2018 - 2020 BIENNIAL REVIEW
DRUG-FREE SCHOOLS AND
CAMPUS REGULATIONS

[EDGAR] PART 86

September 1, 2020
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Introduction / Overview

Lee College is committed to an environment that supports the academic success and health of our staff and students and has a Drug Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle.

In keeping with the requirements of the Drug-Free Schools and Campuses Regulations [EDGAR Part 86], Lee College has an Alcohol / Drug Abuse Prevention Statement that describes standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on College property or as part of any College sponsored activities. The policy includes the following:

1. A description of legal sanctions under federal, state, or local law for the unlawful possession use or distribution of illicit drugs and alcohol;
2. A clear statement of disciplinary sanctions Lee College will impose on students and employees for violations of the standards of conduct;
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. A description of the drug and alcohol counseling and treatment resources available to students and employees.

As outlined in the “Complying with the Drug-Free Schools and Campuses Regulations” [EDGAR Part 86], the statement is distributed to all students and employees as part of our Drug Free Campus Program.

This required biennial review has the following two objectives. First, to determine the effectiveness of, and to implement necessary changes to, the AOD Prevention Program. Secondly, to ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.
II. Biennial Review Process
This Review covers the time period of 2018-2020. Specifically, it is the Fall 2018 semester through the Summer of 2020.

A. The Biennial Review Committee
The Biennial Review Committee is a subcommittee of the Drug Free Campus Committee and consists of the following individuals:

- Dr. Rosemary Coffman, Associate Dean/Student Affairs (Chair)
- Howard Bushart, Instructor and Allied Health Chair
- Christopher Bailey, Assistant Security Chief
- Amanda Summers, Human Resources Director
- Mike Spletter, Student Activities

B. Location of Report
Access to the report can be found online at www.lee.edu/about/maintaining-a-drug-free-campus. A copy of this Biennial Review is on file in the Office of the Associate Dean of Student Affairs as well as in the Human Resources Office. A hard copy will be made available upon request from either office.

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III. Annual Policy Notification Process

A. Content of Alcohol / Drug Abuse and Prevention Statement
As outlined and required by the Department of Education, Lee College’s Alcohol / Drug Abuse Prevention Statement (Appendix A) can be found online at http://www.lee.edu/counseling/files/2016/03/aod-policy.pdf

B. Notification Process for Employees
All full time and part time employees are emailed a copy of the statement as notification of our policy in January of each year. In addition, all new employees receive a copy as part of their new hiring packet. Appendix B is a copy of the most recent email sent out to all employees.

The Statement can also be found on the Human Resources webpage http://www.lee.edu/about/maintaining-a-drug-free-campus/ and in the Employee Handbook http://www.lee.edu/hr/resources-for-employees/employee-handbook/concerns/

C. Notification Process for Students
Each semester, the AOD statement is sent to all students. Appendix C is the example of the email sent. With the switch to Office 360 email, it appeared that many of the emails “bounced back” and was no longer an efficient means of notifying students.

Starting in the Spring 2020 semester, the notification went out through our College evaluation system. This allowed for a more precise way of reaching the students and gave the college notification if the statement was not received. This included 6,121 students in the Spring 2020 semester and 4,101 students in the Summer 2020 semester.

In addition to email and through the evaluation system, the statement is available to the student in a number of other ways.

- As part of the New Student Orientation, the statement is included in their packet of information and is discussed in the PowerPoint presentation. This is a mandatory activity for all first time in college students.
- A link to the statement is on the home page of each student’s MyLC page. This is the main portal to all academic processes, including registration.
IV. Alcohol and other Drug (AOD) Data / Needs Assessment

For this Biennial Review, there were two surveys that collected data to better inform the campus in order to prioritize initiatives to address the specific needs of the College. This included the Core Survey for students and the Tobacco Survey for faculty and staff.

A. Core Survey

In Fall 2019 the College participated in the Core Alcohol and Drug Survey™ administered by the Core Institute™. With the largest database on alcohol and other drug use at postsecondary institutions, their focus of the survey is to provide quantitative assessments that inform and direct student life programming efforts for the benefit of students' health and welfare across the nation. For our administration of the survey, funding and support was provided by community partners to include Texans Standing Tall, BACODA, and Be Well Baytown.

For the Lee College administration, additional questions were added to solicit information on students' use and attitude of tobacco products (to include electronic cigarettes) and the students' awareness of our tobacco free policy.

Through our Drug Free Campus Committee and with support of our community partners, we will be able to provide targeted information and initiatives. The survey provides data to the Peers Against Tobacco student group and the College’s Tobacco Project through Be Well Baytown. This data can help measure the effectiveness of activities designed to educate and support cessation and to increase the knowledge and compliance of our tobacco free campus policy.

The Survey was conducted in October 2019 and included both an online survey and a paper and pencil version. Participants were solicited through emails and incentives were offered for those who completed the survey. The survey had 29 questions and took approximately 20 minutes to complete.

Appendix D presents the executive summary of the survey.
B. Employee Tobacco Survey

The Tobacco Survey for Lee College Employees was designed to gather information and feedback regarding awareness of the College’s tobacco-free policy and cessation tools, and reported personal use of tobacco products. The survey was created with the support of MD Anderson and associated with the Lee College Tobacco Project as part of Be Well Baytown.

Set up through Survey Monkey, the survey was open from October 24 - November 21, 2019. The majority of the responses were gathered online through email solicitations with a small number of paper and pencil versions collected at college events. All full time and part time employees were invited to participate with 249 responses collected. Email reminders were sent during the active period in order to increase participation and incentives were offered to those who completed the survey.

Based on the results, the campus appears to have a strong awareness of the tobacco free policy with nearly 92% responding moderately or extremely aware. The survey also indicates that many employees (84%) report no use of tobacco products.

By looking at the results of the survey and how subgroups responded to the questions, recommendations for education and support can be made. The following are recommendations to be considered as the College moves forward with initiatives with our Tobacco Project through MD Anderson and Be Well Baytown.

1. Awareness of Tobacco Free Policy and enforcement of the policy
   a. Overall, the campus had a strong awareness that the College has a tobacco free policy. However, two groups indicated less awareness—faculty and part time employees. These two groups were below the overall response rate of awareness of the policy and may benefit with targeted initiatives.
   b. Based on the results of the open-ended question, employees strongly support the tobacco free policy; however, a large number of comments were made regarding the lack of enforcement. Based on this, it may be beneficial for the Tobacco Project to work with the administration on better ways to enforce the policy through increased knowledge and the creation of better enforcement strategies.

2. Awareness of free tools and resources indicate an overall need for education and support. Overall, only 25% of the respondents were extremely aware and nearly 20% were not at all aware that free tools and resources existed for
tobacco cessation. Faculty fell below the overall group with only 16% of the respondents indicating extremely aware and 25% stating no awareness.

In addition, the results indicated a need for a clear question on the use of tobacco products in general which allows for a third recommendation.

3. For future surveys, we need a clear question on the overall use of tobacco products. As indicated by one of the comments, the use of cigars was not included.

V. AOD Policy, Enforcement and Compliance Inventory
The following documents represent an inventory of AOD policies related to alcohol and other drug use, prevention, and education. For most, the general enforcement is the responsibility of Lee College’s Security Department.

Inventory of Policies

- **Alcohol and Drug Abuse Prevention Statement** - This policy is enforced by Lee College Security. For this Biennial Review, there were no sanctions reported as described in Section IV.

- **Student Code of Conduct** – Located within the Lee College Catalog, information on the use of illicit drugs, including alcohol can be found online under “Alcohol and Other Drugs.”
  [Link](http://catalog.lee.edu/content.php?catoid=3&navoid=73&hl=alcohol&returnto=search#Student_Conduct)

  These policies are enforced by security and, if necessary, Student Affairs Administration as outlined in the Lee College Catalog.

- **Tobacco Policies** - As of spring 2017, Lee College is a tobacco free campus. Tobacco products include cigarettes, cigars, smokeless tobacco, and electronic cigarettes. Smoking, vaping, and the use of other tobacco products are effectively banned from any area of campus including the student’s personal vehicle. Tobacco policies are included as part of the Alcohol and Drug Prevention Statement. In September 2019, the statement was updated to include the prohibition sales, sponsorships, advertising, or promotional activities of tobacco on campus.
  - The tobacco policy is enforced by the Lee College Security Department. For this Biennial Report, there were no formal sanctions reported.

- **Lee College Intercollegiate Athletics Substance Abuse and Education Program** – As mandated by the NJCAA, student athletes for the Women’s Volleyball and Men’s Basketball teams receive and must abide by the College’s Intercollegiate Athletics Substance Abuse and Education Program (Appendix E). This policy is enforced by the College’s Athletic Director.

- **Financial Aid Drug Convictions Policy** – For this policy (Appendix F), students who have a federal or state drug conviction can disqualify a student for federal financial aid if such conviction occurred during a period of enrollment for which the student was receiving federal student aid. For enforcement, all students must self-identify which will be noted on the Student
Aid Report received by the College. At that time, he or she must prove aid eligibility by documenting the period of the conviction and/or treatment. This policy is enforced by the Lee College Financial Aid Director.

- **Drug Screenings for College Security Officers** - Commissioned security officers (11 employees) have required drug screenings four times each year. With each screening, 75 percent of the officers are randomly selected and the results can be found in the Human Resource Office. This policy is enforced by the College’s Human Resource Office. There were no violations for this Biennial Review. For this biennial period the percentage of those screened was increased from 50 percent to 75 percent.

### VI. AOD Comprehensive Program / Intervention Inventory and Related Process and Outcomes / Data

#### A. Community Activities / Initiatives

The following information represents an inventory of community programs and initiatives.

- **Drug Free Campus Committee** – This committee represents Lee College faculty, staff, students, and community members. The committee provides feedback and support for all the events on campus as well as this biennial report. Meeting four to six times each semester, committee information and minutes can be found online at [http://www.lee.edu/groups/drug-free/](http://www.lee.edu/groups/drug-free/).

For this Biennial Report, the membership expanded to include additional faculty and veteran services. Membership includes representation from Student Affairs, faculty, security, Human Resources, athletics, Veteran Services, and students. Community representatives include the Baytown Police Department and the South East Council on Drugs and Alcohol Coalition.

- **Free Naloxone Training** (Appendix G) - This workshop was sponsored by Bay Area Council on Drugs and Alcohol. Joy Alonzo R.PH, M.Eng., Pharm. D from Texas A&M University College of Pharmacy presented to over 50 participants. Each participant received free Naloxone (Narcan) to take back to their agency.

