

Executive Summary

Departments involved in the Biennial Review process

Athletics, Counseling and Psychological Services, Dean of Students Office, Housing, Human Resources, Residential Life, Risk Management, Student Affairs Case Management, Student Conduct and Academic Integrity Programs, Student Health Services, Student Life, and The WELL

Biennial Review and Policy Notification Overview

The Drug Free Schools and Communities Act requires, as a condition of receiving any federal funding or other financial assistance, that an institution of higher education certify it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol for students and employees on school premises and as a part of its activities. The University of California Riverside (UC Riverside) is in compliance with the Drug Free Schools and Communities Act, and conducts a biennial review, which has two objectives:

1. *To determine the effectiveness of, and to implement any needed changes to, the ATOD (Alcohol, Tobacco, and Other Drug) prevention program*
2. *To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently*

The UC Riverside campus provides comprehensive alcohol and other drug prevention initiatives, programs and services that focus on policy, environmental management, education and prevention, sanctions, treatment, recovery, research, and assessment. In addition, in accordance with federal law, UC Riverside annually provides every employee and student with a “Substance Abuse: Policy, Sanctions & Laws” notification that includes the following:

- *Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on school property or part of school activities.*
- *A description of the applicable legal sanctions under federal, state or local law for the unlawful possession or distribution of illicit drugs and alcohol.*
- *A description of the health risks associated with the use of illicit drugs and abuse of alcohol.*
- *A description of counseling and treatment programs available to students and staff.*
- *A clear statement and description of the disciplinary sanctions UC Riverside will impose on students and employees.*

This notification is also available year round to students, staff and employees on the Dean of Students website: http://deanofstudents.ucr.edu/docs/substance_abuse_policy_DOS.pdf or by clicking on “Substance Abuse” at <http://deanofstudents.ucr.edu/policiesprocedures/index.html>. The primary method used to distribute the policy to students is email. All enrolled students receive a copy of the policy, including continuing education students, students studying abroad, and those students who are only enrolled in one class for academic credit. Human Resources emails the staff and faculty the policy on substance abuse to all employees, and has it available to view at <http://hr.ucr.edu/policies/policiesworkplaceconduct.html>.

Biennial Review reports are kept online at well.ucr.edu, and in The WELL, Highlander Union Building (HUB), room 248, or via request to devon.sakamoto@ucr.edu.

Prevention Education

UC Riverside's ATOD prevention education programs are based in the harm-reduction model. The goals of our prevention education programs include helping students gain knowledge of safer drinking strategies, identify signs of potentially hazardous and risky situations involving alcohol and other drugs, develop skills for intervening in high risk situations to prevent/reduce risks for friends and others, identify possible barriers to safer drinking, identify campus resources to assist students facing challenges with alcohol or other drug use, identify their own use level and when that use starts to affect their wellness, and engage in responsible drinking practices. Additionally, our programs aim to create a culture of inclusivity, and support all students in their decisions/actions regarding both alcohol use and non-use. Examples of prevention education programs from 2014-2016:

- *Campus wide events and presentations*
 - Alcohol education and safe party presentations (The WELL)
 - Golden ARCHES Peer Group safe party education and outreach
 - Marijuana education workshop (Wellness Wednesday)
 - Staff/faculty tobacco-free tabling and outreach
- *Presentations to specific populations*
 - Alcohol sanction education presentations (sanctioned students)
 - Safe party presentations to residence halls (The WELL, Golden ARCHES, Residential Life staff)
 - Fraternity and Sorority Involvement Center (FSIC) New Member Orientation- safe party presentation (fraternity/sorority members)
 - Grad student coffee social (drunk driving prevention themed)
 - Drug education presentations (Student-athlete marijuana info session, Res Life programs)
- *Online modules*
 - eCHUG and eTOKE
 - AlcoholEdu
- *Awareness messaging and campaigns*
 - Campus-wide emails about party safety (during high risk times of the year)
 - Social norms marketing: posters and electronic
 - Passive education in residence halls

Environmental Management

- *Safe Rides*
 - Free shuttle rides at UC Riverside's large concert events, which are also alcohol-free. Departments work together to inform students about the free ride, and promote this service in advance of large events.
- *Good Neighbors*
 - UCR works in partnership with our neighbors and the City of Riverside to find solutions for any issues that arise between UCR students and permanent residents, and work to build a better community together. The Good Neighbor Guide can be

viewed here: <http://www.riversideca.gov/neighborhoods/pdf/Good-Neighbor-Guide.pdf>

- *Event Management*
 - UCR adds extra security measures for major events, advises students of good neighbor policies, and requests extra patience from the community during these concerts and events: Block Party (part of Welcome Week), Homecoming, Heat Music Festival, Spring Splash, and Commencement.
- *Sobering Centers*
 - Established as an alternate to jail and/or the hospital for students who are intoxicated, UCR provides Sobering Centers at the following concert events: Block Party, Heat, and Spring Splash. The center is staffed by medical professionals who care for students until they sober up, or determine if students need a higher level of care and transport them to the hospital.
- *Alcohol Permits*
 - UCR's Alcohol Permit process is designed to ensure that minors are not present, and have no access to alcohol through a review process that includes Risk Management, UCR Police Department, and the venue location.
- *AIR Training*
 - Approach, Inform, and Refer (AIR), including tips for talking with on-campus smokers and tobacco users. Objectives include a basic understanding of the "AIR" approach, suggestions and tools on how to communicate with a smoker, and opportunities for practicing these strategies.
http://tobaccofree.ucr.edu/instructional_resources/ . Twelve students and 22 staff/faculty were AIR-trained this biennium.

