



University *of* San Diego

CENTER FOR HEALTH AND WELLNESS PROMOTION

2010 Biennial Review

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Addendum 1: Part 86 Letter

I. STATEMENT OF ALCOHOL AND OTHER DRUGS (AOD) PROGRAM GOALS AND A DISCUSSION OF GOAL ACHIEVEMENT

The Center for Health and Wellness Promotion (CHWP) is committed to advancing knowledge of alcohol and other drug (AOD) related issues at the University of San Diego (USD) through the implementation of scientifically based prevention practices, assessment and services. As part of the Wellness Division, the department is committed to creating a welcoming and inclusive community characterized by opportunities for physical, social, spiritual, emotional and cultural growth.

II. CENTER FOR HEALTH AND WELLNESS PROMOTION GUIDING PRINCIPLES

- Engage, empower, and advocate for the growth potential of USD students to be active and responsible members of the USD community.
- Create an environment of inclusion to maximize the spiritual, emotional, cultural, social, physical and academic growth of our community.
- Respect differences, value diversity and promote the positive growth of individuals.
- Embrace the USD and CHWP mission statements and embody the ethics and guidelines of social science professions.
- Collaborate with community partners, scholars and practitioners on all levels to enhance the field of alcohol and other drug treatment and prevention.
- Contribute to the body of knowledge in the field of alcohol and other drugs, pursue outside resources, utilize empirically supported best practices, and affect positive systemic change through our work.

III. CENTER FOR HEALTH AND WELLNESS PROMOTION PROGRAM GOALS

Alcohol and other drug use and abuse pose a potential risk to the health, safety and educational experiences of our students and staff. The negative effects of use and abuse may be further felt in the community through noise (loud parties), vehicle crashes, impaired drivers, vandalism, acts of intolerance and hate crimes, and the use of campus and community resources such as public safety, police, paramedics, detoxification centers, and health service personnel. Consistent with the core values of USD, we seek to reduce and prevent problems associated with alcohol and other drug use and abuse by students through the provision of programs and services. The University of San Diego has a Student Code of Conduct which includes parental notification policies, alcohol education programs, and cooperative arrangements with community law enforcement officials. CHWP programs and services seek to address developmental life issues with students and provide them with strategies for successful growth. On a macro level, CHWP seeks to work collaboratively with the larger USD community in creating environmental management systems which help reduce risk. CHWP representatives serve in leadership roles in relevant collegiate organizations.

IV. DESCRIPTION OF ALCOHOL AND OTHER DRUGS (AOD) PROGRAM ELEMENTS

- A. ***Tertiary Prevention:*** The focus of tertiary prevention is treating a wellness problem once it has developed so as to eliminate the problem or prevent it from worsening. (Caplan, 1964)

Tertiary services provide students, who exhibit high-risk behaviors, opportunities for interventions based on best practices (Short-term Motivational Interviewing, Cognitive Behavioral Interventions, Social Norming, and 12-Step Facilitation). Over 90 percent of CHWP clients were referred as a mandated sanction for AOD related issues adjudicated through USD Student Conduct. Other referrals, including self-referred students, comprised approximately 9 percent of the remaining referrals to CHWP.

- **Individual Assessments and Consultations**

The goal of individual assessments and consultations is to change the behaviors of those who experience serious consequences because of their alcohol and other drug use. The meetings focus on motivating students to reflect on high-risk behaviors and attitudes that potentially jeopardize their ability to achieve their academic and personal goals. Results of assessment sessions are evaluated and used to generate individual treatment protocols.

- **Twelve-Step Facilitation and After Care Services**

USD offers supportive services for students engaged in alcohol and other drug recovery and for those students motivated to address alcohol and other drug dependency. Services include transition planning, professional counseling and referrals, 12-step facilitation, peer and alumni mentoring, and on-campus support groups. Consultations are provided to the whole USD community including students, parents, siblings, faculty, and staff.

- B. ***Secondary Prevention:*** The focus of secondary prevention is early identification and treatment of health (wellness) problems. (Caplan, 1964)

- **Alcohol and Other Drug Discussion Groups**
Alcohol 101 and Alcohol 201

Discussion groups are based on empirically established best practices and facilitated by Student Wellness professionals for students who have received low-risk alcohol violations. During the 2008-2009 academic year 319 students participated, and during the 2009-2010 academic year 246 students participated.

- **Peer Education – Campus Connections**

Campus Connections is a student organization, which provides education to the USD community and sponsors alternative behavioral activities. Campus Connections members are BACCHUS Certified Peer Educators (CPE), meaning they have been trained on topics such as: understanding prevention, helping skills, general education related to health and safety, referring peers to professionals, conducting educational programs and events, and using leadership skills to enhance one's sphere of influence. BACCHUS is the most recognized national organization dedicated to addressing substance related problems through peer education.