- **Lee College Health Fair** - The Drug Free Campus Committee was in attendance at the annual health fair in April 2019. Collaborating with the South East Harris County Coalition, attendees included students, staff, and community members with approximately 150 people in attendance (Appendix H). The 2020 Health Fair was cancelled due to the closure of the campus during the pandemic.

- **Partnership with Community Groups and Coalitions** – the following represents groups / initiatives for which the College has developed partnerships.
• **South East Harris County Coalition** - Lee College is an active partner with the Southeast Harris County Community Coalition whose mission is to mobilize community resources in an effort to reduce the harmful impact of alcohol, tobacco and drug abuse within our communities. The coalition relies on community partnerships and collaborations that include higher education, law enforcement, treatment providers, hospitals, schools, volunteer organizations, religious organizations, state/local government, parents, youth, businesses, and civic organizations. Lee College staff serves on the leadership advisory board of the coalition to assist in data collection, community assessments and strategy selection.

• **Partnership with Tobacco 21** - In July 2018, Lee College joined the Tobacco 21 Coalition ([www.texas21.org](http://www.texas21.org)), a statewide coalition of organizations whose mission is to save lives by preventing tobacco use by supporting raising the age to buy tobacco to 21 (Appendix I). We partnered with them and had a hand in the success of the legislation. The law was passed in May of 2019, and went into effect September 1st, 2019.

• **Members of the O-Team Task Force (Appendix J)** - This community task force consists of members of the Baytown community with the goal of educating on the dangers of opioids and providing information on services available. Lee College has been participating with this initiative since February 2018.

• **Be Well Baytown** – As part of our ongoing relationship with Be Well Baytown, the college received funding to implement the Tobacco Project in the fall 2020 semester.

• **End Tobacco Use Workgroup** – The Eliminate Tobacco Use Initiative was founded in 2016 by The University of Texas MD Anderson Cancer Center and The University of Texas System to create tobacco-free campus cultures.
  o With the inclusion of 62 additional partnering institutions around Texas and the United States, the initiative has impacted approximately 1.6 million faculty, staff, and students.
  o Lee College participates in the quarterly meetings through Zoom. The goals of the initiative is to share resources and bet practices to strengthen tobacco control efforts; explore opportunities to support implementation efforts; and to implement tobacco control actions across college campuses.

• **Website information** ([http://www.lee.edu/about/maintaining-a-drug-free-campus/](http://www.lee.edu/about/maintaining-a-drug-free-campus/))
  The College maintains a website that can be easily found for students, faculty, staff, and the community. This site allows for a platform for information on the Drug-Free Campus Committee, the Drug Free Prevention Statement, upcoming activities, resources, and other educational items.
  o In June 2020, information was added to the website to include free resources for tobacco cessation.
B. College Activities / Initiatives
For this report, there were several campus-wide drug and alcohol awareness events and initiatives

- **Presentation at New Student Orientation** - All first time in college students must attend a new student orientation. Students receive a copy of the Alcohol/Drug Abuse Prevention Statement and information is presented as part of the PowerPoint presentation. For the evaluation of the event, students are asked to rank statements (1 = strongly disagree and 5 = strongly agree) and included this statement: “After attending the NSO, I am more aware of the consequences of drugs and alcohol and how it may impact me in my academics.” For this question, the following percentages indicate a response of Strongly Agree.
  - Spring 2019 – 70.83%
  - Fall 2019 – 62.52%
  - Spring 2020 – 74.29%

- **Summer Bash** (Appendix K) – Since 2016, the College has sponsored a campus wide event to promote healthy living and information on the impact of alcohol and other drugs. The event was held in June 2019. While typically an annual event, the Summer of 2020 event was cancelled due to COVID-19 and the closure of the campus.

<table>
<thead>
<tr>
<th>Question</th>
<th>Bash 2019 N=49</th>
<th>Bash 2018 N=38</th>
</tr>
</thead>
<tbody>
<tr>
<td>How Likely are you to drive while under the influence</td>
<td>93.88%</td>
<td>97.36%</td>
</tr>
<tr>
<td>(Unlikely or Extremely Unlikely)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How Likely are you to let a friend drive while under the influence</td>
<td>87.76%</td>
<td>97.37%</td>
</tr>
<tr>
<td>(Unlikely or Extremely Unlikely)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How likely are you to get into a car with someone who has been drinking</td>
<td>91.9%</td>
<td>97.37%</td>
</tr>
<tr>
<td>or using drugs (Unlikely or Extremely Unlikely)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How much of the information is new to you?</th>
<th>Bash 2019 N=56</th>
<th>Bash 2018 N=37</th>
</tr>
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<tbody>
<tr>
<td>All</td>
<td>18.8%</td>
<td>13.5%</td>
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<tr>
<td>Some</td>
<td>66.67%</td>
<td>64.86%</td>
</tr>
<tr>
<td>None</td>
<td>14.58%</td>
<td>21.6%</td>
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</table>

<table>
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<tr>
<th>Confidence in knowledge of information</th>
<th>Bash 2019 N=54</th>
<th>BASH 2018 N=33</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Very Confident or Confident)</td>
<td>96.3%</td>
<td>96.97%</td>
</tr>
</tbody>
</table>
• **Mental Health First Aid Training** – As part of a grant through the Harris Center for Mental Health and IDD, 95 employees of the College were trained in this MHFA training for higher education. Designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis, it includes a component of working with individuals with drug and alcohol problems. For this period, there were five sessions offered with a total of 95 faculty and staff trained.

• **Tobacco Project** – As part of our partnership with Be Well Baytown, the College was granted funding and support for this three year project (Appendix L). Starting in the fall 2019 semester, the goals of the Project include:
  - Increase knowledge of the harms of all forms of tobacco and identify resources available (continued)
  - Provide cessation resources to tobacco users
  - Increase the compliance of the College Tobacco-Free Policy

This year, surveys were completed to help with gathering baseline data. This included a tobacco survey of faculty and staff and portions of the Core Survey that focused on tobacco.

• **Peer Against Tobacco Student Group** – As part of a greater project led by the University of Texas, the Peers Against Tobacco group at Lee College met for the first time in September of 2019 (Appendix M). The goals of this organization are to:
  - Spread awareness of the dangers of tobacco products, notably vaping
  - Help give cessation resources for the students that need it
  - Educate not only the members of the group, but others as well on current tobacco policies and research
  - Provide campaigns and alternatives to show that vaping is not the only solution

By the end of 2019, Peers Against Tobacco became recognized as an official organization at Lee College. The Peers Against Tobacco group has also assisted with multiple related events involving the drug-free campus committee as part of the Tobacco Project.
C. Programs for Special Populations

**Education Program for our NJCAA athletes** – Offered each fall semester, this program is for all athletes and staff of our NJCAA Intercollegiate teams that include men’s basketball and women’s volleyball.

- **Fall 2018** – On August 20, an orientation was presented to both the volleyball and basketball team led by Daniel Garza, LCDC. Appendix N has the information presented to the teams.

- **Spring 2020** – Volleyball Orientation (Appendix O) – The Life of an Athlete Program educates student athletes on the effects of alcohol and other drugs on performance and gives information to help the athlete make healthier choices. The information presented appeared beneficial in educating the student athlete. While low numbers may play a role in the statistical findings of how much was learned from pretest to posttest, over 72 percent of the participants stated that the personal stories would leave a lasting impact. This was given exclusively to the volleyball students during this time period.

VII. AOD Comprehensive Program Goals and Objectives for Biennium Period

Based on the 2016/2018 Biennial Review, following recommendations were made.

- **Explore new partnerships and grant opportunities**
  
  RESPONSE: The College expanded our partnership with Be Well Baytown and MD Anderson to include a Tobacco Project which was launched in the Fall 2019 semester with funding to educate the campus regarding tobacco, provide cessation resources, and promote and enforce our Tobacco Free policy.
  
  RESPONSE: With funding from Texans for Safe and Drug Free Youth (Texans Standing Tall), Be Well Baytown, and the South East Harris County Community Coalition, the College was able to fund and conduct the Core Survey in the fall 2019 semester.

- **With feedback and support from the Drug Free Campus Committee, investigate educational opportunities to employees on campus regarding AOD issues and resources.**
  
  RESPONSE: The College included the staff in the tobacco survey to better gage the need in tobacco cessation resources and the education of our Tobacco Free Policy.
  
  RESPONSE: With community support, Lee College security officers and other employees were provided information on Naloxone and how to administer.
  
  RESPONSE: For full time employees, information was sent out regarding the extension of inclusion of electronic cigarettes as a tobacco product to be reported for those under the College’s health insurance plan.
  
  RESPONSE: Cessation resources added to website that can be for faculty and staff as well as students.
VIII. AOD Strengths, Weaknesses

Based on the review of the past two years by the Drug Free Campus Committee, several areas were noted as areas of strengths and other areas were noted as areas that needed improvement.

A. Strengths (Favorable Compliance)

- The campus has a strong and active Drug Free Campus Committee which includes representation from key stakeholders on campus and the community. With support from Student Activities and community partners, the College implemented a variety of awareness initiatives for both the campus and the community.
- During this period, several new initiatives were implemented which included
  - Focus on Tobacco Education and Cessation
    - Implementation of the Peers Against Tobacco student organization
    - Implementation of our Tobacco Project in partnership with Be Well Baytown and MD Anderson.
    - Surveys for both staff and students for baseline data in determining need and effectiveness of future interventions.
  - Implementation of the CORE Survey to provide more information to help in targeted initiatives.
  - Continuation of our Mental Health First Aid certification (which included information on working with those with addiction) for faculty and staff.

B. Weaknesses (Areas Needing Improvement)

- No reported violations of alcohol/tobacco/drug policy of campus for the two year period may suggest a need for better documentation of incidences.
- To ensure community support and involvement, continue to recruit and support a variety of community members as member of our Drug Free Campus Committee.

