

SARAH
LAWRENCE
COLLEGE



*Drug and Alcohol
Prevention Program*

BIENNIAL REVIEW
2020 – 2022

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OVERVIEW

Sarah Lawrence is a prestigious, residential, coeducational liberal arts college. Founded in 1926 and consistently ranked among the leading liberal arts colleges in the country, Sarah Lawrence is known for its pioneering approach to education, rich history of impassioned intellectual and civic engagement, and vibrant, successful alumni. In close proximity to the unparalleled offerings of New York City, our historic campus is home to an inclusive, intellectually curious, and diverse community.

Talented, creative students choose Sarah Lawrence for the opportunity to take charge of their education. In close collaboration with our dedicated, distinguished faculty, students create a rigorous, personalized course of study, conduct independent research, and connect a wide array of disciplines. They graduate knowing how to apply the knowledge, skills, and critical thinking necessary for life after college. Sarah Lawrence College occupies 44 wooded acres in Yonkers, NY, near the Village of Bronxville—just north of New York City.

PURPOSE

Sarah Lawrence College is committed to compliance with all federal, state, and local laws. In accordance with the Drug-Free Schools and Campuses Regulations (EDGAR Part 86), institutions of higher education receiving federal funds for financial assistance are required to maintain programs which prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees. This report will document the Sarah Lawrence College prevention program and the College’s biennial self-assessment of the program. A biennial review is required to be conducted in odd years covering the previous two-year period. This review covers the calendar years 2020–2022 and is required to be completed by January 31, 2023.

SUMMARY FINDINGS

Sarah Lawrence College is in compliance with Drug-Free Schools and Campuses Regulations. The College incident history and information collected confirm that the College has an effective on-campus safety, support, reporting, and counseling program in place. Human Resources and Counseling have referral program support in place, and the campus is conveniently located within easy access to health care providers. Opportunities exist to strengthen the program through greater collaboration, education, awareness, and prevention activities, with a focus on recognizing the signs and symptoms of use/abuse and promoting the resources available for support and treatment.

Reported to Campus Safety	2016	2017	2018	2019	2020	2021	2022
Drug Law Violations	41	44	28	26	14	6	3
Liquor Law Violations	36	43	25	5	3	37	9

ALCOHOL AND OTHER DRUGS

Sarah Lawrence College aims to create an environment that promotes the highest levels of learning within a healthy and vibrant social atmosphere. To this end, the College's Alcohol and Other Drugs Policy stems from the belief that students who are educated as to the effects of the use and abuse of alcohol and other drugs should be trusted and expected to make healthy, respectful decisions for themselves and the entire community.

Students are responsible for living within the parameters of this policy and for encouraging others to do the same. Violations of the spirit and intent of this policy will be responded to with disciplinary action (see "Discipline Process" in the Student Handbook for more information). The influence of alcohol or other drugs is not an excuse for unacceptable behavior and will not be seen as a mitigating factor in disciplinary hearings.

Furthermore, members of the community should understand that Sarah Lawrence College observes all federal, state, and local laws and regulations governing the sale and/or purchase of alcohol and other drugs and the service of alcoholic beverages by all members of its community. The College expects that these laws will be adhered to at all events associated with the College. The College cannot and will not protect any member of the Sarah Lawrence community who has broken a federal, state, and/or local law.

GOOD SAMARITAN POLICY

Student health and safety are primary concerns of the Sarah Lawrence College community. To ensure that students receive prompt and appropriate medical attention for alcohol or other drug intoxication and to reduce impediments to seeking such assistance, the College has instituted this Good Samaritan Policy.

In those instances in which students contact Campus Safety or other College officials to request medical assistance (either for themselves or for another student) due to intoxication, neither student will be subject to formal disciplinary action for being intoxicated or under the influence of other drugs or for having provided the intoxicated person with alcohol.

In lieu of formal disciplinary action, the involved students will meet with a Student Affairs staff member to discuss the incident. The student requiring medical attention will be referred to Health Services for an assessment and must complete the assessment and any resulting treatment recommendations in a timely manner. This policy does not excuse or protect students who flagrantly or repeatedly violate the Alcohol and Other Drugs Policy and does not preclude disciplinary action regarding other violations of College policy.

