



2017

BIENNIAL REVIEW REPORT

SOUTHEASTERN OKLAHOMA STATE UNIVERSITY

Drug and Alcohol Abuse Prevention Programs

For AY 2015-2016 and AY2016-2017

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STATEMENT OF INTRODUCTION

Southeastern Oklahoma State University completed its biennial review of its Drug and Alcohol Abuse Prevention Programs (DAAPP) for the years 2015/2016 and 2016/2017. The purpose of this review is determine our effectiveness to implement needed changes and to make sure that sanctions are consistently enforce.

Southeastern Oklahoma State University believes that student success and achievement requires vigilance and effort on the part of the University to promote healthy living and learning. We affirm that we have a role in promoting an environment conducive to education and that actively discourages drug and alcohol abuse. We commit to prevention, developmental student conduct, and effective intervention for students at risk for these behaviors. The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require an institution of higher education (HE) to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by students and employees, both on campus and as part of any institutional activities.

This report includes a list of contributors, and inventory of all educational programming, a statement of the DAAPP goals and discussion of achievement, summaries of the programs strengths and weakness, and the procedures for the distribution of the policies to the students and employees along with copies of the policies and recommendations for revision.

BIENNIAL REVIEW COMMITTEE

Committee Membership

Mike Davis, Director of Compliance and Safety/Title IX Coordinator, Equity, Compliance and Safety

April Lehrling, Director Student Wellness Services

Liz McCraw, Dean of Student Affairs

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Contributors

Kelly D'Arcy, Director of Housing and Residence Life

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Cody Melton, Legal Extern

Cherrie Wilmoth, Associate Director for Compliance and Internal Operations, Athletics

ITEMS REVIEWED AS PART OF THIS REPORT

- DAAPP 2015 and DAAPP 2016
- The mandatory annual notification required by the DFSCA.
- Student Code of Conduct

- Academic Policies and Procedures Manual
- Administrative, Professional and Support Staff Handbook
- Athletics and NCAA Policies
- Student Organization Handbook
- Resident Student Handbook
- Sodexo Employee Handbook
- SE Employee Assistance Program Information
- Data collected from ACHA and NCHA survey data
- Programming records from Student Affairs units
- Athletic Drug Testing Statistics
- Student Conduct Data

COMPLIANCE STANDARDS AND EXPECTATIONS

The compliance checklist highlights the legal requirement of the Drug Free Schools and Campus (DFSCA) Regulations. Many of the documents provided to faculty, staff, and students referenced in the biennial review will be found on the University website <http://www.se.edu/dept/student-wellness-services/drug-alcohol-education/>. Southeastern annually provides this information to all students who are earning any type of academic credit.

The Dean of Student Affairs conducts the Biennial Review. A copy of this document is available in the President’s Office, the Office for Student Affairs, the Office of Human Resources, Health and Counseling Services, Residential Life, Student Life, and the Campus Police Department.

The Southeastern policy statement for all students regarding the Drug Free Schools and Campuses Act clearly prohibits the unlawful possession, use, or distribution of alcohol and other drugs by students. It reflects the applicable legal sanctions for the unlawful possession or distribution of illicit drugs and alcohol, describes the health risks associated with the use of illicit drugs and the abuse of alcohol, and provides information about drug or alcohol treatment and rehabilitation programs that are available to students and employees. It is specific in its statements that Southeastern will impose sanctions, consistent with the law, upon violators of the policy, and clearly describes the sanctions.

This policy statement is included in the Student Code of Conduct section of this report. The Student Code of Conduct is updated and published annually, and maintained on the Southeastern website <http://www.se.edu/dept/student-life/student-handbook/>.

Distribution of the policy occurs through several venues as follows:

- New student orientation sessions in the summer.
- Required College Success classes primarily for students who have not declared a major.
- Required College Success classes primarily for students pursuing certain degrees.

- Email blasts to all employees (faculty/staff) and students.
- Individual Student Sign Off completed each semester as part of enrollment.

The Southeastern Drug Free Workplace Policy is located in the Employee Handbook and the Academic Policies and Procedures Handbook. An all employee email is sent each fall reminding/acquainting continuing and new employees of this policy and is handed to each new employee throughout the year. The policy is reviewed annually by the Office of Compliance and the Human Resources Office.

Review

The DAAPP and DFSCA Annual Notification were reviewed by Cody R. Melton, a legal extern for the Office of Compliance and Safety. The review was conducted using current regulations and the “Complying With the Drug Free Schools and Campuses Regulations” guidance manual published by the Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention. Each section of the DAAPP and Notification were reviewed against the regulatory materials, utilizing the guidance manual’s Supplemental Checklist in the final review. The health risks associated with alcohol and other drugs was checked against the Drug Enforcement Agency’s website, and state and federal laws were confirmed to be current. Hyperlinks were corrected as needed. The DAAPP and Notification was also compared against other universities in the region. After updating the information, the DAAPP and Annual Notification was found to be compliant with the Drug Free Schools and Campuses act, and not in need of any major revision.

Policy Inventory and Review

Student Conduct:

In accordance with the Code of Conduct, the use, possession, manufacturing, distribution, and/or being under the influence of alcoholic beverages and/or low point beer, as defined by Oklahoma Law, on the campus or at any on-campus activity sponsored by or for a student organization or any other university sponsored activity for students is not permitted. The use, possession, manufacturing, distribution and/or being under the influence of controlled dangerous substances, or controlled substances as defined by Oklahoma law, except as expressly permitted by law and/or University policy is not permitted. The inappropriate use, misuse, or abuse of prescription or over-the counter medications is forbidden.

Student Sanctions:

The violation of this student policy can result in reprimand, conduct probation, removal from residence halls, mandatory treatment or rehabilitation at the student’s own expense, and can result in sanctions up to and including suspension or expulsion from the university.

Review

The Dean of Student Affairs, Director of Compliance and Legal Extern reviewed the alcohol and controlled substance policies in the Code. The review found that the policies are compliant

with state and local law and the policy of the Regional University System of Oklahoma (RUSO). RUSO continues to look at the alcohol policies on campus and hopes to make significant changes in the 2017-2018 year.

Faculty Conduct:

In accordance with the Academic Policies and Procedures Manual, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Faculty Sanctions:

Such conditions will be proper cause for disciplinary action including employment probation, mandatory treatment or rehabilitation at the employees own expense, and up to and including termination of employment.

Review

The policy was reviewed by the Office of Compliance and Safety and found to be compliant.

Staff Conduct:

In accordance with the Administrative, Professional, and Support Staff Handbook, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Staff Sanctions:

Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Violation of conduct standards are cause for disciplinary action up to and including termination of employment. University officials reserve the right to require drug testing when there is reasonable cause to believe that an employee is under the influence of drugs.

Review

The policy was reviewed by a legal extern for the Office of Compliance and Safety and found to be compliant.

Student Organization Policy

The Student Organization Advisor Handbook requires a risk management role on the part of every organization advisor, and prohibits the purchase of alcohol for a registered or recognized

student organization or its members. Student Organization members are held accountable to the provisions included in the Student Handbook in their capacity as individual students.

Fraternity & Sorority Policy

Southeastern has five active and chartered Greek organizations, none of which has housing. Sigma Sigma Sigma Sorority, Alpha Sigma Tau Sorority, Sigma Tau Gamma Fraternity, Tau Kappa Epsilon Fraternity, and Lambda Chi Alpha Fraternity. Southeastern has a dry campus, individual Greek risk management policies are in place but not unified under a campus Greek risk management policy. The need for more education has been identified and plans for seminars and workshops are in place.

Resident Student Handbook

The Resident Student Handbook states the consumption or possession of all alcoholic beverages on campus, in university housing, or at any on or off - campus event sponsored by or for a student organization or other university sponsored activity for students, is forbidden. (The university is authorized to develop and implement a policy regulating consumption of alcohol at officially sponsored events). All Residence Halls are maintained as alcohol free environments. No alcohol or alcohol containers (even empty or those deemed to be “decorative”) are permitted within the halls for any reason. Students are expected to comply with laws of the state of Oklahoma and the policies of the University.

The use, possession, or distribution of narcotics or other controlled substances except as expressly, permitted by law, and the inappropriate use or abuse of prescriptions or over-the-counter medications is forbidden.

Policy for Sodexo/Food Services

Sodexo’s employee handbook reinforces a commitment to comply with the Drug Free Workplace act of 1988 and states, “The unlawful manufacture, distribution, dispensation, sale or attempted sale, purchase, use, consumption or possession of alcohol, unauthorized controlled substances, inhalants or illegal drugs, or drug paraphernalia of any kind, is prohibited while you are on work time or on Company/client premises. Being under the influence of an unauthorized controlled substance, illegal drug, inhalant or alcohol on Company/client premises, in Company/client-supplied vehicles, or during work hours is prohibited. This rule also prohibits consumption of alcohol at the end of a client catering event or on Company/client premises at the end of a work day.”

Non-Student Campus Alcohol

After reviewing non-student campus alcohol practices, it has been determined that is an area of weakness that requires additional development.

REVIEW OF POLICY AND SANCTIONS

Student Code of Conduct/Residence Life Policy and Sanction Review

A review of all alcohol and drug policies was completed in Summer 2016 and Summer 2017. The Dean of Student Affairs, Director of Housing and Residence Life, and Residence Hall Directors discussed the sanctions and consistency of sanctioning procedures and outcomes. Violations, sanctions and outcomes were discussed. The group determined that a strength was congruency of sanctions between the two offices for the 2015/2016 and 2016/2017 years. Weaknesses to be addressed include the differing enforcement for drug and alcohol violations; concerns about the application of policy based on the age of the student, on campus vs. off campus public law. The group also reviewed the effectiveness of the on-line education module used in sanctioning.

Results of the Alcohol and Drug Education Module were reviewed for consideration.

Year	Education	Violations	Education Sanctions	Completers
2015-2016	Alcohol Education	85	17	9
2015-2016	Drug Education	28	3	1
2016 -2017	Alcohol Education	94	25	17
2016-2017	Drug Education	24	7	3

In some cases the student(s) involved in the violation left campus or were suspended from campus, therefore not completing their education modules. It was noted that students who completed the education module were not repeat offenders. The group is not satisfied with the on-line education module, however we have another year on the contract. The recommendation is to look for a new module.

Athletic Policy and Sanctions Review

The Dean of Student Affairs, Athletic Director, Associate Director for Compliance and Internal Operations, Assistant Athletic Director and Director of Student Wellness Services met to review with the Athletic Policies regarding alcohol and drugs as recommended in the 2015 Biannual Review. The policy was reviewed for compliance with University, Great American conference, and National Athletics Association policies and procedures. Discussions on education and penalty occurred and changes for the 2017 policy are in place and congruent with University policy and practice. The group has identified education and treatment as an area to continue to work on. Specifically, in regards to the use of marijuana.

Enforcement and Sanctions - Student Conduct, including Housing and Residence Life

Students who are involved in alcohol and other drug related policy violations are subject to the student conduct process and sanctioning. The purpose of student conduct sanctioning is to use the opportunity to educate, impact, and engage the student to make better choices, with a goal of helping the student to be successful academically and in life. Additionally, the goal of the student conduct process and sanctioning is to create an environment conducive to academic success for all members of the campus community. While each student and situation is different, all sanctions align with these goals, and may include one or more of the following sanctions.

The student conduct officer, or his or her designee, may authorize the following sanctions for violations of University regulations or public law which may include one or a combination of the following:

- **Warning.**
- **Customized Restrictions or Projects:** Including but not limited to: letter of apology, presentation of a workshop, preparation of a research paper or project, social probation, community service, assessment or evaluation, counseling, no contact orders (may include restricted access to campus services/amenities/enrollment/facilities/etc.) , assigned a mentor/role model, required community/organizational involvement, restitution for damages, punitive fines, eviction from residence halls, loss of privileges (i.e. visiting privileges in housing or denial of access to computer or other campus services) prohibiting membership or leadership in campus organizations; or denial of participation in any official athletic or non-athletic extracurricular activity, including practices or travel; or withholding of official transcript or degree; or blocking from enrollment for a specified period of time; intervention program (may require a fee); or any combination of the above.
- **Conduct probation:** A student may be placed on conduct probation for a specified time frame. If a second violation occurs while a student is on probation, disciplinary action will be based on both charges. If the student has a Dean's disciplinary hold on the student records, it is removed at the discretion of the Conduct Officer.
- **Suspension:** A student may be suspended from the University for a definite period of time not less than the remainder of the current semester in which student is enrolled. The student who has been suspended may apply for readmission at the close of the period for which the student was suspended. A suspension hold will be placed on the student's transcript during the period of suspension.
- **Expulsion:** When a student is expelled, a record of this action will be noted on the student's transcript and it will be a part of the student's permanent record in the Office of the Registrar. A student who is expelled will not be allowed to re-enter the university.
- **Degree revocation or rescission of credit.**
- **Temporary suspension:** A student may be temporarily suspended from the university or university housing prior to the student code of conduct hearing to ensure safety and well-being of members of the university community or preservation of university property; to ensure a student's own physical or emotional safety and well-being; and/or if the student poses an ongoing threat or disruption. Such an administrative decision will be effective immediately. During the temporary suspension, a student may be denied access to university housing and/or all other university activities, privileges, and property for which the student might otherwise be eligible, as the conduct officer may determine to be appropriate. The temporary suspension does not replace the regular process, which shall proceed on the normal

schedule, up to and through a student hearing and appeal, if required. The student will be notified in writing of this action and the reasons for the temporary suspension. The notice shall include the time, date, and place of an initial hearing at which the student may show cause why his or her continued presence on the campus or in university housing does not constitute a threat.

EDUCATIONAL PROGRAM INVENTORY

Many departments on campus are involved in educating students and parents about alcohol and other drugs both in an out of the classroom setting. These departments include Housing and Residence Life, Student Wellness Service (Counseling Center and Student Health Services), Human Resources, Athletics and Academics. The coordination of alcohol and drug related programming has become a strength for the DAAPP. Expertise and resources are shared to create value-based education for our student.

