmental influences— account for about half of their addiction vulnerability. Additionally, gender, ethnicity, and the presence of other mental disorders may influence risk for drug abuse and addiction.

A person's environment includes many different influences, from family and friends to socioeconomic status and quality of life in general. Factors such as peer pressure, physical and sexual abuse, stress, and quality of parenting can greatly influence the occurrence of drug abuse and the escalation to addiction in a person's life.

Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction vulnerability. Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it will progress to more serious abuse, which poses a special challenge to adolescents. Because their brains are still developing in the areas that govern decision-making, judgment, and self-control, adolescents may be especially prone to risk-taking behaviors, including trying drugs of abuse.

Individual Drugs and Their Harmful Effects

Drug Effects

Drug effects vary depending on what type of drug is taken, who is taking it, how much is taken, etc. The method of administration also impacts the drug effects on the user. For example: injection takes the drug directly into the blood stream, providing more immediate effects; while ingestion requires the drug to pass through the digestive system, delaying the effects.

Physical Factors of Drug Effects:

Person's weight and the amount of physical mass a drug must travel through will have an outcome on the drug's effect on the body. Also, the aging process affects the manner in which the drug exerts its effects on the body.

Individual biomedical/chemical make-up. Each individual tolerates substances. For example: a person's physical condition as well as hypersensitivity (allergies) or hyposensitivity (need for larger doses to gain the desired effect) will influence the total drug effects on the individual. Rate of Each drug metabolizes or processes within the body at a different rate. The drug remains active in the body until metabolism occurs. For example: certain medications require dosages to be taken every four, twelve or twenty-four hours, depending on the duration and rate at which the drug is metabolized.

Food in the body slows absorption of the drug into the body by not allowing it to pass directly through the digestive process without first being processed by the digestive system. A slower process occurs, since the body is digesting food in addition to the substance or drug utilized by the person.

Emotional Factors of Drug Effects:

Emotional. A person's specific emotional state or degree of psychological comfort or discomfort will influence how a drug may affect the individual. For example: if a person began using alcohol and was extremely angry or upset, the alcohol could intensify this anger or psychological discomfort. On the other hand, if alcohol was being used as part of a celebration, the psychological state of pleasure could be enhanced by the use of the drug.

Anticipation/Expectancy. The degree to which a person believes that a given drug will affect them, may have an effect on their emotional. If a person truly believes that by using a substance, they will experience a given drug's effects, then their expectations may cause a psychological change in the manner in which the drug affects them.

Drug-Related Factors of Drug Effects:

Tolerance refers to the amount of a given substance necessary to receive its desired effect.

Presence or use of other drugs such as prescription, over-the-counter, nicotine, and caffeine also influence the rate of absorption and metabolism of drugs in the body.

Method of administration. A drug injected directly into the blood stream will affect an individual at a greater rate, since it will be directly absorbed through the blood stream and presented to various organs. If a drug is snorted or inhaled, the drug effects may be enhanced, due to the fact that the sinus cavity is located in close proximity to the brain. On the other hand, if a drug is ingested, the effects may be slower due to the fact that they must pass through the digestive system.

Physical dependence (addiction). If a person is physically addicted to a drug, then more of a given substance may be necessary and the effects on the body will differ from those seen in a non-dependent

Elimination. Drugs are eliminated from the body primarily through the liver. The liver and kidneys act as a body's filter to filter out and excrete drugs from the body. The liver metabolizes ninety percent of alcohol in the body, while ten percent is excreted through the lungs and sweat. Also, the liver metabolizes drugs in a fairly consistent manner. For example: alcohol is removed at the rate of one 12 oz. can of beer, one 5 oz. glass of wine, or 1 1/2 oz. shot of whiskey per hour.

Drug Effects: Marijuana

Increases in heart rate, body temperature, and appetite

Dryness of the mouth and throat

Reddening of the eyes and reduction in ocular pressure

Drug Effects: Cocaine

May cause extreme anxiety and restlessness

May experience the following medical conditions: twitches, tremor

For more detailed information on individual drugs go to: <http://www.drug-rehabs.org/drug-effects-c.htm>

