

# Western Washington University Alcohol & Drug Abuse Prevention Programs

## 1) PERMANENT PREVENTION & WELLNESS SERVICES PROGRAMS

### A. ALCOHOL & DRUG CONSULTATION & ASSESSMENT SERVICES (ADCAS)

#### Individual Services available for all Westerns Students

Covering: alcohol, other drugs, tobacco, personal use assessment, concerns for friends, roommates, partners or family, information on alcohol, drugs, tobacco and related issues; referral to additional support, counseling or treatment resources

#### Information at various locations:

**Prevention & Wellness** – information, individual consultation/brief counseling and referral with professional staff

**Wellness Outreach Center** – information & peer advisor

**Self Care Center** – information & peer advisor or staff nurse

#### Risk Reduction Groups (primarily for mandated students)

**Step 1: Group I:** 50 minute group session Facilitated by a team of Peer Educators (each with 56 hours of intensive training and weekly supervision throughout the academic year)

**Step 2: Individual Risk Reduction Assessment** of personal alcohol and drug use; includes: Personalized Feedback Profile and personalized Blood Alcohol Content chart

**Step 3: Group II:** 90 minute session facilitated by professional ADCAS staff.

**B. ON-GOING PEER FACILITATED PROGRAMS:** on alcohol and drug issues

**C. PRESENTATIONS** (By staff and/or Peer Educators) on Alcohol and other Drug Related topics in a variety of university classes – by request of the instructors

**D. ON-GOING TRAINING FOR PEER EDUCATORS** in a variety of programs  
Includes: Lifestyle Advisors, Resident Advisors, Orientation Student Assistants, etc.

## 2) GRANT FUNDED PROGRAMS

**A. CAMPUS COMMUNITY COALITION:** Activities June-October, 2005

#### Neighborhoods Engaging with Students (NEST) Project Increasing student integration in and accountability to the neighborhoods in which they live.

#### Neighborhood Mediation Program

Students and long term neighbors will complete training in conflict resolution and mediation, and then work together to prevent and resolve neighborhood conflicts.

A partnership has been established with the Whatcom Dispute Resolution Center to implement this program, and the Neighborhood Mediation Work Group met in August to give input to the program design. The first set of trainings, provided by the Whatcom Dispute Resolution Center, is underway. Two levels of free training are being offered this fall, a 3-hour "Dealing with Conflict" training and a 12-hour "Neighborhood Conflict Management" training. These will be offered again during winter quarter, as well as a 40-hour intensive "Basic Mediation" training.

Once the trainings are complete, the Coalition will continue to work with the Whatcom Dispute Resolution Center to promote the use of conflict resolution in the neighborhoods, support the Neighborhood Conflict Managers and Mediators in their roles, and evaluate the impact of the program.

### **Neighborhood Service Learning Projects**

**An initiative to increase student involvement in neighborhoods through WWU courses, neighborhood association projects, and other campus and community activities.**

- Students in a course on “Civil Discourse” are participating in a series of neighborhood meetings and projects as part of their study of dialog.
- Students in a Communications class are gathering information from other students that will assist with the promotion of the “Off Campus U” workshop.
- Plans are underway for an Earth Day event in which students will work on parks and/or trails in the York, Sehome, and Happy Valley neighborhoods. Partners are New Student Services, Residence Life, Center for Service Learning, Bellingham Parks and Recreation, and the neighborhood associations.
- A partnership with Huxley College’s Learning Action Environment Discovery (LEAD) program, which does neighborhood environmental projects, is being explored.

### **Neighborhood Community Service Alternative**

**A pilot project testing the feasibility and efficacy of the City Attorney’s Office requiring people who are charged with minor in possession of alcohol (MIP) to complete 2 hours of neighborhood service as part of the required 16 hours.**

This project is being piloted in the York and Happy Valley neighborhoods with people who have received minor in possession of alcohol citations and who both live in AND were cited in those neighborhoods. The pilot will run Sept 21, 2005 through March 30, 2006 encompassing fall quarter plus a 90-day period during which community service must be completed.

### **Off Campus U: A Road Map to Neighborhood Living**

**A short, on-line workshop for students moving into Bellingham’s neighborhoods, including information on renting/leasing, laws and ordinances related to neighborhood living, hosting safe and legal parties, and being a good neighbor.**

The Off-Campus U Work Group met in July, reviewed a draft of the course content, and made recommendations for content changes and ways to promote the course. The content has been revised, and the next step is to contract with a web developer to create the course in its web format. The groundwork is being laid for promoting the course with Residence Life, the WWU Off-Campus Housing Registry, and local rental property owners and managers.

