

Alcohol and Drug Prevention & Education Program 2022 Biennial Review



This report was created through a joint effort between the offices of
the Director of Student Wellness, the
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I. Introduction

The Drug Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education's General Administrative Regulations (Edgar Part 86) requires institutions of higher education (IHEs) to adopt and implement drug and alcohol abuse prevention programs for students and employees. The University of Portland is committed to building a healthy campus community that promotes the well-being and success of all community members through education and prevention programs. This biennial review examines the effectiveness and impacts of drug and alcohol prevention programs and sanctions between AY 2020 – AY 2021 and assists in making recommendations or improvements for future programs.

As part of the Drug Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education's General Administrative Regulations (Edgar Part 86) requirements, University of Portland distributes and has available written materials for students and employees.

a. Alcohol & Other Drug (AOD) Policy Notifications – Students

University of Portland has a written alcohol and other drug policy that is widely distributed to all students each academic year through the student handbook. Additional information is distributed and available during the new student and transfer student orientation programs, First Year Workshop course, policy website, and mandatory online prevention course through Get Inclusive.

b. Alcohol & Other Drug (AOD) Policy Notifications – Employees

University of Portland has written alcohol and other drug policy that is distributed to all employees through new employee orientation and the annual Campus Safety Crime & Fire Report. Additional information is available through the Employee Assistance Program (EAP) benefits page and the Human Resources department.

II. University of Portland Policy¹

- a. Policies outlining student possession or use of alcohol and other drugs are detailed in our student handbook and are updated annually. The student handbook is published for students at <http://up.smartcatalogiq.com/Student-Handbook>, and paper copies are made available upon request. All University of Portland students receive communication at the beginning of the academic year with links to the publicly published expectations. This communication also notes any significant changes to the handbook.

¹ <https://up.smartcatalogiq.com/en/Student-Handbook/Student-Handbook>

b. Alcohol Possession and Use²

- i. No person under the age of 21 may lawfully possess or consume alcoholic beverages in the State of Oregon. Students may be subject to the University conduct process for underage possession, consumption, or transportation of alcoholic beverages or for providing alcoholic beverages to any person who is underage.
- ii. No person shall sell, give, or otherwise make available any alcoholic beverage to a person who is visibly intoxicated.
- iii. Entry into a licensed premise that restricts underage persons (e.g., a bar) by a person under the age of 21 or possessing false identification that misrepresents age or identity is prohibited.
- iv. Except for persons approved by the University and holding the appropriate state licenses, no one shall sell, either directly or indirectly, alcoholic beverages. Examples of prohibited conduct include, but are not limited to, charging admission to a party or selling cups.
- v. Students of legal drinking age may possess and consume alcohol on University property or at University sanctioned events subject to the following limitations:
 1. Intoxication by any student is prohibited. Symptoms of intoxication include, but are not limited to, the following: slurred speech, impaired motor coordination, vomiting, loss of consciousness, and loss of good judgment.
 2. Kegs, without the approval of a University official are prohibited in all residence halls, University rental properties, or anywhere else on University property.
 3. Within traditional residence halls (i.e., all University Residence Halls except Haggerty Hall, Tyson Hall, and University-owned rentals), the possession or consumption of alcoholic beverages that contain more than 14 percent (14%) alcohol by volume is prohibited.
 4. Students of legal drinking age may possess and transport reasonable quantities of sealed alcohol in suitable packaging through public areas of the university and common areas of residence halls.
 5. Students may not transport, possess, or consume alcoholic beverages in any common spaces. Examples include but are not limited to hallways, stairwells, lounges, classrooms, sidewalks, sports stadiums, or lawns.
 6. Students may not display signs or advertisements for alcoholic beverages in publicly visible places or as decorations in a residence hall.