Source: Drug Rehabs.Org, retrieved from: <http://www.drug-rehabs.org>

Effective Date: 12/2015

APPENDIX A

Substance Abuse Task Force Committee 2017-2018

Mark Allen, Dean of Students

Philip Ruthkosky, Associate Dean, Student Development

Gretchen Yeninas, Associate Dean, Student Affairs

Jason DeBoard, President, Commuter Council

Lara McQue, President BACCHUS

Santana Velez, Multicultural Student Coalition

Trey Brown, Athletics

Izzi Metz, Athletics

James Slocum, AAA

Trooper Connors, PA State Police

Debbie Scheibler, Residence Life

Raymond FeDora, Residence Life

Philip Miller, Lieutenant, Public Safety

Christopher Jagoe, Director, Public Safety

Brian Langan, Bureau of Liquor Enforcement

Joe Swortz, Catholic Social Services

Lyndsey Shay, President RHC

Kya Lewis, President, Programming Board

Jason Harlen Chief Executive Office Wyoming Valley Alcohol and Drug Services

Stefanie Wolonick, Wyoming Valley Alcohol and Drug Services

Diane O'Brien, Director Health & Wellness Services

Gail Holby, Coordinator, Health & Wellness Services

Susan Biskup, Counselor, Health & Wellness Services

Melissa Gaudio, Counselor, Health & Wellness Services

Anita Burns, Assistant Health & Wellness Services

Cody Morcom, President Student Government

Paige Gallagher, Senior Class President

APPENDIX B

Alcohol and Drug Policies (excerpt from *Student Handbook 2017-18*)

Alcohol and Drug Issues

Contact: [Mark Allen, Ph.D.](#), Dean of Students

Drug-Free Schools and Communities Public Law 101-226

University regulations have consistently supported and recognized the concerns expressed in recent legislation regarding Drug Free Campuses and work places. Alcohol abuse and the use of illicit substances and drugs constitute obvious hazards to health, safety, and well-being and destroy one's ability to function in a productive and contributory fashion. Policies have been developed and adopted by the University that strictly prohibit the use, possession and/or supplying of illicit substances not only on our property, but in the larger community as well.

University regulations regarding alcohol stand to preserve the legal and responsible use of this substance on or off campus and at events sponsored by the University. Noncompliance with these regulations will most certainly result in disciplinary procedures being instituted in an effort to protect the health, safety, and well-being of all members of the community, as well as the violator of the regulations. The University is not a sanctuary from the law and will cooperate fully with law enforcement agencies in support of these regulations.

Local Laws

Any student found to be in violation of city, Commonwealth, or University regulations regarding alcohol may be required to participate in a program of Alcohol Education and will be subject to a monetary fine. Revenues from this source will be utilized to support alcohol and drug information/education and activities. Referrals may be made to local rehabilitation programs. Additional disciplinary sanctions will be imposed as appropriate.

Members of the University community are especially reminded that the laws of Pennsylvania pertaining to alcoholic beverages are applicable to the campus and, as such, the responsibility for observance of the laws of Pennsylvania remains with each individual. The University will not serve as a sanctuary from the law.

The Pennsylvania Liquor and Penal Code states:

1. All persons, while in the Commonwealth of Pennsylvania, are subject to Pennsylvania Liquor and Penal Code.
2. It shall be unlawful for a person less than 21 years of age to attempt to purchase, consume, possess, or transport any alcohol or malt or brewed beverages within this Commonwealth.
3. It is unlawful to sell or furnish alcoholic beverages of any kind to persons under 21 years of age. No person under 21 years of age may pass assessments that will be used in whole or in part for the purchase of alcoholic beverages.
4. It is a misdemeanor to lawfully transfer a registration card for the purpose of falsifying age to secure alcoholic or malt beverages.

5. It is unlawful to misrepresent one's age to obtain alcoholic beverages or to represent to a liquor dealer that a minor is of age.

The University expects that all members of the University community be aware of these laws and of their responsibility for compliance with them. Members of the Students Affairs staff will, as a matter of routine, notify parents of students whose health or safety is endangered.

This includes, but is not limited to situations involving substance abuse.

The University supports the efforts of rehabilitation programs and will refer members of the community to appropriate rehabilitation programs. Such referrals may be part of disciplinary sanctions imposed.

Sources of drug and alcohol counseling are readily available on campus through the University Health and Wellness Services Office. Resources for assistance are designed to provide counseling, treatment, and rehabilitation that will assist a return to full health.

Referrals made to rehabilitation facilities must be kept confidential in the interest of the person seeking rehabilitation for problems with drug and alcohol abuse. Sources for referrals include the aforementioned offices, as well as the Residence Life Office and the Student Affairs Office. Community agencies knowledgeable in the area of substance abuse are located near the University campus. Meetings of Alcoholics Anonymous are held daily at locations within easy walking distance of the campus.

Alcoholic Beverage Policy

The goals of the Wilkes University Alcohol Policy include protection of health and safety of students, the preservation of an environment conducive to scholarship, as well as positive social interaction, the protection of personal and University property, and the prevention of abusive behaviors related to alcohol consumption.

