



**Drug Free Schools and Communities Act Biennial Review,
FY 2013-FY2014**

Certification of Biennial Review

As the president of Winona State University, I have read and support the Alcohol and Other Drug Policy.

Signature: _____ Date: _____

As the Interim Associate Vice President of Winona State University, I have read and support the Alcohol and Other Drug Policy.

Signature: _____ Date: _____

As the Director of Health & Wellness Services at Winona State University, I have read and support the Alcohol and Other Drug Policy.

Signature: _____ Date: _____

The Drug Free Schools and Communities Act requires institutions of higher education to conduct a biennial review of their alcohol and other drug policies and prevention programs in order to identify and implement the needed changes.

The biennial review has two objectives:

- “1. To determine the effectiveness of, and to implement any needed changes to the Alcohol and Other Drug (AOD) prevention program, and
2. To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently (DeRicco, 2006, p.13)”

The following is a report resulting from the Biennial Review of Winona State University’s alcohol and other drug prevention program implementation and policy enforcement for the 2012-2013 and 2013-2014 academic years.

The biennial review report can be found on the Health Promotion website under the Alcohol & Drug Prevention tab on the left side of the page. The report can also be requested by contacting the Health & Wellness Promotion Coordinator in Health & Wellness Services.

Alcohol & Other Drug Prevention Program Goals

Winona State University’s AOD prevention program goals include:

- Foster changes in and beyond Winona State University to decrease illegal and high risk use of alcohol and other drugs while improving academic success, retention and wellbeing of all students in fulfilling WSU’s mission “A Community of Learners Improving Our World”.
- Educate students via peer education methodologies and high quality evidence based programs in alcohol and other drug use prevention.
- Engage students in all aspects of research and program development to assure high quality and appropriate prevention messages that resonate with the student population.
- Empower Students via peer education methodologies to make informed lifetime decisions regarding substance use and abuse.
- Develop and increase partnerships and collaboration with University entities and with other local community, state and national partners.
- Provide a reasonable level of care for individuals through AOD education, counseling, referral and treatment.
- Provide a safe and welcoming campus environment where students in recovery can receive support while working towards degree completion.

Winona State University Alcohol & Other Drug Prevention Program Elements

WSU Health & Wellness Services utilizes the typology matrix provided by the Higher Education Center for Alcohol and Other Drug and Violence Prevention.

Winona State University Typology Matrix					
	Individual	Group	Institution	Community	State & Federal Policy
Knowledge, Attitudes, Behavioral Intentions <ul style="list-style-type: none"> • Cognitive/Behavioral • Motivational Enhancement • Education/Awareness 	E CheckUp To Go Programs (Referred) Motivational Interviewing through E CheckUp To Go Programs	Choices: Getting the Facts Courses: Group Based Education Residence Life Student Staff Training Order In Programming through Health Promotion	New Student Orientation: Campus Speaker and group discussion courses Orientation Semester Course	HERS Practicum Participatory Film Series Bar Coaster Series	
Environmental Change <ul style="list-style-type: none"> • Alcohol Free Options • Normative Environment • Policy Enforcement 	Conduct sanctions for alcohol and drug policy violations E CheckUp To Go programs (referred)	Alcohol Free Programing Occurring on a regular basis: Intramurals, UPAC Events, RHA Events, Residence Life Staff Events, Student Organization Events, Athletic Events, Etc. Health Promotion Special Event Programming: Breakfast with Champions & Party @ The Well.	Alcohol & Drug Free Campus Annual Policy Notification Programs SAFE Survey (Alcohol & Other Drug Norms) Boynton College Student Health Survey WSU Amnesty Policy H&WS Monitoring, Learning and Evaluation Committee (HERS Practicum Assessment Day and	Crime Prevention Taskforce (Community/Law Enforcement/University) Social Host Ordinance, City, 2012	

			Conduct & Prevention Team		
Health Protection	RA Security Rounds/Social Rounds Security- Welfare Checks Magnets on Policy and Alcohol Poisoning	Warriors in Recovery Group	BAIT (Behavioral Assessment Intervention Team) Friday Morning Classes Security Shuttles	Winona Transit Safe Ride	
Intervention/Treatment	Community Referrals if Needed				

Affecting Knowledge, Attitudes and Behavioral Intentions

This category of activities includes cognitive/behavioral strategies, motivational enhancement, and educational/awareness programming. These are aimed at “changing people’s knowledge, attitudes, skills, self efficacy, and behavioral intentions regarding reduced alcohol use” (Langford and DeJong, 2008, p.5).

Motivational Enhancement

E CheckUp To Go Programs

WSU offers E CheckUp To Go Programs for both Alcohol and Marijuana use to give students personalized evaluation of their use, negative consequences, and social norms clarification. Students may either self refer or be required to complete the assessment(s) as part of university adjudication. The E CheckUp To Go Programs are developed and produced by San Diego State University. In addition to the web based assessment, WSU utilizes a trained graduate assistant to provide a motivational interview for students once the assessment is completed.

Education/Awareness

Choices: Getting the Facts

In addition to E CheckUp To Go programs, WSU offers a 1 hour group based interactive alcohol abuse prevention program called Choices: Getting the Facts. This course utilizes the interactive journaling curriculum to engage students in self reflection and discussion about facts, risks and norms associated with alcohol while equipping them with information, strategies and skills to make wise decisions. The course is taught by a trained graduate assistant in Health & Wellness Services. The curriculum is based upon research by the University of Washington Addictive Behaviors Research, which has been recognized by NIAAA and SAMHSA as leading alcohol abuse prevention for college students. Students may either self refer or be required to complete the course as part of university adjudication.

New Student Orientation

During first year student orientation, “Be the Life of the Party Alcohol Free” presentation by Adam Lo Dolce is a large group interactive presentation including information on social confidence, consequences of alcohol, self expression, and norms clarification. Adam has spoken at both the Fall 2012 and Fall 2013 First Year Orientation Events.

Training/Professional Development

Various campus departments request alcohol and other drug prevention programs through the Health Promotion Office for student staff training and education such as Residence Life and Housing, Freshman Orientation Committee, etc.

Order In/Don’t Cancel That Class Programming

Order In and Don’t Cancel That Class Programming are a set of 1 hour group based educational sessions offered by the staff of the Health Promotion Office to student groups/organizations, departments, university programs and professors utilizing participatory approaches in numerous topics. All of the programs have evaluation tools, handouts and facilitator guide. The health promotion staff consists of trained graduate

assistants and trained peer educators. Topics include: nutrition, stress, sleep, sexual health, mental health/suicide prevention, alcohol and other drugs, digital life presence, gender based violence (stalking, harassment, sexual assault, etc.) and more.

