Drug and Alcohol Prevention Program

Cuyamaca College

Fall Semester 2026

Introduction

The Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require that institutions of higher learning (IHE) such as Cuyamaca College adopt, implement, and evaluate programs to prevent the misuse or abuse of alcohol and use or distribution of illicit drugs both by college students and employees 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 and employees.

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.
- A description of legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students.
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

This information is submitted through the annual Clery Report.

The law further requires that the institution conduct a biennial review of its program with the following objectives: (1) determining the effectiveness of the policy and implementing changes to the Alcohol and Other Drug (AOD) program if needed; and (2) to ensure that the sanctions developed are enforced consistently.

The biennial review must also include a determination as to: (1) the number of drug and alcohol-related violations and fatalities occurring on the campus, or as part of their activities that are reported to campus officials; and (2) the number and type of sanctions the IHEs impose on students or employees as a result of such violations or fatalities.

Cuyamaca College acknowledges its legal obligation to conduct a biennial review of 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 DFSCA and to discuss prevention and education related programs, initiatives and activities related to alcohol and other drug abuse prevention during the 2024-2025 and 2025-2026 academic years.

Biennial Review Process

Cuyamaca College strives toward fulfilling requirements of the Drug-Free Schools and Communities Act and maintains compliance.

Coordinated by the Offices of Student Engagement & Belonging and Health Services, the biennial review is a comprehensive process to prevent high-risk drinking and substance abuse use/abuse among college students. It is a collaborative process with campus partners.

The members of the committee include:

- Health Center Supervisor
- Health Center Nurse
- Dean, Student Engagement & Belonging
- Mental Health Counselor

Annual Notification Process

Cuyamaca College distributes the required information to all students via electronic mail. The notifications are sent to students every year after the first two weeks of class. Sample email is included below.

10/28/2024
3/28/2025
10/21/2025
10/13/2026

Alcohol and Other Drug Policy Violations Data

For data on alcohol and other drug policy violations refer to *Clery Crime Statistics*.

Policy, Enforcement of Disciplinary Sanctions, Reporting & Compliance Inventory

The district provides students and employees with prevention information and referrals for treatment for students or employees with drug and alcohol issues. The District works closely with its college communities to share educational programs; and events to combat the use of illicit drugs and alcohol abuse by District students. Students may call or come to Student Health Services, Student Engagement & Belonging Office or Mental Health Counseling for additional information or help for illicit drug use or alcohol abuse. For employees, the District provides confidential

referrals through an Employee Assistance Program, addressed below.

Prohibition of Illicit Drugs and Alcohol

The unlawful manufacture, distribution, dispensing, possession, sale, or use of alcohol or any controlled substance is prohibited on District property, during District-sponsored field trips, activities or workshops, and in any facility or vehicle operated by the District. Students and employees are prohibited from being under the influence of illicit drugs and alcohol on District property, during District activities, while operating a District vehicle, and in any facility operated by the District. Alcoholic beverages are not permitted on District owned or operated property, except in limited circumstances as set forth in Administrative Procedure 3560 and in compliance with Business and Professions Code Sections 24045.4, 24045.6, and 25608.

Standards of Conduct

Sanctions for Violating Standards of Conduct Violation of this prohibition will result in appropriate action up to and including termination of employment, expulsion, and referral for prosecution, or, as permitted by law, may require satisfactory participation in an alcohol or drug abuse assistance or rehabilitation program. For students, see Board Policy 5500 Standards for Student Conduct. For employees, see applicable board policies, administrative procedures, employee handbooks, and bargaining agreements.

Grounds for Student Code of Conduct Violation

(These procedures also apply to distance education.) Student conduct must conform to District and College rules and regulations. If a Student Code of Conduct violation occurs while a student is enrolled in any program of instruction or co-curricular offering within the District, to include distance education programs, he or she may be subject to Student Conduct Action for one or more of the following causes that must be District related. Except in response to conduct specified in subdivisions (g) and (h) of Section 76033, no student shall be removed, suspended or

or expelled unless the conduct for which the student is disciplined is related to college activity or college attendance. This section is not intended to limit provisions of federal law, or limit the ability of community college districts to take appropriate action under federal law. These categories of behavior are not intended to be an exhaustive list, but are examples of causes and are good and sufficient causes for Conduct, including but not limited to the removal, suspension, or expulsion of a student. Other misconduct not listed may also result in Conduct if good cause exists (Education Code Section 76033, 76034).

