



## Drug-Free Schools and Campuses Regulations [Edgar Part 86] Biennial Review: Academic Years 2018-2019 & 2019-2020

The writing and compiling of the Biennial Review is a collaborative process by the UCR Healthy Campus Substance Use & Addiction Subcommittee, which includes graduate and undergraduate students, staff, and faculty from the following departments:

- Associated Student Programming Board (ASPB)
- Athletics
- Counseling and Psychological Services
- Department of Sociology
- Environmental Health and Safety
- Human Resources
- Residential Life
- School of Medicine
- Student Affairs Case Management
- Student Conduct and Academic Integrity Programs
- Student Health Services
- Student Life
- The Well

Primary office overseeing biennial review process and reporting:  
The Well, Highlander Union Building (HUB) 248

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## Introduction/ 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: [https://studentdocs.ucr.edu/dos/uc-riverside\\_dean-of-students\\_substance-abuse-policy.pdf](https://studentdocs.ucr.edu/dos/uc-riverside_dean-of-students_substance-abuse-policy.pdf), or by visiting <https://deanofstudents.ucr.edu/policies-procedures/documents> and clicking on “Substance Abuse”.

## Biennial Review Process

This Biennial Review covers the time period of academic years 2018-2019 and 2019-2020.

Development of the Biennial Review is a collaborative process that includes the departments listed on page 1, and who collectively make up the UCR Healthy Campus Substance Use & Addiction Subcommittee. This year the subcommittee, led by staff from The Well and faculty from Sociology, led the process of data collection and compilation for this biennial review. Data was collected through various processes and from departments across campus, to give us the most complete picture of our AOD program at UCR for our diverse populations of students, staff, and faculty.

Biennial Review reports are kept online at The Well’s (health promotion) website (<https://well.ucr.edu/>), on the website of the University of California Riverside Healthy Campus Substance Use and Addiction Subcommittee ([https://wellness.ucr.edu/healthy\\_campus\\_initiative/substance\\_abuse\\_addiction.html](https://wellness.ucr.edu/healthy_campus_initiative/substance_abuse_addiction.html)),

and in The Well, which is located at the Highlander Union Building (HUB), room 248. Individuals can review, request, or receive current and past Biennial Reports at The Well (HUB 248), or by emailing [thewell@ucr.edu](mailto:thewell@ucr.edu).

## Annual Policy Notification Processes

### For Students

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. The annual notification email is sent by Student Information Systems/Information Technology Solutions and the sender of the email appears as Dean of Students. This is the text of the email all active students receive annually:

“As a requirement of the Federal Drug-Free Schools and Communities Act of 1989, the University is required to distribute the current campus substance abuse policy to all students. The policy includes information on the possession, use and/or distribution of alcohol and other drugs, health risks associated with alcohol and other drug use, possible sanctions resulting from breaking campus policies or applicable local, state, or federal laws/ordinances, and information on programs and resources available to provide services and support for substance abuse issues and concerns. You can find the actual policy, which is housed in the Vice Chancellor Student Affairs office and biennially reviewed by a campus-wide committee, at the following link: [https://studentdocs.ucr.edu/dos/uc-riverside\\_dean-of-students\\_substance-abuse-policy.pdf](https://studentdocs.ucr.edu/dos/uc-riverside_dean-of-students_substance-abuse-policy.pdf). If you have questions or need additional information please contact the office of the Dean of Students, in person in the Highlander Union Building 381, by telephone at (951) 827-6095 or by email at [deanofstudents@ucr.edu](mailto:deanofstudents@ucr.edu).”

The following is the entire text of the policy students receive:

### Official Notice to Students Regarding Substance Abuse in University Campus Communities

This Official Notice is issued pursuant to the requirements of Subpart B, Section 86.100 of the federal Drug-Free Schools and Communities act of 1989.

### University of California, Riverside Policy on Substance Abuse by Students

UCR is committed to achieving and maintaining a campus community that fosters personal and institutional excellence and strives to provide conditions under which the work of the university can go forward freely, with the highest standards of quality and institutional integrity. In keeping with this commitment, each student should help to create a campus community that is free from the problems of substance abuse and dependency. The following information is intended to inform and assist you in this effort.

The Student Conduct Policy, issued by the Office of the President on October 12, 2005, prohibits the illegal use of drugs and alcohol by students.

### 102.00 Grounds for Discipline

Chancellors may impose discipline for the commission or attempted commission (including aiding or abetting in the commission or attempted commission) of the following types of violations by students, as well as such other violations as may be specified in campus regulations:

### 102.17

Unlawful manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of controlled substances, identified in federal and state law or regulations.

### 102.18

Manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of alcohol that is unlawful or otherwise prohibited by, or not in compliance with, University policy or campus regulations.

Further, the following campus policies apply:

Good Neighbor Guidelines, II. Code of Conduct, D. Alcohol and Other Drugs states that students and members of recognized student organizations will set good examples and will:

1. Observe state and local laws governing alcohol and drug use.
2. Develop positive attitudes to encourage moderation. Recognized student organization officers should set good examples.
3. Not allow illegal drugs.
4. Where possible, sponsor alcohol and drug education programs including programs by national organizations or campus programs.
5. Encourage social events where only non-alcoholic beverages are served.
6. Provide, at events where alcohol is served, a variety of accessible non-alcoholic beverages and food.
7. Provide non-drinking monitors at all functions where alcohol is served.
8. Educate all student organization members regarding national risk management and insurance policies and hold members responsible where applicable.

### Health Risks Associated with Substance Abuse

Substance abuse may result in a wide spectrum of extremely serious health and behavioral problems. Substance abuse results in both short- and long-term effects upon the body and mind. There are specific health risks related to alcohol and drug use, and there are general health risks related to impairment and addiction. Alcohol and drugs are toxic to the body's systems. In addition to the problem of toxicity, contaminant poisonings often occur with illegal drug use. HIV (AIDS) infection associated with intravenous drug use is a prevalent hazard.

Acute health problems may include heart attack, strokes, and sudden death—which, in the case of some drugs such as cocaine, can occur after first-time use. Long-lasting health effects of drugs and alcohol may include disruption of normal heart rhythm, high blood pressure, leaks of blood vessels in the brain, bleeding and destruction of brain cells and permanent memory loss, infertility, impotency, immune system impairment, kidney failure, cirrhosis of the liver and pulmonary damage. Drug use during pregnancy may result in fetal damage and birth defects causing hyperactivity, neurological abnormalities, and developmental difficulties.

