



CLAREMONT
MCKENNA

C O L L E G E

Drug-Free Schools and Communities Act

Biennial Review

Covering Academic Years

2019-20 and 2020-21¹

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¹ Please note that due to the COVID-19 pandemic, students were in residence at Claremont McKenna College from August 2019-March 2020. During the rest of AY 2019-20 and the entirety of 2020-21, all courses were held online. During this time period, approximately 60 students lived in school sponsored housing.

Introduction

Claremont McKenna College (CMC) has completed this federally-mandated Biennial Review for the two-year period ending May 15, 2021. For this report, the College reviewed the Department of Education's Complying with the *Drug-Free Schools and Campuses Regulations [EDGAR Part 86]: A Guide for University and College Administrators* as a guide to improve the College's prevention program.

Online links to this Biennial Review and CMC's High-risk Alcohol and Drug Use Prevention Program Guide (AOD Program) are available on CMC's [Consumer Information](#) page.

The Biennial Review is organized as follows:

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Appendix 9. High-Risk Alcohol and Drug Use Prevention Program Guide

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I. Policies and Annual Notification

Claremont McKenna College provides a copy of its [Guide to Student Life](#) via email to all students in August of each year, and to all students who join the campus mid-year, in January. The Guide to Student Life provides information about CMC resources and support services, involvement opportunities, and key contact information. It also contains important policies that govern campus life that all students are expected to know and comply with. The AOD Program is included in the Guide to Student life and includes full descriptions of CMC's alcohol and drug policy and standards of conduct, guidelines related to events that include alcohol, and information about 1) applicable legal sanctions under federal and state laws for the unlawful possession or distribution of illicit drugs and alcohol; 2) health risks associated with the abuse of alcohol or use of illicit drugs; 3) a list of drug and alcohol programs that are available to students and employees; and 4) a clear statement that the college will impose disciplinary sanctions on students for violations of the standards of conduct and a description of those sanctions.

CMC's [High-Risk Alcohol and Drug Use Prevention Program Guide](#) (Appendix 9) is available at all times to students.

Each fall, staff and faculty (hereafter referred to as "employees") are provided a copy of the [Substance and Alcohol Abuse Prevention and Program Policy](#) (Appendix 10) and the [Employee Drug-Free Workplace Policy](#) (Appendix 11).

II. AOD Program Elements

In November 2016, the Vice President for Student Affairs convened a group of students and administrators who worked for several months to arrive at a common understanding of the harms of high-risk behaviors related to alcohol and drug use, and to establish an AOD program that prohibits all illegal drug use and limits alcohol to responsible and moderate use. The working group thought through strategies to mitigate high-risk behaviors, and developed a revised set of event guidelines, which were adopted by the College in September 2017. The 2019-20 and 2020-21 AOD Programs reflect these guidelines, which are reviewed annually with student affairs staff, Public Safety, and student leaders.

CMC's AOD Program emphasizes three key elements: enriching the student experience in ways that reduce drinking behaviors, aligning prevention plans with the mission and values of the College, and engaging stakeholders across the institution in normalizing responsible, moderate alcohol use amongst those who choose to drink. These three key elements are explained in more detail below.

Enriching the Student Experience

CMC seeks to leverage opportunities for students to pursue fulfilling, meaningful experiences both in and out of the classroom: intellectual life and the arts; athletics, fitness, and health; leadership, social innovation, entrepreneurship, and community engagement; and global experiences. CMC presents students with healthy, compelling, and fulfilling alternatives to alcohol and drug use to reduce the emphasis and perception of substances as being central to the CMC student experience.

- A. Alcohol-free events and activities are created and promoted to all students.
 - o The [College Programming Board \(CPB\)](#), a student programming board run through Student Activities in the Dean of Students Office, is charged with planning alcohol-free events four nights each week to create a vibrant campus life. CPB has an Executive Committee, a Board of Directors, and a range of committees that make up a student programming board of approximately 40 students committed to providing excellent alternative social experiences for

- the campus community. Events include movies, dances and musical performances, local trips for bowling, well-being programs, art and creative events, laser tag, and go-karts, museum trips, and cultural excursions into Los Angeles.
- The Dean of Students Office has an endowed gift account to support clubs and organizations interested in organizing substance-free, non-party events that engage the student community on or off campus. The Crown Fund allows the Student Activities staff to support new and innovative programming ideas from student leaders.
 - Resident Assistants and Dorm Presidents have budgets that are used to plan substance-free, inclusive, community-building events throughout the year.
- B. Student service learning and co-curricular research opportunities are created, publicized, and promoted. In addition to supplementing students' academic experience, these experiences offer alternative programming to alcohol-related social activities.
- Through the Center for Writing and Public Discourse and the Dean of Students Office, students are provided opportunities to volunteer in the community as elementary school tutors, and the College sponsors alternative spring break trips for students to participate in educational or service programs.
 - Students may participate in independent or guided research opportunities with faculty including co-curricular employment at the ten on [campus research institutes](#).
 - [Kravis Leadership Institute](#) has ramped up leadership development and social innovation programming for students which provide compelling intellectual and entrepreneurial opportunities.
 - The [Kravis Lab for Social Impact](#) is a resource for students, faculty, and other members of the CMC community who are interested in improving the lives of people around the globe. Through creativity, collaboration, and courage, students at the Kravis Lab affect positive, sustainable social impact. KLab offers free off-campus retreats for first year and sophomore students annually.
- C. The College is home to Roberts Pavilion, a state of the art athletics and recreation center for all students.
- [Roberts Pavilion](#) is open late into the evening, including weekend nights, providing healthy alternatives to social gatherings that may include alcohol.
 - A range of fitness opportunities, [physical education courses](#), [intramural sports](#), [recreational activities](#), and [intercollegiate athletics](#) promote healthy lifestyles among students, as well as faculty and staff.
 - In 2018, a wellness coordinator position was established at Roberts Pavilion to support students' development of lifelong habits of fitness and health.
- D. CMC has over 60 clubs and organizations that are chartered through the CMC Student Activities Office.
- E. Off-campus study including study abroad and programs in Washington D.C. and the Silicon Valley help develop students' maturity, independence, and sound decision-making.
- F. The CMC Bubble, a sprung-tent structure serves as a student activities space, and is a home base for CMC clubs and organizations, the Arts Council, and Associated Students of Claremont McKenna College (ASCMC). The facility can also be reserved for hosting non-alcohol events and activities.
- G. CMC students may take advantage of opportunities to engage in activities across The Claremont Colleges, including musical and dance performances, lectures, art shows, concerts, other student clubs/organizations, and cultural events. Consortium programs are particularly valued. For example, the [Rick and Susan Sontag Center for Collaborative Creativity](#) (the Hive) is designed to accelerate the creative development of students across The Claremont Colleges through a range of activities, both curricular and co-curricular.

- H. CMC's approach to student affairs and residential life is designed to complement and reinforce the academic learning environment through vibrant social and community experiences. We seek to graduate responsible leaders who are invested in their individual and collective success and well-being, and their desire to make a difference in the lives of others. Students have many opportunities to take on campus leadership positions, including roles such as resident assistant, success coach, CARE Center fellow, first-year guide, college programming board member, and more. These leadership positions are intentionally crafted within a self-authorship framework. Under this approach, we believe that students learn best when they practice, reflect on, and apply learning to new and different contexts. As a result, we strive to create conditions that allow students to amplify their powerful academic learning through a range of co-curricular and residential experiences. Employing a self-authorship framework requires us to view the individual in relation to others, places their connections to others at the center of their self-reflection and self-awareness, and works to shift students' thinking away from external motivators and toward their own autonomous thinking. We give careful attention to our daily work with students and the intersection of self-authorship, well-being, and executive skills.

Aligning Prevention Plans with the Mission and Values of the College

CMC's mission is to educate students for thoughtful and productive lives and responsible leadership in business, government, and the professions. The College thus promotes healthy lifestyle choices that support students' learning and the activation of responsible leadership and productivity. CMC requires education and training to help students distinguish moderate from immoderate behavior and to provide them with tools to develop limits in their personal and social lives. Education programs are designed to teach students about the physiological and psychological impacts of alcohol use and to address social and environmental factors that affect students' behavioral choices. Care and support resources are in place to support students seeking addiction recovery and behavioral counseling.

A. AlcoholEdu

- All new students complete AlcoholEdu, an online education course provided through EverFi. Students who do not complete the first half of the course issued before they enroll are not permitted to register for classes. Students who fail to complete the second half of the course six weeks later drop to the bottom of the room draw list for the following academic year. Completion rates are therefore extremely high. All of The Claremont Colleges utilize AlcoholEdu and are able to benchmark and compare data and trends. The surveys incorporated into AlcoholEdu provide a measure of student attitudes and usage related to alcohol; the comparative data captured 2-3 weeks prior to students' arrival to campus and 30-45 days later is particularly helpful in understanding changes in behavior associated with the transition to college.
- All new students are required to complete the first portion of EverFi Alcohol.edu course before they are permitted to register for courses. In 2018-19 and 2019-20, 99% of all new students completed both the first and the second portions of the program.

B. Teal Dot Bystander Intervention Training

- Teal Dot is a bystander intervention program that focuses on empowering students, faculty, and staff to reduce incidents of power-based personal violence including sexual assault, partner violence, and stalking. Based off of the Green Dot program developed at the University of Kentucky, Teal Dot was tailored to fit The Claremont Colleges and was launched in the fall of

2014. CMC Resident Assistants, First Year Guides, and other student leaders are required to attend Teal Dot Training. Other students are highly encouraged, and many athletic teams and other student clubs and organizations require Teal Dot for their members.
- In 2018, Teal Dot 2.0 was developed to provide a more advanced level of training for people who had already completed Teal Dot training and are seeking deeper understanding.
- C. Orientation Programming
- The College requires that all new students participate in the pre-orientation, [Welcome Orientation Adventure \(WOA\)](#). WOA provides a wide range of trips and destination experiences to help new students establish connections and learn life skills. While on the multi-day trip, upper class students who have been trained as First Year Guides lead facilitated conversation about community expectations and peer-to-peer discussions about alcohol and drug use. The strong bonds and mentorship relationship created among first year students and First Year Guides while on the trip endure when students return to campus.
 - *Speak About It*: CMC's Dean of Students and Title IX offices partner to sponsor *Speak About It*, a consent education and sexual assault non-profit that partners with colleges and uses theatre and dialogue to empower students to prevent sexual violence, build healthy relationships, and create positive change in their communities. The performance is followed by a presentation from the Title IX Coordinator, and then students meet with their Orientation groups and First Year Guides for small group discussions. One goal of the skits is to challenge students to understand how alcohol use impacts their ability to give and interpret affirmative consent during sexual encounters and how high-risk drinking correlates to increased risk of health and safety.
 - CMC Life Skits: Resident Assistants present skits about academic integrity, identity and difference, academic pressure, drinking and responsibility, and sexual behavior. The Teal Dot bystander intervention program is introduced to the new students in between relevant skits. Small group discussions follow the skits.
 - Part of the Orientation program is a one-hour session with Dean of Students staff to discuss the physiological and social impacts of alcohol use. In another 75-minute session, students meet with the Vice President for Student Affairs and the Dean of Students to discuss community expectations, including those around alcohol and drug use.
 - The Vice President for Student Affairs and the Dean of Students present to the Student Senate annually regarding community expectations and related policies. That presentation is livestreamed.
- D. The American College Health Association National College Health Assessment II (ACHA-NCHA II) is administered to Claremont Colleges' students every other year. Data provide measurable outcomes that help inform prevention and education work. The survey was last administered in fall 2019.
- E. CMS Athletics has enhanced its intercollegiate athletics program by joining [360Proof](#). NCAA Division III and the NASPA Small Colleges and Universities Division established 360Proof in 2011 as a formal partnership to promote an integrated model for on-campus collaboration among student affairs and athletics professionals, aiming to provide resources for effective alcohol and drug education.
- F. The [Student Organization Policy](#) requires that club and organization leaders attend training related to hazing, alcohol and drug use, sexual misconduct, and responsibilities as event hosts.
- G. CMC is a member of [JED Campus](#), a national program focused on the promotion of emotional health and suicide prevention. The program includes strategies to reduce substance use and to address addiction.
- H. Monthly residence hall meetings and residential education programs reinforce expectations of responsible moderation among those who choose to include alcohol in their activities.
- I. Consortium Education and Care and Support Resources at CMC

