

Alcohol and Drug Prevention & Education Program 2020 Biennial Review



This report was created through a joint effort between the offices of the
Associate Director for Community Standards and the
Wellness Education & Prevention Coordinator

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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. University of Portland is committed to building a healthy campus community that promotes the well-being and success of all it’s members through education and prevention programs. This biennial review serves to examine effectiveness and impacts of drug and alcohol prevention programs and sanctions between AY 2018 – AY 2020, and assist 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. 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, *Life on the Bluff*. 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 AlcoholEdu.

b. 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 also available through the EAP benefits page and the Human Resources department.

II. University of Portland Policy

a. Policies outlining student possession or use of alcohol and other drugs are detailed in our student handbook, *Life on the Bluff* and are updated annually. *Life on the Bluff* is published for students at www.up.edu/lifeonthebluff 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 set of expectations. This communication also notes any significant changes to *Life on the Bluff*.

b. Alcohol Possession and Use¹

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.

¹ <http://up.smartcatalogiq.com/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Alcohol-Possession-and-Use>

- 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.
 - 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 Medication²

- 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.
- ii. 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.
- iii. 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.

d. Smoking, Tobacco Use, Vaping, and Other Inhalant Delivery Systems³

- i. 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.

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.

² <http://up.smartcatalogiq.com/en/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Drugs-and-Controlled-Substances>

³ <http://up.smartcatalogiq.com/Student-Handbook/Student-Handbook/General-Community-Policies-and-Resources/Smoking-Tobacco-and-Inhalant-Delivery-Systems>

- 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: Drugs

Violation Classification	AY 2018-2019	AY 2019-2020⁴
Alcohol-Abusive Drinking	34	19
Alcohol-Fake ID	1	0
Alcohol-Hard Alcohol	89	48
Alcohol-Intoxication	97	38
Alcohol-Open Container in Residence Hall	36	42
Alcohol-Paraphernalia	24	20
Alcohol-Possession in a Public Place	1	0
Alcohol-Providing to Minors	4	0
Alcohol - Providing to Those Visibly Intoxicated	1	0
Alcohol - Underage Consumption	221	158
Alcohol - Underage Possession	132	112
Drugs	20	9
Smoking, Tobacco, and Inhalant Delivery Systems	6	7

- 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

⁴ Academic Year 2019-2020 was interrupted by the global pandemic COVID-19 and almost all campus housing was closed. Many students returned to their permanent addresses that were not on campus. Violation numbers from this year appear represent a significant drop in “Responsible” findings. 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.

3rd Millennium Classrooms called “Under the Influence.”⁵ 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.
- 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,”⁶ and online course offered by 3rd Millennium 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. AlcoholEdu
 - i. 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 includes content that aims to:
 1. Engage abstainers, light to moderate drinkers, and frequent drinkers
 2. Educate students on the mental and physical the effects of alcohol
 3. Prepare students to engage in bystander intervention
- b. 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 residential⁷

⁵ <https://www.3rdmilclassrooms.com/website/CRTAlcohol.aspx>

⁶ <https://web.3rdmil.com/court/course-offerings>

⁷ 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 to support; these 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 *Life on the Bluff*.
 - 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.
- c. Individual Screening and Brief Therapy
 - i. 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.
 - d. Referral to Off-Campus Treatment Services for Students
 - i. The University of Portland Health and Counseling Center clinical staff are available to assist students in need of referral to outside treatment services.
 - e. EAP for Employees
 - i. 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.
 - f. Peer Educators
 - i. Training of peer health educators, resident assistants, and peer wellness ambassadors in the area of alcohol and substance abuse prevention and education strategies.
 - g. Late Night Programs
 - i. 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.
 - h. Workshops & Housing Community Programs
 - i. Ongoing education and programs in the area of alcohol and substance abuse prevention to residence halls, student groups and community members.
 - i. Pilots Care Policy
 - i. 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.

- ii. 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 requiring medical attention; and
 3. Cooperate with responding emergency officials.
- iii. 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.
- iv. 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 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.
- v. 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. Increase in misuse of prescribed medication
 - i. Some reports show national trends increasing for the misuse of prescribed medication. We are also seeing more students arriving to campus with prescriptions and learning how to administer those medications properly without supervision from a parent-figure. Increased conversations about readiness to self-administer, expectations to not engage in "sharing" of medications and encouraging students to bring a secure locking box to store

medications in can help address this rising concern. The Health and Counseling Center has installed a safe Rx disposal drop box for unneeded medications. As we consider upgrades to our residential environments, the authors of this report suggest that we assess campus housing environments for AOD safety updates.

- b. Increased THC use from non-inhaled forms
 - i. University of Portland is experiencing increased student use of THC in non-inhaled forms. The state-legalization of recreational marijuana has resulted in many packaged consumable forms of marijuana. The discovery of packaged forms of THC-containing vape pens, candies, and baked goods has become more common in our residence halls. As we shift to address these new concerns, we also need to increase efforts to educate students about ways to reduce risks associated with these products. Our campus could benefit from an expanded social marketing campaign to account for current AOD use trends, products, and behaviors, including alternative routes of THC and marijuana use.
- c. Normalized rapid consumption of hard alcohol⁸
 - i. In-step with national trends of dangerous drinking on college campuses, staff have reported increased incidents regarding rapid consumption of hard alcohol. Consumption of shots, “pulls,” or other forms of rapid ingestion seems to be increasing while incidents of consuming beer, or properly mixed drinks seems to be down. Using programming that directly addresses the increased risk associated with consumption of hard alcohol
- d. New preferred beverages replacing beer
 - i. Hard seltzers, ciders, lemonades, and other forms of malt beverages seems to be increasing. These forms of alcohol are harder to detect by smell and are often placed into water bottles by students. Much of our nomenclature around alcohol has been focused on beer, wine, or hard liquor. Updating signage, policy language, and direct education to include this newly popular group of beverages will better reflect current trends.
- e. Vaping products
 - i. Vaping products and e-cigarette use has increased on our campus. We have seen instances involving nicotine-containing products, THC-containing products, and flavored “juice” without nicotine or THC. These products contain dosages that are different than consumption through tradition forms of smoking 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.
- f. Community Support

⁸ “Hard” alcohol here is defined as beverages containing over 35% alcohol by volume.

- i. As we develop future educational campaigns and prevention programming, we could benefit from incorporating material aimed at reduction of poly-substance and alcohol use. Our recent focus has been limited to individual substances and their affect; including programming that addresses the way students are combining substances could increase or efficacy and relevance.
- ii. 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 availability of online resources and addition of alcohol and substance self-assessment tools.
- iii. In addition to the support already offered to students through educational campaigns, targeted programming, access to counseling staff in-person and on-call, our university might benefit from developing student support group services related to AOD use disorders.
- iv. As University of Portland might 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 and would be tasked with evaluating efforts made thus far and propose recommendations for future programming based on emerging student usage trends.
- v. Because of limited resources, University of Portland is not able to offer comprehensive programming that addresses every AOD support need. Our efforts would be maximized if we focused on general trends of usage among our community and identified local community partners for collaboration on awareness and educational opportunities for students with needs outside of our scope of resources.

VI. Conclusion

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 serve to promote the continued growth and improvement of our alcohol and other drug education and prevention programs. At 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.