### Safety and Performance

A person who is mentally or physically impaired because of drug or alcohol use may behave in careless and unsafe ways. In addition, substance abuse may noticeably affect a student's performance, which may, over time, decline in quality.

Detailed information and literature about the health risks associated with substance abuse are available from the UCR Campus Health Center and Counseling Center.

### Where to Get Help

A variety of student programs designed to help prevent substance abuse, as well as assistance and referral services for those who have substance abuse problems or concerns, are available. Psychological services for students are available through the Counseling Center, (951) 827-5531, and medical assistance is available through the Campus Health Center, (951) 827-3031. Both are located in Veitch Student Center. Information disclosed by a student will be considered confidential, in accordance with federal and state laws and university policies.

### Disciplinary Sanctions

Students found to be in violation of university policies may be disciplined as set forth in the University of California Policies Applying to Campus Activities, Organizations, and Students (Part A), and in campus regulations. Discipline can vary in severity from warning to expulsion from the University of California.

### Legal Sanctions Pertaining to the Use of Alcohol and Controlled Substances

There are numerous federal, state, and local statutes and ordinances relating to the manufacture, distribution, dispensation, possession, or use of a controlled substance or alcohol. These statutes impose legal sanctions for both felony and misdemeanor convictions related to violations of applicable laws and ordinances. This is not intended to be a comprehensive list of all applicable laws. Moreover, laws may change over time. Individuals are expected to be aware of current federal, state, and local laws.

### Federal Laws Governing Controlled Substances

The manufacture, sale, or distribution of all scheduled (illicit) drugs constitutes a felony. (21 USC 841). Scheduled drugs are listed in Scheduled I through V of the Controlled Substances Act (21 USC 812) and as further defined by regulations (21 CFR 1308.11 through 1308.15).

Schedule drugs include the various narcotics, barbiturates, amphetamines, cocaine, cannabis, hallucinogens, and synthetic drugs, e.g. PCP, MPTp, MDMA (21 USC 812).

Simple possession of controlled substances can be punished by civil fines of up to \$10,000 per violation and a jail sentence (21 USC 844, 844a).

Distribution or possession with intent to distribute a controlled substance on university property requires a sentence enhancement of up to twice the prescribed sentence for the original offense, and at least twice the prescribed amount of parole time. This provision also calls for a mandatory sentence of not less than one year in prison for any offense except possession of less than 5 grams of marijuana (21 USC 845a).

Persons convicted of possession or distribution of controlled substances can be barred from receiving benefits from any and all federal programs including student grants and loans, except some long-term drug treatment programs (21 USC 853a).

Aliens convicted of violation of any law or regulation of a state, the United States, or a foreign country are subject to deportation and exclusion from entry to the United States (8 USC 1182, 1251).

Persons who are health care providers are barred from receiving payment from federal insurance programs upon conviction of a criminal offense involving distribution or dispensing a controlled substance (5 USC 8902a).

Property including vehicles, vessels, aircraft, money, securities, or other things of value which are used in, intended for use in, or traceable to transactions that involve controlled substances in violation of federal law are subject to forfeiture to the United States (21 USC 881).

### California Laws Regarding Controlled Substances

California law regarding controlled substances is in many respects similar to federal law. One set of sanctions, however, of which we should be aware is that most professionals subject to licensing under the Business and Professions Code are subject to discipline, up to and including loss of license, for conviction of offenses involving controlled substances.

### California Laws Governing Marijuana

The cultivation (i.e., growing or harvesting), the possession for sale, or the sale of marijuana constitutes a felony. A felony conviction can involve serving time in a state prison. (Cal. Health and Safety Code 11350, et seq.)

Possession of one ounce or more of marijuana for personal use constitutes a misdemeanor, the conviction of which could include paying a fine and/or serving time in jail. (Cal Health and Safety Code 11350, et seq.) Possession of less than once ounce of marijuana for personal use constitutes a misdemeanor, the conviction of which could carry a fine up to \$100.00 (Cal. Health and Safety Code 11350, et seq.)

### California Laws Governing Alcohol

No person may sell, furnish, give, or cause to be sold, furnished or given away, any alcoholic beverage to a person under the age of 21, and no person under the age of 21 may purchase alcoholic beverages (Cal. Business and Professions Code 25658).

It is unlawful for any person under the age of 21 to possess alcoholic beverages on any street or highway or in any place open to public view. (Cal B&P Code 25662)

It is a misdemeanor to sell, furnish, or give away an alcoholic beverage to any person under the age of 21 (Cal. B&P Code 25658) or to any obviously intoxicated person (Cal. B&P Code 25602).

It is a misdemeanor to sell alcoholic beverages any place in the state without a proper license from the Department of Alcoholic Beverage Control (Cal. B&P Code 23301).

It is unlawful for any person to drink while driving, or to have an open container of an alcoholic beverage in a moving vehicle.

With a blood alcohol level of .08 or higher, a driver is presumed under the influence of alcohol. Between .05% and .08% a person may be found guilty of driving under the influence.

The California Attorney General has offered the opinion that operating a bicycle on a highway while intoxicated is a violation of Vehicle Code 21200(b). This law provides that bicyclists enjoy the same rights, but are subject to the same regulations as motor vehicle operators.

### Local Codes and Ordinances

Although there is some variation from one local jurisdiction to another, nearly all have some control over the public consumption of alcohol. The following are typical provisions:

It is unlawful for any person to possess an open container containing an alcoholic beverage in public on city property. It is unlawful to drink an alcoholic beverage in public places such as at the beach, in parks, on the streets or in malls. *Revised 8/30/2006*

### For Staff and Faculty

UC Riverside Human Resources emails all staff and faculty annually regarding substance use policies, laws, health risks, and resources. Here is the text of the notification:

*The U.S. Department of Education (EDGAR Part 86) requires that all Institutions of Higher Education (IHE), which receive federal financial assistance establish a drug and alcohol abuse prevention program, and provide an annual substance notice to all students and employees.*

*This annual notice provides guidance on relevant standards of conduct that clearly prohibit unlawful possession use and distribution of drug and alcohol substances on campus. Additionally, it provides a description of the applicable legal sanctions, health risks and treatment available to those with substance abuse problems.*

### University Policies and Sanctions

UC and UCR campus policies prohibit the unlawful manufacture, sale, distribution, possession or use of controlled substances and alcohol on university property or at official functions. Any member of the campus community who violates these policies may be subject to disciplinary action, up to and including dismissal. Additional information may be found in the UC Policy on

Substance Abuse in the Workplace, the campus Substance Abuse in the Workplace policy (650-53), which apply to faculty and staff, and the Student Conduct and Discipline policy (sections 102.17 & 102.18), which governs students.

