

In order to be in compliance with the Drug Free Schools and Communities Act, the Kansas City Art Institute (KCAI) has engaged in a biennial review of its programs and policies related to alcohol and other drug use. This review has focused on the programs and services in place to support students leading healthy lifestyles free of alcohol and drug related problems, as well as the policies the college has in place that relate to this topic. While there is always room for improvement, and areas for further development will be discussed within this report, we feel that this review will show that the KCAI's programs and policies on alcohol and other drugs have been effective in minimizing negative impacts on students while they matriculate.

The mission of the KCAI's policy on alcohol is as follows: To the fullest of its ability, KCAI seeks to offer each student a campus environment in which they can perform at optimum mental, physical, and emotional well-being. KCAI believes in the education and growth of the whole person and encourages an environment in which students do not feel the pressures of peers to engage in activities, or consume substances with which they are not comfortable. Society has created pressures among students that promote alcohol as necessary to the success of social gatherings. The result can be illegal consumption subjecting the student to state and city prosecution, health impairment, physical injury, lower academic commitment, and vulnerability to personal assault and theft due to diminished alertness to personal safety due to alcohol consumption.

The mission of KCAI's policy on controlled substances and drugs is as follows: The faculty and administration of KCAI appreciate the intensity and competitiveness of the KCAI community. There are many demands on the students to produce and accomplish. For the student who has recently joined the KCAI community, there are the pressures of transition, the uncertainties of a new experience, and the exploration of new freedoms. The use of any drug or substance, other than that taken under a physician's prescription (excluding medical marijuana), is not the answer to a stressful, or difficult situation, nor is it a time to experiment. To fully participate in the educational program at KCAI, you need to be alert, attentive, fully involved and free of interference that can result from the use of drugs.

There are many elements of KCAI's program on alcohol and other drugs. Some examples include: policy in student handbook about alcohol, policy in student handbook about possession and use of controlled substances and drugs, policy in the Living Center guide about prohibition of alcohol and drugs on campus, Wellness program for first year students on campus, Wellness link on college's website that includes information about local support groups such as Alcoholics Anonymous and Narcotics Anonymous, free group counseling workshops and life coaching for students, free individual counseling for students, information about health risks associated with alcohol and drug use published in student handbook, on campus assessment opportunities for students, an Early Intervention Committee, and social

programs planned by students, for students, that offer an alternative to off campus alcohol consumption and drug use.

As mentioned in the previous paragraph, there are many elements of KCAI's program on alcohol and other drugs. I now address each point and explain what it aims to accomplish.

Policy in student handbook about alcohol

This policy states what is expected of students as it relates to alcohol use and possession while enrolled at KCAI, as well as on campus. The policy is very simple, alcohol is not allowed on campus. There are a small number of special events throughout the year at which alcohol may be present, but is a rare occasion that this occurs and events with alcohol must include a licensed bartender who is responsible for adhering to state and federal liquor laws.

Policy in student handbook about possession and use of controlled substances and drugs

This policy states what is expected of students as it relates to the use or possession of controlled substances and drugs while enrolled at KCAI, or on campus. This policy is also rather simple, it states that controlled substances, drugs, and paraphernalia are not allowed on campus.

Policy in the Living Center guide about prohibition of alcohol and drugs on campus

The Living Center guide includes information about alcohol and drug use and possession. This information mirrors the information that is found in the student handbook, and clearly states that alcohol, drugs, and any paraphernalia related thereto are not allowed in the Living Center.

Wellness program for first year students on campus

We offer an ongoing wellness series that is required for our first year students who live on campus. A variety of topics related to wellness are covered, and we aim to educate students about ways they can maintain their wellness as newly independent adults.

Wellness link on college's website that includes information about local support groups such as Alcoholics Anonymous and Narcotics Anonymous

We maintain a link on the college's website that contains information about various wellness resources in the area surrounding campus. As a college in a major urban

area, there are a lot of resources available, and information about local chapters of Alcoholics Anonymous and Narcotics Anonymous are included on this page.

