



BIENNIAL REVIEW
**DRUG AND ALCOHOL ABUSE
PREVENTION PROGRAM**

JULY 1, 2022 - JUNE 30, 2023
JULY 1, 2023 - JUNE 30, 2024



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The goals of the Biennial Review Team for BCC's Drug and Alcohol Prevention Program include:

1. Evaluate Program Effectiveness
2. Ensure Compliance with Federal Regulations
3. Analyze Data and Trends
4. Enhance Prevention Strategies
5. Increase Awareness and Education
6. Reduce Substance Abuse Incidents
7. Engage Stakeholders

This process allows for a systematic approach to addressing substance abuse while creating a healthier campus environment.

Bergen Community College Drug-Free Schools and Campuses Regulations

Drug and Alcohol Abuse Prevention Certification

In order to comply with the Drug-Free Schools and Campuses Regulations of the Drug-Free Schools and Communities Act (DFSCA), Bergen Community College certifies that it has adopted and implemented a drug and alcohol abuse prevention program (DAAPP) for its students, faculty, and staff that at minimum include:

I. The annual distribution of the College's DAAPP,, to each faculty and staff member, and to each student who is taking one or more classes for any kind of academic credit, excluding continuing education, regardless of the length of the student's program of study as well as prospective employees and students, which address the following:

- Standards of conduct that clearly prohibit at a minimum the unlawful possession, use, or distribution of any illicit drugs and alcohol by students, faculty, and staff on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, State, and Federal laws for the unlawful possession, use, or distribution of any illicit drugs and alcohol
- A description of the health risks associated with the use and abuse of any illicit drugs and alcohol
- A description of any drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to students, faculty, and staff.
- A clear statement that the College will impose disciplinary sanctions on students, faculty, and staff, for violations of the standards of conduct, and a description of those sanctions, up to and including expulsion or termination of employment, and referral for prosecution

II. A biennial review that is conducted by the college of its drug and alcohol abuse prevention program to

- Determine its effectiveness and implement necessary changes to the drug and alcohol abuse prevention program, policies, and procedures when needed
- Ensure that disciplinary sanctions for violating standards of conduct are being enforced consistently

Introduction

The Drug-Free Schools and Campuses Regulations CFR 34, Subtitle A, Part 86 of the Drug-Free Schools and Communities s Act (DFSCA) requires that institutions of higher education (IHE), such as Bergen Community College, adopt, implement, and evaluate programs to prevent the misuse or

abuse of alcohol and use or distribution of illicit drugs by college students, faculty, and staff 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, faculty, and staff:

- Standards of conduct that clearly prohibit at a minimum the unlawful possession, use, or distribution of any illicit drugs and alcohol by students, faculty, and staff on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, State, and Federal laws for the unlawful possession, use, or distribution of any illicit drugs and alcohol
- A description of the health risks associated with the use and abuse of any illicit drugs and alcohol
- A description of any drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to students, faculty and staff.
- A clear statement that the College will impose disciplinary sanctions on students, faculty, and staff, for violations of the standards of conduct, and a description of those sanctions, up to and including expulsion or termination of employment, and referral for prosecution

The law further requires that the institution conduct a biennial review of its drug and alcohol abuse prevention program with the following objectives:

- Determine its effectiveness and implement necessary changes to the drug and alcohol abuse prevention program, policies and procedures when needed
- Ensure that disciplinary sanctions for violating standards of conduct are being enforced consistently

The biennial review must also include a determination as to:

- The number of drug- and alcohol-related violations and fatalities occurring on campus, or as part of College activities that are reported to campus officials
- The number and type of sanctions the institution imposes on students, faculty, and staff as a result of such violations or fatalities

Bergen Community College acknowledges its legal obligation to conduct a biennial review of its compliance with the Drug-Free Schools and Communities Act. The intention of this document is to comply with the legal requirements as set forth by the DFSCA and to discuss prevention and education associated programs, initiatives, and activities related to the Bergen Community College Drug and Alcohol Abuse Prevention Program for the 2020-2021 and 2021-2022 academic years.

Biennial Review Process

Dr. Jennifer Migliorino-Diaz, Assistant Vice President of Student Affairs led the 2022-2023 and 2023-2024 Biennial Review Committee and process. The purpose of this review was to address, reflect, and assess the effectiveness, accomplishments, strengths, and weaknesses of the college's drug and alcohol abuse prevention program, and related policies, processes, and procedures related to alcohol and other drug abuse prevention. The Office of the Vice President of Student Affairs is responsible for conducting a thorough review of the College's drug and alcohol abuse prevention program every two years on even numbered years. A team is identified by the Vice President and Assistant Vice President of Student Affairs

each biennial review year to assist with the process. The biennial review is completed and filed every two years by December 31 of each even numbered year.

In determining the effectiveness of the prevention program and policies and implementing changes to the Alcohol and Other Drug program if needed, evaluation methods included a) the number of students attending individual or counseling groups that address alcohol or other drug use through Mediacat; b) measuring students' attitudes and perceptions about the alcohol or other drug problems on campus through the Success course; and c) participation and survey evaluation of campus programming. In order to accomplish this the college hired a substance abuse counselor in fall 2024 and purchased Mediacat, which will allow us to track students who visit and measure their perceptions.

Students who are held accountable for policy violations under the Student Code of Conduct receive sanctions and educational stipulations that correspond to specific violations. Each College administrator who serves the College in a disciplinary role uses a Sanctioning Outcome Guide to guide the sanction(s) and stipulation(s) portion for each violation. The guide was created by representatives from the Office of the Vice President of Student Affairs, Student Conduct, and Personal Counseling who determined what outcomes and stipulations would be appropriate for the given situation and were applied appropriately and consistently during the period in review. In addition, regularly scheduled training is conducted with any member of staff who serves as an investigator for violations.

The Bergen Community College Biennial Review was performed using information and assistance provided by the following offices:

- Student Conduct
- Student Life
- Center for Student Success
- Center for Health Wellness and Personal Counseling
- The Center for Alcohol and Drug Resources
- Office of Public Safety
- Bergen Community College Food Pantry
- Human Resources
- Athletics
- Office of the Vice President for Student Affairs
- Office of the Vice President for Academic Affairs

The following documents and programs were considered when conducting the Bergen Community College Biennial Review and producing this Biennial Review document. All documents are located on Bergen Community College's website:

- [Bergen Community College Policies](#)
- [Employee Code of Conduct](#)
- [Student Code of Conduct](#)
- [Student Conduct Data](#)

- [Clery Act Information](#)
- [Annual Security Report](#)
- [US Department of Education’s “Complying With the Drug-Free Schools and Campuses Regulations”](#)

Notification and Distribution Process

Compliance with the Drug-Free Schools and Communities Act

Bergen Community College remains committed to work towards fulfillment of all requirements of the Drug-Free Schools and Communities Act and to maintain compliance. Timely and consistent distribution of College policies and procedures to all students, faculty, and staff are one aspect of this obligation.

