



Biennial Review of Transylvania University's Alcohol and Other Drug Programs 2012-14

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Introduction to the Drug-Free Schools and Campuses Act

The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require an institution of higher education (IHE) such as Transylvania University to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by Transylvania

University students and employees on its premises. At a minimum, each institution of higher education must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees both on school premises and as part of any of its activities
- A description of the legal sanctions under local, state, or federal law for the unlawful possession, or distribution of, illicit drugs and alcohol
- A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct

Compliance with the Drug-Free Schools and Campuses Act

To meet compliance, the 2014 Biennial Review of the Transylvania University alcohol and other drug related policies and programs was conducted in October 2014. The objectives of the review as stated by the U.S. Department of Education include:

- Determining the effectiveness of and to implementing any needed changes to alcohol and other drug programs
- Ensuring that the disciplinary sanctions for violating standards of conduct are enforced consistently

The dean of students, or designee, is required to supply a signed statement certifying the Biennial Review to acknowledge awareness of the recommendations within the report. Both the signed statement by the dean of students' office and a final copy of the 2012 report are kept on file at Transylvania University in the office of the director of Health and Wellness in the event the university is audited by the Higher Education Center for Alcohol and Other Drug Prevention, a designee of the U.S. Department of Education. Institutions of higher education are not required to submit the certification or report to the U.S. Department of Education.

Alcohol and Other Drug (AOD) Program Goals

Transylvania University is committed to ensuring, to the best of its ability, that its students, staff, and faculty are aware of the AOD abuse, have appropriate information and resources to ameliorate such abuse, and are subjected to appropriate enforcement regarding the

inappropriate or illegal use or abuse of such substances on campus and at other venues that involve university community members.

Goal 1:

Health and Wellness will increase alcohol awareness on our campus through assessment, interactive social norming, passive education, and bystander interventions.

Goal 2:

Health and Wellness will partner with Student Involvement and Leadership to create a cultural shift by engaging a majority of people on our campus in alcohol-free activities through the creation of environmental changes and social programming.

Programs Addressing AOD Use and Abuse

- **AlcoholEDU** is a required, online, evidence-based prevention method specifically created for first-year and transfer students to create a highly personalized user experience that inspires them to reflect on and consider changing their drinking behaviors. The program motivates behavior change by:
 - Resetting unrealistic expectations about the effects of alcohol
 - Linking choices about drinking to academic and personal success
 - Helping students practice safer decision-making
 - Engaging students to create a healthier campus community
- **Alcohol-Free Late Night Programs** are free and offered on high-risk drinking nights to give students the option of an alternative, alcohol-free activity.
- **Brief Alcohol Screening and Intervention for College Students (BASICS)** is a prevention program for college students who drink alcohol heavily and have experienced, or are at risk for experiencing, alcohol-related problems. Following a harm-reduction approach, BASICS aims to motivate students to reduce alcohol use to decrease the negative consequences of drinking. It is delivered over the course of two one-hour interviews with a brief online assessment survey taken by the students after the first session. The first interview gathers information about the students' recent alcohol consumption patterns, personal beliefs about alcohol, and drinking history, while providing instructions for self-monitoring any drinking between sessions and preparing the student for the online assessment survey. Information from the online assessment survey is used to develop a customized feedback profile for use in the second interview, which compares personal alcohol use with alcohol use norms, reviews individualized negative consequences and risk factors, clarifies perceived risks and benefits of drinking, and provides options to assist in making changes to decrease or abstain from alcohol use. Based on principles of motivational interviewing, BASICS is delivered in an empathetic,

nonconfrontational, and nonjudgmental manner and is aimed at revealing the discrepancy between the students' risky drinking behavior and their goals and values. Trained personnel proficient in motivational interviewing deliver the intervention.