Free group counseling workshops and life coaching for students

We offer ongoing opportunities each semester for students to participate in group counseling workshops and life coaching. These sessions are led by local professionals who come to campus and design programs based on the needs that our students articulate to them. These sessions are offered on a weekly basis at no cost to the students.

Free individual counseling for students

We also offer individual counseling by bringing in local professionals to campus to provide ongoing therapy sessions to our students. These sessions are available to students at no cost as long as the an appointment is available that matches up with their schedule. Once an appointment time is found that fits a student's schedule, they will meet with the same counselor on a weekly basis while school is in session, or until they feel the service is no longer necessary.

Information about health risks associated with alcohol and drug use published in student handbook

This information is included in the student handbook, and immediately follows the policies on alcohol and controlled substances and drugs. Basic information about the effects of various substances as well as resources to address their effects are found in this section.

On campus assessment opportunities for students

We have a contract with a local hospital to provide evaluations for students on our campus. This can be an excellent resource for students in need as the professionals come to them and meet for an assessment in a location that is likely more comfortable without them having to arrange for transportation to and from a location off campus.

Early Intervention Committee

This committee is comprised of a group of campus administrators who meet on a weekly basis when school is in session to discuss students of concern. Faculty, Staff, and even other students can make referrals to this committee who will then discuss each student, and develop a plan for how best to follow up and provide assistance. Once a plan has been developed, individual members of this committee work to connect students with campus and local resources that aim to assist them in working through any issues they are facing.

Social programs planned by students, for students, that offer an alternative to off campus alcohol consumption and drug use.

While students at KCAI have many demands placed on their time outside of class, there are still student organizations and groups of students that plan social and educational programs for the campus community. These programs take many forms, and aim to increase social connections, provide opportunities for learning new skills, allow students a chance to manage stress appropriately, and can also serve as a positive alternative to inappropriate alcohol or drug use.

There are many ways in which a college could measure the effectiveness of its program on alcohol and other drugs. One way that is especially relevant is to look at the number of violations of the policies related to alcohol and other drugs. During the 2013-2014 academic year, there were 7 violations of the alcohol policy by students at KCAI, and 7 violations of the controlled substances and drugs policy.

While these numbers are not zero, and perhaps not reflective of the fact that some students may be using alcohol and other drugs without being caught, this number of violations is rather small, and represents 1% of our student population. The numbers for the 2014-2015 academic year were 12 violations of the alcohol policy, and 8 violations of the controlled substances and drugs policy. While these numbers reflect a slight increase from the previous year, it is fair to note that some cases involved recidivism by a small number of students, and also that these numbers still reflect a very small percentage of the overall student population.

While there are many strengths to KCAI's program on alcohol and other drugs, there are also areas for improvement. Below are some examples of each:

Areas for improvement:

We could improve our program by gathering more data from the campus community about alcohol and other drug use. Some surveys we already do annually touch on this, but there is certainly more we could do. We could also increase frequency of educational sessions and bringing in of speakers on the topic of alcohol and other drugs. Another barrier to our progress on goals is that a majority of our students do not stay on campus after their freshman year. Our freshman are required to stay in the Living Center on campus, and we see very few alcohol and drug issues in this facility due to having RAs on each floor, clear expectations about these substances being prohibited, and a close knit community that holds peers accountable. While this works in this living space, once students move off campus, the college's ability to oversee students' day to day living situation is diminished.

Strengths of the program:

First and foremost, policies and expectations are made very clear to students from the time they first come to campus, until they graduate. It is very clear that alcohol is not allowed on campus outside of a small number of school sponsored events, and students also know that the student code of conduct applies to alcohol and other drug use off campus. An additional strength of our program is staff support.

While our division of student affairs is small, the staff are all committed to student wellness initiatives and are always willing to assist with departmental initiatives as needed. We also have a standing committee, the early intervention committee, that meets on a weekly basis to discuss and follow up on any and all student issues and concerns. One final thing that is a benefit to our program is the small size of our institution. With our population being small, it makes it rather difficult for students who are struggling with alcohol and drug issues to slip through the cracks and not be noticed. Our faculty have also been great partners in identifying students who may be struggling with alcohol and drug issues.