² <https://up.smartcatalogiq.com/en/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Alcohol-Possession-and-Use>

7. Students may not possess or display collections of alcohol containers or any other drinking paraphernalia including but not limited to shot glasses or drinking game tables.
8. Abusive drinking is prohibited for students at University of Portland. Potential violations of this policy include but are not limited to: participating in drinking games, drinking to the point of physical illness, “shotgunning” alcohol, taking shots, and possessing beer bongs or other drinking devices.
9. Print, electronic, and broadcast media funded in full or in part by the University, or by University solicited funds, or bearing the University's name, may not contain advertisements promoting alcohol or events that have alcohol as their primary focus.
10. No student may use University, student organization, or University housing facility funds for the purchase of alcohol without approval from the Vice President for Student Affairs.

c. Illegal Drugs, Controlled Substances, and Misuse of Prescribed Medications³

- i. University of Portland prohibits the possession or use of illegal drugs, the possession or use of controlled substances (including cannabis/marijuana or other cannabis derived products), or the intentional misuse of prescribed medication. The possession, use, sale, distribution, or manufacture of controlled substances, synthetic substances designed to intoxicate, or other drugs illegal under federal, state, or local law is strictly prohibited.
- i. Students who have been prescribed cannabis or THC products are not exempt from this policy and are encouraged to work directly with the University Health and Counseling Center to find alternative treatments. The unauthorized possession, use, theft, distribution, or sharing of prescribed medication is prohibited. Students are prohibited from displaying or possessing drug paraphernalia. Any violation of this policy may result in serious consequences under the University student conduct process, including but not limited to suspension or dismissal.
- ii. Regardless of its status in the State of Oregon, or whether or not an individual possesses a prescription for medical use, the possession or use of marijuana/cannabis, and THC containing substances is prohibited for students both on or off University property and for the duration of their enrollment.
- iii. The University of Portland, through the Health and Counseling Center, can connect students to resources related to drug abuse and addiction.

³ <https://up.smartcatalogiq.com/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Drugs-and-Controlled-Substances>

d. Smoking, Tobacco Use, Vaping and Other Inhalant Delivery Systems⁴

Possession or consumption of tobacco products or inhalant delivery systems (vaping) while on University property or at University events, is only permitted by individuals who are 21 years old or older and in designated areas. Smoking and vaping are prohibited in all University buildings including all residence halls, University-owned apartments and off-campus rental properties, and all public areas outside of designated smoking locations. Smoking devices include, but are not limited to, cigarettes, cigars, pipes, e-cigarettes, and hookahs.

e. Driving Under the Influence of Intoxicants

The University prohibits the operation of a vehicle while under the influence of intoxicating liquor, cannabis, a controlled substance, inhalant or prescribed medications that impair driving. The University may take disciplinary action if the action occurred on or off university property.

III. Alcohol & Other Drug (AOD) Incident Data

- a. University of Portland utilizes 12 classifications to categorize violations of the Alcohol Possession and Use policy. These categories include: Alcohol - Abusive Drinking, Alcohol - Fake ID, Alcohol - Hard Alcohol, Alcohol - Intoxication, Alcohol - Open Container in Residence Hall, Alcohol - Paraphernalia, Alcohol - Possession in a Public Place, Alcohol - Providing to Minors, Alcohol - Providing to Those Visibly Intoxicated, Alcohol - Underage Consumption, Alcohol - Underage Possession.

- b. University of Portland utilizes a singular classification to categorize violation of the Illegal Drugs, Controlled Substances, and Misuse of Prescribed Medication policy. Violations of that policy are categorized below.

Violation Classification	AY 2019-2020	AY 2020-2021⁵	AY 2021-2022
Alcohol - Abusive Drinking	19	3	5

⁴ <https://up.smartcatalogiq.com/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Smoking-Tobacco-and-Inhalant-Delivery-Systems>

⁵ Academic Year 2020-2021 was interrupted by the global pandemic COVID-19 and almost all campus housing was closed. The exception to this was in Fall of 2020 approximately 200 students were housed in campus residences. Students continued to reside at permanent addresses that were not on campus. Spring of 2021 freshmen returned to campus and a hybrid of online and in-person courses resumed, this represented around 800 residents or about 40% capacity. Violation numbers from this year represent a significant drop in “Responsible” findings. Current reporting for academic year of 2020-21 and 2021-22 represent significant decrease in violations due to the COVID-19 pandemic. Most students were not on campus on April 20th, which is a time when the university sees an increase in marijuana-related incidents. Students were also away during spring when reports of parties increase as the academic year ends and the weather gets warmer. Students returned for AY 2021 and new trends where there were not nearly as many student conduct infractions across the board, nor incidents of student parties etc. where substances may have been an issue.

