



**ORANGE COUNTY  
HIGH IMPACT OPIOID ABATEMENT  
STRATEGIES**

**Funding Proposal Application Form  
Application Due Date: February 21, 2025**

<b>Applicant Agency: General Information</b>				
<b>Legal Name</b>	Carpe Diem: Collegiate Alcohol and Drug Education Program			
<b>Address</b>	PO Box 2414 Chapel Hill, NC 27514			
<b>Type of Agency (check one)</b>	<input type="checkbox"/> Government/ Public Authority	<input checked="" type="checkbox"/> Non-Profit	<input type="checkbox"/> For-Profit Business	
<b>Telephone</b>	919-929-7087			
<b>Website</b>	www.carpediemnc.org			
<b>Primary Contact Full Name</b>	Trish Halsey, LCSW			
<b>Title</b>	Director, Carpe Diem			
<b>Email</b>	director@carpediemnc.org			
<b>Telephone</b>	919-929-7087			
<b>Name of Project</b>	Carpe Diem: Collegiate Alcohol & Drug Education Program			
<b>Total Application Funding Requested</b>		\$ <b>\$25,000</b>		
<b>Funding Period Requested (MM/DD/YYYY)</b>	<b>Start Date</b>	7/1/25	<b>End Date</b>	6/30/26
<b>Selected NC MOA Option A Strategy (Number and Name)</b>	10. Criminal justice diversion programs.			
<b>Agency Mission and Vision Statements</b>	The mission of the Carpe Diem is: 1. To provide an effective, engaging, evidenced-based alcohol & drug skills program specifically designed for local college students or those young adults with higher-education aspirations who are participating in a court-mandated deferral or a pre-arrest diversion program or other University referral.			

	<p>2. To verify that all participants complete an individual substance use evaluation with either the University of North Carolina or a licensed professional to ensure their compatibility with Carpe Diem &amp; that they are receiving the correct level of care.</p> <p>3. To collaborate with the University of North Carolina, campus &amp; community professionals &amp; local researchers to educate participants on the legal &amp; health ramifications related to the use of alcohol &amp; drugs.</p> <p>4. To use a non-judgmental, motivational enhancement, harm-reduction approach to help students make safer, smarter &amp; healthier decisions.</p> <p>5. To encourage students to consider the choices they have made to date, clarify their goals &amp; values, analyze their priorities &amp; develop a greater awareness of how high-risk alcohol &amp; drug use could impact their college experience &amp; future goals.</p>
--	--

Use font size 12 throughout document.

As a **separate Excel file**, submit a completed **Budget Worksheet**.

Submit application to [tstancil@orangecountync.gov](mailto:tstancil@orangecountync.gov) with a subject line of – RFA: Opioid Settlement Funds – [Organization name]. Will receive Receipt of Application email upon submission. If email is not received within 24 business hours, reach out to Tonya Stancil, Harm Reduction Coordinator at [tstancil@orangecountync.gov](mailto:tstancil@orangecountync.gov).

**1. Proposal Summary** *(no more than 250 words, required but not scored)*

*Provide a brief (no more than 250 words) overview of the planned project. Summary must include a purpose statement describing how your application will address the needs of people with Opioid Use Disorder (OUD) or any co-occurring Substance Use Disorder (SUD) or mental health condition in the community with particular considerations for historically marginalized populations.*

Every student who is required by the court system to participate in alcohol and drug education should have the opportunity to enroll in an effective, evidenced-based program. Carpe Diem is a 15-hour harm-reduction, psychoeducational group. We meet 4 times over 4 or 5 weeks and students complete weekly outside assignments. In addition, each student is required to participate in an alcohol and drug use assessment to ensure education is the correct level of intervention. Groups are taught from a motivational, non-judgmental approach and focus not only on alcohol/drug education, but also on self-care, overall wellness, extracurricular activities, long-term goal setting and harm reduction strategies. Since Carpe Diem's inception, we have served more than 2,245 students. Research has shown that students report Carpe Diem is informative, relatable and effective. While we began as an alcohol education program, over the years, with students increasingly reporting polysubstance use, we have broadened our curriculum to incorporate other drugs. Including information about opioids, cannabis, stimulants, and other substances in Carpe Diem ensures students understand the risks of polysubstance use, overdose prevention, and the impact of substance misuse on their health, safety, and decision-making. Additionally, the program encourages students to be positive, active participants in the local community. Many of our students live in historic neighborhoods close to campus. We educate students about the unintentional secondhand harm that their alcohol and drug use can have on communities, including increased noise and vandalism, which impacts long-term residents who may already face social and economic inequities.

## 2. Project Narrative

### A. Assessment of Community Need (16 points, page limit: not to exceed 1 ½ pages)

Carpe Diem: Collegiate Alcohol & Drug Education Program, is a community/ campus collaborative. In 2008, the Coalition for Alcohol & Drug Free Teenagers of Chapel Hill & Carrboro (CADFT) partnered with the University of North Carolina & a group of local professionals to fill a community void by creating an evidenced based, effective, court-mandated, deferral program for college students who were criminally charged with underage alcohol violations. In 2019, with the creation of the Orange County Pre-Arrest Diversion Program (OC-PAD) we now receive most of our referrals from OC-PAD and we have expanded to include not only students with alcohol pre- or post-arrest deferrals, but also those with pre- or post- arrest drug deferrals. In June of 2020, Carpe Diem gained its own 501C3 nonprofit status. We are UNC's preferred alcohol & drug education program. We are the only alcohol and drug education program in this community that is specifically designed for those who are either perusing higher education or who aspire to pursue higher education. Therefore, we are filling a significant gap in this community.

