



**University Park/State College**  
**ENVIRONMENTAL MANAGEMENT STRATEGY:**  
**ALCOHOL-FREE OPTIONS OR ALTERNATIVE ACTIVITIES**  
**Updated October 1, 2012**

#### **ALCOHOL FREE INITIATIVES**

##### **Residence Life**

- Resident Assistants promote and Residence Life advertises all LateNight Penn State events in the residence halls.
- Resident Assistants provide programs throughout the residence halls to give students an alternative activity during evening hours.

##### **Student Activities**

- The LateNight-PennState program has been in existence since 1996. The mission of LateNight Penn State is to make available to students high-quality entertainment during prime social times, namely the hours of 9 p.m. through 2 a.m., Friday and Saturday nights. Events take place in the Hetzel Union Building (HUB). Movies are shown on Thursday and Sunday nights. Programming includes arts and crafts, dancing, live music, movies, Bingo, table tennis, hypnotists, casino nights, magicians, board games, and activities in the recreation center. Web address: <http://spa.psu.edu/events/latenight.html>.
- In 2010-12, 56,562 students attended LateNight events.
- In 2011-12, 45,036 students attended LateNight events.
- Annual Arrival Day activities include a large variety of events at the HUB-Robeson Center to showcase LateNight Penn State to incoming students.

##### **Student Programming Association (SPA)**

- SPA sponsored alternative, alcohol-free events on campus or downtown during State Patty's Day 2012.

##### **InterFraternity Council (IFC)**

- IFC president, in conjunction with other students, obtained free and reduced tickets for a men's basketball game on the evening of State Patty's Day 2012. This initiative helped reduce the number of students who might have been congregating downtown.

##### **The Partnership – Campus and Community United Against Dangerous Drinking**

- The Partnership provides financial co-sponsorship for the State College Area School District All-Night Prom Party. In 2011, the Partnership provided \$750.00 to support the event.

##### **Athletics & Student Affairs**

- Student Affairs and Intercollegiate Athletics offer an alcohol-free tailgating experience in the area of the stadium closest to undergraduate residence halls.



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- Penn State Strength and Fitness (administratively under Athletics) operates several campus fitness facilities with late night hours. White Building fitness center is open on Thursday evening until 12 midnight and Friday and Saturday evening until 1:00 am. Rec Hall fitness center is open on Thursday until 12 midnight. Web address: <http://www.athletics.psu.edu/fitness/>



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## 21st Birthday Initiatives

### Community

- The State College Tavern Association has a policy that encourages its members to not serve liquor to students celebrating their 21st birthday. Most tavern owners currently only serve beer to 21<sup>st</sup> birthday celebrants. Most, but not all, taverns honor this policy.

## Alcohol Availability

### Athletics

- Alcohol consumption is prohibited in the tailgate area around Beaver Stadium during football games.

### University-wide

- University Policy AD18 POSSESSION, USE AND DISTRIBUTION OF ALCOHOLIC BEVERAGES requires staff to obtain approval to serve alcohol at any on-campus functions. Website: [guru.psu.edu/policies/ad18.html](http://guru.psu.edu/policies/ad18.html). AD 18 includes a requirement to serve non-alcoholic beverages at approved events where alcohol is served. Also see Permission to Possess/Use Alcoholic Beverages form, updated March 2011 (<https://guru.psu.edu/forms/8-25PermissionToPossessUseAlcoholicBeveragesFRM3.pdf>).

