

Drug and Alcohol Abuse Prevention Program (DAAPP)

Purpose and Legal Authority

The College of Westchester maintains a Drug and Alcohol Abuse Prevention Program in accordance with the Drug-Free Schools and Communities Act, the Drug-Free Workplace Act of 1988, and implementing regulations contained in 34 CFR Part 86.

The purpose of this program is to prevent the unlawful possession, use, or distribution of alcohol and illegal drugs by students and employees and to provide information regarding the health risks associated with substance abuse, available counseling resources, prevention programming, institutional sanctions, and applicable legal penalties.

Anti-Drug and Alcohol Policy

The *Anti-Drug and Alcohol Policy* is available in both the Student Handbook and the Employee Handbook. This outlines more information about prohibited substances and activities, as well as institutional and legal sanctions. In addition, this details the College's amnesty policy regarding substance use and its parental notification policy.

Health Risks Associated with Drug and Alcohol Abuse

The health risks associated with the use of illegal drugs and the abuse of alcohol include physical and mental impairment, emotional and psychological deterioration, addiction and dependency, impaired judgment and coordination, liver damage, cardiovascular complications, fine and gross motor degeneration, overdose, and death.

In addition to the health risks to the abuser of illegal drugs and alcohol are the risks posed to co-workers, students, and the public due to impaired judgment, unsafe behavior, and diminished academic or workplace performance.

Examples of health risks include:

Alcohol: impaired judgment, addiction, liver disease, heart complications, memory impairment, and alcohol poisoning

Marijuana/Cannabis: impaired concentration, altered coordination, anxiety, dependency, and impaired academic performance

Opioids: addiction, respiratory depression, overdose, and death

Cocaine and Other Stimulants: elevated heart rate, stroke, cardiac arrest, anxiety, and psychosis

Misuse of Prescription Drugs: dependency, overdose, impaired cognitive functioning, and dangerous drug interactions

Counseling and Treatment Programs

The College of Westchester's Counseling Center can provide referrals to students with problems related to alcohol and drug use. Information about substance abuse and treatment programs is available in the Counseling Center which maintains procedures to help assure confidentiality in accordance with applicable laws and institutional policies.

Students and employees are encouraged to seek counseling and/or treatment in dealing with personal issues of substance abuse relating to themselves, their family or their friends.

Employees may also seek assistance through available healthcare providers, behavioral health benefits, community-based treatment providers, or referrals through Human Resources, such as the Employee Assistance Program, where appropriate.

Off-Campus Resources for Drug and Alcohol Substance include:

New Directions Recovery Center at Montefiore
2058 Jerome Avenue, Third Floor
Bronx, NY 10453
917-564-8780

Samaritan Day Top Village
362 East 148th Street
Bronx, NY 10455
718-518-9007

Mountainside Treatment Center
480 N. Bedford Road
Chappaqua, NY 10514
914-534-6030

New York-Presbyterian
21 Bloomingdale Road
White Plains, NY 10605
In-Patient: 888-694-5700
Out-Patient: 914-997-4081

Additional national and state resources include:

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>

988 Suicide & Crisis Lifeline
Call or Text 988
<https://988lifeline.org>

New York State Office of Addiction Services and Supports (OASAS)
<https://oasas.ny.gov>

Additional listings are available in the Office of Student Services and The Counseling Center. Contact information for The Counseling Center is as follows:

counseling@cw.edu
914-831-0441
Room 418

Prevention and Education Initiatives

The College of Westchester supports ongoing prevention and education initiatives intended to promote awareness, wellness, and informed decision-making regarding alcohol and drug use. Students may receive information about substance misuse prevention in their Transformative Learning courses, and all students are invited to learn from experts at the College's annual Spring Into Wellness fair held in April of every year. In addition, the College makes print resources available at all times outside of the Counseling Office, and there are flyers advertising education and support resources around the building. Many of these educational and support resources are shared digitally on a rotating basis via internal college channels. Employee prevention and wellness efforts include regular reminders regarding the availability of the College's Employee Assistance Program (EAP), including reminders in each CW News employee newsletter and periodic email communications to employees. Employees are invited to participate in the College's annual Spring Into Wellness event, and information regarding wellness and support resources is periodically posted in employee areas throughout the College. The College also provides employee wellness programming through the CW Way Committee. Information regarding both the policy and the College's prevention program are available publicly on its Consumer Information webpage.

Other prevention efforts may include:

- New student and employee orientation programming
- Educational workshops and awareness campaigns

- Counseling outreach and wellness initiatives
- Distribution of educational materials and online resources
- Student support referrals and intervention initiatives
- Bystander awareness and safety education programs

Policy Distribution

In accordance with federal regulations, this Drug and Alcohol Abuse Prevention Program is distributed annually to all students and employees through institutional email communications and other electronic communications. It is additionally maintained through the Student Handbook, Employee Handbook, and the College's Consumer Information webpage. New students are provided access to the Student Handbook, which contains both the College's Anti-Drug and Alcohol Policy and Drug and Alcohol Abuse Prevention Program (DAAPP). New employees receive the College's Anti-Drug and Alcohol Policy during onboarding, along with information regarding the Employee Assistance Program (EAP) and access to the DAAPP.

Biennial Review

The College conducts a biennial review of its Drug and Alcohol Abuse Prevention Program to determine the effectiveness of the program and to ensure that disciplinary sanctions are consistently enforced.

The biennial review evaluates prevention and education programming, disciplinary statistics, consistency in the issuance of institutional sanctions, referrals and intervention practices, emerging trends and institutional needs, and other recommendations for program improvement and policy updates.

The biennial review is coordinated by the Office of Student Services and Retention, with participation from Human Resources and other appropriate institutional representatives, as applicable. The full biennial review report is maintained by the Office of Student Services and Retention and is available upon request.