### Federal Laws and Sanctions

Under Federal law, it is a felony offense to sell or intend to sell, manufacture, or distribute Drug Enforcement Administration (DEA) scheduled drugs or mixtures containing them (e.g., cocaine, methamphetamines, heroin, Ecstasy, GHB, Ketamine, LSD, PCP and “designer drugs”, as well as counterfeits purported to be such drugs), or to traffic in marijuana. Depending upon the quantity of drugs involved, penalties for first offenses range from five (5) years to life (20 years to life if death or serious injury is involved) and fines up to \$10 million or more, and for second offenses from 10 years to life (life if death or serious injury involved) and fines up to \$20 million.

### California Laws and Sanctions

California law prohibits furnishing and selling alcoholic beverages to underage (younger than 21) or obviously intoxicated individuals. Underage persons may not buy alcoholic beverages or possess them on



campus, in public, or in places open to public view; the penalties for violations of these laws may include substantial fines and jail. Sale or possession for sale of controlled substances is a felony with terms of three (3) years or more; manufacture results in terms of three (3) years or more; possession alone is punishable by up to four (4) years in prison.

### Health Risks

Substance abuse can cause serious health and behavioral problems, including short-and long-term physiological and psychological effects), as well as impairment of learning ability, memory, and performance. The harmful effects of substance abuse can create difficulties in personal and work relationships, decreased productivity, workplace accidents and diminish the quality of campus life. Chronic health problems may arise from long-term abuse, and acute, traumatic reactions may arise even from one-time or moderate use.

### Assistance Services and Resources

UCR recognizes that substance abuse is treatable and offers confidential programs and services to assist those with substance abuse problems, including the Faculty and Staff Assistance Program (FSAP), which is a confidential program that is available to faculty, staff and their dependents at no charge. UCR's Counseling and Psychological Services offers students walk-in service for consultations, same-day appointments for crisis situations and access to counselors 24 hours a day by calling (951) UCR-TALK. Faculty, staff and students are encouraged to direct questions that pertain to this notice to the following:

### Policy Summary

All Institutions of Higher Education (IHE), which receive federal financial assistance, are required to establish a drug and alcohol abuse prevention program and provide an annual substance abuse notice to all students and employees.

This policy prohibits the unlawful manufacture, sale, distribution, possession or use of controlled substances and alcohol on university property or at official functions.

### Definitions (for purposes of this policy)

- Confidential Information – is defined as medical records pertaining to the diagnosis or treatment of alcohol or drug abuse or records indicating referral to an alcohol or drug abuse program. Such records may not be disclosed without specific authorization by the employee or where authorized pursuant to state or federal laws.
- Employee - for purposes of this Policy, an "employee" is defined as any person holding a University staff or academic appointment, including:
  - Work-study students whose primary employer is the university, and who hold a university staff or academic appointment.
  - "Employee" also applies to all indirect charge employees who perform support or overhead functions related to the federal contract or grant and for which the federal government pays its share of expenses, unless the employee's impact or involvement is insignificant to the performance of the contract or grant.
- Time Limits
  - University employees directly or indirectly engaged in the performance of work on a federal or state contract or grant shall notify the university within five calendar days if they are convicted of any criminal drug statute violation occurring in the workplace or while on

university business. Any time limit that expires on a Saturday, Sunday, administrative holiday, or other day off observed by the university shall be extended to the next normal working day.

- The university is required to notify the federal contracting or granting agency within ten calendar days of receiving notice of such convictions. Appropriate corrective action and/or the requirement for an employee to participate satisfactorily in a drug abuse rehabilitation program must be taken within thirty (30) calendar days of receiving notice of such a conviction.

## Policy

### • Overview

- The university strives to maintain a workplace free from the illegal use, possession, or distribution of controlled substance (as defined by law). Unlawful manufacture, distribution, dispensation, possession, or use of controlled substances by university employees in the workplace or on university business is prohibited. In addition, employees shall not use illegal substances or abuse legal substances in a manner that impairs performance of assigned tasks.
- Employees found to be in violation of this policy may be subject to corrective action, up to and including dismissal, pursuant to applicable university policies and collective bargaining agreements, or may be required, at the discretion of the university, to participate satisfactorily in a treatment program in conjunction with the Faculty and Staff Assistance Program (FSAP).

### • Corrective Action

- Members of the Academic Senate found to be in violation of the Substance Abuse policy may be subject to disciplinary proceedings in accordance with procedures established by the Academic Senate. Non-Senate Academic employees found in violation may be subject to corrective action, up to and including dismissal, pursuant to applicable academic personnel policy or collective bargaining agreement.
- Staff employees found to be in violation of the Substance Abuse policy may be subject to corrective action, up to and including dismissal, pursuant to personnel policies or collective bargaining agreements.
- Student employees found to be in violation of the Substance Abuse policy as a result of actions taken during the course of their activities as employees may be subject to corrective action, up to and including dismissal from employment, pursuant to applicable personnel policies or collective bargaining agreements.
- In addition to or in lieu of corrective action, an employee may, as a condition of employment, be required to participate in a substance abuse assistance or rehabilitation program. Attendance in counseling or treatment programs does not relieve an employee from the obligation to maintain acceptable work standards nor should it delay appropriate corrective action.

## Responsibilities

### • Supervisor, Department Head, Principal Investigator

- When the supervisor or principal investigator is notified by the employee, or learns from any other source, that the employee has been convicted of a workplace criminal drug offense, the department head shall immediately report (no later than the next working day) such convictions to:
  - Academic: Office of Academic Personnel.
  - Staff: Human Resource's Employee & Labor Relations Office.

- Written Notice
  - The department will also provide a written notice of the conviction by completing a "Contracts and Grants Drug-Free Workplace Act Conviction Notice" Form.
  - A copy of the form, along with copies of any documentation provided by the employee, will be forwarded to each of the appropriate departments listed in section IV.A.
- Corrective Action
  - Supervisors must consult with Employee & Labor Relations or the Office of Academic Personnel, to identify and implement appropriate corrective action.
- Office of Academic Personnel and Employee & Labor Relations
  - Each of the above offices will immediately notify Sponsored Programs Administration.
- Sponsored Programs Administration (SPA)
  - Sponsored Programs Administration shall provide written notice to the appropriate agency.