Alcohol - Fake ID	0	0	0
Alcohol - Hard Alcohol	48	0	9
Alcohol - Intoxication	38	4	8
Alcohol - Open Container in Residence Hall	42	0	7
Alcohol - Paraphernalia	20	0	1
Alcohol - Possession in a Public Place	0	0	4
Alcohol - Providing to Minors	0	1	0
Alcohol - Providing to Those Visibly Intoxicated	0	0	0
Alcohol - Underage Consumption	158	14	37
Alcohol - Underage Possession	112	9	32
Drugs	9	1	9
Smoking, Tobacco, and Inhalant Delivery Systems	7	0	2

- c. The above graph demonstrates “Responsible” findings through our University of Portland Conduct Process. During our hearing process, students may be found responsible for all, some, or none of the potential violations they were initially charged with. Students cannot be found responsible for violating a policy they were not charged with. Students may be charged with violating multiple classifications related to one incident.
- d. Students who are charged with any potential violation of the Alcohol Possession and Use policy or the Smoking, Tobacco Use, Vaping, and Other Inhalant Delivery Systems Policy may receive a Pastoral Conversation, Standard Conduct Hearing, or a Formal Conduct Hearing. Severity of the hearing and severity of a sanction assigned as a result of a “Responsible” finding varies to reflect the incident and any past documented policy violations for that student.
- i. Students found “Responsible” for a first violation of the Alcohol Possession and Use policy are generally assigned an educational task and an online course from 3rd Millenium Classrooms called “Under the Influence.”⁶ Students found responsible for more serious violations, or for multiple violations can be assigned restorative tasks, additional educational tasks, loss of privileges, or given probation status. Very serious offenses may result in suspension or dismissal from the University.
 - ii. Students found responsible for violating the Smoking, Tobacco Use, Vaping, and Other Inhalant Delivery Systems policy are often assigned an educational task or restricted from certain areas. More serious or repeat violations could result in other sanctions.

⁶ <https://www.3rdmilclassrooms.com/website/CRTAlcohol.aspx>

- e. Students who are charged with a violation of the Illegal Drugs, Controlled Substances, and Misuse of Prescribed Medication policy are taken through the Formal Conduct Hearing Process.
 - i. Students found “Responsible” for a first violation of drug policy are generally assigned an educational task, given University Probation status for a length of time (generally one semester), and required to participate in urinalysis screening by a third party for about one semester. All students who are found responsible for violating the drugs policy for cannabis use are assigned “Marijuana 101,”⁷ and online course offered by 3rd Millenium Classrooms. Students found responsible for a second violation of the drug policy or those who fail to complete the assigned sanctions are often suspended or dismissed from the university.

IV. Alcohol & Other Drug (AOD) Programs and Interventions

a. Get Inclusive: Voices for Change Online Module

An interactive online program uses the latest evidence-based prevention methods to create a highly engaging user experience, inspiring students to make healthier decisions related to alcohol and other drugs. This course also covers bystander intervention, Title IX, diversity and inclusion, hazing and intimidation. This course includes content that aims to:

- i. Engage abstainers, light to moderate drinkers, and frequent drinkers
- ii. Educate students on the mental and physical the effects of alcohol
- iii. Prepare students to engage in bystander intervention

b. Get Inclusive: AOD Student Wellness Online Module

This course covers alcohol and other drugs in greater depth than Voices for Change. It is offered as an optional course for students that want to learn more.

c. New Student Orientation

- i. Before new students arrive on campus at the start of an academic year, the University of Portland trains 54 student leaders to serve as Resident Assistants. Resident Assistants are trained in university policy enforcement, including those policies regulating alcohol and other drugs. This group of student leaders is also trained in crises intervention for situations that involve alcohol and other drugs. Resident Assistants practice addressing policy violations and become versed in Life on the Bluff. Each Resident Assistant is assigned a group of residential⁸ students to support; these

⁷ <https://web.3rdmil.com/court/course-offerings>

⁸ All first-year traditional students are required to be residential. Very few exemptions are made through the Office of Residence Life for first-year students to live in non-university housing.

students are required to attend regular meetings about expectations in their community.