HERS Practicum Participatory Film Series

The Health Education and Rehabilitative Sciences Practicum in 2012 produced a series of participatory film and discussion experiences for both students and the greater Winona Community. The films are still utilized in education programs such as Order In/Don't Cancel That Class and student staff training.

Bar Coaster Series

In 2013, Student Health & Wellness Advocates created a series of educational coasters for distribution to local bars and restaurants. Messages included: standard drink sizes, principles of BAC, and local alcohol and other drug treatment/intervention community resources.

Environmental Management

Environmental management strategies are those that seek to eliminate or modify the environmental factors that contribute to the problem (Langford and DeJong, 2008). There are five categories of environmental management: alcohol free options, alcohol marketing/promotion, promoting a healthy normative environment, reducing alcohol availability and policy development and enforcement (DeRicco, 2006).

Alcohol Free Options

Breakfast with Champions

Breakfast with Champions is a university wide breakfast on Homecoming Saturday sponsored by Health & Wellness Services, Student Senate, Student Life and Development and Student Health & Wellness Advocate Club. The event is an alcohol free, free breakfast party open to all to encourage students to come early to on campus homecoming traditions bypassing local "eggs and kegs" traditions.

Party @ Well

Party @ The Well is a traveling party education program that interacts utilizes trained peer advocates to educate students on alcohol poisoning, standard drink sizes, and ways to have fun alcohol free, while students wait in line for the annual University Programming & Activity Committee (UPAC) Spring Concert in March. The concert brings larger acts to campus with general admission style seating. Thus a line of students waiting to enter concert begins around 11am for a 9pm concert. The program is designed to meet students where they are at and interactively engage a "captive audience".

University Programming & Activity Committee (UPAC)

The University Programming & Activity Committee (UPAC) sponsors numerous alcohol free events multiple nights of the week throughout the academic year on a regular basis. All programming is designed to attract students to events on campus rather than off campus events or non university sponsored events.

Residence Life Alcohol Free Housing and Programming

WSU Housing and Residence Life continues to offer substance free housing and programming to WSU students on a regular basis. West Campus Residential Houses with unique house interests (health & wellness, global awareness, leadership, Mississippi River, outdoor adventure and career exploration) offer students a multitude of alcohol free classroom events and outside the classroom events.

Mugshots Coffee House- Housing and Residence Life

Mugshots is a free coffeehouse-styled entertainment venue planned and implemented by Housing Staff and residents who take the “mugshots” class. The events are every Thursday night with a rotating focus between various styles of music, poetry and movies. This is a designated alcohol alternative event.

Ongoing Alcohol Free Activities

The Office of Community Engagement provides numerous community volunteer opportunities and service learning projects throughout the university community. Numerous campus departments/programs offer alternative spring break trips annually. According to the Office of Community Engagement, 70% of WSU students report participating in some forms of volunteering or service learning activities completing 250,000 hours of volunteering and service learning activities annually.

Campus Building Space

WSU provides a student union, Kryzsko Commons that is open until 2:00am during the academic year. The Integrated Wellness Complex Fitness Center is open until 10pm 7 days a week and offers numerous intramural sports leagues. The campus library, Krueger Library, is also open late until 1:00am Sunday- Thursday.

Alcohol Marketing/Promotion

The campus alcohol and other drug policy restrict alcohol related marketing in all university publications, by student organizations and on-campus in general. The alcohol and other drug policy also restrict sponsorship by the alcohol industry for on-campus events and University events taking place off campus.

Promoting a Healthy Normative Environment

WSU continues to promote a healthy normative environment through multiple ways including social norms messaging across campus. The Student Alcohol and Other Drug, Facts and Education Survey (S.A.F.E.) is facilitated annually by Health & Wellness Services. SAFE survey is sent to all first year students prior to arriving to campus and six weeks post arriving to campus. Social norms are garnered from this survey and shared in numerous digital marketing channels across campus. ***Appendix A contains the most recent analysis of SAFE Survey Data.*** In addition to the SAFE Survey, WSU has administered the Minnesota College Student Health Survey conducted by Boynton Health Services, University of Minnesota, to students in the past. Most current data is unavailable from this survey tool. Previous messages from the MCSHS has been incorporated into social norm campaigns in addition to SAFE data.

WSU offers core classes on Friday mornings. Scheduling Friday classes is one area of prevention that requires a closer look at WSU, as it is identified as a Tier 3 strategy by the NIAAA. Currently in Fall 2014 491 classes met on Friday Mornings and 481 classes met on Friday Mornings in Spring 2014.

On August 1, 2013, the state of Minnesota passed a state statute providing immunity from prosecution for individuals who seek medical assistance for friends who require medical assistance due to intoxication. Prior to this legislation, WSU had established an amnesty policy for students seeking medical assistance for friends who require medical assistance due to intoxication.

Reducing Alcohol Availability

WSU restricts alcohol on campus with rare exceptions (e.g., alumni awards dinner) and can only be served at the discretion of the University President. Given that alcohol is restricted on campus, there is no alcohol allowed in the residence halls or apartments on campus.

The illegal use, possession, distribution, manufacture or sale of any controlled substance, drugs, or alcoholic beverages is prohibited for individual students and/or student organizations at University events on or off-campus and on travel status when representing the University (e.g., as a member of athletic team, sports club, Student Senate, student organizations and groups, member of a University group, delegation, etc.).

Further restrictions or allowances for legal and responsible use of alcohol may apply to individual students or student groups on travel status, based on the specific program's needs and direction of the faculty or staff supervisors/ advisors.

WSU's alcohol and other drug policy is comprehensive in scope, the policy clarifies expectations for student's off-campus, prohibits disruptive use of alcohol (aimed at student drinking off-campus and causing problems on-campus), and restricts alcohol advertising, among other areas addressed. The policy is supported and supports other policies that already exist such as:

- Winona State University Hazing Policy:
<http://www.winona.edu/sld/hazingpolicy.asp>
- Winona State University Student Conduct Code:
<http://www.winona.edu/sld/studentconductcode.asp>
- Winona State University Residence Life and Housing Handbook:
http://www.winona.edu/housing/Media/Housing_Policies_Proc_Handbook_2014-15_In_Order.pdf

The data below is from the University's most recent Security Report required by the Cleary Act. This shows the number of persons arrested for liquor and drug law violations and referred for alcohol or other drug policy violations during the calendar years of 2011, 2012, and 2013. Data for 2014 is not available at time of biennial review.