### Residence Life

- All residence hall environments are substance free. See <http://www.hfs.psu.edu/housing/housing-contracts/terms-and-conditions/tcr-res-halls.cfm#policies> for the full residence hall policy

### Fraternity and Sorority Life

- The Interfraternity Council (IFC) has a range of social event management policies outlined in the IFC Constitution and Bylaws, updated September 21, 2012. The bylaws can be found at: <http://pennstateifc.org/wp-content/uploads/2012/10/IFC-Constitution-and-Bylaws-Sept-21-2012.pdf>. Article IX (pages 24-37) describes the social event policies and specifies the following:
  - Limits the quantity of alcohol available and the length of time alcohol can be served (no more than 4 hours)
  - Requires all social events with alcohol to be registered
  - Permits social events with alcohol to be hosted only on Thursday, Friday, and Saturday
  - Requires professional security guards to be present at all social events with alcohol
  - Prohibits “open” social events with alcohol where anyone can attend



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- The bylaws also include Section 4: Drug and Controlled Substance Policy which states: The possession, sale, or use of any illegal drugs or controlled substances while on Chapter premises or during a fraternity event or at any event that an observer would associate with the fraternity is strictly prohibited.
- IFC imposed a limit on socials and took action to discourage large gatherings on the weekend of State Patty's Day 2012. Fraternities voted to have no socials on Saturday, the day of State Patty's Day.

**University Park Undergraduate Association (UPUA)**

- UPUA president and Homecoming overall chair, met with the Tavern Owner's Association to encourage cooperation by limiting hours, and drink specials during State Patty's Day 2012.

**Alcohol Sales at Sporting Events**

**Athletics**

- No alcohol is permitted at PSU student athletic events.
- No alcohol is sold at PSU student athletic events.

**Limits on Container Size**

**Athletics**

- No kegs are allowed in the stadium tailgate areas.

**Residence Life**

- Kegs are not permitted in residence hall rooms.

**Fraternity and Sorority Life**

- Kegs are not permitted at any social event hosted by a fraternity or a sorority.

**State College Borough**

- Many landlords, especially in large apartment buildings prohibit kegs and limit party size.



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## Server Training

### State College Borough

- The Borough has adopted a policy to require all new licenses approved for transfer into the Borough to be primarily food service establishments. The following conditions are attached to all requests to transfer new licenses into the Borough:
  - PLCB Concurrence with conditions is required for approval by the Borough. Restaurants, LLC is conditioned on the PLCB agreeing to encumber or restrict the license with the same conditions as set forth herein by State College Borough Council and the further agreement of the PLCB to enforce such conditions as provided by law in the event the conditions are violated.
  - Any license modification must also be approved by the Borough.
  - Further transfer of the license is prohibited without prior approval by the Borough.
  - Expansion of the business is prohibited without prior approval by the Borough.
  - Beer and liquor may only be sold by the drink in a drink container that does not exceed twenty-two (22) fluid ounces.
  - Licensee shall not advertise the price or availability of alcoholic beverages apart from neon signs on site.
  - Licensee shall not be permitted to discount the price of alcoholic drinks or “take out beer.”
  - Hours of operation are limited so that no alcoholic beverages may be served between midnight and 10:00 a.m., 7 days per week.
  - Food service is required and alcohol sales shall not be permitted at any time when food sales are not available.
  - Smoking is prohibited.
  - Bar seat limitation. No bar service shall be permitted.
  - Seventy-five percent (75%) of gross revenue for the business premises shall be generated by food sales and no more than twenty-five percent (25%) of gross revenue shall be produced by the sale of alcoholic beverages for each two-year liquor license renewal period. Applicant will provide quarterly reports to the Borough to verify food and alcohol sales figures.
  - Rental of facility not permitted to any outside third party.

### University Park

- Both of Penn State’s hotels, The Nittany Lion Inn and The Penn Stater, and the School of Hospitality Management’s Café Laura (operating as a secondary location under the liquor license assigned to The Nittany Lion Inn) are Responsible Alcohol Management



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Program (RAMP) certified. Policy # FNG10: OTHER BUSINESS EXPENSES AND ACTIVITIES.

