



# BIENNAL 2010-2012

## **Introduction**

Universidad Metropolitana is part of the Ana G. Méndez System (SUAGM). It has its main campus in Cupey and University Centers.

Every two years, UMET makes its Biennial Report on prevention activities. The aim of this report is to comply with the regulations of the law “Drug Free Schools and Campuses (34CFR06), determine the efficiency of services and ensure compliance with the policy for a community that is free of Alcohol, Tobacco and Controlled Substances, Also helps ensure that disciplinary sanctions are consistently applied according to the policy for a community Alcohol Free, Snuff and Controlled Substances.

Universidad Metropolitana has developed a prevention program under the Office of Quality of Life and Student Wellness through which they have developed a series of activities throughout the institution that comply with the above as follows:

- Maintaining copies of informational materials in the offices of student services such as: Vice-chancellor for Students Affairs, Quality Life and Wellness, Schools, Library.
- Deliver policy to all new freshmen students
- Publication of our policy on the website as a reminder to each partner and students of the availability of the policy for a community that is free of Alcohol, Tobacco and Controlled Substances.
- Providing each student with educational material, such as: Administrative Orders and Institutional Policies. In which includes the policy for a Community Free of Alcohol, Tobacco and Controlled Substances, which contains the code of conduct that prohibit the unlawful possession, use of distribution of illicit drugs and alcohol on the premises of the institution or activities.
- Brochure describing health risks associated with the use and abuse of drugs and alcohol.
- Information of alternative treatment programs and helplines

The material above and brochures are distributed to students through:

- Vice-chancellor for Students Affairs
- The Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing
- Counseling Program
- Registration Process
- Conferences and Workshops
- Orientation Day for new freshmen students
- Policy and program services are available on the website

The Office of the Vice-chancellor for Students Affairs through the Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing is responsible for referring students affected by the use and abuse of Drugs and Alcohol such as:

- Mental Health and Addiction Administration Services (ASSMCA)
- Institutional psychological services
- INSPIRA ( Puerto Rico Psychotherapeutic Institute)
- Hospital Panamericano
- Hospital San Juan de Capestrano
- The Human Resources Office is responsible for managing in cases related to employees through the Employee Assistance Program.

Universidad Metropolitana has professionals committed to continue developing the prevention of use and abuse of drugs and alcohol in order to comply with the law and provide our students a healthy environment free of drugs and alcohol that contributes to their learning.

### **Specific objectives:**

- Increase student's knowledge about the effects of alcohol and other drugs and the possible consequences on the personal, social, academic, health, and even legal.
- To introduce students alternatives to keep healthy life style and make appropriate selections.
- Assist students in assessing risk their motivations for using drugs, drinking alcohol excessively, engaging inappropriate sexual behavior and violent behavior.
- Correct the perception of the university community on student behavior in relation to alcohol and other drugs and sexual activity.
- Informs students about institutional policies for a community free of alcohol, tobacco and controlled substances.

### **Program Components**

- **Research**

Universidad Metropolitana has participated in three studies conducted by the Consortium of University Resources Alliance Alert Planting Drugs and Alcohol (CRUSADA). These studies are on the lifestyles of college students in Puerto Rico, in relation to consumption of alcohol other drugs, snuff, violence and sexuality. These have been during the years 2004, 2007-2010, 2012. The study CORE/CRUSADA takes place every two to three years to comply with federal regulations # 101-226 on August d16, 1990, which requires all federally funded university, held every two years on a needs assessment the aforementioned issues. The information collected in these studies helps to identify services that merit

support college students in terms of the issues raised. The intention is to strengthen or implement new intervention strategies in higher education institutions of Puerto Rico. Each institution will use the results to identify their needs and develop a plan of action to promote healthy lifestyles and safe environment.

- **Leadership**

The theory of risk behaviors identified the group of friends and the place of study as protective factors that are decisive. Participating with other students in activities aimed at the prevention of risk behaviors given the opportunity to develop leadership, participate in groups, served others, besides strengthening social bonds that create a sense of belonging to the school.

**Strategies:**

- 1) Training students in the subjects working in the prevention program (snuff, alcohol and other drugs, sexual behavior and violence) to instill in them the importance of healthy lifestyles and in turn can transmit the message of prevention to university community.
- 2) Develop leadership skills in students who volunteer, providing space to submit ideas for prevention strategies, designing campaigns and make them using all means available on campus to carry the message.
- 3) Encourage active participation and collaboration in prevention and education activities that are planned.

- **Education**

The lack of knowledge about the effects of alcohol and other drugs and the consequences may be a risk factor because it hinders responsible decision making regarding the use of these. As far as providing information to students and the community about these issues, it becomes a protective factor. Also is important that students and the university community be aware of the institution rules related to alcohol and substance used and the consequences for violating these rules.

To inform and educate the students the Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing:

- developed educational materials on prevention issues and distribute in different activities and are presented on our web page.

-coordinate educational activities for the benefit of the entire university community, such as: health fairs, lectures and workshops offered by internal and external resources.

- **Prevention Program**

Topics to be working in the Prevention Program are related to the effects consequences of using alcohol and other drugs, snuff, violent behavior and sexual misconduct. The goal of this program is to increase personal and social competence, confidence and self-efficacy to reduce motivation to use drugs and be involved in harmful social environments and to promote healthy lifestyles and facilitating the completion of their academic goals.