Coordinated by the Center for Health, Wellness, and Personal Counseling and the Office of Student Life and Conduct, the Bergen Community College Drug and Alcohol Abuse Prevention Program is a wide-ranging program that incorporates evidenced-based practices, designed to implement and evaluate campus and community-based strategies to reduce and prevent high-risk drinking behaviors and substance use and abuse among our college students, faculty, and staff. The Bergen Community College Drug and Alcohol Abuse Prevention Program is a collaborative effort shared by the Center for Health, Wellness, and Personal Counseling, the Office of Student Life and Conduct, the Center for Student Success, Public Safety, the Bergen County Sheriff’s Office, Athletics Department, and Human Resources.

The responsible College departments work together and in unison with Public Relations on a regular basis to ensure that all drug and alcohol related programs, policies and procedures are current and reviewed by the Biennial Review Team, and that all related laws, sanctions, health risks, counseling, rehabilitation, and treatment options are communicated to all students, faculty and staff, and available on the College website.

Student, Faculty, and Staff Notification and Distribution

Dr. A.J. Trump, Vice President of Student Affairs, and Ellianne Gallardo, Vice President of Human Resources and Organizational Development jointly notify through email all students, faculty and staff at the time of their hiring, and at the start of each new fall and spring academic term and after the census of the latest session in a term. New employees are required to sign a copy of this policy certifying that they agree to abide by the terms of the Employee Code of Professional Conduct. The signed certification letter must be returned to the Office of Human Resources within two weeks.

Furthermore, the Student Code of Conduct, which includes the Standards of Conduct for alcohol and drug violations and the Good Samaritan Policy, is included in the Annual Security Report, which is provided to every student of Bergen Community College annually by October 1st, and posted on the college website.

In addition to being informed about the Bergen Community College Drug and Alcohol-Free Workplace Policy, a notice to all employees regarding the standards of employee conduct, applicable legal sanctions - local, state, and federal law, health risks of alcohol and drug use, and alcohol and drug resources and services is posted on the College website and also available through the Office of Human Resources.

Bergen Community College Campus Resources

Office of Vice President for Student Affairs	201-447-3742
Health, Wellness and Personal Counseling Center	201-447-9257
Office of Human Resources	201-447-7442
Office of Student Life and Conduct	201-447-7215
Center for Student Success	201-447-7211
Department of Athletics	201--447-7182
Public Safety	201-559-3561

Websites that address Bergen Community College Alcohol and Other Drug Policies

Bergen Community College Employee Code of Professional Conduct

<https://bergen.edu/faculty-staff/human-resources/hr-forms/>

Bergen Community College Drug Free Workplace Act Notice to Employees

<https://bergen.edu/faculty-staff/human-resources/compliance-training/drug-free-workplace-act/>

Bergen Community College Student Code of Conduct

<https://bergen.edu/current-students/student-services-departments/student-conduct/student-code-of-conduct/>

https://bergen.edu/wp-content/uploads/StudentCodeofConduct2016_EngVer12062016.pdf

Bergen Community College Alcohol and Drug Use Policy

<https://bergen.edu/current-students/student-services-departments/vp-of-student-affairs/student-policies-and-procedures/alcoholanddrugpolicy/>

Bergen Community College Drug and Alcohol Abuse Prevention Program (DAAPP)

<https://bergen.edu/about-us/public-safety/daapp/>

Alcohol and Other Drug Prevention Programming

Center for Health, Wellness, and Personal Counseling

The Center for Health, Wellness and Personal Counseling at Bergen Community College is dedicated to a proactive approach to the education and prevention of alcohol and other drug use. Awareness about the use and abuse of alcohol and other drugs that are a severe impediment to the overall success of students and employees which has led to the implementation of an ever-growing and changing program that strives to communicate the dangers and consequences of such use and abuse.

The Center maintains an ongoing collection of the latest brochures, which are available at all times to the entire Bergen Community College population. These materials describe the health risks and dangers of alcohol and other drugs, as well as binge drinking, underage drinking, and driving while intoxicated. In collaboration with The Center for Alcohol and Drug Resources, the Center for Health, Wellness and Personal Counseling distributed posters with 24/7 phone and text information for Peer Recovery Specialists.

The Center has offered and facilitated a Mental Health Screening program and Mental Health Check-Up Days which included indicators for alcohol and drug addiction. This screening was offered to all appointments at the Center as well as at college-wide events such as Club Days, in addition to Mental Health and Basic Needs Resource brochures, and pens with resource information banners. We plan to reimplement these services with new grant money.

Membership Affiliation

The Center for Health, Wellness, and Personal Counseling is a member of the Bergen County Prevention Coalition, a subsidiary of The Center for Alcohol and Drug Resources of Bergen County, and the New Jersey Higher Education Consortium on Alcohol, ACHA and Other Drug Prevention and Education. This allows for constant dialogue with other counseling professionals on the latest empirical evidence and best practices on

college campuses.

Two student conduct professionals are members of the Association of Student Conduct Administrators, a national professional organization. This membership allows for continuous professional development, training, and dialogue on implementing policy and sanctions for student conduct violations, including those involving alcohol and drugs.

Alcohol and Other Drug Educational Presentations

The Center for Health, Wellness, and Personal Counseling, in collaboration with other campus departments and outside organizations, provides on-campus alcohol and other drug educational programming designed to inform the entire campus community on the most current information available. These include, but are not limited to, presentations to students on the dangers of alcohol, promotional materials made available on all campuses, education pamphlets and resources made available on all campus locations, and partnership with other college offices to offer alcohol and drug free events.

The Center for Health, Wellness and Personal Counseling conducts Mental Health First Aid training programs for faculty and staff on campus and goes to training by the Bergen County Prosecutor's Office regarding Protecting Our Youth from Narcotics.

The following is a guide including local and online resources we offer students and employees for support:
Outpatient- Bergen County:

Bergen New Bridge Medical Center 1-800-730-2762 (Access Center)

High Focus Center - Paramus 201-291-0055

North Jersey Recovery (NJRC) Fair Lawn- 877-790-5873

Choice Point- Fair Lawn- 844-445-2563

HMH Carrier Clinic - Retreat and Recovery @ Ramapo Valley - Mahwah- 833-734-0171

New Pathway Counseling- Paramus- 888-903-1810

Residential

Straight and Narrow- Paterson and Secaucus - 973-345-6000

Turning Point- Paterson- 973-239-9400

Integrity House- Secaucus and Newark- 201-583-7100

Cura- Secaucus- 973-622-3570

Endeavor House- Hudson County- 844-389-6368

Self-Help

Northern NJ Alcoholics Anonymous

www.nnjaa.org

Narcotics Anonymous (NA)

www.nanj.org

The Office of Student Life and Student Conduct

The Offices of Student Life and Student Conduct facilitate programming for the greater student population in an effort to provide a co-curricular experience focused on retention and alcohol alternative programming. Student Life and Student Conduct, along with two student run organizations, hold approximately 300 programs during the academic year. Programming is held throughout the week in an effort to provide students with information and a comprehensive set of alternative activities to recreational drug and alcohol consumption.

Examples include:

1. **One Pill Can Kill: The Dangers of Opioid Use**
2. **Campus Safety Day**
3. **Safe Colleges Training**
4. **Today's Marijuana**
5. **Narcan Train the Trainers**

Student Life has and will continue to poll students on their programming interests as well as track attendance to verify programming effectiveness.

