

A MESSAGE FROM THE DIRECTOR

Use the Media to Keep Prevention on the Public Agenda

by William DeJong

The past two years have seen widespread news coverage of alcohol and other drug use by U.S. college students. This coverage has brought to national attention a problem that the higher education community may not always acknowledge, but fully understands. On many campuses, student drinking and drug use continues to undermine the ability of these colleges and universities to achieve their educational mission.

This is not a new problem. What is new, however, is the amount of news coverage it is receiving. In 1994, Columbia University's Center on Addiction and Substance Abuse led by Joseph A. Califano, Jr., issued its seminal report, *Rethinking Rites of Passage: Substance Abuse on America's Campuses*. Later that year, the *Journal of the American Medical Association* published the results of a national survey of college students conducted by Henry Wechsler of the Harvard School of Public Health. Since then, the issue of student alcohol use has been high on the public agenda and continues to receive frequent coverage in *The New York Times*, the *Washington Post*, and other newspapers across the country.

For college administrators, prevention coordinators, and other school officials who are concerned about student drinking, news media interest in this story provides a significant opportunity to build school and community support for a multifaceted attack on the problem. Because of the news coverage, college officials, political leaders, and the public at large are increasingly aware that alcohol use cannot be taken lightly as a rite of passage for American youth. The time to push for innovative and comprehensive change is now.

Those of us who have devoted our careers to helping solve this problem must do whatever we can to keep the story of student drinking and drug use alive in the news media. Why? As public concern continues to grow, colleges and universities will be under increasing pressure in coming years to reduce violence and other problems resulting from the misuse of alcohol and other drugs by their students. Pressure will come from prospective students, the

vast majority of whom want to make sure that they attend a college that will allow them to use their school years as productively as they can. It will also come from parents, who will choose to enroll their children in colleges that are dealing with the problem aggressively.



I am not suggesting that we continue to promote only news stories on the extent of the problem. Publicizing solutions is key. Many higher education officials are

revamping and toughening their prevention policies. Others are working collaboratively with students and joining local community coalitions. Some officials are even exploring the very structure of their institution, including the basic premises of their educational program, to see how it affects alcohol and other drug use.

The Higher Education Center for Alcohol and Other Drug Prevention

was established more than two years ago by the U.S. Department of Education to help institutions of higher education develop, implement, and evaluate new strategies for addressing alcohol and other drug use among postsecondary students. As we pursue that mission, my colleagues and I will also continue to be a visible force in bringing national attention to these problems on college and university campuses and to the new solutions that you are implementing. We look forward to working with you in the years ahead.

William DeJong, Ph.D., is the director of The Higher Education Center for Alcohol and Other Drug Prevention and a lecturer on health communication at the Harvard School of Public Health.

The public is increasingly aware that alcohol use cannot be taken lightly as a "rite of passage" for American youth.

1994–1995 Search for Promising Programs

The U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Prevention is pleased to announce the finalists in its 1994–1995 Search for Promising Campus Alcohol and Other Drug Prevention Programs. Nominations were sought from institutions of higher education (IHEs) throughout the United States. Programs were judged against the following criteria: documented effectiveness; replicable in a large number of IHEs; reasonable costs for services delivered; and willingness to provide information to the Higher Education Center and other IHE administrators. Prevention programs at the following universities were selected based on review of submitted materials and telephone interviews:

Northern Illinois University
State University of New York at New Paltz
University of Missouri at Columbia
University of Oregon at Eugene
Western Washington University

These universities are to be commended for helping to create a healthier environment for all students, and we wish them continued success in their efforts.

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Editor: Barbara E. Ryan

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Prevention Consortia: A Success Story

by Peter L. Myers

Prior to 1989, few institutions of higher education came together as a group to address alcohol and other drug problems. But that changed when Bill Burns, acting director of Drug Prevention Programs of the U.S. Department of Education's Fund for the Improvement of Postsecondary Education (FIPSE), advanced the idea of a "Prevention Professionals Anonymous" support systems, and FIPSE initiated its prevention consortium grant program.