### University of California Policy on Substance Abuse

University of California

Office of the President

November 1, 1990

<https://policy.ucop.edu/doc/4000386/SubstanceAbuse>

The University of California recognizes dependency on alcohol and other drugs as a treatable condition and offers programs and services for University employees and students with substance dependency problems. Employees (including student employees) and students are encouraged to seek assistance, as appropriate, from Employee Support Programs, health centers, and counseling or psychological services available at University locations or through referral. Information obtained regarding an employee or student during participation in such programs or services will be treated as confidential, in accordance with Federal and State laws.

The University strives to maintain campus communities and worksites free from the illegal use, possession, or distribution of alcohol or of controlled substances, as defined in schedules I through V of the Controlled Substances Act, 21 United States Code §812, and by regulation at 21 Code of Federal Regulations §1308. Unlawful manufacture, distribution, dispensing, possession, use, or sale of alcohol or of controlled substances by University employees and students in the workplace, on University premises, at official University functions, or on University business is prohibited. In addition, employees and students shall not use illegal substances or abuse legal substances in a manner that impairs work performance, scholarly activities, or student life. Employees found to be in violation of this Policy, including student employees if the circumstances warrant, may be subject to corrective action, up to and including dismissal, under applicable University policies and labor contracts, or may be required, at the discretion of the University, to participate satisfactorily in an Employee Support Program.

Students found to be in violation of this Policy may be subject to corrective action, up to and including dismissal, as set forth in the University of California Policies Applying to Campus Activities, Organizations, and Students (Part A) and in campus regulations, or may be required, at the discretion of the University, to participate satisfactorily in a treatment program.

### Special requirements for employees engaged on Federal or State contracts and grants

The Federal Drug-Free Workplace Act of 1988 (Public Law 100-690, Title V, Subtitle D) and the State Drug-Free Workplace Act of 1990 require that University employees directly engaged in the performance of

work on a Federal or State contract or grant shall abide by this Policy as a condition of employment. Employees working on Federal contracts and grants shall notify the University within five calendar days if they are convicted of any criminal drug statute violation occurring in the workplace or while on University business. This requirement also applies to all indirect charge employees who perform support or overhead functions related to the Federal contract or grant and for which the Federal government pays its share of expenses, unless the employee’s impact or involvement is insignificant to the performance of the contract or grant. The University is required to notify the Federal contracting or granting agency within ten calendar days of receiving notice of such conviction and to take appropriate corrective action or to require the employee to participate satisfactorily in available counseling, treatment, and approved substance-abuse assistance or rehabilitation programs within thirty calendar days of having received notice of such conviction.

## Policy Inventory

Aside from the policies for students and employees already stated in the section “Annual Policy Notification Process”, this section outlines other campus policies related to alcohol, tobacco, and other drugs for UC Riverside’s students, staff, and faculty.

### **Alcohol Policy for Events**

<https://fboapps.ucr.edu/policies/index.php?path=viewPolicies.php&policy=700-60>

CampusPolicy Number: 700-60

*Policy Owner: Vice Chancellor - Business and Administrative Services*

*Effective Date: 05/11/2011*

*Origination: 10/01/1998*

### **Alcohol Permits**

<https://risk.ucr.edu/events/alcohol.html>

*All events serving and/or selling alcoholic beverages requires that an alcohol permit request be filed with Risk Management at least 20 business days prior to the event.*

### **Policy on Student Conduct and Discipline**

<http://deanofstudents.ucr.edu/policiesprocedures/index.html>

<https://policy.ucop.edu/doc/2710530/PACAOS-100>

Policy Number: 100.00, 101.00, 102.00, 103.00, 104.00, 105.00

*Responsible Officer: VP - Student Affairs*

*Responsible Office: SA - Student Affairs*

*Issuance Date: 1/1/2016*

*Effective Date: 1/1/2016*

### **UCR Housing, Dining & Residential Services Conduct Policies related to ATOD**

<http://housing.ucr.edu/residential-life/handbooks-policies.aspx>

1.02, 1.03, 1.04, 1.05, 1.06, 1.07, 1.08, 1.15, 1.17, 1.19, 1.20, 1.21, 1.22, 1.23

SECTION 6

CANYON CREST FAMILY STUDENT HOUSING POLICIES ON ATOD

6.02, 6.20

### **UC Riverside Athletics Policies Related to Substance Use**

Compliance in general:

[http://gohighlanders.com/sports/2012/7/23/Compliance\\_Current\\_Highlanders.aspx](http://gohighlanders.com/sports/2012/7/23/Compliance_Current_Highlanders.aspx)

UC Riverside Policy Statement on Drugs and Alcohol:

[https://gohighlanders.com/sports/2013/6/25/Comp\\_Drugs\\_Alcohol.aspx](https://gohighlanders.com/sports/2013/6/25/Comp_Drugs_Alcohol.aspx)

UC Riverside Policy Statement on Hazing:

[https://gohighlanders.com/sports/2013/6/25/Comp\\_Hazing.aspx](https://gohighlanders.com/sports/2013/6/25/Comp_Hazing.aspx)

UCR Program on Drug Education, Prevention, and Testing:

[https://gohighlanders.com/documents/2017/8/2//2017\\_18\\_Drug\\_Education\\_Prevention\\_Program\\_20170724.doc?id=2147](https://gohighlanders.com/documents/2017/8/2//2017_18_Drug_Education_Prevention_Program_20170724.doc?id=2147)

### **Policies Governing Fraternities and Sororities at University of California, Riverside**

<http://deanofstudents.ucr.edu/docs/fraternities-sororities-policies.pdf>

### **UCR Smoke/Tobacco-Free Policy**

<https://tobaccofree.ucr.edu/policy.html>

## ATOD Program Goals

This biennium, the UCR Healthy Campus Substance Use and Addiction Subcommittee continued to work toward the following ATOD program goals and objectives:

Goals:

- Reduce the amount of alcohol, tobacco, and other drug use on campus.
- Reduce harm associated with substance use, and increase safe substance use behaviors among students, staff, and faculty
- Support students, staff, and faculty in recovery.
- Reduce the amount of second-hand smoke on campus.
- Reduce the amount of cigarette litter on campus.

AOD Objectives:

- Enhance student, staff, and faculty education around AOD prevention and safety, in terms of individual use and identifying use in others
- Enhance student, staff, and faculty education and awareness around addiction and recovery resources
- Increase drug education on campus using harm reduction model

Tobacco-Free Objectives:

- Re-brand existing “Clearing the Air” campaign and images with new communication materials and signage.
- Enhance the Clearing the Air Student Ambassador Program to assist with educational enforcement and cessation promotions at hot spots.
- Explore strategies for policy compliance.