Liquor law arrests	2013	44
	2012	42
	2011	37
Liquor law violations referred for disciplinary action	2013	236
	2012	331
	2011	377
Drug law arrests	2013	2
	2012	1
	2011	1
Drug law violations referred for disciplinary action	2013	30
	2012	30
	2011	29

Sanction Programming for Students Referred for Conduct Action

Choices: Getting the Facts is designed for students referred for conduct action. Students are referred through student conduct violations involving alcohol or marijuana. Currently, one level of Choices: Getting the Facts is offered and two E CheckUp To Go Programs for alcohol and marijuana, respectively.

1st Time Alcohol Offense

- Choices: Getting the Facts
- Additional Sanctions as assigned by staff (Director of Student Conduct & Citizenship or Housing and Residence Life Professional Staff).

2nd Time Alcohol Offense

- E CheckUp To Go: Alcohol including a 30 minute motivational interview with Health Promotion Graduate Assistant.
- Additional Sanctions as assigned by staff (Director of Student Conduct & Citizenship or Housing and Residence Life Professional Staff).

3rd Time Alcohol Offense

- Obtain External Alcohol and Other Drug Assessment.
- Housing Contract Terminated- \$800 Cancellation Cost.
- Possible suspension from University.
- Additional Sanctions as assigned by staff (Director of Student Conduct & Citizenship or Housing and Residence Life Professional Staff).

1st Time Marijuana Offense

- E CheckUp To Go: Alcohol including a 30 minute motivational interview with Health Promotion Graduate Assistant.
- Additional Sanctions as assigned by staff (Director of Student Conduct & Citizenship or Housing and Residence Life Professional Staff).
- Housing Contract Terminated- \$800 Cancellation Cost.

2nd Time Marijuana Offense

- Obtain External Alcohol and Other Drug Assessment.
- Housing Contract Terminated- \$800 Cancellation Cost.
- Possible suspension from University.
- Additional Sanctions as assigned by staff (Director of Student Conduct & Citizenship or Housing and Residence Life Professional Staff).

Choices Attendance (Required for Adjudication)

Fall 2012-	263
Spring 2013-	144
Fall 2013-	100
Spring 2014-	104
Total (12'-13' & 13'-14')-	874 Students

ECheckUp To Go Alcohol (Required for Adjudication)

Fall 2012-	Missing Data
Spring 2013-	18
Fall 2013-	9
Spring 2014-	5
Total (12'-13' & 13'-14')-	32 Students

ECheckUp To Go Marijuana (Required for Adjudication)

Fall 2012-	Missing Data
Spring 2013-	8
Fall 2013-	9
Spring 2014-	14
Total (12'-13' & 13'-14')-	31 Students

Health Protection

Security guards and residence life staff members are trained to be alert, while monitoring residence halls and patrolling the campus, for students or others on campus who show signs of incapacitation and may be in need of emergency medical treatment. The prompt intervention of these individuals has been critical in particular situations to preventing further harm and even possibly, saving lives. Other strategies directed at individuals include:

There are multiple opportunities for students to receive counseling and support services.

Counseling & Wellness Services

Warriors in Recovery Group

Winona Health Counseling Services

Hiawatha Valley mental Health Center
Common Ground MN

Members of the University Conduct system are trained to use motivational interview techniques when discussing alcohol and other drug related incidents with students in a conduct setting. They are able to make referrals to resources such as E CheckUP To Go programs, Choices: Getting the Facts, Health, Counseling & Wellness Services as needed.

Intervention/Treatment

Staff counselors in Counseling and Wellness Services department provide individual counseling for alcohol and other drug use to students who have sought assistance or who have been referred for assistance. Counselors make referrals to community agencies and providers as needed.

Health & Wellness Services practitioners conduct health screenings with students that include questions about alcohol use and make referrals as needed.

Warriors in Recovery is a student led support group offered through the Counselor Education Department. This is a monthly group for students in recovery or newly entered recovery while at WSU.

Annual Policy Notification Process

The alcohol and other drug policy can be found in the Residence Life and Housing Handbook and on Student Life and Development website. These publications are available to all students and employees. ***Appendix B contains the Alcohol & Other Drug Policy.***

The policy can be found on the following websites:

- Winona State University Student Conduct Code:
<http://www.winona.edu/sld/studentconductcode.asp>
- Winona State University Residence Life and Housing:
<http://www.winona.edu/housing/policy.asp>

Added 7/1/2015:

NOTE: Although the Minnesota Medical Cannabis Law and program allows seriously ill Minnesotans to use medical marijuana to treat certain conditions, the possession and use of marijuana remains illegal under federal law, including the Drug-Free Schools and Communities Act, the Controlled Substances Act, and the Campus Security Act, and Board Policy 5.18 Alcoholic Beverages or Controlled Substances on Campus. Therefore, the use, possession, production, manufacture, and distribution of marijuana continues to be prohibited while a student is on college or university owned or controlled property or any function authorized or controlled by the college or university.

Alcohol & Other Drug Policy

I. Philosophy

Winona State University is an environment in which the personal, social and academic growth of students is free from mind-altering chemicals including drugs and alcohol. WSU recognizes that drugs and alcohol constitute significant personal and social problems within society in general and colleges in particular. WSU supports, promotes, respects and expects adherence to federal and state laws regarding alcohol and drugs. WSU demonstrates its values concerning an excellent educational environment, encouragement of a student's maturity, and federal and state laws regarding drugs and alcohol in a variety of ways. WSU promotes and presents, to all members of the community, drug and alcohol awareness programs that address issues proactively. WSU offers a multitude of programs on student development; provides programming to students on developing the skills necessary to be effective at WSU and in life; empowers students who choose not to drink; offers easy access to services that are intended to assist students who have alcohol or drug problems; and provides students with the opportunity to choose a substance-free living and learning experience.

II. Winona State University Alcohol and Other Drug Policy

Winona State University and this policy comply with and support Minnesota State Colleges and Universities (MnSCU) Board policy, which prohibits excessive or illegal use, sale, or distribution of alcoholic beverages at Minnesota State Colleges and Universities and University-sponsored events on or off-campus.

A. Definitions

1. Student—means all persons who:
 - a. Are enrolled in one or more courses, either credit or non-credit, through the University.
 - b. Withdraw, transfer or graduate, after an alleged violation of the Student Code of Conduct.
 - c. Are not officially enrolled for a particular term but who have a continuing relationship with the University.
 - d. Have been notified of their acceptance for admission or have initiated the process of application for admission or financial aid.
 - e. Are living in a University residence hall although not enrolled in the University.
2. University Recognized Organization: Any student group and/or organization that has successfully completed the process outlined by the Student Senate on forming a club or organization.
3. Travel Status: The period from departure until return to campus by students who have obtained travel authorization through the appropriate University representative for a University sponsored event.
4. Events: Activities that include, but are not limited to, official meetings, practices, competitions or trips involving students, registered student organizations (e.g. clubs, intramural, club sports, etc.), or intercollegiate athletic teams.
5. University Premises, Property and Facilities: Any building or property owned by Winona State University or that is controlled by the institution but owned by a third party.