- Health Education Outreach staff support:
 - Health Referrals: Professionals meet with students referred through the College's conduct process for health assessments and educational programming, primarily through three-part programs called Alcohol 101 and Marijuana 101. Students meet with a Health Educator to discuss habits, take an online assessment, and then return to meet with the Health Educator to discuss goals and future plans.
 - Peer Health Educators (PHEs): These students are specifically devoted to areas of health and wellness, including alcohol and other drugs. PHEs deliver programs, as requested, on all of the seven Claremont Colleges' campuses. Efforts are underway to make this a more robust program at CMC.
- Monsour Counseling and Psychological Services (MCAPS) is a consortium resource of The Claremont Colleges.
 - Staff therapists at MCAPS work closely with the Dean of Students Office to support students with behavioral health concerns. A CMC liaison is designated by MCAPS. That person joins the Dean of Students team for weekly meetings to review on-call logs and to follow-up with students of concern.
- CMC has an Assistant Dean for Mental Health and Case Management. The Asst. Dean works closely with students facing challenges related primarily to mental health, substance abuse, and academic concerns.
- CMC's Senior Associate Dean for Student Success provides resources to students to mitigate a range of academic challenges, including those exacerbated by substance use. The academic success and case management team have made a significant impact in the support of students facing mental health crises and substance addiction.
- In 2019, CMC hired an Assistant Dean for Health and Well-Being. Among other things, the Asst. Dean will offer health-related presentations and coached interventions to campus audiences including students, athletic teams, faculty and staff, campus organizations, and families. These activities will relate body image, nutrition, disordered eating, drug and alcohol use, empowerment skills, fitness, healthy relationships, healthy sleep patterns, nutrition, sexual orientation, sexual relationships, stress management, and unplugging from technology and social media. All programs will be designed with an inclusive framework and knowledge of the way diverse individuals experience the concepts of health, well-being and self-care.
- CMC has expanded access to mental health counseling by hiring third party providers to come to the campus for services.
- The Claremont Colleges also contracted with TimelyMD to offer 24/7 virtual health care, including psychological consultations.

Normalizing Responsible, Moderate Alcohol Use among Those Who Choose to Drink

Many students at CMC choose not to consume alcohol as an element of their social activities, but those who do are expected to consider the appropriate time, manner, and place for those activities. The decision of some to drink may not inhibit others' ability to pursue their studies, socialize in shared spaces, or feel welcome and safe in their residential community. Efforts are made to normalize the decision to abstain from alcohol use and to also normalize responsible and moderate use among those who do choose to drink.

- A. Substance-free residence options are available.
 - CMC meets all demand for substance free housing. Stark Hall is currently reserved for substance-free housing. If Stark Hall is filled before demand for substance free housing is met,

- another residence hall floor is designated substance free to meet demand. These students have agreed to refrain from all forms of alcohol and other substance use in their residence hall.
- B. Student leaders (e.g. Resident Assistants, First Year Guides, Success Coaches) promote positive, healthy norms and serve to advise and mentor peers.
- Resident Assistants: These 28 senior student leaders serve the campus community, both from a care and support role of students in the residence halls, and as para-professional staff who enforce college policy.
 - First Year Guides: More than 60 First Year Guides (FYGs) mentor new students through their first year at CMC. FYGs assist with Orientation; they co-lead Orientation groups of around 20 new students with 2-3 other FYGs through Orientation and on 4-day trips off campus; gather their Orientation groups for monthly programs throughout the fall and spring semesters; and serve as an academic and social resource to new students for the duration of the first year.
 - Success Coaches: The Success Coaches are a cohort of about 15 students who are trained to coach their peers on strategies related to well-being and academic success, including skills such as: time management and organization, overcoming procrastination and test anxiety, efficient reading and note-taking, exam prep, goal-setting and habit-building, streamlining workflow, sleep management, stress-tolerance and coping skills, and healthy living.
 - Resident Assistants, First Year Guides, and Success Coaches receive additional education related to alcohol use. The RAs and FYGs are trained to identify and intervene when they observe high-risk drinking or other substance use. Resident Assistants receive refresher training every 2-3 months of their tenure.
- C. In 2018, the College established a dedicated Public Safety Department to supplement existing consortium-provided Campus Safety personnel and functions. CMC's Public Safety Department engages in a community policing model on campus. Officers meet students, lead educational programming related to health and safety, and intervene when high-risk drinking, substance use or other concerning behaviors are observed.
- D. Alcohol should never be the default for social activities; however, when students choose to include alcohol as a part of their activities, they are expected to drink responsibly and in moderation. CMC encourages responsible moderation by constantly reminding students to:
- Eat and hydrate well before drinking any alcoholic beverage.
 - Limit alcohol to modest servings drank slowly over time with water in between alcoholic beverages.
 - Be mindful and courteous of those around you.
 - Respect property and recognizing the impact of drinking behaviors on building attendants, facility staff, fellow residents, etc.
 - Recognize that other people's choice not to drink alcohol should not impact their ability to be included and to have fun at any event
 - Consider the impacts of drinking behaviors on the ability to give and interpret consent in sexual encounters.
 - Be thoughtful about how drinking behaviors will impact the ability to perform well academically, athletically, socially, etc. in moderation.
- E. The College limits the distribution of alcohol at registered events.
- Use of kegs or other common containers is prohibited on campus, outside of registered events. At registered events, the quantity of alcohol provided is monitored and limited.
 - Kegs are allowed only if the event is registered and approved by the Student Activities Office. A staff member will meet with the student planners to understand the size, scope, and attendance of the event before approving an appropriate amount of alcohol for the event.
- F. The marketing and promotion of events with alcohol is limited.

- Professional advertising of alcohol (e.g., Coors or Budweiser sponsorships, etc.) on campus is banned.
 - Marketing materials for events, including print and social media outreach, may not have alcohol as their main focus, nor may alcohol be the main focus of the event/activity. Advertising must focus on the event, not the alcohol, and should not encourage immoderate, irresponsible, or unsafe activities. For example, phrases such as “Beverages Available” and “Positive ID Required” are acceptable, while phrases such as “Get Wrecked” and “Beer Bash” are not. Advertising may not offer free alcohol, provide information regarding the type or brand of alcohol to be served, or include phrases such as “All You Can Drink.”
- G. Policy development and enforcement practices help to regulate moderate and responsible alcohol use. The mission of CMC is to educate students for thoughtful and productive lives and roles of responsible leadership. In support of this mission we seek to provide a living and learning environment in which students can advance their own intellectual, social, moral and personal development and in which all members of our community work together in pursuit of the CMC mission. The irresponsible, abusive, or illegal use of alcohol and other drugs is antithetical to the pursuit of our mission and students’ growth and development and can result in negative consequences for the individual and the community. Negative consequences include, but are not limited to, hangovers and blackouts, disruptive behavior, academic impacts, vandalism, impaired driving, alcohol or drug dependence or addiction, sexual assault, and personal injury and death.

CMC expects students to conduct themselves in a responsible manner and in accord with the law and CMC’s Policy on Alcohol and Other Drugs at all times. CMC complies with all federal, state, and local laws and regulations governing the possession, use, sale, and distribution of alcoholic beverages, illegal drugs, and controlled substances by all members of the CMC community. Violators of the AOD policy are subject to both the College’s sanction and criminal sanctions under federal, state, and local law. The College obtains a liquor license and licensed bartenders for ticketed events to enforce California’s drinking regulations. To drink alcohol at such events, students must provide a government issued photo identification (ID) with proof that they are of legal age. Additionally, students who are 21 or older are provided a wristband. Alcohol is not permitted to enter or exit the facility at these events. Students in possession of a false ID will have the ID confiscated and will be subject to conduct proceedings. Regardless of age, when students drink in an immoderate, irresponsible, or unsafe manner, college personnel intervene and the students are subject to conduct proceedings. CMC authorizes Campus Safety to act on behalf of the institution for issues in this regard when a CMC professional staff member or Resident Assistant is not present or has requested support.

Similarly, the use of illicit drugs is prohibited and monitored. The possession and use of marijuana, though legal in California, is not permitted on campus in compliance with Federal law. Resident Assistants or other college personnel who observe the possession or use of marijuana or other illegal substances are to notify Campus Safety immediately. Campus Safety protocol is to confiscate the illegal substances, take a thorough report, and notify the Dean of Students Office. Those students are subject to the college’s conduct process. The influence of alcohol or other drugs is not an excuse for unsafe or irresponsible behavior and will not be seen as a mitigating factor in any proceeding to resolve alleged violations of College policy. Specific policies include:

- Alcohol use is prohibited during normal College business hours, and is allowed, if consumed responsibly, Monday-Friday from 5:00 PM-midnight (1:00 AM on Friday) and from noon-1:00 AM on Saturday and noon-midnight on Sunday. Although these times are designated, students

are expected to uphold their community standards at all times and should be attentive to courteous behavior and the impact of noise on those around them even when not during quiet hours.