- **Peer Education – Sexual Assault Peers**

The sexual assault peer education program at USD is a collaborative effort between the Center for Health and Wellness Promotion, the Women’s Center, and the Marriage and Family Therapy program. It is a very unique program that allows undergraduate students the opportunity to gain valuable and practical experience in a counseling setting, while providing support and appropriate resources to those impacted by sexual violence. This program is a graduate level experience available for a select group of students.

- **College Cab – Safe Ride Program**

College Cab is a safe ride program for students who find themselves in high-risk situations. Undergraduate students pay \$10 per usage and all other costs incurred are paid by Associated Students. During the 2008-2010 academic years, College Cab was utilized 635 times by the USD student community.

- **Programs and Training for Specific Populations**

Training is regularly provided for Residential Life staff as well as specialized groups on campus such as Greek Life and Athletics. In addition to the ongoing outreach efforts that occur with student populations engaged in the Greek experience, a partnership has been established which provides enhanced opportunities to partner and train Greek Advisors. Further, the Student Wellness division partnered with Athletics to enhance prevention efforts for student athletes. In January 2009, a team of student athletes and administrators attended a substance abuse prevention conference, supported by the NCAA, in an effort to begin the facilitation of enhanced prevention efforts. Both Athletics and Greek Life are currently working with CHWP to provide ongoing bystander intervention training to members of these communities.

- **Code of Conduct and Disciplinary Procedures**

The University Code of Conduct, disciplinary sanctions, and discipline procedures are clearly defined and available for review online. (Refer to www.sandiego.edu/conduct, to access the Code.) Further, the Department of Public Safety and the Department of Residential Life have well-defined policies and procedures in place. Students may be transported to a local detoxification center or hospital if they are over the legal limit and if they demonstrate an inability to function on their own. Public Safety and the San Diego Police Department also have a cooperative agreement permitting shared information regarding violations.

C. *Primary Prevention:* The focus of primary efforts is to target groups of “currently unaffected people for purposes of helping them to continue functioning in healthy ways, free from disturbances” (Coyne, 1987, p. 6).

- **MyStudentBody**

MyStudentBody is an online education course that teaches basic facts about alcohol and other drugs. The purpose of the course is to reduce alcohol-related problems among first-year students. MyStudentBody is a mandate for all residential first-year students and each year over 90 percent of first-year students complete the entire program.

In addition to the web based alcohol course, MyStudentBody serves as a wellness resource, available 24/7, for USD students to access a variety of college student wellness topics, including alcohol and drug use, tobacco use, nutrition and stress, with motivational self-assessments modeled on the effective BASICS program.

- **Off-Campus Living Guide**

As part of the university-wide Committee on Health and Wellness Initiatives (CoHWI), an Off-Campus Living Guide was developed to help students transitioning from living on campus to living in the greater San Diego area. This guide is updated every other year.

- **Alcohol and Other Drug Screenings**

In January 2009, the Counseling Center and Student Health Center increased the use of empirically based alcohol and other drug screening and intervention tools to identify and provide appropriate interventions for those who may be at risk for alcohol or other drug abuse. The Student Health Center is an ideal location for screening students because it provides primary care services for almost half of the USD student population every year.

- **Direct Contact with Local Businesses to Stop Alcohol Related Marketing Efforts and Services Targeted Directly Toward College Students**

The Office of Student Affairs has a protocol to address environmental concerns, related to alcohol marketing directed toward college students, by sending cease and desist letters to all known vendors and promoters. Businesses in downtown San Diego and across the border in Tijuana, Mexico, that specifically market events at nightclubs to USD students, are sent letters.

V. SUMMARY OF ALCOHOL AND OTHER DRUG (AOD) PROGRAM STRENGTHS AND WEAKNESSES

The University of San Diego continues to demonstrate a financial commitment to developing AOD programs and services. Our primary strengths include quality interventions at all levels of the public health prevention model, environmental management strategies, and a long standing collaboration with leadership in community based coalitions. Our greatest area of growth is continuing to enhance our primary prevention effects through enhanced peer education

VI. PROCEDURE FOR DISTRIBUTING ANNUAL ALCOHOL AND OTHER DRUG (AOD) NOTIFICATION TO STUDENTS AND EMPLOYEES

A policy statement is currently included in the employee handbook and a letter from Human Resources is sent to every employee at the beginning of each year. This letter meets DSFA standards. The AOD policies for students are available on the USD website (www.sandiego.edu/conduct). CHWP ensures all USD community members are informed of all AOD policies through the Part 86 letter (see Addendum 1 below). The Part 86 letter is intentionally distributed mid October, just prior to Halloween, due to the high incidents of alcohol and other drug problems that occur during this time.