6. Off-Campus Conduct: Any behavior that threatens the health or safety of our students, disrupts the educational process and/or negatively affects the University's relationship with the community.

B. Applicability of the Policy

1. Violation of the Alcohol and Other Drug Policy, the Student Code of Conduct, MnSCU and University policies including Residence Life policies, Technology policies and/or local, state, or federal laws regarding use, possession, or distribution of alcohol and/or other drugs, or drug paraphernalia which may result in issuance of a court summons, arrest, or referral for University conduct action or any combination of the above.
2. This policy applies to all on-campus and off-campus activities that are considered University activities, such as events and officially sanctioned field trips. This policy also applies to student organization-sponsored activities and events.
3. This policy applies to students, student groups and organizations, and their guests or visitors on University property and facilities engaged in a University activity. WSU employees should refer to the Office of Human Resources for applicable policies.
4. Violations or alleged violations of local ordinances, state or federal laws may subject student(s) and/or student organizations to conduct action by the University when these violations occur on campus, on University owned property, during a University activity or event, or when behavior on or off-campus adversely affects the University's educational, research or service functions. Examples of off-campus behavior which may be subject to University conduct action include, but are not limited to the following: underage consumption, selling or otherwise providing alcohol to underage persons; hosting underage drinking or disruptive parties; actions that threaten or endanger the health or safety of individuals; using, selling or distributing illegal drugs; sexual violence; and/or hazing.

C. Alcohol and Other Drug Policy

1. On-Campus: The use, possession, distribution, manufacture or sale of any controlled substances, illegal drugs, or alcoholic beverage is prohibited on campus. Students may use and possess prescription drugs (including controlled substances) for which they have a valid/current prescription.
2. Off-Campus: As members of the University community, students are expected to behave responsibly and comply with the law. University community members violating civil or criminal law may be subject to University conduct procedures when that conduct occurs off-campus and adversely affects the educational, research, or service functions of the University. Unlawful behavior by individual students or student organizations should be reported to the University (i.e. President, Vice Presidents, Deans, Directors and Supervisors either verbal or in writing). If reported, the University may take appropriate conduct action. The illegal use, possession, distribution, manufacture or sale of any controlled substance, drugs, or alcoholic beverages is prohibited for individual students and/or student organizations:
 - at University events on or off-campus;
 - on travel status when representing the University (e.g., as a member of athletic team, sports club, Student Senate, student organizations and groups, member of a

University group, delegation, etc.). Further restrictions or allowances for legal and responsible use of alcohol may apply to individual students or student groups on travel status, based on the specific program's needs and direction of the faculty or staff supervisors/ advisors.

Student leaders, faculty, staff supervisors/advisors and coaches assume responsibility for ensuring University policies and local, state, and federal laws are followed.

3. Disruptive use of alcohol and other drugs is prohibited. Disruptive use of alcohol and other drugs, regardless of where consumed or ingested, includes behavior that disrupts the University community, endangers the health or safety of self or others, results in damage to University or personal property, or requires the intervention of University or community resources. Examples of disruptive use include, but are not limited to, disorderly conduct, excessive noise, violence, threats, vandalism, or intoxication (regardless of age), that leads to intervention by University personnel, law enforcement personnel or medical personnel.

4. The public display of advertising or promotion of alcoholic beverages or illegal drugs, in University buildings or any other public campus area including all University-owned housing areas is prohibited. This includes alcohol containers, banners, lighted beer/ liquor signs, and large inflatable advertising.

5. The possession or display of alcohol "trophies," or other forms of empty alcohol containers, is not allowed on campus. The presence of empty containers, devices designed or intended to be used for the rapid consumption of alcohol (i.e., races, games, etc.), or drug paraphernalia, is prohibited. Possessing any of these materials may be considered evidence of use, consumption, or distribution.

6. The following advertising and promotional activities are prohibited for any student, University employee, registered student organization, or University office, department or program:

- a. Using alcoholic beverages as awards or prizes in connection with University events;
- b. Providing promotional items or advertising associated with alcohol and illegal drugs at University sponsored student events. This includes, but is not limited to, such items promoting alcohol or drug use on cups, shirts, beverage can coolers, or any other items advertising or promoting alcohol or illegal drug use;
- c. Advertising alcohol and/or illegal drugs in University controlled or affiliated publications, or on University premises, including University affiliated web sites;
- d. Advertising that includes brand names, logos, prices, visual images or phrases that refer to consumption of alcoholic beverages and use of illegal drugs;
- e. Use of alcohol for recruiting and student organization fund-raising activities and events;
- f. Purchasing alcohol and other drugs with University or organization funds, including student activities fee allocations; and
- g. Consuming or transporting alcohol and other drugs in University vehicles.

D. Exceptions to these policies

1. An exception for instructional purposes in accordance with MnSCU Board Policy 5.18 allows for the use of alcohol in laboratory and classroom instruction or experiments.

2. Students may use and possess prescription drugs (including controlled substances) for which they have a valid/current prescription.

3. The Chancellor or the Office of the Chancellor, and the President of Winona State University have delegated authority to approve use of alcohol at specific special events on campus or University sponsored events off campus. Approval shall be consistent with the Alcohol and Other Drug Policy and with MnSCU procedures. The procedures shall address the following: compliance with local ordinances and state law relating to sale; possession or consumption of alcohol; providing adequate dram shop/public liability insurance; and any other matters deemed necessary. Students who are of legal age to consume alcohol may choose to do so at these events.

4. Students studying abroad are expected to comply with the laws of the foreign country and the policies of the host institution or sponsoring program. Additionally, all enrolled students, including students who are studying abroad, must abide by all University policies, including but not limited to the Student Code of Conduct.

5. The University recognizes that various violations of the Student Code of Conduct involve use of alcohol. The University encourages the reporting of conduct violations such as sexual assault, hazing, physical violence, harassment and others and, therefore, the University may choose not to hold students accountable for Student Code of Conduct violations related to alcohol and other drugs when a more serious violation/crime has occurred.

E. Additional Information and Resources

1. Prevention, counseling, treatment services, and referrals.

The University recognizes that chemical abuse and chemical dependency impact academic and personal success. This policy is not designed to discourage people from seeking counseling or rehabilitation.

Assistance and information are available on campus at Health & Wellness Services and/or the Counseling Center (Integrated Wellness Complex). Off campus resources include Winona Health, Hiawatha Mental Health Center, or First Call for Help - 800.362.8255.