The ATOD program at UCR contains the following categories: prevention education, environmental efforts, sanctions, intervention and treatment, recovery, and research and assessment. The explanation of each program category follows.

## Prevention Education

UC Riverside's ATOD prevention education programs are evidence-based, grounded in a harm-reduction model, and include online modules and self-assessment tools, presentations, and campus wide events and campaigns. These prevention education and programming efforts are possible through partnerships with multiple departments within Student Affairs and across the university.

Our prevention education programs aim to help students:

- gain knowledge of safer drinking strategies
- identify signs of potentially hazardous/risky situations involving substances
- develop skills for intervening in high risk situations to reduce risks for friends and others
- recognize possible barriers to safer drinking
- find campus resources to assist students facing challenges with alcohol or other drug use
- understand their own substance use level, and when it starts to affect their wellness
- engage in responsible drinking practices

Additionally, our programs aim to create a culture of inclusivity, and support all UCR students, staff, and faculty in their decisions/actions regarding both substance use and non-use.

### Prevention Education Programs, July 1, 2018 - June 30, 2020:

#### Campus wide programs

- Alcohol education and safe party presentations and outreach
- Getting to Know Mary Jane (Cannabis education workshop)
- Smoke/tobacco-free tabling and outreach
- The Great American Smoke-Out
- Spring Break Party Smart Pre-Party

#### Programs for specific populations

- Sanctioned Students
  - Alcohol sanction education presentations
- On-campus Residents
  - Highlanders Party Smart
  - Drug and Alcohol Awareness presentations and tabling
- Fraternity and Sorority members
  - Safe Party presentations to new members
- Peer Educators, Mentors, and Student Leaders
  - Bystander Intervention Training
  - Mental Health and Substance Use education workshops
  - Safe Party/AOD training for peer educators
  - Mental Health training for peer educators
- Student Athletes
  - Highlander Health Fair (ATOD and health resource focus)
  - Drug Testing- for Performance Enhancing Drug Tests
  - Alcohol & Other Drugs education completed annually
  - Annual Athlete Education on Drug Testing Policy and Other Drugs

- Review of banned drugs and resources as needed

### Online education and assessment modules

- eCheckUpToGo Alcohol and Cannabis modules available for free to all UCR community at [well.ucr.edu](http://well.ucr.edu)
- AlcoholEdu required for all new incoming students (freshmen and transfers) Fall 2018 and Fall 2019
- A custom, pre-concert eCheckUpToGo module is required of all students in order to gain entry to campus concerts twice a year (pre-COVID)

### Awareness and campaigns

- ATOD policies, party safety information, and harm reduction tips promoted before large concert events on campus via email, websites, and social media
- Social norms AOD marketing: posters and electronic media
- Smoke/Tobacco-Free signs across campus that now include cannabis (windstand signs, posters, flyers, social media, online/electronic media)
- Awareness campaign about UCR's continuing drug-free policy, including cannabis, even though California legalized recreational use (posters, flyers, social media, online/electronic media, emails)
- *Nurture Your UCR Heart* sober activities promotion campaign

## Environmental Efforts

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 hosts several large campus events for students throughout the year, pre-COVID. 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:

UCR provides **Medical Aid** at the following concert events: Block Party and Spring Splash. The Medical Aid center was established to care for students, and to act as an alternate to jail and/or the hospital for students who are intoxicated at these events. Medical professionals who care for students until they sober up and provide necessary treatments staff the Medical Aid center.

## 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.

This period we began a research study into the alcohol permitting process and the reasons event planners cite for requesting alcohol at their events. In the next biennium we will analyze the data and work toward creating a toolkit for event planners focused on alcohol safety as well as options for alcohol-free events.

### Risk Management Reported Data: Requests for Alcohol Permits

The following are the number of requests for alcohol permits for UCR events:

2016-2017: 288

2017-2018: 390

2018-2019: 213

Notes: (1) Our committee is completing a research study, examining the types of events that request to serve alcohol, who is doing the requesting, and reasons why they choose to have alcohol at their events. (2) We are developing a health promotion guide to providing sober-friendly events, and (3) Currently no open Campus Dining establishments serve alcohol. In the next biennium, one of UCR’s Dining locations, The Barn, will sell alcohol. This is something to keep in mind for the next review period and report.

### AIR Training

The AIR Training is an overview of how to Approach, Inform, and Refer (AIR), and includes tips for talking with on-campus smokers and tobacco users. Topics include: policy, compliance, resources, role playing, and supervisor information. Objectives include a basic understanding of the "AIR" approach, suggestions and tools on how to approach and communicate with a smoker, and opportunities for practicing these strategies. [http://tobaccofree.ucr.edu/instructional\\_resources/](http://tobaccofree.ucr.edu/instructional_resources/)

There were a total of 114 Clearing the Air Ambassadors during the 2018-2020 biennium (not unique individuals; Ambassadors were counted quarterly and some worked for multiple quarters.) All Ambassadors received an “AIR” Training or orientation prior to working.

### Sanctions

Sanctions for violating AOD policies vary based on the incident. A complete list appears below, provided by Student Conduct and Academic Integrity Programs (SCAIP).

The following counts for policy violations only reflect incidents that were referred and adjudicated by the University Student Conduct 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.

### AOD Policy Violations (Provided by Student Conduct and Academic Integrity Programs)

AOD Policy Violations	Res Halls		On- Campus		Off- Campus	
	2016-2018	2018-2020	2016-2018	2018-2020	2016-2018	2018-2020
Alcohol	36	30	14	71	1	1
Drug	71	62	5	3		.



<b>Physical Abuse</b>	4	22	1	28		4
<b>Alcohol &amp; Drug</b>	7	11	1	1		.
<b>Physical Abuse &amp; Alcohol</b>	45	42	13	35	4	6
<b>Physical Abuse &amp; Drug</b>	17	6	1	1		.
<b>Transport *</b>	57	52	3	2	1	.
<b>DUI *</b>		.		1		.

\* SCAIP data is not coded for Transport to ER for medical aid due to intoxication, so these counts are in addition to the above categories. Transports and DUI counts were generated by review of incident summaries that are written by conduct coordinators when sending charges letters. Transport counts in this list also do not account for students transported to the hospital FROM the Sobering Center at campus concerts

Notes: SCAIP acquired/merged two Residential Life Conduct FTEs in 2016 during UCR’s organizational change processes. When these staff were located under Housing supervision, we didn’t get/count the numbers because they weren’t considered University Conduct Officers. The cases would have been counted under Housing’s caseload. Previous versions of this Biennial Review report include a separate count of Housing Conduct violations and sanctions.

