

**DRUG-FREE SCHOOLS AND CAMPUSES REGULATIONS**  
**EDGAR Part 86 (Education Department General Administrative Regulations)**

**BIENNIAL REVIEW REPORT**  
**2020-2022**  
**(Fall 2020, Spring 2021, Fall 2021, Spring 2022)**

**INTRODUCTION:**

Montgomery County Community College is in compliance with the Drug-Free Schools and Campuses Regulations. This report has been prepared by representatives from Human Resources, Student Life, and Student Affairs, in evidence of that compliance.

**OBJECTIVES:**

The objectives of this review as outlined in the U.S. Department of Education manual, “Complying with the Drug-Free Schools and Campuses Regulations,” are:

- To determine the effectiveness of the Alcohol/Drug program and implement needed changes
- To ensure disciplinary sanctions for violations of standards of conduct are enforced consistently

**EDGAR Part 86, DRUG-FREE SCHOOLS AND CAMPUSES REGULATIONS**  
**COMPLIANCE CHECKLIST**

1. Does the institution maintain a copy of its drug prevention policy? If YES, where is it located?

- A. YES, <https://www.mc3.edu/about-mccc/policies-and-procedures/drug-and-alcohol-abuse-prevention>
- B. Montgomery County Community College Alcohol & Drug policy emphasis is on education, outreach, support and referral. Workshops, guest speakers, informational materials dealing with health-related issues and behavioral risks associated with drugs and alcohol are collaboratively planned by Human Resources and the Wellness Center, in collaboration with Campus Safety and Student Life.
- C. Integration of Alcohol & Drug education is evident across the college in many classes: “Drug & Alcohol Treatment Process - Introduction,” a three-credit course offered through the Human Services Program is a requirement for graduation in both the Addiction Certificate program (36 credits) and Concentration in Addictions A.A.S. degree program (64 credits). It can also be taken as an elective in other programs, including Psychology A.S. program. PSY 217, Drugs-Their Use & Abuse is also

another course that students can take as an elective. Lectures on the effects of alcohol and drugs are also included in many other programs, such as Health Sciences, Social Sciences, and the Culinary Arts Institute. Students in the Health Sciences curriculum share information about a variety of health-related topics, including alcohol and drugs, at health & wellness expos for the college community and the local community at large.

**D.** In addition to a strong educational component in the drug and alcohol use/abuse prevention program, the Student Success Center and the Wellness Center provide confidential triage counseling services and referrals to community agencies and treatment programs for students who have alcohol and drug related problems and are in need of assistance. The Judicial Affairs team may solicit the assistance of the Wellness Center, as needed, for students with alcohol and drug related issues.

**2. Does the institution provide annually to each employee and each student, who is taking one or more classes for any type of academic credit, except for continuing education units, written materials (including any electronic mediums) that adequately describe and contain the following?**

**A. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities.**

Students: **YES**                      Staff /Faculty: **YES**

**B. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.**

Students: **YES**                      Staff/Faculty: **YES**

**C. A description of applicable legal sanctions under local, state, or federal law.**

Students: **YES**                      Staff/Faculty: **YES**

**D. A description of applicable counseling, treatment, or rehabilitation or re-entry programs.**

Students: **YES**                      Staff/Faculty: **YES**

**E. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions.**

Students: **YES**                      Staff/Faculty: **YES**

**3. Are the above materials distributed to students in one of the following ways?**

**A.** E-mailed:

**Yes.**

Each year, Public Safety emails a link to all registered students, as of October 1<sup>st</sup>, a link to the Annual Security Report which contains the College's Drug and Alcohol Prevention Policy.

**B.** Through campus post office boxes:

**No.**

The College is a commuter campus and does not provide campus mailboxes.

**C.** Class schedules which are mailed to each student:

**No.**

Students obtain their class schedules online.

**D.** During new student orientation:

**Yes.**

During the Gateway to College orientation, this information is covered. Information provided includes illegal drugs, including alcohol, are prohibited on campus; violations can result in probation, suspension, or expulsion; Drug and Alcohol policy is available on the College website.

**E.** In another manner:

**Yes.**

Information is available on the College's website under Section: About MCCC – Policies & Procedures – Policy 5.5: Drug and Alcohol Abuse Prevention.

A link to the policy is also available in the Student Handbook, which is distributed annually at the beginning of the Fall and Spring semesters.