Information about the health risks associated with the use and abuse of alcohol and other drugs can be obtained at Health & Wellness Services or through the Health & Wellness Promotion Coordinator. In addition, WSU offers programs to students during New Student Orientation, in Residence Halls, and through classroom presentations.

Know the Health Risks:

Depressants - Alcohol is the most widely used depressant, but this category also includes barbiturates, tranquilizers, and methaqualone. These drugs act as a central nervous system depressant and cause slowed reaction time, impaired coordination, slurred speech, and impaired decision making. These drugs are addictive and abuse may result in overdose with coma and death as possible consequences.

Stimulants - Cocaine, diet pills, amphetamines, and ecstasy. These drugs stimulate the central nervous system and cause excitation, increased pulse, respiration and blood pressure. Abuse can lead to malnutrition, extreme agitation, convulsions and possible death.

Marijuana - THC is the psychoactive chemical in this plant. It can cause increased heart and pulse rate, increased appetite, an altered sense of time, impaired memory and decreased concentration, reaction time and coordination.

Hallucinogens - This classification of psychoactive drugs includes LSD, Psilocybin, peyote, PCP, and other amphetamine based derivatives. Use of these drugs can create visual hallucinations, altered perception of one's own body, agitation, paranoia, and hyperactivity.

Narcotics - These drugs are primarily pain relievers such as codeine, morphine, darvon, heroin, demerol and percodan. Use of these drugs produces euphoria, drowsiness, slowed respiration, clammy skin, nausea, and possibly death.

Solvents/Inhalants - These are toxic chemicals that are found in common household and industrial products and can be abused through the use of inhaling the fumes. This activity brings about a feeling of lightheadedness, euphoria, loss of appetite, forgetfulness, headache, nausea, flushed, dizziness and possibly death by heart or respiratory failure.

Predatory/date rape/club drugs - Drugs used for this purpose are typically central nervous system depressants such as rohypnol, ketamine, and GHB. These drugs can cause muscle relaxation, loss of consciousness and blackouts.

Recommendations for next Biennium

- Review and update the strategic plan for ongoing growth and development of current alcohol and other drug prevention and education programs.
- Update current sanction schedule for accuracy in implementation and effectiveness.
- Update and improve the annual notice procedures for students and employees.
- Explore opportunities to evaluate and implement additional evidence-base campus prevention strategies to address "other drug use" by students including marijuana, plant food, and misuse of prescription drugs.
- Explore grant and external funding for option to enhance our alcohol and other drug prevention efforts.
- Develop and prioritize additional environmental management strategies that may positively impact the University community and reduce high risk consumption.

Citations

DeRicco, B. (Ed). (2006). *Complying With the Drug-Free Schools and Campuses Regulations [EDGAR 86]: A Guide for University and College Administrators*. Department of Education/Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention.

Langford, L. & DeJong, W. (2008). *Strategic planning for prevention professionals on campus*. Washington, DC: U.S. Department of Education, Office of Safe and Drug-Free Schools, Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention.

Appendix A

WSU SAFE Survey Analysis

Prepared by Tyler Sheveland and Tisha Hooks
Winona State University Statistical Consulting Center
January 26, 2015

Description of data set:

There were 1,164 students that responded to the pre-survey prior to coming to campus. Only 565 students answered the post-survey after coming to campus. Because we are investigating changes in knowledge and habits after coming to campus, we are able to look at only those students whom answered both surveys. There were 518 students that took both surveys; however, not every student answered every question, so in many analyses reported below the sample size is less than 500.

Results:

One question that was asked on both surveys was as follows: **“In the past two weeks, on how many separate occasions have you consumed alcohol?”** We are able to see how student responses to this question changed using the contingency table below.

Table 1. In the past two weeks, on how many separate occasions have you consumed alcohol?

		Response at Post-test						
		0	1	2	3	4	5+	Pre-test Totals
Response at Pre-test	0	211	32	25	8	9	4	289
	1	32	17	20	7	5	1	82
	2	9	11	8	10	13	6	57
	3	4	5	6	5	7	3	30
	4	2	0	2	4	3	4	15
	5+	1	1	1	1	3	4	11
Post-test Totals		259	66	62	35	40	22	484

The 248 students represented along the diagonal (shaded black) reported no change in their drinking habits (i.e., 51% reported no change). The 154 students represented above the diagonal (shaded red) reported an increase in their frequency of alcohol consumption after coming to campus (i.e., 32% reported an increase). Only 82 students (or 17%) reported a decrease in the frequency of their alcohol consumption (shaded blue).

Note that there were 78 students who reported not consuming alcohol prior to attending college who did report drinking once on campus.

Next, note that this contingency table can be further collapsed as follows:

Number that reported a decrease in consumption	Number that reported an increase in consumption	Number that reported no change	Total
82	154	248	484

McNemar’s test was used to determine that of the 236 students who reported a change in behavior, significantly more reported an increase ($154/236 = 65\%$) rather than a decrease ($82/236 = 35\%$) in their frequency of alcohol consumption ($p < .0001$).

The next question that was considered on both surveys was as follows: **“In the past two weeks, on how many separate occasions have you consumed 4 to 8 drinks for females and 5 to 10 drinks for males?”** Once again, we are able to see how student responses to this question changed using the contingency table below.

Table 2. In the past two weeks, on how many separate occasions have you consumed 4 to 8 drinks (for females) and 5 to 10 drinks (for males)?

		Response at Post-test						
		0	1	2	3	4	5+	Pre-test Totals
Response at Pre-test	0	307	28	14	8	10	1	368
	1	19	19	15	5	5	1	64
	2	6	5	9	3	3	2	28
	3	2	1	3	3	3	0	12
	4	0	0	1	2	2	0	5
	5+	1	0	1	0	2	2	6
Post-test Totals		335	53	43	21	25	6	483

Many students (342, or 71%) did not change their response. Also, note that most of the students are reporting both at pre and post that they had not consumed that many drinks.

There were, however, 98 students (20%) that reported an increase in the number of occasions on which they have consumed this many drinks. Only 43 students (9%) reported a decrease in the number of occasions on which they have consumed this many drinks.

These results can also be viewed in the following table:

Number that reported a decrease in occasions	Number that reported an increase in occasions	Number that reported no change	Total
43	98	342	483

McNemar's test was used to determine that of the 141 students who reported a change in behavior, significantly more reported an increase ($98/141 = 69.5\%$) rather than a decrease ($43/141 = 30.5\%$) in the number of occasions on which they have consumed this many drinks ($p < .0001$).