### Assigned Sanctions (Provided by SCAIP) 2018-2020

105.01 Warning/Censure	19
105.03 Disciplinary Probation	234
105.03 Disciplinary Probation - Student Organization	2
105.03 Disciplinary Probation for Remainder of Studies	50
105.04 Loss of Privileges and Exclusion from Activities	98
105.04 Loss of Privileges and Exclusion from Activities - Student Organizations	1
105.05 Suspension	17
105.06 Dismissal	13
105.06 Dismissal - Student Organization	4
105.07 Exclusion from Areas of the Campus or from Official University Functions	1
105.09 Restitution	1
105.11 Other	14
105.11 Other / Deferral of Degree	2
105.15 Educational activity(ies): A.C.E. Program	2
105.15 Educational activity(ies): ARC Workshop	4
105.15 Educational activity(ies): Academic Integrity Education Meeting with SCAIP	2
105.15 Educational activity(ies): Alcohol Response-Ability Web Course	6
105.15 Educational activity(ies): Alcohol/Substance Use Assessment - Off-Campus	1
105.15 Educational activity(ies): Alcohol/Substance Use Assessment - On-Campus	18
105.15 Educational activity(ies): AlcoholEdu for Sanctions	26
105.15 Educational activity(ies): Anger Management Program	3
105.15 Educational activity(ies): Attend Follow up Meeting with SCAIP	11
105.15 Educational activity(ies): Attend Program or Activity	54
105.15 Educational activity(ies): Complete Substance Use Monitoring Card	7
105.15 Educational activity(ies): Design File Sharing Educational Program	1
105.15 Educational activity(ies): Develop Action Plan	15

105.15 Educational activity(ies): E-CHUG	26
105.15 Educational activity(ies): E-TOKE	40
105.15 Educational activity(ies): Ethics Research Paper	6
105.15 Educational activity(ies): Faculty/Staff Mentor	7
105.15 Educational activity(ies): Good Neighbor Apology Letter	1
105.15 Educational activity(ies): Interview Person or Office	2
105.15 Educational activity(ies): JEM 10: Fire Safety	1
105.15 Educational activity(ies): JEM 11: Living with a Roommate	2
105.15 Educational activity(ies): JEM 13: Civility & Respect	3
105.15 Educational activity(ies): JEM 14: Living Off-Campus	1
105.15 Educational activity(ies): JEM 15: Alcohol 102	4
105.15 Educational activity(ies): JEM 18: Conflict Management	4
105.15 Educational activity(ies): JEM 22: Decision Making	36
105.15 Educational activity(ies): JEM 23: Alcohol	16
105.15 Educational activity(ies): JEM 24: Marijuana 2	4
105.15 Educational activity(ies): JEM 25: Community Living	3
105.15 Educational activity(ies): JEM 2: Anger Management	11
105.15 Educational activity(ies): JEM 3: Community Living From Me to We	2
105.15 Educational activity(ies): JEM 5: Personal Decision Making	18
105.15 Educational activity(ies): JEM 8: Alcohol Education 101	28
105.15 Educational activity(ies): JEM 9: Marijuana	45
105.15 Educational activity(ies): Judicial Educator Module Reflection Paper	4
105.15 Educational activity(ies): Letter of Apology	3
105.15 Educational activity(ies): Letter of Explanation	1
105.15 Educational activity(ies): Letter to Future Employer	4
105.15 Educational activity(ies): Letter to Graduate Program	2
105.15 Educational activity(ies): Letter to Parents	2
105.15 Educational activity(ies): Meet with Academic Advisor	2
105.15 Educational activity(ies): Meet with International Affairs	1
105.15 Educational activity(ies): Meets with Student Affairs Case Management	23
105.15 Educational activity(ies): Online Educational Module	1
105.15 Educational activity(ies): Other:	22
105.15 Educational activity(ies): Reflection Paper - Judicial Educator Module	60
105.15 Educational activity(ies): Reflection Paper - Tartan Soul	41
105.15 Educational activity(ies): Reflection Paper: Alcohol/Drugs	44
105.15 Educational activity(ies): Reflection Papers	4
105.15 Educational activity(ies): Research Paper	13
105.15 Educational activity(ies): Student Organization: Attend Follow-up Meeting with SCAIP	1
105.15 Educational activity(ies): Student Organization: Develop Risk Management Policy	2
105.15 Educational activity(ies): Student Organization: Meet with Frat./Sor. Involvement Center	2
105.15 Educational activity(ies): Student Organization: Review of History	1
105.15 Educational activity(ies): Student Organization: Secure Advisor	1
105.15 Educational activity(ies): Student Organization: Workshops	3

## Intervention and Treatment

### Nicotine Replacement Therapy (NRT)

Current treatment services for students have included offering (at a cost) nicotine patches and gum in Human Resources, however this resource has not been highly utilized.

### 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 Centers at Campus Concerts

Medical treatment is provided to students who utilize the Sobering Center at UCR’s large concert events, held 2-3 times per year. Treatment can range from first aid services to hydrating folks via IV fluids, and transporting to the hospital when appropriate. During this period, there were no in-person concerts in the year 2020 due to COVID-19.

<b>Concert / Event</b>	<b>Number of students treated** for alcohol at the Sobering Center</b>	<b>Number of students treated for other drug intoxication at the Sobering Center</b>	<b>Number of students treated for alcohol AND other drugs at the Sobering Center</b>	<b>Total Students in Violation</b>
Block Party 2017	59			59
Block Party 2018	31	0	1	32
Block Party 2019	16	0	0	16
Spring Splash 2018	50			50
Spring Splash 2019 *	40	1	1	<b>42</b>

\* These are the number of students admitted to the Sobering Center who were found in violation of these policies. There may be a small number of students who were admitted to the Sobering Center under suspicion of apparent intoxication but quickly cleared to leave (or otherwise found not responsible for the violation)

\*\* The distinction is made here between alcohol and other drugs here because the sample of previous reports was labeled # of students treated for alcohol at the Sobering Center and it was unclear whether it should include other drugs. The distinction turned out to be a very small number of the cases. Lastly, by the counting method for providing this data, 42 students were identified for Spring Splash 2019 even though the sample of previous reports already included a count of 43.