C. Recommendations for Next Biennium

- Additional activities and outreach to increase awareness of our tobacco free policy on campus.
- Develop specific strategies and processes in regards to compliance and enforcement of our tobacco free policy.
- Work with security, student affairs, and our human resource office in documenting and reporting any type of alcohol/tobacco/drug violations.
- With the completion of the Core survey – disseminate information results to the campus community. Use the results in marketing and targeted initiatives for the campus.
IIX. Appendices

A. Alcohol / Drug Abuse and Prevention Statement
B. Email Statement to Employees
C. Sample Notification Email to Students
D. Core Survey Executive Summary
E. Intercollegiate Athletics - Substance Abuse Education and Testing Program
F. Federal Financial Aid Drug Policy
G. Naloxone Training
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L. Tobacco Project / Be Well Baytown & Lee College
M. Peers Against Tobacco Student Group
N. Alcohol/Drug Orientation for Student Athletes
O. Life of an Athlete Final Report
APPENDIX A - Alcohol / Drug Abuse and Prevention Statement
ALCOHOL/DRUG ABUSE AND PREVENTION STATEMENT
(UPDATED, SEPTEMBER 2019)

Introduction / Standards of Conduct

While Lee College recognizes that a substance abuse disorder is an illness requiring intervention and support, we strive to offer students and employees an optimum environment which promotes and secures educational success. To meet this objective, Lee College has adopted and implemented a program to prevent unlawful manufacture, possession, use, and distribution of illicit drugs and alcohol by students and employees. Such conduct is not consistent with the behavior expected of members of the college community. In addition, Lee College is committed to enforcing the provisions of the Drug Free Workplace Act of 1988 and the Drug Free Schools and Communities Act of 1989. It is further the intent of Lee College for aspects of the policy to be applied to campus activities and all college sponsored events whether held on or off campus. Persons who violate Lee College policy will be subject to disciplinary action. In compliance with this law, every employee and each student taking one or more classes for any type of academic credit will be given a copy of the College’s policy prohibiting the unlawful possession, use, or distribution of illicit drugs and alcohol, a description of the applicable legal sanctions under local, state, or federal law, and a description of the health risks associated with the use of illicit drugs and the abuse of alcohol.

Tobacco and E-Cigarettes

Lee College is a tobacco free campus. Tobacco products include cigarettes, cigars, smokeless tobacco, and electronic cigarettes (every version and type of such device whether manufactured or marketed as electronic cigarettes, e-cigarettes, electronic cigars, e-cigars, electronic pipes, e-pipes or under any other product name or description). Smoking, vaping, and the use of other tobacco products are effectively banned from any area of campus including the student’s personal vehicle. Students violating the policy are subject to disciplinary measures, including fines. Employees who violate the policy will be referred to their supervisor. In addition, Lee College prohibits the sales, sponsorships, advertising, or promotional activities of tobacco on campus property.

Legal Sanctions

Alcohol: Minors convicted in the criminal court system of possession or consumption of alcoholic beverages may be subject to fines, suspension of driver’s license, community service, and a mandatory alcohol education class. Convictions for providing to minors may subject individuals to fines and a jail term of up to one year. Convictions for driving while intoxicated may subject individuals to up to $2000 in fines and a jail term of up to six months for a first offense. Fines and jail terms escalate after the first conviction.

Controlled substances (drugs): Sanctions upon conviction in the criminal court system for possession, distribution, or manufacture of controlled substances range from fines to probation to imprisonment. Amount of fines, terms of probation, or years of imprisonment generally are contingent upon the circumstances and the amounts of drugs in possession, sale, distribution, or manufacture. Recent updates to the Texas health and Safety Code have added additional classes of synthetic marijuana and bath salts. The criminal penalties for these drugs, included in Penalty Group 1A, 2, and 2A follow guidelines as other drug offenses. Below are commonly used drugs, not an exhaustive list.
<table>
<thead>
<tr>
<th>Dangerous Drugs/ Controlled Substances</th>
<th>Street Name</th>
<th>Crime and Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possession of a Controlled Substance (PCS) / Dangerous Drug PCS with Intent to Deliver Manufacture or Delivery of a Controlled Substance (Texas Health and Safety Code Ch. 481)</td>
<td>Cocaine, Ecstasy, Heroin, Marijuana, Methamphetamine, Multiple Prescription Medications, Opiods</td>
<td>Varies according to placement of the drug on schedules according to weight/dosage unit. Can be a Class B Misdemeanor through 1st Degree Felony / Up to $10,000 fine and up to 99 years in prison.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Illicit Synthetic Drugs</th>
<th>Street Name</th>
<th>Crime and Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possession of a Controlled Substance (PCS) / Dangerous Drug PCS with Intent to Deliver of a Controlled Substance (Texas Health and Safety Code Ch. 481.1021 and 481.1031)</td>
<td>Synthetic Marijuana, Legal Weed, Kush, Synthetic Cathinones, Bath Salts, 25-I, N-BOMe, N-bombs</td>
<td>Varies according to placement of the drug on schedules according to weight/dosage unit. Can be a Class B Misdemeanor through 1st Degree Felony / Up to $10,000 fine and up to 99 years in prison.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Crime and Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumption or Possession by a Minor (Secs. 106.4 and 106.5)</td>
<td>Class C Misdemeanor</td>
</tr>
<tr>
<td>Purchasing for or Furnishing Alcohol to a Minor (ABC Sec 106.6)</td>
<td>Class A Misdemeanor</td>
</tr>
<tr>
<td>Public Intoxication (Texas Penal Code, Sec 49.02)</td>
<td>Class C Misdemeanor</td>
</tr>
<tr>
<td>Driving while Intoxicated (Texas Penal Code Sec. 49.04)</td>
<td>Class B Misdemeanor</td>
</tr>
<tr>
<td>Intoxication Assault (Texas Penal Code 49.07)</td>
<td>3rd Degree Felony</td>
</tr>
<tr>
<td>Intoxication Manslaughter (Texas Penal Code 49.08)</td>
<td>2nd Degree Felony</td>
</tr>
</tbody>
</table>
College Disciplinary Actions
Since Lee College policy prohibits the unlawful possession, use or distribution of illegal drugs and alcohol on the campus and at college sponsored events held off campus, any employee admitting to or convicted of such unlawful possession, use or distribution of these substances will be subject to disciplinary action (up to and including suspension without pay, and termination). Employees may be required to satisfactorily participate in a drug and alcohol assistance or rehabilitation program or may be referred for prosecution. Students who violate this policy shall be subject to appropriate disciplinary action per Board Policy FLBE (Local). Such disciplinary action may include referral to drug and alcohol counseling or rehabilitation programs or student assistance programs, expulsion, and referral to appropriate law enforcement officials for prosecution.

Good Samaritan Policies
SB1331 (2011) states that in the event of possible alcohol poisoning a person under 21 calling for help for himself or another will not be cited for possessing or consuming alcohol. The immunity for minors is limited to the first person who calls for assistance, only if he/she stays on the scene and cooperates with law enforcement and medical personnel.

Health Risks
The abuse of drugs and alcohol can lead to a variety of serious consequences including poor academic and work performance, poor decision making, poor morale, work errors, wasted time and materials, damage to equipment, theft, tardiness, absenteeism, accidents which injure the drug user, accidents which put all employees and students at risk of injury, and may lead to disciplinary action, prosecution, illness and even death. Users of these substances experience depression, isolation, loss of memory, loss of coordination, impaired judgment, reduced morale, anxiety, paranoia and loss of self-respect.

On average, at least 50% of college students’ sexual assaults are associated with alcohol use. One study reported that 74% of the perpetrators and 55% of the victims of rape had been drinking alcohol. Consumption by the perpetrator and/or the victim increases the likelihood of acquaintance, sexual assault. In addition, one in five college students abandon safer sex practices when intoxicated (www.collegedrinkingprevention.gov).

Other Risks/Consequences
- Federal Financial Aid – If you are convicted of a drug-related felony or misdemeanor while you were receiving federal student aid, you will become ineligible to receive further aid for a specified period of time upon conviction.
- Other areas in which the use of alcohol or drugs can have a negative impact include, but are not limited to:
  - Employment / Certification
  - Housing

Available Counseling and Treatment Programs
Both the Lee College Human Resource Office and the Lee College Counseling Center offer services to students and employees who are interested in having assistance regarding drug and alcohol issues.

Information: The Human Resource Office at Lee College will assist individuals with information concerning insurance coverage, treatment centers, hospitals, and mutual help organizations. The Counseling Center maintains a collection of resource materials pertinent to all issues associated with the drugs and alcohol. The Human Resource Office and Counseling Center are able to give a list of private and public hospitals, mutual help organizations, public treatment centers and private drug treatment practitioners. Referrals for other drug information and assistance can be made to other agencies and service providers.
Poison Control Center – For immediate help with possible overdoses
1-800-222-1222

CAMPUS RESOURCES
Lee College Student Affairs Division
Dr. Rosemary Coffman, Assoc. Dean
281-425-6384 / rcoffman@lee.edu

Lee College Human Resource Office
Amanda Summers, Director
281-425-6875/ asummers@lee.edu
(Includes Employee Assistance Program information)

Lee College Security
281-425-6888

Drug and Alcohol Abuse Counselor Program
Howard Bushart
281-425-6308 /h bushart@lee.edu

Veteran Services
Ehab Mustafa
832-556-4302/emustafa@lee.edu

MEETING INFORMATION
West Baytown AA
1020 Bowie St, Baytown
281-427-2500

Houston AA intergroup
Find AA meetings in the Houston area
www.aahouston.org

Houston Al-Anon
Support for friends and families of alcoholics
www.houstonalanon.org

Houston Narcotics Anonymous
713- 661-4200
www.hascona.com

COMMUNITY RESOURCES
Bay Area Council on Drugs and Alcohol Resources and Referral
1-800-510-3111
www.bacoda.com

Cenikor Foundation
Residential Treatment
1-888-Cenikor
www.cenikor.org

Unlimited Visions Aftercare
Outpatient Services
Adolescent Residential Program
Youth Prevention Program
http://www.unlimitedvisions.org
281-427-8786 (Baytown)

Memorial Hermann
Prevention & Recovery Center
Residential Treatment / Intensive Outpatient
http://parc.memorialhermann.org/
713-939-7272
Baytown Intensive Outpatient
281-837-7373
The Drug-Free Schools and Communities Act of 1989 requires that Lee College annually notify all employees of the following:

- Lee College’s standards of conduct, which prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on Lee College property or in connection with any activities or programs sponsored by Lee College.

- A description of Lee College’s disciplinary sanctions that will be imposed on students and employees for the unlawful possession, use or distribution of illicit drugs and alcohol, up to and including expulsion or termination of employment.

- A description of sanctions under federal, state and local law for the unlawful possession, use or distribution of illicit drugs and alcohol.

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

- A description of possible resources related to alcohol/drug counseling, treatment, rehabilitation or re-entry programs available to employees and/or students.

The annual notice regarding Lee College’s Alcohol, Drug Abuse and Prevention Statement is attached. This information is also available online at [http://www.lee.edu/about/maintaining-a-drug-free-campus/](http://www.lee.edu/about/maintaining-a-drug-free-campus/).