Housing and Residence Life

HRL Alcohol & Other Drug Education/Programs						
2015-2016	Type	Date	Location	Count		Description/Goals
Do Not Gamble with Drugs	Bulletin Board	10/1/15	SHS 2nd North	N/A		
Drug & Alcohol Prevention	Bulletin Board	10/2/15	Chickasaw	N/A	Student Learning	Students learn the outcomes of drug and alcohol abuse and learn various ways to prevent from doing certain substances
Pop the Balloon- Alcohol Aware-	Program	10/28/15	Shearer Hall and Suites	50	Personal Growth	Teaches the residents about alcohol awareness.
Alcohol Myths - True or False?	Bulletin Board	11/1/15	NH 3rd floor	N/A		
Alcohol Safety	Bulletin Board	11/1/15	Chickasaw 6-8	N/A		
Alcohol Awareness Bulletin Board	Bulletin Board	11/1/15	North hall stairwell	N/A	Student Learning	I am showing the importance of drinking responsibly, and explaining the dangers of alcohol.
Poppin' Alcohol Facts and Myths	Passive Program	11/18/15	Shearer Hall 1st floor North side	24	Student Learning	In a college setting we need to educate our residents about the dangers of alcohol and precautions to take. We can't stop them from drinking but we can educate them on ways to be
Alcohol Safety	Bulletin Board	1/1/16	SHS 3rd South	N/A		
Alcohol Education Bull. Board	Bulletin Board	1/11/16	Where we can find this bulletin board/passive	N/A	Development of Personal Integrity and Civic Responsibility	Teaching the civic responsibility to educate each other on the dangers and risks of drugs and alcohol
Pop pong	Program	1/19/16	Chickasaw Lobby	35	Student Learning	Students and Residents are learning about alcohol and the side effects of consuming too much alcohol. Students will have a test run by using goggles at two different levels to have a look at what it looks like being intoxicated. Students will also listen to a brief presentation from Shanna Franklin and Officer Rick Milner and Mario Giamporcaro.
Doughnut Put Your life in Danger	Program	2/23/16	North Hall Lounge	9	Personal Growth	Residents were able to become aware of different outlets of having fun without using alcohol
St. Patrick's Day Guidelines	Bulletin Board	3/1/16	NH 3rd floor	N/A		
Alcohol and other drug Bulletin Board	Bulletin Board	3/1/16	NH 1st floor north bulletin board	N/A	Student Learning	This bulletin board will educate the residents on alcohol and other drugs.
Springapalooza	Program	3/9/16	SU Atrium	30		
The Roaring 20's	Program	4/7/16	Shearer Great Room	11	Student Learning	Students learn about the dangers and responsibilities in-
Alcohol Awareness Goodie Bags	Passive Program	4/19/16	SHS 1st floor	N/A		
Fact or Myth Pool Tournament	Program	4/23/16	Shearer Hall 1st floor	6	Student Learning	We want to ensure the safety of our residents. I can't think of a better way to do that than by educating them.
Total: 17						
2016-2017						
Springapalooza	Program	3/8/17	SU Atrium	27		
Total: 1						

Student Wellness Services

Student Wellness Services is involved in many efforts from primary to tertiary prevention of alcohol and other substance use and abuse. We utilize a **Student Health and Wellness Advisory Committee** to share ideas, knowledge, and provide guidance to outreach initiatives. **Community involvement** efforts are also essential to providing the campus with the resources and support we need to have a successfully evolving program. Our outreach involves the following: JED Foundation Campus Program, Bryan County Mental Health and Substance Abuse Task Force, the American College Health Association Healthy Campus 2020 committee, Bryan County Turning Point Coalition, and the Oklahoma Health Improvement Plan Higher Education Work Group.

The Counseling Center completes intakes on all new clients and does an assessment on their drug and alcohol use across the lifespan using an instrument called the SASSI (Substance Abuse Subtle Screening Inventory). During the 2015-2016 school year 11.3% of students' self-report seeking counseling for a drug or alcohol related issue. During the intake process a SASSI was administered and the data showed that 16.7% of the students completing the screen had a high probability of moderate to severe Substance Use Disorder at some time during their lifespan. During the 2016-2017 data collection, year-to-date, 9% of student's self-reported seeking counseling for a drug or alcohol related issue. It was determined that an exit survey would be valuable to determine if counseling measures improved substance use disorders. Upon intake, 24.1% showed a high probability of moderate to severe Substance Use Disorder across the lifespan; however, at the conclusion of counseling that number was reduced to 13.5%. It was concluded that these results could not be compared because of low completion rates of post-surveys by students and the intake information was demonstrating behavior across the lifespan that frequently did not equate to current use. Measures to increase exit paperwork completion have been discussed and will be implemented in fall 2017 to increase from the current 44% completion rate. Also, more accurate pre/post comparison methods to demonstrate substance abuse improvement with counseling will be examined.

Educational programming and Continuing Education are conducted throughout the semester to educate staff on and examine students' problem behaviors, including drinking and drugging behaviors. Programs include New Years' Resolutions booths, Spring Break safety events (Springapalooza), national screenings days, and offered a tobacco cessation group (no one signed up to grow a program is). The planning team has discussed planning student focus groups to examine if these programs are meeting their needs and to get feedback before planning future outreach endeavors. It is still felt that a peer education program could be beneficial in facilitating more focused efforts and an exploration of how currently under way.

In 2015-2016 some members of the staff attended a two-part webinar training on alcohol-facilitated sexual assault, online CE were also received for education on brief counseling for

marijuana dependence and treatment of co-occurring alcohol and other drug use disorders. For 2016-2017 staff attended training on the following: Addressing Prescription Drug Abuse on Campus, Clinical Pearls: Case-Focused skills in Brief Motivational Interventions for behavior change in alcohol and other health risks; Cannabis on Campus: Practical Approaches to Prevention; Youth and College Drinking; Prescription Drugs; The Influence of Stress on the Transition from Drug Use to Addiction; Alcohol Poisoning Among College Students Turning 21; Alcohol-Related Sexual Assault: A Common Problem Among College Students; Information You Need to Know (from addressing suicidal thoughts and behaviors in substance abuse treatment); Promoting Positive Drinking; Readiness to Change Drinking Behavior in Female College Students; and Alcohol, Energy Drinks, and Youth. Since not all staff attend every training, it is felt to be necessary to gather routinely to do staff in-service regarding materials learned during these CE opportunities.

In the classroom setting, there was not a pre/post-test done program done in 2015-2016; however, in 2016-2017 a program called “Sex, Drugs, and Rock-n-Roll” was conducted, covering sexual/drug/alcohol behaviors, and the data was aggregated (below). Since many already had the appropriate response to those questions about drugs and alcohol prior to the program, it may be necessary to focus learning outcomes on other statements that more accurately measure personal learning growth.

Statement	Pre-Test % Correct Answer	Post-Test % Correct Answer
Using drugs and alcohol at an early age can indicate future problems.	96.3%	100%
There is a strong correlation between alcohol abuse and violent behavior.	98.0%	100%

National College Health Assessment is completed every-other year to assess many health and wellness behaviors in which our students engage. Our completion rate of the survey has increased; however, not in statistically significant quantities. Continued efforts to increase completion are ongoing, but this instrument does give us more of a picture than we would have without it. More of our students are engaging in the consumption of alcohol, but the data (table below) reflects that they are mostly still occasional users who engage in healthy drinking behaviors. Ongoing efforts are needed to increase the number of measures used to promote risk-reduction efforts when drinking.

Marijuana use on campus is growing and harm reduction strategies are needed to keep users safe as this population continues to grow with legalization in nearby states. The exploration of complicated legal consequences with users in an intentional way is also needed in

programming. Discussions and an attempt at the creation of educational materials have begun. Other drugs of abuse will be monitored and efforts will continue around use, especially by social media methods around finals and holidays. A drug collection box was recently installed in our campus police office and a Naloxone intervention strategy is currently being created. The efforts are planned to help reduce the growing national risk of intentional and unintentional overdose by illegal substances. A large educational event is being planned around the announcement of these new services for the academic year 2017-2018.

	2012 (n= 247) 6.7 % of students	2014 (n =191) 5.4 % of students	2016 (n=294) 8.8% of students
Key findings: Alcohol use in the last 30 days			
Never used	32.70%	36.60%	24.20%
Used, but not in the last 30 days	26.10%	23.00%	29.00%
Used 1-9 days	34.70%	35.60%	37.20%
Used 10-29 days	6.50%	3.10%	8.90%
Used all 30 days	0%	1.60%	0.70%
Driving after drinking 5 or more drinks	3.00%	1.00%	1.10%
Driving after having any alcohol	16.20%	22.20%	14.00%
Key findings: Cigarette use in the last 30 days			
Never used	62.30%	64.40%	69.30%
Used, but not in the last 30 days	14.80%	18.30%	14.70%
Used 1-9 days	5.50%	4.20%	6.50%
Used 10-29 days	1.60%	2.10%	1.40%
Used all 30 days	17.20%	11.00%	8.20%
Key findings: Marijuana used in the last 30 days			
Never used	80.40%	81.60%	74.60%
Used, but not in the last 30 days	15.10%	15.30%	18.90%
Used 1-9 days	2.40%	1.60%	3.40%
Used 10-29 days	1.60%	1.10%	2.10%
Used all 30 days	0.40%	0.50%	1.00%
Key findings: Use of any other drug*in the last 30 days			
* excludes alcohol, cigarettes, hookah, and marijuana	10.50%	9.90%	3.80%
Key findings: Number of drinks consumed when students "partied: or socialized, for students reporting they did drink			
4 or fewer	72.30%	67.00%	64%
5	5.70%	13.60%	7.40%
6	8.50%	5.80%	9.70%
7 or more	13.50%	13.60%	18.90%

Key findings: Percent of students who reported using prescription drugs that were not prescribed to them within the last 12 months			
Antidepressants	4.00%	3.20%	1.70%
Erectile dysfunction drugs	0.40%	0.50%	0.70%
Pain killers	7.70%	5.80%	5.80%
Sedatives	4.90%	0.50%	2.70%
Stimulants	2.40%	0.00%	2.00%
Key findings: Students who drank reported doing the following most of the time or always when "partied" or socialized in the last 12 months			
Alternative non-alcoholic with alcoholic beverages	30.10%	24.30%	29.30%
Avoid drinking games	65.60%	48.60%	50.50%
Choose not to drink alcohol	42.10%	37.90%	38.10%
Determine in advance not to exceed a set number of drinks	51.00%	47.30%	51.30%
Eat before and/or during drinking	73.90%	72.50%	72.40%
Have a friend let you know when you have had enough	40.40%	45.90%	43.90%
Keep track of how many drinks being consumed	70.60%	65.50%	63.50%
Pace drinks to one or fewer an hour	43.70%	45.00%	43.10%
Stay with the same group of friends the entire time drinking	90.10%	86.40%	85.10%
Stick with only one kind of alcohol when drinking	72.50%	56.40%	61.40%
Use a designated driver	88.10%	86.40%	89.50%
Reported one or more of the above	98.80%	96.60%	97.10%
Key findings: Estimated Blood Alcohol Concentration of students who are drinking			
<.10	88.10%	88.00%	79.20%

Screenings for Mental Health are offered to students electronically from our website and at occasional events. Those who completed the assessment did show behavior consistent with hazardous or harmful behavior; however, the behavior was not consistent with abuse and there was a very low completion rate with only two participants. The online program does make referrals when results determine necessity. The screenings for mental health are used more frequently by staff to establish mental illness presentation. Future exploration of how this may be more efficiently used to examine problem drinking behaviors of students may need to be explored as we discontinue use of the SASSI mentioned previously.

Student Health 101 is an online campus magazine to which Southeastern subscribes that addresses a multitude of health related issues including drug and alcohol informational articles. The publication is customized to our campus and can be found by students at <http://readsh101.com/se.html> and there is also a companion publication for parents so they may engage their students in content discussion from the student magazine that can be found at <http://readsh101.com/se-pp.html>. Below are charts that demonstrate learning:

Student Health 101 Aug. 1, 2015 - July 31, 2016 Learning Outcomes				
<i>Article</i>	<i>I read the article + learned from it</i>	<i>I read the article + learned nothing</i>	<i>I didn't read the article</i>	<i>Responses</i>
The power of placebo: is the alcohol - or is it partly in your head?	64.62%	6.15%	29.23%	71
Sober Support: What works for students in recovery?			100.00%	
Drinking: 7 ways to get what you want from it.			100.00%	
Drinking: The science of the buzz and how you can control it.			100.00%	
When is marijuana use a problem? (And why that's hard to answer)	60.00%	10.00%	30.00%	30
The new smoking scene: What does it mean for you?	77.46%	7.04%	15.49%	71

Student Health 101 Aug. 1, 2016 - June 14, 2017 Learning Outcomes				
<i>Article</i>	<i>I read the article + learned from it</i>	<i>I read the article + learned nothing</i>	<i>I didn't read the article</i>	<i>Responses</i>
The student guide to going out.	20.00%	40.00%	40.00%	5
Vaping: What we know so far - & what we don't	68.29%	14.63%	17.07%	41
Opioid epidemic: What it looks like, what it means, & what to do	22.22%	11.11%	66.67%	9
Ask a pharmacologist: Can I take something to boost my brain?	84.21%	0.00%	15.79%	19

Student Health Services does a brief evaluation of drinking and drugging behaviors with all new patient intakes. If problem behaviors are identified related to the self-treatment of underlying medical illness an appointment with a physician is scheduled if the patient is agreeable to discuss other options. Harm reduction strategies are discussed and if help with use is requested an appointment is scheduled with a counselor at the university or an appropriate referral is made. Tracking of these brief motivational interviews are not currently being conducted; however, future feasibility will be assessed.

Think About It was used during 2015-2016 as our online interactive education and prevention program for students enrolled in participating College Success classes. Completion rates dropped this year, which might be related to the university implementation of mandatory completion of Haven, because of repetition of some content in the programs. Fifty-eight percent of the students enrolled in College Success completed the first part of the program and 56.8% indicated drinking 0-2 drinks at MOST in the past month. It should be noted that while these students are consuming alcohol at appropriate levels, they are predominantly under-age drinkers. This statistic was 11.1% lower than all other reporting schools combined; however, those drinking dangerous quantities of alcohol is still higher than desired based on the national comparison data. Most students agreed that the course was an excellent learning experience as reported in the completion survey. **AlcoholEdu** was implemented in fall 2016 to replace the Think About it program because of contracting conflicts with our Title IX compliance program, Haven. Roll out for AlcoholEdu was completed late and many professors did not choose to implement the program in their College Success programs because they already had their curriculum set for the semester. Completion was less than 50 students and because of this the program will not provide any statistical data to protect students' identities. Efforts will focus to increase participation rates for 2017-2018 and a review of the contract with our educational provider summer 2018 to identify the best product for our changing needs with Title IV and IX. Ongoing efforts to make students familiar with emergency services and tips to reduce risk are also needed.