**4. Does the institution's distribution provide reasonable assurance that each student receives the materials annually?**

**Yes.**

Each year, Public Safety emails a link to all registered students, as of October 1<sup>st</sup>, a link to the Annual Security Report which contains the College's Drug and Alcohol Prevention Policy.

5. **Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?**

**Yes.**

Student handbooks are made available to students who enroll throughout the year.

6. **Are the above materials distributed to staff and faculty in one of the following ways?**

A. E-mailed:

Staff: **YES**                      Faculty: **YES**

B. Through campus office mailboxes:

Staff: **NO**                      Faculty: **NO**

C. During new employee orientation:

Staff: **YES**                      Faculty: **YES**

7. **Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?**

Staff: **YES**                      Faculty: **YES**

8. **Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?**

Staff: **YES**                      Faculty: **YES**

New employees receive materials as part of their onboarding process and new employee orientation.

9. **In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?**

A. **Conduct alcohol and drug use survey.**

Students: **NO**                      Staff/ Faculty: **NO**

B. **Conduct opinion survey of its students, staff, and faculty.**

Students: **NO**                      Staff/ Faculty: **NO**

C. **Evaluate comments obtained from a suggestion box.**

Students: **NO**                      Staff/ Faculty: **NO**

D. **Conduct focus groups-Students.**

Students: **NO**                      Staff/ Faculty: **NO**

**E. Conduct intercept interviews.**  
Students: **NO**      Staff/ Faculty: **NO**

**F. Assess effectiveness of documented mandatory drug treatment referrals for students and employees.**

**Employees:**

There are no mandatory drug treatment referrals for employees during the period under review.

**Students:**

There are no mandatory drug treatment referrals for students during the period under review. Students have been confidentially referred to community resources on a voluntary basis; therefore, data on effectiveness is not available.

**G. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees.**

**Employees:**

- i. Employee was slurring words and unable to make eye contact with colleagues and supervisor. Public Safety and the EMTs were called. Employee was not cooperative with the EMTs and refused to be taken by ambulance. Employee would only speak with supervisor. The employee was causing a disturbance in the department by using profanity and loudly expressing anger to the supervisor. Employee was taken home. An investigation was conducted, employee admitted to being intoxicated at work, and the employee was terminated.

**Students:**

- i. No student situations occurred involving drug or alcohol use/abuse during the period under review.

**10. Who is responsible for conducting these biennial reviews?**

Members of the College Administration including the Director of Campus Safety, Director of Student Life, Dean of Students, Dean of Holistic Support, Administrative Director for Academic Initiatives, Director of the Wellness Center, and the Vice President of Administrative Services are responsible for conducting the biennial review. All policies pertaining to alcohol & drug use/abuse, disciplinary action, and campus safety issues are reviewed through the Department of Campus Safety. Representatives from other areas of the College, such as Engagement and Student Experience, Campus Safety, Student Life, Academic Affairs, and Human Resources, are involved as collaborative resources throughout the year. When reviewing and updating policies regarding the items in this

report, the policies are also sent to the College's All-College Student Support Committee as part of the College's governance system. The Student Support Committee includes representation from faculty, support staff, administrators, and the College's Student Government Association.

**11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?**

**Yes.**

If requested, Montgomery County Community College would make available to the Secretary and the public a copy of each requested item in the drug prevention policy and the results of the biennial review.

**12. Where is the biennial review documentation located?**

The report is located on the on the College's Campus Safety webpage located at: <http://www.mc3.edu/campus-life/safety>

Preparation of the 2020-2022 Biennial Review Report included several interactive campus meetings (**refer to pages 10 – 21**) with key representatives from Student Engagement and Student Experience, Human Resources, Academic Affairs, and Campus Safety. Meetings were held as follows:

- A. 3/25/2021**
- B. 6/24/2021**
- C. 10/28/2021**
- D. 1/27/2022**
- E. 2/24/2022**
- F. 3/24/2022**
- G. 4/28/2022**
- H. 5/31/2022**

This biennial report was prepared as a result of the collaborative efforts of those involved with these meetings as well as outreach to other appropriate parties at the College.