Carpe Diem is designed to serve young adults in Orange County, NC. Since UNC students live and socialize both on and off campus their alcohol and drug use does not occur in isolation on campus. Their behavior also affects the local community, contributing to noise, trash, safety concerns, strains on emergency resources and other secondhand harms. Approximately half of our Carpe Diem students live on UNC's campus, while the other half reside off campus within the local community. The vast majority of our referrals are due to incidents within the adjacent community and did not take place on campus. During the Covid pandemic, we transitioned our classes to a live, online, zoom format. Data collected pre-Covid and post-Covid show that there is no significant difference in the amount of information students retain in-person vs. online. Student feedback indicates they prefer to take the class online. Therefore, we have continued the online format. This format also allows students who received their deferral while visiting Chapel Hill, to enroll in the classes even if they are not currently in Orange County. Although most of our students are in Chapel Hill, we have had students take the program from other communities within the United States and abroad. Additionally, each year, we have several participants who are not UNC students. We have served local high school students, students enrolled in other universities, young adults enrolled in the military, community college or local beauty schools. Therefore, we reach many other young adults in locations other than just within UNC and Chapel Hill.

Data from the NC Department of Health and Human Services reports that in 2024, Orange County had 89 Emergency Department visits with the reason specified, "Overdose involving medications or drugs with dependency potential." Out of those 89 individuals, over 20% were 15-24 years old. [ACFrOgCZmFhuYPPiJav1iwLwO7gX0zpq0uI1ZLjX7dC4bme-Q3boDTbIgpV9DKgSeBBlaPjx9io9eufIQnxixv6VyTgDig4N\\_TGQ7HFITxx1Ah9Hs2Jamg674zS7Tly\\_SdiulrfqyE9ooQ6v2Dfm](https://www.ncdhhs.gov/ncdhhs/press-releases/2024/04/24/overdose-involving-medications-or-drugs-with-dependency-potential) Given the large population of college students within that age group in Orange County, one could assume that many of those 20% were college students. In a September 18, 2023, WUNC article, Dean Blackburn, Director of Student Wellness at UNC, reported to the UNC Board of Trustees, *"I want to share a shocking statistic with you, that I hope you find shocking. It is for me. In the last 20 months, we have lost three active students and*

*one young alum to fentanyl poisoning. And I use that term specifically; not ‘overdose’ because our students and alum were not using fentanyl. They were using other substances that were laced with fentanyl, and they did not know that. And the result of that poisoning was their death and our loss.”* [After several UNC-Chapel Hill students died from fentanyl, these students are handing out the antidote | WUNC](#)

Per the Centers for Disease Control and Prevention, drug overdose deaths involving cocaine rose from 2019 to 2022, with a 73.5% increase to 27,569 deaths. The National Institute on Drug Abuse reports, *“The number of deaths in combination with fentanyl has increased significantly since 2015 and is the main driver of cocaine-involved overdose deaths.”* [Drug Overdose Deaths: Facts and Figures | National Institute on Drug Abuse \(NIDA\)](#) The 2021 Monitoring the Futures Report shows that cocaine use in the past 12 months was higher among college than noncollege young adults (3.9% vs. 3.3%). <https://monitoringthefuture.org/wp-content/uploads/2022/09/mtfpanelreport2022.pdf>. The most recent Drug-Free Schools and Communities Act Report (2019-2020 and 2020-2021) for the University of North Carolina indicates that, according to the NCHA 2020 survey, 7.6% of UNC students reported having ever used cocaine, and 5% reported non-medical use of opioids. On the 2021, CORE Alcohol and Drug Survey, 10% of UNC students report using an illegal drug other than marijuana in the past year. However, despite data showing that students report using these substances, there remains a significant gap in our community when it comes to education and awareness about the risks and potential for overdose. Carpe Diem embodies a true campus-community collaboration, actively working to bridge this critical gap in substance use education and harm reduction.

#### **B. Project Description and Program Sustainability (28 points, page limit: not to exceed 3 pages)**

Carpe Diem is applying for this grant under High Impact Opioid Abatement Strategy Number 10, “Criminal justice diversion programs.” Carpe Diem is designed to serve college students with an alcohol or drug related charge who are participating in a deferral program through the courts or a pre-arrest diversion program via OC-PAD. For students who are referred post-charge, most have entered into a deferred prosecution agreement that requires a student to complete Carpe Diem, pay a court fine, complete a substance use assessment and sometimes complete community service. These agreements are typically for 6 months and after successful completion of the requirements the charges are dismissed by the court. After the dismissal the student can choose to petition the courts to have their criminal record expunged. For students who are referred pre-arrest to OC-PAD, students meet with the OC-PAD Coordinator who determines if Carpe Diem is appropriate. If so, the student is referred to Carpe Diem and must also complete a substance use assessment and possibly other requirements. OC-PAD is typically 90 days and after completion their case is closed- without any record of a potential criminal charge. Both programs are typically only available for first-offenders and not only provide young adults an opportunity for an early intervention but a chance not to have a permanent, lifetime criminal record. A former Carpe Diem student wrote, *“This program provided my friends and I with a second chance, and reminded us that we are not invincible. Despite the fact that I started this program during my junior year of college, there was so much information that I learned about drugs and alcohol that I truly don’t think I would have had the opportunity to learn otherwise. College is a time for growth, learning and making mistakes, but there are too many instances of those mistakes*

*becoming catastrophic, particularly in regard to substances”* (Former Carpe Diem Student, 2022-2023).