1. Causing, attempting to cause, or threatening to cause physical injury to another person.

2. Possession, sale or otherwise furnishing any firearm, knife, explosive, or other dangerous object, including but not limited to any facsimile firearm, knife, or explosive, unless, in the case of possession of any object of this type, the student has obtained written permission to possess the item from the Vice President of Student Services or designee.

3. Unlawful possession, use, sale, offer to sell, or furnishing, or being under the influence of, any controlled substance listed in California Health and Safety Code Sections 11053 et seq., an alcoholic beverage, or an intoxicant of any kind; or unlawful possession of, or offering, arranging or negotiating the sale of any drug paraphernalia, as defined in California Health and Safety Code Section 11014.5.

4. Committing or attempting to commit robbery or extortion.

5. Causing or attempting to cause damage to District property or to private property on campus.

6. Stealing or attempting to steal District property or private property on campus, or knowingly receiving stolen District property or private property on campus.

7. Willful or persistent smoking in any area where smoking has been prohibited by law or by regulation of the college or the District.

8. Committing sexual harassment as defined by law or by District policies and procedures.

9. Engaging in harassing or discriminatory behavior based on disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sexual orientation or any other status protected by law.

10. Engaging in intimidating conduct or bullying against another student through words or actions, including direct physical contact; verbal assaults, such as teasing or name-calling; social isolation or manipulation; and cyberbullying.

11. Willful misconduct that results in injury or death to a student or to District personnel or which results in cutting, defacing, or other injury to any real or personal property owned by the District or on campus.

12. Disruptive behavior, willful disobedience, habitual profanity or vulgarity, or the open and persistent defiance of the authority of, or persistent abuse of, college personnel.

13. Cheating, plagiarism (including plagiarism in a student publication), or engaging in other academic dishonesty as defined by the College's academic integrity standards.

14. Dishonesty; forgery; alteration or misuse of District documents, records or identification; or knowingly furnishing false information to the District.

15. Unauthorized entry upon or use of District facilities.

16. Lewd, indecent or obscene conduct or expression on District-owned or controlled property, or at District sponsored or supervised functions.

17. Engaging in expression which is obscene, libelous or slanderous, or which so incites students as to create a clear and present danger of the commission of unlawful acts on District premises, or the violation of lawful District regulations, or the substantial disruption of the orderly operation of the District.

18. Persistent, serious misconduct where other means of correction have failed to bring about proper conduct.

19. Unauthorized preparation, giving, selling, transfer, distribution, or publication, for any commercial purpose, of any contemporaneous recording of an academic presentation in a classroom or equivalent site of instruction, including but not limited to handwritten or typewritten class notes, except as permitted by any district policy or administrative procedure.

20. Engaging in physical or verbal intimidation or harassment of such severity or pervasiveness as to have the purpose or effect of unreasonably interfering with a student's academic performance, or District employee's work performance, or of creating an intimidating, hostile or offensive educational or work environment.

21. Engaging in physical or verbal disruption of instructional or student services activities, administrative procedures, public service functions, authorized curricular or co-curricular activities or prevention of authorized guests from carrying out the purpose for which they are on District property.

22. Sexual assault and sexual exploitation as defined in Education Code section 76033(g), (h).

23. Misconduct where good cause exists (Education Code Section 76033). District students who engage in any of the above are subject to the procedures outlined herein as authorized by

AP #5520 Student Conduct Procedures

Campus Policy

If violated, GCCCD can impose the following sanctions on students:

Types of Student Conduct Action Student Conduct actions that may be imposed for violations of the Student Code of Conduct include the following:

Warning: Written or oral notice to the student that continuation or repetition of misconduct may be cause for further Student Conduct action.