Wilkes University does not encourage the use of alcoholic beverages by students. The University respects the rights of individuals who are 21 years old who decide to use alcoholic beverages, but is greatly concerned about the misuse and abuse of alcohol. Students of legal age who choose to drink must drink responsibly. Those under 21 years of age are not permitted to consume, possess or be in the presence of alcohol under any circumstances on University property or at any University event.*

* At university events where the participants are of mixed age, those of legal drinking age are visibly identified (i.e. by bracelets). The event must be approved by the Office of Student Affairs.

University Regulations Regarding Alcohol

Alcoholic beverages are prohibited outdoors on University property, including, but not limited to, Ralston Field and all campus playing fields and parking lots. They are prohibited also in all academic and administrative buildings, the Marts Center, Munson Field House and the Student Center. Exceptions to the above may only be made by the Office of Student Affairs.

Students who are under 21 must have permission from the Dean to participate in such events (i.e. senior events). They must be identifiable by bracelet or some other means. Students of legal age are permitted the use of alcohol within the confines of their room or the rooms of other students of legal age. Within the residence halls, alcohol use is not permitted by anyone in common areas (i.e. lounges, hallways, studies, kitchens, etc.). The University prohibits common supplies of

or any common source from which alcoholic beverages may be served. The possession or consumption of grain alcohol is prohibited.

Those students of legal age may possess only reasonable quantities of alcohol for their own

person, a Resident Assistant, Public Safety or professional medical assistance. For their part in aiding the impaired individual, they will not be subject to formal University discipline for the occasion on which he or she gave assistance. This refers to isolated incidents only and does not excuse or protect those who flagrantly or repeatedly violate this policy.

Those who receive medical attention in these circumstances due to abuse of alcohol or illegal drugs will be immune from University disciplinary action concerning abuse for the initial offense. They will, however, be referred to the Counseling Center. The counselor will determine if further treatment is necessary. Failure to comply with the evaluation or treatment recommendations will result in full disciplinary action for the original violation.

Intoxication

Intoxication is not an excuse for irresponsible behavior and students will be held accountable for their behavior at all times. Students who demonstrate inappropriate, irresponsible behavior as a result of drinking will be subject to disciplinary action. These behaviors may include, but are not limited to, slurred speech, erratic behavior, or difficulty with physical coordination.

The sanctions imposed may range from an official reprimand to dismissal from the University.

It should be clearly understood that students who demonstrate a lack of responsibility and maturity in the use of alcohol will be required to participate in programs pertaining to alcohol education and/or abuse.

Any behavior resulting from the use of alcoholic beverages that infringes upon the rights or privacy of others will be considered a conduct violation and is subject to sanctioning.

Off-Campus Events

No student who is under 21 years of age, may consume alcohol while representing the University on a University-sponsored trip. This includes, but is not limited to, sporting events, educational trips, and student-sponsored trips. Those of legal drinking age should exercise control when representing the University.

Tailgating

In an effort to promote a healthy environment surrounding athletic activities, the University does not condone tailgating of any kind.

University Sanctions for Alcohol Violations

Refer to Chart in Governance Section

MyStudentBody

Contact: [Melissa Gaudio](#), Licensed Professional Counselor

Parental/Guardian Notification

If a student is determined to be in violation of the drug or alcohol policy and is under the age of twenty-one a letter will be sent home to the parent/guardian(s) regarding the incident. Any student who receives medical attention due to excessive alcohol or drug use, i.e. is seen by University Health Services, requires a paramedic to respond to the campus, or is transported to the hospital, will also have his/her parent/guardian(s) notified. If hospitalization is necessary, the parents will be contacted.

Tobacco Use/Smoking Policy

Use of tobacco, in any form, is prohibited in all University owned, managed or leased buildings, vehicles, shuttles and vans. The University reserves the right, in its sole discretion, to designate certain areas where smoking is permitted on campus.

Tobacco is defined as all tobacco-derived or containing products, including and not limited to, cigarettes (e.g., clove, bidis, kreteks), electronic cigarettes/vaping, cigars and cigarillos, hookah smoked products, pipes, and oral tobacco (e.g., spit and spitless, smokeless, chew, snus) and nasal tobacco (e.g. snuff). It also includes any product intended to mimic tobacco products, contain tobacco flavoring, or deliver nicotine other than for the purpose of cessation (patch, gum, or inhaler are acceptable).

Anyone smoking tobacco-derived products in outdoor locations on campus must be at least twenty feet from any building door, window, or ventilating system.