The policy is located at <http://guru.psu.edu/policies/Fn10.html#E>

- Penn State Hospitality Services is an authorized TIPS trainer per Policy FN10.
- The policy also requires bar tender service at “all University-funded or sponsored events which include the serving of alcoholic beverages, even if provided through a cash bar, or paid by an outside sponsor or individual: If the event is held at an established hotel, restaurant or other facility.” The policy also stipulates requirements for serving alcohol “ if the event is being held at a personal residence or a facility which does not offer catering or bartending services.”



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### Initiatives Targeted to High-Risk Groups

#### Athletics

- The athletics department discusses ATOD issues in their life skills course for entering student athletes.
- Varsity student-athletes must adhere to the Intercollegiate Athletics Alcohol Code of Conduct.
- Varsity athletic coaches are asked to develop alcohol policies that address irresponsible drinking behaviors and hold team members accountable.

#### Counseling and Psychological Services (CAPS)

- Various ATOD outreach programs are conducted annually. Professors and other course instructors request programming on an annual basis and CAPS accommodates as feasible.
- Every fall semester, during Collegiate Alcohol Awareness Week, an outreach program addressing alcohol abuse is included in CAPS' Personal Issues Series.
- There are 2 addiction specialists who provide initial consultations, motivational interviewing, BASICS-extended services, short term therapy and referrals for long term services. A substance abuse group is offered each semester but may not run (depending on attendance). Consultation has occurred with the Recovery Community that has brought AA and ACOA to campus. In addition all staff see students dealing with drug and alcohol issues.
- CAPS staff saw over 400 students for ATOD diagnoses throughout the 2011/2012 academic year.

#### University Health Services

- Effective fall 2010, all students who have first-time visits for alcohol-related care at the Emergency Department of Mt. Nittany Medical Center are required to complete the Brief Alcohol Screening and Intervention for College Student (BASICS) program in Health Promotion and Wellness. See below for additional information about BASICS.
- In 2010-11, 439 students who had alcohol-related ED visits were seen in the BASICS program.
- In 2011-12, 469 students who had alcohol-related ED visits were seen in the BASICS program.



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**University Health Services (continued)**

- Starting August 2012, students who have an alcohol-related emergency department visit (and no police violation or University sanction) who have already completed one to four sessions in BASICS are being asked to meet for 1 hour with a health educator in UHS. The health educator will conduct screenings for alcohol use disorder, depression and anxiety. Students will be referred to additional sessions with the addiction specialists in CAPS.
- Clinical staff routinely asks patients about alcohol use. In cases where patients present with alcohol-related “symptoms,” the clinical staff conducts a more intensive intervention. Appropriate referrals are made for students who need follow-up.

**Alcohol Intervention**

**University Health Services**

- Brief Alcohol Screening and Intervention for College Students (BASICS) is an evidence-based program designed to change students’ behavior related to alcohol use. The program uses a harm reduction approach to encourage less risky behavior, thereby reducing negative consequences. Effective July 2010, all students who have violated laws or policies relating to underage consumption, public drunkenness, excessive consumption, or driving under the influence, either on- or off-campus, as well as all students who have visited the Mt. Nittany Emergency Department for alcohol-related treatment, are required to attend BASICS. Each student has two 50-minute sessions with a trained health educator, who discusses the student’s alcohol use and recommends risk-reduction strategies. There is a \$200 cost-recovery charge for participating in the program. Failure to complete the program results in disciplinary action.
- Students who do not have an alcohol violation can self-refer to the BASICS program for free. Information about the self-referral option is including on the UHS website <http://studentaffairs.psu.edu/health/basics/>. Additionally the Health Promotion and Wellness staff share information about the self-referral option at education programs and presentations.
- Students in the BASICS program are screened for an alcohol use disorder (using the Alcohol Use Disorders Identification Test, AUDIT), depression (using the Patient Health Questionnaire, PHQ-9), suicide (using PHQ-9) and anxiety (using the Overall Anxiety Severity and Impairment Scale, OASIS). Students who have a student conduct sanction and who score of 16 or higher on the AUDIT are required to complete 2 additional sessions with an addictions specialist in CAPS. Crisis appointments are made immediately for students who screen positive for being suicidal. Students who screen positive for anxiety and/or depression are referred to CAPS.
- In 2010-11, 1495 students completed the BASICS program. In 2011-12, 1585 completed BASICS. (The reporting period is



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June 1 through May 30).

