

Substance Abuse Prevention Program

The purpose of the Substance Abuse Prevention Program is to prevent drug and alcohol abuse among student-athletes by providing targeted education throughout the career of the student-athlete at WSU. The specific goals of the program include:

- Promotion of sound physical and mental well being.
- Provision of timely, accurate information about the effects and consequences of substance abuse upon individual student-athletes (academic, athletic, personal) and upon their team.
- Early recognition of substance abuse problems and expedient provision of appropriate services.
- Provision of an open, respectful, and safe educational environment to ask questions about substance abuse and to interactively discuss the impact of substance abuse on individuals, teams, and families.
- Provision of reasonable safeguards to ensure that each student-athlete is medically competent to participate in athletic preparation and performance.

Athletic Department programming begins with fall orientation when student-athletes receive a copy of the NCAA drug testing bylaws and signs the NCAA drug testing consent form. Programming for new student-athletes continues in the New Student-Athlete Seminar, which includes substance abuse education. An online course titled *WSU CollegeALC* (presented by Prevention Strategies) is completed by all new student-athletes during the New Student-Athlete Seminar. Programming for all student-athletes throughout their career at WSU includes an array of literature (available in the P.R.O.W.L. Resource Center in PEB 104), individual meetings with a counselor/ athletic trainer, periodic presentations, workshops, and seminars conducted by various service providers (e.g., WSU Counseling Services and ADCAPS, invited professional guest speakers), and video or online resources.

UNIVERSITY ALCOHOL AND DRUG POLICY

<http://conduct.wsu.edu/>

To maintain a healthy, supportive University environment conducive to academic achievement and personal growth students are expected to conduct themselves in a responsible manner. Those of legal age who choose to drink alcoholic beverages are expected to do so responsibly and according to the policies of their living environment (i.e. residence halls, Greek residences, campus apartments, etc). Students under the age of 21 are prohibited by law and university standards from possessing or consuming alcoholic beverages. Campus and local police will enforce the law, and the Office of Student Conduct will follow procedures outlined in Standards of Conduct for Students (WAC 504-26-405) when findings of violations occur.

The Office of Student Conduct generally uses progressive discipline and will assign sanctions commensurate with the violation (see WAC 504-26-405 for possible sanctions). While the goal of sanctioning is in part educational, students who participate in drug or alcohol offenses or engage in behavior that poses a safety risk to themselves

or the community may face suspension or expulsion. Furthermore, proven instances of past misconduct shall be considered when assessing the appropriate sanction imposed upon a student determined to have violated WSU conduct standards.

WSU ALCOHOL-DRUG COUNSELING AND PREVENTION SERVICES (ADCAPS)

<http://adcaps.wsu.edu/athletes>

Being a healthy and academically successful college student means having the physical, mental, and social well-being to live each day to its fullest. Health is achievable through self care, through making informed health decisions and the practice of positive health skills, and through respect and care of those around us.

Good health is neither achieved nor compromised in isolation. In part, good health is up to each individual and is influenced by our daily personal choices. However, health and the reduction of harm or risk are also affected by the communities in which we live. Our health and our personal choices regarding substance use are influenced by physical, psychological, social, and economic environments as well as our interconnection to each other.

At ADCAPS, we support personal efforts to maintain health and the reduction of health risks so students can achieve academic, career, and personal success. As well, we support and challenge all members of the WSU community to positively contribute to overall campus health and the reduction of health risk.

UNIVERSITY AND COMMUNITY ALCOHOL-SUBSTANCE ABUSE RESOURCES

University and community resources are available to assist students with any problems associated with alcohol and substance abuse. These services include information, assessment, treatment, and referral.

WSU Counseling Services
280 Lighty Student Services Building
509-335-4511
(Information, assessment, treatment, and referral)

WSU Health and Wellness Services,
Washington Building, First Floor
509-335-3575
(Information, assessment, detoxification, treatment, and referral)

Palouse River Counseling
NE 340 Maple, Pullman, WA
866-871-6385 or 509-334-1133
(Information, assessment, treatment)

Palouse Recovery Center
1240 SE Bishop Blvd., Pullman, WA
509-334-0718
(Information, assessment, treatment)

ATHLETIC DEPARTMENT EXPECTATIONS

Student-Athlete Consumption/Possession of Alcohol or Controlled Substances:

- Student-athletes are accountable for WSU alcohol and drug policies, as well as those of the Athletics Department.
- **Consumption of alcohol (or drugs) is expressly prohibited in connection with any official intercollegiate team function (i.e., any activity held at the direction or under the supervision of team coaching staff or department administrators, including team or individual travel to represent WSU).**
- Each student-athlete will be held accountable for the consequences of their involvement in any alcohol (or drug) related incident. Accountability includes university, athletics department, and team disciplinary actions.
- Sanctions for involvement in an alcohol or drug related incident in which there are no legal consequences or implications will be determined by the head coach and the athletics administrator responsible for the impacted team. Depending upon circumstances, sanctions may include suspension from practice and/or competition, as well as other appropriate consequences. This may include participation in the WSU Athletics Drug and Alcohol Testing and Education/Counseling Program.
- Sanctions for involvement in an alcohol or drug related incident in which there are legal consequences or implications (i.e., violation of local, state, or federal laws), will be determined in accordance with the appropriate caveats of the WSU Athletics Drug Testing Policy for the first and subsequent positive drug test results (see WSU Athletics Drug Testing Policy section of this manual).
- **Student-athletes may be subjected to the sanctions of any or all of the following: University Student Conduct Office, the legal system, and the WSU Athletics Department.**
- Washington State law prohibits provision of alcoholic beverages to be consumed by department-affiliated persons who are under the legal drinking age of 21 years. **This also applies to prospective student-athletes while they are visiting the university.**