

## Alcohol and Drug Prevention & Education Program 2024 Biennial Review



This report was created through a joint effort between the Director of Student Wellness, the Wellness Education & Prevention Coordinator, and the Assistant Director for Student Conduct and Community Standards, and in consultation with the Human Resources, Employee Relations & Compliance Officer

## Table of Contents

I.	Introduction -----	<del>32</del>
a.	Alcohol & Other Drug (AOD) Policy Notifications – Students-----	<del>33</del>
b.	Alcohol & Other Drug (AOD) Policy Notifications – Employees -----	<del>33</del>
II.	University of Portland Policy -----	<del>33</del>
b.	Alcohol Possession and Use-----	<del>33</del>
c.	Illegal Drugs, Controlled Substances, and Misuse of Prescribed Medications-----	<del>55</del>
d.	Smoking, Tobacco Use, Vaping and Other Inhalant Delivery Systems-----	<del>55</del>
e.	Driving Under the Influence of Intoxicants-----	<del>66</del>
III.	Alcohol & Other Drug (AOD) Incident Data-----	<del>66</del>
IV.	Alcohol & Other Drug (AOD) Programs and Interventions -----	<del>87</del>
a.	AlcoholEdu Module -----	<del>88</del>
c.	Individual Screening, Education, and Brief Therapy -----	<del>88</del>
d.	Referral to Off-Campus Treatment Services for Students -----	<del>88</del>
e.	EAP for Employees -----	<del>98</del>
g.	Peer Educators -----	<del>98</del>
h.	Late Night Programs -----	<del>99</del>
f.	Recovery resources -----	<del>99</del>
g.	Narcan and Narcan education-----	<del>99</del>
j.	Workshops & Housing Community Programs -----	<del>109</del>
k.	Pilots Care Policy-----	<del>109</del>
V.	Observations, Goals & Recommendations -----	<del>114</del>
IV.	Conclusion -----	<del>141</del>

## Introduction

The Drug-Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education's General Administrative Regulations (Edgar Part 86) require 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 2022 – AY 2023 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 written alcohol and other drug policies, which are widely distributed to all students each academic year through the student handbook. Additional information is distributed and available through the Office of Residence Life's website, mandatory online prevention courses through Vector Solutions, and the annual Campus Safety Crime & Fire Report.

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

University of Portland has a written alcohol and other drug policy that is distributed to all employees through communications to new employees, policy information posted in the University's intranet, and the annual Campus Safety Crime & Fire Report. Additional information is available through the Office of Human Resources.

## University of Portland Policy

- 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 <https://www.up.edu/residencelife/student-conduct/studenthandbook.html>, 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.
- b. Alcohol Possession and Use**
- 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.
  - 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, “shot gunning” 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 Medications**

- 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.
- iii. The University of Portland, through the Health and Counseling Center, can connect students to resources related to drug abuse and addiction.

d. **Smoking, Tobacco Use, Vaping and Other Inhalant Delivery Systems**

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.

## 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 violations of the Illegal Drugs, Controlled Substances, and Misuse of Prescribed Medication policy. Violations of that policy are categorized below.
- c. This data corresponds with our Annual Clery Reports for Campus housed in the Department of Campus Safety. Please note that Clery data indicated the reports that are received, and the Violation Classification section demonstrates Responsible findings. Therefore, there is an accountable difference in these numbers.

Violation Classification	AY 2021-2022	AY 2022-2023	AY 2023-2024
Alcohol - Abusive Drinking	5	0	1
Alcohol - Fake ID	0	0	0
Alcohol - Hard Alcohol	9	6	13
Alcohol - Intoxication	8	7	11
Alcohol - Open Container in Residence Hall	7	1	3
Alcohol - Paraphernalia	1	5	3
Alcohol - Possession in a Public Place	4	0	1
Alcohol - Providing to Minors	0	1	0
Alcohol - Providing to Those Visibly Intoxicated	0	0	0
Alcohol - Underage Consumption	37	22	27
Alcohol - Underage Possession	32	23	11
Drugs	9	1	10
Smoking, Tobacco, and Inhalant Delivery Systems	2	0	5

Clery Report Data	AY 2021-2022	AY 2022-2023	AY 2023-2024
Liquor Law Violations	43	71	61
Drug Law Violations	8	9	22