As a community college without a residential population, it is difficult for us to measure the impact of our programming as alternatives to alcohol consumption and drug use and abuse. Rather, we focus on awareness programming and on providing opportunities for living a healthy and well-rounded lifestyle. The Student Government Association (SGA) and Student Activities Board (SAB), made up of students, work with Student Life and Student Conduct to facilitate programming students will find engaging. Student Life and Student Conduct will continue to track attendance at programming and perform an annual analysis to determine program effectiveness as it relates to deterring students from alcohol and other drug use.

Recent awareness/prevention efforts include addiction and recovery programming centered on the opioid crisis, such as the *Life with Layla* documentary presentation and the Black Poster Project, a joint presentation for employees and students with the DEA called, *One Pill Can Kill - Real Talk about Fake Pills*, as well as annual participation in the Great American Smokeout. In the Spring 2024 semester, the Student Government Association and the Center for Health, Wellness, and Personal Counseling jointly hosted the Bergen County Prosecutor, who presented a seminar on the dangers of fentanyl. All of these events include access to counseling as well as information and resources regarding recovery. Additionally, the following is a list of activities and events provided for employees and the student body, at little or no cost to them, which provide alcohol/drug-free alternatives:

- Yoga
- Intramural Sports
- Club events
- Guest speakers
- Leadership Development Retreats
- Bergen Community College Athletic events
- Off-campus trips including Broadway plays, day trips, Bronx Zoo, museums
- Bingo, Open Mic Nights
- Art events
- Stress relief events during midterms and finals

Intramural Sports

The Bergen Community College Intramural Sports program offers athletic and non-athletic events that are free for all Bergen students, faculty, and staff members. The mission is to deliver a welcoming and inclusive environment where all are invited to participate and meet like-minded individuals, while helping to promote a drug and alcohol-free lifestyle. Some of the intramural events offered have been kickball, dodgeball, basketball, arena flag football, volleyball, soccer, and ping-pong. Intramural events are offered throughout the week and provide a healthy outlet from busy academic schedules. The Bergen Intramural Sports program is a great way for students to increase their support system on campus, divert their attention from pressures of the classroom, provide healthy activity, social engagement, and an opportunity for physical exercise and fitness.

Student Surveys

The College is in the midst of administering the Community College Survey of Student Engagement (CCSSE). The co-chairs will review the survey report for information related to the student perceptions of drug and alcohol abuse. The team will work with Institutional Research for further research and survey distribution.

Policy and Enforcement of Disciplinary Sanctions

Students

The Bergen Community Student Code of Conduct is overseen by the Director of Student Life and Conduct, who reports to the Vice President for Student Affairs. The Director of Student Life and Conduct, with the Coordinator of Student Conduct are charged with monitoring policy, procedure, and timely administration of the conduct process, entailing the adjudication of all reported incidents, establishing educational outcomes, including sanctions and stipulations, for violators of policy.

The current Student Code of Conduct was approved by the Board of Trustees and adopted in August 2024. Our policies have changed to cover a wider variety of violations than in the previous code and to more clearly define the student conduct process.

The Student Code of Conduct can be found on the Bergen website at https://bergen.edu/wp-content/uploads/StudentCodeofConduct2016_EngVer12062016.pdf

When students are alleged to have violated the Bergen Community College Student Code of Conduct, they are sent a notification for a Student Conduct Conference which includes the following:

- a notice to appear, including a date, time and location of the meeting,
- a copy of the charges,
- a copy of the Student Code of Conduct highlighting what policy violation is in question and how the Student Conduct process works.

The following are the Alcohol and Other Drug policies as listed in the Student Code of Conduct under Article VI. Standards of Conduct, Section E:

Use, possession, manufacture, sale, purchase, transportation, and/or distribution of narcotics, or other controlled dangerous substances, as well as drug paraphernalia, and/or abuse of prescription medications and drugs for the purposes of this Code, distribution is determined by the quantity of drugs, means and materials for distribution.

As Bergen Community College is dedicated to providing a safe campus, the sanctions that are imposed for possession or consumption are taken very seriously. Sanctions for alcohol and other drug violations vary depending on the nature of the specific violation. Sanctions may include online education using Judicial

Educator. This program purchased for use by the college, aims to help students learn valuable information about substance abuse and their own use patterns. Referrals to and meeting with a personal counselor is also possible. For students who are not of legal drinking age, both an online education program and a minimum of one session with a member of the Center for Health, Wellness, and Personal Counseling are assigned, and for students 21 years of age or older, consultation with the Center for Health, Wellness, and Personal Counseling is at the discretion of the hearing officer.

The following is a list of possible remedies and sanctions a student could receive for an Alcohol or Other Drug Violation:

- Written Warning- to the offender that the conduct must stop and any continuation may be a basis for more severe action.
- Probation- notice that further violation of this Code may result in expulsion. Also, the decision may place some additional restrictions on membership in student organizations and/or participation in activities or may establish special restitution and service requirements.
- Suspension- revocation of the privilege of attending the College and using its facilities for a period of not less than one semester and not more than two academic years.
- Interim Suspension - In certain circumstances, the Director of Student Life and Conduct, or a designee, may impose an interim suspension prior to the student conduct conference.
 - Interim suspension may be imposed only:
 - to ensure the safety and well-being of members of the College community or preservation of College property;
 - to ensure the student's own physical or emotional safety and well-being;
 - if the student poses a definite threat of disruption of or interference with normal operations of the College.
 - During the interim suspension, students shall be denied access to the campus (including classes) and/or all other activities or privileges for which the student might otherwise be eligible, as the Director, or designee, may determine to be appropriate.
- Facilities Restriction- revocation or restriction of privileges for the use of some but not all College facilities.
- Expulsion- Permanent termination of student status and rights to be present on College property and attend/participate in College-sponsored events.
- Referral to civil or criminal authorities.

Any of the following may accompany a remedy and sanction:

- Restitution requires individuals to restore or replace within a specified time, property which has been damaged, defaced, lost or stolen.
- Service assignment requires an individual to perform services for the community or the College. Referral to appropriate psychological or psychiatric service for evaluation, mandated assessment, or other special help.
- Fines for drug and alcohol violations as outlined in the Student Handbook.
- Campus-Wide Notice of No Trespass will accompany a sanction of suspension or expulsion from the College.

- Campus-Wide No Contact Order: the Director may impose a No-Contact Order between parties to a complaint when the fear of retaliation and/or harassment may be present.
- Other Educational Sanction: educational sanctions meant to help students learn from their experiences. Other educational sanctions, such as reflection papers, required attendance at educational programs, letters of apology or other restorative assignments may be imposed consistent with the nature and severity of the violation(s).

Faculty and Staff

Employees who think that they may have an alcohol or drug use and abuse problem are urged to seek confidential assistance from the Bergen Community College Employee Assistance Program or their health insurance provider.