VII. COPY OF THE POLICIES DISTRIBUTED TO STUDENTS AND EMPLOYEES

All policies for employees and students can be found online at:
www.sandiego.edu/conduct
www.sandiego.edu/legal/upolicies.php

VIII. RECOMMENDATIONS FOR REVISING ALCOHOL AND OTHER DRUGS (AOD) PROGRAMS

The comprehensive plan adopted by CHWP allows for a continuous needs assessment and evaluation, allowing AOD prevention programs to be more responsive to the USD community.

Therefore, primary recommendations for revising AOD programs are as follows:

1. Continue to improve the distribution of AOD policies to all students, faculty and staff.
2. Continue to broaden the scope of communication, coordination and collaboration of AOD programs throughout the campus.
3. Continue to review alcohol policies on campus.
4. Continue to develop, implement and evaluate evidence-based AOD practices.
5. Work with appropriate campus groups to broaden the scope of programs and services.
6. Enhance the use of social norms; specifically, exploring social norm campaigns for unique USD student groups.

Date: October 26, 2010

To: All University of San Diego Students
From: Carmen M. Vazquez, Vice President for Student Affairs
Re: USD Alcohol and Other Drug Policies and Resources – Part 86 letter

Dear USD Student,

In compliance with Part 86 of the Drug Free Schools and Campuses regulations, this memorandum is presented to provide University of San Diego (USD) students with the following: (1) a description of the health risks associated with the use of alcohol and other drugs (2) a description of campus resources available to students including prevention and treatment resources (3) applicable federal, state, and legal sanctions and (4) disciplinary sanctions as outlined in the USD Student Code of Rights and Responsibilities. In addition, this memorandum serves as an opportunity to solicit your compliance with these policies and encourage your active participation in fostering a responsible, safe and caring community.

ALCOHOL AND OTHER DRUG HEALTH RISKS:

The use and abuse of alcohol and other drugs can cause a number of problematic changes in behavior and physiology. Alcohol or substance dependence occurs when a person continues their use despite recurrent social, interpersonal, physical and/or legal consequences.

Alcohol: The use of alcohol can lead to consequences such as sexual assault, vandalism, injury, impaired academic performance and life-threatening medical concerns. If you discover someone who is excessively intoxicated, unconscious or in need of emergency assistance, please dial the Department of Public Safety at (619) 260-4600, ext.2222 if on campus, or 911 if off campus. Doing so may save someone's life.

Cannabis (Marijuana, Hashish): The use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time, and reduce coordination and energy level. Its effect can last for more than 4-6 hours after being used. Contrary to popular belief, marijuana is both physically and emotionally addictive.

Prescription Drugs (i.e. Anti-depressants, Pain Suppressants, Stimulants and Tranquilizers): Prescription drugs should ONLY be used when prescribed under the supervision of a licensed physician. If abused, they can lead to sluggishness or hyperactivity, impaired reflexes, liver and kidney damage, addiction, and nervous system damage.

Hallucinogens (LSD, Ecstasy and PCP): Hallucinogens can cause panic, confusion, suspicion, anxiety, hallucinations and loss of control. Delayed effects can occur, including ongoing loss of concentration and memory. Frequent use can cause permanent loss of some mental functions.

Cocaine/ Crack: The immediate effects of cocaine include dilated pupils and elevated blood pressure, heart rate, respiratory rate and body temperature, followed by depression. Crack can cause delirium, hallucinations, blurred vision, severe chest pain, muscle spasms, and even death. These drugs cause a temporary feeling of power, impairing judgment and decision making.

Amphetamines (Crystal, Speed, Crank, and Meth): Amphetamines are highly addictive stimulants, which can cause one to "rush" around and appear stimulated. Amphetamines can also cause rapid or irregular heartbeat, loss of coordination, collapse, and even death. Continued stimulant abuse can lead to mood swings, irritability, depression, sleeplessness, and even altered personality and paranoia.

Heroin: Heroin causes the body to have diminished pain reactions and is highly addictive both physically and emotionally. It can cause disinterest in relationships, personal productivity, and workplace safety. The use of heroin can result in coma and death. Commonly used intravenously, heroin use is associated with a wide range of physical health problems (i.e., AIDS, hepatitis).