Prevention consortia have proved to be an extremely cost-effective way for generating, supporting, and advocating interest in alcohol and other drug prevention efforts at institutions of higher education (IHEs). Consortia also provide opportunities for training new campus prevention professionals, as well as a public presence for IHEs to make their efforts and concerns known to decisionmakers. In addition, consortia are a way for IHEs to pool scarce resources and, as Burns envisioned, provide a structure for those working in prevention at IHEs to find sorely needed social support, build a professional identity, and break down barriers between institutions.

From 1993 to 1995, I directed the Alliance of Higher Education Drug Prevention Consortia, a FIPSE-funded "consortium of consortia." Ninety-one consortia joined the Alliance. Currently, 125 active consortia are listed in the Alliance database, including many that have been operating continuously since 1989 or 1990.

The 125 prevention consortia in the Alliance database range in size from 3 to 30 active member IHEs, with a mean size of about 10. That means that about 1,250 IHEs are prevention consortia members.

According to a recent Alliance survey of consortia, about 25 percent have conducted curriculum infusion projects, published newsletters, met with neighboring consortia, and held contests for logos, t-shirts, or prize essays, among other activities.

The survey found that few consortia have established relationships with state departments of higher education or alcohol and drug services. Those that have report that such relationships have been fruitful,

if not critical, for their continuation strategies. Few consortia report involvement with smoking prevention activities.

Cuts in funding for higher education mean that consortia must increasingly compete for the time of their members, who often have multiple assignments and increased work loads. However, this multifunctional institution is both valuable and economically

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easy to maintain. I predict the continued survival of IHE prevention consortia and a broadening of their focus to include issues such as smoking cessation and sexual harassment. I know that I speak for many involved in prevention consortia in treasuring the friendships as well as the knowledge and skills garnered through membership.

Peter L. Myers, Ph.D., is the director of the Addiction Counselor Training Program at Essex County College, Newark, New Jersey. Donna Smith assisted in the preparation of this article.

Editor's note: Look for the prevention consortia database on the Center's World Wide Web page.

Under the Influence

Dealing Effectively with a Drunken Student

What's the best way to handle a drunken student? To find out how other campuses deal with intoxicated students, Alice C. Wygant, director of the Alcohol and Drug Awareness Program of the University of Texas Medical Branch at Galveston, posted a query on the Internet.

Seven colleges and universities responded to Wygant's posting. The main concern underlying all policies is the health and safety of students. In response to annual reports of alcohol poisoning deaths of students, some campuses have established quick response procedures to ensure that students are carefully monitored.

Duke University has an amnesty clause in its alcohol policy to encourage students to take their friends to the emergency department or call for assistance when help is needed. Linda Studer-Ellis, assistant dean for student development at Duke said, "We needed to try to protect the health and safety of that intoxicated student more than worry about equity issues or punishment."

At Brown University the full-service campus Emergency Medical Services is available to respond to calls for help 24 hours a day, 365 days a year. Brown's EMS and Health Education Departments put together a bookmark, "What Do I Do If a Friend Is Drunk," to give students some guidelines on when to call EMS for help.

If campus police at Middle Tennessee State University get involved with an intoxicated student, they make a report, but also make certain that the student gets necessary care. Care ranges from an escort home to transport to a hospital emergency center. According to Gail Stephens, associate dean of students, repeated incidences of drunkenness get students referred to the A.W.A.K.E. (Alcohol Wellness Awareness Knowledge and Education) program for appropriate services.

At Rice University the Health Education Office trains about 160 students annually in first aid and safety for caring for intoxicated persons. According to Cynthia Lanier, Dr.P.H., director of health education, campus police call those on the list of trained stu-

dents until they find someone who will watch over a student who is not unconscious, but who needs monitoring. Campus police transport severely intoxicated students to the hospital.

While the immediate protection of the health and safety of intoxicated students is the first priority for those campuses responding to Wygant's query about policies, students may find themselves subject to later disciplinary action. For example, intoxicated students picked up by campus police at

Rice University may have to answer for their behavior before the University High Court, a panel of students.

According to campus police at the University of California at San Diego, students who drink to intoxication can wind up at the county health depart-

ment's detoxification center or in jail. All students driving drunk on campus are arrested by campus police. In addition, police officers have breath machines to test blood alcohol levels and, in accord with California's DUI laws, confiscate the license of anyone under 21 driving with any trace of alcohol in them.