Web-based outreaches are conducted through social media feeds and our electronic magazine, Student Health 101 (discussed separately above). During 2015-2016, Student Wellness Services delivered 18 Facebook posts and 11 Twitter posts that discussed a number of resources, statistics, and educational materials about alcohol and other drugs. During 2016-2017 thirty Facebook posts and 53 Twitter messages have been sent. These messages have become more strategically delivered for not only awareness months, as in the previous year, but also to look at times when use increases (ex: finals, holidays, etc). Web-based formats are also used to conduct risk assessments and educational programs that are mentioned above (Think About It, AlcoholEdu, and Screenings for Mental Health). Student Wellness Services also uses our webpage to connect people with other online and community resources. As the number of online students grows, we will continue to explore how we can educate our online and non-traditional learners through our online platform.

Student Wellness Services Alcohol & Other Drug Education/Programs

2015-2016	Type	Date	Location	Count	Description/Goals
Camp SE Bystander Intervention	Presentation	6/29; 7/13; 7/27	Student Union	341	Learn skills to be an active bystander and understand the possible connection between alcohol/drug use and dating and domestic violence/sexual assault.
No Zebras, No Excuses	Presentation	9/24/15	Montgomery Auditorium	180	Educate students about partner violence, stalking, and harassment and the role drugs and alcohol can play.
New Years Resolution Booth	Passive Program	1/13/16	SU Atrium	45	Provide students with information on how to set effective resolutions and provide resources on various resolution topics including drugs and alcohol.
Alcohol and Weight	Email Challenge	3/7/16	email to Get Fit participants	175	Provide information on how alcohol consumption affects weight gain.
Springapalooza	Program		SU Atrium	30	Provide students with skills to be an active bystander.
Total: 5					
2016-2017					
Camp SE Bystander Intervention	Presentation	6/9; 7/9; 7/16	Student Union	99	Learn skills to be an active bystander and understand the possible connection between alcohol/drug use and dating and domestic violence/sexual assault.
New Years Resolution Booth	Passive Program	1/23/17	SU Atrium	42	Provide students with information on how to set effective resolutions and provide resources on various resolution topics including drugs and alcohol.
Springapalooza	Program	3/8/17	SU Atrium	27	Education and quizzes on drug and alcohol information prepared.
Total: 3					

Human Resources

Southeastern Oklahoma State University, per the regulations outlined in the Drug-Free Schools and Communities Act, is required to provide annual student and employee notification of standards of conduct, description of sanctions, health risks, and treatment programs associated with drug and alcohol use.

Southeastern Oklahoma State University’s Office of Human Resources provides the notification every employee upon hire, thereby fully satisfying the annual notification requirement.

Additionally, the Office of Human Resources provides the notification annually via email to the university faculty and staff email distribution list and did so in the 2015-2016 and 2016-2017 review years.

Through these methods, all new employees receive the notification twice in the first year of employment and annually thereafter. This process of notification distribution reaches is effective as every employee is provided with the required notification.

Athletics

After review of athletic drug and alcohol policy changes were made to incorporate more rigid penalty within the consequence structure. Where the policy aligns with student code violation procedures it was determined that there is word incongruence within the policy to the University Student Code. This will need to be reviewed and aligned.

myPlaybook is an evidence-based program designed to prevent alcohol and other drug related harm. The program is designed for student-athletes and delivered in 6 lessons as follows: NCAA Banned Substances & Drug Testing; Alcohol; Marijuana; Performance Enhancing Drugs/Dietary Supplements; Tobacco; and Prescription/Over-the-Counter Drugs. This entire module is given to all new athletes and booster courses have been offered to returning athletes as deemed appropriate on timely issues. Athletics and the Counseling Center have worked together on implementation for six years. In 2015-16 75% of the student-athletes enrolled completed the core course. However, the statistical data was not released from this program to Southeastern Oklahoma State University because the completion rate had not reach 80%. During the 2016-17 academic year the athletic department discontinued use of myPlaybook. The decision was based on previous outcomes and the need for change and the opportunity to provide new programming to student-athletes.

Student Athlete Drug Testing

The overall goal of Southeastern Oklahoma State University's (SE) Alcohol, Tobacco, and Drug Education Guidelines and Drug-Testing Program is to promote a year-round drug free environment in the SE Athletic Program. The first priority of SE's program is the health, safety, and welfare of the student-athletes. The approach is from a medical perspective with an emphasis on education, testing, and referral for treatment of student-athletes and others who are a part of the intercollegiate athletics program at SE. Athletics conducts random drug testing, as well as drug testing based on suspicion. Student athletes agree to these tests as a part of participation in SE's athletics.

Student-Athlete Drug Tests Conducted and Results				
Southeastern Student- Athlete Drug Testing				
	# Institutional Tests	Positive Results 1 st Test	Positive Results 2 nd Test	Student-Athletes Quit
2015-16	85	10	3	4
2016-17	85	8	3	2
NCAA Student-Athlete Drug Testing				
2015-16	18	0		
2016-17 - fall	17	0		
2016-17 –spring	11	0		

Academics

Freshman Programs at Southeastern teaches “ORIE 1002—College success to about 420 incoming freshmen each year. The course has a chapter on stress, health, and wellness covers issues of drinking and drug use among college students. Specifically, journaling exercises exploring college drinking experiences are offered along with an activity that asks the student to consider their drinking style and identify campus resources. This information is supplemented by guest speakers from the Student Health Center. The course is taught by full-time faculty or student affairs staff.

Occupational Safety teaches the class “Drugs in Society” to about 250 students per year in several majors. The course is focuses on educational awareness of drugs in recreational use and, more specifically, drug use in the workplace and their impact on society. It is taught by Sgt. Wayne Levins (Retired Los Angeles Police Department academy instructor) and Capt. Chris Cicio (Durant Police Department).

Approximately 400 students a year take PSY 1113—Introduction to Psychology. The course is primarily taught by full-time faculty in the Psychology department and supplemented by qualified adjunct instructors. During the class, students will learn the definition of psychoactive drugs, substance abuse, and addiction. Students will examine issues around dependence and withdrawal along with physiological effects. The differences between stimulants, depressants, and hallucinogens will also be covered.

Coalitions and Collaborations

Campus-based organizations

Student Health and Wellness Advisory Committee: This group was newly formed in 2012 to share ideas and knowledge to work on the improvement of student outcomes related to alcohol and other drugs, among other behaviors.

Involvement in community/state organizations and coalitions that specifically address alcohol and other drug issues:

Campus members are represented on several outside organizations that address alcohol and other drug issues. They include:

- American College Health Association (Counseling Center, Student Health Services)
- Healthy Campus 2020 committee (Student Health Services)
- Bryan County Turning Point Coalition (Student Health Services)
- Oklahoma Higher Education Wellness Consortium (Counseling Center, Student Health Services)
- JED Foundation Campus Programs

Treatment Programs

Southeastern Oklahoma State University Counseling Center (students only)
Glen D Johnson Student Union, Room 200
580-745-2988

Southeastern Oklahoma State University Student Health Services (students only)
Glen D Johnson Student Union, Room 200
580-745-2867

Well on Target Health Assessment and Coaching (insured faculty and staff)
Provided by BlueCross Blue Shield
www.bcbsok.com

Non-Campus Programs (external options)

Bryan County Health Unit
924-4299 or 4285

Bryan County Counseling Center
924-0564

Grayson County Counseling Services
903-892-2874

Grayson County Health Department
Administration and Services
903-893-0131 or 903-465-2878

Kiamichi Council on Alcoholism and Other Drug Abuse
924-6692

Medical Center of Southeastern Oklahoma
924-3080

Oklahoma Alcoholism Information Centers
924-7330; 371-3019

Texas Alcoholism Information Centers
903-892-9911

Texoma Medical Center
903-416-4000

Non-Campus Hotlines

National Institution on Drug Abuse Information and Referral, 1-800-662-HELP, Monday-Friday, 8:30 a.m.-4:30 p.m.

Safe & Drug-Free Schools, 1-800-624-0100, Monday-Friday, 8 a.m.-5 p.m.

National Council on Alcoholism, 1-800-622-2255, 7 days a week, 24 hours a day

American Council for Drug Education, 1-800-488-DRUG

National Clearinghouse for Alcohol & Drug Information, 1-800-SAYNOTO

Cocaine Helpline, 1-800-COCAINE

Reach-Out Hotline, 1-800-522-9054 (alcohol, drug crisis intervention, mental health and referral)

SUMMARY OF OVERALL STRENGTHS AND WEAKNESSES

Strengths

- Collaborations between departments to provide value-added educational programs using shared resources and expertise.
- Attention to Title IX and Title IV Compliance as part of the plan
- Coordination of the committee and contributors to review and strengthen the plan for alcohol and drug education.
- Student Wellness Services data regarding student attitudes about alcohol and drugs
- Distribution of DAAPP and DFSCA is integrated as part of standard operation procedures.
- Regular meetings and reporting on the effectiveness of our alcohol and drug programs.
- Continual review of the policies, sanctions and enforcement of alcohol and drug policies.

Weaknesses

- Current on-line education module is meeting the requirements for DAAPP, but may not be the most effective tool for education.
- Inconsistencies with the way that alcohol and drugs are viewed from a sanctioning and enforcement perspective.
- Student Conduct policy is an abstinence based policy which does not allow students to learn and practice safety around alcohol. The policy is part of Regent's policy and does not allow for flexibility.

SUMMARY OF COMMUNICATION WITH STAKEHOLDERS

6/11/2015	Title IV Gap Report – DAAPP Meeting	Meeting Notice Calendar Reference
6/25/2015	DAAP 2015 – Live on Web	Copy of Email
	2015 Biennial Review Live on Web	Copy of email
	2015 Consumer Information Student Sign Off Updated	Copy of Email
	DFSCA Notification on 2015 information emailed	Copy of email
7/20/2015	Program Review Documents emailed to DOE	Calendar Reference
9/2/2015	Reminders on DAAPP/DFSCA Notice	Calendar Reference
2/25/2016	Title IV – DAAPP 2015 Review and Updates	Meeting Notice Calendar Reference Copy of Notes
6/13/2016	DAAPP 2016 Educational Programming and Planning Meeting	Meeting Notice Calendar Reference
6/27/2016	2016 Educational Planning Meeting – Title IX, IV, VAWA, DAAPP	Meeting Notice of Calendar Reference
7/6/2016	DAAPP 2016 Meeting for Changes	Email of changes/Notes from Meeting
8/1/2016	DAAPP 2016 Updates to Web	Email confirmation
8/11/2016	DAAPP 2016 Student Sign Offs on Campus Connect	Email confirmation
8/30/2016	DFSCA 2016 Disclosure Notification - Students	Copy of Email
8/31/2016	DFSCA 2016 Disclosure Notification – Faculty/Staff	Copy of Email
6/6/2017	Notification of DAAPP 2017 Biennial Review and 2017 Planning	
6/12/2017	DAAPP 2017 Biennial Review Work Plan	Copy of Agenda and Assignments
6/14/2017	DAAPP – Sanctions and Consistency Conference	Copy of Notes
6/14/2017	DAAPP – Athletic Policy Conference	Copy of Notes
6/19/2017	DAAPP Review Updates	Copy of Notes
6/19/2017	Review of Student Code of Conduct	Copy of Notes
6/20/2017	Review of Federal Disclosures Sign Off	Copy of Notes
6/21/2017	DAAPP/Athletic Policy Review	Copy of Notes
6/26/2017	DAAPP Review Updates	Copy of Notes
6/13/2017	Biennial Review 2017 Completed and Posted on Web	

FINDINGS

After reviewing the information collected on all drug and alcohol abuse and prevention across the University landscape, we have determined that our programming and awareness elements have benefitted from a centralized strategy. The coordination recommended in the last Biennial Review 2015 has strengthened the overall program. Policy, sanctioning and disclosures have been integrated into standard operating procedure and clear lines of responsibility have been established. The following conclusions can be made:

- Each semester the Drug and Alcohol Abuse Prevention Program Committee should meet once each semester to evaluate and discuss each component of our multi-faceted and campus wide programs.
- An annual review of policy regarding alcohol and drugs should be completed by each area that has policy and reviewed for alignment between various areas of campus. This review should be submitted to the Drug and Alcohol Abuse Prevention Program Committee by June 1 of each year for review. Based on the review, policies and practices can be updated in advance of the academic year.
- The University's non-student campus alcohol policies are underdeveloped and need to be revisited.
- The on-line education model is not meeting the needs of our campus. The contract will end in 2018. A new module will need to be selected to better meet our needs.
- Each semester a review of conduct violations and sanctioning should be completed to check consistency and effectiveness. The review should include Clery reporting statistics and the Maxient conduct reporting system.

SE is an affirmative action/equal opportunity institution and will not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religion, national origin, sex, age, disability, sexual orientation, gender identity or veteran status.

APPENDIX A
Drug and Alcohol Abuse Prevention Program 2016
DFSCA Disclosure for 2016

The entire document is located on the Southeastern Oklahoma State University website at DAAPP 2016 <http://www.se.edu/dept/student-wellness-services/files/2015/06/DAAPP-2016-FINAL.pdf>



Southeastern Oklahoma
State University

Drug and Alcohol Abuse Prevention Program
2016

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Provision of a Drug and Alcohol-Free Environment

Southeastern Oklahoma State University believes that student success and achievement requires vigilance and effort on the part of the University to promote healthy living and learning. We affirm that we have a role in promoting an environment conducive to education and that actively discourages drug and alcohol abuse. We commit to prevention, developmental student conduct, and effective intervention for students at risk for these behaviors.

Southeastern Oklahoma State University is committed to compliance with the Drug Free Schools and Communities Act, and a campus culture that reduces alcohol and drug use, abuse, and illegal conduct. This commitment includes the development, enforcement, and continual evaluation of policy and programming, and promotion of awareness. Southeastern will continue to host and promote alcohol-free events and housing, and promote student learning opportunities in regard to alcohol and drug abuse. Southeastern is committed to offering primary wellness and counseling options to students who are at-risk or abusing alcohol and other drugs.

As codified in local, state and federal laws, and the rules and regulations of the Regional University System of Oklahoma (RUSO), Southeastern Oklahoma State University prohibits the unlawful possession, use, or distribution of illicit drugs in buildings, facilities, grounds or other property owned and/or controlled by the University or as a part of the University activities. Additionally, no alcoholic beverages, including 3.2 beer, is allowed in student spaces on the Southeastern campus, including dorms, fraternities, sororities, stadiums/arenas, no matter the age or student status. Southeastern limits the advertising and alcohol related displays in residence halls and other student spaces through Residence Life policy and flyer approval procedure. We are committed to reporting all alcohol and drug related crimes through standard Clery Act procedure so that the campus community is aware of those incidents.