Student Conduct Probation: Specific period of conditional participation in campus and academic affairs that may involve exclusion from designated privileges or extracurricular activities. If a student violates any condition of probation, or is charged a second time with a violation of the Standards of Student Conduct during the probationary period, it shall be grounds for revocation of the student's probationary status and for further Student Conduct action to be taken in accordance with these procedures.

Removal from Class by Instructor (Education Code 76032): An instructor may remove, for good cause, any student from his or her class for up to two (2) class sessions. The student shall

not return to the class during the period of the removal without concurrence of the instructor, and if required the consent of the CSSO or designee. Nothing herein will prevent the College President or Designee or CSSO from recommending further Conduct in accordance with these procedures based on the facts that led to the removal. As used in this rule, "good cause" includes those offenses listed in the Student Code of Conduct. The instructor shall immediately report the removal to the respective Division Administrator and to the College President or designee. If the student is a minor, the College President or designee shall schedule a conference with the student and the student's parent or guardian regarding the removal. Instructors are not obliged to provide makeup opportunities for class work, including quizzes, tests or examinations, missed during the two (2) class periods of removal.

Suspension or Termination of Financial Aid: In the event a student is suspended for willfully and knowingly disrupting the orderly operation of the campus, this action will result in ineligibility for State Financial Aid, as defined in Education Code Sections 69810 and 69813, for the period of suspension.

Immediate Interim Suspension: The College President, the President's designee, or the CSSO may order immediate suspension of a student when he or she concludes that immediate interim suspension is required to protect lives or property and to ensure the maintenance of order. A reasonable opportunity shall be afforded the suspended person to have a hearing within ten (10) days of the time that the CSSO or designee, or the College President became aware of the infraction unless mutually agreed upon by the student and the designated Administrator that more time is required. In cases where an immediate interim suspension has been ordered, the time limits contained in these procedures shall not apply, and all hearing rights, including the right to a formal hearing where a long-term suspension or expulsion is recommended, will be afforded to the student according to the provisions above. In the event that a student does not request a hearing within the ten (10) days or contact the College President, CSSO or his or her designee or Administrator, to establish a mutually agreed upon time for hearing, the College where the infraction occurred will proceed with a due process hearing twenty (20) days after the point that the aforementioned administrators became aware of the infraction with or without the accused student being present. Students placed on Immediate Interim Suspension shall have holds placed on all records and transcripts pending the outcome of the due process hearing (Education Code Section 66017).

Instructors are not obliged to provide makeup opportunities for class work, including quizzes, tests or examinations, missed during the period of suspension. Short-term Suspension: Temporary exclusion from student status, or other privileges or activities, for one (1) or more classes for a period of up to ten (10) consecutive days of instruction. Faculty members are not obliged to provide makeup opportunities, including quizzes, tests or examinations, for class work missed during the period of suspension. Long-term Suspension: Temporary exclusion from student status, or other privileges or activities, for the remainder of the current semester and/or one or more terms. Instructors are not obliged to provide makeup opportunities for class work missed, including quizzes, tests or examinations, during the period of suspension. If any student is suspended or expelled from the GCCCD, he or she shall not be present on any of the campuses

or at the District Office without authorization from the College President, CSSO, or the District Vice Chancellor of Human Resources and must be escorted by a District Public Safety officer. The student may not attend any official campus sanctioned events or activities during the term of the suspension. Expulsion Subject to Reconsideration: Permanent termination of student status, subject to reconsideration by the Board of Trustees after a specified length of time.

Reconsideration may be requested in accordance with the procedure for Reconsideration.

Permanent Expulsion: Permanent termination of student status. There shall be no right of reconsideration of a permanent expulsion at any time. On its own motion, the Board of Trustees may reconsider such actions at any time.

Restitution: Appropriate restitution shall be sought from any student found responsible of theft, vandalism, or willful destruction of District or College property.

Sanctions: Educational sanctions may be assigned instead of, or in addition to those specified in this section at the discretion of the Administrator. Educational sanctions may include, but are not limited to, reflection papers, participation in alcohol or drug education programs, or meeting with college officials.