Amanda Summers
Director of Human Resources

Lee College
P.O. Box 818
Baytown, TX 77522-0818
Office: 281.425.6875
Fax: 281.425.6568
Email: asummers@lee.edu
Dear Lee College Student and Campus Community,

In compliance with the Drug-Free Schools and Communities Act, all Lee College staff and students are to be notified of our Drug and Alcohol Statement which can be found online at [http://www.lee.edu/counseling/files/2016/03/aod-policy.pdf](http://www.lee.edu/counseling/files/2016/03/aod-policy.pdf). This includes information on health risks, options for help, and sanctions related to the illegal possession or distribution of alcohol and other drugs.

Please take time to read this important information. As a reminder, Lee College is a smoke-free campus (which includes all types of tobacco and vaping). Starting this fall, we will kick off a Tobacco Project through our continued partnership with MD Anderson and Be Well Baytown. The project will provide funding and support to educate our campus on the impact of tobacco.

If you need more information, please feel free to contact me.

Rosemary Coffman, PhD, CRC, LCDC
Associate Dean, Student Affairs
Rundell Hall, Room 107
281-425-6387 (v)
832-556-4004 (fax)

Behavioral Intervention Team / Core Member
[www.lee.edu/behavioral-intervention-team](http://www.lee.edu/behavioral-intervention-team)
In compliance with the Drug-Free Schools and Communities Act, all Lee College staff and students are to be notified of our Drug and Alcohol Statement which can be found online at http://www.lee.edu/counseling/files/2016/03/alcohol-policy.pdf. This includes information on health risks, options for help, and sanctions related to the illegal possession or distribution of alcohol and other drugs.

As a reminder, Lee College is a smoke-free campus (which includes all types of tobacco and vaping).

Please take time to read this important information.

Thank you!

☐ I have read and acknowledged receipt of this notification
This report contains the following institutions:

<table>
<thead>
<tr>
<th>Inst Code</th>
<th>Core Code</th>
<th>Institution</th>
<th>Year</th>
<th>Form#</th>
<th>Pre/Post</th>
<th>Sample</th>
<th>Count</th>
<th>Serial Numbr</th>
</tr>
</thead>
<tbody>
<tr>
<td>4091</td>
<td></td>
<td>Lee College</td>
<td>2019</td>
<td>13</td>
<td>3</td>
<td>1</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>4091</td>
<td></td>
<td>Lee College (online)</td>
<td>2019</td>
<td>13</td>
<td>3</td>
<td>1</td>
<td>270</td>
<td></td>
</tr>
</tbody>
</table>

*Number of Institutions: 2  Number of Surveys: 320*
Multiple Selection

CORE ALCOHOL AND DRUG SURVEY LONG FORM - FORM 194

EXECUTIVE SUMMARY

The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with the students’ attitudes, perceptions, and opinions about alcohol and other drugs and the other deals with the students’ own use and consequences of use. There are also several items on students’ demographic and background characteristics as well as perception of campus climate issues and policy.

Key Findings from students at Multiple Selection

Following are some key findings on the use of alcohol:

- 65.2% of the students consumed alcohol in the past year ("annual prevalence").
- 45.2% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 25.4% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 23.7% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 15.5% of the students have used marijuana in the past year ("annual prevalence").
- 7.5% of the students are current marijuana users ("30-day prevalence").
- 7.7% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 5.0% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 7.5% Marijuana (pot, hash, hash oil)
- 1.5% Amphetamines (diet pills, speed)
- 1.6% Sedatives (downers, ludes)
Following are some key findings on the consequences of alcohol and drug use:

16.5% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.

20.1% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

81.2% of students said the campus has alcohol and drug policies;

17.0% said they “don't know”; and

1.9% said there wasn’t a policy.

48.8% of students said the campus has an alcohol and drug prevention program;

50.3% said they “don't know”; and

0.9% said there wasn’t a program.

80.8% of students said the campus is concerned about the prevention of drug and alcohol use;

15.1% said they “don't know”; and

3.1% said the campus is not concerned.

With regard to students’ perceptions of other students’ use:

71.6% of students believe the average student on campus uses alcohol once a week or more.

62.4% of students believe the average student on this campus uses some form of illegal drug at least once a week.

63.7% of students indicated they would prefer not to have alcohol available at parties they attend.

92.8% of students indicated they would prefer not to have drugs available at parties they attend.
The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

- 47.1% of the respondents said they saw drinking as central in the social life of male students.
- 38.8% of the respondents said they saw drinking as central in the social life of female students.
- 19.6% of the respondents said they saw drinking as central in the social life of faculty/staff.
- 20.7% of the respondents said they saw drinking as central in the social life of alumni.
- 28.8% of the respondents said they saw drinking as central in the social life of athletes.
- 3.9% of the students said they believe the social atmosphere on campus promotes alcohol use.
- 4.7% of the students said they believe the social atmosphere on campus promotes drug use.
- 10.0% of the students said they do not feel safe on campus.

Compared to other campuses...

- 3.6% feel that alcohol use is greater
- 53.0% feel that alcohol use is less
- 43.4% feel alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being “not at all”, “slightly”, “somewhat”, and “very much”). The following percentages of respondents on this campus indicated that their fellow students cared “somewhat” or “very much” about the following issues:

- 78.5% said students cared about sexual assault
- 71.6% said students cared about assaults that are non-sexual
- 71.0% said students cared about harassment because of race or ethnicity
- 69.7% said students cared about harassment because of gender
- 69.0% said students cared about harassment because of sexual orientation
- 65.3% said students cared about harassment because of religion
- 61.5% said students cared about campus vandalism
- 54.2% said students cared about alcohol and other drug use
Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

### Table 1 - Experiences of Harassment or Violence

<table>
<thead>
<tr>
<th>Experience</th>
<th>Used Alcohol or Drugs</th>
<th>Incident</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.5%</td>
<td>5.6%</td>
<td>Ethnic or racial harassment</td>
</tr>
<tr>
<td>3.5%</td>
<td>22.2%</td>
<td>Threats of physical violence</td>
</tr>
<tr>
<td>2.4%</td>
<td>20.0%</td>
<td>Actual physical violence</td>
</tr>
<tr>
<td>1.7%</td>
<td>66.7%</td>
<td>Theft involving force or threat of force</td>
</tr>
<tr>
<td>3.6%</td>
<td>50.0%</td>
<td>Forced sexual touching or fondling</td>
</tr>
<tr>
<td>1.7%</td>
<td>60.0%</td>
<td>Unwanted sexual intercourse</td>
</tr>
</tbody>
</table>

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were, “no risk”, “slight risk”, “moderate risk”, “great risk”, and “can’t say”. The numbers listed below indicate the percentage of respondents who felt there was “great risk” associated with the following behaviors:

- 11.1% try marijuana once or twice
- 10.8% smoke marijuana occasionally
- 25.0% smoke marijuana regularly
- 42.8% try cocaine once or twice
- 65.7% take cocaine regularly
- 45.4% try LSD once or twice
- 61.9% take LSD regularly
- 47.0% try amphetamines once or twice
- 62.3% take amphetamines regularly
- 25.9% take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day
- 58.5% take four or five drinks nearly every day
- 59.9% have five or more drinks in one sitting
- 47.0% take steroids for body building or improved athletic performance
- 43.5% consume alcohol prior to being sexually active
- 40.4% regularly engage in unprotected sexual activity with a single partner
- 69.9% regularly engage in unprotected sexual activity with multiple partners

Sexual Behavior:

- 62.4% of the students reported engaging in sexual intercourse within the past year. Of these, 11.3% used alcohol the last time they had intercourse and 64.2% used drugs.
In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 47.4% refused an offer of alcohol or other drugs
- 0.0% bragged about alcohol or other drug use
- 0.0% heard someone else brag about alcohol or other drug use
- 0.0% carried a weapon such as a gun, knife, etc. (not hunting or job related)
- 19.2% experienced peer pressure to drink or use drugs
- 8.6% held a drink to have people stop bothering you about why you weren’t drinking
- 12.7% thought a sexual partner was not attractive because he/she was drunk
- 8.9% told a sexual partner that he/she was not attractive because he/she was drunk

The following data describes how students say their friends would feel if they:

- Tried marijuana once or twice - 54.1% of their friends would disapprove
- Smoked marijuana occasionally - 52.3% of their friends would disapprove
- Smoked marijuana regularly - 74.6% of their friends would disapprove
- Tried cocaine once or twice - 89.9% of their friends would disapprove
- Took cocaine regularly - 96.6% of their friends would disapprove
- Tried LSD once or twice - 86.0% of their friends would disapprove
- Took LSD regularly - 95.9% of their friends would disapprove
- Took one or two drinks every day - 85.7% of their friends would disapprove
- Took four or five drinks every day - 89.6% of their friends would disapprove
- Had five or more drinks at one sitting - 77.5% of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 55.1% say it breaks the ice
- 61.7% say it enhances social activity
- 44.8% say it makes it easier to deal with stress
- 46.2% say it facilitates a connection with peers
- 50.3% say it gives people something to talk about
- 42.0% say it facilitates male bonding
- 38.8% say it facilitates female bonding
- 49.8% say it allows people to have more fun
- 53.5% say it gives people something to do
- 15.8% say it makes food taste better
- 15.7% say it makes women sexier
- 13.0% say it makes men sexier
- 14.4% say it makes me sexier
- 30.9% say it facilitates sexual opportunity
Use of Drugs

The following tables provide additional details about students’ reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 8148 students from 29 Community Colleges who completed the Core Alcohol and Drug Survey Long Form in 2011 to 2013 National Data (Community Colleges).