Failure to comply with this policy will be considered a conduct violation and violators can be reported to the appropriate personnel (i.e. – an employee's supervisor, Student Affairs).

Those wishing to participate in a smoking cessation program may contact University Health Services or the Human Resources Office for further information.

University Sanctions for Alcohol Violations

Sanctions

1. *Official Reprimand*: In instances of less serious deviation from the University norms of conduct the student is formally warned regarding the misconduct. The student is also notified that the consequences of such continued behavior could result in more serious disciplinary action.
2. *Disciplinary Probation*: This action is a formal admonition on behalf of the University and is intended to clearly document to a student that his/her behavior has been deemed unacceptable. This action requires that students demonstrate, during a stipulated period of time, they are capable of functioning in such a way so as not to be in conflict with standards

of behavior expected of students at Wilkes. Disciplinary probation alerts the students involved, and all concerned, that further conduct may result in curtailment of activities or suspension of residential and academic privileges.

3. *Denial of Privileges*: This penalty precludes the student's participation in specified activities (e.g., student offices, student activities, use of University facilities or access to University facilities) for a period of time.
4. *Restitution/Penalty Charges*: Charges will be assessed where restitution is due for damage to University or student property or property of an agent outside of the University. The charges assessed will be equal to the value of the property and any incurred labor charges.² Tmd3harges

classes, be on University property, or participate in University-sponsored functions on or off campus during the period of suspension. Any exceptions require the explicit approval of the Dean of Students.

9. *Indefinite Suspension*: This sanction suspends the student from the University for a period of more than two years.
10. *Disciplinary Dismissal*: This action is one of involuntary separation of the student from the University and is permanent. It is the most severe disciplinary sanction imposed by the University.
11. *Group Action*: Disciplinary action may be invoked against groups as the situation warrants.
12. *Off-Campus Offenses*: The University may implement disciplinary action when a Wilkes University student violates rules and regulations at another college or university or in the community.
13. *Aid*: University-generated and supplied financial aid funds may be denied to students who are involved in disciplinary action.
14. *Counseling Intervention*: Counseling may be recommended, and in some cases required, when behavior indicates it may be beneficial to the student. Specific circumstances will determine an appropriate mental health service referral, which may include drug, alcohol and other educational services.
15. *Involuntary Leaves and Withdrawals*: The Health and Wellness Services Director and/or a campus counselor, with the Office of Student Affairs, may determine that a leave of absence, withdrawal, or exception to the academic or residential regulation based on behavioral factors is warranted if it would be in the best interest of the University. This action may be taken if, in the opinion of either a counselor or the Director, a student exhibits behavior that creates a significant disruption or clear and present danger to the physical or mental health of students or others in the community. This mandatory leave or withdrawal will be processed through the Office of Student Affairs and is subject to administrative appeal to the Vice President of Student Affairs. The Health and Wellness Services Director and a campus counselor will typically also be involved in the readmission of any student who is granted or placed on an involuntary leave or withdrawal.

These sanctions are not the only sanctions that may be levied, but are the most commonly invoked. All sanctions are communicated in writing to the student. Copies of disciplinary letters are maintained by the Student Affairs Office. If a student withdraws or is suspended or dismissed for disciplinary reasons, the disciplinary letters are maintained for an indefinite period of time depending on the circumstances.

Sanctions are not noted on official or unofficial transcripts. An exception is made to this only in cases involving severe infractions of an academic nature such as, but not limited to, academic fraud.

Typical Sanctions for Conduct Infractions

First Alcohol Offense

Level	Violation	Fine	Probation	Educational Course	Parent Notification	Meets With:
1	Under 21 Alcohol paraphernalia	\$50	6 months	Choices	Yes	Res Life Staff
1	Under 21 Possession or presence of alcohol (no sign of alcohol consumption)	\$100	6 months	Choices	Yes	On-campus-Res Life Staff Off

2	Under 21 - Heavy intoxication, requires medical/Student Affairs assistance	\$200	1 year	Wyoming Valley Drug and Alcohol Group Session	Yes	On-
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Possession of a controlled substance with drug paraphernalia and/or suspicion of illegal substance use

\$300

1 Year Conditional Suspension

Group session with Wyoming Valley Drug and Alcohol **Yes**

On-campus: Res Life Staff

Off-Campus: Assoc. Dean

directions to participate. Failure to successfully complete the program will result in a \$100 penalty charge and required participation in a Choices alcohol education class.

Drugs

The University is opposed to the use of any illicit substances. Additionally, any misuse and/or abuse of prescription or over-the-

certain areas where smoking is permitted on campus.