Sanctions

Sanctions for violating AOD policies vary based on the incident. A complete list appears in the full report. The counts for policy violations in the report only reflect incidents that were referred and adjudicated by the University Student Conduct and Academic Integrity Programs Office. Residence Life manages low to mid-level alcohol cases that are not considered part of a student's University conduct record.

Student Conduct sanctions all AOD policy violations. Enforcement is consistent in that all violations are followed up with, *and* in that those violations are sanctioned in consistent ways. Sanction enforcement may not be as consistent for students who utilize the Sobering Centers, as they are under the care of medical staff, not campus staff. We are working on ways to consistently enforce sanctions at these events.

Treatment

Nicotine Replacement Therapy (NRT): Current treatment services for students include offering (at a cost) nicotine patches and gum at Student Health Services for students, staff, and faculty, and in Human Resources (staff and faculty only). Estimated number of individuals NRT disbursed: Student Health Services – 4, Human Resources/ Workplace Health & Wellness – 5

Treatment for Addictive Disorders: UCR's Faculty Staff Assistance Program (FSA) recommends the following addiction services to employees who request such: Loma Linda Behavioral Medical Center - Addiction Services, Salvation Army - Rehabilitation Services (Orange County), and Salvation Army - Rehabilitation Services (San Diego).

Medical Treatment – Sobering Center: Medical treatment is provided to students who utilize the Sobering Center at UCR’s large concert events. Treatment can range from first aid services to hydrating folks via IV fluids.

Recovery

The Loft Collegiate Recovery Community

The Loft Collegiate Recovery Program was founded in September 2014, and was located within the department of Residential Life and Services, and remained active until June 2016, at which time it was closed down due to funding issues. The Loft Collegiate Recovery Community was run by one part-time and one full-time staff member. The Loft was defined as a “small” collegiate recovery community (as defined by the Association for Recovery in Higher Education). The community served 1-14 students who identify as individuals in recovery, Al-Anon and or students who identify as allies to the recovery movement.

The Loft’s programming included bi-weekly seminars that incorporate topics that are beneficial to students’ wellness, recovery, or personal and or academic development, and monthly outings to help create an atmosphere of support, fun and community. Strong campus partners include: Counseling and Psychological Services, The WELL, Student Affairs Case Managers, Student Special Services, Residential Life and the Student Conduct offices. In addition, we have a Community Advisory Board that is made up of alumni, university staff members and community members who have interest in advancing/supporting The Loft program.

Healing Highlanders Student Org

This student org focuses on issues of recovery, and provides support, resources, and opportunities for students in recovery and their allies. They participate in and develop outreach, presentations, programs and events focused on recovery/sober issues.

On Campus 12-Step Meetings Offered

(Unaffiliated with the university, but made space available to the groups): 12-Step Meeting, Alcoholics Anonymous, Eating Disorders Anonymous, and Sexaholics Anonymous.

Research and Assessment

This Review covers the time period of academic years 2014-2015 and 2015-2016. Data was collected through a random sampling process that targeted an overall representation of UCR’s diverse student body. Data was collected and assessed via the following survey sources:

1. Fall 2014 – American College Health Association’s (ACHA) National College Health Assessment (NCHA) survey, n=471 (9.4% response rate of the random sample of 5000 undergraduate and graduate students invited to take the survey)
2. 2014-2015 – Housing, Dining, and Residential Services AlcoholEDU Survey, n=2216
3. 2015-2016 – Housing, Dining, and Residential Services AlcoholEDU Survey, n=2226