**13. Comments:**

- A. Montgomery County Community College is a commuter school with multiple campuses and no residence halls. The College policy of no alcohol and /or illicit drugs on its campuses, College property, or College sponsored events is long standing. (Alcoholic beverages shall not be bought, consumed, or sold at the College except as authorized by the Board of Trustees).**

- B. Refer to pages 22-26** for list of educational programs/events held during 2020-2022 related to and/or included information regarding drug and alcohol use/abuse, health risks, prevention strategies and resources available to assist students and employees.
- C. Provide Naloxone online training** for any college employee upon request.
  - a. Only supplied to Campus Safety Officers
  - b. Nursing faculty and students are trained within their programs
  - c. Police Academy cadets are trained on Naloxone as well
- D. In the 2020-2021, 2021-2022, and 2022-2023 Student Handbook,** ads regarding alcohol and drug abuse prevention were included

**14. Recommendations:**

- A. During various meetings held to review the College’s Drug and Alcohol Abuse Prevention Policy,** as well as in the actual preparation of the report, the following recommendations were identified, and actions were taken to begin implementation:
  - i.** Those responsible for reviewing the College’s Drug and Alcohol Abuse Prevention Policy to meet periodically throughout the year to determine effectiveness of the Policy and initiatives taken to meet requirements
  - ii.** Conduct student surveys and continue to conduct employee surveys regarding their understanding of the College’s Drug and Alcohol Abuse Prevention Policy
  - iii.** Coordinate ongoing educational programs for students and employees to support awareness of drug and alcohol use/abuse and prevention strategies, as well as resources available to assist those dealing with issues related to drug and alcohol use/abuse
  - iv.** Utilize tools such as the College’s employee assistance program provider, Carebridge Inc., to identify trends related to employee drug and alcohol use/abuse, as well as personal issues that may lead to such use/abuse and identify educational programs to assist employees
  - v.** Utilize Vector for training regarding alcohol and drug abuse prevention for students
  - vi.** Develop and implement drug and alcohol recovery supportive programming for students
  - vii.** Identify attendance and what worked or did not work to support attendance at educational programs
  - viii.** Support development of supervisory personnel—was implemented in Fall 2016 called Supervisory Effectiveness Program (SEP). SEP is designed to give staff professional training in the key areas of leadership competencies, policies and procedures, and people skills. In this series, of courses new supervisors learn a basic set of supervisory skills and tools. For the experienced supervisor, the program expands skills enabling the veteran supervisor to improve existing skills and acquire new ones demanded by an increasingly diverse workforce and changing workplace.

- ix. The committee recommends that in Spring 2023 and Spring 2024, IT distributes a survey attached to the Alcohol and Drug Abuse Prevention policy asking each individual to complete the survey.
- x. Increase marketing around wellness initiatives, including the Collegiate Recovery Community. Continue distribution of information regarding student support programs that directly connect students to substance use disorder recovery programs.

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**Report Prepared on October 1, 2022 by:**

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\*Employee resigned from the College prior to submission

This report reviewed and accepted by:

**Signature:**  \_\_\_\_\_  
**Dr. Victoria L. Bastecki-Perez, President**  
**Montgomery County Community College**

**Date:** 01/09/2023



## Drug & Alcohol Biennial Review Report Meeting

March 25, 2021

Microsoft Teams Video Conference

Meeting began at: 2:05pm

Attendance: Tyler Steffy, Katina Faulk, Keima Sheriff, Russel Del Rosario

- Check with Rose to see what results we received from the EverFi survey
  - o They had over 100 participants complete it.
- Russ did a training for a few students
- Do a short post on both the health and wellness page as well as Montco Connect
- Work with Matt Porter on creating a short video snippet over the next few months. Ask to schedule after Commencement
- There seems to be a lot of self-medicating, very stressful, etc.
- Possibly develop a 15-minute training on substance abuse from multiple perspectives: reach out to health sciences (Maureen Rose, Pam Roberts, etc.), public safety, (Jayden Sampson), (Sissy/Georgette Hill), Keima/David, New Director of Wellness
- Make a Connect Post and include it in the Student Happenings email around finals
  - o NAMI resources
- We were very intentional about including a plethora of resources for students and their families
- Information for the report, please include Wellness Wednesday videos
  - o Issues of self-medicating with drug and alcohol
- At our next leadership team meeting for the directors and dean leaders, Tyler asked about drug and alcohol abuse

Meeting ended at 2:58pm



## Drug & Alcohol Biennial Review Report Meeting

June 24, 2021

Microsoft Teams Video Conference

Meeting began at: 2:06pm

Attendance: Tyler Steffy, Katina Faulk, Keima Sheriff, Gabbi Hartz

- Web Site: <https://www.operationprevention.com/>
- This is a module they have that is self-paced-  
<https://www.operationprevention.com/sites/default/files/science-of-addiction/>
- In this self-paced, standards-aligned e-learning experience, students meet teens who are struggling with prescription opioid misuse and heroin use and learn the science behind their powerful stories. With strategies and resources for those being faced with a decision about prescription opioid misuse or struggles with addiction, students become better equipped to handle these experiences.
  