Policies on how to respond to intoxicated students can have a marked impact on student health and safety concerns. While IHEs may wish to communicate strongly behavioral standards that do not tolerate drunkenness, if the adverse consequences for violating those standards are perceived as being too harsh, students may risk their own—or their friends—safety to avoid detection. IHEs across the nation are grappling with how best to balance the community's interest in maintaining civility and sobriety.

The main concern underlying all policies is the health and safety of students.

Good Samaritans on Campus

In *College Health Services Should Promote Good Samaritan Rules as Part of University Health Policies*, author Philip Meilman, Ph.D., recommends getting intoxicated students to a hospital emergency room if any of the following conditions apply:

- student is unable to stand or walk, or can do so only with difficulty
- student is only poorly aware of her or his surroundings
- student has difficulty breathing
- student has passed out or is stuporous
- student has fever or chills
- student has difficulty speaking or identifying him/herself to others
- student is obnoxious or unruly
- student is reported to have consumed a large quantity of alcohol, or chugged, or ingested other sedating or tranquilizing drugs within the last 30 minutes

If students do not present any of the above symptoms, Meilman recommends getting them back to their rooms under the care of a sober friend or roommate, provided the following four conditions are all met:

- student is conscious, alert, and appears to understand the risks of the situation
- student can state his or her name, class, and campus address
- student is able to stand or walk without assistance, even though speech may be slurred
- person who has agreed to care for the intoxicated student has read and understands an instruction sheet on the care of an intoxicated individual

However, for borderline cases, the recommendation is always to transport the student to a medical facility for emergency care.

Century Council Launches Search for the Best

During the past decade, colleges and universities have initiated a wide range of activities and programs to reduce adverse consequences associated with alcohol use by their students. Now an organization established by alcohol producers and wholesalers is sponsoring a nationwide program called *Promising Practices* to identify those programs that have shown the most success in reducing alcohol problems.

Founded in 1991 by a group of vintners and distillers, the Century Council has funded a number of alcohol problem prevention and education initiatives, including *Cops in Shops*, a program aimed at reducing underage alcohol sales.

The campus-focused program will culminate in fall 1996 with the publication and distribution of a report complete with case studies and summaries of campus prevention initiatives.

Principal investigators for *Promising Practices* are David Anderson, Ed.D., of George Mason University's Institute of Public Policy, and Gail Milgram, Ph.D., of The Center for Alcohol Studies at Rutgers University. They are assisted by an advisory panel of national experts, which includes:

- Bruce Donovan, Ph.D., associate dean and professor of classics, Brown University
- Allan Cohen, Ph.D., president, Pacific Institute for Research and Evaluation
- Drew Hunter, executive director, BACCHUS/GAMMA Peer Education Network
- Alan Marlatt, Ph.D., professor of psychology, University of Washington
- Carole Middlebrooks, coordinator of alcohol and other drug education, University of Georgia

For additional information on the Century Council's *Promising Practices* project, write to The Center for Advancement of Public Health, TIPP MS 1F5, George Mason University, Fairfax, VA, 22030, tel: (703) 993-3697, fax: (703) 993-3763, e-mail: <danderso@gmu.edu>.

Covering the Story: Advice to Student Journalists

The following is an excerpt from a speech by Debra Rosenberg, a correspondent for *Newsweek*, at the U.S. Department of Education's National Symposium for College Newspaper Journalists in Washington, D.C., on September 10, 1995. The full text can be found on the Higher Education Center's World Wide Web site <<http://www.edc.org/hec/>>.

The annual banquet of the *Yale Daily News* is a high-minded event that once attracted the likes of Dwight Eisenhower as guest speaker. Last year, the featured speaker was writer Christopher Buckley, author of, among other things, the (satirical) book *Thank You for Smoking*.

You wouldn't think Buckley would be the squeamish type. But the scene he encountered in the dining room of the New Haven Lawn Club looked like something out of a Munich beer hall. He was so revolted by the drunken behavior of the Yale journalists that he denounced the banquet in *The New York Times*. "At one table, a fifth of vodka was being passed around and glugged from. At another table, a woman was slumped over her boyfriend, unconscious. Well, they had been drinking since 5 in the afternoon," Buckley wrote.