- Informal activities that include alcohol may be allowed without registration if the student's guests can fit safely in the student's room, half-suite or apartment or the outdoor area in the immediate vicinity of the person's residential space. If high-risk activity is observed, such as shots of hard alcohol, the event will be shut down.
- When activities with alcohol include gatherings that exceed the number that could fit safely in a student's room, half-suite or apartment, students must pre-register those events using a simple online system.
- Students who register events need to attend a meeting with the Student Activities Office to fully understand the expectations of them as an Event Host, and to address issues of security, access control, or special facility needs.
- Students who host registered events at which alcohol is available, must also make available, non-alcoholic beverages as well as food.
- Students who drink should be able to reason soundly, make coherent judgments, and ensure physical safety at all times. Respect for and cooperation with Resident Assistants, Dean of Students staff, and Public and Campus Safety Officers is paramount. Students must carry school identification at all times, and present their ID to school officials, including Resident Assistants, staff, and Safety Officers upon request.
- Students in violation of campus AOD policies are subject to interventions and consequences. When excessive forms of self- or other-destructive behaviors occur, the AOD Program supports a calibrated response.
 - Students are expected to hold each other accountable for conduct that falls outside the expectations of moderate and responsible behavior. When peer-to-peer intervention is ineffective, the College will take action.
 - When the College intervenes, such action will be responsive to the context of the students' behavior. Factors include the type of policy violation, the degree of harm, repetitive behavior, and egregious intent. Responses range from counseling and conversation with school officials to suspension or dismissal.
- CMC has a Medical Amnesty/Good Samaritan Policy to encourage students to seek assistance when safety and health concerns arise from a student's excessive drinking or drug use without the fear of College disciplinary action. Although such students do not face conduct sanctions for their alcohol or drug policy violation, they will still be held accountable for any resultant harms, for example, property damage or harm to others. They will also participate in educational sanctions to deepen their understanding of the harms and risk of high-risk behaviors.
- Students found in violation of the alcohol policy or event guidelines may face conduct sanctions. A first-time violation often results in a health-referral. Subsequent violations more often result in sanctions such as formal warning, conduct probation, suspension from co-curricular involvements, suspension from the College, or permanent dismissal from the College.

III. AOD Program Goals

Senior administration and the Board of Trustees at CMC have prioritized the College's focus on alcohol and other drug usage. Under the direction of the President, the Dean of Students Office is the primary staff tasked to address alcohol use and related issues at CMC. Claremont McKenna College is committed to the following priorities:

- A. Reduction of high-risk drinking (e.g., rapid consumption of alcohol including chugging and shots of hard alcohol, drinking and driving, etc.) and related harms. Yearly data from EverFi help measure changes in new student behavior at the beginning of the school year. Biennial data from the ACHA-NCHA II likewise measure general student population attitudes related to alcohol habits and the consequences of alcohol use. Data from on-call dean logs are also useful in understanding the nature of alcohol use on campus, including behaviors resulting in medical transport. These data help inform policy changes and educational programs. For example, EverFi data suggest that first-year students at CMC who did not drink in high school are more likely than those at some peer institutions to drink after six weeks in college. Targeted outreach to first year students during the first two months of the semester reinforce the alcohol education work they completed during Orientation and may help to reverse this trend. Specific harm-reduction goals include:
- Decrease in medical emergencies, including medical transport.
 - Reduction in policy violations often tied to alcohol use, including fighting and sexual assault.
 - Fewer academic consequences tied to alcohol use, including attrition from courses and leaves of absence or suspension.
 - Reduction in other negative impacts to the health and safety of the community.
 - Decrease in property damage.

Achievements: Overall dorm damage decreased in the last two academic years. Medical transports related to alcohol and drug use decreased 30% from 2017-18 to 2018-19. (The 2019-20 academic year was truncated due to COVID-19 pandemic, so the full year's statistics are skewed.)

- B. More alcohol-free events and social opportunities and fewer activities that include alcohol. Multiple structures are in place to help address this goal:
- The College Programming Board (CPB) continues to grow and is working towards improving the number and quality of alcohol-free events on campus.
 - The Shure Fund administered by the Dean of Students Office sponsors events led by or with heavy involvement from faculty. These events focus on academic life at CMC and help build strong and influential social relationships with faculty outside of the classroom.
 - The Crown Fund also administered by the Dean of Students Office allows the Student Activities staff to support student-initiated ideas for engaging with the community in healthy ways.
 - Resident Assistants and Dorm Presidents are allotted budgets for community engagement events. Those funds cannot be used for the purchase of alcohol.
- C. Enhanced understanding among students of physiological, psychological, and safety-related ramifications of substance use.
- D. Assessing Student Behavior: Among the key areas of interest at CMC is better understanding among students of physiological, psychological, and safety-related ramifications of substance use. Sample reports include:
- Drivers of Mental Health Concerns
 - Health and Well-Being Framework

IV. AOD Program Strengths and Weaknesses

Strengths:

- A. Prioritization by the Board of Trustees and senior administration of the College. In 2015, the CMC Board of Trustees passed a resolution that provided a framework for a comprehensive alcohol and other drug abuse education and prevention plan organized around core elements including: student

activities and events; education, training, and awareness; support for individuals with substance abuse concerns; policy and practice, and event guidelines. In 2017 and each subsequent year, those plans were refined to strengthen the event registration process and to emphasize responsible moderation.

- B. Community wide engagement. Any effective plan to prevent serious high-risk behavior requires ongoing communication with and among students and a willingness to consider thoughtfully the concerns and the tenets of the AOD Program. Dynamic, divergent opinions are integral to any important educational endeavor. CMC seeks community-wide engagement in the following ways:
 - Since fall 2016, students have been at the center of discussions related to alcohol use and alcohol policies on campus. The Dean of Students office presses students to take ownership of the process as they set community standards.
 - The Dean of Students meets with the student body president and executive vice president every two weeks to discuss student life matters.
 - Integral to the success of the responsible moderation framework in the AOD Program is calibrated response and accountability, primarily to students by students. CMC allows for more flexibility than many colleges in the ways in which students can host events, while setting clear parameters for reasons events will be shut down. Enforcement of those expectations begins with general students, then Resident Assistants and ASCMC, and then when necessary, the on-call deans and Campus or Public Safety.
 - To facilitate engagement, the guidelines in the Prevention Plan call for, among other things:
 - Ongoing collaboration with students and administrators to normalize non-drinking and moderate drinking behaviors.
 - Facilitation of clubs and organizations with clear goals and accountability practices that are advised by members of the faculty and staff.
- C. Ongoing assessment of the effectiveness of policy and enforcement practices.
 - The Dean of Students Office tracks all incidents that are alerted to the on-call dean. Each incident is tagged as to whether the incident included students who were consuming alcohol, the nature of the incident, the resultant harm, and the follow-up for accountability. These data are reviewed twice each year, to inform practices.
 - The Dean of Students Office also analyzes and supports transparent reporting of empirical data related to alcohol and drug use and related harms.
- D. Established processes for circulating information and generating feedback on proposed revisions to policy and practice.
 - Announcements of change to policy include a detailed account of the process and rationale behind the revisions.
 - Members of the Dean of Students Office share information and seek feedback frequently. They present at ASCMC Senate, attend student forums, and walk the campus at night to help calibrate expectations among students.
 - The Dean of Students offers to host individual dorm meetings with any residence hall to talk with students about the AOD Program in relation to their specific hall.
 - Summer working groups with students provide opportunity to revisit expectations and normalize personal and social responsibility.
- E. Improved tracking of students' academic and conduct record at the College. The Dean of Students Office uses the student information program, Maxient, to track concerns related to students' experiences at the College. The program allows the staff to keep detailed records about individual cases, to archive correspondence, track conduct outcomes, and record referrals.
- F. Increased Student Activities budget: The Student Activities budget has been augmented to support student engagement and desirable alternatives to alcohol use on campus.

- G. Increased Health and Well-Being budget: The College approved an infusion of money for the support of health and well-being programs, including upstream mental health programs, that deter irresponsible decision-making and support students' ownership of choices that lead to healthier lives and positive academic outcomes.
- H. Transformational model of student affairs. CMC's Vice President for Student Affairs and Dean of Students are committed to transformative approaches to student engagement in which students are supported and coached in developing the skills and attributes required of engaged and responsible leaders. In a residential community model, students are guided to make meaning of their experiences in and out of the classroom. They are encouraged to make responsible decisions and to take personal and collective ownership of the welfare of their community. Drawing from a self-authorship framework, our approach to student affairs and residential life is designed to complement and reinforce our learning environment through vibrant social and community experiences. We seek to graduate responsible leaders who are invested in their individual and collective success and well-being, and their desire to make a difference in the lives of others.

Weaknesses:

- A. CMC must continue to improve its processes for gathering data related to students' behavioral choices and drinking practices. The systematic analysis of data has been a weaker part of the AOD Program; however the recent hire of a new Assistant Dean for Health and Well-Being has increased the capacity for data gathering and analysis.
- B. CMC has well written policies regarding alcohol, including its event guidelines, but sharing Campus Safety with four other undergraduate colleges, each with different alcohol policies, has made consistent policy enforcement a challenge. The addition the CMC Public Safety Department has improved enforcement practices and raised the level of students' collective ownership of positive behavioral standards at CMC, but calibrating enforcement practices among officers and in alignment with the Resident Assistant staff will be an ongoing focus.
- C. Being a member of The Claremont Colleges means welcoming students from the adjacent campuses for academic, co-curricular, and social activities. Each student body is distinct and the campuses do not share common policies or enforcement practices. Moreover, policy violations are adjudicated on the home campus of the alleged perpetrator. Shared authority for community expectations and policy enforcement is challenging.
- D. More can be done to help external constituents including alumni, parents, and prospective students to understand CMC's philosophy on alcohol use and the importance of curtailing high-risk practices. Young alumni, in particular, must be familiar with community expectations when they visit campus.
- E. Although the Claremont Colleges have many mental health resources, there are virtually none that are specifically designed to support those in alcohol or substance use recovery. Students in need of such support are generally connected to AA or NA programs in the local community. College-specific resource groups are being explored, including Haven, a substance free housing program.
- F. Though not a weakness of the program itself, CMC's location in sunny, southern California, where the weather is generally conducive to outdoor activities, presents a challenge. Most lawns and outdoor spaces do not have established perimeters, but students prefer to remain outside rather than indoors, so small gatherings have a tendency to grow into crowds that are harder to manage. Contributing to this is a lack of options for large programming spaces; students are given the option of two primary spaces, both large, rectangular, and empty, requiring a great deal of creativity and planning to make them inviting. Similarly, the lack of a vibrant Campus Center with activities that do not focus on alcohol is an area that will be expensive but needs to be addressed. Finally, CMC is

viewed as an enclosed, safe community, and yet its borders are open and community traffic through campus is quite fluid.