- ii. During fall new student orientation, supporting friends and family are invited to attend an educational session “Understanding Student Safety, Community Standards and Violence Prevention.” The session gives an overview of the Department of Public Safety, Student Conduct, and the violence prevention efforts on campus. This session gives general information about alcohol and other drug policies at the university.
- iii. All new students who attend fall orientation participate in a workshop led by trained student leaders to answer questions about university expectations and policy. Students are directed to expectations outlined in the student handbook.
- iv. The Office of Residence Life has recently adopted a practice of increased alcohol education during mid-fall semester. These educational efforts include signage throughout residence halls that remind students standard drink definitions and ways to reduce risks associated with alcohol.

d. Individual Screening and Brief Therapy

The University of Portland Health and Counseling Center provides initial screening by both counseling and primary care professionals. Counseling professionals also provide brief therapy and motivational interviewing for students presenting with mild AOD concerns.

e. Referral to Off-Campus Treatment Services for Students

The University of Portland Health and Counseling Center clinical staff are available to assist students in need of referral to outside treatment services.

f. EAP for Employees

The Employee Assistance Program (EAP) is a free and confidential benefit that can assist employees, their dependents, and household family members with any personal life problems, large or small. Confidential coaching and counseling over the phone, or online for concerns such as alcohol and drug use.

g. Peer Educators

Training of peer health educators, resident assistants, and peer wellness ambassadors in the area of alcohol and substance abuse prevention and education strategies.

h. Late Night Programs

Students are provided with alcohol and substance free social opportunities from the Office of Student Activities and Campus Programs Board. Late Night Programs on

campus include a variety of events such as Pilots After Dark, Rock the Bluff, movie nights and more.

i. Workshops & Housing Community Programs

Ongoing education and programs in the area of alcohol and substance abuse prevention to residence halls, student groups and community members. This has included various tabling events, programs in residence hall communities. These are done throughout the semester at key times of concern, such as Halloween, before a school dance, and the first few weeks of the semester.

j. Pilots Care Policy⁹

- i. The health, safety, and well-being of individuals should be of paramount concern to all members of the University of Portland community. As such, UP students are expected to exercise active care, concern, and contact appropriate authorities in the event of any health or safety emergency, even if possible violations of the University's alcohol policy or drug policy may have occurred in connection with such an emergency.
- ii. Because student concerns of possible disciplinary action may unnecessarily deter their desire to seek medical attention for themselves or others, the University has adopted the following Pilots Care policy to remove barriers for students seeking medical attention in alcohol and drug-related incidents. This policy is intended to support an environment where students in an emergency situation receive necessary medical attention and those involved are provided an opportunity to learn from the incident.
- iii. The expectations for students in situations where someone requires medical attention due to an alcohol or drug-related incident are:
 1. Proactively contact an appropriate authority (Campus Safety, residence hall staff, 911, etc.) to seek medical attention; and
 2. Remain with the individual needing medical attention; and
 3. Cooperate with Responding emergency officials
- iv. A student requiring medical attention who has received support as described above will be required to meet with the Associate Director for Community Standards or his/her designee for a conversation grounded in education, formation, and expectations of future behavior. The student will be exempt from the University's student conduct hearing process but may be assigned to complete educational tasks and receive a professional referral.
- v. A student that has sought assistance for another as described above while also violating the University's alcohol or drug policy will be exempt from the University's student conduct hearing process. However, the student may be

⁹ <https://up.smartcatalogiq.com/en/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Pilots-Care>

required to meet with the Associate Director for Community Standards or his/her designee for a conversation grounded in education, formation, and personal development. The student may also be assigned to complete educational tasks and/or receive a professional referral. The Pilots Care policy is intended to create an environment where students who have received medical attention due to an alcohol and/or drug-related incident will reflect on their choices and change future behavior. As such, the Associate Director for Community Standards reserves the right to assign sanctions or initiate the conduct process for students with repeated alcohol or drug-related incidents involving the need for medical attention. The Pilots Care policy applies to disciplinary action or sanctions resulting from the University Conduct Process. Students may face consequences from a club, organization, study abroad program, academic program, or other affiliation in accordance with the expectations of those affiliations.

