

DRUG AND ALCOHOL USE PREVENTION PROGRAM AT VINCENNES UNIVERSITY

Health risks associated with alcohol abuse and illicit drug use

To make informed choices about drug and alcohol use, students and employees should educate themselves about the serious health consequences of use, misuse and abuse of alcohol and other drugs. The use and abuse of alcohol and other drugs can cause a number of problematic changes in behavior and physiology. Alcohol or substance dependence occurs when a person continues their use despite recurrent social, interpersonal, physical and/or legal consequences. For basic information about the health risks associated with alcohol and/or other drugs please visit:

- drugabuse.gov/sites/default/files/cadchart.pdf
- drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts

Drug and alcohol resources and programs available to students and employees

Vincennes University seeks to provide a focused learning environment and to provide support and service to our community and the broader community. We recognize the best learning environments are free from the negative effects of high-risk and illegal alcohol and other drug use. The misuse and abuse of alcohol and other drugs pose a threat to individuals and the University's ability to fulfill its educational mission. If you or someone you know is being affected by alcohol or drug use, please use the recommended resources below.

Drug and Alcohol Information and Resources for Students

VU Counseling Center - <https://www.vinu.edu/web/counseling-center>

Location: Shake Learning Resource Center, Room 134

Hours: Monday through Friday, 8 a.m. - 4:30 p.m.

Address: 1002 N. First Street,

Vincennes, IN 47591

Phone: 812-888-4374

Fax: 812-888-4050

Email: counseling@vinu.edu

The Vincennes University Counseling Center is staffed by 3 Licensed Clinical Social Worker's. One staff member is also a Licensed Addictions Counselor. Services are provided in response to a variety of presenting issues, including alcohol and other drug problems. Students may refer themselves or be referred by some other member of the VU community, whether student or

employee. Students who have been charged with some type of drug or alcohol infraction may also be referred to the Counseling Center by a judicial deferral program, probation officer, judge, attorney, or any other professional within the legal system. Counseling Center services are free to all students except those referred by some element of the judicial system; those students are required to pay a one-time \$50 fee in order to offset the extra paperwork and processing involved with these students. A number of hands-on tools are used during individual sessions with self-referred and court-ordered Vincennes University students. The Choices journal is a guide or outline that is used to allow the student to document his/her own opinions and views, which facilitates a more well-rounded conversation about substance use. This journal provides specific strategies and information identified by the award-winning Alcohol Skills Training approach. It gives college students the opportunity to reflect on facts, risks, and norms associated with alcohol, and then encourages them to make wise choices regarding alcohol consumption. Other tools used in sessions include the BACZone Cards, Fatal Vision Goggles and the Sum-it-up kit.

The Counseling Center also maintains a page on the office website with links to a variety of self-help websites, which includes websites providing information regarding alcohol and other drugs. Students who are in a pre-contemplative or contemplative stage of examining their substance use patterns can seek out information from these websites before taking the step of actually meeting with a professional to discuss their concerns. Counseling Center personnel also consult with members of the university community who are considering how to intervene with a student or employee, or need information to facilitate a referral for services.

Confidential alcohol and marijuana screenings are available to all students who attend VU. You can access e-Chug or e-Toke by accessing you're the Counseling Center webpage and selecting the tab labeled "Online Self-Help." Then scroll down the page and you will see a section "Online Screening Tools/ Self Assessments." There you will find E-Chug and E-toke assessment links.

ONLINE SCREENING TOOLS/SELF ASSESSMENTS

Alcohol/Other Substance Use:

The MICHIGAN ALCOHOL SCREENING TEST (MAST) is a 25-question test that is used to help identify an alcohol dependency.

Adult ADHD:

This 18-question ADULT ADHD SELF-REPORT SCALE (ASRS v1.1) can provide a quick score and suggest whether further testing by a professional may or may not be indicated.

Mental Health America (MHA):

Visit the website [HERE](#) to screen for a number of mental health conditions including depression, anxiety, PTSD, psychosis, bipolar, and eating disorders.