The spirit of the Good Samaritan Policy is that we all have an ethical responsibility to help people in need. As a community, we expect that all members will take active steps to protect the safety and well-being of other members of our community.

EDUCATION AND PREVENTION

The College provides alcohol and other drug education to all new students via EVERFI, as well as programming about alcohol and other drug use and abuse throughout the academic year. Additionally, the College provides both counseling support and education for students referred by Residential Life to Health & Wellness. In addition, the Student Life staff, working with Health & Wellness, provides evaluative and educational programs regarding substance use on campus and focuses on developing strategies for promoting and educating the Sarah Lawrence College community about responsible decision making with regard to substance use, as well as assessing and evaluating the culture of substance use within the community.

RISKS ASSOCIATED WITH ABUSE OF ALCOHOL AND DRUGS

Sarah Lawrence College recognizes that alcohol and other drug abuse is harmful to the social, personal, and academic lives of students, as well as the health and safety of the College community as a whole. The following risks are associated with the use and/or abuse of alcohol and other drugs.

- **Illness and Health Problems** — All drugs can be toxic when abused. Alcohol and other drugs can interact negatively with over-the-counter and prescription drugs, and every individual reacts differently to the effects of both these drugs and the combination involved. Short-term alcohol and other drug abuse can hinder a person's immune system, and long-term abuse can lead to serious health risks such as addiction, liver disease, heart disease, and certain kinds of cancer.
- **Academics** — Difficulty meeting academic responsibilities is one of the most common consequences of alcohol and other drug use. Academic problems may include missing classes, falling behind on assignments and conference work, poor evaluations and the possibility of academic probation, leave with review, or suspension.
- **Impaired Judgment** — The use of alcohol and other drugs can impact a person's judgment, normal reaction, and perception; impair motor skills; lower inhibitions; and intensify emotions. All of these increase the chances of accidents either to the user or to others.
- **Interpersonal Problems** — The more a person abuses alcohol or other drugs, the greater the potential for problems with relationships. Students who do not drink or do not abuse alcohol experience secondhand consequences from others' excessive use, which may include unwanted sexual advances and disturbed study and sleep.

For more information on the effects of the use and/or abuse of specific substances, please see www.nida.nih.gov.

ALCOHOL AND OTHER DRUG INTERVENTIONS

Sarah Lawrence College is committed to basing prevention efforts on strategies identified and tested for effectiveness by scientific evidence and evaluation. The College acknowledges and is committed to changing the culture that underlies alcohol misuse among young people. Therefore, we employ comprehensive, integrated prevention programs that target individual students, including at-risk or alcohol-dependent drinkers, the student population as a whole, and the College community. The College recognizes that drug use can be motivated by an array of personal, behavioral, biological, and genetic—as well as social and environmental—factors. In response to these diverse and intersecting influences, we provide a full spectrum of tailored treatments that are matched to the unique needs of the individual.

As members of a small and close community, we are often aware of the use and abuse of alcohol and other drugs by our friends, peers, students, or colleagues. In cases where substance use is negatively affecting the health, academic performance, emotional well-being, or behavior of a community member, we are in a position to help through intervention. Students are referred to Health Services for evaluation and counseling in the following circumstances:

- A student exhibits behavior that is in violation of the College's Alcohol and Other Drugs Policy.
- A student's use of alcohol or drugs is disruptive or life threatening to him/herself or others within the community.
- A student is not able to function effectively in his/her academic program due to alcohol and/or drug use.

In such cases, a student may be encouraged to seek an evaluation and follow the recommendations of the Health & Wellness Center. As stated earlier, the recommendations of the clinician will be tailored to the individual needs of the student. The recommendations may include (but are not limited to) further counseling and/or referral to on- and off-campus resources.

RESOURCES

There are many resources available to students who would like help with substance issues, whether seeking help for themselves or others.

CAMPUS RESOURCES

Health & Wellness Center

Clinicians have extensive experience in alcohol and other drug counseling and are available on campus to meet with students, faculty, or staff. Appointments may be scheduled by calling 914.395.2350.