Community Service: Community Service may be assigned instead of, or in addition to, those specified in this section at the discretion of the Administrator. Community Services assignments will require a student to perform unpaid work of benefit to the College community. Community Service provides an opportunity for the student to contribute positively to their community. The assigned tasks shall support and supplement services existing on campus. The Dean of Student Affairs shall approve the community service site. Student must present hours to the Dean of Student Affairs upon completion.

Referral: A student may be referred by the Administrator to any college/ community resource deemed necessary for the assistance of the student.

Maxient Discipline Database

Cuyamaca College uses the Maxient database system to document student conduct. The system provides functionality, tracking of prior incidents, sanctions follow-up, and reporting functions.

GCCCD's Alcohol and Other Drug Policies

Drug-Free Environment and Drug Prevention Program
BP #3550
AP #3550

Alcoholic Beverages
BP #3560
AP #3560

Standards of Student Conduct

BP #5500
AP #5520

Substance Abuse
BP #5525

Health Risks and Short & Long Term Effects

GCCCD is committed to providing a drug free environment which includes the use of tobacco products and electronic delivery devices on campus or at college/district sponsored events. Any type of drug use, including alcohol, is dangerous and potentially life threatening. Drugs and alcohol adversely affect the body, mind and behavior. The effects vary from person to person

and from usage to usage. The range of health risks associated with the use of illicit drugs and the abuse of alcohol are varied. The health risks associated with the use of illicit drugs and the abuse of alcohol include but are not limited to:

- Death including by alcohol poisoning or drug overdose
- Risk of addiction and withdrawal symptoms including pain, convulsions and depression;
- Impaired judgment and resulting safety and health risks including accidents; Impaired performance including drowsiness, impaired memory, and impaired concentration; and
- Psychological problems including depression, anxiety, paranoia, panic reactions, psychosis and hallucinations.

Possible Short-term Effects

Even low doses of drugs and alcohol can impair judgment and coordination. If you use drugs or alcohol, you risk overdose, accidents, dependence, ill health, as well as legal, financial and personal problems. Acute health problems may include heart attack, stroke, and sudden death, which can occur for first-time cocaine users.

Possible Long-term Effects

Long lasting effects caused by drug and alcohol abuse can cause problems such as disruption of normal heart rhythm, high blood pressure, leaks of blood vessels in the brain, bleeding and destruction of brain cells, possible memory loss, infertility, impotency, immune system impairment, kidney failure, cirrhosis of the liver and pulmonary damage. Drug use during pregnancy may result in fetal damage and birth defects causing hyperactivity, neurological abnormalities, and developmental difficulties.

Alcohol Abuse

• Known health risks include increased risk of injuries, violence, fetal damage (in pregnant women), depression, neurologic deficits, hypertension, liver and heart disease, addiction and fatal overdose

• Alcohol affects every organ in the drinker's body and can damage a developing fetus. Intoxication can impair brain function and motor skills; heavy use can increase risk of certain cancers, stroke, and liver disease. Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking that result in harm to one's health, interpersonal relationships, or ability to work.

Other Substances	**Some Possible Long-Term Effects**
Amphetamines *uppers, speed, crank*	*loss of appetite, delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, rebound depression*