- **Counseling—Individual and Group** services are available on campus to students for free, and faculty and staff can use our employee assistance provider, The Woodland Group, for free. Counseling is available for substance abuse and other mental health concerns.
- **Office of Student Involvement and Leadership** requires fraternity and sorority officers to receive annual risk management training. The entire organization receives risk management training annually as well, but in a more condensed format.
- **Medical Amnesty** is a policy created for our students and visiting students. It states: "Formal disciplinary action for a violation of the alcohol policy will not be taken against those who seek or receive medical assistance for themselves or others." This policy is designed to allow students to take responsibility for one another.
- **National College Health Assessment (NCHA)** is a nationally recognized research survey made available to the student body to assist in collecting precise data about our students' health habits, behaviors, and perceptions.
- **NCAA Athletics** provides ongoing training to coaches and athletics staff. A group of student-athletes, coaches, and staff attend the annual Apple conference to work together to enhance education and policy enforcement.
- **New Student Orientation** provides required relevant parent and student presentations and activities to incoming students.
- **Residence Life Educational and Social Programming** works with Health and Wellness to provide ongoing training and education in the halls. They also support substance-free living and policy enforcement.
- **Safe-Rides** allows Transylvania University to partner with Yellow Cab of Lexington, providing cab vouchers for students in need of a safe ride. The vouchers allow the students freedom from paying at the time of the services. The bill is sent to Transylvania and the appropriate charges are added to the student's account.
- **Social Norming Educational Presentations** are interactive educational presentations given to Lifetime Fitness classes, Greek organizations, and first-year students to allow them to see first-hand the drinking and drug habits of their peer groups. Using clickers, the students can anonymously answer questions regarding these habits and see what actions their peers are performing versus the actions they perceive their peers are performing. The presentations motivate behavior change through changing students' perceptions of risky drinking habits and drug use.

Summaries of AOD Program Strengths and Weaknesses

Strengths

1. **Late-Night Programming:** Offering late-night programming provided students with an alcohol-free alternate activity on high-risk nights. The number of organizations reaching out to us for partnerships has increased greatly, and the students are taking more ownership over their projects/events.
2. **Student-Athlete Peer Education:** With the help of funding from the alcohol education program, the university was able to send a team of student-athletes and staff to the APPLE Conference, a leading national training symposium for substance abuse prevention and health promotion for student-athletes. Further, partnering with student-athletes has allowed us to hold events such as Powerade Pong, an educational game to raise awareness of alcohol consumption among college-aged students.
3. **Social Norming Educational Presentations:** Presenting to Greek organizations, athletic teams, and lifetime fitness classes allows the students to see firsthand that the perspective they may have regarding alcohol use among their peers may be incorrect. Being able to show a shift in perceived use versus actual use may decrease risky student behaviors involving alcohol and drug use. Additionally, the presentations provide education regarding alcohol consumption and drug use and the negative effects they can have on their social lives, mental health, physical health, and athletic performance. Further, the presentations teach the students responsible drinking, if they choose to consume alcohol.
4. **Holism:** The programming incorporates a holistic approach to educate the whole person. The use multiple educational approaches to educate students on the negative consequences of alcohol abuse through the combination of educational approaches allowed us to reach a large majority of students on our campus.
5. **Multilateralism:** Multilateral efforts implementing individual and environmental strategies and tactics yielded positive results. Embedding within Lifetime Fitness, the 26 BASICS sections administered, and the presented late-night programming are noteworthy.
6. **Decreased alcohol-related incidents:** Decrease in alcohol-related incidents testifies to the program's success. These include decreased vandalism, damage to physical plant, and percentage of students who use alcohol every day.

Weaknesses

1. **Primary and Secondary Programming:** The focus on secondary items associated with alcohol consumption, such as facts, statistics, and consequences, is greater than

the focus on primary items associated with alcohol consumption. For instance: Why is overconsumption/illegal consumption of alcohol an issue? Why do students believe harmful behavior related to alcohol consumption is appropriate? Why should students care about this? Why do Transy students believe this to be acceptable or expected behavior? The university's alcohol policy is consistent with state law prohibiting consumption of and serving of alcohol beverages by and to individuals who are under 21. In recognition of state law, but in hopes of also providing education for those under 21, a majority of our education efforts focus on responsible alcohol consumption and harm reduction. Creating a four-year education plan integrating education regarding refusal skills, harm reduction, and prevention into curriculum for all Transylvania students would potentially have a beneficial outcome.

2. **Role of Advisors and Coaches:** There is a continued need for faculty and staff advisors and coaches to contribute to alcohol and drug education/prevention. Methods of utilizing these key players need to be determined.
3. **Late-Night Programming:** There is a need to research the effectiveness of late-night programming to determine if there was a significant impact on reducing negative consequences associated with drinking by comparing calendar of events with judicial records. Increase student ownership of student programming by possibly adding an alcohol programming representative on the Student Activities Board. Work with a Campus Center student manager to assist with late-night programming.
4. **Peer Education:** Health and Wellness will work with the 100 Doors mentoring program to enlist peer educators to assist with health and wellness education while considering the need to add a student-led Health and Wellness Committee to assist the department with programming, education, and awareness.
5. **Drug Education:** According to statistics, over the last four years there has been an increase of marijuana use and the misuse of prescription drugs on campus; therefore, increasing the awareness of drug-related issues that affect college-aged students would be highly beneficial. A plan to incorporate more drug-related educational content into both social norming presentations and social media social norming campaigns is under way. Additionally, our campus security officers and residence life staff are trained to recognize the signs of drug use and abuse.
6. **Community Engagement:** Health and Wellness will work with the Lexington Police Department and alcohol distributors to decrease the sale of alcohol to minors and overconsumption in hopes of decreasing the instances of negative consequences of alcohol consumption.