- Web Site: <https://www.eventbrite.com>
- This is free, they just need to sign up. The links I have listed below are events/presentations that they put on for free.
  
- **Ideas for next year:**
- Instagram post
- The Dangers of... Drinking and Driving
- Risks
- The Legal BAC limit in PA while driving is .08
- Strategies
- Utilize ride shares
- How Alcohol Impacts sleep
- Effect
- How it effects relationships
- Short Videos
- Talk to students about being a bystanders
- Doing a fun (interesting) Fact on the same day every week.
- It has been proven that once students start to realize that the same thing is going to get posted on a certain day the more likely they will check it out.
  
- I also found that some institutions are stepping away from the prevention's and focusing a little more on the recovery part.
- Creating safe places for students to talk about what they are going through

- This could be a group just for students
- I had a meeting with the WCU Wellness, and we spoke a lot about how students don't want to sit and do modules but posing this information in a new light has shown that students are more likely to pay attention to the information at hand. We also discussed the importance of normalizing the use of alcohol and cannabis (Marijuana).

Meeting ended at 2:46pm



## Drug & Alcohol Biennial Review Report Meeting

October 28, 2021

Microsoft Teams Video Conference

Meeting began at: 2:12pm

Attendance: Tyler Steffy, Katina Faulk, Keima Sheriff, Gabbi Hartz

- Unofficially may be starting a collegiate recovery program.
  - o Kickoff in early spring 2022, peer support group
- Freddie SHEGOG: lecture on mental health and substance abuse 10/13/21
  - o ~100 attendees via zoom and in person
  - o Jim Duffy had Montgomery County Community Recovery Center (AKA Pro-Act)
    - Currently completing my practicum at the Montgomery County Recovery Community Center in Norristown. We are a grass roots community-based organization also known as Pro-Act, funded by the county and the Southeast Council of Pennsylvania.
- Starting a peer led student support group in the fall of 2021 based on feedback from students, faculty, and staff of students not being able to withstand stress levels.
- Great American Smokeout
  - o Potential for an event, but not necessarily a large attraction for it.
  - o Purpose is to have folks not use tobacco products for 24 hours
  - o Promoting not smoking on campus.
  - o PSA contest for Great American Smokeout (1 winner)
  - o Events on the Tuesday before the Great American Smokeout on Thursday
  - o Promoting the quit hotline.

Meeting ended at 2:39pm



Drug & Alcohol Biennial Review Report Meeting

January 27, 2022

Microsoft Teams Video Conference

Meeting began at: 2:05pm

Attendance: Tyler Steffy, Katina Faulk, Cheryl Williams, Keima Sheriff, Nichole Kang

- We no longer have the MindWise kiosks. We only have the link for the MindWise assessment
- Tyler reached out to Holly Harris and Craig Smith on drug and alcohol usage.
- Nichole may have data from the IBX grant, Health Minds Study
- Make sure to include information about the Freddy presentations.
- TalkSpace doesn't have any information on student drug and alcohol usage.
- Make sure to include Wellness Wednesdays in the report

Meeting ended at 2:38pm



## Drug & Alcohol Biennial Review Report Meeting

February 24, 2022

Microsoft Teams Video Conference

Meeting began at: 2:06pm

Attendance: Tyler Steffy, Katina Faulk, Sam Coleman, Cheryl Williams, Diana McGuire

This update will indicate staff changes.

Just to clarify: Sam Coleman's title is Dean of Students.

Since there has been a change in the administrator position of Campus Safety, Lee Allan is serving as the current supervisor. Diane O'Connor has a key spot until a new person is hired. The President has final authority.

Question: Is the name, SSRT, still being used? This title is transitioning to Wellness Center. Also check with Nichole to see if the word, Health, will be part of the title.

The Wellness Center will expand to include Student Services (advising, registration and support).

Katina said, looking at recent article on the College Website, it seems that Wellness Center will be the final title.

Check with the Whitpain Expo for their summer plans. What content are they including?

The entire Drug and Alcohol Policy will be reviewed next fall.

We will check with the Public Safety Office to see if they have any current Drug and Alcohol Prevention Programs

It has been suggested to give the Drug and Alcohol Policy to employees in written form along with the current electronic copy. Explain the effects from use of drugs and alcohol. The policy already offers resources through Carebridge.

Give an updated copy of policy to students.