- In 2010-11, 193 students were referred to CAPS for additional sessions based on their AUDIT score and other criteria. In 2011-12, 179 students were referred.
- Additional referrals by academic year include:  
2010-11 – Anxiety = 135 students; Depression = 63; Suicide/Crisis = 18  
2011-12 – Anxiety = 119 students; Depression = 65; Suicide/Crisis = 30

#### Counseling and Psychological Services

- The Alcohol Intervention Program (AIP) is conducted by CAPS. AIP is "brief counseling" (i.e., one-to-four sessions). AIP accommodates referrals from Penn State's Office of Student Conduct and/or Office of Residence Life. Occasionally, referrals to this program are made by those who do not work for the University, such as district justices outside of Centre county or probation officers. This therapeutic intervention, a form of treatment, is provided by a professional counselor who specializes in drug and alcohol counseling. The intervention process is individualized to the student's needs, and it focuses on heightened self-awareness and behavior change. The first session is an initial consultation at CAPS, which includes evaluation of the student's alcohol misuse. Typical referrals are those who have experienced a second alcohol-related arrest or infraction of University policy and have already been provided drug and alcohol education (e.g., BASICS). The referral may sometimes stem from a serious first-time offense such as Driving Under the Influence (DUI) of alcohol. The cost is \$200.00 paid by the student when checking in for the first session. AIP is a one-time option.
- In 2010-11, 11 students were referred to AIP for an alcohol-related sanction. In 2011-12, 13 students were referred.
- CAPS also provides 2 sessions under the BASICS program. The referral criteria are described above. These are students may have an Alcohol Use Disorder based on screening conducted at BASICS. Further evaluation of alcohol misuse and therapeutic intervention is provided by a CAPS Addiction Specialist.

#### Marijuana Intervention

##### University Health Services

- The Marijuana Intervention Program (MIP) uses a harm reduction approach to reduce risky behavior and harmful consequences of marijuana use. Students who are found in possession of small amounts of marijuana or under the influence

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of marijuana on campus are mandated to MIP by Penn State Office of Student Conduct. MIP consists of two one-hour sessions with a health educator who discusses the student's marijuana use and recommends ways to reduce future health, social, and legal risks. Referrals are made to CAPS as needed. There is a \$200 cost-recovery charge for participating in the program. Failure to complete the program results in disciplinary action. Students with repeat violations are handled by the Office of Student Conduct.

- Students who do not have a marijuana violation can self-refer to MIP for free. Information about the self-referral option is including on the UHS website <http://studentaffairs.psu.edu/health/mip/>. Additionally the Health Promotion and Wellness staff share information about the self-referral option at education programs and presentations.
- In 2010-11, 112 students completed MIP. In 2011-12, 147 students completed MIP.

## **Tobacco Cessation Services**

### **University Health Services**

- Free tobacco cessation services are offered by Health Promotion and Wellness. The American Lung Association's Freedom from Smoking program is used. Students schedule one-on-one appointments with a health educator. Information about the service is available at <http://studentaffairs.psu.edu/health/wellness/freedomFromSmoking.shtml>
- The Health Promotion and Wellness staff share information about service during education programs and presentations. The service is also advertised to target populations such as graduating seniors, graduate students, and international students.
- In 2010-2011, three students scheduled appointments. In 2011-12, no students scheduled appointments.
- Clinical staff routinely asks patients about tobacco use. Referrals are made to the service in Health Promotion and Wellness as needed.