V. Observations, Goals & Recommendations

a. COVID-19 Pandemic and Limitations of Observations & Recommendations

The findings from the review are impacted by the global 2019 and ongoing COVID-19 pandemic. During the prior biennial review, students were relocated to permanent addresses to limit the spread of the virus. In AY 2020 students were primarily engaged in online education, and only a small fraction of students returned to campus. Students returned full-time to campus for AY 2021. The Responsible findings for this year's biennial review are drastically smaller since this reporting year was impacted by social distancing, lack of vaccinations, and a subjective feeling of lack of personal safety regarding physical health due to the pandemic. This is representative of the significantly decreased violation counts for this biennial review, AY2019 was included for the purpose of seeing a relatively normal year in comparison.

b. Observed Substance Issues Coming Out of the COVID-19 Pandemic

- i. Findings from this year's Biennial review did not provide results that can identify problem areas and inform future programming. With the return to fully on ground academics with the AY2021, removal of masks and social distancing in AY2022, and overall decrease in mitigation strategies for COVID-19 in AY2022 the information on what are problem areas is being observed currently. The following observed problematic substance usage is preliminary from AY2022 as initial data points for future programming.
- ii. Increase in the use of THC from vape devices:
Vaping products and e-cigarette use have increased on our campus. We have seen instances involving nicotine-containing products, THC-containing products, and flavored "juice" without nicotine or THC. Particularly

problematic are THC-containing vape products as they are being used across campus without identification. These THC-containing vape products have led to incidents on campus in which students have become intoxicated severely. These products contain dosages that are different from consumption through traditional smoking forms, and students may not be aware of the dangers of increasing their exposure. Educational efforts about the harms of vaping, adopting a 100% smoke and vape-free campus policy, and consistent enforcement of the policy outside of the residence halls would aid us in addressing these newer forms of consumption.

- iii. Increase in the use of stimulants, cocaine:
There has been an observed increase in residential cocaine usage on campus. Reports of students using cocaine from Residence Life and Wellness Peer Health Educators have increased this year. Students may not be aware of the health risks of using cocaine, particularly cocaine with alcohol. Educational programming will shift to address this observed increase in students using cocaine as a party drug.
- iv. Increase in psychedelics:
Oregon State has recently passed laws that will make some psychedelics legal for use in therapy and medical practices, which may decrease stigma from use and increase interest in trying psychedelics in students. With traditional students being in the window of experiencing a first psychotic episode that psychedelics can trigger, increased programming efforts need to be pushed to the student body to help understand the risks of using psychedelics for recreation.

c. Community Support

- i. COVID-19 majorly impacted the ability of the University to engage in the community support endeavors discussed in the biennial review. The implication is that many of the suggested campaigns or programs were not initiated.
- ii. The University went through a recent restructuring of prevention programming. Alcohol and Other Drug support and education have been placed under the Center for Student Wellness and are collocated under the single leadership of the Director of Student Wellness. The Center for Student Wellness aims to improve students' lives by providing prevention education on alcohol and other drugs, interpersonal violence, counseling services, and the Care team.
- iii. As we develop future educational campaigns and prevention programming, we could benefit from incorporating a recovery focus in Wellness Programming. Our recent focus has been limited to individual substances

and their effect; including a recovery model in programming may assist with increased engagement with alcohol and other drug prevention.

- iv. In the mission of the University of Portland, we identify our purpose as the development of the whole person. Aligning with this mission could be an increase in the availability of online resources and the addition of alcohol and substance self-assessment tools.
- v. In addition to the support already offered to students through educational campaigns, targeted programming, and access to counseling staff in-person and on-call, our university might benefit from developing student support group services related to AOD use disorders.
- vi. As University of Portland will consider launching an AOD Prevention Taskforce for coordination of campus-wide alcohol and drug prevention and education efforts. The group could be comprised of student affairs division staff, campus safety staff, and student representatives. It would be tasked with evaluating efforts made thus far and proposing recommendations for future programming based on emerging student usage trends.
 - i. Because of limited resources, University of Portland cannot offer comprehensive programming that addresses every AOD support need. Our efforts are maximized as we focus on general usage trends among our community and identify local community partners for collaboration on awareness and educational opportunities for students and staff with needs outside of our scope of resources.

VI. Conclusion

The University of Portland is committed to building a healthy campus community that promotes the well-being and success of all its members. This review and subsequent goals and recommendations will enable the continued growth and improvement of our alcohol and other drug education and prevention programs. At the University of Portland, we remain committed to addressing shifting trends among our community members and implementing evidence-based programming and educational campaigns to address AOD use.