"Apparently the trend these days is to *front-load*, that is, go to a party before the event and get so tanked that you will feel no pain later on," Buckley explained. He disclosed the fact that the banquet had, in fact, been permanently banned from campus because too many of the guests had been, as he put it, "collectively unwell."

In a *Newsweek* article last fall, *Yale Daily News* editor-in-chief Jeffrey Glasser admitted that "some people drank, and were a bit rowdy...but no *News* editor has ever been taken to the hospital after a banquet and nobody fell unconscious at this year's event."

Not everyone seems to remember it that way. "One or two people have passed out at the banquet every year for the last few years," another editor told

Newsweek. But, she said, "It's always less than five."

Now—would you take a *Yale Daily News* story about alcohol seriously?

Within major news organizations, it's a generally accepted rule that reporters give up some of their personal rights when they agree to cover a beat. Reporters who cover abortion aren't allowed to march in pro-choice rallies on their day off. Reporters who cover education don't run for school board. Although it sounds extreme, I've met reporters who won't vote in elections because they don't want to even appear to have a conflict of interest.

"What you write can affect thousands of people at a critical time in their lives."

For student journalists, the rules aren't as hard and fast. But you should be aware of the potential for conflict. What you write can affect thousands of people at a critical time in their lives. Your words deserve to be taken seriously. But alcohol

and other drugs are such a part of campus life that it may be impossible for you to cover them without a conflict of interest. Even if the drunken escapades of your editors don't make *The New York Times*, drug issues are some of the toughest you'll have to tackle.

I should know. As first a reporter and then feature editor for the *Wellesley News*, I wrote reviews of concerts, movies, plays, and art videos. I wrote a feature on writer Eudora Welty, a news story about divesting from South Africa, and a column about what to eat during exams. But I didn't write a column inch about alcohol, tobacco, or other drugs. And as far as I can remember, neither did any other reporter. It's not as though drugs weren't an issue on campus. We just pretended they weren't.

Now I can easily think of a number of good stories the *Wellesley News* could have run. In the 1980s, Wellesley was one of the few schools that actually enforced the 21-year-old drinking age at campus parties. Beer was served, but only in a separate drinking room. To get in, you would show your ID and be fitted with a plastic hospital bracelet. The only way to remove the bracelet was to cut it, so you couldn't get one and pass it to a friend.

But students always found ways around this. *The Wellesley News* could have run an investigative report on how easy it was to sneak into drinking rooms.

Another story might have followed the busloads of Wellesley students who headed to parties at MIT's fraternity houses every weekend. An MIT fraternity party might sound like an oxymoron. Animal House it was not. But it was an unregulated, free-flowing source of alcohol and God knows what else. The frats usually charged a few bucks to get in the door, then it was all-you-could-drink and then some. There were kegs, open bars, and bowls of fruit punch spiked with grain alcohol.

The Wellesley News could have done a series on who bought the alcohol or why MIT didn't regulate its frats. We could have reported on the date rapes, accidents, illnesses, and fights that no doubt stemmed from those parties.

But the paper ran none of those stories. Looking back on it, I can understand why. Most reporters are part of the communities they cover. The mayor they write about is their mayor. The schools they scrutinize are schools their kids head to on Monday mornings. But I doubt even the smallest town can match the closeness of a college campus. As college journalists, your subjects are your friends,

your teachers, your mentors, your neighbors. If most reporters write a story their readers don't like, they might get an angry phone call or an irate letter to the editor. For you, feedback can lurk around every corner.

That makes it that much harder to handle subjects like alcohol and other drugs, where it's easy to write a story that offends virtually everyone. Students won't take kindly to that hard-hitting investigative piece that sparks a crackdown on underage drinking. They'll expect stories that give them the print equivalent of a wink and tell them where to find the best parties. And administrators might not appreciate your publicizing the skyrocketing rate of alcohol poisoning or the ease with which you can buy crack cocaine on campus. They'll want articles on how strict campus police are this year.