V. Recommendations for Revising AOD Program

- A. Institute responsible server training programs for student alcohol servers. One option being explored is Training for Intervention Procedures (TIPS).
- B. Continually pursue program/campaign to shift students' perceptions of drinking norms and to reinforce moderate and responsible alcohol use among those who choose to drink.
- C. Implement additional on-campus programming related to alcohol and other drugs for upperclassmen, rather than a more isolated focus on new student Orientation.
- D. Work with Student Health Services to establish stronger addiction recovery programs that are well-advertised and destigmatized.
- E. Continue to amplify the impact of CMC's new Public Safety Department to ensure community expectations are communicated and enforced consistently.
- F. Offer additional educational programming around impacts of substance use on health—
- G. Increase students' capacities in key self-authorship skills that mitigate students' perceived need to use substances, for example, situational coping, stress tolerance, authentic relationship building, goal-directed persistence, positive emotions, engagement and metacognition. Some examples of programs that we will expand on in the future are listed below:
 - [Whoop](#): This innovative health tracker, worn as a wristband, provides biometric data about an individual's body, and allows students to track the impact of lifestyle choices such as alcohol, marijuana, caffeine, and screen time on their health. Students initiated Whoop interest due to its relevance as a tool to improve stress tolerance, strain, recovery, and sleep; all aspects of well-being that our CMC students identify as areas of struggle and express a desire to improve. Our first pilot program prioritized sleep. Romero Success Consultants and RAs were trained to use the technology and understand the data output. They tracked alcohol consumption, hydration, dietary changes, sleep routines, reading (non-screen) before bed, etc. to better understand their recovery and what to do to improve. Students began the pilot with a median of 59% sleep performance. Within two weeks, sleep performance had improved to 86% on average. Throughout the semester, students demonstrated increases in quality stages of sleep (SWS & REM), dedicated more time to sleep, and on average added 15 minutes of sleep per night, while reducing sleep debt by 9 minutes each night. A final average of 89% sleep performance. In the second month of the pilot, students answered questions to address stress tolerance, coping, and other indicators of upstream well-being and mental health interventions. The results showcased higher levels of coping skills than student reports from other CMC surveys.
 - *Best Life and Chill* are workshop series designed to teach students strategies for developing healthy habits, effective coping skills, foster a sense of community, and improve overall well-being, based on empirical evidence. Student participants reported learning useful tools to support their health and well-being. They also reported being more mindful, resilient, and connected to people with shared goals.
- H. Pursue a new alcohol and drug education program for sanctioning violations of the AOD policy: EverFi Sanctioning Module. Will couple this with a conduct conference, then the module, and then a writing assignment where they recount the incident and provide examples of where they would do things differently. Final phase will be Dean of Students response to their essay. Will have them include:
 - what happened

- risk factors they were not attentive to
- factors that influenced their decisions
- ways they could have chosen differently
- impact of decision-making on others
- suggested reparations for any harms
- other

VI. Alcohol and Drug Violations and Fatalities Chart

The following information details the number of violations and types of sanctions related to AOD under CMC’s Student Code of Conduct and Staff/Faculty Handbooks.

	Alcohol Charges			Alcohol Fatalities	Drug Charges			Drug Fatalities
	responsible	not responsible	amnesty		responsible	not responsible	amnesty	
AY 2019-20	21	3	11	0	17	4	9	0
AY 2020-21	1	0	0	0	0	0	0	0

Every student who is reported to have violated CMC’s AOD program expectations participates in a conduct conference with a member of the Dean of Students staff. Those interviews are documented, and trend analyses are conducted annually to better understand the range of violations and resulting harms as well as patterns of high-risk behavior. Sanctions for alcohol and drug violations range from educational programs to probation, suspension, and expulsion. In cases in which CMC’s Medical Amnesty/Good Samaritan Policy is administered, professional health educators meet with students referred through the College’s conduct process for health assessments and three-part programs called Alcohol 101. Through that process, students discuss behavioral habits, take an online assessment, and then return to meet with the Health Educator to discuss goals and future plans. There is a similar program for drug education.

Sanctions for alcohol violations in 2019-20 included: Conduct Probation (5), Written Warning (13), and Alcohol 101 Education Program (5).

Sanctions for drug violations in 2019-20 included: Conduct Probation (6), Written Warning (2), Marijuana 101 Education Program (4), and Suspension (1).

Sanctions for alcohol violations in 2020-21 included: Conduct Probation (1).

Appendix 1. Summary of Federal Drug Laws²

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana, App. 2)				
Schedule	Substance/ Quantity	Penalty	Substance/ Quantity	Penalty
II	Cocaine 500-4,999 grams mixture	First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	Cocaine 5 kilograms or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture	PCP 100 grams or more pure or 1 kilogram or more mixture		

² Used with permission from the Student Conduct Institute, State University of New York.
 Available at: Title 21 Code of Federal Regulations, Part 1308 – Schedules of Controlled Substances
<https://www.deadiversion.usdoj.gov/21cfr/cfr/2108cfrt.htm>
 Subchapter 1 – Control and Enforcement, Part D. Offenses and Penalties
<https://www.deadiversion.usdoj.gov/21cfr/21usc/index.html>
 Also available at <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcr/CFRSearch.cfm>

Appendix 1. (cont.) Summary of Federal Drug Laws³

Substance/Quantity	Penalty
Any Amount Of Other Schedule I & II Substances	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.
Any Amount of Any Drug Product Containing Gamma Hydroxybutyric Acid	Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.
Flunitrazepam (Schedule IV) 1 Gram	
Any Amount Of Other Schedule III Drugs	First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.
Any Amount Of All Other Schedule IV Drugs (other than Flunitrazepam)	First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
Flunitrazepam (Schedule IV) (Other than 1 gram or more)	First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
Any Amount Of All Schedule V Drugs	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

³ Used with permission from the Student Conduct Institute, State University of New York.
 Available at: Title 21 Code of Federal Regulations, Part 1308 – Schedules of Controlled Substances
<https://www.deadiversion.usdoj.gov/21cfr/cfr/2108cfrt.htm>
 Subchapter 1 – Control and Enforcement, Part D. Offenses and Penalties
<https://www.deadiversion.usdoj.gov/21cfr/21usc/index.html>
 Also available at <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm>

Appendix 2. Summary of Federal Marijuana Law⁴

Substance / Schedule	Quantity	1st Offense	2nd Offense
Marijuana (Schedule I)	1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants	Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.	Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75million if other than an individual.
Marijuana (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.	Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants;	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish (Schedule I)	10 kg or less		
Hashish Oil (Schedule I)	1 kg or less		

⁴ Used with permission from the Student Conduct Institute, State University of New York.
Also available at <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcr/CFRSearch.cfm?fr=1308.11>

Appendix 3. Summary of Legal Statutes in California regarding Alcohol and Other Drugs

The following list is provided as a reference but is not all inclusive:

Possession for Sale of Marijuana (California Health & Safety Code section 11359)
Transportation of Marijuana (California Health & Safety Code section 11360)
Possession of Drug Paraphernalia (California Health & Safety Code section 1364)

Unauthorized Possession of Controlled Substances (California Health & Safety Code sections 11350 & 11377)

Possession for Sale of Controlled Substances (California Health & Safety Code sections 11351 & 11378)

Transportation of Controlled Substances (California Health & Safety Code sections 11352 & 11379)

Possession with intent to manufacture methamphetamine (California Health & Safety Code section 11383)

Serving a minor alcohol (California Business & Professions Code 25658(a))

Using false ID to demonstrate age of majority (California Business & Professions Code 25661(a))

Serving/furnishing alcohol to obviously intoxicated person (California Business & Professions Code 25602(a))

Driving while intoxicated (California Vehicle Code 23152(a))

Federal Omnibus Drug Initiative of 1988: Gives courts the authority to suspend eligibility for Federal student aid when sentencing an individual convicted of possession or distribution of a controlled substance.

A complete list of the California Code of Regulations for Alcoholic Beverage Control can be found here:
https://www.abc.ca.gov/wp-content/uploads/2020_CA_ABC_Act.pdf

Health Risks

The following information on health risks is from the Centers for Disease Control and Prevention:

Drinking too much can harm your health. Excessive alcohol use led to approximately 95,000 deaths and 2.8 million years of potential life lost (YPLL) each year in the United States from 2011 – 2015, shortening the lives of those who died by an average of 29 years. Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.

The Dietary Guidelines for Americans defines moderate drinking as up to 1 drink per day for women and up to 2 drinks per day for men. In addition, the Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including: High blood pressure, heart disease, stroke, liver disease, and digestive problems; Cancer of the breast, mouth, throat, esophagus, liver, and colon; Learning and memory problems, including dementia and poor school performance; Mental health challenges, including depression and anxiety; Social problems, including lost productivity, family problems, and unemployment; Alcohol dependence, or alcoholism. By not drinking too much, you can reduce the risk of these short- and long-term health risks.

⁵ Used with permission from the Student Conduct Institute, State University of New York. Also available at CDC website: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Health Risks

The following information on health risks is from the Centers for Disease Control and Prevention:

Marijuana is the most commonly used illegal drug in the United States, and marijuana use may have a wide range of health effects on the body and brain.

About 1 in 10 marijuana users may experience some form of addiction. For people who begin using before the age of 18, that number rises to 1 in 6. People who are addicted to marijuana may also be at a higher risk of other negative consequences of using the drug, such as problems with attention, memory, and learning. Some people who are addicted may need to smoke more and more marijuana to get the same high. It is also important to be aware that the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength) has increased over the past few decades. The higher the THC content, the stronger the effects on the brain. In addition, some methods of using marijuana (e.g., dabbing, edibles) may deliver very high levels of THC to the user.

In many cases, marijuana is smoked in the form hand-rolled cigarettes (joints), in pipes or water pipes (bongs), in bowls, or in blunts—emptied cigars that have been partly or completely refilled with marijuana. Smoked marijuana, in any form, can harm lung tissues and cause scarring and damage to small blood vessels. Smoke from marijuana contains many of the same toxins, irritants, and carcinogens as tobacco smoke. Smoking marijuana can also lead to a greater risk of bronchitis, cough, and phlegm production. These symptoms generally improve when marijuana smokers quit.

Marijuana use, especially frequent (daily or near daily) use and use in high doses, can cause disorientation, and sometimes cause unpleasant thoughts or feelings of anxiety and paranoia. Marijuana use is associated with temporary psychosis (not knowing what is real, hallucinations and paranoia) and long-lasting mental health challenges, including schizophrenia (a type of mental illness where people might see or hear things that aren't really there).

Marijuana use has also been linked to depression and anxiety, and suicide among teens. However, it is not known whether this is a causal relationship or simply an association.

⁶ Used with permission from the Student Conduct Institute, State University of New York. Also available at CDC website: <https://www.cdc.gov/marijuana/factsheets/teens.htm> <https://www.cdc.gov/marijuana/health-effects.html> .

Health Risks

The following information on health risks is from the National Institute on Drug Abuse:

People who use MDMA usually take it as a capsule or tablet, though some swallow it in liquid form or snort the powder. The popular nickname Molly (slang for “molecular”) often refers to the supposedly “pure” crystalline powder form of MDMA, usually sold in capsules. However, people who purchase powder or capsules sold as Molly often actually get other drugs such as synthetic cathinones (“bath salts”) instead. Some people take MDMA in combination with other drugs such as alcohol or marijuana.

MDMA increases the activity of three brain chemicals:

- Dopamine—produces increased energy/activity and acts in the reward system to reinforce behaviors
- Norepinephrine—increases heart rate and blood pressure, which are particularly risky for people with heart and blood vessel problems
- Serotonin—affects mood, appetite, sleep, and other functions. It also triggers hormones that affect sexual arousal and trust. The release of large amounts of serotonin likely causes the emotional closeness, elevated mood, and empathy felt by those who use MDMA.

Other health effects include:

- nausea
- blurred vision
- muscle cramping
- chills, and
- involuntary teeth clenching
- sweating.

MDMA’s effects last about 3 to 6 hours, although many users take a second dose as the effects of the first dose begin to fade. Over the course of the week following moderate use of the drug, a person may experience irritability, impulsiveness and aggression, depression, sleep problems, anxiety, memory and attention problems, decreased appetite, and decreased interest in and pleasure from sex. It’s possible that some of these effects may be due to the combined use of MDMA with other drugs, especially marijuana.