### Total AOD-Related Medical Transports from Campus Reported by UCPD

	<b>2014-2016</b>	<b>2016-18</b>	<b>August 1, 2019-June 30, 2020</b>
Alcohol			20
Drugs			3
<b>Total</b>	<b>82</b>	<b>47 (of the total 446 medical transports)</b>	<b>23</b>

Note: UCPD experienced a server crash that deleted data for a portion of this reporting period.

### Student Affairs Case Management – Student Appointment Data

<b>Major Area of Concern</b>	Addictive Behaviors (food, sex, eating, gambling, etc.)	<b>2</b>
	Substance misuse/abuse (alcohol and drugs)	<b>13</b>
<b>Areas of Concern</b>	Addictive Behaviors (food, sex, eating, gambling, etc.)	<b>34</b>
	Substance misuse/abuse (alcohol and drugs)	<b>158</b>

### Student Health Services Appointment Data: Number of AOD Visits by Department

	2014-2016	2016-2018	July 1, 2018-June 30, 2020
Primary Care	41 (34 unique students)	Unknown. Student Health and Counseling could not provide this type of data for this period	TBD
Psych	148 (40 unique students)		

## Recovery

Since The Loft, which served as the home of our recovery efforts, closed in June 2016, we have been working in cross-campus partnerships to address and meet the needs of those in recovery at UCR. In this biennium, we developed a recovery webpage for UCR: <https://well.ucr.edu/r-collegiate-recovery>.

### UCR Student Recovery Advisory Board

This Advisory Board is made up of students, staff, faculty, and community members, and their efforts are focused on issues around student recovery support. As a system of campuses, UC holds an organized Collegiate Recovery Conference Call once per month, in which the members of this Advisory Board participate. The calls help us strategize both as a campus and on a system wide level.

### Healing Highlanders

This student organization focuses on students in recovery and their allies. The group is student-led and advised by faculty in the School of Medicine. During this biennium, Healing Highlanders went through

leadership changes and worked on growing their membership, which they are continuing to do in the next biennium. In fall 2020 their leadership changed and the group is now co-supported by staff in Counseling and Psychological Services (CAPS) and The Well (health promotion).

### On Campus Student-Led Recovery Meetings

During the 2018-19 and 2019-20 academic years, UCR students held a weekly recovery meeting on campus, open to students in recovery from a variety of addictions. During the next biennium, we are working to increase awareness of this resource in order to increase participation in the meetings, and ideally identify more students able to lead the meetings. We currently have one graduate and one undergraduate student taking the lead on meeting facilitation.

### Research and Assessment

The data used for this review was collected from a variety of sources and departments across campus. Sources of health behavior data include: Spring 2019 American College Health Association's (ACHA) National College Health Assessment (NCHA-II and NCHA-III). The NCHA-II was administered to half of UCR's student population, and the NCHA-III was administered to the other half.

Other data sources include AlcoholEDU, an education module and survey tool administered by The Well in fall quarter to all new incoming undergraduate students. As of Spring 2019, all UC campuses worked together to administer the NCHA survey concurrently, in order to obtain campus and system wide data on student health behaviors.

Finally, data is presented from the eCheckUpToGo online module that we required students to take prior to large-scale campus concerts in order to gain admission to the events.

## National College Health Assessment (NCHA-II) Data (Spring 2019)

n=1,016 (8.7% response rate of the random sample of 11,722 undergraduate and graduate students invited to take the survey)

### E. Tobacco, Alcohol and Marijuana Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Cigarette	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		79.9	88.7	85.9	25.0	14.8	17.8
Used, but not in the last 30 days		13.4	8.3	9.8	15.7	13.0	14.3
Used 1-9 days		4.9	2.0	2.9	45.7	48.7	47.4
Used 10-29 days		0.7	0.4	0.5	7.5	13.9	12.0
Used all 30 days		1.1	0.6	0.9	6.1	9.6	8.4
<i>Any use within the last 30 days</i>		6.7	3.1	4.3	59.3	72.2	67.9

E-Cigarette	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		76.8	86.4	83.6	17.4	11.0	12.7
Used, but not in the last 30 days		12.0	7.2	8.5	6.4	7.2	7.3
Used 1-9 days		4.6	4.5	4.6	42.3	38.1	39.2
Used 10-29 days		2.5	0.7	1.2	21.4	23.3	22.5
Used all 30 days		4.2	1.2	2.1	12.5	20.4	18.2
<i>Any use within the last 30 days</i>		11.3	6.5	7.9	76.2	81.8	80.0

Tobacco from a water pipe (hookah)	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		83.5	89.4	87.6	26.2	16.3	19.4
Used, but not in the last 30 days		14.4	9.7	11.1	17.4	13.3	14.8
Used 1-9 days		2.1	0.9	1.3	45.0	52.3	50.0
Used 10-29 days		0.0	0.0	0.0	7.8	13.0	11.3
Used all 30 days		0.0	0.0	0.0	3.5	5.1	4.6
<i>Any use within the last 30 days</i>		2.1	0.9	1.3	56.4	70.4	65.8

The above includes information that would be useful in a social norming campaign. This data shows that there is a significant difference between what students perceive, and what they are actually doing when it comes to ATOD use. Students perceive that the majority of students drink alcohol, and use tobacco and other drugs, when the opposite is true. The majority of students are not using, and/or have never used these substances.

*Findings continued*

Alcohol	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		33.1	32.0	32.4	7.5	5.1	5.8
Used, but not in the last 30 days		21.5	23.4	22.5	2.8	2.9	2.9
Used 1-9 days		39.1	39.0	39.2	46.6	45.3	45.7
Used 10-29 days		6.3	5.2	5.6	34.5	34.8	34.8
Used all 30 days		0.0	0.4	0.3	8.5	11.9	10.7
<i>Any use within the last 30 days</i>		45.4	44.6	45.0	89.7	91.9	91.3

Marijuana	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		59.5	63.4	61.9	12.8	8.6	9.8
Used, but not in the last 30 days		20.4	15.2	16.7	7.1	3.5	4.7
Used 1-9 days		12.7	14.3	14.2	39.7	36.8	38.0
Used 10-29 days		4.6	4.1	4.3	30.9	33.2	32.2
Used all 30 days		2.8	3.1	2.9	9.6	17.8	15.4
<i>Any use within the last 30 days</i>		20.1	21.4	21.4	80.1	87.9	85.5

**Drinking and Driving**

- 0.9 % of college students reported driving after having *5 or more drinks* in the last 30 days.\*
- 20.4 % of college students reported driving after having *any alcohol* in the last 30 days.\*