Student drug and alcohol policy provisions can be found in the Student Handbook, <http://www.se.edu/dept/student-life/student-handbook/> updated annually and available online at Faculty policy provisions can be found in the Academic Policies and Procedures Manual, Section 7.1. [<http://lectures.se.edu/academic-affairs/policies-and-procedures/docs/academic-policies-and-procedures.pdf>]. Staff policy provisions can be found in the Administrative, Professional and Support Staff Employee Handbook. [<http://www.se.edu/dept/employee-payroll-and-benefits-services/files/2015/11/Employee-Handbook-Rev-11-09-2015.pdf>] These drug and alcohol policies will be updated or reviewed, at a minimum, in response to data and information gathered through the biennial review process in accordance with this policy.

Students who are also employees may be held to the standards applicable in both sets of policies.

Drug and Alcohol Abuse Prevention Plan Administration

The Drug and Alcohol Abuse Prevention Program Committee must meet at a minimum of once a semester to evaluate and discuss each component of our multifaceted and campus wide programs. This committee is housed in the Division for Student Affairs and convened by the Dean for Student Affairs or their designee. Members of the committee shall be drawn from Human Resources, Student Affairs, Athletics, Academics, and other departments as appropriate. The purpose of this committee will be to oversee the overall planning and implementation of all drug and alcohol abuse prevention components.

Educational Programming Components

The Southeastern Oklahoma State University Counseling Center screenings all new clients for substance abuse disorders upon the initiation of counseling and provides counseling services to students struggling with alcohol and drug related matters. Staff are also available for referral services to any faculty, full-time, and part-time staff that are struggling with alcohol and drug related matters. Their contact information shall be included in the annual DFSCA disclosure.

AlcoholEdu for College is an on-line interactive education and prevention program offered to freshmen enrolled in College Success Orientation classes that focuses on harm reduction. It addresses unique challenges and responsibilities of college life for new students surrounding alcohol. It also includes some information around drugs. The program is also utilized when students must be sanctioned for alcohol related issues.

Student Health 101 is an online campus magazine to which Southeastern subscribes that addresses a multitude of health related issues including drug and alcohol informational articles. This publication may be accessed by going to <http://readsh101.com/se.html> and is delivered to student email inboxes monthly.

Screenings for Mental Health is an online and paper screening tool database that includes an instrument for substance use disorders. These are made available to all students on the Counseling Center website and are used at customized educational outreach opportunities when deemed appropriate.

New Year's Resolution Booth gives the campus community an opportunity to express that they have a desire to promote safe and healthy behavior during the coming year. Information is passed out to those who were interested in healthy lifestyles. This event is held during the lunch time in the Student Union Atrium.

National College Health Assessment is completed every-other year to assess many health and wellness issues that affect our students. This instrument allows us to see what educational gaps and individual needs need to be addressed by a review of the data that reports current student risk behavior.

Springapalooza is an event that happens the week before spring break every year in the Atrium of the Student Union during the hours the cafeteria is serving dinner. During this time, students are educated on safety tips for various circumstances that could possibly leave them vulnerable to assault.

Camp SE is an orientation camp that is held every summer on multiple occasions before the fall semester begins. Alcohol and drug abuse and prevention education will be provided during this orientation session.

Classroom Instruction: Instructors will be encouraged to include drug and alcohol abuse prevention education in their curriculum.

Customized Educational Outreach is offered throughout the year as requested through classrooms and other campus outreach initiatives, and periodically as part of health outreach programming. Additional outreach is provided through ongoing programming in Housing and Residence Life, The Office for Student Life, and Student Wellness Services.

3rd Millennium Classrooms has several online interactive drug-related education modules that we may utilize with infractions of the campus substance abuse policies. These modules are accessed as sanctions occur with first-time offenders.

Mandatory Annual Notification Procedure

To comply with Part 86 of the Drug-Free Schools and Campuses Regulations, Southeastern will produce an annual notice to be communicated to all students, faculty, and staff at the beginning of each Fall Semester. A similar notice shall also be communicated to any new students or employees who matriculate after the date of annual distribution. Distribution shall be in writing and may be accomplished through electronic communication unless the University has a reason to know that the individual cannot use that method of communication, in which case the communication shall be made in an alternative format. The annual notification shall include:

1. Southeastern's expected standards of conduct, including a summary of policy for alcohol and other drugs.
2. Possible legal sanctions for students, faculty, and staff for violation of the expected standards of conduct.
3. Statements or summaries of the health risks associated with the abuse of alcohol and other drugs.
4. Southeastern's DAAPP shall be available to students, staff, and faculty.
5. Southeastern's institutional sanctions for violation of the expected standards of conduct.

The Dean for Student Affairs shall designate an individual responsible for this annual notification to the campus community.

Biennial Review Policy and Procedure

To comply with regulations, Southeastern must conduct a biennial review of its DAAPP in order to determine effectiveness and consistency of sanction enforcement, and in order to identify any necessary changes and/or improvements. A copy of the biennial review report shall be communicated to the U.S. Department of Education or its representative upon request. The Dean for Student Affairs shall assemble a committee of appropriate personnel and/or stakeholders to produce the biennial review report in a timely manner, or shall designate an individual to do so. This committee shall meet throughout June of each year and plan to produce a report by July 15 of each odd numbered year.

- The biennial review shall include:
 - An inventory and description of applicable drug and alcohol policies, programming, metrics associated with various programming models used, and student conduct metrics applicable to the two year period.
 - Highlights of policy and program areas that need improvement, and explanations of policy and programs that should remain unchanged.
 - A summary of overall program strengths and weaknesses.
 - A copy of the two most recent mandatory annual notifications.
 - A review of the distribution of the mandatory annual notifications and whether the distribution was successful.

- Recommendations for revision of DAAPP policy or the language of the annual notification.
- Discussion of sanctions and the consistency of sanctioning procedure and outcomes.
- A summary of communication with any stakeholders involved in the program's implementation.
- A summary of any available student or staff self-reporting on drug and alcohol usage and abuse.
- NCHA Data

Calendar of the Biennial Review Procedure

- June 1 (of each year): The Dean for Student Affairs requests to various campus offices for information about their portion of the DAAPP, including statistical data. The review committee shall be assembled and begin evaluating this information in regularly scheduled meetings.
- July 15 (odd numbered years): Production of the Biennial Review Report, complete with recommendations of improvements to the DAAPP.
- August 1: (odd numbered years): The Biennial Review Report shall be made available to all members of the campus community and the Federal Department of Education.



DRUG FREE SCHOOLS AND COMMUNITIES ACT NOTIFICATION

Dear Southeastern Students, Faculty, Staff, and Community,

The Drug-Free Schools and Communities Act Amendments of 1989 require that the University must advise faculty, staff and students of relevant laws pertaining to the illicit manufacture, possession, distribution, and usage of drugs and alcohol. This disclosure is to notify you of penalties for violations of Oklahoma and Federal statutes, the health risks associated with the usage of controlled substances, and the student conduct penalties associated with the manufacture, possession, distribution, and usage of controlled substances.

Standards of Conduct and Institutional Sanctions

Student Conduct:

In accordance with the Student Handbook and Code of Conduct, The use, possession, manufacturing, distribution, and/or being under the influence of alcoholic beverages and/or low point beer, as defined by Oklahoma Law, on the campus or at any on-campus activity sponsored by or for a student organization or any other university sponsored activity for students is not permitted. The use, possession, manufacturing, distribution and/or being under the influence of controlled dangerous substances, or controlled substances as defined by Oklahoma law, except as expressly permitted by law and/or University policy is not permitted. The inappropriate use, misuse, or abuse of prescription or over-the counter medications is forbidden.

Student Sanctions:

The violation of this student policy can result in reprimand, conduct probation, removal from residence halls, mandatory treatment or rehabilitation at the student's own expense, and can result in sanctions up to and including suspension or expulsion from the university.

Faculty Conduct:

In accordance with the Academic Policies and Procedures Manual, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Faculty Sanctions:

Such conditions will be proper cause for disciplinary action including employment probation, mandatory treatment or rehabilitation at the employees own expense, and up to and including termination of employment.

Staff Conduct:

In accordance with the Administrative, Professional, and Support Staff Handbook, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Staff Sanctions:

Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Violation of conduct standards are cause for disciplinary action up to and including termination of employment. University officials reserve the right to require drug testing when there is reasonable cause to believe that an employee is under the influence of drugs.

Relevant State and Federal Laws

Students, faculty, and staff who violate Southeastern’s drug and alcohol policies are simultaneously subject to criminal sanctions provided by federal, state, and local law. This is a summary of those legal sanctions:

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty
II	Cocaine 500-4999 grams mixture	<p>First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p>Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	Cocaine 5 kilograms or more mixture	<p>First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p>Second Offense: Not less than 20 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p> <p>2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if</p>
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	

				an individual, \$75 million if not an individual.
Substance/Quantity		Penalty		
Any Amount Of Other Schedule I & II Substances		First Offense: Not more that 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.		
Any Drug Product Containing Gamma Hydroxybutyric Acid Flunitrazepam (Schedule IV) 1 Gram				
Any Amount Of Other Schedule III Drugs		First Offense: Not more than 10 yrs. If death or serious bodily injury, not more that 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.		
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)		First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.		
Any Amount Of All Schedule V Drugs		First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.		

Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual. Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.

<p>Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants</p>	<p>First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.</p> <p>Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.</p>
<p>Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants</p>	<p>First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.</p>
<p>Hashish More than 10 kilograms</p>	<p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.</p>
<p>Hashish Oil More than 1 kilogram</p>	<p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.</p>
<p>Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants</p>	<p>First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.</p>
<p>Hashish 10 kilograms or less</p>	
<p>Hashish Oil 1 kilogram or less</p>	

For a detailed and comprehensive overview of all Federal drug laws written by the Congressional Research Service, visit: <https://www.fas.org/sgp/crs/misc/RL30722.pdf>

Oklahoma Law provides similar penalties with regard to the simple possession, distribution, or possession with the intent to distribute a controlled dangerous substance. Simple possession of marijuana is a misdemeanor and carries a punishment of up to 1 year in the county jail. A second or subsequent conviction for simple possession of marijuana carries 2-10 years in the state penitentiary. Possession of marijuana with the intent to distribute is a felony and carries a punishment of 2 years to life in the penitentiary and a fine of up to \$20,000 for the first conviction. A second or subsequent conviction carries a punishment of 4 years to life in prison and a fine of up to \$40,000. Depending upon the quantity involved, a convicted individual could be sentenced under the Oklahoma "Trafficking in Illegal Drugs Act" which provides for much harsher penalties.

In addition, the Prevention of Youth Access to Alcohol, became effective July 1, 2006. For minors consuming/in possession of alcohol or 3.2 beer, the following penalties apply:

1st violation: fines up to \$300 and/or community service not to exceed 30 hours, and mandatory revocation of driver's license for 6 months;

2nd violation: fines up to \$600 and/or community service not to exceed 60 hours, and mandatory revocation of driver's license for 1 year;

3rd violation: fines up to \$900 and/or community service not to exceed 90 hours, and mandatory revocation of driver's license for 2 years;

All minors who violate this law are subject to drug and alcohol assessment;

Minors who have not yet received a driver's license will not be allowed to obtain a license for the same amount of time as the license would have been revoked.

Health Risks Associated with Alcohol and Other Drugs

Table

SOURCE: DEA, <i>Drugs of Abuse</i> , 2011				Dependence							
Drugs	CSA Schedules	Trade or Other Names	Medical Uses	Physical	Psycho-logical	Tolerance	Duration (Hours)	Usual Method	Possible Effects	Effects of Overdose	Withdrawal Syndrome
Narcotics											
Heroin	Substance I	Diamorphine, Horse, Smack, Black tar, <i>Chiva, Negra (black tar)</i>	None in U.S., Analgesic, Antitussive	High	High	Yes	3-4	Injected, snorted, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Substance II	MS-Contin, Roxanol, Oramorph SR, MSIR	Analgesic	High	High	Yes	3-12	Oral, injected			
Hydrocodone	Substance II, Product III, V	Hydrocodone w/ Acetaminophen, Vicodin, Vicoprofen, Tussionex, Lortab	Analgesic, Antitussive	High	High	Yes	3-6	Oral			
Hydro-morphone	Substance II	Dilaudid	Analgesic	High	High	Yes	3-4	Oral, injected			

Oxycodone	Substance II	Roxicet, Oxycodone w/ Acetaminophen, OxyContin, Endocet, Percocet, Percodan	Analgesic	High	High	Yes	3-12	Oral			
Codeine	Substance II, Products III, V	Acetaminophen, Guaifenesin or Promethazine w/Codeine, Fiorinal, Fioricet or Tylenol w/Codeine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-4	Oral, injected			
Other Narcotics	Substance II, III, IV	Fentanyl, Demerol, Methadone, Darvon, Stadol, Talwin, Paregoric, Buprenex	Analgesic, Antidiarrheal, Antitussive	High-Low	High-Low	Yes	Variable	Oral, injected, snorted, smoked			
Depressants											
<i>gamma</i> Hydroxybutyric Acid	Substance I, Product III	GHB, Liquid Ecstasy, Liquid X, Sodium Oxybate, Xyrem®	None in U.S., Anesthetic	Moderate	Moderate	Yes	3-6	Oral	Slurred speech, disorientation, drunken behavior without odor of alcohol, impaired memory of events, interacts with alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Benzodiazepines	Substance IV	Valium, Xanax, Halcion, Ativan, Restoril, Rohypnol (Roofies, R-2), Klonopin	Antianxiety, Sedative, Anti-convulsant, Hypnotic, Muscle Relaxant	Moderate	Moderate	Yes	1-8	Oral, injected			
Other Depressants	Substance I, II, III, IV	Ambien, Sonata, Meprobamate, Chloral Hydrate, Barbiturates, Methaqualone (Quaalude)	Antianxiety, Sedative, Hypnotic	Moderate	Moderate	Yes	2-6	Oral			