High doses of MDMA can affect the body’s ability to regulate temperature. This can lead to a spike in body temperature that can occasionally result in liver, kidney, or heart failure or even death.

⁷ Used with permission from the Student Conduct Institute, State University of New York.
Also available at NIH website: <https://www.drugabuse.gov/publications/drugfacts/mdma-ecstasy-molly>.

Health Risks

The following information on health risks is from the National Institute on Drug Abuse:

Prescription opioids used for pain relief are generally safe when taken for a short time and as prescribed by a doctor, but they can be misused.

Opioids bind to and activate opioid receptors on cells located in many areas of the brain, spinal cord, and other organs in the body, especially those involved in feelings of pain and pleasure. When opioids attach to these receptors, they block pain signals sent from the brain to the body and release large amounts of dopamine throughout the body. This release can strongly reinforce the act of taking the drug, making the user want to repeat the experience.

In the short term, opioids can relieve pain and make people feel relaxed and happy. However, opioids can also have harmful effects, including drowsiness, confusion, nausea, constipation, euphoria, and slowed breathing. Opioid misuse can cause slowed breathing, which can cause hypoxia, a condition that results when too little oxygen reaches the brain. Hypoxia can have short- and long-term psychological and neurological effects, including coma, permanent brain damage, or death. Researchers are also investigating the long-term effects of opioid addiction on the brain, including whether damage can be reversed.

People addicted to an opioid medication who stop using the drug can have severe withdrawal symptoms that begin as early as a few hours after the drug was last taken. These symptoms include muscle and bone pain, sleep problems, diarrhea and vomiting, cold flashes with goose bumps, uncontrollable leg movements, and severe cravings.

An opioid overdose occurs when a person uses enough of the drug to produce life-threatening symptoms or death. When people overdose on an opioid medication, their breathing often slows or stops. This can decrease the amount of oxygen that reaches the brain, which can result in coma, permanent brain damage, or death.

If you suspect someone has overdosed, the most important step to take is to call 911 so he or she can receive immediate medical attention. Once medical personnel arrive, they will administer naloxone. Naloxone is a medicine that can treat an opioid overdose when given right away. It works by rapidly binding to opioid receptors and blocking the effects of opioid drugs. Naloxone is available as an injectable (needle) solution, a hand-held auto-injector (EVZIO®), and a nasal spray (NARCAN® Nasal Spray).

⁸ Used with permission from the Student Conduct Institute, State University of New York.
Also available at NIH website: <https://www.drugabuse.gov/publications/drugfacts/prescription-opioids>.

Health Risks

The following information on health risks is from the National Institute of Drug Abuse:

There are three specific drugs that are commonly utilized in drug facilitated sexual assault: Rohypnol®, Ketamine, or GHB (Gamma Hydroxybutyric Acid).

Rohypnol®

Rohypnol®, also known as flunitrazepam, is not approved in the United States, although it is available for use as a prescription sleep aid in other countries. It is most commonly found as a tablet which is consumed by dissolving it in a drink or swallowing it. The possible short term health effects include drowsiness, sedation, sleep, amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgement; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate. When combined with alcohol the possible health effects include severe sedation, unconsciousness, and slowed heartrate and breathing, which can lead to death. At this point the long-term health effects of Rohypnol® are still unknown. Rohypnol® can take between 36-72 hours to leave the body.

GHB (Gamma Hydroxybutyric Acid)

GHB is a depressant approved for use in treatment of narcolepsy, and commonly goes by the other names of Goop, liquid ecstasy, and liquid X. It is most commonly found as a colorless liquid or white powder which is consumed through swallowing, often in combination with alcohol. The possible short term health effects include euphoria, drowsiness, nausea, vomiting, confusion, memory loss, unconsciousness, slowed heart rate and breath, lower body temperature, seizures, coma, and death. In combination with alcohol the possible health effects include nausea, problems with breathing, and greatly increased depressant effects. At this point in time the long-time effects of GHB are unknown. GHB, unlike Rohypnol, leaves the body between 10-12 hours after consumption.

⁹ Used with permission from the Student Conduct Institute, State University of New York.

Also available at NIH website: <https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#rohypnol-reg-flunitrazepam>
<https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#ghb>
<https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#ketamine>
https://www.dea.gov/sites/default/files/2018-07/DFSA_0.PDF

Health Risks (continued)

Ketamine

Ketamine is a dissociative drug used as a surgical anesthetic, an anesthetic in veterinary practice, and as a prescription for treatment resistant depression under strict medical supervision. It is most commonly found in liquid or white powder and is consumed through swallowing, smoking, snorting, or injections. The possible short term health effects include problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion loss of memory; raised blood pressure, unconsciousness; and dangerously slowed breathing. If ketamine is consumed with alcohol there is a risk of adverse effects. The possible health effects associated with long term use include ulcers and pain in the bladder; kidney problems; stomach pain; depression; and poor memory.

If an individual believes they or a friend have consumed Rohypnol®, GHB, or Ketamine they should visit a local healthcare facility that can care for survivors of sexual assault and provide a forensic exam. While receiving care the individual who has ingested the drug can request the hospital to take a urine sample for drug toxicology testing, if the individual cannot immediately go to a hospital they should save their urine in a clean, sealable container as soon as possible, and place it in the refrigerator or freezer for future toxicology testing.

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High-risk Alcohol and Drug Use Prevention Program Guide

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I. Introduction

In compliance with the Drug-Free Schools and Campuses Regulations, Claremont McKenna College has developed this High-risk Alcohol and Drug Use Prevention Program Guide (“AOD Guide”). CMC provides the AOD Guide electronically as part of the Guide to Student Life, which is distributed to all students in August of each year, and to all mid-year transfer students in January. CMC’s AOD Guide aligns directly with CMC’s Strategic Framework for the prevention of high-risk alcohol and drug use, and includes the College’s policies as well as guidelines to help students understand expectations for behavior and principles of collaborative enforcement.

II. Education and Training

Claremont McKenna College is committed to maintaining and supporting a broad and diverse range of education and training programs related to the abuse of alcohol or other drugs. The College focuses its education and training efforts on programs that are aligned with principles of moderate and responsible use and that provide for interactive and dynamic experiences so that lessons are fully absorbed and internalized. Alcohol should never be the default for social activities; however, when students choose to include alcohol as a part of their activities, they are expected to drink responsibly and in moderation. This includes, but is not limited to:

- Eating and hydrating well before drinking any alcoholic beverage
- Limiting alcohol to modest servings drank slowly over time with water in between alcoholic beverages
- Being mindful and courteous of those around you
- Respecting property and recognizing the impact of drinking behaviors on building attendants, facility staff, fellow residents, and other community members.
- Recognizing that other people’s choice not to drink alcohol should not impact their ability to be included and to have fun at any event
- Considering the impacts of drinking behaviors on the ability to give and interpret consent in sexual encounters
- Being thoughtful about how drinking behaviors will impact the ability to perform well academically, athletically, socially, etc.

Set forth below is a summary of the College’s current alcohol and other drug education and training programs intended to reinforce responsible and moderate alcohol use among those who choose to drink.

- All new students are required to complete AlcoholEdu, an online education course provided by EverFi, which is one of the nation's leading organizations supporting abuse prevention programs across higher education.
- As part of the orientation program, the Dean of Students Office and the Health Education Outreach Office stage a 40-minute, 6-person sketch during freshmen orientation about dating, sexual assault, and alcohol use.
 - Beyond this, the College regularly employs the use of theatrical skits to address a wide range of topics, including: drinking and responsibility, academic integrity, concepts of identity including gender and ethnic stereotypes, academic pressure, and sex.
 - These skits, and the subsequent discussion they provoke, will continue to reinforce norms of mutual respect, courtesy, responsible moderation, personal responsibility, and peer intervention in student behavior.
- Also part of the Orientation program is a one-hour session with Dean of Students staff to discuss the physiological and social impacts of alcohol use. Student learn strategies to prevent binge drinking, and are taught healthy ways to manage drinking pressure, stress, anxiety, depression, and other factors that may contribute to alcohol and drug abuse.
- CMC is a member of JED Campus, a national program focused on the promotion of emotional health and suicide prevention. The program includes strategies to reduce substance use and to address addiction.
- The College requires that all new students must participate in the pre-orientation, Welcome Orientation Adventure (WOA). WOA provides a wide range of trips and destination experiences to help new students establish connections and learn life skills, including the opportunity for peer-to-peer discussions about alcohol and drug use.
- Residence hall meetings and educational programming through various clubs and organizations as well as formal resources (Health Education Outreach, Monsour Counseling and Psychological Services, EmPOWER Center, etc.) reinforce expectations of responsible moderation among those who choose to include alcohol in their activities.
- With the addition of an Assistant Dean for Health and Well-Being in 2020, CMC now offers ongoing health and well-being programming to promote healthy patterns of behavior that counter alcohol and drug use such as fitness, sleep, hydration, stress management, meditation, nutrition, and maintaining authentic relationships.
- Student-athletes receive dedicated educational programming related to alcohol and drug use and sexual assault prevention through the Department of Athletics, Recreation and Physical Education. This includes anti-hazing education.

III. Guidelines Related to the Use of Alcohol

The following Guidelines are intended to provide guidance with respect to the use of alcohol on campus and the application of the College's Alcohol and other Drugs Policy. The Guidelines outline expectations and requirements at all types of activities or events that involve the use of alcohol, and provide an event management and coordination framework to support safety and well-being. Activities that include the use of alcohol should only permit moderate and responsible drinking and should not: (i) involve high-risk or abusive behaviors; (ii) be unreasonably disruptive to other members of the community; or (iii) displace formal activities. The time, place, and manner expectations are intended to reinforce and not supersede the community standards of our residential community including mutual respect, an inclusive social scene, and courtesy for fellow community members at all times.

Guidelines of Time, Place, and Manner

The responsible and moderate use of alcohol is permitted with the following understanding about appropriate time, place, and manner. Failure to adhere to standards of time, place, and manner may trigger an institutional response to violations of one or more provisions of institutional policies, including the Alcohol and other Drugs Policy.

Time

The student experience is first and foremost an academic one, requiring that social activities occur at times and locations that do not infringe on students' ability to pursue their studies. Accordingly, student sponsored events held on Sunday through Thursday must end by 12:00 midnight and events on Friday and Saturday must end by 1:00 am. It's important to note that although these times are designated, students are expected to uphold their community standards at all times, and should be attentive to courteous behavior and the impact of noise on those around them even when not during quiet hours.

Activities that include the consumption of alcohol in residential common spaces are allowed only at certain times and days of the week.

Monday - Friday	5:00 PM - midnight (1:00 AM on Friday)
Saturday	noon-1:00 AM
Sunday	noon - midnight

Alcohol use is not permitted on campus prior to the first day of classes each semester regardless of when the student returns to campus for that semester.