Policies Addressing AOD Use and Abuse

The following policies can be found [here](#) in the student handbook:

- Alcohol Policy
- Drugs
- Protocol for Interactions Between Faculty/Staff and Students When Alcohol is Present
- Medical Amnesty Policy

The following policy can be found [here](#) in the employee handbook:

- Drug and Alcohol Policy

The following policy can be found [here](#) on the Transylvania University website:

- Alcohol and Drug Information

Distribution of AOD Policies to Students, Faculty, and Staff

The annual notification is distributed to employees and students in two separate mailings. The employee notification is disseminated by the director of human resources every October. Human resources also distributes hard copies in areas where employees may not readily access email, such as the physical plant. The student notification is disseminated by the associate dean of students via email every September beginning in 2015 after the Student Handbook is emailed out to all students. In email format, the document resides in the Google emails system (which is easily referred to) and the notification is kept as a page in the online Student Handbook.

Drug-Free Schools and Communities Act Compliance - Annual Notification for Students

Annually, this document is sent to all currently enrolled students via email. Please refer to Appendix A.

Drug-Free Schools and Communities Act Compliance - Annual Notification for Employees

Annually, this document is sent to all current faculty and staff members via email. Please refer to Appendix B.

In addition, all current students, staff, and faculty have access to Transylvania's AOD policies on the following websites.

Student Policy: <http://inside.transy.edu/help/alcohol.htm>
<http://inside.transy.edu/directories/policies.pdf>

Faculty and Staff Policy:

http://homepages.transy.edu/~HR/Employee_Handbook/Employee_Handbook_Final.pdf

AOD Information and Available Services

Transylvania University is committed to having resources available for students, faculty, and staff who are experiencing alcohol and/or drug abuse. Health, Wellness, and Counseling Services provides free counseling services to all currently enrolled students. Counseling Services may be reached at (859) 281-3682 or by email at counseling@transy.edu. In addition, Transylvania University's Health and Wellness Center has made resources available outside of the campus community for those who are affected by alcohol and/or drug abuse. The Health and Wellness Center may be reached by phone at (859) 281-3682 or by email at emcwilliams@transy.edu.

Prevention and Education

At Transylvania University, several offices work together to make prevention and education materials available regarding alcohol and other drug use. The university's AOD policies are available year-round on the following websites:

http://homepages.transy.edu/~HR/Employee_Handbook/Employee_Handbook_Final.pdf

<http://inside.transy.edu/help/alcohol.htm>

<http://inside.transy.edu/directories/policies.pdf>

The Health, Wellness, and Counseling Center provides a number of educational programs, campaigns, and workshops for those affected by alcohol and other drug abuse. For more information, contact the Health, Wellness, and Counseling Services Center by phone at (859) 281-3682, or by email at emcwilliams@transy.edu or counseling@transy.edu.

Analysis of Efficacy of AOD Use and Abuse Efforts**Goal 1:**

Health and Wellness will increase alcohol awareness on our campus through assessment, interactive social norming, passive education, and bystander interventions.

Assessment Methods:

Choices Incident Reporting Form, National College Health Assessment, and Small Group Harm Reduction Surveying using interactive clicker devices

Assessment Results:

Results that track our progress over three years are noted below.