You can see why it was easier for the *Wellesley News* to cover performance art instead. But we did our readers a disservice by ignoring alcohol and other drug issues. You have, as this conference title tells you, the responsibility to inform and the power to act. Students will listen to you—as long as you don't preach. If you launch into some kind of *war on drugs* diatribe, they'll tune you out. And rightly so. You've got to strike a delicate balance.

In Memorium: Laura Griffin

Many of you may have known Laura Griffin, director of the Substance Abuse Prevention Program at the College of Charleston. She worked in prevention work for seven years, attending and presenting at many conferences. Laura died on January 23, after being struck by a hit-and-run driver and suffering severe brain damage.

She spent her time at the College of Charleston building a fully staffed and institutionally funded Prevention Department out of a small highway safety grant. She was about to get her doctorate in clinical community psychology from the University of South Carolina.

Laura touched the lives of everyone she met in the most positive ways. Those of us who worked closely with her knew her gift for inspiring people to go out and inspire and educate many others. There is no way to fully explain what Laura meant to all of us.

She pulled me out of a severe alcohol addiction—and did so much for other people—so for me the best way to summarize what she meant to all of us was said at her memorial service: "Her death was unnecessary, but her life was not." How much we will miss her here.

Laura's family has started a memorial at the College of Charleston and Wofford College in her name. This fund will be used to provide training opportunities to substance abuse prevention workers in our departments.

Jason P. Lawandales, associate director, Office of Substance Abuse Prevention, College of Charleston, South Carolina, 29424, tel: (803) 953-5744, fax: (803) 953-8283

Story Ideas for '96

Newsweek correspondent Debra Rosenberg suggested that student journalists consider the following topics for articles in 1996:

- Look at the resurgence of "old" drugs, such as heroin. Police are seeing it make a return to the streets and, increasingly, show up among the middle class. That means it may be only a matter of time before heroin winds up on campus.
- Examine the drug culture inspired by the death of Grateful Dead leader Jerry Garcia. How are drugs tied into today's concert and music scene?
- Investigate the subject of tobacco. President Clinton's plan to crack down on teen smoking may hit close to campus. What's the campus attitude toward ciga-

rettes? Is smoking still considered glamorous? What about tobacco advertising? Do students really identify with Joe Camel? What do students think about Clinton's idea to eliminate all the free t-shirts and gym bags from tobacco company's promotions?

Rosenberg also encouraged student journalists to make use of new technology in their reporting. "Nearly every student in the country has e-mail these days. Take advantage of the Internet. A few hours of lurking on Usenet groups like alt.drugs can put you in touch with the perfect interview subjects. If your school has its own newsgroups, you can even post queries and conduct your own unscientific polls," she said at the *National Symposium for College Newspaper Journalists*.

The 1996 National Meeting on Alcohol, Other Drugs, & Violence Prevention in Higher Education

Sponsored by the U.S. Department of Education

Park City, Utah (Site of the 2002 Winter Olympics)
October 10–13, 1996

Registration Information and Materials

The U.S. Department of Education's 1996 National Meeting on Alcohol, Other Drugs & Violence Prevention is being held in Park City, Utah, October 10–13, 1996. The State of Utah Division of Substance Abuse and the Utah Association of Substance Abuse Program Providers are hosting the National Meeting this year. The State of Utah Annual Meeting (October 8–11) and the National Meeting (October 10–13) will occur during the same week and in the same location for your convenience. Plan to attend both meetings!

To Obtain the Most Current Information and Announcements

Regularly updated National Meeting information, announcements, registration materials, program agenda, and other information about the Park City area can be viewed and downloaded from the U.S. Department of Education's Higher Education Center Web site <<http://www.edc.org/hec/>>.