ATOD Program Strengths and Challenges

Program Type	Strengths	Challenges
Education and Prevention	<ul style="list-style-type: none"> • Alcohol Edu module for all incoming freshmen and transfers • Partnerships with Athletics, ASPB, Res Life 	<ul style="list-style-type: none"> • Limited drug education programming • No AOD prevention education for faculty/staff (limited to tobacco only) • Alcohol Edu follow-up for students who do not participate
Environmental Management	<ul style="list-style-type: none"> • Smoke/tobacco-free policy in effect since January 2014 	<ul style="list-style-type: none"> • Enforcement of smoke/tobacco-free policy
Sanctions	<ul style="list-style-type: none"> • Violations are consistently enforced through sanctions • Partnership with Conduct and The WELL for educational sanctions • Sanctions overall educational/developmental in nature • Low recidivism rate for tobacco cases 	<ul style="list-style-type: none"> • Sanction enforcement at large event Sobering Centers • No amnesty considerations currently associated with our processes • The need for training for conduct board members in relationship to sanctioning for students whose behavior is the result of an addictive disorder(s) • Need to expand sanctioning options to focus on rehabilitation, success planning and possible reconsideration of status when/if treatment is completed
Intervention		<ul style="list-style-type: none"> • Limited training for faculty/ staff/ supervisors on how to identify, address and refer out individuals who are in need of services related to ATOD issues • Continuum of care needed throughout the intervention process that focuses on de-stigmatization of ATOD related disorders and seamless avenue for individuals to access the support needed to be successful • Campus-wide, streamlined referral and assessment processes for all members of the community that may be struggling with addictive disorders (staff/ faculty/ students) which allow for immediate access to assessment processes and bridging to treatment specialists • Identify specific ATOD needs related to the diverse ethnic populations present on within our campus community and create programs focused on de-stigmatization of help-seeking within all communities and which intentionally address the unique needs within each community
Treatment		<ul style="list-style-type: none"> • Increase relationships with treatment centers in the area that accept our student insurance, that specialize in working with college students, and who can serve as key partners in providing immediate assessments and extensive treatment options beyond what is available via our counseling brief model (i.e. in-patient rehabilitation, Intensive Out-patient Services and ongoing recovery supports • No current clinical professional with a ATOD specialty
Recovery	<ul style="list-style-type: none"> • Inter-campus partnerships Connections with community AOD treatment providers via The Loft • Connections to local community 12-step fellowships via The Loft • Social and educational programming offered for students in recovery • Expanded advertising for recovery meetings 	<ul style="list-style-type: none"> • The Loft is closed as of Fall 2016 • Keeping the voices of individuals in recovery heard without The Loft/ a centralized recovery community space
Research and Assessment	<ul style="list-style-type: none"> • Alcohol Edu health behavior data • ACHA NCHA health behavior data 	<ul style="list-style-type: none"> • No baseline data on health behaviors for staff/faculty • Need to develop consistent, campus-wide data collection processes specific to ATOD and recovery related issues

Recommendations for the Next Biennium

Policy

- Revise and strengthen the current smoke/tobacco-free policy, to include marijuana, and to expand the scope with broad definitions to include electronic smoking devices
- Incorporate campus resources into our annual notifications
- Recruit someone for our committee who is in charge of policy (writing, editing, distribution)
- Current policy is outdated (in terms of department names) and needs revision

Prevention Education

- Train Res Life staff & student groups on best practices of ATOD prevention education
- Increase programming in the category of other drugs, especially the opioid epidemic, illicit drug use, mixing substances
- Increase programming around marijuana, in light of California's recent legalization
- Identify ways to increase faculty/staff-focused prevention education
 - Include ATOD topics in monthly wellness newsletters, prevention/education sessions and tabling at events, partner with Student Health & Wellness on marijuana education
- Explore/increase opportunities for partnership between student and staff/faculty wellness programs on ATOD education

Environmental Management

- Enhance and expand Clearing The Air Ambassador program

Sanctions

- Develop and provide training for Conduct staff that is trauma-informed for those in recovery and/or with addictive disorders
- Look critically at sanction options through an addiction and recovery lens
 - Identify steps in the sanction process where there are opportunities for hope for folks in recovery and/or with addictive disorders
 - Identify options for harm-reduction and educational interventions
- Explore ways to consistently enforce sanctions for students who utilize the Sobering Centers at large events
- Consider sanctioning based on possible amnesty considerations

Intervention

- Staff/Faculty: increase training on how to identify, address and refer out students who are in need of services related to ATOD issues
- Create a continuum of care throughout the intervention process that focuses on de-stigmatization of ATOD related disorders and seamless avenue for students to access the support needed to be successful
- Create campus-wide, streamlined referral and assessment processes for all members of the community that may be struggling with addictive disorders (staff/faculty/students) which allow for immediate access to assessment processes and bridging to treatment specialists
- Identify specific ATOD needs related to the diverse ethnic populations present within our campus community, and create programs focused on de-stigmatization of help-seeking within all communities

Treatment

- Staff/Faculty: determine if Employee Assistance Program collects and tracks specific data related to # of ATOD cases/visits
- Wrap resources for treatment for those struggling with addictive disorders into prevention education campaigns, marketing, and programming
- Establish vibrant relationships with treatment centers in the area that accept our student insurance, that specialize in working with college students and who can serve as key partners in providing immediate assessments and extensive treatment options beyond what is available via our counseling brief model (i.e. in-patient rehabilitation, Intensive Out-patient Services and ongoing recovery supports)
- Hire a clinical professional with an ATOD specialty, and/or ensure existing clinicians have access to ATOD professional development opportunities.

Recovery

- Explore what UCR's recovery community can look like without The Loft
 - Identify goals and next steps for creating a recovery community in its absence
- Increase awareness of recovery resources at UCR and the community, and work to destigmatize help-seeking
 - Create programming and marketing targeted toward the de-stigmatization of help-seeking related to addictive issues and educating community about long-term recovery
- Partner with community supports to connect students in recovery to fellowship

Research and Assessment

- Explore utilizing the ACHA faculty/staff survey to collect baseline health behavior data
- Develop consistent, campus-wide data collection processes specific to ATOD and recovery related issues