

Contact: Marcia Brunson

REPORT OF DRUG AND ALCOHOL PROGRAMS
AVAILABLE AT THE UNIVERSITIES

Action Requested: Receive the report.

Executive Summary: During the discussion of the Comprehensive Security Policy at the October meeting, Regent Connolly asked for a report detailing the drug and alcohol programs available to students at the three universities. The universities were asked to provide the following: (a) description of drug and alcohol programs; (b) how the availability of these programs is made known to students and parents; (c) how the programs are evaluated.

The information submitted by the universities is as follows:

University of Iowa

DESCRIPTIONS OF DRUG AND ALCOHOL PROGRAMS AVAILABLE TO STUDENTS ON THE CAMPUSES:

- The Stepping Up Project is a campus/community coalition making changes to create recreational programs and government policies that reduce high risk drinking and its harmful effects.
- Seminar on Substances – 2 session education course that includes monitoring of use for students with first offense PAULAs and Public Intoxication violations as well as students with multiple residence hall alcohol violations
- eCHUG (Electronic Check-Up to Go) – possession of alcohol in the residence hall violations as well as 24/7 access for all students
- AEW (Alcohol Education Workshop) – students cited for being in the presence of alcohol in the residence halls
- BASICS (Brief Alcohol Screening and Intervention for College Students) – offers one on one counseling for substance use with our certified alcohol and drug counselor
- MIS (Marijuana Information Series) – 2 session educational course for students with a marijuana violation
- Substance abuse evaluations with our certified alcohol and drug counselor
- CHOICES – an alcohol education program being implemented within fraternity and sorority life
- *28:020 Alcohol and Your College Experience* - an evidence-based, personalized feedback model education course designed to assist students in looking at alcohol use among peers as well as personal behaviors. 1 semester hour credit, meets general education requirements, and is available to all students.
- *28:020 Tobacco and Your College Experience* – looks at current behavior change theories related to tobacco use and cessation, replacement therapies, and student use. 1 semester hour credit, meets general education requirements, and is available to all students.
- AlcoholEdu for College – required of all entering freshmen to the University of Iowa and a sanction is imposed if students are not compliant. It is also available 24/7 to anyone affiliated with the University.
- Frequent health presentations on alcohol use on campus in classrooms, residence halls and for student organizations
- Discussion of alcohol during mandatory summer orientation for entering freshmen in the parent session titled “Staying Healthy, Keeping Safe”
- College Transition alcohol discussion day – 2 semester hour course available to any entering freshmen (normal enrollment over 1,000 students per fall semester)

- Residence Life/University Housing Alcohol Fine System – fines assessed for any violation of the residence hall alcohol and drug policies
- *Extreme Drinking* media campaign
- *You Can Overdo Anything* media campaign
- University Counseling Service also provides group and single counseling on substance issues
- Collaboration on programs and treatment with the Mid-Eastern Council on Chemical Abuse
- Collaboration on programs and treatment with the University of Iowa Hospitals and Clinics Substance Abuse Center
- Sanction and referral system through the Office of the Vice President for Student Services and Dean of Students, and Student Health Service/Health Iowa for violations of the Code of Student Life pertaining to substances

HOW THE AVAILABILITY OF THESE PROGRAMS IS MADE KNOWN TO STUDENTS AND PARENTS:

- Letters and communications sent to all incoming students and their parents/guardians on the alcohol and drug policies and AlcoholEdu for College requirement
- Residence Hall Guidebooks provided to all live-in members during move in
- Newsletters from departments such as the Parent Times, Registrar newsletter, etc.
- Bulletin boards
- Program websites
- Pamphlets/brochures
- Email messages
- Iowa Memorial Union Display Cases
- Event Tracker (University of Iowa planner)
- Presentations in academic classes, for student organizations, and for residence hall groups
- Promotional Items provided to students, staff, faculty, and community such as pens, clips, stress relievers, boomerangs, t-shirts, etc.
- Summer Orientation program
- Cambus Poster placement (student-run bus system)
- Health Ninja's (Peer Health Program)
- Daily Iowan advertisements
- Trainings with Resident Assistants, Orientation Advisors, Academic Advising, Student Services staff, and other departments and staff members with student contact

EVALUATION OF THESE PROGRAMS

All of the programs have either a built-in evaluation, such as AlcoholEdu for College, a qualitative survey evaluation provided to each participant at the completion of the program, or an evaluation created based upon comparative data, such as recidivism rates for discipline. Evaluations and outcomes assessment is done at the completion of programs or at the end of an academic year dependent on the type of program. For example, AlcoholEdu is evaluated each spring once the aggregate data is received from the company while the Seminar on Substances course is evaluated at the end of the academic year for the annual report. Evaluations and outcomes assessment is done regularly in order to inform the University of student needs, revisions needed to continue a program, and the necessity of additional programs and information.

Iowa State University

DESCRIPTIONS OF DRUG AND ALCOHOL PROGRAMS AVAILABLE TO STUDENTS ON THE CAMPUSES

At Iowa State University, the programs available related to substance abuse include both prevention and intervention programming primarily through two separate offices.