CAMPUS RESOURCES:

Resources and referrals are available for students who have concerns regarding their own or someone else's use of alcohol and/or other drugs. For information and assistance, students are encouraged to contact one of the following offices:

Center for Health and Wellness Promotion
Hahn University Center, Room 161
619-260-4618
www.sandiego.edu/chwp

Counseling Center
Serra Hall, Room 300
619-260-4655
www.sandiego.edu/usdcc

Student Health Center
Camino Hall, Room 161
619-260-4595
www.sandiego.edu/healthcenter

USD Public Safety
Hughes Administration Hall, Room 150
619-260-7777
www.sandiego.edu/safety

Knowing how to cope with problems and keeping yourself informed are important steps in successfully navigating the rigorous demands of college life. USD provides useful and informative preventative education programs throughout the year. A variety of departments sponsor programs, workshops and lectures on alcohol and other drug issues to support healthy lifestyles. Some of these departments include:

Associated Students
Student Life Pavilion, Third Floor
619-260-4715
www.sandiego.edu/associatedstudents

Athletics
Jenny Craig Pavilion
619-260-5931
www.sandiego.edu/athletics

Greek Life
Student Life Pavilion, Third Floor
619-260-4802
www.sandiego.edu/greeklife

Residential Life
Missions Crossroads, Room 125
619-260-7656
www.sandiego.edu/residentiallife

LAWS AND CAMPUS POLICIES:

In California (CA) it is illegal for anyone under the age of 21 to consume, purchase or possess alcohol. If you violate these laws you are subject to a fine of at least \$250 and suspension of your driving privileges. For more information about California laws, visit the California Department of Alcoholic Beverage Control: www.abc.ca.gov/LawsRulesReg.html

Campus standards of conduct are outlined in the USD Student Code of Rights and Responsibilities, which is clearly written in the Undergraduate and Graduate Handbook. These handbooks are located online at:

www.sandiego.edu/archways
www.sandiego.edu/about/gradbulletin/GradBulletin_09.pdf
www.sandiego.edu/law/current/student_handbook/additional_policies.php

Campus standards prohibit the sale, distribution, use, and possession of illicit drugs on University property or as any part of University-sponsored events or activities. Students who violate these standards of conduct will face judicial proceedings and may face suspension or expulsion from the University. In addition, the University will cooperate with governmental authorities in criminal and civil actions. The University does not accept alcohol or other drug use as an excuse for any act of abuse, intimidation, violence, harassment, or vandalism. For a complete outline of the University's alcohol policy go to www.sandiego.edu/conduct.

Students who possess, use or distribute illegal or controlled substances (i.e. marijuana, cocaine, methamphetamines, and/or unauthorized prescription medications) are subject to fines, arrest and imprisonment in accordance with University policies regarding illicit drugs and state and federal laws. Possession, consumption, or sale of beer or wine is permitted at designated campus locations only with prior written approval of the designated representative of the Vice President, Student Affairs.

Residential Life, Athletics, Greek Life and other programs have additional policies regarding alcohol and other drugs. Please contact the relevant administrative offices for more information.

In accordance with FERPA 34 C.R.F. & 99.31 and the Higher Education Amendment of 1998, parents of a student who is under the age of 21 may be notified by a representative from the Office of Student Affairs in connection with the use or possession of alcohol and/or an illegal or controlled substance in violation of law or institutional policy.

As a member of the USD student community, you are responsible for your behavior and will be held fully accountable for your actions, both on and off campus. Each student is individually responsible for adhering to the USD Student Code of Rights and Responsibilities (www.sandiego.edu/conduct). Violations of the Code of Conduct will be subject to disciplinary procedures. Students may be expelled, suspended, or placed on University probation for violating state and federal laws.

USD is a private university and considered private property. The USD Department of Public Safety is charged with the primary responsibility of maintaining a safe campus environment at USD. The authority to enforce University of San Diego policy is established by the Board of Trustees. The San Diego Police Department (SDPD), through a Memorandum of Understanding, permits USD Public Safety to investigate misdemeanor crimes occurring on university property. The SDPD, however, is the primary reporting and investigating agency for any violent crimes or other felonies that might occur on university property.

The USD Department of Public Safety is empowered to enforce state laws (misdemeanors only) and San Diego Municipal Code and University regulations such as possession of alcohol by a minor, public drunkenness, driving under the influence, local noise abatement laws, and social host ordinances. For additional information about the Department of Public Safety, please visit their web site at www.sandiego.edu/safety.

The University of San Diego is committed to upholding the alcohol and other drug policies contained in the USD Student Code of Rights and Responsibilities. These policies, combined with alcohol and other drug prevention programs, intervention resources and environmental management strategies, contribute greatly to the overall wellness and safety of both the individual student and the greater USD community.

Sincerely,

Carmen M. Vazquez
Vice President for Student Affairs