\*Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		79.9	76.4	77.3
< .10		84.0	82.9	83.2
Mean		0.05	0.05	0.05
Median		0.02	0.03	0.03
Std Dev		0.07	0.07	0.07

*Findings continued*

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Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

<b>Number of drinks*</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
4 or fewer		67.6	77.9	75.0
5		8.8	11.4	10.8
6		4.7	3.7	4.0
7 or more		18.9	6.9	10.1
Mean		4.19	3.17	3.45
Median		3.00	2.00	3.00
Std Dev		3.53	2.97	3.12

\* Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
N/A don't drink		41.9	37.8	38.9
None		37.3	49.3	45.7
1-2 times		15.1	11.0	12.4
3-5 times		4.6	1.6	2.4
6 or more times		1.1	0.3	0.6

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Antidepressants		1.8	3.1	2.7
Erectile dysfunction drugs		0.0	0.7	0.5
Pain killers		3.5	4.9	4.5
Sedatives		2.1	2.3	2.4
Stimulants		4.3	4.7	4.5
<i>Used 1 or more of the above</i>		7.8	9.8	9.3



*Findings continued*

College students reported doing the following *most of the time* or *always* when they "partied" or socialized during the last 12 months:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Alternate non-alcoholic with alcoholic beverages		46.8	48.3	47.9
Avoid drinking games		41.1	53.8	50.6
Choose not to drink alcohol		31.4	32.5	32.0
Determine in advance not to exceed a set number of drinks		42.1	53.2	50.5
Eat before and/or during drinking		81.8	87.2	85.5
Have a friend let you know when you have had enough		37.1	51.9	47.5
Keep track of how many drinks being consumed		70.6	79.2	76.8
Pace drinks to one or fewer an hour		37.3	49.8	46.0
Stay with the same group of friends the entire time drinking		82.2	95.1	91.7
Stick with only one kind of alcohol when drinking		46.8	59.4	56.5
Use a designated driver		75.6	92.4	87.7
<b><i>Reported one or more of the above</i></b>		<b>97.7</b>	<b>98.5</b>	<b>97.9</b>

\*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Did something you later regretted		18.6	24.2	23.0
Forgot where you were or what you did		21.8	19.1	19.7
Got in trouble with the police		1.3	0.5	0.7
Someone had sex with me without my consent		0.0	1.9	1.7
Had sex with someone without their consent		0.6	0.2	0.3
Had unprotected sex		16.1	16.8	16.6
Physically injured yourself		12.9	7.5	9.4
Physically injured another person		0.6	0.7	0.7
Seriously considered suicide		1.9	3.3	3.1
<b><i>Reported one or more of the above</i></b>		<b>39.1</b>	<b>38.7</b>	<b>38.8</b>

\*Students responding "N/A, don't drink" were excluded from this analysis.

## AlcoholEdu Survey Data

### Fall 2018 Administration:

- 6,022 (85.29%) of new, incoming undergraduate students completed AlcoholEdu Module
- 132 (86.84%) returning Student Athletes
- 81% of students reported that the module is a good fit for our school
- More than 3 of out 5 students reported that their perceptions of other's students drinking behavior changed due to the module
- More than 3 out of 6 of students reported their drinking behavior will change as result of taking AlcoholEdu

### Fall 2019 Administration:

- 6,730 total students completed AlcoholEdu
- 91% of students said the module helped them establish a plan ahead of time to make responsible decisions about drinking
- More than 3,000 students reported their drinking behavior will change as a result of taking AlcoholEdu

## eCheckUpToGo Pre-Concert Module

### Spring 2019 Pre-Concert (Spring Splash) Administration:

- Created this pre-concert module in collaboration with ASPB and SCAIP, and required students to take it in order to get a ticket to the concert
- Over 10,000 students completed the module
- Nearly 2,000 students completed the post-concert survey

### Fall 2019 Pre-Concert (Block Party) Administration:

- Over 10,000 students completed the module
- 70% of students surveyed said the module influenced their own health and safety on the day of the concert

## ATOD Program Strengths, Accomplishments and Challenges

### Strengths and Accomplishments:

- Mandatory, evidence-based AOD Education for all new, incoming undergraduates (AlcoholEdu)
- Mandatory, evidence-based pre-concert education about AOD safety and consent (eCheckUpToGo)
- Strong campus collaborations and partnerships
- Cannabis added to the campus smoke/tobacco-free policy
- AOD violations are consistently enforced through sanctions
- Sanctions are overall educational/ developmental in nature
- Award-winning medical/sobering center/ procedures at large-scale concerts

- CAPS has a clinical professional with an AOD specialty
- Student org Healing Highlanders and various campus partnerships focused on supporting students in recovery; Student-led recovery meetings
- Collecting student substance use behavior data via online modules and surveys
- Developing collaborative presentations for national conferences (NASPA) later in 2020 and 2021

#### Challenges:

- No mandatory online AOD education (AlcoholEdu or similar) for continuing undergraduate students and graduate students
- AOD/Biennial Review Committee membership turnover and member recruitment
- Tobacco/smoke-free policy compliance
- No FTE staff positions are dedicated 100% to supporting recovery efforts
- Limited baseline data on AOD-related health behaviors for staff/faculty

### Recommendations for the Next Biennium

- Incorporate more comprehensive campus resources into our annual notifications
- Recruit staff for our committee who work in policy (writing, editing, distribution), Compliance, and Risk Management
- Train Res Life staff and other student organizations on campus the best practices of ATOD prevention/safe party education
- Increase programming in the category of other drugs, paying particular attention to opioid epidemic, as well as enhancing access to and awareness of naloxone/Narcan
- Identify ways to increase faculty/staff-focused prevention education
- Enhance our recovery programming efforts, including sanctions
  - Look critically at sanction options through an addiction and recovery lens
  - Identify goals and next steps for creating a recovery community
  - Identify staff to lead/co-lead recovery efforts in partnership with student-led efforts (Healing Highlanders)
- Staff/Faculty: increase training on how to identify, address and refer out students who are in need of services related to AOD issues
- Create campus-wide, streamlined referral and assessment processes for all members of the community that may be struggling with addictive disorders (staff/faculty/students)
- Identify specific AOD needs related to the diverse populations present within our campus community, and create programs focused on de-stigmatization of help-seeking within all communities
- Staff/Faculty: determine if Employee Assistance Program collects and tracks specific data related to # of ATOD cases/visits
- Increase awareness of recovery resources at UCR and the community, and work to destigmatize help-seeking
- Streamline processes for collecting comprehensive data from departments across campus for the Biennial Review