- Physical Plant Overall Findings: A noticeable trend from year one (\$17,296.22) to year three (\$6,028.88) includes a decrease in both general and alcohol-related incidents, as well as the cost on those incidents.
- Residence Life Overall Findings: Over the course of three years there were a total of 247 alcohol-related incidents. The yearly changes in residence life student staffing (student resident advisors) led to difficulties identifying any noticeable trends; however, each student staff member of residence life is provided with ongoing training to reduce discrepancies.
- Department of Public Safety Overall Findings: Over the three years there were a total of 65 alcohol-related incidents. DPS saw a significant decrease in alcohol-related incidents in year three. From the start of our tracking we have had the same director of DPS, therefore the expectations for his officers have remained consistent.
- Orientation (including Parent Based Intervention): Data consistently suggests that less than half of our incoming first-year orientation students experienced negative consequences as a result of their drinking, which is below the national average. We also conducted several parent-based education sessions during summer and fall orientation.
- Athletics: Our data analysis suggests male athletes perform binge drinking more than female athletes and drink more frequently than female athletes. We will continue to focus on athletics and alcohol, which is a concern on our campus. Overall, 70% of our student athletes reported binge drinking, which data suggests is significantly higher than the NCAA 2014 report stating 44%.
- Greek Life: Our data analysis suggests that more than half (69%) of the Greek women on our campus have experienced negative consequences as a result of their drinking. Two of the sororities feel that the drinking among its members negatively impacts the sorority as a whole. We will continue to focus on sororities and alcohol education as we recognize that this is a concern on our campus. A majority (80.75%) of the men from each fraternity have experienced negative consequences as a result of their drinking. The majority of the men do not believe that drinking among the members gives their organization a bad image. The university's fraternity binge drinking rates are actually slightly lower than the national average for residential fraternity drinking according to the 2009 NASPA research; however the sorority drinking rates are slightly higher. Regardless, we will continue to focus on fraternities and alcohol, as we recognize that this is a concern on our campus, and the health and safety of our students is our number one priority.
- Results: From year one to year three, the number of students who reported using alcohol every day decreased 0.5%. The number of college students who reported driving after five or more drinks (0.8%) remained the same. The total number of

students who consumed four or fewer drinks last time they “partied” increased from 2011 to 2014 from 31.8% to 50.4%, which implies more students are drinking less when they “party.” The number of males reporting drinking seven or more drinks last time they partied decreased from 40.7% to 30.8%. The 2014 survey showed that the total number of students who did not consume five or more drinks in a sitting the last two weeks increased from 34.7% to 42.8%. Additionally, the total number of students who consumed five or more drinks six or more times in two weeks decreased from 2.0% to 0.6%.

- **Harm Reduction:** The total number of students who avoided drinking games increased from 33.6% to 41.1%, and the total number of students who chose not to drink alcohol when they partied increased from 24.5% to 28.2%. The total number of students that kept track of how many drinks they consumed increased from 65.8% to 70.6%, and the total number of students who paced their drinks to one or fewer an hour increased from 23.1% to 24.5%. The most popular harm-reduction strategy seemed to be eating before drinking; 79% of the students utilized this strategy.
- **Alcohol-Related Consequences:** The following statistics represent changes recorded from year one to year three. The total number of students that got in trouble with the police decreased from 2.8% to 2.1% and the total number of students who physically injured another person decreased from 3.4% to 0.7%. The total number of students who did something they later regretted increased from 35.6% to 42.9%, and the total number of students who forgot where they were and/or what they did increased from 33.8% to 38.3%. The total number of students who engaged in nonconsensual sexual intercourse decreased from 0.7% to 0.0%. The total number of students who did not use protection during sexual intercourse increased from 12.3% to 18.4%. The total number of students who seriously considered suicide as a result of their own drinking increased from 0.7% to 3.6%. The total number of students who reported experiencing negative consequences decreased from 58.2% to 53.4%. Incorporating sexual health education is a goal of the university in order to increase the use of protection and make aware the availability of protection on campus. Transylvania is looking to move forward in implementing this education in the 2015-16 school year and will continue to offer alcohol education presentations to the students and discuss strategies for decreasing negative consequences related to alcohol consumption.

Follow-Up

- We completed the third year of the CHOICES grant and were able to demonstrate a need in continuing to address alcohol on our campus. The university has agreed to institutionalize all of the components of the CHOICES project and has created permanent budget lines for all itemized areas of the proposed grant budget.

- We are engaging in 10 of the 15 NIAAA tier-one strategies proven to impact alcohol misuse with plans to review the remaining five.

Goal 2:

To create a cultural shift by engaging a majority of people on our campus in alcohol-free activities through the creation of environmental changes and social programming

Assessment Methods:

Choices Funding Request and Evaluation Form

Assessment Results:

To gather information regarding attendance at and perceived success at alcohol-free programming, we tracked late-night event participation and perceived success. Overall, data suggests the events were very successful, totaling 113 social events with an average of 140 in attendance. Considering the on-campus student population of 767 students, our numbers show approximately 18% of residents on campus attended the CHOICES events. The collective evaluation results showed the events met the goal of helping reduce harmful drinking.