Stimulants											
Cocaine	Substance II	Coke, Flake, Snow, Crack, <i>Coca, Blanca, Perico, Nieve</i> , Soda	Local anesthetic	Possible	High	Yes	1-2	Snorted, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increased body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamine/ Meth-amphetamine	Substance II	Crank, Ice, Cristal, Krystal Meth, Speed, Adderall, Dexedrine, Desoxyn	Attention deficit/ hyperactivity disorder, narcolepsy, weight control	Possible	High	Yes	2-4	Oral, injected, smoked			
Methylphenidate	Substance II	Ritalin (Illy's), Concerta, Focalin, Metadate	Attention deficit/ hyperactivity disorder	Possible	High	Yes	2-4	Oral, injected, snorted, smoked			
Other Stimulants	Substance III, IV	Adipex P, Ionamin, Prelu-2, Didrex, Provigil	Vaso-constriction	Possible	Moderate	Yes	2-4	Oral			
Hallucinogens											
MDMA and Analogs	Substance I	(Ecstasy, XTC, Adam), MDA (Love Drug), MDEA (Eve), MBDB	None	None	Moderate	Yes	4-6	Oral, snorted, smoked	Heightened senses, teeth grinding and dehydration	Increased body temperature, electrolyte imbalance, cardiac arrest	Muscle aches, drowsiness, depression, acne
LSD	Substance I	Acid, Microdot, Sunshine, Boomers	None	None	Unknown	Yes	8-12	Oral	Illusions and hallucinations, altered perception of	(LSD) Longer, more intense "trip" episodes	None

Phencyclidine and Analogs	Substance I, II, III	PCP, Angel Dust, Hog, Loveboat, Ketamine (Special K), PCE, PCPy, TCP	Anesthetic (Ketamine)	Possible	High	Yes	1-12	Smoked, oral, injected, snorted	time and distance	Unable to direct movement, feel pain, or remember	Drug seeking behavior *Not regulated
Other Hallucinogens	Substance I	Psilocybe mushrooms, Mescaline, Peyote Cactus, Ayahuasca, DMT, Dextro-methorphan* (DXM)	None	None	None	Possible	4-8	Oral			
Cannabis											
Marijuana	Substance I	Pot, Grass, Sinsemilla, Blunts, <i>Mota, Yerba, Grifa</i>	None	Unknown	Moderate	Yes	2-4	Smoked, oral	Euphoria, relaxed inhibitions, increased appetite, disorientation	Fatigue, paranoia, possible psychosis	Occasional reports of insomnia, hyperactivity, decreased appetite
Tetrahydro-cannabinol	Substance I, Product III	THC, Marinol	Antinauseant, Appetite stimulant	Yes	Moderate	Yes	2-4	Smoked, oral			
Hashish and Hashish Oil	Substance I	Hash, Hash oil	None	Unknown	Moderate	Yes	2-4	Smoked, oral			
Anabolic Steroids											
Testosterone	Substance III	Depo Testosterone, Sustanon, Sten, Cypt	Hypogonadism	Unknown	Unknown	Unknown	14-28 days	Injected	Virilization, edema, testicular atrophy, gynecomastia, acne, aggressive behavior	Unknown	Possible depression
Other Anabolic Steroids	Substance III	Parabolan, Winstrol, Equipose, Anadrol, Dianabol, Primabolin-Depo, D-Ball	Anemia, Breast cancer	Unknown	Yes	Unknown	Variable	Oral, injected			

Inhalants											
Amyl and Butyl Nitrite		Pearls, Poppers, Rush, Locker Room	Angina (Amyl)	Unknown	Unknown	No	1	Inhaled	Flushing, hypotension, headache	Methemoglobinemia	Agitation
Nitrous Oxide		Laughing gas, balloons, Whippets	Anesthetic	Unknown	Low	No	0.5	Inhaled	Impaired memory, slurred speech, drunken behavior, slow onset vitamin deficiency, organ damage	Vomiting, respiratory depression, loss of consciousness, possible death	Trembling, anxiety, insomnia, vitamin deficiency, confusion, hallucinations, convulsions
Other Inhalants		Adhesives, spray paint, hair spray, dry cleaning fluid, spot remover, lighter fluid	None	Unknown	High	No	0.5-2	Inhaled			
Alcohol		Beer, wine, liquor	None	High	High	Yes	1-3	Oral			

Programs Available to Students Faculty and Staff

Educational Programs

The Southeastern Oklahoma State University Counseling Center screenings all new clients for substance abuse disorders upon the initiation of counseling and provides counseling services to students struggling with alcohol and drug related matters. Staff are also available for referral services to any faculty, full-time, and part-time staff that are struggling with alcohol and drug related matters. Their contact information shall be included in the annual DFSCA disclosure.

AlcoholEdu for College is an on-line interactive education and prevention program offered to freshmen enrolled in College Success Orientation classes that focuses on harm reduction. It addresses unique challenges and responsibilities of college life for new students surrounding alcohol. It also includes some information around drugs. The program is also utilized when students must sanctioned for alcohol related issues.

Student Health 101 is an online campus magazine to which Southeastern subscribes that addresses a multitude of health related issues including drug and alcohol informational articles. This publication may be accessed by going to <http://readsh101.com/se.html> and is delivered to student email inboxes monthly.

Screenings for Mental Health is an online and paper screening tool database that includes an instrument for substance use disorders. These are made available to all students on the Counseling Center website and are used at customized educational outreach opportunities when deemed appropriate.

New Year's Resolution Booth gives the campus community an opportunity to express that they have a desire to promote safe and healthy behavior during the coming year. Information is passed out to those who were interested in healthy lifestyles. This event is held during the lunch time in the Student Union Atrium.

National College Health Assessment is completed every-other year to assess many health and wellness issues that affect our students. This instrument allows us to see what educational gaps and individual needs need to be addressed by a review of the data that reports current student risk behavior.

Springapalooza is an event that happens the week before spring break every year in the Atrium of the Student Union during the hours the cafeteria is serving dinner. During this time, students are educated on safety tips for various circumstances that could possibly leave them vulnerable to assault.

Camp SE is an orientation camp that is held every summer on multiple occasions before the fall semester begins. Alcohol and drug abuse and prevention education will be provided during this orientation session.

Classroom Instruction: Instructors will be encouraged to include drug and alcohol abuse prevention education in their curriculum.

Customized Educational Outreach is offered throughout the year as requested through classrooms and other campus outreach initiatives, and periodically as part of health outreach programming. Additional outreach is provided through ongoing programming in Housing and Residence Life, The Office for Student Life, and Student Wellness Services.

3rd Millennium Classrooms has several online interactive drug-related education modules that we may utilize with infractions of the campus substance abuse policies. These modules are accessed as sanctions occur with first-time offenders.

Counseling and Treatment Programs

Southeastern Oklahoma State University Counseling Center (students only)

Glen D Johnson Student Union, Room 229

580-745-2988

Southeastern Oklahoma State University Student Health Services (students only)

Glen D Johnson Student Union, Room 229

580-745-2867

Non-Campus Programs (external options)

Bryan County Health Unit

580-924-4299 or 4285

Bryan County Counseling Center

580-924-0564

Grayson County Counseling Services

903-892-2874

Grayson County Health Department

Administration and Services

903-893-0131 or 903-465-2878

Kiamichi Council on Alcoholism and Other Drug Abuse

580-924-6692

Alliance Health

580-924-3080

Alcohol Recovery Centers

580-924-7330

Texoma Council on Alcoholism

903-892-9911

Texoma Medical Center

903-416-4000

Non-Campus Hotlines

National Institution on Drug Abuse Information and Referral, 1-800-662-HELP, Monday-Friday, 8:30 a.m.-4:30 p.m.

Safe & Drug-Free Schools, 1-800-624-0100, Monday-Friday, 8 a.m.-5 p.m.

National Council on Alcoholism, 1-800-622-2255, 7 days a week, 24 hours a day

American Council for Drug Education, 1-800-488-DRUG

National Clearinghouse for Alcohol & Drug Information, 1-800-SAYNOTO

Cocaine Helpline, 1-800-COCAINE

Reach-Out Hotline, 1-800-522-9054 (alcohol, drug crisis intervention, mental health and referral)

Southeastern Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246, as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, sexual orientation, gender identity, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid and educational services.

APPENDIX B
Drug and Alcohol Abuse Prevention Program 2015 including the DFSCA
Disclosure for 2015

The full document is located at on the Southeastern Oklahoma State University Website at <http://www.se.edu/dept/student-wellness-services/files/2015/06/DAAPP-2015.pdf>.



Drug and Alcohol Abuse Prevention Program
2015

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Provision of a Drug and Alcohol-Free Environment

Southeastern Oklahoma State University believes that student success and achievement requires vigilance and effort on the part of the University to promote healthy living and learning. We affirm that we have a role in promoting an environment conducive to education and that actively discourages drug and alcohol abuse. We commit to prevention, developmental student conduct, and effective intervention for students at risk for these behaviors.

Southeastern Oklahoma State University is committed to compliance with the Drug Free Schools and Communities Act, and a campus culture that reduces alcohol and drug use, abuse, and illegal conduct. This commitment includes the development, enforcement, and continual evaluation of policy and programming, and promotion of awareness. Southeastern will continue to host and promote alcohol-free events and housing, and promote student learning opportunities in regard to alcohol and drug abuse. Southeastern is committed to offering primary wellness and counseling options to students who are at-risk or abusing alcohol and other drugs.

As codified in local, state and federal laws, and the rules and regulations of the Regional University System of Oklahoma (RUSO), Southeastern Oklahoma State University prohibits the unlawful possession, use, or distribution of illicit drugs in buildings, facilities, grounds or other property owned and/or controlled by the University or as a part of the University activities. Additionally, no alcoholic beverages, including 3.2 beer, is allowed in student spaces on the Southeastern campus, including dorms, fraternities, sororities, stadiums/arenas, no matter the age or student status. Southeastern limits the advertising and alcohol related displays in residence halls and other student spaces through Residence Life policy and flyer approval procedure. We are committed to reporting all alcohol and drug related crimes through standard Clery Act procedure so that the campus community is aware of those incidents.

Student drug and alcohol policy provisions can be found in the Student Handbook, updated annually and available online at [<http://www.se.edu/dept/student-life/files/2009/10/SOUTHEASTERN-OKLAHOMA-STATE-UNIVERSITY-CODE-OF-CONDUCT.pdf>]. Faculty policy provisions can be found in the Academic Policies and Procedures Manual, Section 7.1. [<http://lectures.se.edu/academic-affairs/policies-and-procedures/docs/academic-policies-and-procedures.pdf>]. Staff policy provisions can be found Administrative Policies and Procedures Handbook. [<http://www.se.edu/dept/human-resources/files/2012/01/Employee-Handbook-Rev-12-05-14.pdf>] These drug and alcohol policies will be updated or reviewed, at a minimum, in response to data and information gathered through the biennial review process in accordance with this policy.

Students who are also employees may be held to the standards applicable in both sets of policies.

Drug and Alcohol Abuse Prevention Plan Administration

The Drug and Alcohol Abuse Prevention Program Committee must meet quarterly (or once a semester) to evaluate and discuss each component of our multifaceted and campus wide programs. This committee is housed in the Division for Student Affairs and convened by the Vice President for Student Affairs or their designee. Members of the committee shall be drawn from Human Resources, Student Affairs, Athletics, Academics, and other departments as appropriate. The purpose of this committee will

be to oversee the overall planning and implementation of all drug and alcohol abuse prevention components.

Educational Programming Components

The Southeastern Oklahoma State University Counseling Center provides counseling services to students struggling with alcohol and drug related matters, and is capable of referral services to any faculty, full-time, and part-time staff that are struggling with alcohol and drug related matters. Their contact information shall be included in the annual DFSCA disclosure.

Think About It is an on-line education and prevention program offered to freshmen enrolled in College Success Orientation classes that focuses on harm reduction. It addresses unique challenges and responsibilities of college life for new students surrounding alcohol, drugs, sexual assault, and the interconnectedness of each. Separate versions of **Think About It** are also utilized currently as a possible sanction with conduct issues related to drugs or alcohol.

myPlaybook is an evidence-based alcohol and drug prevention program designed to reduce harm among college student-athletes. It is administered to all new athletes as a collaborative effort between the SE Counseling Center and SE Athletics and contains six topic-specific lessons that are specific to athlete's needs within the NCAA. All returning athletes complete booster lessons each subsequent semester.

Student Health 101 is an online campus magazine to which Southeastern subscribes that addresses a multitude of health related issues including drug and alcohol informational articles. This publication may be accessed by going to <http://readsh101.com/se.html> and is delivered to student email inboxes monthly.

New Year's Resolution Booth gives the campus community an opportunity to express that they had a desire to promote safe and healthy behavior during the coming year. Information is passed out to those who were interested on healthy lifestyles. These events are held during the lunch time in the Student Union Atrium.

National College Health Assessment is completed every-other year to assess many health and wellness issues that affect our students. This instrument allows us to see what educational gaps and individual needs need to be addressed.

Springapalooza is an event that happens the week before spring break every year in the Atrium of the Student Union during the hours the cafeteria is serving dinner. During this time, students are educated on safety tips for various circumstances that could possibly leave them vulnerable to assault.

Camp SE is an orientation camp that is held every summer on multiple occasions before the fall semester begins. Alcohol and drug abuse and prevention education will be provided during this orientation session.

Classroom Instruction: Instructors will be encouraged to include drug and alcohol abuse prevention education in their curriculum.

Customized educational outreach is offered throughout the year as requested through classrooms and other campus outreach initiatives, and periodically as part of health outreach programming. Additional

outreach is provided through ongoing programming in Housing and Residence Life, The Office for Student Life, and Student Wellness Services.

Mandatory Annual Notification Procedure

To comply with Part 86 of the Drug-Free Schools and Campuses Regulations, Southeastern will produce an annual notice to be communicated to all students, faculty, and staff at the beginning of each Fall Semester. A similar notice shall also be communicated to any new students or employees who matriculate after the date of annual distribution. Distribution shall be in writing and may be accomplished through electronic communication unless the University has a reason to know that the individual cannot use that method of communication, in which case the communication shall be made in an alternative format. The annual notification shall include:

- b. Southeastern's expected standards of conduct, including a summary of policy for alcohol and other drugs.
- c. Possible legal sanctions for students, faculty, and staff for violation of the expected standards of conduct.
- d. Statements or summaries of the health risks associated with the abuse of alcohol and other drugs.
- e. Southeastern's DAAPP shall be available to students, staff, and faculty.
- f. Southeastern's institutional sanctions for violation of the expected standards of conduct.

The Vice President for Student Affairs shall designate an individual responsible for this annual notification to the campus community.