### **Other NEST Activities**

- **Think Locally – Act Neighborly Educational Doorknockers.** Over 2,500 educational doorknockers were distributed in the York, Sehome, and Happy Valley neighborhoods during the first several weeks of fall quarter by students and neighborhood association members. The doorknockers include information about getting to know your neighbors, having safe and legal parties, the Party Patrol, and upcoming neighborhood association meetings.
- **Let’s Talk Forum: “WWU Student: Community Member or Just Passing Through?”** About 75 students and community members gathered on October 19<sup>th</sup> to discuss the impact of WWU

students living in Bellingham, including parties. Because of the interest in the topic, plans for a follow up session are underway.

- **Sehome Neighborhood Association fall meeting.** Coalition staff and Association Students Vice President for Campus and Community Affairs facilitated a “get to know your neighbor” discussion with students and non-student neighbors at the Sehome Neighborhood general membership meeting in October. Integrating similar discussions into neighborhood association meetings in York and Happy Valley is being explored.

## **B. LATE NIGHT PROGRAMING**

**LateNight@WWU**  
Increasing availability of and student participation in late night activities on campus.

About 2500 students attended the fall line-up of LateNight@WWU, four late night events that were held on campus during the first few weeks of the quarter. The majority of participants who completed surveys lived on campus and about 75% were freshman and sophomores.

The events were organized by the Wade King Student Recreation Center, Associated Students/Viking Union, WWU Athletics, and the student club Western Sound System Federation. LateNight@WWU is intended to provide fun, social activities in the late night hours as an alternative to off-campus parties, especially for first year students. It is the result of collaborative planning spearheaded by the Campus Community Coalition and includes WWU's Wade King Student Recreation Center, Associated Students, Residence Life, Viking Union Student Activities, Athletics Department, Facilities, and Dining Services.

The LateNight@WWU planning group met several times over the summer and held a “debrief” meeting in October to discuss the fall events: what went well, “lessons learned” and plans for the rest of the year and fall 2006.

## **C. ENFORCEMENT**

**Enforcement**  
Increasing enforcement of underage drinking laws, publicity of enforcement, and underage access to alcohol.

**Bellingham Police Department**

This fall (BETWEEN September 16 and October 31) the Bellingham Police Department enhanced enforcement of underage drinking and off-campus parties by operating the Party Patrol with the “party bus” on three weekends and new Liquor Law Emphasis Patrols on five weekends. The Liquor Law Emphasis Patrols placed 2-4 officers on foot and/or in vehicles primarily in the Sehome, York, and Happy Valley neighborhoods (moving to the Central Business District after midnight). Officers looked for parties, open containers, etc., and issued citations for any illegal activity they encountered.

We are tracking the number and type of citations being issued and publishing this information in the student newspaper, The Front, on a weekly basis.

Types of citations being tracked are: Minor in Possession, Drinking in Public, Disorderly Conduct, Furnishing to Minors, Urinating in Public, DUI, etc.

### **Citations issued fall quarter (through Oct 31) 2005 by BPD's "Party Patrol" and Alcohol Emphasis Patrols**

- 117 Minor in Possession of Alcohol
- 38 Disorderly Conduct
- 6 Furnishing alcohol to minors

- 68 Drinking in Public

### **Western Washington University - University Police**

Grant funding supports collaboration between University Police and Bellingham Police. This funding makes possible additional patrol hours for University Police to assist Bellingham Police during emphasis patrols and when incidents occur.

### **Liquor Control Board**

The Liquor Control Board will continue to conduct compliance checks and Cop or Clerk operations, including a focus on the establishments that sell alcohol within a 2-mile radius of WWU.

The Northwest region of the Washington State Liquor Control Board has implemented a new systematic approach for determining which establishments will receive compliance checks. Establishments are now identified by random computer selection, and those that sell alcohol to minors are re-checked the following month. This new approach ensures appropriate follow up for establishments that were not in compliance, and that all other establishments are checked with equal frequency.

### **Education and Awareness Activities**

**Increasing the perception that underage drinking and noise laws are strongly enforced in Bellingham.**

- Over 2,500 educational doorknockers with information about the Party Patrol were distributed in the York, Sehome, and Happy Valley neighborhoods.
- About 350 first year students attended 9 shows of "Western Acts", a performance by Will Act for Change, a student peer education acting troupe which addressed issues of alcohol misuse and sexual assault.
- A series of weekly "Is it Worth It?" ads were placed in the Western Front using Bellingham Police Department's citation data from the previous weekend's patrol. Each ad highlighted a specific citation, gave minimum fines and what else could have been purchased for the same amount of money (e.g., ski passes, CD's, rent). [see "Enforcement: Bellingham Police Department" section above]
- An article regarding Bellingham Police Department's increased enforcement appeared in the Western Front. Articles were also placed in the York Sehome, and Happy Valley neighborhood association newsletters, and the Mayor's Neighborhood Advisory Commission newsletter.