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, “At what age did you first use ______?” whereas comparatively few report having used each of the other substances. This question examines “lifetime prevalence” as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

### Table 2 - Substance Use

<table>
<thead>
<tr>
<th>Substance</th>
<th>Lifetime Prevalence</th>
<th>Annual Prevalence</th>
<th>30-Day Prevalence</th>
<th>3X/Week or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>41.0 / 55.3</td>
<td>21.4 / 39.6</td>
<td>14.4 / 31.4</td>
<td>10.2 / 24.7</td>
</tr>
<tr>
<td>Alcohol</td>
<td>74.4 / 80.2</td>
<td>65.2 / 72.4</td>
<td>45.2 / 53.4</td>
<td>5.6 / 13.5</td>
</tr>
<tr>
<td>Marijuana</td>
<td>39.9 / 45.4</td>
<td>15.5 / 23.2</td>
<td>7.5 / 13.6</td>
<td>4.0 / 7.6</td>
</tr>
<tr>
<td>Cocaine</td>
<td>11.1 / 11.0</td>
<td>0.6 / 3.4</td>
<td>0.6 / 1.2</td>
<td>0.0 / 0.4</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>13.4 / 16.9</td>
<td>3.4 / 6.2</td>
<td>1.9 / 3.4</td>
<td>1.9 / 2.2</td>
</tr>
<tr>
<td>Sedatives</td>
<td>9.9 / 11.0</td>
<td>0.9 / 4.0</td>
<td>1.6 / 2.1</td>
<td>0.3 / 0.7</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>7.4 / 9.8</td>
<td>1.3 / 3.4</td>
<td>0.6 / 1.3</td>
<td>0.0 / 0.2</td>
</tr>
<tr>
<td>Opiates</td>
<td>3.7 / 4.3</td>
<td>0.6 / 1.7</td>
<td>0.6 / 1.2</td>
<td>0.0 / 0.5</td>
</tr>
<tr>
<td>Inhalants</td>
<td>2.2 / 4.0</td>
<td>0.6 / 0.9</td>
<td>0.0 / 0.6</td>
<td>0.0 / 0.2</td>
</tr>
<tr>
<td>Designer drugs</td>
<td>11.2 / 10.6</td>
<td>1.2 / 4.2</td>
<td>0.3 / 1.6</td>
<td>0.0 / 0.3</td>
</tr>
<tr>
<td>Steroids</td>
<td>2.5 / 2.2</td>
<td>0.9 / 1.2</td>
<td>0.3 / 0.8</td>
<td>0.0 / 0.4</td>
</tr>
<tr>
<td>Other drugs</td>
<td>5.0 / 5.8</td>
<td>0.3 / 2.1</td>
<td>0.6 / 1.0</td>
<td>0.0 / 0.4</td>
</tr>
</tbody>
</table>

Notes:

Coll. = Multiple Selection
Ref. = Reference group of 8148 college students
The average number of drinks consumed per week at this institution is 1.2 drinks. The national average is 3.0 drinks (based on a sample of 6148). The percentage of students who report having binged in the last two weeks at this institution is 23.3% compared to the national average of 32.0%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group may consist of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<table>
<thead>
<tr>
<th>This Institution</th>
<th>Reference Group</th>
<th>Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.7</td>
<td>2.4</td>
<td>Been arrested for DW/DUI</td>
</tr>
<tr>
<td>5.3</td>
<td>8.1</td>
<td>Been in trouble with police, residence hall, or other college authorities</td>
</tr>
<tr>
<td>1.7</td>
<td>3.7</td>
<td>Damaged property, pulled fire alarms, etc.</td>
</tr>
<tr>
<td>10.6</td>
<td>22.7</td>
<td>Driven a car while under the influence</td>
</tr>
<tr>
<td>14.3</td>
<td>22.3</td>
<td>Got into an argument or fight</td>
</tr>
<tr>
<td>3.0</td>
<td>2.6</td>
<td>Tried to commit suicide</td>
</tr>
<tr>
<td>7.6</td>
<td>5.2</td>
<td>Seriously thought about suicide</td>
</tr>
<tr>
<td>9.3</td>
<td>11.1</td>
<td>Been hurt or injured</td>
</tr>
<tr>
<td>7.6</td>
<td>7.3</td>
<td>Been taken advantage sexually</td>
</tr>
<tr>
<td>1.7</td>
<td>2.7</td>
<td>Taken advantage of another sexually</td>
</tr>
<tr>
<td>4.0</td>
<td>6.6</td>
<td>Tried unsuccessfully to stop using</td>
</tr>
<tr>
<td>7.3</td>
<td>8.2</td>
<td>Thought I might have a drinking or other drug problem</td>
</tr>
<tr>
<td>10.6</td>
<td>17.6</td>
<td>Performed poorly on a test or important project</td>
</tr>
<tr>
<td>19.0</td>
<td>23.6</td>
<td>Done something I later regretted</td>
</tr>
<tr>
<td>11.3</td>
<td>18.3</td>
<td>Missed a class</td>
</tr>
<tr>
<td>18.7</td>
<td>21.6</td>
<td>Been criticized by someone I know</td>
</tr>
<tr>
<td>13.0</td>
<td>20.9</td>
<td>Had a memory loss</td>
</tr>
<tr>
<td>30.0</td>
<td>38.2</td>
<td>Got nauseated or vomited</td>
</tr>
<tr>
<td>39.7</td>
<td>47.6</td>
<td>Had a hangover</td>
</tr>
</tbody>
</table>
Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

### Table 4 - Differences among Student Groups

<table>
<thead>
<tr>
<th></th>
<th>Gender</th>
<th>Age</th>
<th>Average Grades</th>
<th>4-Year Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Female</td>
<td>Male</td>
<td>16-20</td>
<td>21+</td>
</tr>
<tr>
<td>Sample Sizes:</td>
<td>252</td>
<td>72</td>
<td>136</td>
<td>188</td>
</tr>
<tr>
<td>Currently use (in the past 30 days) alcohol</td>
<td>47.6</td>
<td>37.7</td>
<td>25.6</td>
<td>69.7</td>
</tr>
<tr>
<td>Currently use (in the past 30 days) marijuana</td>
<td>7.2</td>
<td>8.7</td>
<td>6.8</td>
<td>8.1</td>
</tr>
<tr>
<td>Currently use (in the past 30 days) illegal drugs other than marijuana</td>
<td>4.4</td>
<td>7.2</td>
<td>5.3</td>
<td>4.6</td>
</tr>
<tr>
<td>Had 6 or more binges in the past 2 weeks</td>
<td>1.2</td>
<td>2.6</td>
<td>0.0</td>
<td>2.7</td>
</tr>
<tr>
<td>Have driven a car while under the influence during past year</td>
<td>11.1</td>
<td>10.6</td>
<td>4.1</td>
<td>15.6</td>
</tr>
<tr>
<td>Have been taken advantage of sexually during past year</td>
<td>8.9</td>
<td>3.0</td>
<td>5.7</td>
<td>8.9</td>
</tr>
<tr>
<td>Have taken advantage of another sexually during past year</td>
<td>1.3</td>
<td>3.1</td>
<td>0.8</td>
<td>2.2</td>
</tr>
</tbody>
</table>

### Sample Demographics

Following are some summary characteristics of the students who completed and returned the questionnaire:

- 41.8% were freshmen < 30 hrs
- 46.7% were sophomores >= 30 hrs
- 5.9% were adult education
- 5.6% were other
- 97.5% lived in houses/apartments
- 0.0% lived in contracted housing

Primary Educational Intent:

- 36.5% Earn a career program degree, then go to work
- 0.7% Take career courses, find a job without degree
- 2.2% Improve skills for my present job
- 47.6% Earn a degree and transfer to a 4 yr institution
- 3.7% Take courses to transfer to 4 yr inst w/o degree
- 0.0% Prepare for GED test or improve basic skills
- 1.8% Take courses for personal interest/development
- 2.2% Take prerequisite courses for second degree
- 2.2% No specific intent
- 3.0% Other
APPENDIX E - Intercollegiate Athletics - Substance Abuse Education and Testing Program

INTRODUCTION / PURPOSE
The Administration and Athletic Department of Lee College strongly believe that the use and/or abuse of alcohol and other drugs can be detrimental to the athlete’s health, academic achievement, individual athletic performance and a team’s success. It is the intent of the College to educate and inform athletes of the effects of alcohol and other drugs thereby allowing them to make responsible decisions and avoid dependency.

The purpose of the Substance Abuse Education and Testing Program is to:
   a) protect the health and safety of student athletes and others with whom they interact;
   b) promote alcohol and drug education;
   c) identify student athletes who are abusing substances—assessing the issues and offering education and support to meet the individual need of the student athlete.
   d) serve as a deterrent to alcohol and drug use;
   e) promote fair competition and;
   f) preserve the integrity of the Lee College athletic program; and
   g) when necessary, dismiss the student athlete with repeated incidences of drug abuse.

DESCRIPTION
Lee College athletes are prohibited from possession or being under the influence of illegal drugs or other prohibited substances as well as the abuse of and/or dependency upon legally permitted substances. Athletes found to be in illegal possession, or illegally distributing prohibited substances, or in possession of paraphernalia may be subject to disciplinary action up to immediate dismissal from the athletic team with all scholarships cancelled.

All athletes will participate in the Substance Abuse Education and Testing Program which includes mandatory education sessions and periodic drug screening as described in this document.

The Athletic Department shall inform in writing the student-athlete of the drug testing policy and regulation of Lee College. Athletes will be given a copy of the policy and applicable regulations prior to the signing of a National Letter of Intent or before his/her initial participating each year and be asked to sign the Consent to Drug Testing and Authorization for Release of Test Results form. If the athlete is a minor, the athlete and a parent/guardian will sign the form. Refusal to sign the Consent to Drug Testing and Authorization for Release of Test Results form by the athlete will disqualify the athlete from participation in the Lee College Athletic Program and prevent the awarding of athletic student financial aid.

PREVENTION / EDUCATION
All athletes and staff will participate in a drug and alcohol education program at the beginning of each fall semester. Additional sessions may be required if deemed necessary. In addition to general education, these sessions will also have information on the effects of tobacco, alcohol, and other drugs.

ASSISTANCE
Athletes are encouraged to seek confidential assistance before violations of this policy occur. No athlete will be penalized for seeking this assistance; however, disciplinary action is required in cases where drug testing shows the athlete to be in violation. The Athletic Director will be notified as a point of record.

Any student athlete who tests positive for drugs (including alcohol) or comes forward with a request for assistance will undergo an assessment to determine the severity of the misuse for that individual athlete. Based on the recommendation of this third-party assessment, the athlete may be required participate in additional support programs. All mandatory assessments and subsequent support will be at no cost to the student.

DRUG TESTING / SCREENING PROCEDURES
All drug tests and analyses will be conducted by an independent lab selected by the Athletic Director/Administrator.

The first such testing may be a part of the student athlete’s physical examination conducted annually prior to sport participation. This is a mandatory program for all participants in college sponsored athletics.

Random testing also may occur during each semester. The timing and identity of the student athlete to be tested shall be determined by random drawing or by the Athletic Director or Administrator. Failure to appear at the stated time and location for such random testing will be assumed as a positive result of drug use. The tests will be conducted by qualified personnel. Every practical effort will be made to assure the accuracy and confidentiality of the test results. The records shall be secured by the Athletic Director.