Once a student is referred to Carpe Diem, students complete an Intake, and the registration process begins. A requirement of Carpe Diem is that all students complete a substance use assessment to ensure education is the correct level of intervention. Most students choose to complete the substance use assessment via BASICS, a program through UNC Student Wellness. The Brief Alcohol Screening and Intervention for College Students (BASICS) provides a confidential, judgment-free space for students to evaluate their substance use and make choices that align with their values and goals. Due to the increase in students using more than just alcohol, BASICS now includes an assessment of other substances too. It is designed for students referred by local courts or campus conduct offices, as well as those who want to better understand their substance use patterns and consider potential changes. If it is determined that a student needs a higher level of care, they will work with community professionals to ensure that the students’ needs are met. With students completing an individualized assessment, there is an opportunity for a referral to a licensed substance abuse professional if alternative early intervention is necessary. Personalized education takes place and campus resources are shared, including information regarding what to do when a friend has an overdose and how to obtain Naloxone.

Although most students are referred to Carpe Diem due to an alcohol-related incident, the program’s impact extends far beyond alcohol, addressing broader substance use, decision-making, and harm reduction strategies. Carpe Diem is a 15-hour group. We meet 4 times over 4 or 5 weeks and students complete outside assignments each week. Groups are taught from a motivational, non-judgmental approach and focus not only on alcohol and drug education, but also on self-care, overall wellness, legal issues, extracurricular activities, long-term goal setting and harm reduction strategies. We educate students on how to respond to alcohol and drug overdoses by providing crucial information on bystander intervention, including medical amnesty policies and the availability and use of Naloxone. An integral and unique part of our program is our guest speakers. Several local agencies agree to speak to our groups, these include Carolina Student Legal Services (in partnership with Chapel Hill Police Department), researchers from the Bowels Center for Alcohol Studies and physicians at UNC Hospital’s Emergency Department. These guest speakers are from diverse backgrounds, are experts in their fields and share current and relevant information with our students.

For many years Carpe Diem students have been requesting more information on illicit substance use. The curriculum already covers alcohol, cannabis, and some information about illicit use of prescription and other drugs like opioids, cocaine, mushrooms, and stimulants. However, in anonymous feedback surveys that students complete at the end of our course, students have expressed particular interest in learning more about cocaine and opioids. A student recently wrote that the Carpe Diem curriculum needs, *“More fentanyl awareness. Coming from a student, it is a huge issue that needs to be talked about more and regulated”* (former Carpe Diem student, 2023-2024). Another student recently wrote, *“I think the course focuses a lot on marijuana but there are certainly drugs that are just as prevalent on campus such as cocaine, opioids, etc.”* (former Carpe Diem student, 2023-2024). While often an alcohol or drug deferral brings students to Carpe Diem, the harm reduction educational approach we take not only for alcohol, but for

other drugs, in addition to having students clarify their long-term goals and identify what could get in the way of them meeting their goals could prevent students from developing a possible opioid use disorder or an accidental opioid overdose. A former student recently wrote, *“This program has completely changed my life for the better, and I hope that it can continue to save lives”* (Former Carpe Diem Student, 2024-2025).

Since Carpe Diem was created in 2008, one of our goals has always been to share current, up-to-date, accurate information with our students. We began as an alcohol education program and then realizing our students were asking for more information about marijuana use, we incorporated more drug information into the curriculum. Once again, our students are asking for more information about cocaine, opioids and prescription drugs, so to meet the current needs of our students, we will broaden our curriculum and add additional information.

During the final group of each session, students complete anonymous feedback about the program and the curriculum. At the beginning of the summer our Program Evaluator/ Curriculum Assistant, compiles this data for our Annual Report. Our guest speakers also update their lectures to make sure our students are receiving the most up-to-date information. During the summer of 2025, the Director of Carpe Diem and the Program Evaluator/ Curriculum Assistant will gather additional information, and the curriculum updates will officially be implemented for our Fall 2025 groups. It should be noted that we often modify and adjust our curriculum throughout the year, so minor updates are also continuously being implemented when needed. Currently, the Director of Carpe Diem, Trish Halsey, LCSW, facilitates all the Carpe Diem groups.

Students using cocaine face the risk of unintentional overdose particularly due to fentanyl contamination, which can be deadly even in small amounts. Many of these students have not developed a long-term tolerance of opioids, which makes accidental consumption even more deadly. Incorporating into Carpe Diem’s curriculum additional current, up-to-date information on cocaine, opioids, and other prescription drugs along with more education on how to use Naloxone and where to obtain it, could save a young person’s life. A student recently wrote regarding the most important thing they learned in Carpe Diem, *“Medical Amnesty is something I will keep with me forever. Not only is it important for me to stay safe but for others to stay safe. I would be so upset if someone I knew was hurt or died from other people being scared to take action.”* (former Carpe Diem student, 2023-2024). Another student wrote, *“Throughout this process, I was taught critical, potentially life-saving information”* (former Carpe Diem Student, 2024-2025). Additionally, students report that they share the information they learn in our groups with their family and peers, therefore, our civic impact is much larger than just the students who attend our groups. A former Carpe Diem Student wrote, *“I feel a responsibility to share what I learned in Carpe Diem”* (Former Carpe Diem student, 2022-2023).