Biennial Review Policy and Procedure

To comply with regulations, Southeastern must conduct a biennial review of its DAAPP in order to determine effectiveness and consistency of sanction enforcement, and in order to identify any necessary changes and/or improvements. A copy of the biennial review report shall be communicated to the U.S. Department of Education or its representative upon request. The Vice President for Student Affairs shall assemble a committee of appropriate personnel and/or stakeholders to produce the biennial review report in a timely manner, or shall designate an individual to do so. This committee shall meet throughout June of each year and plan to produce a report by July 15 of each odd numbered year.

- The biennial review shall include:
 - An inventory and description of applicable drug and alcohol policies, programming, metrics associated with various programming models used, and student conduct metrics applicable to the two year period.
 - Highlights of policy and program areas that need improvement, and explanations of policy and programs that should remain unchanged.
 - A summary of overall program strengths and weaknesses.
 - A copy of the two most recent mandatory annual notifications.
 - A review of the distribution of the mandatory annual notifications and whether the distribution was successful.
 - Recommendations for revision of DAAPP policy or the language of the annual notification.
 - Discussion of sanctions and the consistency of sanctioning procedure and outcomes.

- A summary of communication with any stakeholders involved in the program's implementation.
- A summary of any available student or staff self-reporting on drug and alcohol usage and abuse.
- AHCA data.

Calendar of the Biennial Review procedure:

- June 1 (of each year): The Vice President for Student Affairs requests to various campus offices for information about their portion of the DAAPP, including statistical data. The review committee shall be assembled and begin evaluating this information in regularly scheduled meetings.
- July 15 (odd numbered years): Production of the Biennial Review Report, complete with recommendations of improvements to the DAAPP.
- August 1: (odd numbered years): The Biennial Review Report shall be made available to all members of the campus community and the Federal Department of Education.

Findings of the 2015 Biennial Review Report of Southeastern Oklahoma State University's Drug and Alcohol Abuse and Prevention Programs:

After reviewing the information collected on all drug and alcohol abuse and prevention across the University landscape, we have determined that our programming and awareness elements are in need of a more centralized strategy. In the past our efforts have been well intentioned, but often wholly separate and uncoordinated. The following conclusions can be made in this review:

1. To address coordination issues, the Drug and Alcohol Abuse Prevention Program Committee should meet quarterly (or once a semester) to evaluate and discuss each component of our multifaceted and campus wide programs. This committee should be housed in the Division for Student Affairs and convened by the Vice President for Student Affairs. The rational expansion of this committee should be explored to include relevant constituencies across campus.
2. We have identified an overall issue with policy alignment between various areas of campus. We must refocus our efforts to ensure that individual programs nest their policies in the Student Handbook and the RUSO board policy, and that all policies and programs interact with each other in a streamlined manner. We must revisit our non-student alcohol policies as they seem undeveloped at the current time. Drug and alcohol policies should be included in all handbooks as they apply to each campus constituency.
3. We have identified that we have metrics associated with many of our programs, but we must begin to identify benchmarks for success, and categories of goals (possible, aspirational, etc.).
4. Areas with strong metrics include the myPlaybook program, the Counseling Center, the American College Health Association surveys, and Residence Life programming information.

5. Southeastern has been sending out annual DFSCA disclosure notification, but certain portions of the disclosure were insufficient. This has been remedied.
6. We recommend using Clery reporting statistics as a part of future Biennial Reviews. Additionally we should explore using our Maxient conduct reporting system to track drug and alcohol related policy violations.
7. As part of this Biennial Review process we have taken corrective action to come into compliance with the DFSCA.



DRUG FREE SCHOOLS AND COMMUNITIES ACT NOTIFICATION

Dear Southeastern Students, Faculty, Staff, and Community,

The Drug-Free Schools and Communities Act Amendments of 1989 require that the University must advise faculty, staff and students of relevant laws pertaining to the illicit manufacture, possession, distribution, and usage of drugs and alcohol. This disclosure is to notify you of penalties for violations of Oklahoma and Federal statutes, the health risks associated with the usage of controlled substances, and the student conduct penalties associated with the manufacture, possession, distribution, and usage of controlled substances.

Standards of Conduct and Institutional Sanctions

Student Conduct:

In accordance with the Student Handbook and Code of Conduct, The use, possession, manufacturing, distribution, and/or being under the influence of alcoholic beverages and/or low point beer, as defined by Oklahoma Law, on the campus or at any on-campus activity sponsored by or for a student organization or any other university sponsored activity for students is not permitted. The use, possession, manufacturing, distribution and/or being under the influence of controlled dangerous substances, or controlled substances as defined by Oklahoma law, except as expressly permitted by law and/or University policy is not permitted. The inappropriate use, misuse, or abuse of prescription or over-the counter medications is forbidden.

Student Sanctions:

The violation of this student policy can result in reprimand, conduct probation, removal from residence halls, mandatory treatment or rehabilitation at the student's own expense, and can result in sanctions up to and including suspension or expulsion from the university.

Faculty Conduct:

In accordance with the Academic Policies and Procedures Manual, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Faculty Sanctions:

Such conditions will be proper cause for disciplinary action including employment probation, mandatory treatment or rehabilitation at the employees own expense, and up to and including termination of employment.

Staff Conduct:

In accordance with the Administrative, Professional, and Support Staff Handbook, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Staff Sanctions:

Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Violation of conduct standards are cause for disciplinary action up to and including termination of employment. University officials reserve the right to require drug testing when there is reasonable cause to believe that an employee is under the influence of drugs.

Relevant State and Federal Laws

Students, faculty, and staff who violate Southeastern’s drug and alcohol policies are simultaneously subject to criminal sanctions provided by federal, state, and local law. This is a summary of those legal sanctions:

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty
II	Cocaine 500-4999 grams mixture	<p>First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p>Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	Cocaine 5 kilograms or more mixture	<p>First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p>Second Offense: Not less than 20 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p> <p>2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75</p>
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	

				million if not an individual.
Substance/Quantity		Penalty		
Any Amount Of Other Schedule I & II Substances		First Offense: Not more that 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.		
Any Drug Product Containing Gamma Hydroxybutyric Acid		Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.		
Flunitrazepam (Schedule IV) 1 Gram				
Any Amount Of Other Schedule III Drugs		First Offense: Not more than 10 yrs. If death or serious bodily injury, not more that 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.		
		Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.		
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)		First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.		
		Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.		
Any Amount Of All Schedule V Drugs		First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.		
		Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.		

Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual. Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.

<p>Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants</p>	<p>First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.</p> <p>Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.</p>
<p>Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants</p>	<p>First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.</p>
<p>Hashish More than 10 kilograms</p>	<p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.</p>
<p>Hashish Oil More than 1 kilogram</p>	
<p>Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants</p>	<p>First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.</p>
<p>Hashish 10 kilograms or less</p>	
<p>Hashish Oil 1 kilogram or less</p>	

For a detailed and comprehensive overview of all Federal drug laws written by the Congressional Research Service, visit: <https://www.fas.org/sgp/crs/misc/RL30722.pdf>

Oklahoma Law provides similar penalties with regard to the simple possession, distribution, or possession with the intent to distribute a controlled dangerous substance. Simple possession of marijuana is a misdemeanor and carries a punishment of up to 1 year in the county jail. A second or subsequent conviction for simple possession of marijuana carries 2-10 years in the state penitentiary. Possession of marijuana with the intent to distribute is a felony and carries a punishment of 2 years to life in the penitentiary and a fine of up to \$20,000 for the first conviction. A second or subsequent conviction carries a punishment of 4 years to life in prison and a fine of up to \$40,000. Depending upon the quantity involved, a convicted individual could be sentenced under the Oklahoma "Trafficking in Illegal Drugs Act" which provides for much harsher penalties.

In addition, the Prevention of Youth Access to Alcohol, became effective July 1, 2006. For minors consuming/in possession of alcohol or 3.2 beer, the following penalties apply:

1st violation: fines up to \$300 and/or community service not to exceed 30 hours, and mandatory revocation of driver's license for 6 months;

2nd violation: fines up to \$600 and/or community service not to exceed 60 hours, and mandatory revocation of driver's license for 1 year;

3rd violation: fines up to \$900 and/or community service not to exceed 90 hours, and mandatory revocation of driver's license for 2 years;

All minors who violate this law are subject to drug and alcohol assessment;

Minors who have not yet received a driver's license will not be allowed to obtain a license for the same amount of time as the license would have been revoked.

Health Risks Associated with Alcohol and Other Drugs

Table

SOURCE: DEA, <i>Drugs of Abuse</i> , 2011				Dependence							
Drugs	CSA Schedules	Trade or Other Names	Medical Uses	Physical	Psycho-logical	Tolerance	Duration (Hours)	Usual Method	Possible Effects	Effects of Overdose	Withdrawal Syndrome
Narcotics											
Heroin	Substance I	Diamorphine, Horse, Smack, Black tar, <i>Chiva, Negra (black tar)</i>	None in U.S., Analgesic, Antitussive	High	High	Yes	3-4	Injected, snorted, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Substance II	MS-Contin, Roxanol, Oramorph SR, MSIR	Analgesic	High	High	Yes	3-12	Oral, injected			
Hydrocodone	Substance II, Product III, V	Hydrocodone w/ Acetaminophen, Vicodin, Vicoprofen, Tussionex, Lortab	Analgesic, Antitussive	High	High	Yes	3-6	Oral			
Hydro-morphone	Substance II	Dilaudid	Analgesic	High	High	Yes	3-4	Oral, injected			

Oxycodone	Substance II	Roxicet, Oxycodone w/ Acetaminophen, OxyContin, Endocet, Percocet, Percodan	Analgesic	High	High	Yes	3-12	Oral			
Codeine	Substance II, Products III, V	Acetaminophen, Guaifenesin or Promethazine w/Codeine, Fiorinal, Fioricet or Tylenol w/Codeine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-4	Oral, injected			
Other Narcotics	Substance II, III, IV	Fentanyl, Demerol, Methadone, Darvon, Stadol, Talwin, Paregoric, Buprenex	Analgesic, Antidiarrheal, Antitussive	High-Low	High-Low	Yes	Variable	Oral, injected, snorted, smoked			
Depressants											
<i>gamma</i> Hydroxybutyric Acid	Substance I, Product III	GHB, Liquid Ecstasy, Liquid X, Sodium Oxybate, Xyrem®	None in U.S., Anesthetic	Moderate	Moderate	Yes	3-6	Oral	Slurred speech, disorientation, drunken behavior without odor of alcohol, impaired memory of events, interacts with alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Benzodiazepines	Substance IV	Valium, Xanax, Halcion, Ativan, Restoril, Rohypnol (Roofies, R-2), Klonopin	Antianxiety, Sedative, Anti-convulsant, Hypnotic, Muscle Relaxant	Moderate	Moderate	Yes	1-8	Oral, injected			
Other Depressants	Substance I, II, III, IV	Ambien, Sonata, Meprobamate, Chloral Hydrate, Barbiturates, Methaqualone (Quaalude)	Antianxiety, Sedative, Hypnotic	Moderate	Moderate	Yes	2-6	Oral			

Stimulants											
Cocaine	Substance II	Coke, Flake, Snow, Crack, <i>Coca, Blanca, Perico, Nieve</i> , Soda	Local anesthetic	Possible	High	Yes	1-2	Snorted, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increased body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamine/ Meth-amphetamine	Substance II	Crank, Ice, Cristal, Krystal Meth, Speed, Adderall, Dexedrine, Desoxyn	Attention deficit/ hyperactivity disorder, narcolepsy, weight control	Possible	High	Yes	2-4	Oral, injected, smoked			
Methylphenidate	Substance II	Ritalin (Illy's), Concerta, Focalin, Metadate	Attention deficit/ hyperactivity disorder	Possible	High	Yes	2-4	Oral, injected, snorted, smoked			
Other Stimulants	Substance III, IV	Adipex P, Ionamin, Prelu-2, Didrex, Provigil	Vaso-constriction	Possible	Moderate	Yes	2-4	Oral			
Hallucinogens											
MDMA and Analogs	Substance I	(Ecstasy, XTC, Adam), MDA (Love Drug), MDEA (Eve), MBDB	None	None	Moderate	Yes	4-6	Oral, snorted, smoked	Heightened senses, teeth grinding and dehydration	Increased body temperature, electrolyte imbalance, cardiac arrest	Muscle aches, drowsiness, depression, acne
LSD	Substance I	Acid, Microdot, Sunshine, Boomers	None	None	Unknown	Yes	8-12	Oral	Illusions and hallucinations, altered perception of	(LSD) Longer, more intense "trip" episodes	None

Phencyclidine and Analogs	Substance I, II, III	PCP, Angel Dust, Hog, Loveboat, Ketamine (Special K), PCE, PCPy, TCP	Anesthetic (Ketamine)	Possible	High	Yes	1-12	Smoked, oral, injected, snorted	time and distance	Unable to direct movement, feel pain, or remember	Drug seeking behavior *Not regulated
Other Hallucinogens	Substance I	Psilocybe mushrooms, Mescaline, Peyote Cactus, Ayahuasca, DMT, Dextro-methorphan* (DXM)	None	None	None	Possible	4-8	Oral			
Cannabis											
Marijuana	Substance I	Pot, Grass, Sinsemilla, Blunts, <i>Mota, Yerba, Grifa</i>	None	Unknown	Moderate	Yes	2-4	Smoked, oral	Euphoria, relaxed inhibitions, increased appetite, disorientation	Fatigue, paranoia, possible psychosis	Occasional reports of insomnia, hyperactivity, decreased appetite
Tetrahydro-cannabinol	Substance I, Product III	THC, Marinol	Antinauseant, Appetite stimulant	Yes	Moderate	Yes	2-4	Smoked, oral			
Hashish and Hashish Oil	Substance I	Hash, Hash oil	None	Unknown	Moderate	Yes	2-4	Smoked, oral			
Anabolic Steroids											
Testosterone	Substance III	Depo Testosterone, Sustanon, Sten, Cypt	Hypogonadism	Unknown	Unknown	Unknown	14-28 days	Injected	Virilization, edema, testicular atrophy, gynecomastia, acne, aggressive behavior	Unknown	Possible depression
Other Anabolic Steroids	Substance III	Parabolan, Winstrol, Equipose, Anadrol, Dianabol, Primabolin-Depo, D-Ball	Anemia, Breast cancer	Unknown	Yes	Unknown	Variable	Oral, injected			

Inhalants												
Amyl and Butyl Nitrite		Pearls, Poppers, Rush, Locker Room	Angina (Amyl)	Unknown	Unknown	No	1	Inhaled	Flushing, hypotension, headache	Methemoglobinemia	Agitation	
Nitrous Oxide		Laughing gas, balloons, Whippets	Anesthetic	Unknown	Low	No	0.5	Inhaled	Impaired memory, slurred speech, drunken behavior, slow onset vitamin deficiency, organ damage	Vomiting, respiratory depression, loss of consciousness, possible death	Trembling, anxiety, insomnia, vitamin deficiency, confusion, hallucinations, convulsions	
Other Inhalants		Adhesives, spray paint, hair spray, dry cleaning fluid, spot remover, lighter fluid	None	Unknown	High	No	0.5-2	Inhaled				
Alcohol		Beer, wine, liquor	None	High	High	Yes	1-3	Oral				

Programs Available to Students Faculty and Staff

Educational Programs

The Southeastern Oklahoma State University Counseling Center provides counseling services to students struggling with alcohol and drug related matters, and is capable of referral services to any faculty, full-time, and part-time staff that are struggling with alcohol and drug related matters. Their contact information shall be included in the annual DFSCA disclosure.