SUBSTANCES TESTED
Testing of the sample is intended to detect and/or identify any illegal or otherwise banned substance. In addition, such testing can detect substances used as a recreational drug, as well as those that are performance enhancement, and prescription drugs. A complete list of banned drugs can be found in Appendix A.

USE OF DIETARY SUPPLEMENTS
Athletes commonly use drugs and dietary supplements with the goal of improving their athletic performance. Many performance-enhancing substances include ergogenic and thermogenic supplements, stimulants, anabolic steroids, and peptide hormones. Before consuming any nutritional/dietary supplement product, the student athlete should review the product with the Head Coach. There are no approved NJCAA dietary supplement products.

Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result. Such supplements may contain banned drugs not listed on the label. Any product containing a dietary supplement ingredient is taken at the student athlete’s risk. Athletes should have their nutritional needs met through a healthy, balanced diet without dietary supplements.

USE OF ALCOHOL
All student athletes are to abide by federal, state, local, and college alcohol policies. Student athletes are not to attend any athletic-sponsored meetings, practices, programs, services, contests, etc. while under the influence of alcohol. This includes all events both on and away from the campus. The use or possession of alcohol is also prohibited at the college provided housing and by any athlete under the age of 21. The Athletic Department supports Lee College’s policy on the use of Alcohol and Other Drugs as stated in the College Catalog.

USE OF TOBACCO
The use of tobacco products, including “vaping,” e-cigs, and/or smokeless tobacco, is prohibited for student athletes in all sports during practice and competition on campus or in college provided housing.

SANCTIONS FOR POSITIVE TEST RESULTS
The following outlines the consequences for those students who test positive for the required drug testing.

a) First Positive
   • The Athletic Director and the student athlete’s Head Coach will be notified that a positive result was obtained from the participant.
   • The student athlete will undergo an assessment from a third-party agency to determine if there is a substance use disorder and, if so, the severity.
   • Based on the recommendations of this assessment, he or she must participate in additional support programs which may include, but not limited to, additional education and/or counseling. Failure to participate in these sessions will be constructively treated as a second positive and treated accordingly.
   • The student athlete will be individually screened for the presence of drugs at the discretion of the Athletic Director or Administrator or treatment consultant for up to fifty-two (52) weeks or the end of the student-athlete’s eligibility, whichever exhausts first.
   • In addition to the above, any student athlete testing positive for drugs or alcohol will be suspended from two regular season games. Additional sanctions may be assessed based on recommendations of the Head Coach and as approved by the Athletic Director.
• In the event that the suspensions would lead to forfeit of games, the Athletic Director would have the authority to stagger the suspensions as deemed necessary.
• Notification of parent or guardian will occur as soon as possible.
  b) Second Positive
• The Athletic Director and student athlete’s Head Coach will be notified if the student athlete is found to have a second positive in screening for drugs during his/her athletic career.
• The student athlete may be dismissed from her/his team with immediate loss of any remaining scholarship funds. This decision will be based on the student’s overall behaviors and recommendations from the Head Coach, the treatment consultant, and/or others who may attest to the student’s attitude and desire to improve.
• If not dismissed, the student athlete will be suspended from four regular season games.
• Notification of parent or guardian will occur as soon as possible.
  c) Third Positive
• Any third positive will lead to immediate suspension from the team with loss of any remaining scholarship funds.
  d) Sanctions involving alcohol and/or involvement of criminal justice system

When a student athlete is determined to be under the influence of alcohol or drugs while involved in a team related function (either on campus or away) or in college provided housing, he or she may be subject to disciplinary action as determined by the Head Coach and the Athletic Director.

Any legal issues arising from the misuse of alcohol or other drugs may lead to disciplinary sanctions. (Examples include driving under the influence, providing alcohol to others under the age of 21, sexual misconduct including rape or date rape, physical assault, disorderly conduct, and destruction of property, etc.) Upon verification of an arrest for a crime involving alcohol or drugs, the student athlete shall be immediately suspended from practice and competition pending a meeting with the Head Coach and the Athletic Director who will determine the appropriate intervention or sanction.

With any sanction, parents will be notified

EXCEPTIONS FOR PRESCRIPTION MEDICATIONS
A student athlete may verify prescribed drugs or over-the-counter drugs that have resulted or may result in a positive test by presenting an original note from his/her physician on office letterhead to the Head Coach as well as the independent lab responsible for the screening.

APPEAL PROCESS
The student may appeal the decision of the College by utilizing the student grievance procedures as outlined in the student catalog.

AMENDMENTS OR MODIFICATIONS TO THE PROGRAM
This Program may be modified or amended with the approval of the President of Lee College. Such amendments or modifications shall apply to, and be effective for, all student athletes participating in the Lee College athletics program upon notice and acknowledgment by such student athletes of the Substance Abuse Education and Testing Program as so amended or modified.
APPENDIX F- Federal Financial Aid Drug Policy

means you cannot award the student aid for classes that do not count toward his degree, certificate, or other recognized credential. Also, federal student aid can be awarded only for learning that results from instruction provided or overseen by the school. It cannot be awarded for any portion of a program based on study or life experience prior to enrollment in the program, or based on tests of learning that are not associated with educational activities overseen by the school.

STUDENTS CONVICTED OF POSSESSION OR SALE OF DRUGS

A federal or state drug conviction (but not a local or municipal conviction) can disqualify a student for FSA funds. The student self-certifies in applying for aid that he is eligible; you’re not required to confirm this unless you have conflicting information.

Convictions only count against a student for aid eligibility purposes (FAFSA question 23c) if they were for an offense that occurred during a period of enrollment for which the student was receiving federal student aid—they do not count if the offense was not during such a period, unless the student was denied federal benefits for drug trafficking by a federal or state judge (see drug abuse hold sidebar). Also, a conviction that was reversed, set aside, or removed from the student’s record does not count, nor does one received when she was a juvenile, unless she was tried as an adult.

The chart below illustrates the period of ineligibility for FSA funds, depending on whether the conviction was for sale or possession and whether the student had previous offenses. (A conviction for sale of drugs includes convictions for conspiring to sell drugs.)

<table>
<thead>
<tr>
<th></th>
<th>Possession of illegal drugs</th>
<th>Sale of illegal drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st offense</strong></td>
<td>1 year from date of conviction</td>
<td>2 years from date of conviction</td>
</tr>
<tr>
<td><strong>2nd offense</strong></td>
<td>2 years from date of conviction</td>
<td>Indefinite period</td>
</tr>
<tr>
<td><strong>3+ offenses</strong></td>
<td>Indefinite period</td>
<td></td>
</tr>
</tbody>
</table>
If the student was convicted of both possessing and selling illegal drugs, and the periods of ineligibility are different, the student will be ineligible for the longer period. Schools must provide each student who becomes ineligible for FSA funds due to a drug conviction a clear and conspicuous written notice of his loss of eligibility and the methods whereby he can become eligible again.

A student regains eligibility the day after the period of ineligibility ends (i.e., for a 1st or 2nd offense); or when he or she successfully completes a qualified drug rehabilitation program that includes passing two unannounced drug tests given by such a program. Further drug convictions will make him ineligible again.

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**Drug convictions**

HEA Section 484(r)

34 CFR 668.40

A student who self-certifies that he or she has a qualifying drug conviction will receive a “C” code and comment code 053, 054, 056, 058, or 052 on his or her SAR and ISIR. See the SAR Comment Code and Text Guide on IFAP.

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**Question 23 Student Aid Eligibility Worksheet**

You may distribute this worksheet to students to help them determine and document their eligibility or ineligibility, based on their responses to question 23 on the FAFSA (i.e., drug convictions): [www.ifap.ed.gov/drugworksheets/1415DrugWorksheets.html](http://www.ifap.ed.gov/drugworksheets/1415DrugWorksheets.html).

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**Drug abuse hold**

The Anti-Drug Abuse Act of 1988 includes provisions that authorize federal and state judges to deny certain federal benefits, including student aid, to persons convicted of drug trafficking or possession. The Central Processing System maintains a hold file of individuals who have received such a judgment. All applicants are checked against this file to determine if they should be denied aid. This is separate from the check for a drug conviction via question 23; records matching the drug abuse hold file receive a rejected application (reject 19 and comments 009 or 055 on the SAR and ISIR). See the ISIR Guide on the IFAP publications page for more information.

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**Volume 1—Student Eligibility 2017-18**

**Members of a religious order**

34 CFR 674.9(c)
34 CFR 675.9(c)
34 CFR 676.9(c)
34 CFR 685.200(a)(2)(ii)
34 CFR 690.75(d) Members of any religious order, society, agency, community, or other organization aren’t considered to have financial need if the order— (1) has as a primary objective the promotion of ideals and beliefs regarding a Supreme Being, (2) requires its members to forego monetary or other support substantially beyond the support it provides, and (3) directs the member to pursue the course of study or provides subsistence support to its members.
Members of these religious orders can’t receive Direct Subsidized Loans, Pell Grants, or Campus-Based aid. They are eligible, however, for Direct Unsubsidized Loans.

Students denied eligibility for an indefinite period can regain eligibility after completing any of the following 3 options:

1) Successfully completing a rehabilitation program, as described below, which includes passing two unannounced drug tests from such a program;

2) Having the conviction reversed, set aside, or removed from the student’s record so that fewer than two convictions for sale or three convictions for possession remain on the record; or

3) Successfully completing two unannounced drug tests which are part of a rehab program (the student does not need to complete the rest of the program).

In such cases, the nature and dates of the remaining convictions will determine when the student regains eligibility. It is the student’s responsibility to certify to you that she has successfully completed the rehabilitation program; as with the conviction question on the FAFSA, you are not required to confirm the reported information unless you have conflicting information.

When a student regains eligibility during the award year, you may award Pell Grant, TEACH, and Campus-Based aid for the current payment period and Direct Loans for the period of enrollment.

**Standards for a qualified drug rehabilitation program**

A qualified drug rehabilitation program must include at least two unannounced drug tests and satisfy at least one of the following requirements:

- Be qualified to receive funds directly or indirectly from a federal, state, or local government program.
- Be qualified to receive payment directly or indirectly from a federally or state-licensed insurance company.
- Be administered or recognized by a federal, state, or local government agency or court.
- Be administered or recognized by a federally or state-licensed hospital, health clinic, or medical doctor.

If you are counseling a student who will need to enter such a program, be sure to advise the student of these requirements. If a student certifies that he has successfully completed a drug rehabilitation program, but you have reason to believe that the program does not meet the requirements, you must find out if it does before paying the student any FSA funds.
NALOXONE TRAINING FREE WORKSHOP
February 7, 2019 / 11 a.m. – 1 p.m.