Research has also shown that the sooner education can take place after an incident or citation; the more likely it is to be effective. Therefore, it is critical for us to be able to quickly adapt for an increase or a decrease in enrollment numbers. In 2008, Carpe Diem was originally designed to operate primarily from student program fees. However, we soon realized that there is great fluctuation with the amount of alcohol and drug incidents/ citations written in any semester. These fluctuations pose a threat to our sustainability. Therefore, we strengthened our partnerships with the community and advocated for additional funding to assist with our long-term

sustainability. The University of North Carolina has been able to provide additional funding on and off for many years. However, this funding is never guaranteed, and with UNC operating under a significant deficit for many years, budget cuts have been made, particularly affecting non-university partners. While UNC strongly supports our program, unfortunately, they have not been able to provide Carpe Diem any financial support since July 2024. While there have been discussions regarding the University providing Carpe Diem with some financial support this year, it will be significantly less than in previous years. Additionally, with the current, ever-changing federal budget cuts we have witnessed over the past several weeks, it is hard to depend on resources until they are delivered. For years we have discussed the pros and cons of an official partnership with UNC. However, students report they feel more comfortable with Carpe Diem being separate from UNC due to confidentiality and trust issues. So, before an official partnership is developed, this issue must be addressed. UNC officials have stated that they are working toward a long-term solution, and we are currently brainstorming various options that could be implemented in the coming years. These types of agreements take time and creativity to be effectively implemented. Over the years, we also have been fortunate to apply for and receive grants from the Orange County Alcohol Beverage Control Board. We have been meeting with the Orange County ABC Board for several weeks and we will submit our 2025 ABC Board Grant application by the end of March. These conversations have been positive, and we are hopeful that once again (as they have done for over 15 years), that in June, the ABC Board will fund our grant request.

During the Fall of 2024, we witnessed a large increase in referrals, followed by a decline in the Spring of 2024 and again this Fall. While we can never fully predict the number of referrals each semester, historically, we know that when there is a transition in the Chapel Hill Police Department's ALERT Officer (a law enforcement officer dedicated to the enforcement of the alcohol laws and organizing street-level operations), our referrals tend to temporarily decline. We believe this is the case this past year. However, after reaching out to the new ALERT Officer, we understand that ALERT operations will begin again in March- May. We anticipate our referrals will increase during that time and will continue to increase next Fall. This will positively affect our sustainability. However, we used conservative numbers when projecting our student enrollment for the 2025-2026 academic year as we are cautious not to over-estimate our potential revenue. Since our inception we have never raised our program fees. We hope to avoid an increase as we know that for some students our program fee is already a challenge to pay. We offer payment plans and even a reduced fee at times so that no student is turned away from Carpe Diem due to an inability to pay. At times OC-PAD provides partial funding assistance for students who are unable to pay the full program fee. We are dedicated to making sure every student who needs to enroll in an effective alcohol/ drug education program is able to do so, regardless of their ability to pay. Community support for Carpe Diem positively and directly impacts both students and the neighborhoods surrounding the University and far beyond. We are confident that with an increase in referrals and our community/ campus partnerships, Carpe Diem will continue to provide this unique, evidence-based, effective, high-quality program for students in Orange County for years to come.

**C. Equity Impact** (8 points, page limit: not to exceed  $\frac{3}{4}$  page)

Data collected from the 2023-2024 academic year, show that over 30% of Carpe Diem students identify as minorities. Additionally, over 96% of our students are under 21 years old and most are full-time college students. While Carpe Diem does not specifically collect data regarding participants' parents, UNC reports that 20% of undergraduates are first-generation college students. For many of our students, our program fee of \$250 is a significant financial strain and we work with students on payment plans and at times will reduce the program fee. No one who is referred to Carpe Diem is ever denied the program due to not being able to pay. While only a few of our students report working full-time, many report holding part-time jobs in addition to their full-course load. During the individualized assessment via BASICS as well as during our program, students are made aware of both campus and community resources and in many cases, we assist in establishing those connections. A former Carpe Diem student recently wrote, *"I was connected to resources that have helped me build a network of emotional support and lifelong recovery. All the while, this program also fostered a trustworthy and kind environment that allowed me and other young adults to become healthier and more resilient"* (Former Carpe Diem Student, 2024-2025). Additionally, the great benefit of a deferral partnership such as OC-PAD and Carpe Diem is that students are able to learn from their mistakes without a criminal record which could impede future employment opportunities. A student recently wrote, *"Carpe Diem represents grace, second chances, and the belief that students can learn from their mistakes. The program provides a "slap" of reality, just as much as it stands as a promise of a greater, more considerate college community. It gave me the opportunity to grow from my mistake without carrying a lifelong consequence shaped by youth and inexperience"* (Former Carpe Diem Student, 2024-2025). While Carpe Diem is designed to serve college students and those who have higher education aspirations, our reach is much greater than simply the students we serve. With students frequenting numerous bars, restaurants and off campus houses, often it is the surrounding community that deals with the unintentional second-hand harms of high-risk behavior of college students. Many students in Chapel Hill live in historically African American communities and these long-term residents and families often are disrupted by college students using alcohol and drugs. They report loud noise, trash, and interrupted sleep along with frustrations about students overusing our town's limited resources, like EMS. During Carpe Diem we educate students about these unintentional harms and encourage them to be positive, engaged and respectful members of the local community. Data from our 2023-2024 Annual Report shows that 96% of participants report gaining new knowledge in Carpe Diem, and more importantly, 90% of students indicated that they would utilize their new knowledge when making future decisions about alcohol use. By applying the knowledge they have gained in Carpe Diem, students not only improve their own health and safety but also contribute to making the entire community healthier and safer.