Accommodations

You must make your own arrangements for accommodations. Mention the National Meeting to receive a special conference hotel room rate of \$55.00, single or double occupancy, at the following hotels:

Yarrow Hotel
1800 Park Avenue
Park City, Utah 84060
(800) 327-2332

Olympia Park Hotel
1895 Sidewinder Drive
Park City, Utah 84060
(800) 754-3279

Travel

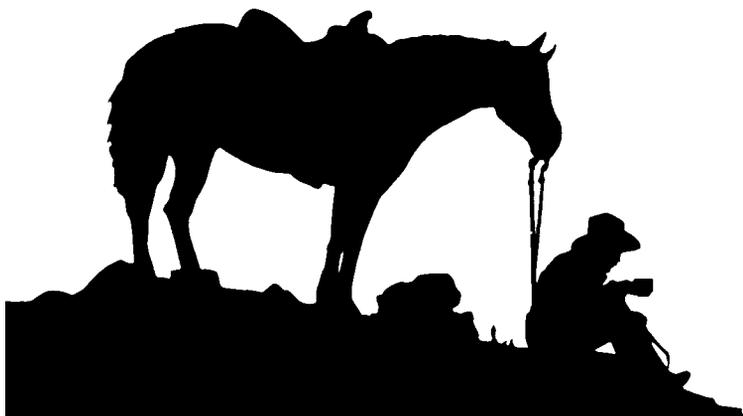
For your information in making travel arrangements, **flights arrive at the Salt Lake City airport**. Park City is located 35 miles east of Salt Lake City and the Utah Division of Substance Abuse will arrange shuttle transportation service if necessary. Procedures for arranging transportation from the airport to Park City will be included in the National Meeting registration packets, which will be mailed to you within 4 weeks of registration.

Attention Exhibitors

There are no exhibitor fees for FIPSE grantees and institutions of higher education.

The State of Utah Division of Substance Abuse and the State of Utah Association of Substance Abuse Program Providers welcome profit and nonprofit agencies and organizations to exhibit their products, materials, and services. For information about exhibitor guidelines and fees contact:

Kiffanie Kinghorn, Utah Division of Substance Abuse
120 North 200 West, Salt Lake City, Utah 84103
Tel: (801) 538-3953, Fax: (801) 538-4696



Registration Form

The National Meeting on Alcohol, Other Drugs, & Violence Prevention in Higher Education

Full Name _____
First M.I. Last

Student () Professional () Title _____

Institution of Higher Education/Organization _____

Address _____

City _____ State _____ ZIP _____

Telephone (work) _____ Fax _____ E-mail _____

Registration Fees (paid ONLY by Check or VISA)

Professional Staff—\$295
(\$395 after August 23, 1996)

Students—\$95
(\$125 after August 23, 1996)

The registration fee includes all National Meeting sessions, admission to exhibits, break refreshments, and meals including program keynote dinner (1), luncheons (2), and breakfast (1). Sorry, cash, purchase orders and other credit cards cannot be accepted. National Meeting attendees may attend Utah State meeting sessions (October 8–11) at no extra charge, courtesy of the Utah Division of Substance Abuse.

Payment Method (Please Check Appropriate Box)

My enclosed check in the amount of _____ is made payable to the

U.A.S.A.P.P.

I am paying by VISA card # _____

CARD NUMBER

EXPIRATION DATE

SIGNATURE

(Sorry, cash and other credit cards not accepted)

I am submitting my registration form by fax to (801) 538-4696. My check will follow by mail.

Mail registration and/or payment to:

Utah Division of Substance Abuse
120 North 200 West
Salt Lake City, Utah 84103

Special Needs Accommodations

I require special accommodations. (You will be contacted by a member of the Planning Committee.)

Cancellations

Cancellations must be made in writing and post-marked by September 27, 1996. An administrative fee of \$20 will be assessed for each cancellation. No-shows and cancellations after September 27, 1996 are not eligible for refunds.

Please send notices of cancellation to:

Utah Division of Substance Abuse
120 North 200 West
Salt Lake City, Utah 84103

How to reach us...

The Higher Education Center for Alcohol and Other Drug Prevention is located at:

Education Development Center, Inc.
55 Chapel Street
Newton, MA 02158-1060

Reach us by calling toll-free (800) 676-1730, by fax (617) 527-4096, by e-mail <HigherEdCtr@edc.org>, or through our Web site on the Internet at <<http://www.edc.org/hec/>>.

Visit our resource room when you are in the nation's capital. The Center maintains a library resource room at:

Social & Health Services, Ltd. (SHS)
1142 Rockville Pike
Suite 100
Rockville, MD 20852

Please call (301) 770-5800 for an appointment. SHS also houses NCADI, which also has a library you can visit.