The Employee Code of Conduct can be found on the Bergen website at <https://bergen.edu/wp-content/uploads/Code-of-Conduct1723.pdf>

Faculty and staff who violate Bergen’s Drug and Alcohol Policy may be subject to the following sanctions:

- Employees who demonstrate a substance abuse problem may be given the option to seek assistance and thereby defer consideration of termination or other disciplinary action provided the employee adheres to the treatment plan set forth by his or her treatment provider. Employees who undergo voluntary counseling or treatment and who continue to work must meet all established standards of conduct and job performance.
- If an employee violates the policy, he or she may be subject to disciplinary action up to and including demotion, suspension, or termination of employment. The College, in its discretion, may choose not to terminate an employee, and in such an event, the College, in addition to any disciplinary action, may refer the employee to a treatment and/or counseling program for substance abuse.
- Any employee convicted for violation of any criminal drug statute must notify the College in writing of said conviction no later than five (5) days after any such conviction. The College will take appropriate action within ten (10) days of receiving said notice of conviction.

Violation and Sanction Data

Below you will find statistical data of all of the incidents involving alcohol and other drugs for the academic years 2022-2023 and 2023-2024:

2022-2023	On Campus	Non Campus	Public Property	Uncategorized
DISCIPLINARY ACTIONS: Drug law violations	0	0	0	0
DISCIPLINARY ACTIONS: Liquor law violations	1	0	0	0
ARRESTS: Drug law violations	0	0	0	0
ARRESTS: Liquor law violations	0	0	0	0

2023-2024	On Campus	Non Campus	Public Property	Uncategorized
DISCIPLINARY ACTIONS: Drug law violations	0	0	0	0
DISCIPLINARY ACTIONS: Liquor law violations	1	0	0	0

ARRESTS: Drug law violations	0	0	0	0
ARRESTS: Liquor law violations	0	0	0	0

We acknowledge that the number of disciplinary reports for drug and alcohol violations is quite low. We attribute this primarily to being a non-residential campus, with most drug and alcohol use occurring off campus, outside the College's jurisdiction. However, we understand that these low report numbers do not imply an absence of drug and alcohol use or abuse within our campus community. The violations were appropriately and consistently sanctioned by Bergen Community College's Office of Student Conduct and Development.

Amnesty and Good Samaritan Policies

Amnesty for Serious Violations

The College encourages the reporting of incidents of harassment, violations of equal opportunity, discrimination, and crimes to College officials. Sometimes, Complainants or witnesses are hesitant to report or participate as witnesses in the student conduct process because they fear they themselves may be accused of policy or code violations, such as underage drinking at the time of the incident. It is in the best interests of this community that Complainants choose to inform College officials of serious violations and that witnesses come forward to share what they know. To encourage reporting, the College pursues a policy of offering Complainants and witnesses amnesty from minor policy and code violations related to serious conduct violations.

For Complainants - Educational options will be explored, but no conduct proceedings or conduct record will result.

For Those Who Offer Assistance - Educational options will be explored, but no conduct proceedings or conduct record will result.

For Those Who Receive Assistance — At the discretion of the Director of Student Life and Development, amnesty may also be extended, on a case-by-case basis, to the person receiving assistance.

Abuse of amnesty requests can result in a decision by the Student Conduct Office not to extend amnesty to the same person repeatedly.

Good Samaritan

In a community, students are encouraged to help other members of the community who are in need; to be Good Samaritans. When a student has assisted an intoxicated student in procuring campus safety and/or professional medical assistance at Health Services, or any other healthcare facility, neither the intoxicated student nor the individual(s) who assist them will be subject to formal action through this process for (a) being intoxicated, or (b) having provided that person alcohol and/or drugs. This applies only to first-time, isolated incidents, and does not excuse or protect those who flagrantly or repeatedly violate college alcohol and/or drug policies.

Bergen Community College Department of Athletics

At Bergen Community College, the institution believes that athletics is an integral part of the educational experience. The Athletics Department offers programs that provide students with the opportunity to participate in intercollegiate athletics in a wide variety of sports including basketball, baseball, track and field, soccer, softball, cross country, volleyball, and wrestling. The Bergen Community College Bulldogs regularly place student-athletes on the National Junior College Athletic Association (NJCAA), All-Conference, All-Region

and All-American athletic and academic teams.

Bergen believes that athletics are an important way in which students can develop leadership and team building skills, as well as, maintain good health, learn, and grow. Therefore, Bergen has a DAAPP policy which covers student athletes but student athletes sign a code of conduct specific to athletics that includes a bullet on drug and alcohol use.

Substance abuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and supplements, use of performance-enhancing substances, misuse of alcohol and inappropriate use of tobacco are completely inconsistent with the standards expected of student-athletes at Bergen Community College and the NJCAA. The student-athlete's health, safety, and welfare are our first priority.

Every member of the athletic community is responsible for knowing the risks associated with substance abuse. Medically and socially, the risks can seriously interfere with an individual's performance both as a student and as an athlete, and can endanger the well-being of their teammates and coaches. Therefore, student-athletes, coaches, and staff are obligated to know the relevant college policies, federal, state, NJCAA, and local laws and to conduct themselves in accordance with these policies and laws.

The Athletic Director addresses substance use and abuse, awareness, and other policies with all student-athletes during the Student-Athlete Orientation Program.

[NJCAA Statement on Substance Use and Abuse](#)

The National Junior College Athletic Association (NJCAA) is the governing body of intercollegiate athletics for two-year colleges. As such, its programs are designed to meet the unique needs of a diverse group of student-athletes who come from both traditional and non-traditional backgrounds and whose purpose in selecting a two-year college may be as varied as their experiences before attending college.

Given this perspective, the NJCAA accepts its oversight responsibility by seeking to provide a competitive environment that is free from drug and alcohol abuse in any form for the purpose of facilitating or enhancing athletic performance by any athlete engaged in competition that is sponsored by the NJCAA.

- The NJCAA serves as a resource and referral agency for athletes, coaches, or administrators seeking information on the effects, consequences, and treatment options for substance abuse.
- It coordinates efforts between coaches and athletic administrators to act as educational liaisons for student-athletes aiming to advance their athletic careers at four-year institutions, which may involve drug testing procedures.
- The NJCAA continues to endorse and encourage member institutions to educate their athletes on the implications of alcohol and drug use in their lives beyond athletics.

It is a fundamental belief of the NJCAA that athletic participation is a privilege and that those athletes who use illegal performance-enhancing and/or recreational drugs and alcohol substantively violate that privilege. In response to any violations of this nature that occur and are detected in NJCAA sponsored events, continuation of rights and privileges of participation by the individual or the institution will be reviewed and revoked, as appropriate.

The NJCAA requires of its member institutions the following, which BCC adheres to:

- 1) Development and implementation of an alcohol, tobacco, drugs and other controlled substances awareness education program for all members of intercollegiate athletic department staff and student-athletes.
- 2) Development and distribution of an institutional policy statement relative to the use and abuse of alcohol, tobacco, drugs and other controlled substances. This policy statement should address participation and the

expectations of the member institution for standards of behavior for each intercollegiate athletic department staff member and student-athlete.

- 3) Development and implementation of a plan for referral, treatment and rehabilitation for all intercollegiate athletic department staff members and student-athletes with drug and/or alcohol related problems.
- 4) By using various resources of individual institutions in response to institutional needs and demands, investigate the feasibility of a complete and comprehensive drug use and abuse screening program.