Overview

Naloxone Training: Learn to Save a Life

Presented by: Joy Alonzo, R.Ph, M.Eng., Pharm. D / Texas A&M College of Pharmacy

This event was sponsored by South East Harris Community Coalition (Bay Area Council on Drugs and Alcohol) and provided information and hands on training on how to administer Naloxone. There were over 50 participants with the majority being law enforcement officers including Lee College Security. All participants received free Narcan for their department or employment.
Better health through better living

11th ANNUAL
Lee College Health Fair

Tuesday, March 26th 2019
1 p.m. - 3:30 p.m.
Lee College Sports Arena.
550 Lee Drive,
Baytown, TX 77520

Admission to the health fair is FREE and all are welcome to attend.

Free information and screenings to include:
- Blood Drive
- Blood Pressure Readings
- Blood Typing
- Body Fat Percent Measurements
- Chiropractic Evaluation
- Dental Awareness/Screenings
- Financial Information
- Heart Health Awareness
- Mental Health Education
- Personal and Family Health Insurance Information and many other health-related services offered to our community

Vendors scheduled to attend:
- AdvoCare Independent Distributors
- Altus ER
- Amerigroup
- Avenue 360 Health & Wellness
- BBVA Compass Bank
- CSL Plasma
- Compass Resolution Center
- Eagle Pointe Recreation Complex
- General Surgeons of Pasadena
- Gulf Coast Regional Blood Center
- Harris County PMES
- HCA Houston Healthcare Southwest
- HCA Internal Medicine of Pasadena
- HealthSource Chiropractic of Baytown
- Heart and Hands of Baytown
- Houston Methodist Baytown Hospital
- KelseyCare powered by Community HealthChoice
- Lee College
- Mary Kay Cosmetics
- MCNA Dental
- Mont Belvieu Family Chiropractic
- PHYSIO Physical Therapy and Wellness Center
- Premier Corporate Wellness
- STAR/Tennis Health Steps
- Tennis Professional Hearing Center
- The Ridge Over Troubled Waters
- United Way of Greater Baytown Area & Chambers County
- Wells Fargo
- West Chambers Medical Center, and more.

For more information, contact
Jason P. Summers, Lee College Wellness Coordinator
(9) 281.425.6439 | (F) 281.425.6830 | (E) jsummers@lee.edu
APPENDIX I - Tobacco 21 Coalition of Organizations

Coffman, Rosemary

From: Texas T21 All List <texas-t21-all-list+noreply@googlegroups.com>
Sent: Monday, June 18, 2018 1:52 PM
To: Coffman, Rosemary
Subject: You have been added to Texas T21 All List

Hi rcoffman@lee.edu,
Claudia Rodas added you to the Texas T21 All List group.

Message from Claudia Rodas

Thank you for your support of Texas 21. You have been added to the Texas T21 group listserv and will periodically receive emails updates. - Claudia Rodas, on behalf of Texas 21 steering committee Campaign for Tobacco-Free Kids Director, Southern Region 832-605-5210 crodas@tobaccofreekids.org

About this group

This list serve are all org's that have signed up to support Texas T21. Created in April 2018.

Google Groups allows you to create and participate in online forums and email-based groups with a rich community experience. You can also use your Group to share documents, pictures, calendars, invitations, and other resources. Learn more.

If you do not wish to be a member of this group you can unsubscribe. If you believe this group may contain spam, you can also report the group for abuse. For additional information see our help center.

View this group

If you do not wish to be added to Google Groups in the future you can opt out here.

Start a new group. Visit the help center.
Hello!

Thank you for joining the Texas Tobacco21 effort over the past 2 years. Our goal was to see the state of Texas raise the age of tobacco products and e-cigarettes to 21 years old and with your help we did it! We are encouraged to see the implementation, enforcement and education efforts of state agencies involved. To learn more about enforcement efforts, visit: https://controller.texas.gov/programs/support/tobacco/

We know the Tobacco21 policy is one of many actions to keep our kids from starting a lifelong addiction to tobacco and nicotine. The stakeholders leading the coalition plan to continue to push for strong tobacco control policies. If you'd like to stay engaged, we'll use this list to communicate the actions of the group moving forward. If you do not want to stay in this group, simply unsubscribe from this list using the button in the footer of the email.

There were many partners in the Texas Tobacco21 coalition. If you'd like to stay up to date with their mission, please sign up to their advocacy lists here:

- American Cancer Society Cancer Action Network: https://www.fightcancer.org/take-action/volunteer-acs-can
- American Heart Association: https://www.youarethe cure.org/join
- American Lung Association: https://www.lung.org/get-involved/tobacco

We appreciate your engagement and actions along the way. We hope you’ll continue to be a champion to reduce tobacco use among our youth in Texas going forward.

Sincerely,

Texas Tobacco21 Coalition Steering Committee
Well, “Baytown, We Have A Problem”!!!

We are a part of the nationwide Opioid Epidemic.

But just like the NASA Team pulled everybody together to find solutions, so can we. And we can do it all right here on the ground in Baytown. NASA had their specific objectives: to save fuel, to repair systems, to conserve oxygen, and to accomplish a safe re-entry.

www.ceaseaddictionnow.org

APPENDIX J - “O” Team Partnership
THE O TEAM
PURPOSE

www.ceaseaddictionnow.org

1. Educate:
   Goals and Objectives
   • Prevention incorporated at each level of learning and at all employment
   • Resource awareness within community
   • Disease approach as opposed to guilt/shame

2. Communicate:
   Goals and Objectives
   • Message should unify and be inclusive
   • News, Radio, Email, Social Media, TV
   • Utilize Baytorians who have a story

3. Rehabilitate:
   Goals and Objectives
   • Funding issue must be removed or mitigated - treatment is expensive!
   • Client/patient center(s) with the focus on treatment.
     Overcome an inpatient NIMBY attitude if it exists.

4. Collaborate:
   Goals and Objectives
   • Support law enforcement efforts.
   • Reach out to those imprisoned for drug charges so they too may recover.

The "O" Team aspires to create and activate a community-wide effort to make a positive and long lasting impact on and provide solutions to the Opioid Epidemic in Baytown.

Just like NASA, the "O" Team will have objectives too and they can be captured in 4 words:
APPENDIX K - College Alcohol and Other Drug Awareness Events

2019 Summer BASH
Dare to be healthy

Join us for fun and interactive activities while you learn about drug and alcohol related issues that impact our campus and community.

JUNE 18, 2019
11 AM - 3 PM
Lee College Student Center

Free popcorn · Door Prizes · Free Activities · Photo Water Bottles
Drunk Goggles & Pedal Car Obstacle Course
Provided by the Baytown Fire Department

Vendors & Services: Area organizations promoting a healthy lifestyle and a drug free community

Sponsored by:

Lee College
APPENDIX L - Tobacco Project / Be Well Baytown & Lee College

PROJECT GOALS

1) Increase knowledge of the harms of all forms of tobacco and identify resources available (continued)
   - A comprehensive communication plan will be developed and implemented to guide the project
   - The plan will be based on knowledge gained in Year 1.
   - Through our efforts, we will identify three key messages related to tobacco control.
   - Messaging will be delivered through a variety of means which will include social media, print and digital materials, and presentations.
   - By the end of the 3-year project, our goal is a 5% increase in target messaging areas.

2) Provide cessation resources to tobacco users
   - We will identify local and national cessation programs to create a resource document
   - 5% of the tobacco users will be given the resources on cessation. A needed we will bring resources and cessation opportunities to campus

3) Increase the compliance of the College Tobacco-Free Policy
   - Increase the awareness of the current policy through targeted messaging
   - Look at best practices for enforcement of tobacco free policies at the community college and work with LC Security to document issues in compliance
   - Develop and present a recommendation to the College leadership on increasing enforcement.
APPENDIX M - Peers Against Tobacco Student Group

NEW THIS FALL

Join the Movement!

Peers Against Tobacco is a peer-led initiative to eradicate tobacco use (including e-cigarettes and vaping) within the Lee College community. We’re here to help you educate students about the dangers of all forms of tobacco use.

Join us for our very first meeting!
When: Wednesday, September 4
Where: ATC 213 (2nd floor conference room)

For more information: Vanessa Ayala (mayala@lee.edu) / Nathan Lilly (nliily@lee.edu)
APPENDIX N - Alcohol/Drug Orientation for Student Athletes
Drugs and Athletes

Today we live in a 24-hour news cycle, even for sports. And with so much coverage, there is a desperate need for stories. One type of story that generates attention is drug stories.

There are plenty of these stories out there and those stories sell.

But what about other drug stories? The ones where a player uses marijuana, cocaine, or another recreational drug? It seems everyday you hear about some pro athlete getting caught with something illegal.

How do substances affect an athlete’s performance?

Substance use by athletes is a well-known issue. Athletes use substances to improve their performance, recover from injuries, and cope with stress. However, substance use can have serious consequences, both on and off the field.

Players whose lives were impacted by substances

Michael Phelps

Eight-time Olympic gold medal winner Michael Phelps has not only plunged into drugs. In 2019, he faced his addiction and entered rehab. He has since been clean and has returned to the sport with renewed vigor.

Derek Jeter

Jeter was known for his clean image and his commitment to sobriety. However, he was arrested for drunk driving in 2015, and the incident rocked the sports world.

Players whose lives were impacted by substances

Darryl Strawberry

The former New York Mets star was one of the most successful players in the league, but he struggled with drug and alcohol addiction for many years.

Wade Boggs

The former Boston Red Sox star was one of the most successful players in the league, but he struggled with drug and alcohol addiction for many years.

Diego Maradona

Maradona was one of the greatest players in the history of soccer, but his battle with drug addiction was a constant struggle throughout his career.
Players whose lives were impacted by substances

- Len Bias
- Len Bias, a promising University of Maryland All-American basketball player who died just before the start of the 1986 NCAA Tournament, died of a cocaine overdose.
- Marcus Camby
- Toronto Raptors Marcus Camby was drafted to the basketball team in 1996 and just one year later was arrested for marijuana possession.
- Allen Iverson
- In 1993, Allen Iverson received a charge for marijuana possession and then turned to community service as a way out of drug abuse or addiction.