Think About It is an on-line education and prevention program offered to freshmen enrolled in College Success Orientation classes that focuses on harm reduction. It addresses unique challenges and responsibilities of college life for new students surrounding alcohol, drugs, sexual assault, and the interconnectedness of each. Separate versions of **Think About It** are also utilized currently as a possible sanction with conduct issues related to drugs or alcohol.

myPlaybook is an evidence-based alcohol and drug prevention program designed to reduce harm among college student-athletes. It is administered to all new athletes as a collaborative effort between the SE Counseling Center and SE Athletics and contains six topic-specific lessons that are specific to athlete's needs within the NCAA. All returning athletes complete booster lessons each subsequent semester.

Student Health 101 is an online campus magazine to which Southeastern subscribes that addresses a multitude of health related issues including drug and alcohol informational articles. This publication may be accessed by going to <http://readsh101.com/se.html> and is delivered to student email inboxes monthly.

New Year's Resolution Booth gives the campus community an opportunity to express that they had a desire to promote safe and healthy behavior during the coming year. Information is passed out to those who were interested on healthy lifestyles. These events are held during the lunch time in the Student Union Atrium.

National College Health Assessment is completed every-other year to assess many health and wellness issues that affect our students. This instrument allows us to see what educational gaps and individual needs need to be addressed.

Springapalooza is an event that happens the week before spring break every year in the Atrium of the Student Union during the hours the cafeteria is serving dinner. During this time, students are educated on safety tips for various circumstances that could possibly leave them vulnerable to assault.

Camp SE is an orientation camp that is held every summer on multiple occasions before the fall semester begins. Alcohol and drug abuse and prevention education will be provided during this orientation session.

Classroom Instruction: Instructors will be encouraged to include drug and alcohol abuse prevention education in their curriculum.

Customized educational outreach is offered throughout the year as requested through classrooms and other campus outreach initiatives, and periodically as part of health outreach programming. Additional outreach is provided through ongoing programming in Housing and Residence Life, The Office for Student Life, and Student Wellness Services.

Counseling and Treatment Programs

Southeastern Oklahoma State University Counseling Center (students only)

Glen D Johnson Student Union, Room 200

580-745-2988

Southeastern Oklahoma State University Student Health Services (students only)

Glen D Johnson Student Union, Room 200

580-745-2867

Employee Assistance Program (faculty and staff only)

Provided through Lincoln National Life Insurance Company

www.eapadvantage.com

877-757-7587

Non-Campus Programs (external options)

Bryan County Health Unit

924-4299 or 4285

Bryan County Counseling Center

924-0564

Grayson County Counseling Services

903-892-2874

Grayson County Health Department

Administration and Services

903-893-0131 or 903-465-2878

Kiamichi Council on Alcoholism and Other Drug Abuse

924-6692

Medical Center of Southeastern Oklahoma

924-3080

Oklahoma Alcoholism Information Centers

924-7330; 371-3019

Texas Alcoholism Information Centers

903-892-9911

Texoma Medical Center

903-416-4000

Non-Campus Hotlines

National Institution on Drug Abuse Information and Referral, 1-800-662-HELP, Monday-Friday, 8:30 a.m.-4:30 p.m.

Safe & Drug-Free Schools, 1-800-624-0100, Monday-Friday, 8 a.m.-5 p.m.

National Council on Alcoholism, 1-800-622-2255, 7 days a week, 24 hours a day

American Council for Drug Education, 1-800-488-DRUG

National Clearinghouse for Alcohol & Drug Information, 1-800-SAYNOTO

Cocaine Helpline, 1-800-COCAINE

Reach-Out Hotline, 1-800-522-9054 (alcohol, drug crisis intervention, mental health and referral)

Southeastern Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246, as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, sexual orientation, gender identity, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid and educational services.

Appendix C

Resident Student Handbook (Relevant Sections)

Section VI of the Resident Student Handbook (Policies A to Z) contains the following policies related to alcohol, other drugs, and controlled substances.

VI. – b. Alcohol: The consumption or possession of all alcoholic beverages on campus, in university housing, or at any on or off - campus event sponsored by or for a student organization or other university sponsored activity for students, is forbidden. (The university is authorized to develop and implement a policy regulating consumption of alcohol at officially sponsored events). All Residence Halls are maintained as alcohol free environments. No alcohol or alcohol containers (even empty or those deemed to be “decorative”) are permitted within the halls for any reason. Students are expected to comply with laws of the state of Oklahoma and the policies of the University regarding the use or possession of alcoholic beverages and other drugs.

VI. – k. Controlled Substances: The use, possession, or distribution of narcotics or other controlled substances except as expressly, permitted by law, and the inappropriate use or abuse of prescriptions or over-the-counter medications is forbidden.

VI. – m. Drugs – See “controlled substances”

Appendix D

Athletic Drug Testing Program (in full)

SOUTHEASTERN OKLAHOMA STATE UNIVERSITY ATHLETIC DEPARTMENT **ALCOHOL, TOBACCO, and OTHER DRUG-EDUCATION GUIDELINES (Revised June 2017)**

and the

DRUG-TESTING PROGRAM for STUDENT-ATHLETES

“Student-athletes are responsible for anything they ingest.”

The overall goal of Southeastern Oklahoma State University’s (SE Athletics) Alcohol, Tobacco, and Drug-Education Guidelines and Drug-Testing Program is to promote a year-round drug free environment in the SE Athletics Program. Objectives within the overall goal are to:

- Protect the health, safety, and welfare of the student-athlete.
- Address student-athletes’ problems and concerns with regard to alcohol, tobacco, and other drugs.
- Inform and educate the student-athlete and others associated with athletic teams about alcohol, tobacco, and other drugs as well as the effects of their use/abuse.
- Assure compliance with all University, Great American Conference, and National Collegiate Athletics Association policies and procedures.

The first priority of SE Athletics program is the health, safety, and welfare of the student-athletes. The approach is from a medical perspective with an emphasis on education, testing, and referral for treatment of student-athletes and others who are a part of the intercollegiate athletics program at SOSU. The program focuses on three concerns to ensure the health of the student-athlete.

The first focus is on the consumption of alcohol. Alcohol is involved in most of the undesirable behavior observed among students on college campuses.

The second focus is the use of tobacco products. There is solid evidence that points to the dangers of tobacco use. SOSU is a Tobacco Free Campus and is banned by the NCAA during practice and competition.

The third focus is on other drugs commonly believed to be “performance enhancing” drugs, “street” drugs, and supplements. There is sufficient evidence to substantiate that the use of these substances could impair or injure a student athlete during athletic activities.

Education and counseling are the essential cornerstones of the program and are directed toward alerting student-athletes and coaches to the potential harm of Substance Use, Misuse, and Abuse. Since studies indicate that education alone is not a sufficient deterrent to drug use, education and counseling will be supplemented with a substance testing component. The SE Athletics protocol for drug-testing is designed to be fair, to achieve reliability of testing results, and to protect the privacy rights of the student-athlete’s medical records. Test results will not be released except in accordance with the policy of this program or as otherwise required by law, which can include but is not limited to SE University officials. This Program and its consequences are independent of the NCAA Drug Testing Program.

DRUG-EDUCATION COMPONENT

There are two facets to the Educational Program: (A) explanation of SE Athletics Drug-Education Guidelines and Drug-Testing Program to student-athletes and others, and (B) dissemination of information to student-athletes and those associated with athletic teams regarding alcohol, tobacco, and other drugs, their use and abuse, and the effect on the student-athlete, his/her team, and teammates as a result of this use or abuse.

A. Explanation of SE Athletics Program to the Student-Athletes

1. At the beginning of each school year, a presentation will be made to each athletic team. The presentation will outline and review SE Athletics Alcohol, Tobacco, and Drug-Education Guidelines as well as the Drug-Testing Program, its purposes, the plan for implementing it, and the consequences for violating the policies of the program. There will be an additional meeting held for those student-athletes entering SE Athletic Program at mid-year.
2. Any student-athlete who does not sign both the NCAA and SE Athletics Consent Forms will not be permitted to participate in intercollegiate athletics and will forfeit all athletic financial aid. A student-athlete who fails to submit drug-testing as provided in this program, after initially consenting to such testing, shall be considered to have made a decision not to participate in the program and will immediately be banned from all athletic activity and will forfeit athletic financial aid.

B. Education of Student-Athletes Concerning Alcohol, Tobacco, and Drug Use and Abuse.

1. Education programs are designed to:
 - a. educate the student-athlete and other appropriate personnel about the associated problems of alcohol, tobacco, and other drug use/abuse and how such use/abuse may adversely affect the student athlete and his/her team and teammates.
 - b. educate, inform, and teach those associated with intercollegiate athletics how to recognize the warning signs of usage and the side effects of specific substances, e.g., alcohol, tobacco, street drugs, performance enhancers, supplements, and others.
 - c. encourage open discussion about the consumption of alcohol as well as the use of tobacco and other drugs.
 - d. familiarize the student-athlete with rehabilitation and treatment programs.

<http://www.se.edu/dept/student-wellness-services/files/2015/06/Drug-and-Alcohol-Resources.pdf>

2. Athletic department may provide and disseminate information to student-athletes with educational opportunities that may include guest speakers, educational videos, interactive educational programming, and visual aids posted in athletic facilities, including locker rooms, training rooms, offices, and classrooms. These opportunities may be provided Drug Free Sport which is the NCAA recognized authority on education and testing of banned substances. <https://www.drugfreesport.com/> password: ncaa2

3. Each team and coaching staff may provide an educational session once a year that will focus on information regarding the dangers of using alcohol, tobacco, and performance enhancing drugs, street drugs, and supplements.

4. Attendance of the student-athlete at scheduled educational sessions is mandatory. Absences will only be permitted with the approval of the Athletic Director. Any absences will result in the student-athlete being required to attend a make-up session.

DRUG-TESTING COMPONENT

A. General Provisions

1. The testing program will be conducted by athletic training staff and will consist of random testing and testing under suspicion. This collection will be handled by the athletic training staff by the use of instant testing cups.

2. Southeastern Athletics test mirrors the drug classifications tested for by the NCAA. For a partial list please refer to Appendix A.

3. Each team will be subjected to testing of all team members at any time.

4. All student-athletes will be subject to random, unannounced drug-testing throughout their career as a Southeastern student-athlete.

5. All student-athletes, regardless of previous test results, will be subjected to random selection for on-campus and/or off-campus drug-testing.

6. All student-athletes will be subjected to drug-testing under suspicion throughout their career as a Southeastern student-athlete.

7. The Director of Athletics and the Head Athletic Trainer will handle records of test results in strict confidentiality. The results will only be released under the provisions stated in this document or as otherwise required by law, which can include but is not limited to SE University officials.

8. All positive test results will remain with the student-athlete throughout his/her athletic career at Southeastern Oklahoma State University.

9. All positive tests will result in a follow up test at a third party provider.

B. Amnesty Program

1. Any student-athlete who self-reports that he/she believes he/she may have violated the Southeastern Oklahoma State University Athletics Drug Policy will be required to attend drug-education and treatment programs as prescribed by the Athletic Department. A self-reported student athlete will be required to immediately submit to a drug test and will be treated as a first offense without any sanction from the Athletic Department.
2. Upon successful completion of the educational session, including a negative post-test no sooner than 30 days from the initial failed test, the student athlete will be deemed not to have violated any offenses listed in this policy. A positive post-test results in a 2nd offense and is subject to consequences outlined in this document.
3. A student-athlete is not eligible for the Amnesty Program if he/she has been informed of an impending drug test or has previously received a positive test result at SE Athletics.
4. This Amnesty Program is a one-time opportunity. Further positive drug tests will be handled according to the procedures stated in this document.
5. NCAA testing supersedes this amnesty program.

C. Testing Under Reasonable Suspicion.

Southeastern Oklahoma State University Athletic Department reserves the right to test any student athlete for the use of alcohol, prohibited drugs, or controlled substances when actions of said student athlete indicate reasonable suspicion of the use of alcohol, prohibited drugs, or controlled substances. Any coach and/or administrator may report reasonable suspicion to the Athletic Director and/or Head Athletic Trainer who will make a decision regarding the need for drug-screening. A report should be a written statement including facts such as times, dates, and parties involved.

Reasonable suspicion is defined as proof or evidence that is more than intuition or strong feeling, but less than probable cause. Such reasonable suspicion must be based on specific observations including but not limited to appearance, grades, behavior, speech, and/or body odors of the student-athlete. Testing under this provision permits SE Athletics to test following an incident outside of athletics, e.g., dorm incidents, arrests, or confrontations. These observations may include but not be limited to indications of the chronic and/or withdrawal effects of prohibited substances or any of the following:

- Reduced quality of academic or athletic performance;
- Patterns of unexcused absences or tardiness in regards to academic classes or athletic meetings;
- Inability to get along with others or excessive withdrawal and isolation;
- Decreased manual dexterity, short-term memory loss;
- Periods of unusual hyperactivity, irritability, or drowsiness;
- When an administrator, coach or support staff has suspicion created through the senses of smell, sight, or sound; or
- Presence or possession by a student-athlete of illegal or controlled drugs or drug-related paraphernalia.

D. Appeals

1. A student-athlete may appeal any sanction as the result of a positive drug test. A student athlete desiring to appeal must file a written Notice of Appeal with the Director of Athletics within two consecutive university working days of notification of a positive test result.
2. The Appeals Committee may be composed of the Director of Athletics, Faculty Athletic Representative, Head Athletic Trainer, Director of Compliance, and other athletic personnel as selected by the Director of Athletics.
3. The Appeals Committee will be responsible for conducting each appeals hearing.
4. The Appeals Committee will reach a decision of an appeal and inform the student-athlete of the decision within three (3) university working days.
5. In the appeals phase, a student-athlete would provide a new urine sample:
 - If the result of the appeals test is positive, the student-athlete will incur the expense of the test.
 - If the result of the appeals test is negative, the student-athlete will appear before the appeals committee for a final decision.

