



Student Development and Standards Office

Higher Education Opportunities Act

Drug and Alcohol Abuse Prevention Program

May 29, 2015

Introduction:

The following report summarizes the ways in which Notre Dame de Namur University (NDNU) continues to fulfill the obligations outlined in the Higher Education Opportunities Act (HEOA) in relation to programming and prevention of drug and alcohol abuse. In addition to this, due to the Violence Against Women Act (VAWA) and the Campus Safety Act (CSA), this report also covers violence prevention and case management (Title IX cases). This report provides information related to incidents involving registered students for the 2014-15 academic year.

There are four sections in this report. These are:

1. Information which is distributed in writing to each student each year,
2. Information which is provided upon request to the public, and
(Supplemental to the HEOA's requirements);
3. A summary of overall conduct trends from 2014-15

Section One fulfills the annual distribution requirements of the federal legislation. The requirements are labeled in italics. The method of distribution follows each category.

Section Two is formatted much like Section One, with the information which is required to be disclosed in italics and the actual data following each italicized section.

SECTION 1

1. Information which is distributed in writing to each student each year:

1A. Standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on the institution's property or as part of any of the institution's activities

Conduct standards are explicitly stated in the Student Conduct Code, which in turn was published as part of the Student Handbook in 2014-15. This is updated and published annually online.

Information regarding alcohol and illicit drugs is disseminated to employees through the University's Employee Handbook for Administrators and Staff, and also via a distribution list by the Human Resources Office each year which clarifies what activities are unlawful. Additionally, there is a written policy on alcohol and illicit drugs which was distributed during University Day in August. University employees who need assistance regarding alcohol or illicit drugs may get support via the Employee Assistance Program.

1B. Description of applicable legal sanctions under state, local, and federal law

The applicable legal sanctions under state, local and federal law were published as part of the Student Handbook in the 2014-15 academic year.

1C. Description of the health risks

The health risks regarding alcohol and drug use were published as part of the Student Handbook in the 2014-15 academic year.

1D. Description of available counseling, treatment, rehabilitation, or re-entry programs

Notre Dame de Namur University has a Counseling Service which offers assistance to students who are struggling with personal issues including alcohol and/or drug issues. This service is clearly described on its webpages and in a brochure which is provided by Counseling Services.

Students who are identified through the conduct process as having potential issues with alcohol or drugs, or who require more information regarding these topics and the choices they make, received referrals. These referrals involved speaking with a counselor or a trained staff member. Interviews used both motivational interviewing techniques and the harm-reduction model. The aims of using these approaches are to help the student either contemplate or actualize change. In most referrals, students took an online program regarding alcohol prior to meeting with a counselor. This program is provided by 3rd Millennium Classrooms.

Some students who violated the University's policy regarding marijuana were mandated to use the online marijuana education program which is offered by 3rd Millennium Classrooms. In these instances, students took the online course and then follow-up with the in-person motivational interview with a staff member.

1E. Clear statement that institution will impose sanctions for violation of standards of conduct and a description of the sanctions

The Student Handbook clearly states that students will face sanctions, or consequences, for students who are responsible for violating the Student Conduct Code with regard to alcohol and other drug use.

SECTION 2

2. Each institution must make available, upon request, to the department of Education and to the public, the information distributed to students and employees and the results of a biennial review of the institution's program that:

2A. Determines the effectiveness of the program and implements needed changes

2A1. The actual educational programs which were offered to students with regard to alcohol and other drugs taken in 2014-2015 include:

- 1) An online course regarding alcohol, AlcoholWise, prior to arrival at NDNU for all new first year students
- 2) An online refresher course partway through Fall Semester for all new first year students
- 3) A presentation on marijuana and alcohol facts during orientation by Counseling and Health Services for all new first year students
- 4) A presentation about alcohol use by the outside provider/entertainer "Maximize Your Buzz" during orientation week
- 5) An educational program, led by John Underwood of the Human Performance Project, was offered in February 2015. Underwood focused on how alcohol and drugs negatively affects the brain and body of young adults, especially athletes. NDNU athletes and coaches attended, along with many other students. The program, sponsored by the Student Development and Standards Office, Student Life and Leadership Office, Athletics and Counseling and Health Services, was very well received.
- 6) This year, the Student Life and Leadership Office, in cooperation with the Student Development and Standards Office and Counseling and Health Services, integrated many aspects of the former Alcohol and Drug Intoxication Awareness Week into an Activities Fair at the beginning of the academic year. The goal was to de-stigmatize conversations pertaining to alcohol and drugs. Several organizations came to campus to educate students, such as representatives of the Belmont Police Department who brought their "drunk goggles", AlAnon and Alcoholics Anonymous. David Muir from NDNU's Health Services and Education educated students about drugs in an innovative way using the "Wheel of Misfortune."
- 7) Sanctions for first-time, less serious cases (e.g., underage co-location with alcohol) included verbal and written warnings and informing coaches when students were in athletic programs. More

serious cases, such as alcohol poisoning or repeated incidents of alcohol violation, resulted in parental notification, disciplinary probation and/or a warning about or actual removal from housing and *persona non grata* status where students are banned from visiting residential areas.