Substances banned for use by student-athletes competing in NJCAA sponsored events are those found on the NJCAA list of banned drug classes. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example by the NJCAA.

Outline of Pertinent New Jersey State and Local Laws Regarding Alcohol Offenses and Penalties

State of New Jersey

The purchase and consumption of alcohol is a right extended by the State of New Jersey. The legal age to purchase and consume alcoholic beverages in the State of New Jersey is twenty-one. (N.J.S.A. 9:17b-1)

Possession or Consumption of Alcoholic Beverages in Public Places by persons under legal age (N.J.S.A. 2C:33-15)

Any person under the legal age to purchase alcoholic beverages who knowingly possesses without legal authority or who knowingly consumes any alcoholic beverage in any school, public conveyance, public place, place of public assembly, or motor vehicle is guilty of a disorderly persons offense and shall be fined not less than \$500.

Purchase of Alcohol by/for the under aged (N.J.S.A. 33:1-81)

An under aged person who purchases or attempts to purchase alcohol, or who misstates his/her age, or a person of legal age who purchases alcohol for an under aged person faces a conviction of a disorderly persons offense, which incurs a fine of not less than \$500 and loss of license for six months. In addition, under aged persons may be required to participate in a state-sponsored alcohol education program.

Offering Alcoholic Beverages to Underage People (N .J.S.A. 2C:33-17)

Anyone who purposely or knowingly offers or serves or makes available an alcoholic beverage to a person under the legal age for consuming alcoholic beverages or entices that person to drink an alcoholic beverage is a disorderly person. This provision does not apply to certain close relatives, certain activities confined to the home, or if the consumption is part of a religious observance.

Transfer of ID (N.J.S.A. 33:1-81.7)

Someone who is under aged and uses another person's ID card to obtain alcohol, or someone of legal age who gives his/her ID card to an under aged person so that he/she can obtain alcohol, faces a fine of up to \$300 or up to 60 days in jail.

False ID (N.J.S.A. 2C:21-2.1 Id)

A person who knowingly possesses a document or other writing which falsely purports to be a driver's license or other document issued by a governmental agency and which could be used as a means of verifying a person's identity or age or any other personal identifying information is guilty of a crime in the fourth degree.

Host/Hostess Liability

Under a 1984 New Jersey Supreme Court decision, Kelly vs. Gwinnell, a host or hostess who serves

alcoholic beverages to a guest, knowing that the guest is intoxicated and will soon be driving, can be held liable for injuries inflicted on a third party if that guest is involved in a motor vehicle accident.

Driving While Intoxicated

Operating Motor Vehicles While Under the Influence of Intoxicants (N.J.S.A. 39:4-50)

A person is said to be legally drunk in New Jersey if his/her blood alcohol concentration is at or above .08%.

Penalties: All persons convicted of DWI must pay an insurance surcharge of \$ 1,000 per year for three years. In addition:

- For the first offense, there are additional fines and charges of at least \$470 (bringing the total minimum charges for a first offense to \$3,470); loss of license for 7-12 months; and a requirement to spend 12-48 hours in an Intoxicated Driver Resource Center. A first-time offender also faces a possible 30-day jail term.
- For a second offense, there are additional fines and charges of at least \$720; loss of license for two years; a requirement to perform 30 days of community service and to spend 48 hours in an Intoxicated Driver Resource Center or jail. Also, there is a possible 90-day jail term.
- For a third offense, additional fines and charges of at least \$1,220; loss of license for 10 years; and a 180-day jail term. The insurance surcharge for a third-time offender is \$1,500 per year for three years. These fines and charges do not include court and legal fees.

Driving While License is Suspended Due to DWI (N.J.S.A. 39.3-40)

If a person is found driving while his/her license is suspended due to a conviction for Driving While Intoxicated, that person upon conviction again shall be fined \$500, shall have his license to operate a motor vehicle suspended for an additional period of not less than one year nor more than two years, and may be imprisoned in the county jail for not more than 90 days.

Refusal to Take the Breathalyzer Test (N.J.S.A. 39:4-50.4a)

Refusal to take the breathalyzer test where there is probable cause for arrest for DWI will result in up to 10 year loss of license, a fine of \$300-\$1000, and an obligation to satisfy the requirements of an alcohol education or rehabilitation program. A person can also be convicted of DWI without the results of a breathalyzer test. In that case, s/he will suffer all the additional fines and penalties specified for the DWI conviction.

Outline of Pertinent New Jersey State and Federal Laws and Vocabulary Regarding Drug Offenses and Penalties

State of New Jersey

N.J.S.A. 2C:35-3, Leader of Narcotics Trafficking Network: provides penalties for a person found to have acted as an organizer, supervisor, manager or financier of a scheme distributing any [Schedule I or II drug](#).

N.J.S.A. 2C:35-4, Maintaining or Operating a Controlled Dangerous Substance (CDS) Production Facility: provides that such conduct is a first- degree crime punishable by imprisonment and fines.

N.J.S.A. 2C:35-5, Manufacturing, Distributing, or Dispensing: provides that such conduct results in imprisonment and fines.

N.J.S.A. 2C:35-6, Using a Juvenile in a Drug Distribution Scheme: provides that such conduct is a second- degree crime punishable by imprisonment and fines.

N.J.S.A. 2C:35-7, Drug-Free School Zones: provides that any person who distributes, dispenses, or possesses with intent to distribute a controlled dangerous substance within 1,000 feet of school property is guilty of a crime of the third degree.

N.J.S.A. 2C:35-8, Distribution to Persons Under Eighteen or Pregnant Females: provides that such conduct carries a penalty of imprisonment and fines.

N.J.S.A. 2C:35-9, Strict Liability for Drug-Induced Death: provides that such a situation is a first-degree crime, same as murder, but no intent need be shown, only that death occurred as a result of the use of a drug supplied by the defendant.

N.J.S.A. 2C:35-10, Possession, Use, Being Under the Influence, or Failure to Make Lawful Disposition: provides that such conduct carries penalties of imprisonment and fines.

N.J.S.A. 2C:35-11, Imitation Controlled Dangerous Substance (CDS): provides that dispensing or distributing a substance falsely purported to be a CDS is a third- degree crime, and can carry a fine up to \$200,000.

Possession of anabolic steroids is a third- degree crime.

Paraphernalia: Drug paraphernalia is defined " ... all equipment, products, and materials of any kind which are used or intended for use in planting, propagating, cultivating, growing, harvesting, manufacturing, compounding, converting, producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, concealing, ingesting, inhaling, or otherwise introducing into the human body a controlled dangerous substance... including... roach clips... bongs... pipes..."

N.J.S.A. 2C:36-2, Use or Possession with Intent to Use, Narcotic Paraphernalia: provides that such conduct carries a disorderly person's offense.

N.J.S.A. 2C:36-3, Distribute, Dispense, Possess with Intent to, Narcotics Paraphernalia: provides that such conduct is a fourth- degree crime.

N.J.S.A. 2C:36-4, Advertise to Promote Sale of Narcotics Paraphernalia: provides that such conduct is a fourth- degree crime.