- c. The above graph that shows Violation Classifications 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 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. The severity of the hearing and severity of a sanction assigned because 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 assigned a combination of a Reflection Statement, an Individually Crafted Educational Task, and an online course from [3<sup>rd</sup> Millenium Classrooms](#) called “Under the Influence.” The combination is determined by the Hearing Officer and may be influenced by factors like multiple violations, the seriousness of the incident, and facts found in the Hearing. 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 similar combination above including a Reflection Statement, Individually Crafted Educational Task and an online course from 3<sup>rd</sup> Millenium Classrooms called “Nicotine 101.” 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 may receive a Standard Conduct Hearing or Formal Conduct Hearing depending on the severity.
  - i. Students found “Responsible” for a first violation of drug policy are generally assigned a Reflection Statement, as well as an Individually Crafted Educational Task, and/or an online course from 3<sup>rd</sup> Millenium Classrooms called “THC 101”. Students may be given University Probation status for a

length of time (generally one semester) or required to participate in urinalysis screening by a third party depending on the severity. Students found responsible for a second violation of the drug policy or those who fail to complete the assigned sanctions may be suspended or dismissed from the university.

## Alcohol & Other Drug (AOD) Programs and Interventions

### a. AlcoholEdu 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. The module aims to empower students with skills to stay safe, protect their peers and to dispel common myths about drinking.

**Commented [BM1]:** May not be offered? is this associated with sanctions in any way

### b. New Student Orientation

- i. Before new students arrive on campus at the start of an academic year, the University of Portland trains between 40 and 54<sup>1</sup> students to support; these students are required to attend regular meetings about expectations in their community.
- ii. At the end of New Student Orientation, each residence hall hosts hall meetings for RA's and all residents to discuss policies around substance use and practices for safety.
- iii. The Office of Residence Life has a practice of increased alcohol education during mid-fall semester. These educational efforts include social media promotion and signage throughout residence halls in addition to events that remind students about standard drink definitions and ways to reduce risks associated with alcohol.

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### c. Individual Screening, Education, and Brief Therapy

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

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### d. 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.

<sup>1</sup> 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.



**e. 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. Accessible over the phone or online, the EAP offers confidential coaching and counseling over the phone, or online inclusive of information for concerns such as about alcohol and drug use.

**f. Employee Healthcare Substance Misuse Support**

- a. During the reporting period, the University added an additional medical benefits provider to the existing option; both plans offer inpatient and outpatient treatment for mental health and substance use disorders. Medical plans may change from year to year.

**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. Campus Safety Outreach**

- a. Campus Safety collaborates with the Wellness Center to create passive and active programming opportunities to educate students about availability of Narcan on campus, and how they can help students who are in unsafe situations with drugs and or alcohol. This programming intends to create a culture change where Campus Safety is a trusted resource to help students stay safe if they choose to engage in party culture.

**f. Recovery resources**

- b. Weekly student-led 12-step meetings are offered.
- c. A weekly staff-led recovery group is offered for students to reflect on their substance use and to encourage students to consider recovery if relevant.

**g. Narcan and Narcan education**

- d. Narcan is available through Campus Safety, in each residence hall, and in the Health Center. Information about how to identify an opiate overdose, and

where to find Narcan is implemented in Wellness Promotion and campus safety programming.

**j. Workshops & Housing Community Programs**

Ongoing education and programs in 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 large campus events, and the first few weeks of the semester.

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**k. Pilots Care Policy**

- i. This policy can be found in the student handbook. Information about this policy is distributed through Conduct, Wellness, Residence Life and Campus Safety outreach programming.
- ii. The policy reads as follows:
  1. 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. Because student concerns of possible disciplinary action may 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 receive necessary medical attention and those involved are provided an opportunity to learn from the incident. 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; 2) remain with the individual requiring medical attention; and 3) cooperate with responding emergency officials. A student requiring medical attention who has received support as described above will be required to meet with the Assistant Director for Community Standards or their 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. 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 Assistant Director for Community Standards or their 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 Assistant 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.

## Observations, Goals & Recommendations

### **d. Limitations of Observations & Recommendations**

- i. As stated in the previous report, COVID-19 has had, and continues to have, a significant impact on student enrollment resulting in far-reaching and cascading impacts on budget and staffing. This has caused changes in what funding and staffing departments can dedicate to AOD prevention and recovery resources. As a completely new set of staff took on this report, we noticed many changes in data collection, and campus-wide confusion about the programs that were described in the last report. Continued difficulties with staff retention is a clear barrier for consistent data collection and sustainable programming.