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## Recovery Groups

### State College

- Various 12-step meetings are held within walking distance of campus. CAPS distributes meeting lists as requested. UHS distributes information when appropriate. One of the meetings is located on campus (every Friday in the Spiritual Center) during the academic months, August – May.

### On-Campus

- There are several Alcoholic Anonymous meetings on campus. One meeting, Friday's First, is held every Friday afternoon at 5:15 pm. Another meeting, Sober Sundays, meets on Sunday evening (6:30 pm). The meetings attract approximately 20 participants each week during the fall and spring semesters and about 12 attendees per week during the summer. Also, on Saturday (6:30 pm) there is a yoga and meditation meeting available to the recovery community. All meetings take place in the Pasquerilla Spiritual Center.
- Students formed a new organization, Lions For Recovery, in 2011. The student-led group is dedicated to supporting the recovery community at Penn State through personal growth, service, and social activity. The website for the group is: <http://www.clubs.psu.edu/up/lionsforrecovery/>. Official Lions for Recovery meetings are the first Friday of every month. Informal social meetings are held every other Tuesday of the month.
- In 2011, under the direction of two faculty members and with support from Student Affairs, a planning group was formed to begin the process of creating a Campus Recovery Community (CRC).

## On-Campus Counseling Services

### Counseling and Psychological Services (CAPS)

- CAPS provides brief (i.e., up to four sessions) and short-term (i.e., up to ten sessions) individual counseling to students with substance-related disorders. This service is free to students. Students who need long-term treatment are referred to appropriate providers in the community.

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Counseling and Psychological Services (CAPS) (continued)

- CAPS offers a therapy group each semester for students with substance-related disorders. (This is CAPS' only long-term treatment option for students with substance-related disorders.)
- CAPS' Addiction Specialist is a liaison with the Director of the LGBTA Resource Center. Sexual minorities are over-represented among individuals with substance-related disorders. Such disorders typically co-exist with mental health problems and are addressed in treatment.
- The Addiction Specialist is a liaison with team physicians who frequently refer student athletes with substance-related problems. These students are eligible for long-term treatment at CAPS.



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**RESTRICT MARKETING & PROMOTION OF ALCOHOL**  
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## **Ban or Restrict ATOD Advertising on Campus**

### **Athletics**

- Intercollegiate Athletics does not accept advertising money from alcohol companies.
- Alcohol is not advertised in Beaver Stadium and the Bryce Jordan Center.
- Alcohol is not advertised in Lubrano Park/Medlar Field during collegiate sporting events.

### **Campus Bookstore**

- Effective 2011 the campus bookstore no longer sells Penn State branded shot glasses.

### **Fraternity and Sorority Life**

- The Interfraternity Council, the Panhellenic Association, the Multicultural Greek Council, and the National PanHellenic Council have policies that prohibit advertising the serving of alcohol at social events.

### **Residence Life**

- Residence Life does not allow organizations or venues to promote alcohol-related activities on any residence hall floor or in the commons buildings.

### **University-wide**

- Flyers advertising drink specials are not allowed on campus.
- Alcohol advertising is prohibited at student-sponsored events.
- No commercial alcohol advertising or promotion is allowed on campus, except as permitted by policy AD27: Commercial Sales Activities at University Locations (<http://guru.psu.edu/policies/AD27.html>). No commercial poster, handbill, or any other form of commercial announcement or statement can be distributed on campus, be placed on, attached to, or written on any structure or natural feature of the campus such as the sides of doors or buildings, windows, the surface of walkways, or roads, fountains, posts, waste receptacles, trees or stakes, or posted on motor vehicles.
  - Individuals and groups may post commercial announcements on the University's general purpose bulletin boards. (General purpose boards will be specifically labeled.)
  - Commercial announcements and material can be distributed to student residents and University offices through the U. S. Postal Service.
  - Distribution of commercial announcements and materials may be arranged through newspapers available at University locations, subject to the newspaper's policies and practices.