N .J.S.A. 2C:36-5, Delivering Paraphernalia to Person under Eighteen Years: provides that such conduct constitutes a third degree crime.

N.J.S.A. 2C:36-6, Possession or Distribution of Hypodermic Syringe: provides that such conduct constitutes a disorderly person's offense.

Federal Drug Offenses

The criminal offenses most commonly charged under the Federal Controlled Substances Act are the knowing, intentional and unauthorized manufacture, distribution or dispensing of any controlled substance or the possession of any controlled substance with the intent to manufacture, distribute or dispense. Federal law also prohibits the knowing, intentional and unauthorized creation, distribution, dispensing or possession with the intent to distribute or

dispense a "counterfeit substance." Simple possession without necessarily an intent to distribute is also forbidden by Federal law and carries a penalty of imprisonment. Attempts and/or conspiracies to distribute or possess with intent to distribute a controlled substance are crimes under Federal law.

Specific drug crimes that may carry greater penalties include the following:

- The distribution of narcotics to persons under 21;
- The distribution or manufacturing of narcotics near schools and colleges;
- The employment of juveniles under the age of 18 in drug trafficking operations;
- The distribution of controlled substances to pregnant women.

The penalties for violating Federal narcotics statutes vary. The penalties may be more severe based upon two principal factors:

- The type of drug involved; and
- The quantity of the drug involved.

With the exception of simple possession charges which result in up to one- year imprisonment, maximum penalties for narcotic violations range from 20 years to life in prison. Certain violations carry mandatory minimum prison sentences of either five years or ten years. Harsher penalties will be imposed if a firearm is used in the commission of a drug offense. If a drug offense results in death or serious bodily injury to an individual who uses the drug involved, the penalties are more severe.

Anabolic steroids are controlled substances and distribution or possession with intent to distribute carries a sentence of up to five years and a \$250,000 fine.

Overdose Prevention Act

An Act concerning opioid antidotes and overdose prevention, and supplementing Title 24 of the Revised Statutes and Title 2C of the New Jersey Statutes.

Be It Enacted by the Senate and General Assembly of the State of New Jersey:

A. 4:6J-1 Short title.

1. This act shall be known and may be cited as the "Overdose Prevention Act."

C.24:6J-2 Findings, declarations relative to overdose prevention.

2. The Legislature finds and declares that encouraging witnesses and victims of drug overdoses to seek medical assistance saves lives and is in the best interests of the citizens of this State and, in instances where evidence was obtained as a result of seeking of medical assistance, these witnesses and victims should be protected from arrest, charge, prosecution, conviction, and revocation of parole or probation for possession or use of illegal drugs. Additionally, naloxone is an inexpensive and easily administered antidote to an opioid overdose. Encouraging the wider prescription and distribution of naloxone or similarly acting drugs to those at risk for an opioid overdose, or to members of their families or peers, would reduce the number of opioid overdose deaths and be in the best interests of the citizens of this State. It is not the intent of the Legislature to protect individuals from arrest, prosecution or conviction for other criminal

offenses, including engaging in drug trafficking, nor is it the intent of the Legislature to in any way modify or restrict the current duty and authority of law enforcement and emergency responders at the scene of a medical emergency or a crime scene, including the authority to investigate and secure the scene.

C.24:6J-3 Definitions relative to overdose prevention.

3. As used in this act:

"**Commissioner**"- Commissioner of Human Services.

"**Drug overdose**"- an acute condition including, but not limited to, physical illness, coma, mania, hysteria, or death resulting from the consumption or use of a controlled dangerous substance or another substance with which a controlled dangerous substance was combined and that a layperson would reasonably believe to require medical assistance.

"**Medical assistance**"- professional medical services that are provided to a person experiencing a drug overdose by a healthcare professional, acting within the scope of his or her lawful practice, including professional medical services that are mobilized through telephone contact with the 911 telephone emergency service.

"**Opioid antidote**"- naloxone hydrochloride or any other similarly acting drug approved by the United States Food and Drug Administration for the treatment of an opioid overdose.

"**Health care professional**"- a physician, physician assistant, advanced practice nurse, or other individual who is licensed or whose professional practice is otherwise regulated pursuant to Title 45 of the Revised Statutes, other than a pharmacist, and who, based upon the accepted scope of professional authority, prescribes or dispenses an opioid antidote.

"**Patient**" includes a person who is not at risk of an opioid overdose but who, in the judgment of a physician, may be in a position to assist another individual during an overdose and who has received patient overdose information as required by section 5 of this act on the indications for and administration of an opioid antidote.

C.2C:35-30 Immunity from liability, certain circumstances, for persons seeking medical assistance for someone experiencing a drug overdose.

7. a. A person who, in good faith, seeks medical assistance for someone experiencing a drug overdose shall not be:
- (1) arrested, charged, prosecuted, or convicted for obtaining, possessing, using, being under the influence of, or failing to make lawful disposition of, a controlled dangerous substance or controlled substance analog pursuant to subsection a., b., or c. of N.J.S.A.2C:35- 10;
 - (2) arrested, charged, prosecuted, or convicted for inhaling the fumes of or possessing any toxic chemical pursuant to subsection b. of section 7 of P.L.1999, c.90 (C.2C:35-10.4);
 - (3) arrested, charged, prosecuted, or convicted for using, obtaining, attempting to obtain, or possessing any prescription legend drug or stramonium preparation pursuant to subsection b., d., or e. of section 8 of P.L.1999, c.90 (C.2C:35-10.5);
 - (4) arrested, charged, prosecuted, or convicted for acquiring or obtaining possession of a controlled dangerous substance or controlled substance analog by fraud pursuant to N.J.S.A.2C:35-13;
 - (5) arrested, charged, prosecuted, or convicted for unlawfully possessing a controlled dangerous substance that was lawfully prescribed or dispensed pursuant to P.L.1998, c.90 (C.2C:35-24);
 - (6) arrested, charged, prosecuted, or convicted for using or possessing with intent to use drug paraphernalia pursuant to N.J.S.2C:36-2 or for having under his control or possessing a hypodermic syringe, hypodermic needle, or any other instrument adapted for the use of a controlled dangerous substance or a controlled substance analog pursuant to subsection a. of N.J.S.2C:36-6;

- (7) subject to revocation of parole or probation based only upon a violation of offenses described in subsection a. (1) through (6) of this section, provided, however, this circumstance may be considered in establishing or modifying the conditions of parole or probation supervision.

The provisions of subsection a. of this section shall only apply if:

- (1) the person seeks medical assistance for another person who is experiencing a drug overdose and is in need of medical assistance; and
- (2) The evidence for an arrest, charge, prosecution, conviction, or revocation was obtained as a result of the seeking of medical assistance.

Nothing in this section shall be construed to limit the admissibility of any evidence in connection with the investigation or prosecution of a crime with regard to a defendant who does not qualify for the protections of this act or with regard to other crimes committed by a person who otherwise qualifies for protection pursuant to this act. Nothing in this section shall be construed to limit any seizure of evidence or contraband otherwise permitted by law. Nothing herein shall be construed to limit or abridge the authority of a law enforcement officer to detain or take into custody a person in the course of an investigation or to effectuate an arrest for any offense except as provided in subsection a. of this section. Nothing in this section shall be construed to limit, modify or remove any immunity from liability currently available to public entities or public employees by law.