Barbiturates *barbs, bluebirds, blues*	*severe withdrawal symptoms, possible convulsions, toxic psychosis, depression, physical dependence, impaired judgment*
Benzodiazepines (Valium, Xanax, Ativan, Dalmane, Rohypnol) *benzos, downers, sleepers, tranqs, roofies*	*impaired judgment, sedation, panic reaction, seizures, psychological dependence, physical dependence*
Cocaine & Cocaine freebase *coke, crack*	*loss of appetite, depression, weight loss, seizure, heart attack, stroke, hypertension, psychosis, chronic cough, nasal passage injury, hallucinations*
Codeine	*physical dependence, constipation, loss of appetite, lethargy, respiratory depression*
Heroin *H, junk, smack*	*physical dependence, constipation, loss of appetite, lethargy, respiratory depression*
Inhalants *ames, gas, laughing gas, poppers, snappers*	*psychological dependence, psychotic reactions, confusion, frozen airway, sudden death*
LSD *acid*	*may intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, insomnia, flashbacks*
MDA, MDMA, MOMA *ecstasy, xtc*	*same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating, paranoia*
Marijuana (cannabis) pot, grass, dope, weed, joints	*bronchitis, conjunctivitis, mood swings, paranoia, lethargy, impaired concentration*
Mescaline (peyote cactus) mesc, peyote	*may intensify existing psychosis, hallucinations at high dose*
Methamphetamine **meth, crystal, chalk, ice**	*increased wakefulness, increased physical activity, decreased appetite, increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and increased body temperature*
Methaqualone ludes	*coma, convulsions*
Morphine M, morf	*physical dependence, constipation, loss of appetite, lethargy*
PCP crystal, tea, angel dust	*psychotic behavior, violent acts, psychosis, hallucinations at high dose*
Psilocybin magic mushrooms, shrooms	*may intensify existing psychosis*
Steroids roids, juice	*cholesterol imbalance, acne, baldness, anger management problems, masculinization of women, breast enlargement in men, premature fusion of long bones preventing attainment of normal height, atrophy of reproductive organs, impotence, reduced fertility, stroke, hypertension, congestive heart failure, liver damage, depression*

Information regarding the various drugs and their effects is available at:
https://www.dea.gov/factsheets

Assistance, Resources and Referrals

Drug or alcohol counseling, treatment, or rehabilitation or re-entry programs or referrals are available to employees and students. The District provides confidential referrals through an Employee Assistance Program (EAP) for employees and their families needing assistance with drug or alcohol abuse. Please contact the Human Resources for more information or visit the Human Resources website for information on contacting the District's EAP.

Students should contact Student Health Services or Mental Health Counseling for resources and/or assistance. Student Health Services and Mental Health Counseling also provides counseling, alcohol and drug abuse education information, and resources for students.

For further information, please contact Student Health Services or visit:

http://cuyamaca.edu/services/health/default.aspx

Cuyamaca College Substance Abuse Prevention/Mental Health Partners

	Organization	Contact	Address
1	McAlister Institute	619/442-0277	1400 N. Johnson Ave., El Cajon, CA
2	MHS ACTION East Residential and Treatment	619/383-6969	10201 Mission Gorge Rd. Santee
3	Halycyon Center Short Term Residential	619/579-8685	1664 Broadway, El Cajon, CA
4	Kickstart Mental Illness/Substance Abuse Prevention/Pathways	Katherin Torres 619/481-3790 katherin.torres@pathways.com	
5	San Diego Youth Services	619/401-3836	
6	Vet Center/Substance Abuse Prevention Services	Alfonso Carmona (858) 642-1500 alfonso.carmona@va.gov	2790 Truxtun Road, Suite 130 San Diego, CA 92106
7	Homestart, Inc. (TAY) Transitional Assistance to Youth	619/906-4401	
8	El Cajon Family Health Center (FHCSD)	619/515-2498	525 E. Main St., El Cajon, CA

9	Volunteers of America Residential Substance Abuse Services		7th St. National City, CA

10	Heartland Wellness Recovery Center	619/440-5133	460 N. Magnolia Ave. Suite 100, El Cajon, CA
11	Crisis House	619/444-1194	1034 N. Magnolia Ave., El Cajon, CA

Community Crisis Lines

- Students who are experiencing a Behavioral Health emergency should call 9-1-1.
- Students who need information about handling a mental health crisis should speak to a trained counselor who can help with their specific situation.
- Access and Crisis Line: 1-888-724-7240.
- The toll-free call is available 24-hours a day, 7-days a week. (TDD for the hearing impaired: 619-641-6992.)