Our annual notification to students and employees is done in a multitude of ways.

Approximately one month after the start of each academic year, a notice is sent out to all students about the policies concerning alcohol and other drugs via email. A similar notice is sent out to all employees at the same time. These messages reference where the policy can be found, and also include the full text of said policies. Additionally, information about these policies is made available to students through KCAI's online policy library, located at <https://artnet.kcai.edu/student-policy-library>. Each student must also sign a waiver acknowledging that they have received the link to our online student handbook, and indicating that they have reviewed its contents. Finally, information about these policies is also covered with all incoming students during our orientation program.

A copy of these policies, as listed in the online policy library, as well as information about applicable legal sanctions, information about health risks, resources and programs to assist people struggling with alcohol and drug issues, and possible sanctions that would be assigned to students by the college if they are found to be in violation, is below:

ALCOHOL

To the fullest of its ability, KCAI seeks to offer each student a campus environment in which they can perform at optimum mental, physical, and emotional well-being. KCAI believes in the education and growth of the whole person and encourages an environment in which students do not feel the pressures of peers to engage in activities, or consume substances with which they are not comfortable. Society has created pressures among students that promote alcohol as necessary to the success of social gatherings. The result can be illegal consumption subjecting the student to state and city prosecution, health impairment, physical injury, lower academic commitment, and vulnerability to personal assault and theft due to diminished alertness to personal safety due to alcohol consumption. THE USE OF, POSSESSION OF, AND BEING IN THE PRESENCE OF ALCOHOL IN ANY

STUDIO WORKING SPACE, INSTRUCTIONAL SPACE, INSTRUCTIONAL SUPPORT SPACE, CLASSROOM, CAMPUS GROUNDS, OR LIVING CENTER IS PROHIBITED. VIOLATIONS WILL RESULT IN DISCIPLINARY ACTION AS DESCRIBED IN THIS STUDENT HANDBOOK. ALCOHOL WILL BE CONFISCATED AND DISPOSED OF.

Missouri's Liquor Control Law makes it illegal for a person under the age of twenty-one years to purchase, attempt to purchase, or possess intoxicating liquor. Violation of this provision can subject one to a fine between \$50 and \$1,000 and/or imprisonment for a maximum term of one year. County and municipality ordinances contain similar prohibitions and sanctions. The same penalties apply to persons knowingly furnishing alcohol to minors.

Under Missouri law, it is also illegal to drive while intoxicated, which means that a person has a blood alcohol concentration (BAC) of .08 or higher or it is determined that the person's driving ability is impaired (even if the BAC is below .08). A first offense can result in a \$500 fine and up to 6 months imprisonment. The potential fines and times of imprisonment increase when there are multiple offenses.

ALCOHOL AT EVENTS

Alcohol is only permitted on campus, and at KCAI-sponsored events off campus in connection with special events sponsored by the H&R Block Artspace, the Advancement and Alumni Office, Continuing and Professional Studies, and the President's Office. At these special events, alcohol may be served only by a bonded bartender. All students in attendance must abide by local, state, and federal regulations related to the possession and consumption of alcohol. Missouri law prohibits the consumption of alcoholic beverages by persons under the age of 21. Underage drinking and public intoxication are unacceptable, and those who violate these standards will be subject to disciplinary action.

CONTROLLED SUBSTANCES

The faculty and administration of the Kansas City Art Institute appreciate the intensity and competitiveness of the KCAI community. There are many demands on the students to produce and accomplish. For the student who has recently joined the KCAI community, there are the pressures of transition, the uncertainties of a new experience, and the exploration of new freedoms. The use of any drug or substance, other than that taken under a physician's prescription (excluding medical marijuana), is not the answer to a stressful, or difficult situation, nor is it a time to experiment. To fully participate in the educational program at KCAI, you need to be alert, attentive, fully involved and free of interference that can result from the use of drugs.