Training Opportunities

Helping colleges and universities ensure safe and healthy environments conducive to academic success is the goal of the 1996 training program of The Higher Education Center for Alcohol and Other Drug Prevention.

The Center will sponsor prevention workshops at national and regional conferences convened by professional associations, student groups, and member institutions of the Network Committed to the Elimination of Drug and Alcohol Abuse.

Upcoming training events cover risk assessment and prevention strategies for alcohol-related problems, program evaluation, campus and community coalition building, and policy development for maintaining a campus free of drug problems. Other training opportunities are available regionally through the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse. Training sessions now scheduled include:

AUGUST

22 CRUSADA Network Meeting (University of Rhode Island)

SEPTEMBER

13 Drive Indiana (Southern Illinois University)

13 College Alcohol/Drug Educators Meeting (University of Northern Colorado)

26-29 Northwest College Personnel Association—WCPA (Portland State University)

The Center anticipates future announcements about additional 1996 training opportunities in New England, Puerto Rico, Washington state, Texas, and other venues. Updates on training events will be posted on the Center's Web site <<http://www.edc.org/hec/>>.

To be added to the mailing list to receive specific announcements of Center and Network training, please contact Tom Colthurst (e-mail <tcalthurst@ucsd.edu>; fax (619) 554-0485; mail Higher Education Center, UCSD 0968, 9500 Gilman Drive, La Jolla, CA 92093-0968; or phone (619) 626-4361).

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What Is the NETWORK?

by Lyle Edmison

More than 1,500 colleges and universities have some knowledge of the Network Committed to the Elimination of Drug and Alcohol Abuse. They are members of the Network by virtue of attesting to their commitment to a set of Guidelines developed by the Network and endorsed by more than 20 professional higher education associations.

In 1986 the U.S. Congress addressed problems associated with alcohol and other drug use among college and university students by enacting the Drug Free Schools and Campuses Act "to establish, implement and expand programs of drug abuse education and prevention (including rehabilitation referral) for students enrolled in colleges and universities." But when institutions of higher education moved to implement effective strategies or model programs for responding to problems related to alcohol or other drug use, they encountered a paucity of information on prevention at colleges and universities in national databases and the research literature. And there was no existing formal mechanism for colleges and universities to share information and experiences on effective prevention measures.

To respond to the needs of the higher education community both in complying with federal law and in reducing problems, in 1987 the U.S. Department of Education called for the establishment of a network of individuals willing to commit time, energy, and resources to alcohol and other drug problem prevention. Almost a decade later, the Network continues to serve the goals established by the Department's Office of Education Research and Improvement. They are:

- to collect and disseminate research and practice-based knowledge about successful alcohol and other drug programs
- to provide a forum and mechanism for continuing communication and collaboration among institutions of higher education
- to identify areas and problems for further research and development

During the Network's first six years of operation a planning group provided guidance, publishing monographs and convening an annual National Forum for campus leaders, including presidents, vice presidents, and representatives of campus police departments, health services, counseling services, and alcohol and other drug prevention practitioners.

The planning group recommended that the

Network be organized into regions. With the approval of the U.S. Department of Education, the Network was organized in 21 regions, each led by a volunteer coordinator. Regional coordinators and their home campuses commit time, energy, and resources towards achieving the goals of the Network.

Through its Higher Education Center for Alcohol and Other Drug Prevention, the U.S. Department of Education assists the Network by providing leadership and modest funding for the regions. Currently, regional coordinators, with assistance from the Higher Education Center, are developing a long-range plan for prevention at IHEs based on the Network model of committed volunteers and campus administrators. This cooperative approach to prevention enables the Network to advance its goals at a very low cost.

Lyle Edmison, Ph.D., is professor and vice president emeritus of California State University, Hayward, and member of the Executive Committee of the Network Committed to the Elimination of Drug and Alcohol Abuse.

Editor's Note: This is the first in a series of articles on the activities of the Network.

NETWORK Cosponsors Research Conference

The fourth annual University of Iowa (U of I) Summer Research Conference brought student affairs administrators and health educators from Iowa, Minnesota, and Wisconsin together to discuss recent developments in alcohol and other drug problem prevention among college and university students. Cosponsored by the Upper Midwest Regional Network of Colleges and Universities Committed to the Elimination of Drug Abuse, the conference was held in Iowa City last July.