Substance Abuse Stats

- 28.1 million people need treatment for illicit substance or alcohol abuse — 9.3% of all Americans*
- Among 12 or older. Data accurate as of 2017.
- 9.5 million Americans needing treatment for substance abuse are receiving it, leaving 18.6 million people still in need.
- 17.6% of people in the U.S. have alcohol dependence or abuse problems — 7% of the population.*

Marijuana

- Although this lecture does not examine the issue of marijuana legalization, its continually evolving legal status is worth mentioning because of implications for both research and policy. As mentioned elsewhere, marijuana is the most commonly used illicit drug in the United States, with 22 million people aged 12 or older using it in the past year. In recent years, marijuana use has become more socially acceptable among both adults and youth, while perceptions of risks among adolescents of the drug’s harms have been declining over the past 13 years.

Marijuana

- Effects of Marijuana Abuse
- In addition to positive and negative intoxicating effects, marijuana abuse can also have negative effects on an individual’s physical and mental health, especially in someone who uses marijuana for a long period of time.
- Respiratory problems: Marijuana smoke has many of the same irritating and lung-damaging properties as tobacco smoke. Long-term users may develop a chronic cough and are at higher risk of lung infections.

Marijuana

- While laws are changing, too, so is the drug itself. As average potency increased over the past decades (1998 to 2013), the most marijuana users are also changing — in addition to smoking, consuming edibles has become increasingly common. Because cannabis products and methods are unregulated even in states that have legalized marijuana use, users may not have accurate information about dosage or potency, which can lead to serious consequences such as hospitalizations for psychosis and other overdose-related symptoms.

Marijuana

- Cardiovascular risk: Marijuana use increases heart rate for several hours, increasing the chance of heart attack or stroke. This may aggravate pre-existing heart conditions in long-term users and those who are older — placing them at greater risk of a cardiovascular event.
- Mental effects: Long-term marijuana use can decrease an individual’s performance on memory-related tasks and cause a decrease in motivation and interest in everyday activities. Marijuana is also known to intensify symptoms in users with ADHD.
- Child development: Marijuana use during pregnancy can affect the development of the brain and may lead to behavioral problems in children.
Early Life Experiences

- The experiences a person has early in childhood and in adolescence can set the stage for future substance use and, sometimes, escalation to a substance use disorder or addiction. Early life stressors can include physical, emotional, and sexual abuse; neglect; household instability (such as parental substance use and conflict, mental illness, or incarceration of household members); and poverty. Research suggests that the stress caused by these risk factors may act on the same stress circuits in the brain as addictive substances, which may explain why they increase addiction risk.

Marijuana

- Psychological dependence: Like most other drugs of abuse, individuals who use marijuana for long periods of time can develop a dependence on it. Signs of dependence include the need to use marijuana to cope with everyday tasks and the experience of cravings and anxiety when marijuana is not available.

Addiction

- All addictive substances have powerful effects on the brain. These effects account for the euphoric or intensely pleasurable feelings that people experience during the initial use of alcohol or other substances, and these feelings motivate people to use those substances again and again, despite the risks for significant harms.

Addiction

- However, addiction is not an inevitable consequence of substance use. Whether an individual ever uses alcohol or another substance, and whether that initial use progresses to a substance use disorder of any severity, depends on a number of factors. These include a person’s genetic makeup and other individual biological factors, the age when use begins, psychological factors related to a person’s unique history and personality, and environmental factors, such as the availability of drugs, family and peer dynamics, financial resources, cultural norms, exposure to stress, and access to social support.

Differences Based on Sex

- Some groups of people are also more vulnerable to substance misuse and substance use disorders; for example, men tend to drink more than women and they are at higher risk for a alcohol use disorder, although the gender differences in alcohol use are declining. Men are also more likely to use other substance use disorders. However, clinical reports suggest that women who use cocaine, opioids, or alcohol engage in alcohol use at a disorder at a faster rate than do men (jined “heroin use”). Compared with men, women are also likely to exhibit greater symptoms of withdrawal from some drugs, such as nicotine. They also report worse negative effects during withdrawal and have higher levels of the stress hormone cortisol.

Why Should We Care

- Behavioral health problems such as substance use, violence, risky driving, mental health problems, and risky sexual activity are now the leading causes of death for those aged 18 to 24.
Life of an Athlete
Lee College Athletics / January 2020

Prior to the Spring 2020 semester, the Lee College volleyball team participated in the Life of an Athlete online education module, educating student athletes on the impact of alcohol and other drugs on performance and making good choices. The following data was provided by Dr. Douglas Walcerz, Vice President of Planning and Institutional Effectiveness.

Introduction

Life of an Athlete is an online module designed to introduce and educate athletes to the effects of alcohol with the goal of the program to reduce rates of substance abuse among student athletes and to increase positive lifestyle choices of the athletes. As part of the fall orientation of all student athletes, each were given an opportunity to view the 45-minute program which include information on:

- Peer Pressure
- Decision making and consequences of those decisions
- Physiological impact of drugs and alcohol on the athlete
- Training and performance issues

Method

The volleyball team met on January 17, 2020. The students participating represented 100% of the volleyball team.

Eleven athletes received instruction on the effects of alcohol on the body and mind which consisted of an online module (text and videos). Each participant progressed through the
module at their own pace, typically taking approximately 45 minutes to complete. They took a pre-test before the instruction and a post-test after the instruction. There were twelve questions that appeared on both pre-test and post-test. There were seven questions that appeared only on the pre-test and seven different questions only appeared on the post-test. Thus, each test had nineteen questions (twelve common questions and seven unique questions).

Analysis

Figure 1 (below) shows the responses to the unique questions on the pre-test. The answers indicate the availability of alcohol and the prevalence of alcohol at parties. Answers also indicate that athletes’ parents have discussed the consequences of drinking, and coaches have explained school policies, but there is not as much agreement that coaches have talked about the dangers of alcohol.

Figure 2 (below) shows the responses to the unique questions on the post-test. The answers indicate strong agreement that the stories and brain scans in the course have a lasting impact, and that every athlete should take the course. There is some ambivalence that the course will prevent students from drinking.
Figure 3 (below) shows the responses to the questions that were common to both pre-test and post-test. By visual comparison, it is clear that the test has caused the athletes to change their understanding of the effects of alcohol.
When a person drinks alcohol, they must use more brain energy to perform even the simplest task.

There are no long term effects of heavy drinking on athlete’s athletic performance.

The ten most dangerous years of a person’s life are ages 14-24.

People who start drinking prior to age 15 are more likely to develop alcohol dependence than those who start drinking at age 21.

High school athletes can lose 15-30% of their potentially drinking alcohol.

Athletes who drink are more likely to get injured.

Athletes can perform at their top level with small amounts of sleep.

An athlete could lose up to two weeks of athletic training from getting drunk once.

Alcohol use negatively impacts an athlete’s athletic performance.

Alcohol reduces an athlete’s ability to repair damaged muscle fibers.

Alcohol interferes with the messages your brain sends to your muscles.

Alcohol can reduce the amount of testosterone in an athlete’s system for up to 96 hours.

Figure 4 (below) shows the change in response from pre-test to post-test. The number of students who “Agree More” is the number of students who increased the level of agreement on the post-test relative to the pre-test. The number of students who “Agree Less” is the number of students who decreased the level of agreement on the post-test relative to the pre-test. The results show significantly increased levels of agreement on all questions except for two: the question about long-term effects of drinking, and the question about athletic performance with small amounts of sleep. Both of these questions are “reverse” coded, meaning that we hope students will agree LESS after taking the course, which is somewhat evident. It seems likely that students may not have read the questions carefully, and they answered the opposite of what they would have if they had read more carefully.
Statistical Significance

The number of athletes who took the test is small (only eleven athletes), and the responses are divided among a small number of categories, so the distribution is not normal. We used the Wilcoxon signed rank test to see if the change in the response (the difference between the pre-test and post-test) was different from zero. Table 1 (below) shows that for half of the questions, there was a statistically significant change in the students’ response, which is quite good considering the small number of people who were measured.
Table 1: Wilcoxon test to see if the changes in the students’ responses were statistically significantly different from zero.

<table>
<thead>
<tr>
<th>Question</th>
<th>p-value</th>
<th>Statistically Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are no long-term effects of heavy drinking on athlete’s athletic performance.</td>
<td>0.57</td>
<td>No</td>
</tr>
<tr>
<td>Alcohol use negatively impacts an athlete’s athletic performance.</td>
<td>0.04</td>
<td>Yes</td>
</tr>
<tr>
<td>An athlete could lose up to two weeks of athletic training from getting drunk once.</td>
<td>0.005</td>
<td>Yes</td>
</tr>
<tr>
<td>Athletes who drink are more likely to get injured.</td>
<td>0.008</td>
<td>Yes</td>
</tr>
<tr>
<td>Alcohol reduces an athlete’s ability to repair damaged muscle fibers.</td>
<td>0.01</td>
<td>Yes</td>
</tr>
<tr>
<td>Alcohol can reduce the amount of testosterone in an athlete’s system for up to 96 hours.</td>
<td>0.02</td>
<td>Yes</td>
</tr>
<tr>
<td>Athletes can perform at their top level with small amounts of sleep.</td>
<td>1.0</td>
<td>No</td>
</tr>
<tr>
<td>The ten most dangerous years of a person’s life are ages 14-24.</td>
<td>0.09</td>
<td>No</td>
</tr>
<tr>
<td>People who start drinking prior to age 15 are more likely to develop alcohol dependence than those who start drinking at age 21.</td>
<td>0.02</td>
<td>Yes</td>
</tr>
<tr>
<td>Alcohol interferes with the messages your brain sends to your muscles.</td>
<td>1.0</td>
<td>No</td>
</tr>
<tr>
<td>When a person drinks alcohol, they must use more brain energy to perform even the simplest task.</td>
<td>0.07</td>
<td>No</td>
</tr>
<tr>
<td>High school athletes can lose 15-30% of their potentially drinking alcohol.</td>
<td>0.07</td>
<td>No</td>
</tr>
</tbody>
</table>

^denotes statistically significant difference in mean from pre to post test.

Discussion

Life of an Athlete is a program that educates student athletes on the effects of alcohol and other drugs on performance and gives information to help the athlete make healthier choices. The information presented appeared beneficial in educating the student athlete. While low numbers may play a role in the statistical findings of how much was learned from pretest to posttest, over 72 percent of the participants stated that the personal stories would leave a lasting impact.

In addition to the data provided, the program gave the athletes an opportunity to discuss the topic in a safe environment. There was a discussion on the role of the student athlete on the Lee College campus and how drugs and alcohol have impacted their lives in the past, presently, and how it can impact their future. Their reaction to the information regarding the impact of alcohol and other drugs have impacted