Education and Programs focused on with Substance Abuse & Drug Prevention

Activities and Events with Community Resources
Medical Health and Mental Health Partners (2024)

Awareness Events	Family Health Centers of San Diego Engagement Specialists. Health Care Coverage Assistance with Covered California or Medical. Access to Medical and or Mental Health Care
Primary Event	Champions for Health Covid-19 Vaccines and Seasonal Influenza Vaccines
Primary Event	San Diego Blood Bank Blood Drive
Awareness Event	Narcan 101 Tabling Event on Narcan Intranasal Harm Reduction Coalition of San Diego
Primary Event	De-Stress for Success Personal Counseling Team, Health and Wellness Services, Tutoring and the Library
Awareness Event	Fentanyl Testing Strips Education Harm Reduction Coalition of San Diego
Primary Event	Cuyamaca College Health and Wellness Information Table and Welcome back to the Fall Semester 2024. Mental Health Services and Nursing Services
Primary Event	McAlister Institute Presents Healing Lives through the Miracle of Recovery. Learn about the full spectrum of Substance Use Disorder

Primary Event	Annual 2024 Health Fair Accessing Local Medical and Mental Health Services within the County of San Diego
Primary Event	Paws to Share. Emotional Canine Support Events
Primary Event	Lo Do Massage. Stress Relief Massages for Mental Health Supportive Care
Awareness Event	San Diego County Black Infant Health Program
Awareness Event	Neighborhood House Association
Awareness Event	Neighborhood Health Care. Accessing Assistance for Health Care Enrollment Assistance and Medical Services
Awareness Event	Say San Diego Advocacy for Smoking, Vaping, Cessation for Youth in San Diego
Awareness Event	A New Path. Access to Intranasal Narcan and Treatment Options for Opioid Dependency
Primary Event	San Ysidro Health. Comprehensive Medical and Mental Health Services. HIV Testing, Supporting the LGBTQ Community
Primary Event	Earth Day and how you can Contribute
Awareness Event	Accessing Access and Crisis Line and MCRT

Location	Name and Phone Number	Hours
Cuyamaca College Health and Wellness Services Building I-134	619-660-4200	Monday through Thursday: 9am to 5pm Friday 9am to 3pm

Activities with Substance Misuse/Mental Health Organizations/ Community Resources (2025)

Primary Event	Family Health Centers of San Diego Access to general medicine appointments, mental health care services, substance misuse programs and health care insurance enrollment assistance through FHCSD.
Awareness Event	Welcome Back Spring 2025, Meet your Health and Wellness Team at Cuyamaca College. Mental Health Clinicians to include Registered Nursing accessing various resources in the community related to overall health care and mental health and substance misuse resources.
Primary Event	Access Medical Care with Neighborhood Health Care, discussion on both medical and mental health resources through NHC.
Primary Event	Narcan/Naloxone Tabling Event Preventing Overdose with the use of Naloxone Intranasal. Meet with your campus Registered Nurse and Campus Sheriff.

Awareness Event	Happy Earth Day, Meet with Say San Diego Social Advocates for Youth on various topics related to smoking, vaping, and substance misuse.
Awareness Event	Mental Health Awareness Month. Cuyamaca College Health and Wellness presents a tabling event discussing both mental and medical health resources available on campus and throughout the County of San Diego.
Primary Event	Meet with Handlers from Paws to Share in de-stressing for finals, meet with nursing and mental health on resources available through Health and Wellness.
Awareness Event	Cuyamaca College Outreach Ambassador Training. What is offered at Health and Wellness related to both medical and mental health services.
Primary Event	Start with Wellness this Fall 2025, Meet your Registered Nurse and Mental Health Care Team, regarding services on campus for overall physical and mental health wellness. Discussion your Mental Health and or Medical Needs to assist your academic journey at Cuyamaca College.
Primary Event	Pride and Wellness, Caring for Every Identity. Join the Campus RN at the Queer Student Center in exploring health and wellness resources, on campus and in the community.
Primary Event	Registered Nursing and our LMFT discuss Mental and Medical Health Care with Athletes: Topics Fueling Success with Nutrition, Access to the Health and Wellness Vending Machine in the Top Level of the Student Center I-134
Primary Event	Mothers Against Drunk Driving Presents Join the Fight Today for a Safer Tomorrow. Impaired Driving Ends Here
Primary Event	Annual Health Fair at Cuyamaca College. Come meet with Mental Health Counselors from Cuyamaca College, other sponsors include LoDo Massage, Family Health Centers of San Diego, San Ysidro Health, The San Diego LGBTQ Community Center, Planned Parenthood, Say San Diego, A New Path, Say San Diego, McAlister Institute and Influenza Vaccines by Doc Go. Free Intranasal Narcan will be available to include education
Primary Event	Annual Review of Alcohol and Substance Misuse & Prevention Program: Nursing and Dean of Student Engagement and Belonging Discussion of AP 3550, additional changes to the Cuyamaca College Health and Wellness Webpage for additional resources with hyperlinks for resources locally addressing substance misuse and alcohol use. Compliance with SB 367 availability of