According to conference coordinator Thomas Baker, of the U of I Dean of Students Office, participants showed great interest in the findings presented from two national studies, as well as topics related to gender issues. Participants were also given an update on recent federal developments in regulations and funding for substance abuse projects.

Michael Haines, prevention practitioner and researcher at Northern Illinois University (NIU),

NETWORK OF COLLEGES AND UNIVERSITIES Committed To The Elimination Of Drug And Alcohol Abuse

headlined the conference. Haines, a popular speaker whose own project has reduced binge drinking rates at NIU, discussed the implications of the Harvard University School of Public Health national survey on binge drinking. The Harvard study helped refocus attention on student drinking behavior by attracting widespread media attention. Foremost among the conclusions of the study was the recognition of the secondhand effects of binge drinking.

In addition to determining prevalence of drinking statistics, the Harvard researchers, like many other national leaders in the field of alcohol and other drug problem prevention, went even further and advocated specific changes in college alcohol policies. A 1994 report by the Center on Addictions and Substance Abuse at Columbia University also presented a comprehensive plan to reduce alcohol and other drug problems on the nation's campuses.

However, conference coordinator Baker says: "Not all of their conclusions and recommendations have been universally embraced." Indeed, these conclusions have created significant controversy. Numerous letters have been sent to newspaper editors from prominent researchers in the field of college alcohol and other drug problem prevention. "Nevertheless, this gives us an opportunity to reevaluate our own assumptions about substance abuse behavior and examine the issues from a fresh perspective," Baker added.

Editor's note: This article was adapted from an article by Tom Baker published in The Network News (Vol. 1, No. 2, Sept./Oct 1995), a semiannual newsletter of the Regional Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse in Iowa, Minnesota, and Wisconsin. For more information on the newsletter call Chuck Cychosz, (515) 294-4256.

Three Good Reasons to Join the NETWORK

First OPPORTUNITIES TO NETWORK

There are 1,500 colleges and universities that are members of the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse. In addition to the National Meeting, members have the opportunity to be informed in a timely manner, at the national level, of events relevant to campus alcohol and other drug prevention programs. The Higher Education Center maintains a hotline for information, but members of the Network also contact one another for ideas, suggestions, and information relevant to campus programs.

Second REGIONAL ACTIVITIES

Perhaps most important is the division of the nation into regions each with one or more regional coordinators. Regional coordinators are responsible for developing a cohesive network for information exchange—including regional conferences, regional newsletters, and regional membership lists. The U.S. Department of Education awards mini-grants to regions to facilitate the promotion of programs designed to advance the goals of the Network.

Third IT'S FREE!

An outstanding aspect of the Network is that it is FREE! The Network personpower is voluntary and it offers a chance for campus personnel to become involved at both the regional and national levels. Because it is voluntary, there is no cost to join.

BECOMING A MEMBER IS AS EASY AS 1-2-3, TOO!

The Network Guidelines, developed in 1987, define the criteria for institutional membership. Network members are expected to embrace the principles and procedures outlined within the four areas of policy, education, enforcement, and assessment.

For a copy of the Guidelines, you may contact the Higher Education Center at tel: (617) 969-7101 or fax: (617) 244-3436.

To join the Network you should request your president to write a letter indicating your institution's commitment to implementing the Network Guidelines. The letter should be addressed to:

Mr. Michael Gilbreath
Network Membership

The Higher Education Center for Alcohol and Other Drug Prevention

Education Development Center, Inc.
55 Chapel Street
Newton, MA 02158-1060

(Or, you may fax Mr. Gilbreath at the number listed above.)

Sample Letter of Request

Dear Mr. Gilbreath:

Our campus, (name of your institution), wishes to join the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse sponsored by the U.S. Department of Education. We have a copy of the Guidelines of the Network and we are committed to implementing these on the campus. We understand that compliance with the Network Guidelines does not constitute compliance with Public Law 101-226 (1989), but does provide us entré to information exchange at the regional and national levels.

Sincerely,

(Signed)
President