**D. Organizational Readiness** (20 points, page limit: not to exceed 3 pages)

Carpe Diem has successfully received and maintained grants for many years. When we were in the development process, we were awarded the UNC Parents Council Grant for new programs. For several years we applied for and were awarded grants from the Strowd Roses Foundation. Since 2008, we have annually applied for and received funds from the Orange County ABC Board Grant. We are familiar with the fiscal component, evaluation and monitoring process that often entails a grant. In 2020, Carpe Diem applied for and received its own non-profit status. Carpe Diem has two attorneys who serve on our Board, and they assist the Director, Trish

Halsey, LCSW when questions arise regarding contracts or other matters. Carpe Diem contracts with Jeff Edgington, CPA with Edgington & Holliday PLLC for assistance in filing all necessary tax forms.

Trish Halsey, LCSW is the contracted Director of Carpe Diem. She is a Licensed Clinical Social Worker and has worked in the field for over 27 years. She is passionate about this program and population. She facilitates all groups, completes administrative duties, develops new partnerships, meets with community professionals, attends court when needed, applies for grants and manages the budget. She navigated the process of Carpe Diem establishing its own 501C3 status with the help of the Director of Carolina Student Legal Services, Fran Muse. In March of 2020, she transitioned Carpe Diem into an online format, and she evaluates and updates the curriculum. She continues to explore ways in which Carpe Diem can better serve the community, maintain sustainability and expand the program. Trish and Carpe Diem are valuable partners with Chapel Hill Campus and Community Coalition. Additionally, she actively participates in continuing education to ensure she stays up to date with research, current issues and trends, with a particular focus on young adults and substance use. She has attended workshops led by the Racial Equity Institute and strives to be a culturally humble and sensitive leader. She is a lifelong learner who often feels she gains as much knowledge (if not more) from her students as she imparts to them. The feedback from students and from local officials demonstrates that she is an effective, kind and compassionate group facilitator and director. Recently a student wrote, *“I enjoyed Trish and found her to be a central reason for this course operating successfully”* (Former Carpe Diem Student, 2023-2024). Another student recently wrote, *“Trish and the group was so nice and understanding - definitely a place of comfort and no judgement!”* (Former Carpe Diem Student, 2021-2022).

Candace Vane, MPH contracts with Carpe Diem as our Program Evaluator/ Curriculum Assistant for about 30 hours annually. Candace has a Masters in Public Health and an undergraduate degree in Anthropology and Spanish/Latin-American Studies. She has promoted community grassroots development in urban and rural settings in Panamá, Chile, and the USA. Candace has over a decade of experience as a community health researcher and educator. Her passion for working with young people is complemented by her commitment to the life-course approach to public health. Candace completes our annual Alcohol Use Assessment & Feedback Report. She assists in evaluating and updating the curriculum along with the Director. We are grateful for her lived experiences, skill and expertise.

A unique part of our program is our volunteer guest speakers. By inviting experts from several different fields and diverse backgrounds to present to our groups, students receive first-hand knowledge and information in a non-judgmental way, not scare tactics. The presenters allow students to ask questions and help dispel myths. Attorneys from Carolina Student Legal Services, in partnership with Chapel Hill Police Department, present to our students about common alcohol and drug violations, civil and criminal liability, North Carolina’s Amnesty policy, their legal rights, the expunction process and how to host a safe party. They also discuss how a criminal record might impact their future career goals and other issues that pertain to college students. Researchers from the Bowles Center for Alcohol Studies share current research regarding the brain, reward systems and addiction. Students learn how alcohol and drugs effect