The next question considered was, “In the past two weeks, on how many separate occasions have you consumed 8 or more drinks (for females) and 10 or more drinks (for males)?” Student responses to this question are summarized below.

Table 3. In the past two weeks, on how many separate occasions have you consumed 8 or more drinks (for females) and 10 or more drinks (for males)?

		Response at Post-test						Pre-test Totals
		0	1	2	3	4	5+	
Response at Pre-test	0	400	32	11	3	2	1	449
	1	7	10	3	0	0	0	20
	2	2	1	1	0	1	0	5
	3	3	0	1	0	0	0	4
	4	0	0	0	1	1	0	2
	5+	2	0	0	0	1	1	4
Post-test Totals		414	43	16	4	5	2	484

Many students (413, or 85%) did not change their response. Also, note that most of the students are reporting both at pre and post that they had not consumed 8 or more (for females) or 10 or more (for males) drinks.

There were, however, 53 students (11%) that reported an increase in the number of occasions on which they have consumed this many drinks. Only 18 students (4%) reported a decrease in the number of occasions on which they have consumed this many drinks.

These results can also be viewed in the following table:

Number that reported a decrease in occasions	Number that reported an increase in occasions	Number that reported no change	Total
18	53	413	484

McNemar’s test was used to determine that of the 71 students who reported a change in behavior, significantly more reported an increase ($53/71 = 75\%$) rather than a decrease ($18/71 = 25\%$) in the number of occasions on which they have consumed this many drinks ($p < .0001$).

Students were also asked, “**On average, how many days a week do you consume alcohol?**” Their responses to this question are summarized below.

Table 4. On average, how many days a week do you consume alcohol?

		Response at Post-test					Pre-test Totals
		0 days	1 day	2 days	3 days	4+ days	
Response at Pre-test	0 days	272	59	23	1	1	356
	1 day	17	35	40	5	0	97
	2 days	0	5	13	5	0	23
	3 days	0	1	2	1	0	4
	4+ days	0	1	0	0	1	2
Post-test Totals		289	101	78	12	2	482

Many students (322, or 67%) did not change their response. Also, note that just over half of the students ($272/482 = 56\%$) are reporting both at pre and post that do not consume alcohol in a typical week.

There were, however, 134 students (28%) that reported an increase in the number of days in a typical week on which they consume alcohol. Only 26 students (5%) reported a decrease in the number of days.

These results can also be viewed in the following table:

Number that reported a decrease in the number of days	Number that reported an increase in the number of days	Number that reported no change	Total
26	134	322	482

McNemar’s test was used to determine that of the 160 students who reported a change in behavior, significantly more reported an increase ($134/157 = 84\%$) rather than a decrease ($26/157 = 16\%$) in the number of days in a typical week on which they have consumed this many drinks ($p < .0001$).

The students were also asked, “On a typical drinking occasion, how many standard drinks do you consume on average?” The responses to this question are summarized below.

Table 5. On a typical drinking occasion, how many standard drinks do you consume on average?

		Response at Post-test											Pre-test Totals
		0	1	2	3	4	5	6	7	8	9	10+	
Response at Pre-test	0	159	12	11	7	9	0	1	1	2	1	0	203
	1	16	21	16	3	4	3	2	0	0	0	0	65
	2	4	7	13	10	11	5	2	0	1	0	0	53
	3	4	4	9	23	15	2	2	1	0	0	1	61
	4	1	0	2	9	9	6	5	0	1	0	0	33
	5	0	2	2	9	7	7	3	3	1	0	0	34
	6	1	0	0	1	2	5	3	1	3	0	1	17
	7	0	1	0	0	0	2	1	3	2	1	0	10
	8	0	0	0	0	0	3	0	3	1	0	1	8
	9	0	0	0	0	0	0	0	0	0	0	0	0
10+	0	0	0	0	0	0	0	0	0	0	2	2	
Post-test Totals		185	47	53	62	57	33	19	12	11	2	5	486

About half of the student’s responses were unchanged ($241/486 = 49.6\%$). There were, however, 150 students (30.9%) that reported an increase in the number of drinks typically consumed. Only 95 students (19.5%) reported a decrease.

These results can also be viewed in the following table:

Number that reported a decrease in the number of drinks	Number that reported an increase in the number of drinks	Number that reported no change	Total
95	150	241	486

McNemar’s test was used to determine that of the 245 students who reported a change in behavior, significantly more reported an increase ($150/245 = 61\%$) rather than a decrease ($95/245 = 39\%$) in the number of days in a typical week on which they have consumed this many drinks ($p = .0003$).

Next the students were asked **“Where do you consume alcohol?”** and were allowed to check all that applied. Their responses to the pre- and post-surveys can be summarized as shown below in order to observe changes in student responses (only the most common combinations of “check all that apply” categories were considered).

Table 6. Where do you consume alcohol?

		Response at Post-test							Pre-test Totals
		Don't	Home	Friend's	Party	Home/ Friend's	Friend's/ Party	Home/ Friend's / Party	
Response at Pre-test	Don't	142	4	8	7	2	15	3	181
	Home	10	12	7	3	6	2	3	43
	Friend's	5	1	11	5	6	18	2	48
	Party	3	0	0	4	0	1	0	8
	Home/ Friend's	4	2	7	1	9	10	7	40
	Friend's / Party	4	0	9	6	1	45	12	77
	Home/ Friend/ Party	1	0	3	1	1	12	24	42
	Post-test Totals	169	19	45	27	25	103	51	439

Another question that was considered is **“How many days per week do you think the average college student consumes alcohol?”** The responses are summarized below.

Table 7. How many days per week do you think the average college student consumes alcohol?

		Response at Post-test					Pre-test Totals
		0 days	1 day	2 days	3 days	4+ days	
Response at Pre-test	0 days	1	0	1	1	2	5
	1 day	6	22	34	1	2	65
	2 days	4	37	112	43	3	199
	3 days	3	18	74	76	8	179
	4+ days	3	2	6	21	6	38
Post-test Totals		17	79	227	142	21	486

Just under half of the students (217, or 44.7%) did not change their response. There were, however, 95 students (19.5%) that reported an increase in the number of days they believe the average college student consumes alcohol. Also, 174 students (35.8%) reported a decrease in the number of days.

These results can also be viewed in the following table:

Number that reported a decrease in the number of days	Number that reported an increase in the number of days	Number that reported no change	Total
174	95	217	486

McNemar’s test was used to determine that of the 269 students who changed their response, significantly more reported a decrease (174/269 = 65%) rather than an increase (95/269 = 35%) in the number of days in a typical week on which they think the average college student consumes alcohol ($p < .0001$).