KCAI's policy is consistent with all Federal, State, and local laws that prohibit the sale, use, distribution, or possession of any controlled substance, illegal drugs, or drug paraphernalia on college premises, or at college-sponsored events.

The severity of the legal sanctions imposed for drug possession, or distribution offenses depends on the type and quantity of drugs, prior conviction and/or conduct history, and whether death or serious injury resulted. Sanctions may be increased for offenses which involve distribution to minors or occur on or near college premises. In addition, other federal laws require or permit forfeiture of personal or real property used for illegal purposes, to facilitate possession, transport or conceal a controlled substance. A person's right to purchase a firearm, or receive federal benefits, including federal student aid, contracts, and professional or commercial licenses may also be revoked or denied as a result of a drug conviction. Under Missouri law, conviction for possession of illicit drugs results in up to a 7 year imprisonment and a maximum fine of \$5,000, unless the offense involves 35 grams or less of marijuana, which entails up to one year in prison and a fine of \$1,000. Under Federal law, conviction for possession of illicit drugs results in 1 to 3 years imprisonment and a minimum fine of \$1,000, unless the offense involves cocaine base (crack), which may carry mandatory imprisonment for 5 to 20 years. Drug trafficking can result in life sentences under both state and federal law. Under federal law, drug trafficking penalties range from \$100,000 to \$10 million. State penalties for drug trafficking may be imposed in an amount up to \$20,000. Conviction of a federal drug offense can also result in the loss of federal financial aid eligibility.

CONSEQUENCES

Students found in violation of the KCAI alcohol or drug policies are subject to disciplinary sanctions. KCAI endeavors to use sanctions that are educational, and range from a written warning, all the way to removal from the Living Center, and suspension/expulsion from the college. Sanctions are not prescribed, and may be used flexibly to meet each student's educational needs and severity of the incident.

ASSOCIATED HEALTH RISKS AND RESOURCES FOR HELP

The use of drugs, and/or alcohol, may result in the risk of serious health problems, such as impaired driving, negative interactions with prescribed medications, interpersonal problems, heart disease, and depression.

The major categories of drugs are listed below and include the significant health risks of each.

AMPHETAMINES – Physical dependency, heart problems, infections, malnutrition and death may result from continued high doses of amphetamines.

NARCOTICS – Chronic use of narcotics can cause lung damage, convulsions, respiratory paralysis and death.

DEPRESSANTS – These drugs, such as tranquilizers and alcohol, can produce slowed reactions, slowed heart rate, damage to liver and heart, respiratory arrest, convulsions and accidental overdoses.

HALLUCINOGENS – may cause psychosis, convulsions, coma and psychological dependency.

Resources for help:

Alcoholics Anonymous, Area Information Center [816-471-7229](tel:816-471-7229) (answered 24 hours)

Cocaine Anonymous, national referral line [800-347-8998](tel:800-347-8998)

Narcotics Anonymous [816-531-2250](tel:816-531-2250)

Al-anon Family Groups Information Center [816-373-8566](tel:816-373-8566)

Pride Institute, national referral* [800-547-7433](tel:800-547-7433) *Chemical dependency/mental health referral and information hotline geared for the gay, lesbian, bisexual and transgender communities

National Suicide Prevention Crisis Line [800-273-8255](tel:800-273-8255) or [800-784-2433](tel:800-784-2433)

Foundations Recovery Network [866-807-7412](tel:866-807-7412)

KCAI Counseling Services [816-802-3397](tel:816-802-3397)

End of policies

In closing, it is fair to state that KCAI's program on alcohol and other drugs has been effective in accomplishing its goals. There are, however, recommendations for revising this program in the spirit of continuous improvement. Some of these ideas include; developing additional assessment tools to gather data about alcohol and other drug use from the campus community, increase the amount of educational sessions offered that cover issues related to alcohol and other drug use, and seek opportunities to better assess and account for student alcohol and other drug that may be occurring off campus.