	Intranasal Narcan on Campus, AB 461, and availability of FTS on campus, and AB 1524 drink spike testing devices on campus testing for GHB, Ketamine, and Cocaine.

The following is a list of events and resources provided to students.

MADD Event
Good Samaritan
Truth about Fentanyl
Narcan 101
Fentanyl Information

Survey & Data

During the 2026-2027 academic year, the Mental Health Counseling Team will be integrating the CCAPS-34 (Counseling Center Assessment of Psychological Symptoms–34), which includes an Alcohol Use subscale, to be administered every two weeks of engagement in Mental Health Counseling. All items on this specific subscale specifically refer to alcohol consumption and related behaviors. Respondents rate each statement based on the past two weeks using a 5-point scale from 0 ("not at all like me") to 4 ("extremely like me"). Questions evaluate drinking frequency and consequences, such as "I drink alcohol frequently" and "When I drink alcohol, I can't remember what happened. " In addition, the Mental Health Counseling team will be integrating a new intake form, which assesses drug use, to be completed upon the first initial appointment, and any appointments where the student has not been seen for 6 months. The results from these assessments will be reviewed during the 2027 review meeting.

Community Drug and Alcohol Treatment- Referrals (Information provided to Students)

- www.alcoholscreening.org/
- www.aa.org/ for Alcoholics Anonymous
- http://www.drugabuse.gov/nidamed/ for National Institute of Drug Abuse (NIDA)
- http://www.drugabuse.gov/scienceofaddiction/brain.html for NIDA handout on biology of addiction
- http://www.nlm.nih.gov/medlineplus/substanceabuseproblems.html for MedlinePlus, substance abuse problems
- http://familydoctor.org/familydoctor/en/diseases-conditions.html for familydoctor.org, for tobacco, alcohol and drugs patient education downloads
- http://rethinkingdrinking.niaaa.nih.gov/ for NIAAA website -- offers drinking habits assessment and management tools for anyone who drinks
- th
- Crash / outpatient group treatment / (619) 263-6663 / inpatient treatment / (619) 233-8054.
- Escondido Community Sobering / 401 North Spruce Street/ detox and outpatient group / (760) 747-1553
- McAlister East / detox and outpatient group / sliding fee scale / (619) 442-0277

- Salvation Army / 1335 Broadway/ inpatient treatment / no detox / walk-ins M-F 7:30am-4pm / (619) 239-4037
- Scripps McDonald Center / 9896 Genesee Avenue/ detox, inpatient, outpatient, group and individual / (858) 626-4300

Minutes from Review Meetings

The annual review of the alcohol and drug prevention programs and services occurred on 8/5/2025 and 9/16/2026. These meetings were an opportunity for program improvement and planning for the upcoming year.

8/5/2025
Minutes

9/16/2026
Minutes

Highlights from 2024-2025 & 2025-2026

During the previous two academic years, the Health & Wellness team was able to provide educations and training on alcohol and drug prevention and partner with numerous community resources. These efforts included:

1. ***Harm Reduction Coalition of San Diego Narcan 101 Free Narcan Tabling Event***
   Hosted by Cuyamaca College Health and Wellness Services
   May 14, 2024 from 12:00pm to 2:00pm
   Total of 5-participants.