Student sponsored events with or without alcohol, aside from study breaks, may not take place during designated reading days or during the final examination period. Students wishing to plan a study break during finals should meet with a member of the Student Activities staff prior to planning the event to ensure that it qualifies as a study break, will require minimal work from student planners, and will cause minimal impact or disruption.

Place

Responsible, moderate consumption of alcohol (no glass) is permitted in residential areas, including residence hall rooms, apartments, and apartment balconies. When registered and approved, events that include alcohol can also take place in other locations such as designated residence hall lounges, BBQ areas, or other locations as approved by the Student Activities Office. Carrying an open single use serving is permitted; however, transporting an open larger quantity (e.g., a handle of hard alcohol) is not. Alcohol consumption outside these or other designated residential areas is not allowed without approval from the Student Activities Office.

Manner

Excessive, immoderate, irresponsible, or discourteous behavior is not permitted. High quantities of alcohol (generally more than 3-4 servings over a 2-3 hour period), hard-alcohol drinking games or shots, excessively loud music, behavior reflecting openly excessive intoxication, or other activity that infringes on the free use of residential space by others will be understood to violate these privileges. Beer pong and beer die are permitted subject to the other time, place, and manner guidelines outlined in this document. Beer pong or beer die outside the immediate vicinity of a student's room, half-suite, or apartment must be registered with the Student Activities Office. Beer pong and beer die tables cannot be located on North Quad balconies or in the hallways of Mid and South Quad residence halls as they limit passage and are considered risks to fire safety. Beer pong, beer die, and like activities are also not permitted in the North Mall (the grass area between the sidewalks that separate the North Quad residence halls) unless part of a registered event that has been approved by the Student Activities Office. Students assume primary responsibility for upholding community standards on campus. They should be able to reason soundly, make coherent judgments, and ensure physical safety at all times. Respect for and cooperation with RAs, Dean of Students staff, and Public/Campus Safety is paramount. Students are expected to carry school identification at all times, and to present their ID to school officials, including resident assistants, staff, and Public/Campus Safety officers upon request.

Event Hosts

Student-sponsored events require one or more responsible Event Hosts who help to monitor the behavior of guests and escalate concerns to an RA or Dean on Call. Events that require registration, per the event classification guidelines below, must have at least one designated Event Host who is responsible for planning and running the event. The number of Event Hosts is determined by the type of event registered. Event Hosts must be identified when the event is registered. At least one Event Host must participate in any requested event management meetings with the Student Activities Office, and an event walkthrough.

Event Hosts are expected to:

- Be present and sober for the duration of the event.
- Ensure that food and non-alcoholic beverages including water are available throughout the event.
- Ensure that the event and guests comply with College policy and these guidelines.
- Seek help from event staff or security if unable to safely manage or oversee the event.

- End the event early if necessary due to safety or other community impact concerns in consultation with event staff or security.
- Ensure noise stays at a reasonable level. If a noise complaint is received, the Event Hosts are expected to lower the volume. If a second complaint is received, Public/Campus Safety and the Dean of Students Office may require the event to be ended. If an outside law enforcement agency receives a noise complaint they may respond and issue a citation to the Event Hosts or may require that the event be ended without warning.
- Ensure that the number of people present does not exceed the number approved through the Event Registration process.
- Clean up the event location immediately following the event and return it to its pre-event condition, including removing all decorations and returning all furniture to its original location. The Event Hosts and sponsoring organization are responsible for any cleaning or repair charges resulting from an event. Note: nails, staples or other items that might damage building surfaces should not be used for event set-up or decorations.

Event Classification Guidelines and Registration Procedures

Individual student events that include alcohol fall into one of the categories listed below depending primarily on the size and nature of the activity. Students are encouraged to work closely with the Student Activities staff to plan events as far in advance as possible to ensure all aspects of the event can be fully realized and be supported by appropriate departments as needed. This process helps to ensure space is available and that relevant offices are aware of the event to assist with management and oversight. This also allows students adequate opportunity to address situations that fail to satisfy the time, place, and manner understandings for activities that include alcohol.

The Student Activities Office has the authority to limit the number of registered events on a given night. Generally, registered pre-party activities will be limited in number, will be restricted in start and end time, and must be hosted with the intent of attendees moving to the main event.

Marketing materials including print and social media outreach may not have alcohol as their main focus, nor may alcohol be the main focus of the event/activity. Advertising must focus on the event, not the alcohol, and should not encourage immoderate, irresponsible, or unsafe activities. For example, phrases such as “Beverages Available” and “Positive ID Required” are acceptable, while phrases such as “Get Wrecked” and “Beer Bash” are not. Advertising may not offer free alcohol, provide information regarding the type or brand of alcohol to be served, or include phrases such as “All You Can Drink.”

Student Events

When individual students choose to host or sponsor activities or events that include the option of alcohol, they are not required to register the event with the Student Activities Office, so long as they act as a responsible host and ensure a reasonable number of guests, no more than the number of people who could fit safely in their room, half-suite, or apartment. Guests are not required to remain inside; however, when considering what a reasonable number of allowable guests is, the host should determine that the guests *could fit* safely in their room, half-suite, or apartment.

- Guests who are inside any room, half-suite, or apartment must be able to freely access entries and exits at all time.
- Guests may be located outside of the residential space, but should be in the immediate vicinity of the host’s room, half-suite, or apartment.
- Such activities must not unreasonably impact the CMC community, including the student’s residential neighbors. The event must adhere to quiet hours, and should be completely cleaned up at its conclusion.
- The student(s) who resides in the space in which the event is being hosted is responsible for ensuring only moderate and responsible alcohol use, and is expected to immediately escalate concerns about any problematic behavior to the RA On-Call or Public/Campus Safety.

When the number of guests is anticipated to exceed the number that could be safely contained in a private room, half-suite or apartment, students should instead consider registering to host the event in a residence hall lounge. Lounge events must be approved by the resident assistant and registered with / approved by the Student Activities Office. Students are encouraged to communicate well ahead of the event to provide time to sort through any concerns so it can be approved.

- The student(s) must first seek approval from the resident assistant to ensure that the lounge is available, and approved for use.
- The student(s) should then notify the Student Activities Office per the event registration link and will indicate they have the approval of the RA.
- Events hosted in a residence hall lounge must be attended by the event host; depending on the number of people anticipated to attend the event, more event hosts may be required for approval of the event (see Chart below.)
- Guests must be able to freely access entries and exits at all time, and should not spill out of the lounge.
- Such activities must not unreasonably impact the CMC community. The event must adhere to quiet hours, and should be completely cleaned up at its conclusion.
- The event host(s) are responsible for ensuring only moderate and responsible alcohol use, and are expected to immediately escalate concerns about any problematic behavior to the RA or Dean on Call.
- If there is an ASCMC event happening at CMC that day, the lounge event should conclude relative to the ASCMC event's start time.

Students may also sponsor or host larger outdoor events with the approval of the Student Activities Office. Students interested in hosting such events should register through the event registration link to initiate the planning and approval process. Larger outdoor events require advance notice to address issues such as access control, scheduling, crowd growth, and security. It is important to note that while some events can be approved quickly, most outdoor events will require a full week, and possibly more, to complete the planning and approval process. Students are encouraged to contact the Student Activities Office to meet well in advance of event planning to discuss options and to fully understand the requirements.

- Outdoor activities must not unreasonably impact the CMC community. The event must adhere to quiet hours, and should be completely cleaned up at its conclusion.
- Entry and exit points must be clearly defined and the event must have clear perimeters and boundaries.
- The event host(s) (generally 3-6) are responsible for ensuring only moderate and responsible alcohol use, and are expected to immediately escalate concerns about any problematic behavior to the RA or Dean on Call.
- Event hosts will have a clear, approved plan for issues including access control, alcohol distribution, security, restroom access, and crowd growth.
- If there is an ASCMC event happening at CMC that day, the event should conclude relative to the ASCMC event's start time.

Event Management Logistics

The Student Activities Office requests that students plan events as far in advance as possible to ensure all aspects of the event can be fully realized and that appropriate departments can make plans to support the event.

Large scale ASCMC events (i.e., Wedding Party, Monte Carlo, etc.) in which alcohol is present/served and any events that require security staffing should be planned not less than three weeks in advance. This deadline is governed by Public/Campus Safety staffing restrictions which require advance notice for scheduling officers.

Event Locations

There are numerous locations suitable for student events, including individual events, and Club and Organization-sponsored events including ASCMC. Locations may be approved as appropriate for the nature and scope of the proposed event in consultation with Student Activities staff. Depending on the day and time of the event, some locations will be deemed more appropriate than others. The Student Affairs staff will work with student planners to ensure locations are not being over utilized to minimize prolonged disruption to particular areas of campus.

Event Attendance and Guests

CMC-only Events: Currently enrolled CMC students and their guests may attend student sponsored events. Only one guest per student is permitted. Students must present a valid CMC ID to enter an event. Guests must be present with their CMC host, present a valid government-issued photo ID, and be on the event guest list.

5C Events: Students must be able to present their ID from their home institution. If they have a guest, the guest must provide a valid government-issued photo ID, and be on the event guest list.

Students are responsible for the behavior of their guests while on campus.

Event Planning

Depending on the size and scope of the event, Student Activities staff may request a meeting to discuss event management logistics. The Student Activities staff will assist event planners and Event Hosts in developing the elements of a successful event management plan, all of which are addressed during the event, and may include but are not limited to the following:

Food and Beverage: Any event at which alcohol is served should also have substantial food and alternative, non-alcoholic beverages available for the duration of the event.

Access Control: The sponsoring students are responsible for managing appropriate access control measures for the event which ensure the safety and security of the event and attendees. The nature of the access control measures will be determined in consultation with Student Activities staff and may include the use of fencing if the event is held outside. Student Activities will continue to work with Event Hosts to explore minimally invasive forms of access control wherever possible.

Security: Depending on the nature, scope, and size of an event, security may be required. The Student Activities staff determines the amount and type of security. Security is arranged through the Public Safety department by the Student Activities staff, and requires three weeks advanced notice to schedule. Security staff may include Public Safety personnel and outside contracted security staff. Payment for security is the responsibility of the sponsoring students.

Emergency Support Services: Depending on the size and nature of the event, the Student Activities staff may require a paramedic and ambulance support to be available at the event (generally large-scale, ASCMC events). Payment for emergency support services is the responsibility of the sponsoring organization.

Restroom Facilities: Adequate restrooms must be available for all registered events. If appropriate restroom facilities are not available, portable restrooms may be required. Payment for portable restrooms is the responsibility of the sponsoring students or organization.

Fire Safety: All events must comply with occupancy numbers for the selected facility/location and egress requirements as outlined by the Student Activities staff. Fire exits must be kept clear of equipment, chairs, tables, etc. at all times throughout the event. Students are not allowed to cover or obstruct emergency lighting for any reason.

IV. Alcohol and Other Drugs Policy (including Medical Amnesty)

A. Policy Statement

The mission of Claremont McKenna College is to educate students for thoughtful and productive lives and roles of responsible leadership. In support of this mission we seek to provide a living and learning environment in which students can advance their own intellectual, social, moral and personal development and in which all members of our community work together in pursuit of the CMC mission. The irresponsible, abusive, or illegal use of alcohol and other drugs is antithetical to the pursuit of our mission and students' growth and development and can result in negative consequences for the individual and the community. Negative consequences include, but are not limited to, hangovers and blackouts, disruptive behavior, academic impacts, vandalism, impaired driving, alcohol or drug dependence or addiction, sexual assault, and personal injury and death.