E-Chug:

This ALCOHOL ASSESSMENT will provide you with accurate and personalized feedback about:

- Your individual drinking pattern
- Your risk patterns
- Your aspirations and goals
- Helpful resources at Vincennes University and in your community

E-Toke:

This MARIJUANA ASSESSMENT will provide you with accurate and personalized feedback about:

- Your individual pattern of cannabis use
- Your risk patterns
- Your aspirations and goals
- Helpful resources at Vincennes University and in your community

*All self-assessments are to be used as a tool and are not meant to determine formal diagnoses. Please seek assistance from a medical professional for further testing and official diagnosis.

University Primary Care Center- located on the main campus in Vincennes.
[UPCC](#)

Hours of Operation

Monday - Friday

8:30 am - 4:00 pm

Phone Number

812-888-7777

Off-Campus Resources are also available and a few of the local resources are listed down below. For a more extensive list and referral assistance, please contact the Counseling Center at the number listed above.

Family Health Center-

Ph: 812-494-7500

24/7 Emergency Behavioral Health Hotline: **800-824-7907**

Website: <https://www.yourfhc.org/>

A local health center that offers a multitude of services including treatment for substance use disorders. Family Health Center has many different locations within Knox and Daviess Counties. Some of the treatment services they offer for substance use issues include:

- ✓ Diagnostic Evaluations
- ✓ Individual, Family, & Group Therapy
- ✓ Medication Management
- ✓ Case Management
- ✓ Peer Recovery Services
- ✓ Relapse Prevention
- ✓ Parenting Education
- ✓ Primary Health Care
- ✓ Accudetox
- ✓ Partial Hospitalization Program (PHP)
- ✓ Intensive Outpatient Therapy (IOT)
- ✓ Medication-Assisted Treatment

Family Health Center also provides the following services: Behavioral Healthcare, Primary Healthcare, and a Primary Healthcare Walk-in Clinic (Washington Ave office only in Vincennes) Monday- Friday, 8am- 1 pm.

WIN Recovery- Knox County- <https://www.winrecovery.org/>

812-231-8484 or Toll free: 833-232-0215

1433 Willow Street
Vincennes, IN 47591

An Opioid Treatment program. This clinic provides daily Methadone administration and behavioral health counseling and case management to provide comprehensive medication assisted substance abuse treatment.

Groups Recover Together- Vincennes location- <https://joingroups.com/>

Ph: 812-200-2789 or 24/7 line: 800-683-8313

730 College Avenue
Vincennes, IN 47591

Groups Recover Together provides suboxone treatment and addiction counseling through the format of group therapy.

Good Samaritan Hospital -located in the community of Vincennes

GSHVIN

520 South 7th Street
Vincennes, IN 47591
812-882-5220

Drug and Alcohol Information and Resources for Employees

The employee policies regarding alcohol and other drugs are available to Vincennes University employees through the Vincennes University Employee Manual, found online to every employee at <https://my.vinu.edu/documents/182733/0/University+Manual.pdf/10d8cc79-023c-40eb-bf43-0231c43b55cb>. The VU Drug Abuse policy, found on pages G22 and G23 of the Manual.

Vincennes University employees are not eligible to be seen in the Counseling Center as those services are reserved for the students. The Counseling Center can help with providing referral sources if needed but employees are encouraged to contact the Human Resources Office first for questions about specific benefits and resources. VU employees who are enrolled in the VU Health insurance plans can be seen at the UPCC on the main campus.

Vincennes University Human Resources Office (mailing address)

1002 N. 1st Street, Vincennes, IN 47591

Phone: 812.888.6947

Fax: 812.888.5055

Human Resources and Affirmative Action Office (physical location)

Room 119 of the Welsh Administration Building

Business hours are Monday through Friday from 8:00 a.m. to 4:30 p.m.