The next question considered was “**How many standard drinks do you believe the average college student consumes on a typical drinking occasion?**” The responses to this question are summarized below.

Table 8. How many standard drinks do you believe the average college student consumes on a typical drinking occasion?

		Response at Post-test											Pre-test Totals
		0	1	2	3	4	5	6	7	8	9	10+	
Response at Pre-test	0	1	0	0	0	0	1	1	0	0	0	0	3
	1	1	2	1	1	0	2	0	0	0	0	0	7
	2	1	2	13	10	6	2	0	0	0	0	0	34
	3	3	2	14	28	17	15	6	0	0	1	0	86
	4	0	1	13	22	33	17	7	2	0	0	0	95
	5	3	1	5	28	25	29	6	4	2	0	0	103
	6	0	0	1	7	15	13	8	2	3	2	0	51
	7	0	0	0	10	10	10	4	2	0	0	0	36
	8	0	0	2	2	4	11	3	2	5	0	1	30
	9	0	0	0	1	0	5	1	0	0	0	0	7
	10+	1	1	2	1	5	6	8	4	3	0	3	34
	Post-test Totals	10	9	51	110	115	111	44	16	13	3	4	486

About one-fourth of the student’s responses were unchanged ($124/486 = 25.5\%$). Only 109 students (22.4%) reported an increase in the number of drinks they felt the typical college student consumed. Also, 253 students (52.1%) reported a decrease in the number of drinks they believed the average college student consumed on a typical drinking occasion.

These results can also be viewed in the following table:

Number that reported a decrease in the number of drinks	Number that reported an increase in the number of drinks	Number that reported no change	Total
253	109	124	486

McNemar’s test was used to determine that of the 362 students who reported a change in behavior, significantly more reported a decrease ($253/362 = 70\%$) rather than an increase ($109/362 = 30\%$) in the number of drinks they believed the average college student consumed on a typical drinking occasion ($p < .0001$).

Finally, students were asked, “**What percentage of college students do you believe use marijuana?**” and

“**What percentage of college students do you believe use tobacco?**”

The results are summarized below.

Table 9. Descriptive Statistics and Paired t-test Results for “What percentage of college students do you believe use marijuana/tobacco?”.

	<u>Pre-test</u>		<u>Post-test</u>		<u>Mean Difference</u>		N	95% CI for Mean Difference	p-value
	M	SD	M	SD	M	SD			
Marijuana	46%	20%	34%	18%	-12%	19%	48 4	(-13%, -10%)	< .0001
Tobacco	45%	19%	36%	19%	-9%	18%	48 2	(-11%, -8%)	< .0001

Note that a paired t-test revealed that there was a statistically significant decrease in the percentage of college students believed to use both marijuana and tobacco from pre- to post-survey.

Appendix B

Alcohol & Other Drug Policy

I. Philosophy

Winona State University is an environment in which the personal, social and academic growth of students is free from mind-altering chemicals including drugs and alcohol. WSU recognizes that drugs and alcohol constitute significant personal and social problems within society in general and colleges in particular. WSU supports, promotes, respects and expects adherence to federal and state laws regarding alcohol and drugs. WSU demonstrates its values concerning an excellent educational environment, encouragement of a student's maturity, and federal and state laws regarding drugs and alcohol in a variety of ways. WSU promotes and presents, to all members of the community, drug and alcohol awareness programs that address issues proactively. WSU offers a multitude of programs on student development; provides programming to students on developing the skills necessary to be effective at WSU and in life; empowers students who choose not to drink; offers easy access to services that are intended to assist students who have alcohol or drug problems; and provides students with the opportunity to choose a substance-free living and learning experience.

II. Winona State University Alcohol and Other Drug Policy

Winona State University and this policy comply with and support Minnesota State Colleges and Universities (MnSCU) Board policy, which prohibits excessive or illegal use, sale, or distribution of alcoholic beverages at Minnesota State Colleges and Universities and University-sponsored events on or off-campus.

A. Definitions

1. Student—means all persons who:
 - a. Are enrolled in one or more courses, either credit or non-credit, through the University.
 - b. Withdraw, transfer or graduate, after an alleged violation of the Student Code of Conduct.
 - c. Are not officially enrolled for a particular term but who have a continuing relationship with the University.
 - d. Have been notified of their acceptance for admission or have initiated the process of application for admission or financial aid.
 - e. Are living in a University residence hall although not enrolled in the University.
2. University Recognized Organization: Any student group and/or organization that has successfully completed the process outlined by the Student Senate on forming a club or organization.
3. Travel Status: The period from departure until return to campus by students who have obtained travel authorization through the appropriate University representative for a University sponsored event.
4. Events: Activities that include, but are not limited to, official meetings, practices, competitions or trips involving students, registered student organizations (e.g. clubs, intramural, club sports, etc.), or intercollegiate athletic teams.

5. University Premises, Property and Facilities: Any building or property owned by Winona State University or that is controlled by the institution but owned by a third party.
6. Off-Campus Conduct: Any behavior that threatens the health or safety of our students, disrupts the educational process and/or negatively affects the University's relationship with the community.

B. Applicability of the Policy

1. Violation of the Alcohol and Other Drug Policy, the Student Code of Conduct, MnSCU and University policies including Residence Life policies, Technology policies and/or local, state, or federal laws regarding use, possession, or distribution of alcohol and/or other drugs, or drug paraphernalia which may result in issuance of a court summons, arrest, or referral for University conduct action or any combination of the above.
2. This policy applies to all on-campus and off-campus activities that are considered University activities, such as events and officially sanctioned field trips. This policy also applies to student organization-sponsored activities and events.
3. This policy applies to students, student groups and organizations, and their guests or visitors on University property and facilities engaged in a University activity. WSU employees should refer to the Office of Human Resources for applicable policies.
4. Violations or alleged violations of local ordinances, state or federal laws may subject student(s) and/or student organizations to conduct action by the University when these violations occur on campus, on University owned property, during a University activity or event, or when behavior on or off-campus adversely affects the University's educational, research or service functions. Examples of off-campus behavior which may be subject to University conduct action include, but are not limited to the following: underage consumption, selling or otherwise providing alcohol to underage persons; hosting underage drinking or disruptive parties; actions that threaten or endanger the health or safety of individuals; using, selling or distributing illegal drugs; sexual violence; and/or hazing.