Share updates with Phil.

Have policy reviewed by departments still active on campus, with available resources clearly stated.

There is a plan for an employee handbook in the future.

How does Enrollment Services explain the Drug and Alcohol policies?

Is there an annual security report which includes the drug and alcohol prevention policy?

Does Admissions have a policy and are mailings done through Student Services or to the faculty?

Cheryl said there is a Power Point Slide shown in the program.

Another source for the future would be a contract for administrators.

Ask Natalie to give notice to students regarding drug and alcohol rules for Enrollment Services.

There is no general orientation.

There is an annual security report on the drug and alcohol abuse prevention policy.

Does Admissions have one and are emails sent to faculty?

There is reasonable assurance that Drug and Alcohol materials are received.

There is no longer a kiosk available.

How to complete the 2020 – 2022 Employee and Student Conduct Report. The last leg of the Biennial Report has been in progress. The participants made contributions up until the time that changes were made. The people who have been serving in these positions continue the work. Sam still handles judicial reports.

Is the Student Support Committee still active?

It was noted that no opinion surveys are currently used.

Concerning the Annual Review, there is the question as to who will complete it? The Dean of Student Affairs has a long-term commitment. The people on the committee continue their good work.

Meeting ended at 3:00pm





## Drug & Alcohol Biennial Review Report Meeting

March 24, 2022

Microsoft Teams Video Conference

Meeting began at: 2:15pm

Attendance: Tyler Steffy, Katina Faulk, Sam Coleman, Keima Sheriff, Cheryl Williams, Nichole Kang, Diana McGuire

The first item was on page 2, under Human Services. Looking at HSW7: An addiction degree for human services workers in a certificate program (64 credits)

Question: Is this a special course?

Dr. Ann Marie Donohue brought attention to PSY 217 – a course which deals with drug and alcohol abuse and is offered every fall and spring.

The Hospitality certificate is still offered.

Nichole: Drug and Alcohol Prevention information will be offered at the Wellness Fair at Pottstown in coordination with the Challenger Center/Wellness table in August.

Health and Science: Nurses had a table in 2021 but not in 2020.

September 25, 2022. Whitpain Community Expo: Nurses Program will offer a small health program.

This report needs to include events that were done between June 2020 and June 2022 especially in substance abuse and mental health. Nichole: what were the effects of the Pandemic on substance abuse? This information should be provided.

Next month may be the wrap up and end of the program.

Unite Corporation will bring their distracted driving message to two campuses during April 2022. This may provide material for a report on this program at the May meeting.

There were no recommendations from Public Safety from last year.

Is there a faculty program or orientation in place? Bree and Megan said there is an onboarding process with paperwork on the drug and alcohol policy.

Nichole said screening for mental health is not being used in 2022. This was available from a kiosk which was discontinued. There is an ongoing contract with Talkspace from June 2020 to May 2022.

In January 2020 the College used the Mindwise kiosk. Nichole is checking to see if there's a URL connection. Is there a way to explore anxiety/depression? It appears that there is a piece at the end to triage student issues.

Sam: At the end of May, methods will be updated for employees and students concerning drug/alcohol abuse.

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Before the Pandemic, there was some document screening as there was an epidemic in Kensington.

Question about Narcan training: Katina checked and learned that the training is being done to nursing students and to Police Academy cadets.

A usage survey to acknowledge policy is not on our portal. In Spring 2020 there were directions provided that located the survey through HR.

Tyler said there was a Microsoft form survey (Rosner, June 2019) in use in the past. There was 65% employee participation with 2,000 responses. It would be good to include in the report.

Nichole said the population is basically the same and the resource is still Carebridge.

There is attention to mental health/wellness: January-February 2022

Moving forward:

Cheryl: any CB abuse?

Should there be a drug and alcohol abuse course for employees?

It could include the Wellness Team, Student Life for the student piece with a collegiate recovery piece for students, with an in-person support system and a recovery platform.

Plan to develop a drug and alcohol recovery supportive program for students.

Meeting ended at 3:00pm



## Drug & Alcohol Biennial Review Report Meeting

April 28, 2022

Microsoft Teams Video Conference

Meeting began at: 2:06pm

Attendance: Tyler Steffy, Diana McGuire, Sam Coleman, Cheryl Williams, Nichole Kang, Katina Faulk

Under the recommendations piece of the report:

Were there any behavior recommendation pieces in the last two years?