8) Students found responsible for serious or repeated alcohol violations received one to one intervention counseling which aimed to complete an intake of use and to use motivational interviewing techniques to prompt change. This was usually after taking an online alcohol course through 3rd Millennium Classrooms. An outcome applied to students who were found responsible for a first time possession or consumption of drugs (every case involved marijuana). Instead of the online course and counseling intervention focusing on alcohol, the section of the online program for these focused on marijuana use.

8) Joint publications from the Student Development and Standards Office and Health Services concerning alcohol and marijuana were made available to all new and returning students at presentations regarding these topics during Week of Welcome, and also to individual students who were responsible for violating the Conduct Code throughout the year. They were also available for all students throughout the year in the Student Affairs Office, Counseling and Health Services, Student Life and Leadership and the Student Development and Standards Offices.

2A2. Effectiveness of the Program:

One way in which the programs were measured for effectiveness was by directly assessing student learning. As an example, new first year students were assessed by AlcoholWise, the online program which they were required to take. Some of the results of this are listed in Table 1.

Table 1: Results of Alcohol Assessment for Online Program for First Year Students

The results of the pretest and posttest for AlcoholWise, the online program for first year studentsh are shown. N=112, the score is out of 100.

	NDNU	National Average
Pre-test average score	50	56
Post-test average score	79	83

Table 1 shows a marked improvement from the pre-test to the post-test. This indicates that this program was effective in helping students learn more about alcohol consumption. In addition to many of the basic facts associated with baseline alcohol education, there were questions which were very pertinent for student-athletes and any student who takes their fitness seriously. As an example, 82% of NDNU students participating in the online program correctly answered “false” to the question, “Alcohol does not interfere with muscle recovery and healing.”

Another way in which the program’s effectiveness was measured is through analyzing the number of alcohol and drug related incidents on campus (Table 2). This past year there were fewer incidents involving alcohol and drugs on campus. This follows a general downward trend for the past three years.

Table 2: The Number of Alcohol and Drug Related Incidents on Campus

The number of alcohol and drug related incidents occurring on campus decreased significantly relative to the previous year. This reflects a downward trend in incidents for the past three years.

	2012-13	2013-14	2014-15
Alcohol-related incidents	74	35	24
Drug-related incidents	23	17	9

Of the 24 alcohol related incidents, most involved co-location, where someone of age is co-located with someone underage and alcohol is present. This violation also involves underage students being in the same room as alcohol and not imbibing. 27 individuals were found responsible for this. The next most frequent alcohol-related violation was paraphernalia (20 individuals found responsible) and underage possession / consumption (ten individuals found responsible). There were relatively few students who repeated these violations, four for co-location, two for paraphernalia and one for underage possession / consumption.

There was also a significant decrease in the number of drug-related incidents. All of these incidents involved marijuana. Of the marijuana violations, nine involved possession / consumption and six involved possessing marijuana paraphernalia. Five students were found responsible for being co-located with marijuana. No students had repeated violations for drugs.

2A3: Implementing Needed Changes:

This academic year Counseling and Health Services had an intern who focused specifically on offering motivational interviews regarding alcohol and drugs. Having this referral as a sanction streamlined the process and ensured that students who needed help in making better choices received it.

2B. Determines the number of drug and alcohol-related violations and fatalities that occur on the institution’s campus or as part of the institution’s activities, and are reported to campus officials

There were no drug or alcohol related fatalities in the 2014-15 academic year. The other statistics are furnished in section 2A2 above.

2C. Determines the number and type of sanctions that are imposed

Each of the students who were responsible for violating the illicit drug or alcohol policy received sanctions. The spectrum for alcohol ranged from warnings for first time offenses to removal from housing and *persona non grata* status for repeated or extremely serious violations. Educational activities and informing parents were also sanctions which were assigned for repeated alcohol violations. The spectrum for drug violations ranged from a housing and *persona non grata* warning and educational program for first offenses to housing removal for second violations. Examples of educational activities included researching and writing reflection papers, attending evening or completing online information programs regarding alcohol or drugs and/or attending Alcoholics Anonymous or AlAnon meetings. Counseling interventions for repeated alcohol and first time drug violations were also often assigned.

2D. Ensures that sanctions are consistently enforced

After adjudication, all students who were responsible for violating the Conduct Code were sanctioned in a manner which was consistent with the policies and past practices of the University. The University uses Maxient, a student conduct data system to manage cases. This facilitates tracking sanction completion. Maxient automatically sends e-mail reminders to students four days prior to their sanctions being due. This is an effective way to encourage sanction completion. When students did not follow through with sanctions, they were sent warnings and then notification that holds were placed on their student accounts until the sanctions were completed. The administrative holds prevent students from registering for classes, receiving transcripts and/or applying for housing.