2014 Biennial Review

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Addendum 1: Part 86 Letter
I. STATEMENT OF ALCOHOL AND OTHER DRUG (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 empirically 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 University of San Diego 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 clients were referred as a mandated sanction to address AOD related concerns adjudicated through USD Student Conduct. Other referrals, including self-referred students, comprised approximately 9 percent of the remaining AOD related referrals.

**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 Classes**
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 2012-2013 academic year 159 students participated, and during the 2013-2014 academic year 161 students participated.

**Marijuana E-Checkup TO GO!**
The Marijuana E-Checkup TO GO is a brief web-based assessment that provides personalized feedback on how marijuana is affecting a person’s life. Any student interested in taking the Marijuana E-Checkup TO GO is welcome to do so. Currently, the Office of the Assistant Dean of Students can mandate a student to complete this assessment and other campus stakeholders can encourage students to complete this assessment. The assessment is available to any student via the Center for Health and Wellness Promotion web site and campus resources are provided to students who access this assessment tool.

**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 2012-2013 and 2013-2014 academic years, College Cab was utilized 138 times by the USD undergraduate 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. 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.

Grants
During the 2013-2014 academic year Student Wellness authored the “University of San Diego Suicide Prevention” grant proposal and was awarded a $300,000, three-year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). As alcohol and other drug use and abuse is a significant risk factor for suicide among college age populations, and alcohol use has been associated with increased rates of suicidal ideation, the University of San Diego has been able to enhance our primary and secondary prevention efforts and allowed us to enhance and create promotional materials to reduce problematic substance use and abuse. Additionally, we have been able to disseminate these promotional materials across the campus through partnerships and coalitions, increase interactive educational interventions and the knowledge and skill base of those
spearheading interventions, and provided us with greater resources to continue to improve the AOD prevention efforts of peer educators at USD.

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 prevention based education course that examines significant risks college students face related to alcohol and other drugs, and provides tools and strategies for how to minimize these risks. 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 94 percent of first-year students complete the 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. Resources can be accessed through the Center for Health and Wellness Promotion web page.

Orientation Programming
The Student Wellness area is responsible for providing an in-person wellness orientation for all first-year and transfer students; this program is a component of the larger comprehensive university orientation program. Key learning outcomes for this program specific to alcohol and other drug use and abuse focus on: decision making and the possible consequences; distinguishing between reality and typical misconceptions; making healthy choices and harm reduction strategies; the student Code of Conduct, policies and applicable laws; sexual assault prevention and protocols; campus resources to support the needs of students.

Alcohol and Other Drug Screenings
Student Wellness at the University of San Diego (i.e. the Center for Health and Wellness Promotion, Counseling Center, Disability and Learning Difference Resource Center, and Student Health Center) continues to provide comprehensive wellness support to students through multiple points of entry. One way this manifests is through the use of empirically based alcohol and other drug screenings and intervention tools to identify and provide appropriate interventions for those who may be at risk for alcohol and other drug abuse. Alcohol and other drug screenings are conducted two distinct ways at USD.

The first is at the USD Student Health Center. The Health Center is an ideal location for screening students because it provides primary care services for almost half of the student population every year. All initial patient visits at the Student Health Center are screened for alcohol and other drug use and abuse, and collaborative care interventions are provided for students identified as high risk.

The second is at the USD Mental Health Screening event that happens once a semester. These screenings take place in a non-clinical location and are designed to increase awareness and reduce stigma related to mental health, and help students think critically about the role alcohol and other drugs play in a university setting. All students who attend the event are screened for anxiety,
depression, suicidal ideation, and alcohol and other drugs, and are then required to check-in with a mental health professional (regardless of the screening results) for a free, short, confidential assessment. At this assessment all students receive educational information about anxiety, depression, and alcohol and other drugs. Students identified as high risk are scheduled for a follow-up appointment with a mental health professional.

**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 that specifically market events at nightclubs to USD students are sent letters.

**Smoke Free Campus Initiative**

As part of the university-wide Smoke-Free Campus Initiative, a committee has been formed and a Tobacco Cessation Coordinator has been hired to help make the University of San Diego smoke-free starting August 2015.

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/policies
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.
7. Work with university officials to make the University of San Diego a Smoke-Free Campus, starting August 2015.
Dear USD Student,

As you are well aware, the use and/or abuse of alcohol and other drugs can have a negative impact on the well-being of college students and on our USD community. In an effort to educate, call our community to action, help those in need, and comply with Part 86 of the Drug Free Schools and Campuses regulations, this in-depth memorandum is being provided to the USD student community. I ask for your compliance with alcohol and other drug policies and encourage your active participation in fostering a responsible, safe, and caring community. Please keep this memorandum as a resource for you to refer to throughout the academic year.

This memorandum will outline the following: (1) a description of campus resources available to students including prevention and treatment resources, (2) applicable federal, state, and legal laws, (3) USD sanctions and policies, as outlined in the USD Student Code of Rights and Responsibilities, and (4) a description of the health risks associated with the use and/or abuse of alcohol and other drugs.

CAMPUS RESOURCES:
Knowing how to cope with problems and keeping yourself informed are important steps in successfully navigating the rigorous demands of college life.

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/usdec

Student Health Center
Maher Hall, Room 140
619-260-4595
www.sandiego.edu/healthcenter
If you discover someone who is excessively intoxicated, unconscious, or in need of emergency assistance, do not hesitate to immediately dial the Department of Public Safety at 619-260-2222 (extension x.2222 if on campus), or 911 if off campus. Doing so may save someone's life.

Further, 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. For an up to date listing of these programs, please refer to the Torero Life webpage at www.sandiego.edu/torerolife.

**LAWS AND CAMPUS POLICIES:**
In California 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 driving privileges. For more information about California laws, visit the California Department of Alcoholic Beverage Control at www.abc.ca.gov/LawsRulesReg.html.

Campus standards of conduct are outlined in the USD Student Code of Rights and Responsibilities (The Code). As a member of the USD student community, you are responsible for your behavior and are fully accountable for your actions, both on and off campus.

Campus standards prohibit the sale, distribution, use, and possession of illicit drugs on University property or as part of any University-sponsored events or activities. Students who violate these standards of conduct will face conduct 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 conduct violation. For a complete outline of the University's alcohol and other drug policies, please visit www.sandiego.edu/conduct/the_code.

Students who possess, use, or distribute illegal or controlled substances (e.g. marijuana, cocaine, methamphetamines, 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 only permitted at designated campus locations with prior written approval from 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, the parent(s) 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 which is in violation of law or institutional policy.

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 USD property. The SDPD, however, is the primary reporting and investigating agency for any violent crimes or other felonies that might occur on USD 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 www.sandiego.edu/safety.

**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. For basic information about the risk of alcohol and other drugs please visit www.sandiego.edu/chwp/resources/aodhealthrisks.php.

USD is committed to upholding the alcohol and other drug policies outlined 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, Student Affairs