Alcohol abuse is low on this campus. There were only two drug issues but no alcohol issues. (Sam) SEP (Supervisor Effectiveness Programming) was continued for the last two years and is still pending with awareness of EAP (Employee Affective Programming). (Cheryl)

Surveys

Cheryl: The one survey that started May 13, 2020, may have some information which could be used in this report. No more surveys have been collected but it can be recommended to bring it back next year because we no longer have the other acknowledgement options with the new portal.

Nichole: If there were negative responses, it is important to reach out to learn about substance abuse and to get feedback.

Previous recommendation: Could there be a suggestion box to establish a connection? This idea has been scrapped.

We do not have a lot of specific collegewide programming.

Students can reach out to an advisor for themselves or for peers. However, the peer part could pose issues. It is more of a resource to go to or information to share, rather than a reporting mechanism. (Sam and Nichole).

Nichole recommends the use of the College Recovery Committee, CRC, as a better way. She wants to ask POWER and Vets Services how they connect peers to their services. Tyler said to ask Craig Smith for advice on wording. The Substance Abuse Recovery Program needs a description. Tyler likes the sound of the CRC which includes the word community. It was noted that Craig Smith is restructuring the POWER program to include more substance abuse record programs.

Nichole said Dental Hygiene had a drug addiction prevention notice posted to the public early in the semester. It was not a specific program, but it could qualify.

Katina mentioned that Kimberly Beadencup informed her that materials on drug addiction are made available outside the Dental Hygiene Clinic.

In collecting data to use for the report, it was mentioned that we can include webinars and other events that deal with the substance abuse subject, even those that are not Montgomery County Community College (MCCC) sponsored.

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Personnel updates need to be made on the report:

Samuel's name will replace Nicole Henderson's name:

Samuel Coleman, Ed.D.

Dean of Students, 610-641-6619.

What is the department name? Student Success Center?

Phil Needles has Engagement & Student Experience as part of his title for his area.

Diane O'Connor, Vice President of Administrative Services

Director of Public Safety – TBA

Should David Caristo be replaced with Russ or someone else?

Goal: To review by end of May prior to the June budget. We need to get notes in for May as soon as possible. It should include everything which is available on the subject.

This review is prepared by this committee.

Next meeting date: It will be after commencement.

May 26 is the Admin Day, so it needs to be rescheduled.

May 31<sup>st</sup> may be a possibility. Look for a change of meeting.

Meeting ended at 2:32pm



## Drug & Alcohol Biennial Review Report Meeting

May 31, 2022

Microsoft Teams Video Conference

Meeting began at: 2:01pm

Attendance: Tyler Steffy, Katina Faulk, Sam Coleman, Nichole Kang, Diana McGuire

Tyler said he is planning to keep the meeting brief as matters are pending and some questions are waiting for answers. He plans to send out a report soon which will be light due to the limited time spent on campus due to COVID restrictions during 2020 through 2022.

Question to Nichole: What are the plans to bring a recovery specialist on campus to provide more leadership in Drug and Alcohol prevention? The answer is that it is possible that someone will be hired to join the campus. There is a grant available to cover a person until November and a grant which could be accessed to extend the time to February.

In early July Tyler will schedule a meeting to do a review and will consider the requirements of Part 86. Public Safety Director Lee Allan will be included.

Question to Sam: Could a Drug and Alcohol prevention message be included in the new student presentation? Sam said he believes he could fit it in especially if we have a time when College Hall opens, and things become more normal. In Spring 2020, the biggest issue was a problem with students using vaping. When we are on board again, and Sam makes a presentation at the new student kickoff and discusses the code of conduct, there will be a good opportunity. One possibility is to find a way to present the message with the inclusion of a recovery specialist on staff and after a quick welcome, possibly the Public Safety person can be included with the topic.

Then there is the question of the faculty orientation to decide how to make a presentation. There is the question about the current attention to mental health issues. The subscription to MindWise has been discontinued. There may still be links which go to SSR. The only incident in the past two years was when an employee was involved with alcohol at commencement.

Do we still have a College Recovery Community? EverFi is gone and is now called Foundry. How do we get an acknowledgement or survey introduced again? The groups which are active are: POWER, College Recovery and Students in Recovery. Possibly they would present some ideas. There needs to be a discussion with Phil Needles and any groups connected to this topic.

The Student Handbook is currently being readied. One idea would be to make the handbook information virtual in the future.