Follow-Up:

As previously mentioned, we will continue to fund and support late-night programs to reduce alcohol misuse and to provide alternatives to harmful drinking behaviors. In the upcoming year, plans to pilot peer educators and to review the written alcohol policy are underway. With the construction of new living facilities, we hope to create environmental changes in the living spaces that reduce both harmful and illegal drinking behaviors and consequences.

AOD Program and Policy Recommendations

The following key campus and community colleagues were involved in reviewing Transylvania's prevention programs and recommending program revisions:

Aaron Roberts, Assistant Director of Student Involvement & Leadership

Ashley Hinton-Moncer, Director of Health and Wellness; Title IX Coordinator

Bob Brown, Associate Dean of Student Affairs

Erinn McWilliams, Administrative Assistant Health and Wellness; Health Educator

Gregg Muravchick, Director of Public Safety

Meg Upchurch, Professor of Psychology; Program Director, Neuroscience

Rhyan Conyers, Interim Vice President for Enrollment

Tristan Fretwell, Associate Director of Residence Life

The university's current program goals, activities, and outcomes have proven to be successful in reducing alcohol-related incidents; however, we must continue to work to identify the gaps in programming and community engagement to reduce over-consumption and underage drinking. On campus, we continue to see heavy episodic drinking that has led to injury, hospitalization, vandalism, sexual abuse, assault, unsafe sex, and property damage. Additionally, there are secondary consequences affecting students on campus, such as unwanted sexual advances and disrupted sleep and study. In our surrounding community, we also continue to see vandalism and illegal distribution of alcohol to minors and serving to those who are already intoxicated. There will be a continuance of both the evidence-based practice of social norming presentations and campaigns to address the primary issues regarding AOD on our campus and the late-night alcohol-free activities for our students. The strict enforcement of the university's current AOD policy for students, faculty, and staff will remain in effect. Recommendations to enhance the program include partnering with local bars to promote responsible, legal drinking through flyers and social media campaigns and increasing the promotion and education of responsible drinking behaviors to students who live off-campus, which would benefit the institution as well, because research has shown that focusing on an environmental approach to reducing high-risk behaviors in college-aged students related to AOD led to a decline in the number of alcohol-related incidents in the community. Other recommendations are looking at the program's defined weaknesses; building our primary and secondary AOD programming; identifying, creating, and expanding the roles of advisors and coaches; and creating a peer education program. Also, incorporating more extensive drug education into our curriculum will remain a critical priority of the university.

Appendix A: Student Notification

Greetings from the Dean of Students Office,

As a requirement of the Federal Drug-Free Schools and Communities Amendment Act, Transylvania University is responsible for compiling and ensuring the distribution and receipt of the university's policies, sanctions, and resources regarding alcohol and other drug (AOD) use to all students on a yearly basis. Questions about this policy and/or alcohol and other drug use, programs, or interventions should be directed to the Dean of Students Office at robrown@transy.edu or (859) 233-8889.

The university outlines all of its policies regarding alcohol and other drugs in the [Alcohol and Other Drugs portion of the Student Handbook](#). Further, should a student not abide by the policies of the university described in detail on these webpages, the Student Handbook contains the [standards of conduct](#) and the [student judicial system](#). In short, the use of alcohol is permitted for students of 21 years of age or older, according to the guidelines of the Kentucky Revised Statutes, on campus where the public does not have ready access. Additionally, students must abide by the quantities limitations imposed by the university which permits personal consumption of alcohol but not the purchase of quantities that would allow for distribution to others. All students are encouraged to read the policies closely and familiarize themselves with the material.

Also, the following information describes in detail the legal repercussions that could affect someone should they [violate state and/or federal laws pertaining to alcohol and other drugs](#). The Office of Health and Wellness is available for students who need counseling or medical help related to alcohol and other drugs. Services are described on the [website](#) of the office, which may be contacted at (859) 281-3682.

If there are further questions regarding this correspondence, please contact me at (859) 233-8889 or robrown@transy.edu.

Sincerely,

Robert C. Brown
Associate Dean of Student Affairs
Transylvania University

Appendix B: Human Resources Notification

Faculty and Staff,

I have provided a link to the [Transylvania University drug and alcohol policy](#) for you to read and retain for future reference. We are required to distribute this policy on an annual basis to maintain compliance with the Drug-Free Schools and Communities Act. If you have any questions, please contact me.

Thank you,

Jeff Mudrak
Director of Human Resources
Transylvania University
300 N. Broadway
Lexington, KY 40508
(859) 233-8701