The Prevention Program established the different strategies and activities related to prevention for the students. The Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing has the multidisciplinary professionals staff such as; Counselors, Psychologist, Graduate Nurses and Generalist Doctors. These services are provided free of charges by qualified and licensed professionals. The resources maintain their professional development through continued education and observe confidentiality and ethics consistent with the institutional integrity standards.

**Objectives:**

- Facilitate educational, personal, social and professional development.
- Promote the development of a responsible student
- Facilitate the student to identify high risk conduct
- Provide strategies and alternatives to make appropriate decisions and healthy lifestyle
- Encourage active participation in prevention and educational activities

Services Hours:

Counseling:	Monday - Thursday: Friday:	8:00 a.m. - 9:00 p. m. 8:00 a. m. - 5:00 p.m.
Health:	Monday- Thursday	7:00 a.m. - 4:00 p.m. 5:00 p.m. - 9:00 p.m.
Psychologists: Promotion:	Tuesday	8:00 a.m. – 5:00 p.m.

The Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing coordinated a campaign to promote the prevention message and activities. The means to expose prevention message are:

1. Expression plank – are used to present messages impact of the effect of use of substances, violence, effects of sexual misconduct, as well as motivational messages for academic success.
2. Posters- create posters to place in strategic areas accessible to the university community view.
3. Tables with educational materials – place tables to distribute information materials relevant to campaign theme performed. The purpose is to persuade and warn of the effects and risk behaviors snuff consumption, alcohol and drugs, sexual misconduct and violence behavior.
4. Drama presentations - PISTA Student Association represents different situations related to the use and abuse of drugs and alcohol. These presentations are performed in strategic places around the campus.

- **Sanctions**

All students will be punished according to the Policy for an Alcohol and Controlled Substances Free Community and the Students Code of Conduct.

- **Alliances**

The Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing maintain relationships with organizations, government agencies and private entities for consultation, referrals, acquire materials, participate in their activities, resources, workshops, conferences or lectures.

- CRUSADA – training through the Interuniversity Educational Conferences, research through CORE, enforce policies and federal, state and local support university initiatives for prevention and development of proposals.
- ASMMCA – technical advice, workshops and guidance
- Commission for Traffic Safety – the Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing maintain alliance with the Commission for Traffic Safety Agency to promote through PISTA Student Association prevention campaign related with the alcohol use and abuse.

### **Activities for the Prevention and Health Promotion**

Universidad Metropolitana works on a plan for the prevention of use and abuse of alcohol and drug and violence conduct. These activities are organized and carried out during the period covered by this report, were directed to impact the university and external community.

These reports include the activities coordinated and developed by Universidad Metropolitana main campus and the university centers.

Cupey campus:

- Health Fairs
- Road Safety
- Quality of Life First Congress: Violence
- Tour: Through mi rehabilitation path
- Justas LAI: Check your car
- Drink and Drive: Not Mix
- Prevention Tour: Sexual Transmission Diseases
- Conference: Sexual Transmission Diseases
- Stop Violence
- Road Safety Week
- Gender Violence: Identify intervention strategies
- Love your Liberty: Drug Free
- Promote Peace Day
- Workshop: Cyber Danger
- Quality of Life and Wellness Fair
- International Day to HIV/AIDS
- Students Association Fair
- Road Safety Fair with the participation of PISTA Student Association and Road Safety Institute MAPFRE
- Workshop: True Color
- JUSTAS Campaign
- PISTA Summer Tour
- Workshop: Alcohol and risk conducts
- Workshop: Brain Storming Alcoholism
- Safety Road Awareness Week
- Workshop: Domestic Violence
- HIV Testing Clinics

- Distribution of educational materials
- Distribution of the Policy for a Free Community Alcohol and Controlled Substances

#### University Centers:

- HIV Testing Clinics
- Quality of Life and Wellness Week
- University Women Fair
- Prevention and Quality of Life Fair
- Domestic Violence and Suicidal Prevention
- Workshop: Couples Violence – Don't accept it
- Transmission Sexual Diseases Testing Clinics
- Workshop: No more violence against women
- Use and Abuse Drugs and Alcohol Conference
- Health Clinic
- Workshop: How to manage crisis and achieve your goals
- Women: No more violence
- Between Love and Control Conference
- Building a Healthy University Fair
- Talent Show
- Stand Up Multimedia:
- Distribution of educational materials
- Distribution of the Policy for a Free Community Alcohol and Controlled Substances

#### **Prevention Program Strength**

Universidad Metropolitana developed partnerships and alliances with private and government agencies for the prevention of use and abuse of drugs and alcohol:

- Security Institute for Road Safety MAPFRE
- Puerto Rico Health Department
- Consejo Renal de Puerto Rico
- Commission for Transit Safety



## **Referrals**

The Auxiliary Vice-chancellery of Quality of Life and Student Wellbeing and the Counseling Program of UMET University Centers refer the students to:

- Institution psychological services
- ASSMCA
- INSPIRA
- First Hospital Panamericano
- Community Drug Abuse Programs