Meeting ended at: 2:25pm



## **Drug & Alcohol Abuse & Prevention Activities**

**2020-2022**

### Preventing Sexual Violence Workshops

- This workshop focused on the facts about sexual assault, PA state laws, the effects of drug and alcohol on sexual violence, steps to take after an assault and bystander intervention.
  - 09/29/2020 Own Your Impact: Sexual Assault Awareness & Consent Education
  - 09/30/2020 Own Your Impact: Bystander Intervention Tools & Resources
  - 10/06/2020 Own Your Impact: Sexual Assault Awareness & Consent Education
  - 10/07/2020 Own Your Impact: Bystander Intervention Tools & Resources
  - 3/30/21 Own Your Impact: Sexual Assault Awareness & Consent Education
  - 3/31/2021 Own Your Impact: Bystander Intervention Tools & Resources
  - 4/6/2021 Compassionate Communities
  - 04/07/2021 Healthy Relationships
  - 10/26/2021 Sexual Assault Awareness
  - 10/27/2021 Healthy Relationships
  - 10/28/2021 Engaged Bystanders
  - 05/03/22 Sexual Assault Awareness
  - 05/04/2022 Health Relationships
  - 05/05/2022 Engaged Bystanders

### Drug & Alcohol Presentations

- Provided by Russell Del Rosario to the Criminal Investigation Course in Spring 2021. Approximately 14 students were in attendance.
- Provided by Russell Del Rosario to two different Strategies for College Success classes in Fall 2021.

### Students Supporting Students

- This in person and online peer support group started in late fall 2021 and continued throughout the year on a weekly basis. It was a student-led initiative that covered a variety of topics.

### Student Athlete Orientation

- Athletics staff covered drug and alcohol information with athletes related to the Student Code of Conduct, as well as NJCAA Policies.
  - August 2020
  - August 2021

### EVERFI/Foundry Online Training

- Sponsored by Human Resources, this is an online course that aligns with the College's Drug & Alcohol Policy (found [here](#)) targeted to our students.
  - 51 students registered for the Drug & Alcohol Awareness training.

### Nutrition Counseling

- These sessions could include information on the impact that alcohol and drugs can have on an individual. Sponsored by Human Resources and open to employees of the College
  - Fall and Spring offerings 2020, 2021, and 2022.

### Courses that incorporate drug and alcohol training

- These courses were offered in fall, spring, and summer semesters.
  - ESW 236 - Personal Health and Wellness
  - ESW/PSY 255 - Human Sexuality
  - ESW 245 - Safety and First Aid
  - ESW 206 - Basic Nutrition

### Caron Peak Performance College Coaches Workshop

- On May 23, 2022, MCCC Athletics employees attended this workshop to learn about the impact alcohol and cannabis has on athletic performance and how to effectively address concerns should they arise.

### Narcan Training

- Campus Safety, nursing students, and Police Academy cadets all were provided training on Naloxone.

### POWER Program

- This program is focused on students in mental health and drug and alcohol use recovery. Students in recovery completed the Strategies for College Success course and received individual support from program staff throughout.

### Wellness Wednesday

- Sponsored by Human Resources and the Center for Faculty Success to provide educational opportunities for faculty to learn about students facing mental health challenges including alcohol and drug abuse and addiction.
- (7/22/2020) Recorded conversation promoted through email and Instagram with Penn Certified Recovery Specialist & Community Outreach Coordinator Ryan Schweiger who discussed:
  - Drug and alcohol addiction challenges as we deal with COVID-19 and social unrest
  - Advice for people who may be questioning if they have an addiction issue that