the developing brain and how binge drinking is particularly harmful. Students learn the differences between cannabis, Delta 8, Delta 9 and other drugs. Physicians from UNC Hospitals share information regarding short-term and long-term effects of alcohol and drug use. They discuss how different drugs effect the body, especially when taken together. They teach students what to do if they suspect a person is experiencing a drug or alcohol overdose. They share what happens in the Emergency Department when a patient comes in due to a drug or alcohol overdose. They teach our students the importance of bystander intervention and how to be a good friend during stressful and potentially dangerous situations. Our guest speakers come from diverse backgrounds and understand the unique challenges students face regarding alcohol and drug use both individually and as a community. Several of our students have formed lasting connections with our guest speakers and have engaged in volunteer work or internships with them after completing Carpe Diem.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) reports that consistent and timely education interventions from a motivational approach is one of the most effective tools for attitude and behavior change with college students. We go further than simple and antiquated alcohol and drug education. We guide students through relaxation and mindfulness exercises, assign weekly journal reflections, have students list the pros/ cons of their alcohol and drug use, teach students about standard drink sizes, and have students brainstorm ways to turn down alcohol or drugs. A former student wrote that the most important thing she learned from Carpe Diem was, *"How to say no to peer pressure because I suffer from social anxiety so going against the grain can be pretty hard for me"* (Former Carpe Diem Student, 2023-2024). We encourage students to explore new extracurricular activities, build positive friendships, and complete a homework assignment in which they interview friends or family members who have witnessed their past substance use to gain valuable feedback. We use a motivational, non-judgmental, harm reduction approach to help students make safer, smarter and healthier decisions. We encourage students to consider the choices they have made to date, clarify their goals and values, analyze their priorities and develop a greater awareness of how high-risk alcohol and drug use could impact their college experience, their future goals and their surrounding community. A student recently wrote, *"At first, I had low expectations for the course, expecting to hear the usual "drinking is bad" and "don't do drugs." However, this course went far beyond that with the depth of information covered, manageable and effective activities, and engaging guest speakers that we could connect with. I found myself engaged throughout each meeting and always with something to take away. The most important thing was that it's realistic. It's about being smart and safe about substance use, not about telling a bunch of young college students that they can never drink. Because of that, the course was much more effective and applicable to our daily lives. Also, Trish was a wonderful leader"* (Former Carpe Diem Student, 2023-2024). Most of the students who receive alcohol and drug citations do not require treatment, but could greatly benefit from up-to-date, non-judgmental drug and alcohol education specifically designed for them.

History shows that year after year, Carpe Diem is an effective program in which students gain new knowledge and insight. Our 2023-2024 Annual Report indicates that once again, as in previous years, students drank less frequently following Carpe Diem, and when they did drink,

they drank smaller quantities of alcohol compared to the month before their alcohol incident or charge. For example, the percentage of students who reported drinking 2-3 times per week decreased by about 25% between the month before their alcohol diversion intervention and the month after completing Carpe Diem. Additionally, the percentage of students who did not drink at all during the timeframe doubled. Of particular importance was the decrease in blackouts that our students reported. Nearly 31% of students stated that on at least one occasion in the month before their alcohol incident or citation, they had experienced a blackout while drinking, whereas about only a third of that number (11%) reported having a blackout after participation in the program. Binge drinking also decreased and the percentage of students who reported zero episodes of binge drinking almost doubled, with 31% prior to the incident to 61% after completing Carpe Diem. Students engaged less frequently in certain negative behaviors due to their drinking in the month after Carpe Diem.

These include:

- Experiencing a blackout
- Experiencing a hangover
- Doing something they later regretted
- Getting nauseated &/ or vomiting
- Failed to do something that was expected
- Having a feeling of guilt or remorse after drinking
- Missed a class
- Getting into an argument or fight
- Engaging in an unwanted or regretted sexual experience
- Engaging in unprotected sex

Our goal is for students to walk away from Carpe Diem with new knowledge and awareness of how alcohol/ drug use affects their entire college experience. A former student wrote, *“I would just like to share that this course has really helped me and gave me the push I needed to really start setting hard boundaries for myself and holding myself accountable to those boundaries. It also showed me that I don't have that many pros for drinking and smoking, but I do have a lot of cons for both. So, whenever I feel like drinking outside of those boundaries, I just remember how many cons I have for drinking / smoking, and it helps me stay on track. I would have never done any of that without Carpe Diem* (Former Carpe Diem Student, 2021-2022). By teaching relevant, culturally sensitive and up-to-date information during the class, students leave with knowledge that they in turn may share with their friends, family and roommates. This sharing of knowledge may prevent some alcohol and drug related tragedies in this community. Last year, 96% of participants reported gaining new knowledge in Carpe Diem and more importantly, 90% stated they would utilize their new knowledge when making future decisions about alcohol use. The data shows that 88% of students report they are more aware of their alcohol use and its effect on their college experience as a result of Carpe Diem. Additionally, 96% of students report they would recommend Carpe Diem to others who need to take an alcohol and drug education course. The data clearly shows that we are fulfilling our mission as students are making healthier and safer decisions after completing Carpe Diem. While currently, our surveys do not include specific questions about drug use, we feel many of these accomplishments will be similar in

regard to drug use. This summer, we will update our surveys to include questions specific to drug use.

**E. Evidence of Collaborations/Partnerships** (10 points, page limit: not to exceed 1 ¼ pages)

The National Institute on Alcohol Abuse and Alcoholism reports that successful efforts to address college drinking typically involve a mix of strategies that target individual students, the student body as a whole and the broader college community. Our partnership with the Campus and Community Coalition, UNC, local community agencies and professionals is integral in addressing high-risk drinking and drug use. Carpe Diem is truly a campus/ community collaborative program.

We are partners with the following organizations.

**Campus & Community Coalition to Reduce the Negative Impacts of High-Risk Drinking~**

The Coalition brings together university and community partners to address the harms associated with high-risk drinking. As their website states, “By fostering open dialogue, sharing power and using data-driven strategies, we work to create an environment where everyone can thrive socially, academically and economically. Our values and mission closely align with the CCC. They are valuable community partners and an important resource. Samantha Luu (the Director of the CCC) wrote a letter of support for Carpe Diem for this grant.