C.2C:35-31 Protections for certain persons experiencing a drug overdose.

8. a. A person who experiences a drug overdose and who seeks medical assistance or is the subject of a good faith request for medical assistance pursuant to section 4 of this act shall not be:
 - (1) arrested, charged, prosecuted, or convicted for obtaining, possessing, using, being under the influence of, or failing to make lawful disposition of, a controlled dangerous substance or controlled substance analog pursuant to subsection a., b., or c. of N.J.S.2C:35-10;
 - (2) arrested, charged, prosecuted, or convicted for inhaling the fumes of or possessing any toxic chemical pursuant to subsection b. of section 7 of P.L.1999, c.90 (C.2C:35-10.4);
 - (3) arrested, charged, prosecuted, or convicted for using, obtaining, attempting to obtain, or possessing any prescription legend drug or stramonium preparation pursuant to subsection b., d., or e. of section 8 of P.L.1999, c.90 (C.2C:35-10.5);
 - (4) arrested, charged, prosecuted, or convicted for acquiring or obtaining possession of a controlled dangerous substance or controlled substance analog by fraud pursuant to N.J.S.A.2C:35-13;
 - (5) arrested, charged, prosecuted, or convicted for unlawfully possessing a controlled dangerous substance that was lawfully prescribed or dispensed pursuant to P.L.1998, c.90 (C.2C:35-24);
- b. arrested, charged, prosecuted, or convicted for using or possessing with intent to use drug paraphernalia pursuant to N.J.S.2C:36-2 or for having under his control or possessing a hypodermic syringe, hypodermic needle, or any other instrument adapted for the use of a controlled dangerous substance or a controlled substance analog pursuant to subsection a. of N.J.S.2C:36-6; subject to revocation of parole or probation based only upon a violation of offenses described in subsection a. (1) through (6) of this section, provided, however, that this circumstance may be considered in establishing or modifying the conditions of parole or probation supervision. c. Nothing in this section shall be construed to limit the admissibility of any evidence in connection with the investigation or prosecution of a crime with regard to a defendant who does not qualify for the protections of this act or with regard to other crimes committed by a person who otherwise qualifies for protection pursuant to this act. Nothing in this section shall be construed to limit any seizure of evidence or contraband

otherwise permitted by law. Nothing herein shall be construed to limit or abridge the authority of a law enforcement officer to detain or take into custody a person in the course of an investigation or to effectuate an arrest for any offense except as provided in subsection a. of this section. Nothing in this section shall be construed to limit, modify or remove any immunity from liability currently available to public entities or public employees by law.

9. Sections 1 through 6 of this act shall take effect on the first day of the second month following enactment, except that the Commissioner of Human Services shall take any anticipatory action in advance thereof as shall be necessary for the implementation of this act and sections 7 and 8 shall take effect immediately.

OPA Language Approved May 2, 2013.

9-1-1 Lifeline Legislation

AN ACT concerning persons under the legal age to possess and consume alcoholic beverages, amending P.L.1979, c.264, and supplementing P.L.2000, c.33.

BE IT ENACTED by the Senate and General Assembly of the State of New Jersey:

C.40:48-1.2a Immunity from prosecution; certain circumstances.

2. a. An underage person and one or two other persons shall be immune from prosecution under an ordinance authorized by section 1 of P.L.2000, c.33 (C.40:48-1.2) prohibiting any person under the legal age who, without legal authority, knowingly possesses or knowingly consumes an alcoholic beverage on private property if:
 - (1) one of the underage persons called 9-1-1 and reported that another underage person was in need of medical assistance due to alcohol consumption;
 - (2) the underage person who called 9-1-1 and, if applicable, one or two other persons acting in concert with the underage person who called 9-1-1 provided each of their names to the 9-1-1 operator;
 - (3) the underage person was the first person to make the 9-1-1 report; and
 - (4) the underage person and, if applicable, one or two other persons acting in concert with the underage person who made the 9-1-1 call remained on the scene with the person under the legal age in need of medical assistance until assistance arrived and cooperated with medical assistance and law enforcement personnel on the scene.
- b. The underage person who received medical assistance as provided in subsection a. of this section also shall be immune from prosecution under an ordinance authorized by section 1 of P.L.2000, c.33 (C.40:48-1.2).
3. This act shall take effect immediately.

LL Language Approved October 1, 2009.

Health Risks Associated with the Use of Illicit Drugs and Alcohol

These brief summaries are an overview of the major health risks associated with the use of illicit drugs and alcohol. Abuse of alcohol and other drugs can lead to chemical dependency; increased tolerance; deterioration of relationships with family, friends, and co-workers; and can be harmful during pregnancy.

Alcohol

- Alcohol is a depressant that decreases the responses of the central nervous system;
- Excessive drinking can cause liver damage and psychotic behavior;

- As little as two beers or drinks can impair coordination and thinking;
- Alcohol continues to be the most frequently abused substance among young adults.
- Risk of injury or death as a result of accident or violence;
- Impaired vision and motor coordination, memory defects, hallucinations, blackouts, and seizures;
- Long-term use can result in permanent damage to the brain, elevated blood pressure and heart rate, risk of stroke, heart failure, increased risk of mouth and throat cancer, impaired judgment and verbal ability, and inability to concentrate.

Alcohol is an especially dangerous drug for pregnant women. Drinking during pregnancy raises the risk of low-birth weight babies and intrauterine growth retardation, increasing the danger of infection, feeding difficulties, and long-term developmental problems.

Marijuana

Also known as: Pot, Grass, Joints, Roaches, Reefer, Weed, Mary Jane

- Marijuana may cause impaired short-term memory, a shortened attention span and delayed reflexes;
- During pregnancy, marijuana may cause birth defect;
- Marijuana may cause increased heart rate and pulse, breathing problems, relaxed inhibitions, and disoriented behavior;
- Increased risk of mouth, throat, and lung cancer;
- Long-term use has been linked to increased anxiety, panic attacks, paranoia, and hallucinations;
- Contains THC (delta-9-tetrahydrocannabinol), the main active chemical in marijuana, as well as 400 other chemicals;
- THC content of marijuana has been increasing since the 1970s.

Cocaine

Also known as: Coke, Dust, Snow, Flake, Blow, Girl

- Cocaine has a high risk of addiction and dependence;
- Cocaine use may cause severe "mood swings" and irritability, paranoia, anxiety, depression, delusions, and psychosis;
- Cocaine increases your blood pressure and heart rate, and can lead to respiratory failure, lung disorders, irregular heartbeat, heart attack, and strokes;
- Fetal cocaine effects include premature separation of the placenta, spontaneous abortion, premature labor, low birth weight, greater chance of visual impairment, mental retardation, and developmental problems;
- For intravenous (IV) cocaine users, there is increased risk of hepatitis, HIV infection, and endocarditis.