has emerged during this time

- Virtual resources for people who are struggling with addiction
  - Opportunities for in-person and virtual support for those in recovery (support groups, meetings, therapy sessions, and more)
  - How to navigate getting connected to services and removing any barrier to access them
- (9/16/2020) Promotion of Campus Safety Awareness month, with highlight on “Alcohol & Drug Abuse Prevention During Covid” fact sheet and tips
  - Weekly email promotion of National Recovery Month (October 2020) with information on employee assistance program
  - (11/18/2020) Promotion of “Managing Substance Use in a Crisis” webinar through employee resource, Health Advocate
  - (12/23/2020) Promotions of “Ready to Have a Better Relationship with Alcohol in Just 30 Days” webinar
    - Promoted Mental Health First Aid Training through Wellness Wednesday Newsletter – July 14<sup>th</sup>, 2021 (outside event, no recorded number of attendees)
    - Information on EAP program included in every Wellness Wednesday email (07/07 – 09/29/2021)
    - Promote EAP program in every HR Newsletter (07/15, 08/15, 09/15)
  - July 15, 2020 – hosted Ryan Schweiger, Certified Recovery Specialist and Community Outreach Coordinator to discuss addiction issues, resources for those with addiction issues, how to get services, provided information on:
    - Talkspace (free online messaging therapy) for Montco students:  
[www.talkspace.com/montco](http://www.talkspace.com/montco)
    - Penn Foundation's Mental Health Services:  
[www.pennfoundation.org/services/mental-health/for-adults/](http://www.pennfoundation.org/services/mental-health/for-adults/)
    - Penn Foundation's Drug & Alcohol Services:  
[www.pennfoundation.org/services/drug-and-alcohol-services/](http://www.pennfoundation.org/services/drug-and-alcohol-services/)
    - [www.namimontcopa.org](http://www.namimontcopa.org)
  - 09/24/2020 Promotion of #GoPurple for Recovery Month
  - 10/07/2020 – Discuss emotional responses when feeling overwhelmed, stressed, or even trapped, and how to tackle these issues in a healthy, positive manner
  - 09/07/2021 – Hosted Dr. Nichole Kang to provide information about new health and wellness resources that will be offered to Montco students. These services will include:
    - Asynchronous, and synchronous (real-time) virtual counseling sessions through Talkspace, free of charge. (Students 14+)
    - Psychiatry services for the campus community, free of charge. (Students 18+)
  - 09/27/2021 Instagram Post and email blast on National Recovery Month and promoted Student Support and Referral Team (SSRT) to promote awareness and show support for those facing mental health and substance use disorders.



- **Wellness Wednesday Email Blast (targeting Employees)**
- 07/29/2020 - Promotion of PA Training for Health & Safety webinar: Drug Free Workplace: Managing Stress While Working from Home
- 09/16/2020: Promotion of National Suicide Prevention Awareness Month
- 09/30 - 10/20/2020: Promotion of #GoPurple and National Recovery Month
- 11/6/2020 promotion of American College Health Association Webinar: Creating Support System for Students in Isolation and Quarantine
- 11/18/2020 promotion of HealthAdvocate Webinar: Managing Substance Use in a Crisis
- 12/23/2020: Promotion of Webinar: Ready to Have a Better Relationship with Alcohol?
- 02/24/2021 promotion of Carebridge Virtual Emotional Support Group: Ongoing Emotional Consequences during Challenging Times
- 05/21/2021: Promotion of May Mental Health Awareness Month, highlighting EAP benefits available to employees
- 06/16 2021: Hosted webinar with Exude on: Mental Health Wellness & Support
- 07/21/2021: Promotion of Virtual Mental Health First Aid Training and Certification
- 12/22/2021: Promotion of NAMI Virtual Connection Recovery and Support Group
- 02/02/2022: Promotion of Webinar: Addressing Mental Health & Substance Use in the Workplace (Supervisors Guide)
- 03/16/2022 promotion of webinar: Recovery Ready Workplace: Supporting Employees at any stage of Recovery
- 04/06/2022: share out link to Alcohol Dependency quiz to employees as part of Alcohol Awareness month & promotion of Carebridge webinar: Alcohol: How Much is Too Much?
- 03/28/2022: virtual training *Impact of the Pandemic on Mental Health and Substance Abuse*, informational session for faculty about the impact on students and what resources are available to support them

#### Tobacco-Free Campuses Virtual Summit

- Virtual summit engaging in discussions for helping move campuses towards being tobacco-free.
  - October 11, 2021

#### Arrive Alive Tour

- In April 2022, Student Life included the Arrive Alive Tour as part of Spring Fling at both the Pottstown and Blue Bell Campuses. This tour was a driving simulation for distracted, drunk, or drugged driving.

#### Healthy Minds Study Survey

- Surveys were sent out to Montco students to assess health and well-being.
  - Spring 2021

#### Talkspace

- Free online mental health therapy was made available for all Montco students.

- From June 2020 through May 30, 2022, MCCC contracted with Talkspace to provide online therapy to all students. From June 2020 – June 2021, all therapy was provided via asynchronous chat. Starting in June 2021, the contract was upgraded to include live virtual sessions and psychiatry, all at no charge to the students. The following data was provided from student surveys in June 2020 through December 31, 2021:
  - 976 students registered for Talkspace services
  - 54% of registered students had never been in therapy in the past.
  - 67% of students who responded to surveys saw improvement in their mental health.

#### TimelyCare

- In May 2022, MCCC launched a new platform which will provide 24/7 online, on demand mental and physical health services through licensed providers.