**The University of North Carolina at Chapel Hill~** UNC has been an important partner with Carpe Diem since our inception. Prior to our groups moving online due to the Covid Pandemic, we held all groups on campus. For many years, UNC has also provided various program materials and support. At times, UNC provides additional financial support for Carpe Diem. A long-term, official partnership with UNC continues to be explored. Aaron Bachenheimer (Associate Vice Chancellor for Student Engagement, Student Affairs) and Dean Blackburn (Director, Student Wellness) both serve on our Board. Dr. Bachenheimer wrote a letter of support for Carpe Diem for this grant. Dean Blackburn also offered to write a letter, but we could only submit 5 letters.

**Carolina Student Legal Services & Chapel Hill Police Department ~** CSLS and CHPD partnered many years ago to develop a presentation for Carpe Diem Students. Currently, an attorney from CSLS attends Carpe Diem and shares with students accurate information about common alcohol and drug violations, misperceptions, legal rights, the NC Amnesty policy, expungement and answer questions. Carolina Student Legal Services is an extremely important partner with Carpe Diem, and they provide additional support to UNC students. Fran Muse (Director, Carolina Student Legal Services) and Matt Sullivan (former Chapel Hill Fire Chief and Staff Legal Advisor) both serve on our Board. Ms. Muse wrote a letter of support for Carpe Diem for this grant.

**UNC Hospitals Emergency Department~** Emergency Medicine Residents and staff physicians help students understand the effects of alcohol and drugs on the body, how to respond to a friend experiencing an alcohol or drug overdose and the impacts of excessive alcohol and drug use. Dr. Nikki Binz (Vice Chair of Education and Academic Affairs, Department of Emergency Medicine) wrote a letter of support for Carpe Diem.

**Bowles Center for Alcohol Studies**~ Donita Robinson, PhD and her colleagues, discusses how alcohol, marijuana and drug use affects the developing brain. They share current research and answer questions. Dr. Robinson assisted in gathering data for this grant. We feel she would have gladly written a letter of support for Carpe Diem; however, we could only submit 5 letters.

**Criminal Justice Resource Department, Orange County Pre-Arrest Diversion (OC-PAD)**

Most of our students are referred to Carpe Diem by OC-PAD, a pre-arrest diversion program. Carpe Diem and OC-PAD's unique partnership seem to meet strategy number 10 of the High-Impact Opioid Abatement Strategies. We collaborate to connect, enroll and support individuals at risk of involvement in the criminal justice system by linking them to harm reduction services, prevention programs like Carpe Diem and BASICS, and other necessary support. Jointly, Carpe Diem and OC-PAD are making a true difference in students' well-being and health. A recent Carpe Diem student wrote, *"This program gave me a second chance and significantly transformed my future. As a youth from the Orange County area, I am passionate about ensuring other students have access to this life-changing opportunity"* (Former Carpe Diem Student, 2024-2025. Demond Frierson, OC-PAD's Misdemeanor Diversion Coordinator, wrote a letter of support for Carpe Diem.

Many other local professionals, attorneys and judges support Carpe Diem. We are the only program in this area that is designed specifically for young adults enrolled in higher education or aspire to be. We were created in 2008 to fill this specific void in the community. Year after year, we have shown that students in Carpe Diem feel it is a meaningful experience, and students show positive and healthy behavior changes after participation in the program.

**F. Performance Measures and Program Evaluation (18 points, page limit: not to exceed 1 page)**

From Carpe Diem's inception, we have collected data from our participants to ensure that the program is an effective intervention. To assess program efficacy, participants in Carpe Diem report information regarding their drinking behaviors and associated harms during four time periods: (i) the month prior to their alcohol incident, (ii) the month prior to their enrollment in Carpe Diem, (iii) the month that they were enrolled in Carpe Diem, and (iv) the month following their completion of Carpe Diem. Participants also complete a Feedback survey regarding their perceptions about course content and overall impact of the program. Self-reported, demographic data is also collected. Due to the nature of the responses collected in these surveys (i.e. ordinal variables), the Wilcoxon Signed-Ranked sum test was chosen to report on statistical significance of the self-reported changes (p-values). Each summer, the Program Evaluator and the Director compile and review the data. After analyzing the results, curriculum updates are implemented. Currently, we do not include questions about participants' specific drug use. However, this summer we will add additional questions to future surveys so we can evaluate if similar patterns hold true with student drug use as they do with alcohol use. Additionally, we will expand the information we provide on opioid use (both intentional and accidental), overdose prevention, and Naloxone. Below are a few goals for this grant:

**Goal 1:** Students enrolled in Carpe Diem will have a chance to reflect on their college experiences, analyze their priorities, clarify their aspirations and evaluate how their alcohol consumption and/ or drug use could impact their current and future goals.

- **Strategy:** Students will explore and share their personal experiences and values regarding alcohol consumption and/ or drug use through: weekly journal exercises, participating in discussions about alcohol and drug related topics, out-of-class assignments, and experiential activities.
- **Measurement tools:** Students will complete pre and post surveys that measure their awareness, beliefs and understanding of how alcohol and drug use affects their college experience. Data will be analyzed by the Program Evaluator & Director.
- **Determination of Success:** Success will be measured by students reporting an increase in awareness as to how their alcohol consumption and/or drug use affects their college experience, and how it could impact their current and future goals.