SOUTHEASTERN OKLAHOMA STATE UNIVERSITY ATHLETICS PROGRAM SUBSTANCE USE, MISUSE, and ABUSE POLICY

A. Elements of the Policy.

- The Policy is in effect from the initial full-time enrollment in SE Athletics throughout the student athlete's SOSU playing career, including SOSU vacation periods. This Policy is in effect during all school-related field trips, activities, athletic events, and other extracurricular events, whether such activities are on-campus or off-campus.
- The Policy is in effect for any and all student-athletes whose misconduct related to the use of alcohol, tobacco, or illegal and/or controlled drugs outside of the University.
- Random unannounced testing will occur periodically as directed by the Head Athletic Trainer and approved by the Director of Athletics.
- Drug-testing may occur based on suspicion as outlined in this document.
- Unannounced, on-campus instant testing, can be performed at any time as requested by the Director of Athletics and/or the respective Head Coach.
- Failure of a student-athlete to appear at scheduled test will be considered a positive result.
- A diluted specimen may be considered positive. The student-athlete will be financially responsible for the re-test. If the re-test is negative, positive test for the diluted sample will be set aside.
- With any positive result, the respective Head Coach can enforce team policies which may be stricter than those in the SE Athletics Substance Use, Misuse, and Abuse Policy. Each team's policy will be kept on file in the office of the Director of Athletics.
- If the student-athlete has a positive result on a test, the student-athlete, respective Head Coach, Head Athletic Trainer, and Director of Athletics will meet to discuss the test and the consequences involved.

B. Positive Test Results and Consequences

1. First Offense: First Positive Result

Confidentiality of test results will be observed except for:

Student-Athlete

- Director of Athletics
- Head Athletic Trainer
- Head Coach
- Others as required by the Director of Athletics

Consequences:

a. Mandatory counseling with a Substance Use, Misuse, and Abuse counselor. The Head Athletic Trainer and the student-athlete will make the initial appointment within 7 working days of the positive test result. Failure to attend any counseling sessions (unless excused by the counselor) will result in a Second Offense. A student-athlete's completion of education and counseling is allowed upon mutual agreement between the Director of Athletics or the Head Athletic Trainer and the counselor.

b. A re-test no sooner than 30 days from the initial positive test may be required at the discretion of the Director of Athletics.

2. Second Offense: Second Positive Result

If a second positive result occurs at any time, a meeting will be held with the following individuals:

- Student-Athlete
- Director of Athletics
- Head Athletic Trainer
- Head Coach
- Compliance Coordinator
- Others as required by the Director of Athletics

Consequences:

a. The student-athlete will forfeit 30% of his/her athletic financial aid in the next full-time semester. This is applicable for all student-athletes except those in the last semester of receiving athletic aid, in which the student-athlete may lose 30% of the athletic aid in the current semester. In the case of a non-scholarship student-athlete, he/she will lose 30% of athletic contests and/or 30% of future athletic aid. The balance of the season may be such that the total number of suspended games will have to carry over into post-season play and even into the next season.

b. Mandatory counseling with a Substance Use, Misuse, Abuse counselor. The Head Athletic Trainer and the student-athlete will make the initial appointment within 7 working days of the positive test result. Failure to attend any counseling sessions (unless excused by the counselor) will result in a Third Offense. A student-athlete's completion of education and counseling is allowed upon mutual agreement between the Director of Athletics or the Head Athletic Trainer and the counselor.

c. A re-test no sooner than 30 days from the initial positive test may be required at the discretion of the Director of Athletics.

3. Third Offense: Third Positive Result

If a third positive result occurs at any time, a meeting will be held with the following individuals:

- Student-Athlete
- Director of Athletics
- Head Athletic Trainer
- Head Coach
- Others as required by the Director of Athletics

Consequences:

a. The student-athlete will be banned from all participation in athletics at Southeastern.

b. Athletic scholarships will automatically and immediately be forfeited.

c. The student-athlete may apply to the Director of Athletics for reinstatement for participation in the intercollegiate athletic program. This application for reinstatement may not be made until the student-athlete passes a drug test and has had a year of non-participation in any intercollegiate athletic activity.

ALCOHOL POLICY

In developing a policy regarding the consumption of alcohol by student-athletes, it should be viewed in the context that lawful responsible consumption or abstinence is expected from the student-athlete and that consumption and/or possession of alcohol by persons under 21 years of age in the state of Oklahoma is illegal. On-campus or off-campus incidents involving alcohol will be governed by the consequences of the SOSU Student Code of Conduct and as set forth in section B of this document. The Head Coach could have team rules regarding the consumption and possession of alcohol that may affect the student-athlete's eligibility for practice and competition.

TOBACCO POLICY

In developing a policy regarding the use of tobacco products by student-athletes, Southeastern Oklahoma State University recognizes the stipulations set forth by the NCAA. Tobacco use in all forms is prohibited during practice and competition by student-athletes and game personnel in all sports and may result in ejection from the game. SOSU is a Tobacco Free Campus.

OTHER ISSUES

All student-athletes must also abide by the rules of the Board of Regents of the Regional University System of Oklahoma which states: "The use, possession, manufacturing, distribution, and/or being under the influence of alcoholic beverages and/or low point beer, as defined by Oklahoma law, on the campus or at any on-campus activity sponsored by or for a student organization or any other university sponsored activity for students is not permitted. Campus includes but is not limited to university housing including sorority and fraternity housing. Each university is authorized to develop and implement a policy regulating consumption of alcohol at officially sponsored off-campus activities." On campus or off-campus incidents in violation of the Board of Regents of the Regional University System of Oklahoma which states statement will be governed by the consequences of the SOSU Student Code of Conduct. The Head Coach could have team rules addressing this violation that may affect the student athlete's eligibility for practice and competition.

Any student-athlete who is involved with distributing, attempting, or conspiring to distribute illegal drugs (alcohol, including banned dietary supplements or other performance enhancing drugs) may be immediately suspended from any connection with the SOSU Athletics Program and may be permanently banned from participation pending final adjudication of the case. On-campus or off-campus incidents violating this Policy will be governed by the consequences of the SOSU Student Code of Conduct.

NOTE: THIS POLICY IS SUBJECT TO CHANGE AT ANY TIME AND THE APPLICATION OF THIS POLICY IS AT THE DISCRETION OF THE DIRECTOR OF ATHLETICS. ALL HEAD COACHES WILL HAVE TEAM POLICIES ON FILE WITH THE DIRECTOR OF ATHLETICS. TEAM POLICIES MAY BE STRICTER THAN SOUTHEASTERN OKLAHOMA STATE UNIVERSITY'S ATHLETICS DEPARTMENT ALCOHOL, TOBACCO, AND OTHER DRUGS POLICY.

Appendix A

NOTE: There is no complete list of banned substances. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned.

Prior to consuming any nutritional/dietary supplement product, it is the responsibility of the student athlete to review the product with the appropriate athletics training staff. Because nutritional supplements are not strictly regulated any may contain substances banned by the NCAA, any product containing a dietary supplement ingredient is taken at the risk of the respective student-athlete.

2017-18 NCAA Banned Drugs:

It is your responsibility to check with the appropriate or designated athletics staff before using any substance

The NCAA bans the following classes of drugs:

1. Stimulants.
2. Anabolic Agents.
3. Alcohol and Beta Blockers (banned for rifle only).
4. Diuretics and Other Masking Agents.
5. Illicit Drugs.
6. Peptide Hormones and Analogues.
7. Anti-Estrogens.
8. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

1. Blood Doping.
2. Gene Doping
3. Local Anesthetics (under some conditions).
4. Manipulation of Urine Samples.
5. Beta-2 Agonists permitted only by prescription and inhalation (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements WARNING:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. **Any product containing a dietary supplement ingredient is taken at your own risk.**

Check with your athletics department staff prior to using a supplement. 2017-18 NCAA Banned Some Examples of NCAA Banned Substances in Each Drug Class.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.

Do not rely on this list to rule out any label ingredient.

Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine (DMAA); "bath salts" (mephedrone); Octopamine; DMBA; phenethylamines (PEAs); etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrone): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.

Alcohol and Beta Blockers (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Illicit Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum); etc.

Anti-Estrogens:

anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting Drug Free Sport AXIS, 877-202-0769 or www.drugfreesport.com/axis password ncaa1, ncaa2 or ncaa3.**

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

SOUTHEASTERN OKLAHOMA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS

DRUG-TESTING CONSENT FORM

I have read and understand the Southeastern Oklahoma State University Athletics Department policy for drug-testing, drug-education, and assistance to help ensure the health, safety, and welfare of its student athletes and to ensure the continued integrity of the university's intercollegiate athletic program. I agree to submit to drug-testing and understand that non-compliance with Southeastern Oklahoma State University's Athletics Department athletics drug-education, drug testing, and counseling program and procedures will be a breach of this agreement which permits the Department of Athletics to remove me from participation in the athletic program and to cancel all of my athletic financial aid.

Print Name Date

Signature

SOUTHEASTERN OKLAHOMA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS

PRESCRIPTION DRUG AGREEMENT FORM

I understand that if I take drugs pursuant to a prescription, I am required to register this information with the Head Athletic Trainer in writing and to supply such additional information as requested by the Head Athletic Trainer. I understand that some prescription drugs may result in a positive drug test in this program and the NCAA Drug-Testing Program. I understand that this information will be kept confidential.

Print Name Date

Signature

APPENDIX E

Sodexo Employee Handbook (Relevant Sections)

Drug and Alcohol Free Environment: We are committed to creating a safe workplace free from drugs and alcohol. In addition, the Company will vigorously comply with all applicable laws, including but not limited to, the Drug-Free Workplace Act of 1988. The unlawful manufacture, distribution, dispensation, sale or attempted sale, purchase, use, consumption or possession of alcohol, unauthorized controlled substances, inhalants or illegal drugs, or drug paraphernalia of any kind, is prohibited while you are on work time or on Company/client premises.

Being under the influence of an unauthorized controlled substance, illegal drug, inhalant or alcohol on Company/client premises, in Company/client-supplied vehicles, or during work hours is prohibited. This rule also prohibits consumption of alcohol at the end of a client catering event or on Company/client premises at the end of a work day. The sole exception to this policy is for alcohol use for employees who are guests at Company/client sponsored events, and in those instances, conduct must remain professional. If a doctor prescribes you a drug, you should ask your doctor whether use of that drug will affect your ability to work safely and effectively. If you are told by your doctor that a prescribed drug may adversely affect your ability to perform your job safely, efficiently and effectively, you should inform your manager or Sodexo Human Resources representative of the situation so accommodations can be made, if appropriate.

Drug and Alcohol Testing Policy

Sodexo reserves the right to require all employees be free of alcohol, unauthorized controlled substances, and illegal drugs. At present, pre-employment testing is conducted based on a client's request and/or legal requirements. In those cases, any offer of employment is conditional upon the results of a drug test showing the person is free of unauthorized controlled substances or illegal drugs. Any candidate who fails to pass the pre-employment drug test will be rejected, and will not be eligible for consideration for 12 months. In addition, where permitted by law, Sodexo reserves the right to require drug and/or alcohol testing of any current employee, and to implement constructive counseling, up to and including termination of employment, for any employee who refuses to submit to a test or who tests positive for drug or alcohol use. Before engaging in any constructive counseling, Sodexo will give an employee who tests positive the opportunity to explain the results. Drug and/or alcohol testing may only be conducted with the approval of a Sodexo Human Resources manager.

Appendix F
Employee Assistance Information

Well onTargetSM

Take Your Health Personally. Take the Health Assessment!

What do you take personally in life? Your family? Your work? Sports? A hobby? It will soon be time to take your health personally with the Well onTarget Health Assessment (HA).

Just a few minutes and a few personal details—how you eat, how you sleep, how you live your life—can give you a personalized map to your best health. You can know your risks and your best options to avoid them. Your customized Personal Wellness Report can tell you how to go from good to better.

Learn More About You

The HA can help you understand:

- How ready are you to make a change in your habits?
- How well you have been making health choices until now?
- Do you have any health risks because of how you live?

The new Health Assessment consists of nine modules that can be completed all at once or by section. These modules include questions regarding your:

- Diet
- Tobacco use
- Physical activity
- Emotional health
- Health at work and on the road



The new onmywayTM* Health Assessment will be on the Liveon Member Wellness Portal, an online tool that connects you to exclusive health programs and resources.

Service mark of Health Care Service Corporation, a Mutual Legal Reserve Company
* onmyway is registered mark of Onlife Health.

APPENDIX G

Biennial Review Policy and Procedure (Update)

To comply with regulations, Southeastern must conduct a biennial review of its DAAPP in order to determine effectiveness and consistency of sanction enforcement, and in order to identify any necessary changes and/or improvements. A copy of the biennial review report shall be communicated to the U.S. Department of Education or its representative upon request. The Chief Student Affairs Officer shall assemble a committee of appropriate personnel and/or stakeholders to produce the biennial review report in a timely manner, or shall designate an individual to do so. This committee shall meet throughout June of each year and plan to produce a report by July 15 of each odd numbered year.

- The biennial review shall include:
 - An inventory and description of applicable drug and alcohol policies, programming, metrics associated with various programming models used, and student conduct metrics applicable to the two-year period.
 - A summary of policy and program areas that need improvement, and explanations of policy and programs that should remain unchanged.
 - A copy of the two most recent mandatory annual notifications.
 - A review of the distribution of the mandatory annual notifications and whether the distribution was successful.
 - Recommendations for revision of DAAPP policy or the language of the annual notification.
 - Discussion of sanctions and the consistency of sanctioning procedure and outcomes.
 - A summary of any available student or staff self-reporting on drug and alcohol usage and abuse.
 - AHCA data.

Calendar of the Biennial Review procedure:

- June 1 (of each year): Chief Student Affairs Officer requests to various campus offices for information about their portion of the DAAPP, including statistical data. The review committee shall be assembled and begin evaluating this information in regularly scheduled meetings.
- July 15 (odd numbered years): Production of the Biennial Review Report, complete with recommendations of improvements to the DAAPP.
- August 1: (odd numbered years): The Biennial Review Report shall be made available to all members of the campus community and the Federal Department of Education.

Updated June 2017