Crack cocaine

Also known as: Freebase rocks, Rock

- Crack is almost instantly addictive, and one use could cause fatal heart attack;
- Repeated use may cause insomnia, hallucinations, seizures, paranoia, and psychosis;
- There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.

Barbiturates

- Barbiturates are central nervous system depressants;
- Use may cause poor muscle control, slurred speech, appear drowsy or drunk, confusion, irritability, inattentive or slowed reactions, staggering gait, and altered perception;
- Doses taken in combination with other central nervous system depressants (e.g., alcohol) cause respiratory depression, coma and sometimes death.

Methamphetamine**Also known as: Meth, Crystal, Crank, Ice**

- Methamphetamine is extremely addictive even after only one use;
- Can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, severe fatigue;
- Prolonged use can lead to skin ulcerations and infection, paranoia, irritability, anxiety, blood vessel constriction, heart attack, and stroke;
- Use while pregnant can cause premature labor, detachment of the placenta, low birth weight, and possible neurological damage;
- Intravenous (IV) users are at high risk of AIDS/HIV, hepatitis, infections and sores at the injection site, and infection of the heart lining and valves (endocarditis).

Hallucinogens**Types Include: PCP, LSD, Mescaline, Peyote, Psilocybin**

- One use of LSD or PCP can cause multiple and dramatic behavioral changes;
- Hallucinogens can result in increased body temperature and blood pressure, sleeplessness, appetite loss, and tremors;
- Prolonged use has been shown to cause anxiety, depression, panic attacks, paranoia, and psychotic behavior;
- Large doses of hallucinogens may cause convulsions, ruptured blood vessels in the brain and irreversible brain damage;
- Many hallucinogens cause unpleasant and potentially dangerous "flashbacks," long after the drug was used.

MDMA (3-4-Methylenedioxymethamphetamine)**Also known as: Ecstasy, E, X, XTC, Molly (in powder form)**

- Synthetic chemical drug with effects similar to those of amphetamines and hallucinogens;
- Short-term effects include psychological difficulties including confusion, depression, sleep problems, severe anxiety, and paranoia, which occur during and even weeks after use;
- Physical problems that can occur are muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, fever, chills or sweating;
- Long Term Effects have been found to include memory loss and serotonin depletion which is a chemical in the brain that regulates mood, sleep habits, thought and behavior process, sexual function, and sensitivity to pain.

Opioids and Opiates

Types Include: Heroin, Codeine, Morphine, Opium, Fentanyl, Oxycodone

- Opiates are naturally occurring organic compounds while opioids are synthetically created;
- Very high level of physical and psychological dependence, where the body needs the narcotic to achieve a level of homeostasis or there is an overwhelming feeling to use the drug;
- Side effects include nausea, sedation, itching, chest pain, and can result in death
- Physical withdrawal from both opioids and opiates include severe back, abdominal, and joint pain, nausea, vomiting, intense drug craving, insomnia, extreme anxiety, and depression which can last an average of seven days
- Overdose can lead to blood clots, stroke, heart attack, respiratory paralysis, and death.

Biennial Review Team Meetings and Activities

The Biennial Review Team meets weekly as a subcommittee of the Behavioral Intervention Team (BIT). The team also met prior to the end of the 2023-2024 AY to complete this report. This report is a direct result of the information compiled during team meetings over the past two years. This document serves as a formal evaluation of our Drug and Alcohol Abuse Prevention Program for the time period indicated.

Biennial Review Summary Evaluation of the Effectiveness of the DAAPP

The Biennial Review Team has determined that the DAAPP has been effective to date. The Review Committee conducted a comprehensive analysis of the alcohol and drug policies, related programs, services and enforcement practices. Campus housing is not available at Bergen Community College; therefore, there is a relatively low incidence of alcohol and other controlled substance abuse on Bergen Community College's campuses. All departments work collaboratively to ensure that students and employees are provided information and resources that promote a safe and healthy environment that attempts to mitigate risk as it pertains to alcohol and other drug use. The alcohol and drug prevention program appears to be effective as evidenced by:

- Continued low incidence of alcohol and controlled substance abuse reports at the institution.
- A strong statement that Bergen Community College is an alcohol and drug free environment and that all violations are taken seriously and addressed in accordance with the College policy and local/state/federal laws
- The College offers employee assistance services to full-time employees and their eligible dependents through the EAP program
- Analysis of the DAAPP revealed an opportunity to improve communications of the College's DAAPP
- Develop data collections and tracking measures to report program effectiveness, collect data and monitor violations and disciplinary sanctions imposed.

Recommendations for the Bergen County Community College DAAPP

It is recommended further that the following be addressed for the subsequent review period:

- Continue to stay consistent with the College's current policy review process, all college policies related to alcohol and drug use should be reviewed, revised, and updated.
- Continue our strong relationship with the Bergen County Sheriff's Department educational outreach team for programming and community resources.
- Expand evaluation of the Bergen Community College Drug and Alcohol Abuse Prevention Program by polling student interest in programs and tracking attendance to verify effectiveness

- Create an anonymous campus survey to identify student trends and beliefs
- Continued maintenance of Bergen Community College websites to ensure that all links are up-to-date and that new ones are added to continue best practices
- The Department of Athletics will explore increasing the number of drug and alcohol awareness education sessions with the new Substance Abuse Counselor. A recommendation for improvement would be to hold drug and alcohol education sessions twice during the academic year and to mandate each intercollegiate team perform community service programs in this subject matter.
- The Department of Athletics will develop a policy statement for use and abuse of alcohol, tobacco, drugs and other controlled substances.
- The Substance Awareness Counselor will: (1) Provide evidence-based counseling and outreach to students with attention to students who identify with substance use or are in recovery. (2) Develop and deliver outreach programs and education workshops to students to enhance awareness and knowledge of substance use and resources. (3) Conduct assessments to determine students' substance use history, mental health status and treatment needs.

Strengths of the Bergen County Community College DAAPP

1. Accessible Resources: The college can provide easily accessible resources for students, including educational materials, counseling services, and workshops, ensuring that students have the tools they need to make informed decisions. The college hired a substance abuse counselor that will be responsible for these resources.
2. Supportive Campus Environment: By fostering a supportive and non-judgmental environment, the college encourages students to seek help if they are struggling with substance abuse, reducing stigma and promoting overall well-being.
3. Collaborative Partnerships: Partnerships with local health organizations, rehabilitation centers, and community resources can strengthen the college's prevention program by offering students access to a wider range of services beyond the campus.
4. Targeted Education and Outreach: The program is focused on educating students about the risks of substance abuse through tailored workshops, peer-led initiatives, and awareness campaigns, effectively reaching diverse student populations.
5. Holistic Approach: By addressing related factors such as mental health, stress, and peer pressure, the college's prevention program can take a comprehensive approach to preventing drug and alcohol abuse, and promoting overall wellness among students.
6. Focus on Non-Residential Students: Bergen Community College has a non-residential population, so we are designing a program that can focus on reaching students who may engage in substance use off-campus, addressing specific challenges related to commuter life.

7. Adaptable and Culturally Relevant: The college's prevention program is tailored like all of our programs to the diverse backgrounds of Bergen Community College students, offering culturally sensitive content that resonates with various student groups.