**Goal 2:** Students will continue to learn how to decrease their current alcohol and/ or drug use.

- **Strategy:** Students will be given mechanisms and strategies to help them lessen their alcohol/ drug use and increase risk reduction behavior. They will also participate in group discussions and out –of-class assignments to strengthen their social skills and increase assertiveness and awareness.
- **Measurement tools:** To track alcohol/ drug use, students will complete 3 anonymous, personal alcohol/ drug-use surveys during the program (first class, last class and 1 month after the last class). Data will be analyzed by the Program Evaluator and the Director.
- **Determination of Success:** Success will be measured by a significant decrease in their alcohol/ drug consumption.

**Goal 3:** Students will report an increase in understanding of how to respond to an alcohol or drug overdose.

- **Strategy:** Students will understand the importance of bystander intervention and North Carolina’s Amnesty policy. Students will be taught where to obtain Naloxone and how to use it. Signs of alcohol poisoning and opioid overdose will be explained and reinforced through discussions and homework assignments featuring vignettes designed to prepare students to take action in an emergency.
- **Measurement tools:** Students will complete pre-and-post surveys that measure their awareness, beliefs and understanding of how to respond in an emergency. Data will be analyzed by the Program Evaluator & Director.
- **Determination of Success:** Success will be measured by a significant increase in students’ knowledge and understanding of how to respond to a person who is experiencing an alcohol or drug overdose.

*Include in the same PDF document as this form, after the Certifications section below, the following required documents. If an item is not applicable to your organization, please indicate this by an "N/A" and explain why it is not applicable.*

- 3. Letters of Commitment and/or Support (Up to 5 letters):** Please see our 5 letters of support. We have many more letters of support from former students, and we are happy to share them upon request.
- 4. Latest Audited Financial Statements,** including Management letter (Attach letter of explanation if unable to provide).  
In June 2020, Carpe Diem obtained 501C3 status. We are a very small, non-profit and do not have the financial resources to secure an audited financial statement. We are happy to provide any requested information.
- 5. Documentation of Tax Identification Number** (can be IRS Determination Letter for non-profit agencies) Please see our IRS Determination Letter dated June 15, 2020.
- 6. Certificate of Insurance:** Please see attached Carpe Diem's Certificate of Insurance and Patricia Halsey's Cyber Liability Insurance. Both policies are through Preferra Insurance Company RRG.
- 7. For non-profit agencies only:**
  - A.** IRS Determination Letter: provide a copy of an IRS determination letter which states that your organization has been granted exemption from federal income tax under section 501(c)(3) of the Internal Revenue Code. The organization's name on the letter must match your current organization's name and address. This IRS determination letter can also satisfy the documentation requirement of your organization's tax identification number (TIN).  
Please see attached letter.
  - B.** Verification of 501(c)(3) Status Form: If applicable, an Authorized Representative must annually submit verification that the organization remains a qualified 501(c)(3) tax-exempt organization.  
Please see attached.
  - C.** Copy of Form 990 Federal Tax return filed for the latest fiscal year.  
Please see attached 990.
  - D.** Agency organizational chart.  
Trish Halsey, LCSW is the Director of Carpe Diem. She contracts with Carpe Diem to provide all direct services, administrative and financial duties. Candace Vance, MPH is Carpe Diem's Program Evaluator/ Curriculum Assistant. She contracts with Carpe Diem and reports to Trish Halsey. Carpe Diem only contracts with Trish Halsey and Candace Vance. Carpe Diem uses Jeff Edginton, CPA with Edginton and Holliday PLLC for assistance with tax filings.
  - E.** Current Board of Directors Roster with names, addresses, office terms (with dates), and professional and/or community affiliations. Please see attached.
- 8. For-profit agencies only:**
  - A.** Current Board of Directors Roster with names, addresses, office terms (with dates), and professional and/or community affiliations.
  - B.** Appropriate tax form filed with IRS filed for latest fiscal year.
  - C.** Agency organizational chart.

*Please see separate file that contains this information and signed documentation.*

**9. Certifications and Required Forms**

**A. Application Certification**

I have reviewed this application for accuracy.

I understand that Opioid Abatement funds are intended to address specific remediation activities as identified under the NC Memorandum of Agreement (MOA) for the Opioid Settlement Funds.

I understand that these opioid settlement funds are subject to State laws and regulations, and I have read the MOA and agree to the requirements.

I certify that the requested funds will be used in compliance with these requirements and with all requirements outlined in the Orange County High Impact Opioid Abatement Strategies RFA.

I agree to submit invoices and other relevant documentation to Orange County to pay or be reimbursed, as well as quarterly status reports, by the date stated in the contract.

I understand that **Orange County** requires agencies with receipts less than \$500,000 that do not have a financial audit (or a financial report), prepared by a certified public accountant (CPA) to complete schedule of Receipts and Expenditures form. An agency does not need to complete this form if it has a prepared audit/report it can submit for the calendar year ending December 31, 2022 or the fiscal year ending June 30, 2023. Agencies with receipts totaling \$500,000 or more, from any source, must submit a CPA-certified financial audit.

financial statements for each year that opioid settlement funding is provided to my organization, and that Orange County may monitor the program during the award period.

Agency Authorized Official (print name)	Patricia Halsey, LCSW (Trish)
Signature	
Title	Director, Carpe Diem: Collegiate Alcohol and Drug Education Program
Date	2/18/25

Board Chair/Elected Official (print name)	Aaron Bachenheimer
Signature	
Title	Board President, Carpe Diem: Collegiate Alcohol and Drug Education Program
Date	2/18/25