- The Substance Abuse Prevention office provides educational presentations by request to various classes, groups, and organizations. Additionally, this office maintains a resource library (with books, manuals, reports, DVD's, posters, pamphlets, and other resources), provides alcohol and other drug information on-line, host an on-line alcohol use and a separate marijuana use assessment at their website, sponsor speakers and educational/health promotional days and weeks related to substance use throughout the year, make referrals to the appropriate resources on and off-campus, speak to parents and students with questions or issues that need to be addressed, and advise and support the alcohol-free programming group, ISU AfterDark, which sponsors free campus late night activities as an alternative to weekend parties for ISU students.
- The Student Counseling Services office provides a substance abuse intervention program that includes clinical screening and assessment for substance abuse and dependency issues, and short term counseling sessions, if necessary. They refer to community agencies for out-patient substance abuse treatment and court-approved assessments.

HOW THE AVAILABILITY OF THESE PROGRAMS IS MADE KNOWN TO STUDENTS AND PARENTS

The availability of these programs is made known through resource fairs, communication with Department of Residence staff and other departments on campus, through a newsletter sent to advisors, faculty, staff, and student services offices across campus (Prevention Update), through presentations given and referral by various offices. Information is provided in pamphlet and flyer form, services and events are promoted in the Iowa State Daily newspaper, and a website is easily accessible to anyone looking for substance abuse services on the Iowa State campus.

EVALUATION OF THESE PROGRAMS

Evaluations of some events/activities held by the office occur at the events through short surveys, meant to improve programs for the future. An on-line ISU student alcohol and drug survey is facilitated to determine levels of student alcohol and drug use, trends of use, perceptions, factors that might impact use, and to determine areas of increased need for additional or expanded programming.

University of Northern Iowa

DESCRIPTIONS OF DRUG AND ALCOHOL PROGRAMS AVAILABLE TO STUDENTS

In order to reduce illegal and high risk use of drugs and alcoholic beverages by students at the University of Northern Iowa, a comprehensive and integrated set of strategies and tactics are employed. The overall effort combines enforcement, education, intervention, and treatment.

- 24/7 access to the E-Toke, online assessment of marijuana use
- 24/7 access to the online alcohol assessment tool provided via the “Screening for Mental Health” organization
- A campus police force of more than 25 fully certified, sworn police officers and dispatchers which respond to substance abuse incidents on a 24-hour basis. Officers enforce alcohol and other drug-related laws and regulations.
- Maintenance of a data base of all campus alcohol and other drug-related incidents to track drug and alcohol trends
- Substance abuse evaluations to diagnose abuse and dependency and to refer for appropriate services
- Promotion of and referral to the American Association of Suicidology-certified “Foundation 2 Crisis” Hotline
- Consultative services with family, friends, and significant others who have concerns about a student’s use of substances
- Assistance with development of an after-care plan for students leaving substance abuse treatment and reintegrating into campus
- Pharmacological therapies (when appropriate) via the UNI Student Health Clinic and Pharmacy
- Individual and group counseling without charge via the UNI Counseling Center
- A tiered series of educational interventions for students who have violated UNI Alcohol and Other Drug policy
- Policy initiatives to address alcohol and other drug abuse by students
- *Thursdaze* event programming to offer social/entertainment alternatives to drinking
- Annual distribution the following information to all students: UNI’s alcohol and drug policy and related sanctions, counseling services, penalties for violations of local, state and federal laws, health risks of alcohol and drug abuse
- Outreach/training addressing acute alcohol intoxication and when to seek help
- Distribution of BAC (Blood Alcohol Concentration) Zone wallet cards
- A UNI Certificate program designed to prepare Social Work majors for the field of substance abuse treatment.
- An NCAA drug testing program
- University representation on the Cedar Valley’s Promise substance abuse task team
- University membership in the “Network: Addressing Collegiate Alcohol and Other Drug Issues”

HOW THE AVAILABILITY OF THESE PROGRAMS IS MADE KNOWN TO STUDENTS AND PARENTS

Programs and services described above are communicated to student, parents, the University community and the public via a variety of methods:

- Program websites
- Pamphlets/brochures
- Bulletin boards
- Kiosks
- Presentations in academic classes, for student organizations, and for residence hall groups
- Distribution of promotional items (e.g. magnets, pens, chips clips)
- Email messages
- Publications (e.g. Panther Planner, schedule of classes)
- New student orientation (summer for fall term plus the beginning of each semester)
- Large-scale events e.g. Safedate Tailgate, Homecoming

- Campus newspaper advertising
- Electronic message boards
- Peer Health Education program
- In-service trainings with Resident Assistants, Counseling Center, Health Clinic, and Public Safety staff
- New employee orientation training in problem identification and referral of students with substance abuse problems
- Participation in National Alcohol Screening Day

EVALUATION OF THESE PROGRAMS

Different approaches to evaluation are undertaken depending upon the nature of the given activity:

- Pre-assessment and 30 – 60 day post-assessment of students who have completed the online “AlcoholEdu” course
- Arrest data
- Substance Abuse Services program referral data
- Counseling Center data
- Recidivism data (for University discipline cases)
- Administration of the American College Health Association assessment, a nationally-recognized research survey, to collect data concerning students’ drinking and drug use, associated negative consequences and perceptions of their peers’ use (February 2008 implementation)
- Client satisfaction surveys