



HAMPDEN-SYDNEY COLLEGE

Hampden-Sydney College | Substance Education:

1. Prior to campus arrival, incoming students are required to complete **3 online courses through 3rd Millennium Classrooms** on alcohol, marijuana, and issues relating to sexual misconduct, Title IX, consent, and more.
2. During orientation, incoming students attend training on alcohol policies, enforcement, education and bystander intervention. These sessions are in-depth and include interaction with upperclassmen.
3. Throughout the year, groups of freshmen from athletic teams, dormitories, and other clubs and organizations are required to participate in a two-hour alcohol education course: **Training for Intervention Procedures**. TIPS explores decision-making and interpersonal skills of college students that help guide their behavior in situations where alcohol is involved.
4. Annual **student-led health promotion** events include: National Recovery Month (Sept.), Droptober, Dry January, RAK, Play It Safe Spring Break, Kick Butts, and Alcohol Awareness Month. Student groups leading these initiatives include: Tigers In Recovery, Student Athlete Mentors (SAMs), and the NO MORE. Campaign.
5. To educate and dispel misperceptions regarding substance use, quarterly publications are disseminated throughout campus annually in bathroom stalls. Detailed information on the consequences of heavy or risky drinking is highlighted in 1st year dormitories. The first publication of the **Stall Street Journal** features “Alcohol Myths” (related topics follow).
6. Campus resources providing students feedback on their alcohol use include:
 - **BASICS**
Brief Alcohol Screening and Intervention for College Students (two individual sessions)
 - **PFI**
Personalized Feedback Inventory (online)
7. **STEP UP!** Bystander Intervention Program is provided to student groups to inform effective helping strategies, warning signs and action steps. These trainings are offered by faculty/staff and evaluation is ongoing.
8. **Mindfulness and Meditation Practice** is also provided for students. Student interest in this recent expansion of health promotion services is growing rapidly. Whether individually or in groups, students are introduced to the cultivation of mindfulness and reflection, including meditations for managing stress and increasing awareness.

9. **TIGERS IN RECOVERY**, Hampden-Sydney's Collegiate Recovery Program (CRP), was established in 2014 and offers the following student support services:

- SMART Recovery – weekly support group meetings
- Substance-free living (sober house)
- Treatment referrals and group/individual support
- Visitors, guest speakers and mentors
- Extracurricular events/socials

In addition to the above, the student life division works diligently to improve services aimed at holistic student development. The following are ongoing projects and partnerships:

- **JED Campus**

The JED Campus Program is a nationwide initiative of [The JED Foundation \(JED\)](#) designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build on existing student mental health, substance misuse and suicide prevention efforts.

- **VHESUAC**

Hampden-Sydney serves on the Executive Committee to the [Virginia Higher Education Substance Use Advisory Committee \(VHESUAC\)](#). VHESUAC is a legislative initiative responsible for developing and updating a statewide strategic plan for substance use education, prevention and intervention.

- **Eliminate Tobacco Use Virginia Initiative**

This fall student leaders and student life staff are initiating the [Eliminate Tobacco Use Virginia Initiative](#). This initiative works to create tobacco-free cultures on institutions of higher education through policy, prevention and cessation.