Claremont McKenna College expects students to conduct themselves in a moderate and responsible manner and in accord with the law and this Policy at all times. The College complies with all federal, state, and local laws and regulations governing the possession, use, sale, and distribution of alcoholic beverages, illegal drugs, and controlled substances by all members of the

Claremont McKenna College community. The College authorizes Public/Campus Safety to act on behalf of the institution for issues in this regard when a CMC professional staff member is not present or has requested support. The influence of alcohol or other drugs is not an excuse for unacceptable and irresponsible behavior and will not be seen as a mitigating factor in any proceeding to resolve alleged violations of College policy.

B. Alcohol Policies

The following policies are in place to ensure the moderate and responsible use of alcohol by members of the College community.

1. The purchase, possession, or consumption of alcohol (including beer, wine, and hard alcohol/liquor) by any person under the age of 21 is prohibited.
2. Providing alcohol or access to alcohol to individuals under the age of 21 is prohibited.
3. Alcohol may not be served, consumed, or present at intercollegiate athletic events.
4. When alcohol will be present at a College-sponsored or affiliated event (including student hosted events) and students will be present, the event must be registered and approved by the Student Activities Office. Such events must comply with the Guidelines Related to the Use of Alcohol.
5. The sale of alcohol is prohibited without a liquor license.
6. Common-source containers of alcohol (including, but not limited to, kegs, kegerators, multi-gallon containers, and punch bowls) are not permitted on campus unless approved by Student Activities staff through the Event Registration process.
7. Event staff and security reserve the right to refuse entry to any student or guest.
8. Attendees may not bring more than one drink into or out of an event. Glass is not permitted.
9. Alcohol use is not permitted on campus prior to the first day of classes each semester regardless of when the student returns to campus for that semester.
10. Student fee money may not be used to purchase alcohol.
11. Students who wish to consume alcohol must present their government issued ID, such as a state issued driver's license, state or federal agency issued ID card, or passport.
12. Visibly intoxicated attendees will not be served alcohol and may be removed from any event.
13. Food, water and other non-alcoholic beverages must be available throughout the event.
14. Public intoxication (openly drunken, disorderly behavior) is prohibited.
15. The display of alcohol containers in windowsills or in clear view of the public is not permitted.
16. Any alcohol remaining after an event will be disposed of by event staff.

C. Drug Policies

The following policies are in place to prevent drug abuse and distribution by members of the College community.

1. The use, sale, manufacture, possession, or distribution (providing, sharing, jointly purchasing, purchasing for others, or otherwise making available) of all forms of illegal drugs (per Federal statutes) including edibles and drinkables are prohibited.
2. The use, sale, or distribution of legally prescribed medication for use in a manner in which the medication was not intended (including use by someone other than the person to whom the medication was prescribed) is prohibited.
3. Marijuana use on campus is prohibited in compliance with Federal law. This includes all forms and derivatives of marijuana/cannabis/THC, including but not limited to buds, edibles, oils, concentrates, and synthetic forms. Documentation of medically prescribed marijuana does not exempt a student from this Policy. A student who qualifies for medical use under California's Compassionate Use Act should speak with the Dean of Students regarding their option to live off campus.
4. The possession or display of drug paraphernalia, regardless of whether the item has an alternate legal use, is not permitted. Paraphernalia will be confiscated and not returned.

D. Medical Amnesty/Good Samaritan Policy

The health and safety of our students is of primary importance. As socially responsible members of the Claremont McKenna College community students are responsible for their own well-being and share responsibility for the welfare of fellow students. Students are asked to encourage moderate and responsible behavior and to help seek medical assistance when safety concerns

arise from a student's excessive drinking or a student's drug use, including when there is danger of alcohol poisoning, alcohol-related injury, or other health situations related to the ingestion of a controlled substance (an "Alcohol or Other Drug related Medical Emergency"). An Alcohol or Other Drug-related Medical Emergency is first considered a health issue; therefore, the primary College response is a medical one.

Because an Alcohol or Other Drug-related Medical Emergency may be life-threatening, and in order to reduce impediments to seeking help in a medical emergency, Claremont McKenna College has adopted a policy of Safety First/Medical Amnesty in which no (i) student seeking or receiving medical treatment or (ii) student or organization assisting another student in obtaining medical treatment, will be subject to a disciplinary proceeding for (i) the possession, use, or distribution of alcohol or (ii) the possession or use of an illegal drug. This policy does not preclude disciplinary action regarding violations of other College policies or standards, such as physical or sexual violence, sexual harassment, hazing, or the distribution of illegal drugs, nor does it prevent action by local and state authorities for violations of applicable laws. Consistent with putting a student's health first, the College will approach an Alcohol or Other Drug-related Medical Emergency as a health risk, and may require:

- follow-up such as meeting with a member of the Dean of Students staff; or
- referral to and completion of alcohol or drug education/counseling.

If serious injury has occurred or if there are repeated incidents, possible notification of parents or guardians may also result. Failure to comply with required follow-up will normally result in disciplinary action.

E. Administration of the Policy on Alcohol and other Drugs: Support and Enforcement

In administering and enforcing this Policy, Claremont McKenna College focuses on high-risk behaviors that most seriously jeopardize health and safety, and is guided by strong educational and community values. Our approach to policy enforcement puts the greatest emphasis on self- and peer-regulation. When self- or peer-accountability is ineffective, we engage a calibrated set of *support* and *accountability* measures so that the College concurrently:

- Remains responsive to providing our students with access to counseling and other resources in order to support their health and safety; *and*
- Holds students accountable for their conduct through a range of responses that may be appropriate in that particular case, ranging from written warnings, to conduct conferences, and to the formal student conduct process where the conduct may warrant significant discipline, including suspension or expulsion.

The College's counseling and support resources are described below in Section F.

The College's Student Conduct Process which guides the College's calibrated response to policy enforcement and accountability is located at: <https://catalog.claremontmckenna.edu/content.php?catoid=22&navoid=2488>

F. Counseling and other Support Resources

CMC is concerned about the negative consequences and harm to students who misuse alcohol or use other drugs. CMC has strong care and support resources for students who may be struggling with alcohol or other drug concerns including:

Health Education Outreach (HEO): (909) 607-3602

Monsour Counseling and Psychological Services (MCAPS): (909) 621-8202 Student Health Services: (909) 621-8222

For after-hours emergencies contact Campus Safety: (909) 607-2000

Additionally, students can reach out to any of the following for help and information about resources: resident assistants, deans, first year guides, faculty members, counselors, and chaplains.

V. Facts and Health Risks related to Alcohol

- The average serving of wine (5 oz), beer (12 oz), or hard alcohol/liquor (1.5 oz) contains approximately the same amount of

alcohol.

- It takes approximately one hour for the body to process (oxidize) the amount of alcohol in an average serving.
- If a person drinks slowly (one average drink per hour or less), there is less likelihood of intoxication. A faster rate of consumption will produce a buildup of alcohol in the bloodstream, resulting in intoxication.
- Eating before and while consuming alcohol will slow the rate at which alcohol is absorbed into the bloodstream.
- Diluting alcohol with another liquid such as water slows down the absorption, but mixing alcohol with a carbonated beverage increases the rate of absorption.
- The body oxidizes alcohol at a fairly constant rate. Nothing will accelerate the sobering-up process. You can give a drunk person gallons of coffee, for example, and the result will not be sobriety, but a wide-awake drunk.
- Alcohol depresses the central nervous system. The relaxed “high” people often feel from drinking results from the alcohol depressing upper levels of the brain that store learned behavior such as judgment and self-control. Higher levels of alcohol depress deeper levels of the brain producing increased impairment.
- Consuming alcohol while taking over-the-counter or prescription medications or illegal drugs is dangerous and presents serious health and safety concerns.
- Binge drinking is defined by the Center for Disease Control and Prevention as a pattern of drinking that brings a person’s blood alcohol concentration (BAC) to .08 grams percent or above. This typically happens when men consume five or more drinks and when women consume four or more drinks in about two hours.
- Binge drinking is associated with many health problems including unintentional injuries (falls, burns, drowning, crashes), intentional injuries (fighting, sexual assault), alcohol poisoning, liver disease, sexually transmitted diseases, and unintended pregnancy.

VI. Health Risks Information: Marijuana¹⁰

The following information on health risks is from the Centers for Disease Control and Prevention:

Marijuana is the most commonly used illegal drug in the United States, and marijuana use may have a wide range of health effects on the body and brain.

About 1 in 10 marijuana users may experience some form of addiction. For people who begin using before the age of 18, that number rises to 1 in 6. People who are addicted to marijuana may also be at a higher risk of other negative consequences of using the drug, such as problems with attention, memory, and learning. Some people who are addicted may need to smoke more and more marijuana to get the same high. It is also important to be aware that the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength) has increased over the past few decades. The higher the THC content, the stronger the effects on the brain. In addition, some methods of using marijuana (e.g., dabbing, edibles) may deliver very high levels of THC to the user.

In many cases, marijuana is smoked in the form hand-rolled cigarettes (joints), in pipes or water pipes (bongs), in bowls, or in blunts—emptied cigars that have been partly or completely refilled with marijuana. Smoked marijuana, in any form, can harm lung tissues and cause scarring and damage to small blood vessels. Smoke from marijuana contains many of the same toxins, irritants, and carcinogens as tobacco smoke. Smoking marijuana can also lead to a greater risk of bronchitis, cough, and phlegm production. These symptoms generally improve when marijuana smokers quit.

Marijuana use, especially frequent (daily or near daily) use and use in high doses, can cause disorientation, and sometimes cause unpleasant thoughts or feelings of anxiety and paranoia. Marijuana use is associated with temporary psychosis (not knowing what is real, hallucinations and paranoia) and long-lasting mental health challenges, including schizophrenia (a type of mental illness where people might see or hear things that aren’t really there).

Marijuana use has also been linked to depression and anxiety, and suicide among teens. However, it is not known whether this is a causal relationship or simply an association.

VII. California Legal Statutes regarding Alcohol and Other Drugs

Members of the CMC community are expected to be familiar with federal, state and local laws regarding alcohol and other drugs. The following list is provided as a reference but is not all inclusive:

¹⁰ Used with permission from the Student Conduct Institute, State University of New York. Also available at CDC website: <https://www.cdc.gov/marijuana/factsheets/teens.htm> <https://www.cdc.gov/marijuana/health-effects.html> .