### **e. Observed Substance Issues and Related Concerns**

- i. Vaping products containing THC and edible use continue to be prevalent on campus. Particularly problematic are THC-containing vape and edible products as they are being used across campus without identification. 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.

- ii. Residence life staff on rounds report a recurrence of incidents of smelling smoked marijuana, reversing a trend away from smoked marijuana observed in the 2022 report.
- iii. Staff and faculty responsible for student support report that they are working with students who are struggling with substance misuse habits, but many students do not connect with the recovery resources they recommend. This could be a result of a lack of historical promotion of recovery resources (since programming related to recovery did not start until AY 24-25), or a campus-wide trend of difficulties with help-seeking behavior.
- iv. Based on reports of peer health educators and students involved sexual assault support, there is evidence to indicate that many students lack basic knowledge needed to make informed choices about alcohol consumption (e.g., how much alcohol is in their drink).
- v. Student engagement in campus activities outside of what is required in their coursework has decreased. It has become increasingly important to revisit and re-assess assumed best practices and pre-existing partnerships, and develop new avenues for collaboration to re-establish effective programming and support services.

**f. Recommendations for Community Support**

- i. Core Goal:
  - 1. As budget and staff turnover remain a barrier to comprehensive programming, recommendations for future change must prioritize collaboration and sustainability. Many programs have been lost as budgets and staff have changed, and reducing our capacity further would realistically further decrease student knowledge and thereby increase risk of harm.
- ii. Support Services:
  - 1. In the first year of offering a recovery group, despite a significant interest in offering the group, attendance has been low. To respond to this, the wellness promotion program will begin to offer a “recovery community” instead where students can connect with a trained staff member to discuss resources, and utilize:
    - a. Ongoing mentorship and frequent touchpoints related to recovery.
    - b. Eventual recovery groups based on student participation and availability.

- c. Connections to social programming, and friends who are in recovery.
  - 2. It is recommended that we implement self-assessment tools to increase likelihood of students knowing when they need to access recovery resources. Due to the increase of recovery support services we will be providing, if students identify a substance misuse problem, we have more robust resources here on campus further decreasing barriers to recovery resource use.
- iii. Orientation:
  - 1. In preparing this report, it has become clear that there has been a reduction in AOD programming in New Student Orientation. Wellness leadership will continue to advocate for dedicated time to inform students about safer practices around substance use, and recovery resources for students who need it.
- iv. Conduct:
  - 1. To promote student knowledge of, and compliance with, policy, conduct staff will get more involved with the student community, to promote decision making in line with university policy. This will include: tabling events, passive programming, trivia nights, and other activities that the student population finds engaging.
  - 2. Current conduct data collection is organized based on the student-centered nature of our conduct process. In the future, we would like to work to develop a data collection strategy that provides greater breakdown of the specific drugs used and information useful for program assessment and development.
  - 3. In conjunction with the development of recovery resources, the conduct team is developing a cohesive pathway between conduct and wellness, so students can try out recovery strategies if their case seems in line with a substance misuse issue.
- v. Residence Life:
  - 1. Residence Life and Wellness staff are presently collaborating to create training for RA's and a related programming requirement to ensure consistent outreach across campus relating to AOD.
- vi. Human Resources:
  - 1. In early 2024 a Smoking and Tobacco Use Policy was launched. In fall 2024, after the scope of this report, but as it was being written, HR launched the Alcohol Use and Substance-free Workplace Policy.
- vii. Programmatic goals:
  - 1. Educational efforts about the harms of cannabis are necessary and are supported by reports that students underestimate the impacts of cannabis.

2. With the increased popularity of nicotine usage in popular culture, nicotine cessation programming informed by successful outreach from peer institutions will be implemented.
  3. Renewal of widespread basic alcohol knowledge and safer party practices.
- viii. As referenced in the previous report, a campus wide collaboration dedicated to coordination and organization of campus-wide AOD prevention and education efforts would be incredibly helpful. 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.

#### IV. Conclusion

The University of Portland is committed to building a healthy campus community that promotes the well-being of the whole person and success of all its members. 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. This review and subsequent goals and recommendations provide the necessary next steps for renewal and growth of our alcohol and other drug education and prevention programs and add necessary recovery support services.

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