

Cuyamaca College Health and Wellness Services

Meeting Notes 8.5.2025

10:00 am to 11:00 am

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Annual Review of Alcohol and Substance Misuse & Prevention Program

Attendance:

Kennedy Carrothers, BSN, RN, PHN, Health Services Nurse

Dr. Lauren Vaknin, Dean of Student Services

Julia Priscilla Chavez, MSN-Ed, RN, PHN, PCCN, Supervisor Health Services

Discussion:

Review of 2025 Alcohol and Substance Misuse Resources offered at Cuyamaca College to include an extensive webpage Titled “Unhealthy Substance Use Prevention Program.”

- Recent webpage changes included adding a pdf link containing Standards of Conduct, AP 3550, and Student Code of Conduct Violation, Sanctions per Federal, State, and Local Authorities to include specific district campus policies. This is to remain on this page, per Dr. Vaknin.
- Include as a resource the East County Wellness Center as a hyperlink for FHCSD, this resource addresses mental health needs for ages 18-25 with substance use disorders.
- Change the hyperlink in accessing mental health services from SARS, directly to the google document in submitting a mental health appointment, or re-directing the student to the mental health counseling page in submitting a direct request for an appointment.
- Resources addressing SB 367 in the availability for Narcan Intranasal on campus for students is noted on the Health and Wellness Webpage under “Dangers of Opioid Use.” AB 461 regarding FTS (Fentanyl Testing Strips) resources is also available through Health and Wellness Services and information may be accessed through “Dangers of Fentanyl” webpage. AB 1524 addresses having available drug testing devices for drinks in detecting GHB, Ketamine HCL, and Cocaine. Such information in accessing testing devices for students on campus is located under the tab “Drug Testing Devices.”
- Prior review 2024, Personal Counselor discussed an instrument to be discussed with students accessing Mental Health Services on specific topics of interest addressing mental health concerns related to substance misuse. Discussion that currently on the Health and Wellness Services Survey an area includes suggestions for students to request topics of interest as related to overall health and wellness. Plan to add an area specific to mental health interests to the Health and Wellness Survey 2025.

- Discussion of a new digital platform Alcohol 101+, targeting college aged students using the “stages of change model” in promoting alcohol education. Plan is to remain with Vector 1-3 as currently readily available resource for new and existing students.
- Narcan Tabling Event was held on 3.25.25 with campus nursing and campus sheriff, where 22 intranasal Narcan Kits were dispensed, to approximately 27 students/staff members. Successful tabling event as participants were able to address law enforcement concerns directly with the campus sheriff.
- Prior event planning with McAlister Institute in the fall of 2024, discussing “Full Spectrum of Substance Use Disorder” had little student engagement. Plan is to reach out to Associated Student Government, by having Health Services RN attend meetings to gather data on peer recommendations for future tabling and event topics of interests related to Drug and Alcohol misuse.
- Plan of action to reach out to existing County of San Diego Behavioral Health Services Harm Reduction in campus Intranasal Narcan Educational Events. Harm Reduction Coalition is no longer a resource available. Will include nursing on tabling events. Health and Wellness Supervisor will follow up on available organizations available in conjunction with the County of San Diego.

End of Meeting Notes

*Julia Priscilla Chavez, MSN-Ed, RN, PHN, PCCN*