- Possession for Sale of Marijuana (California Health & Safety Code section 11359)
- Transportation of Marijuana (California Health & Safety Code section 11360)
- Possession of Drug Paraphernalia (California Health & Safety Code section 11364)
- Unauthorized Possession of Controlled Substances (California Health & Safety Code sections 11350 & 11377)
- Possession for Sale of Controlled Substances (California Health & Safety Code sections 11351 & 11378)
- Transportation of Controlled Substances (California Health & Safety Code sections 11352 & 11379)
- Possession with intent to manufacture methamphetamine (California Health & Safety Code section 11383)
- Serving a minor alcohol (California Business & Professions Code 25658(a))
- Using false ID to demonstrate age of majority (California Business & Professions Code 25661(a))
- Serving/furnishing alcohol to obviously intoxicated person (California Business & Professions Code 25602(a))
- Driving while intoxicated (California Vehicle Code 23152(a))
- Federal Omnibus Drug Initiative of 1988: Gives courts the authority to suspend eligibility for Federal student aid when sentencing an individual convicted of possession or distribution of a controlled substance.

A complete list of the California Code of Regulations for Alcoholic Beverage Control can be found here: https://www.abc.ca.gov/wp-content/uploads/2020_CA_ABC_Act.pdf

Substance and Alcohol Abuse Prevention and Program Policy

Purpose

Claremont McKenna College is committed to providing a safe, healthy and productive environment for all students and employees. The purpose of this policy is to communicate the College's concern and desire to provide an efficient and effective campus environment and to articulate its intent to comply with all appropriate federal, state and local regulations regarding illicit use of drugs and the abuse of alcohol in the workplace.

Scope

This policy shall apply to all students, faculty and staff of Claremont McKenna College either on the CMC campus or its offsite locations, or as any part of its activities. In addition, employees shall not use or abuse illegal substances that impair performance of assigned tasks.

Policy

The Drug Free Schools and Communities Act Amendment of 1989 requires that, as a condition of receiving funds or any other form of financial assistance under any Federal program, an institution of higher education must certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs or alcohol by students and employees. The Federal regulations require annual notification to each employee and student that the unlawful manufacture, distribution, dispensation, possession or use of illicit drugs or alcohol is prohibited.

Claremont McKenna College seeks to maintain a work and educational environment that is safe for our employees and students and conducive to hard work and high educational standards. The College intends to comply with the Drug Free Workplace Act and other regulations regarding drug and alcohol abuse in the workplace.

As a condition of employment, all employees of Claremont McKenna College (this includes faculty, staff and student employees) are required to comply with this policy.

An employee who is convicted (including a plea of nolo contendere (no contest) of a criminal drug statute violation occurring in the workplace must, within five (5) days after the conviction, notify CMC of such conviction by informing the director of personnel, the dean of the faculty or the director of financial aid.

Members of the Claremont McKenna College community are expected to act lawfully with respect to the possession and consumption of alcoholic beverages. Consumption of alcohol by individuals under 21 is prohibited.

Persons who are not employees of the college, but who perform work at the college for its benefit (such as contractors and their employees, temporary employees provided by agencies, visitors engaged in joint

projects, etc.) are required to comply with this policy. Violation of this policy by such persons is likely to result in their being barred from the workplace even for a first offense.

Health Risks

All drugs are toxic or poisonous when abused. Health risks of drug abuse include but are not limited to sleep disorders, confusion, hallucinations, paranoia, deep depression, malnutrition, liver and kidney damage, cardiac irregularities, hepatitis, and neurological damage.

Alcohol is a depressant. It depresses the central nervous system and can cause serious physical damage. Excessive drinking damages the liver, resulting in cirrhosis; chronic alcohol abuse also causes hypertension, cardiac irregularities, ulcers, pancreatitis, kidney disease, cancer of the esophagus, liver, bladder or lungs; memory loss, tremors, malnutrition, vitamin deficiencies and possibly sexual dysfunction.

Abuse of alcohol or drugs during pregnancy increases the risk of birth defects, spontaneous abortion and still births.

Local, State and Federal Legal Sanctions

Local, State and Federal laws establish severe penalties for unlawful possession or distribution of illicit drugs and alcohol. These sanctions, upon conviction, may range from a fine to life imprisonment. In the case of possession and distribution of illegal drugs, these sanctions could include the seizure and summary forfeiture of property, including vehicles. It is especially important to know that recent Federal laws have increased the penalties for illegally distributing drugs to include life imprisonment and fines in excess of \$1,000,000.

The denial of Federal benefits, such as student loans and grants up to one year for the first offense, up to five years for second and subsequent offenses.

Examples of the law include:

- Unlawful possession of any controlled substance is punishable by imprisonment in the state prison.
- The purchase, possession, or consumption of any alcoholic beverages (including beer and wine) by any person under the age of 21 is prohibited.
- It is not permissible to sell or give alcohol to an intoxicated person regardless of age.
- It is unlawful for a person under the age of 21 to present fraudulent identification for the purpose of purchasing alcohol.
- Selling, either directly or indirectly, any alcoholic beverages except under the authority of a California Alcoholic Beverage Control License is prohibited. This includes selling glasses, mixes, ice, or tickets for admission.
- Possession of an alcoholic beverage in an open container in a motor vehicle or on a bicycle is unlawful, regardless of who is driving or whether one is intoxicated.
- Driving a motor vehicle or bicycle while under the influence of alcohol is unlawful.

A description of state and local laws is available in the Dean of Students office. California State Laws are also available at the Honnold/Mudd Library in the annual publication of West Annotated California Codes. A copy of the Federal Register, Vol. 55, No. 159 with the rules and regulations included in the Drug Free School and Communities Act Amendments of 1989 may be obtained from the Director of Personnel or the Dean of Students.

Assistance for Alcohol Abuse and/or Drug Abuse Problems

Students

Claremont McKenna College is committed to education and counseling as the primary focus of its substance abuse program and will provide confidential, professional assistance for any students who want it. Students are urged to seek information and help regarding substance abuse for themselves or their friends. A variety of services including counseling, educational materials, and/or referral are available at the following offices as a part of the overall Claremont Colleges' program.

Alcohol and Drug Education Program - Bridges Auditorium (north side) ext. 8471 or 4310

Health Education Outreach Office - McAlister Center, ext. 3602 or 3465

Monsour Counseling Center, 735 N. Dartmouth, ext. 8202

Baxter Student Health Services, 175 E. 6th Street, ext. 8222

Dean of Students Office, Heggblade Center, CMC campus.

In particular, the Alcohol and Drug Education Program will provide ongoing, student-centered education and prevention programs including a peer education and training program, health promotional materials, and activities throughout the academic year. For more information, contact the dean of students office at extension 8114 or The Alcohol and Drug Education Coordinator at extension 8471 or 4310.

To protect students' privacy, information regarding a student during participation in any related program will be treated confidentially.

Faculty, Staff, Others

Claremont McKenna College recognizes drug and alcohol dependency as treatable conditions. Programs for substance and alcohol abuse are offered through the health maintenance organization insurance that is offered eligible employees and their dependents. Employees who are concerned about problems related to substance use, abuse and rehabilitation should be aware that The Claremont Colleges sponsor and present seminars and workshops on these topics, from time-to-time, for all members of the college community. Employees desiring assistance are encouraged to seek assistance for drug and alcohol related problems through community organizations. The benefits section of the Personnel Services office offer confidential, professional counseling and referral service, providing a constructive way for employees to deal voluntarily with drug or alcohol related and other problems.

Sanctions

Claremont McKenna College will impose sanctions on individuals and/or organizations who violate this policy. These sanctions will be consistently enforced and penalties will depend upon the severity of the offense. Penalties can include termination from employment and referral for prosecution of the most serious violations.

A student may be suspended from the College and referral for prosecution for violations of the laws. A student who is found to be selling illegal drugs may be suspended or expelled, even for the first offense. Sanctions for less severe offenses may include the following: verbal and written warnings, community service, the

completion of an appropriate rehabilitation program, social probation for an individual, persona non grata status, and suspension for the repeat offender. Disciplinary action may be invoked entirely apart from any civil or criminal penalties.

Events may be closed immediately or other intervention may be taken to correct the violation.

The College appreciates your cooperation in complying with this policy and the Drug-Free Schools and Communities Act. Working together we can make CMC a healthy and productive environment for all members of the college community.

Claremont McKenna College Drug-Free Workplace Policy

In compliance with federal law, Claremont McKenna College establishes a Drug-Free Workplace Policy effective immediately. The unlawful manufacture, distribution, possession, sale, offer to sell, purchase and/or use of controlled substances in the workplace is prohibited. These controlled substances include, but are not limited to, marijuana, heroin, cocaine, and amphetamines.

The provisions of the Act do not require employees or students to undergo drug screening or testing.

The safety and health of our faculty, staff, and students is a primary concern of the College. It is well known that substance abuse and dependency can lead to work-related accidents caused by impaired judgment, inability to operate equipment properly, and other similar situations. Employees who are under the influence are a danger to both themselves and others with whom they work. When they do not cause actual harm, they present a source of concern and a demoralizing effect on other employees. In addition, substance abusers are not always on the job because of ill health and are more likely to be absent from work, be on workers' compensation, or disability leave.

The cost on the employees and the employer is inestimable. While there is no doubt that substance abusers cost employers, the effect on the College environment should not be underestimated.

The purpose of this policy is (1) to state rules governing substance abuse in the workplace; (2) to present disciplinary procedures, and (3) to offer recommendations for rehabilitation and treatment.

Rules Governing Substance Abuse at Work/Disciplinary Procedures:

1. As a condition of employment and continued employment, all employees of Claremont McKenna College (faculty, administration, staff, and student employees) are required to adhere to this policy.
2. All employees should be provided with a copy of this policy, especially those employed in grant and contract projects, students receiving federal funds, and other segments of the employee/student population.
3. All employees are prohibited from possessing/using illegal drugs during office hours and while on the premises.
4. Employees who unlawfully manufacture, distribute, sell, offer to sell, dispense, possess, purchase or use controlled substances in the workplace shall be subject to discipline, up to and including termination.
5. Supervisors will be responsible for reporting to the Director of Human Resources of the College any conviction of any employee as a result of a drug violation. Reports concerning students' conviction(s) will be reported to the Director of Financial Aid.
6. Employees convicted of drug offenses in the workplace will be required to participate in a rehabilitation program.

Drug Awareness Program/Rehabilitation

1. The Claremont Colleges sponsor several campus programs on drug awareness for all members of the community. Supervisors are encouraged to urge their employees to attend such presentations.

2. *Well, Well, Well*, a newsletter published four times a year serves as an information vehicle for community health education. That newsletter is distributed to all students, faculty, and staff.
3. *Staff News*, an employee newsletter issued two times a year through CUC, will regularly feature articles on drug awareness.
4. A network of referrals and support groups is available to employees who are concerned about problems of substance abuse and rehabilitation. This information is available from the Director of Human Resources.
5. Each of The Claremont Colleges has indicated that it will adopt a policy similar to this statement.

The Policy for a Drug-Free Workplace

The intent of this policy is to help establish and maintain a safe College environment for students, faculty, and staff; it is also required by law. Additionally, the College hopes it will provide a referral service to assist in rehabilitation of students or employees seeking help.

The “Drug-Free Workplace Act” defines the employer’s obligation to maintain a “drug-free workplace” both in terms of procedure and compliance. It also defines the result for non-compliance. Meeting the certification requirements will be a pre-condition to receiving federal monies, including federal student employment or scholarship funds.