

Cuyamaca College Health and Wellness Services

Meeting Notes: 9.16.2026

I-134 Multipurpose Room

Annual Review of Alcohol and Substance Misuse & Prevention Program

Attendance:

Dr. Lauren Vaknin, Dean of Student Engagement and Belonging

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

Alex Felty, LPCC, Mental Health Coordinator

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

Discussion:

Review of 2026 Alcohol and Substance Misuse Resources offered at Cuyamaca College to include webpage resources:

<https://www.cuyamaca.edu/student-support/health-and-wellness-center/alcohol-and-drug-abuse-prevention-program.php>

- Review of current AP 3550 Drug and Alcohol-Free Environment and Drug and Alcohol Prevention Program, which was updated on 1.21.2025.
- Review of the following standards and processes reviewed and approved by Dr. Flora Danque, M.D., regarding Narcan Intranasal Distribution Policy 23, Fentanyl Testing Strip Distribution Policy 24, and On-Campus Access to Drug Testing Devices Policy 25.
- Review of recent brochures shared by MADD regarding College and Alcohol, and Drunk Driving Facts. These brochures will be provided at tabling events hosted by nursing and or mental health counseling on campus.
- Discussion of recent change of access to FTS and Intranasal Narcan via “A New Path” to include training by:

Vanessa Lupercio

(She/her's/hers's)

Office Manager & Bilingual OD Prevention Specialist

A New PATH

619.670.1184

- www.anewpath.org/

Additional resources for Drink Spike Testing Strips

- Think Twice
- **Forrest McKai**
- **Think Twice Inc.**
- **VP & Co-Founder**
- Work: 866-657-5658
- Cell: 541-729-7822
- DrinkTest.org
- DUPrevention.org
- ThinkTwiceFoundation.org

When student has an interest in Intranasal Narcan, FTS, or Drink Spike Testing Strips, must meet with Registered Nursing and data collected (demographics) for the County of San Diego Harm Reduction Department. Process is well delineated in Policy 23, 24, 25.

- Dr. Vaknin discussed 2026 event with the McAlister Institute providing education for campus students both via zoom and in person by Susan Ritter, LMFT from the McAlister Institute.
- This writer discussed MADD visit organized by Kennedy Carrothers, RN in the spring for Dr. Ratto and her athletic team. Successful in students engaged in content provided by MADD regarding impaired driving.
- This writer discussed in spring of 2025, successful tabling with campus sheriff and campus nurse at a simple tabling event with distribution of intranasal Narcan, heavy discussion of legal ramifications when 911 is called when intranasal Narcan is deployed and the “good Samaritan law.” Received approval from Dr. Vaknin to reach out to campus sheriff and set up a date in either late October or early November for intranasal Narcan distribution and discussion platform with sheriff for law enforcement questions.
- Alex Felty, LPCC, discussed platform of the following:

Alcohol101+ is an innovative, interactive program which helps students make safe and responsible decisions about **alcohol**.

- Plan is for further approval from Dr. V. Marron, VPSS, and Dr. Vaknin to reach out to Dr. Marron regarding this innovative program. Alex Felty, will do a bit more research on this interactive opportunity for students if approved.
- This writer discussed previous visual awareness tactic used to teach students about the severe dangers of drunk driving, with the use of a crashed car, per Dr. Vaknin arranged by Nicole Conklin, Directory of CAPS, authorization to reach out to Nicole in discussing this opportunity for the late fall or early spring.
- Asked Alex Felty for a MHC lens in reviewing the overall Cuyamaca Health and Wellness Webpage as follows:

<https://www.cuyamaca.edu/student-support/health-and-wellness-center/alcohol-and-drug-abuse-prevention-program.php>

Meeting adjourned with goals for 2026-2027 for an interactive approach for education on Alcohol and Substance Misuse, to include app based education, table-top education, updating resources on the Cuyamaca College Health and Wellness Webpage, engagement of campus law enforcement and to seek feedback from students(health survey) on needs related to this topic.

END of Meeting Notes

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