C. Alcohol and Other Drug Policy

1. On-Campus: The use, possession, distribution, manufacture or sale of any controlled substances, illegal drugs, or alcoholic beverage is prohibited on campus. Students may use and possess prescription drugs (including controlled substances) for which they have a valid/current prescription.
2. Off-Campus: As members of the University community, students are expected to behave responsibly and comply with the law. University community members violating civil or criminal law may be subject to University conduct procedures when that conduct occurs off-campus and adversely affects the educational, research, or service functions of the University. Unlawful behavior by individual students or student organizations should be reported to the University (i.e. President, Vice Presidents, Deans, Directors and Supervisors either verbal or in writing). If reported, the University may take appropriate conduct action. The illegal use, possession, distribution, manufacture or sale of any controlled substance, drugs, or alcoholic beverages is prohibited for individual students and/or student organizations:

- at University events on or off-campus;
- on travel status when representing the University (e.g., as a member of athletic team, sports club, Student Senate, student organizations and groups, member of a University group, delegation, etc.). Further restrictions or allowances for legal and responsible use of alcohol may apply to individual students or student groups on travel status, based on the specific program's needs and direction of the faculty or staff supervisors/ advisors.

Student leaders, faculty, staff supervisors/advisors and coaches assume responsibility for ensuring University policies and local, state, and federal laws are followed.

3. Disruptive use of alcohol and other drugs is prohibited. Disruptive use of alcohol and other drugs, regardless of where consumed or ingested, includes behavior that disrupts the University community, endangers the health or safety of self or others, results in damage to University or personal property, or requires the intervention of University or community resources. Examples of disruptive use include, but are not limited to, disorderly conduct, excessive noise, violence, threats, vandalism, or intoxication (regardless of age), that leads to intervention by University personnel, law enforcement personnel or medical personnel.

4. The public display of advertising or promotion of alcoholic beverages or illegal drugs, in University buildings or any other public campus area including all University-owned housing areas is prohibited. This includes alcohol containers, banners, lighted beer/ liquor signs, and large inflatable advertising.

5. The possession or display of alcohol "trophies," or other forms of empty alcohol containers, is not allowed on campus. The presence of empty containers, devices designed or intended to be used for the rapid consumption of alcohol (i.e., races, games, etc.), or drug paraphernalia, is prohibited. Possessing any of these materials may be considered evidence of use, consumption, or distribution.

6. The following advertising and promotional activities are prohibited for any student, University employee, registered student organization, or University office, department or program:

- a. Using alcoholic beverages as awards or prizes in connection with University events;
- b. Providing promotional items or advertising associated with alcohol and illegal drugs at University sponsored student events. This includes, but is not limited to, such items promoting alcohol or drug use on cups, shirts, beverage can coolers, or any other items advertising or promoting alcohol or illegal drug use;
- c. Advertising alcohol and/or illegal drugs in University controlled or affiliated publications, or on University premises, including University affiliated web sites;
- d. Advertising that includes brand names, logos, prices, visual images or phrases that refer to consumption of alcoholic beverages and use of illegal drugs;
- e. Use of alcohol for recruiting and student organization fund-raising activities and events;
- f. Purchasing alcohol and other drugs with University or organization funds, including student activities fee allocations; and
- g. Consuming or transporting alcohol and other drugs in University vehicles.

D. Exceptions to these policies

1. An exception for instructional purposes in accordance with MnSCU Board Policy 5.18 allows for the use of alcohol in laboratory and classroom instruction or experiments.
2. Students may use and possess prescription drugs (including controlled substances) for which they have a valid/current prescription.
3. The Chancellor or the Office of the Chancellor, and the President of Winona State University have delegated authority to approve use of alcohol at specific special events on campus or University sponsored events off campus. Approval shall be consistent with the Alcohol and Other Drug Policy and with MnSCU procedures. The procedures shall address the following: compliance with local ordinances and state law relating to sale; possession or consumption of alcohol; providing adequate dram shop/public liability insurance; and any other matters deemed necessary. Students who are of legal age to consume alcohol may choose to do so at these events.
4. Students studying abroad are expected to comply with the laws of the foreign country and the policies of the host institution or sponsoring program. Additionally, all enrolled students, including students who are studying abroad, must abide by all University policies, including but not limited to the Student Code of Conduct.
5. The University recognizes that various violations of the Student Code of Conduct involve use of alcohol. The University encourages the reporting of conduct violations such as sexual assault, hazing, physical violence, harassment and others and, therefore, the University may choose not to hold students accountable for Student Code of Conduct violations related to alcohol and other drugs when a more serious violation/crime has occurred.

E. Additional Information and Resources

1. Prevention, counseling, treatment services, and referrals.

The University recognizes that chemical abuse and chemical dependency impact academic and personal success. This policy is not designed to discourage people from seeking counseling or rehabilitation.

Assistance and information are available on campus at Health & Wellness Services and/or the Counseling Center (Integrated Wellness Complex). Off campus resources include Winona Health, Hiawatha Mental Health Center, or First Call for Help - 800.362.8255.

Information about the health risks associated with the use and abuse of alcohol and other drugs can be obtained at Health & Wellness Services or through the Health & Wellness Promotion Coordinator. In addition, WSU offers programs to students during New Student Orientation, in Residence Halls, and through classroom presentations.

Know the Health Risks:

Depressants - Alcohol is the most widely used depressant, but this category also includes barbiturates, tranquilizers, and methaqualone. These drugs act as a central nervous system depressant and cause slowed reaction time, impaired coordination, slurred speech, and impaired decision making. These drugs are addictive and abuse may result in overdose with coma and death as possible consequences.

Stimulants - Cocaine, diet pills, amphetamines, and ecstasy. These drugs stimulate the central nervous system and cause excitation, increased pulse, respiration and blood pressure. Abuse can lead to malnutrition, extreme agitation, convulsions and possible death.

Marijuana - THC is the psychoactive chemical in this plant. It can cause increased heart and pulse rate, increased appetite, an altered sense of time, impaired memory and decreased concentration, reaction time and coordination.

Hallucinogens - This classification of psychoactive drugs includes LSD, Psilocybin, peyote, PCP, and other amphetamine based derivatives. Use of these drugs can create visual hallucinations, altered perception of one's own body, agitation, paranoia, and hyperactivity.

Narcotics - These drugs are primarily pain relievers such as codeine, morphine, darvon, heroin, demerol and percodan. Use of these drugs produces euphoria, drowsiness, slowed respiration, clammy skin, nausea, and possibly death.

Solvents/Inhalants - These are toxic chemicals that are found in common household and industrial products and can be abused through the use of inhaling the fumes. This activity brings about a feeling of lightheadedness, euphoria, loss of appetite, forgetfulness, headache, nausea, flushed, dizziness and possibly death by heart or respiratory failure.

Predatory/date rape/club drugs - Drugs used for this purpose are typically central nervous system depressants such as rohypnol, ketamine, and GHB. These drugs can cause muscle relaxation, loss of consciousness and blackouts.