Mandatory Action Point 2:

Develop an alcohol policy, specific to your institution, using the 'National Framework to Develop a College Alcohol Policy'.

1. Purpose

The objective of this toolkit is to:

- Briefly describe the role of a college/university/institute of technology alcohol policy.

- Outline the process associated with creating your institutions' alcohol policy.

2. Scope

An alcohol policy is a set of measures aimed at minimising the health and social harms caused by excessive alcohol consumption. The aim of your alcohol policy should be to promote public health and social wellbeing throughout your college/university/institute of technology. It ought to encourage sensible drinking among students and limit campus-related drinks industry sponsorship. Institutions' should develop a policy which combines a range of individual and environmental harm reduction strategies.

3. Procedure

When developing your policy, you should think about both individual prevention and environmental prevention strategies. The following points should be adhered to when creating your own college/university/institute of technology alcohol policy;

1. Outline the background and rationale for the development of the college/university/institute of technology alcohol policy.

2. Describe the overall purpose and the aims and objectives of the college/university/institute of technology alcohol policy.

3. Identify the people and services to which the college/university/institute of technology alcohol policy applies;

   - Student services
   - Students union
   - Health services
   - Registrar
   - Head of student affairs
   - Welfare services
   - Housing
   - Staff and representatives from college bars

4. Determine what resources are required and what may become available to develop the college/university/institute of technology alcohol policy.

5. Review similar policies devised by other colleges/universities/institutes of technology, organisations or groups.

6. Identify the phases that the college/university/institute of technology alcohol policy formulation went through. For example;

   - Raise awareness
   - Develop a partnership with stakeholders
   - Develop a college/university/institute of technology profile
   - Develop a comprehensive policy mix
   - Draft an action plan
   - Review and evaluate at regular intervals

7. Develop your policy. This should include both individual and environmental prevention. For example, the 'National Framework to Develop A College Alcohol Policy' note the following areas as pertinent to any institutions' policy;

   - Regulating sponsorship, marketing, promotions and selling of alcohol.
   - Limiting harm in the drinking environment. This could include training in Responsible Serving of Alcohol (RSA) for all staff serving alcohol, not serving alcohol to intoxicated persons, avoiding high risk sales promotions such as 'drink until you drop', providing non-alcoholic drinks and food at functions and social events etc.
   - Encouraging alternatives and choice. For example, the college/university/institute of technology should support the development of attractive alcohol-free environments on campus for those who wish to enjoy alcohol-free evening with friends. Furthermore, your campus could work on extending gym and café opening hours on campus or supporting society/club events that are alcohol free. Similarly, the Students Union should develop and promote alcohol-free programmes involving entertainment (cultural and social) activities for students.
   - Providing campus support services.

8. Host a focus group for students to review the alcohol policy before it is introduced.

9. Formulate an implementation plan for putting this policy into practice. It would be important to familiarise yourself with both the National Substance Misuse Strategy and the Public Health Alcohol Bill and link your implementation plan with the two of these.

Links for Alcohol Policy examples

1. University College Cork

http://www.ucc.ie/en/media/currentstudents/documents/AlcoholPolicy-approved-ac-nov13.pdf

2. Trinity College Dublin

https://www.tcd.ie/about/policies/assets/pdf/CollegeAlcoholPolicy.pdf

3. National University of Ireland, Galway

http://www.nuigalway.ie/student_services/documents/alcohol_policy.pdf

4. Dublin Institute of Technology

Type into Google "DIT student alcohol policy" and a word document containing the policy will come up.

5. National Substance Misuse Strategy

http://health.gov.ie/blog/publications/steering-group-report-on-a-national-substance-misuse-strategy-february-2012/

6. Public Health (Alcohol) Bill 2015

http://health.gov.ie/blog/publications/public-health-alcohol-bill-2015/