Services for students include:

- Initial psychological or medical assessment
- Harm-reduction therapy group
- Short-term individual therapy
- Referrals for higher levels of care off-campus as indicated

Don, Resident Adviser, Resident Fellow

In addition, students are encouraged to speak to their don, RA, GHD, a member of the dean of studies or student affairs staff, or the dean of graduate studies if they are concerned about their own alcohol/substance use or the alcohol/substance use of a peer.

LOCAL AND OTHER RESOURCES

The following list includes some of the local resources available to those seeking information, support, and help regarding alcohol and other drug use. The College does not endorse any of the organizations or vouch for the efficacy of any treatment or recovery option.

Alcoholics Anonymous

Meeting dates and times available in the Health Services section of MySLC

Narcotics Anonymous

Meeting dates and times available in the Health Services section of MySLC

Addiction Institute of New York

212.280.0100

The Addiction Institute utilizes the College Outreach and Prevention Education (COPE) program. COPE is group therapy for college students based on the principles of the stages of change and of motivational interviewing.

Al-Anon/Alateen

www.al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

www.al-anon.org/for-members/group-resources/alateen/

Help for families and friends of alcoholics

Smart Recovery Self-Help Network

www.smartrecovery.org

Abstinence-based, but not 12-step or spiritually based

Moderation Management

www.moderation.org

Moderation, balance, self-management, personal responsibility

Marijuana Anonymous

www.marijuana-anonymous.org

12-step, abstinence-based

Harm Reduction

www.harmreductioncounseling.org

Alternative treatment approach that views the reduction of harm as a goal for substance users

DRUG-FREE WORKPLACE EMPLOYEE POLICY

Substance abuse is of great concern to the Sarah Lawrence community. Among the many health risks attendant to substance abuse are accidental overdose, physical and/or psychological dependence, organ damage, depression, and increased susceptibility to accidents leading to serious injury. Because the College stresses the importance of preventive measures in dealing with any potential health problems, and in order to comply with the Drug-Free Workplace Act of 1988 and Drug-Free Schools and Communities Act Amendments of 1989, the College has adopted the following policy for its faculty, administration, staff, and student employees:

The unlawful or improper use of alcohol within the workplace and on all campus property is prohibited. The unlawful manufacture, distribution, dispensation, possession, or use of illegal drugs within the workplace and on all campus property is prohibited. Such action shall result in disciplinary action, up to and including termination of employment. No employee may be under the influence of alcohol or any illegal drug or controlled substance while in the workplace, while on duty, or while operating a vehicle or equipment owned or leased by the College.

COLLEGE PENALTIES FOR VIOLATION OF THE EMPLOYEE DRUG POLICY

Failure to abide by this policy will lead to disciplinary action, which could include:

- Referral to the **Employee Assistance Program** for evaluation and treatment, including required participation in a drug/alcohol rehabilitation program
- Written warning
- Suspension
- Termination
- Referral for prosecution

Please note that student employees are also subject to the general College policies published in the **Student Handbook** and may also be subject to disciplinary sanctions related to the student Alcohol and Other Drugs Policy.

Legal Sanctions

Employees are responsible for obeying all local, state, and federal laws concerning drugs and alcohol. Legal sanctions, as a result of conviction for unlawful possession, use, or distribution of illegal drugs or alcohol, could include fines; community service work; required participation in a local, state, or federally approved rehabilitation program; and/or imprisonment.

Available Resources for Treatment

The primary interest of the College is the well-being of its employees. For that reason, we urge any employee who may be suffering from substance abuse or related problems to seek appropriate counseling and rehabilitation immediately. Such counseling is available through the College's Employee Assistance Program (EAP), through the College's health insurer, and through public and private drug and alcohol agencies throughout Westchester County.

Campus Resources for Evaluation and Treatment

- EAP: Wellness Corporation
800.828.6025

Off-Campus Resources for Evaluation and Treatment

- United Way of Westchester Referral Service & Help-line
914.949.INFO/914.949.4636
- Westchester Department of Community Mental Health
Addiction Institute of New York
St. Luke's Roosevelt Hospital Center
100 Tenth Avenue, New York, NY 10019
212.523.6491
- Harm Reduction Psychotherapy and Training Associates, New York City
info@harmreductioncounseling.com
212.633.8157
- Pride Institute at Cornerstone (LGBT Outpatient Chemical Dependency)
57 West 57th Street, New York, NY 10019
1.800.54.PRIDE