2. ***Meet with a Training Specialist from Harm Reduction Coalition of San Diego on the Importance of Intranasal Narcan for Opioid Overdose and How to Use Fentanyl Testing Strips***.
   June 11, 2024 from 11am to 12:30pm
   Total of 15 participants.

3. ***McAlister Institute Presents: Healing Lives Through the Miracle of Recovery. Learn about the full spectrum of substance Disorder***
   Presented by Susan Wingfield-Ritter, LMFT, Senior Clinical Director
   October 28, 2024 from 11:00am to 12:30pm
   Total of 8 participants.

4. ***Health and Wellness Present 2024 Annual Health Fair***
   October 10, 2024 with representative from the various centers:

- Mc Alister Institute: Substance Misuse Resources Alcohol and Drug Addiction
- Say San Diego: Drug, Alcohol, Smoking, Vaping Prevention Resources
- A New Path: Narcan Intranasal Tabling and Distribution of Narcan
- Mental Health Counseling Team at Cuyamaca College, Resources and Referrals for Treatment Services in San Diego County.

40 participants

5. ***Narcan Tabling Event: What is Narcan, How Does it Work, and How Do I Use It. A training with campus Registered Nursing and our Campus Sheriff***
   March 25, 2025 from 11:00am to 12:30pm
   27 Participants.

6. ***Comprehensive Education Topic of Opioid Overdose, Intranasal Narcan, Fentanyl Testing Strips, and the Current Opioid Epidemic. Discussion of AB 367 and AB 461, the Good Samaritan Law***
   February 15, 2024 from 12:00pm to 2:00pm
   5 Participants.

7. ***Mothers against Drunk Driving. Join the fight today for a Safer Tomorrow.***
   Presented by Vanessa Melchionne
   November 19, 2025 from 4:00pm to 5:00pm

11 Participants.

8. ***Health and Wellness presents, 2025 Annual Health Fair***
   December 4, 2025 from 12:00 pm to 2:00pm
- Mc Alister Institute: Substance Misuse Resources Alcohol and Drug Addiction
- Say San Diego: Drug, Alcohol, Smoking, Vaping Prevention Resources
- A New Path: Narcan Intranasal Tabling and Distribution of Narcan
- Mental Health Counseling Team at Cuyamaca College, Resources and Referrals for Treatment Services in San Diego County
  47 Participants

9. ***Welcome Week: Join Health and Wellness Services***
   February 2026

10. ***Narcan Education with A New Path***
    October 28, 2026 from 12:00 pm to 2:00 pm.

Additional Data: Registered Nursing Data County of San Diego Distribution of Narcan Intranasal and Fentanyl Testing Strips:

Please refer to the following data for nursing Narcan Distribution, FTS, and or Drink Spike Testing Strips. 2024-2026 via SARS report.

1. 2024-2025: 5 students County Reported and Documented Medicat Legacy
2. 2025-2026: 2 students County Reported and Documented Medicat Legacy

Goals and Objects for 2026-2028 Review

Goal 1: Develop an assessment tool to measure the effectiveness of alcohol and drug prevention programs

Objective A: Work with the Office of Institutional Effectiveness, Success, and Equity to design and implement a student survey.

Goal 2: Create additional alcohol and drug prevention programs.

Objective A: Collaborate with campus and community resources to develop additional programs.

In addition, we will be focusing on the following initiatives focused on alcohol and drug prevention:

Exploring additional Interactive platform such as Alcohol 101for student training.

Continue robust efforts with the following:

- McAlister Institute
- MADD
- Local Law Enforcement Agencies
- Say San Diego
- A New Path
- Behavioral Health Department of San Diego County

Explore opportunities to partner with the following organizations for additional education/treatment/support groups

- AA: Alcohol Anonymous
- NA: Narcotics Anonymous

The Mental Health Counselors at Cuyamaca College develops partnerships with various healthcare organizations that treat alcohol and substance misuse disorders. Key stakeholders locally are FHCSD, McAlister Institute, Say San Diego, A New Path, and Behavioral Department of the County of San Diego.