University Primary Care Center- located on the main campus in Vincennes.
[UPCC](#)

Hours of Operation

Monday - Friday

8:30 am - 4:00 pm

Phone Number

812-888-7777

UPCC is available to Vincennes University Employees who are enrolled in the Health Insurance plan. A licensed therapist is located at the UPCC and individual therapy appointments can be scheduled by calling the UPCC.

VU does offer an Employee Assistance Program as an additional benefit to employees. Below is a description of services and a link to access the information.

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Your GuidanceResources program provides support, resources and information for personal and work-life issues. The program is company-sponsored, confidential and provided at no charge to you and your dependents. Below are some of the highlights of the program.

- Confidential counseling- 3 session plan
- Financial Information and resources
- Legal support and resources
- Work-life solutions
- GuidanceResources Online
- Free Online Will Preparation

Your ComPsych® GuidanceResources® Program

CALL ANYTIME

Call: **855.387.9727**

TDD: 800.697.0353

Online: guidanceresources.com

Your company Web ID: **ONEAMERICA3**

Copyright © 2016 ComPsych Corporation. All rights reserved.

Biennial Review:

The Drug-Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require an institution of higher education (IHE) such as Vincennes University to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by VU students and employees both on its premises and as a part of any of its activities. At a minimum each institution of higher education must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees
- A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct

The law further requires that the institution conduct a biennial review of its program with the following objectives: (1) determining the effectiveness of the policy and implementing changes to the Alcohol and Other Drug (AOD) program if they are needed; and (2) to ensure that the sanctions developed are enforced consistently.

The biennial review must also include a determination as to: (1) the number of drug- and alcohol-related violations and fatalities occurring on the campus or as part of their activities that are reported to campus officials; and (2) the number and type of sanctions the IHEs impose on students or employees as a result of such violations or fatalities. Vincennes University acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act.

The information obtained to complete the Biennial review is a collaboration of individuals and departments throughout Vincennes University. These offices include the Dean of Students, Counseling Center, Human Resources, Campus Police, Associate Dean of Students, Residential Life, Athletic Director, Student Services Director of Jasper campus and Student activities.

Institutions of higher education are not required to submit the report to the U.S. Department of Education but will make it available upon request. For a hardcopy of the Biennial Review, all requests can be directed to Jennifer Andrews, Director of Counseling Services at Vincennes University jandrews@vinu.edu

UNLAWFUL POSSESSION, USE, OR DISTRIBUTION OF ILLICIT DRUGS AND ALCOHOL

Students

The Vincennes *University Standards of Student Behavior*, the student conduct code, is located in the *Student Right to Know and Policies* Pages within the VU Website at the following url:

<https://www.vinu.edu/standards-of-student-behavior>

Under section III. MISCONDUCT ACTIVITIES WHICH SUBJECT A STUDENT OR STUDENT ORGANIZATION TO DISCIPLINARY ACTION

The policies are stated that prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students is located in the *Protecting the rights, safety, and dignity of the individual* section, violation 1 and 7, as well as in the *Prohibited Use of Illicit Drugs and Alcohol* section.

FACULTY and STAFF

The Vincennes University Manual specifies the unlawful use of unlawful possession, use, or distribution of illicit drugs and alcohol by faculty and staff. The employee policies regarding alcohol and other drugs are available to Vincennes University employees through the Vincennes University Employee Manual, found online to every employee at

<https://my.vinu.edu/documents/182733/0/University+Manual.pdf/10d8cc79-023c-40eb-bf43-0231c43b55cb>. The VU Drug Abuse policy, found on pages G22 and G23 of the Manual.

Also, Drug Abuse Section C106 defines Drug Abuse

<https://my.vinu.edu/documents/182733/0/University+Manual.pdf/10d8cc79-023c-40eb-bf43-0231c43b55cb>

Descriptions of applicable legal sanctions: Vincennes University Police Department (VUPD) follows all state, local, and federal laws. All student conduct policies and sanctions are in accordance to these laws.