

UC San Diego

DRUG-FREE SCHOOLS AND COMMUNITIES ACT BIENNIAL REVIEW: ACADEMIC YEARS 2016-2018

Contributing Departments:

- Academic Personnel Office
- CARE at the Sexual Assault Resource Center
- Enrollment Management
- Faculty Staff Assistance Program
- UC San Diego Health Faculty Affairs
- UC San Diego Health Human Resources
- Health Sciences
- Human Resources
- Intercollegiate Athletics
- Office of Ethics & Compliance
- Office of Student Conduct
- Office of the Registrar
- Student Affairs
- Student Health and Wellbeing
 - Counseling and Psychological Services
 - Health Promotion Services
 - Student Health Services

Final Date: December 19, 2018

Table of Contents

I.	Introduction/Overview.....	3
II.	Biennial Review Process.....	3
III.	Annual Notification Process.....	3
IV.	Alcohol and Other Drug Violations and Sanctions.....	3
	A. Students.....	3
	B. Faculty and Staff.....	7
	C. Sanction Consistency.....	9
	i. Students.....	9
	ii. Faculty and Staff.....	9
V.	Alcohol and Drug Assessments.....	9
VI.	Drug-Free Schools and Communities Act Annual Notice.....	12
	A. University Policies and Sanctions Related to Drug and Alcohol Use.....	12
	B. Federal, State and Local Laws Governing the Unlawful Possession or Distribution of Controlled Substances And Alcohol.....	13
	C. Health Risks Associated with the Use of Controlled Substances or Abuse of Alcohol.....	17
	D. Drug and Alcohol Counseling, Treatment, or Rehabilitation or Re-Entry Programs.....	18
	i. Resources for Students.....	18
	ii. Resources for Faculty and Staff.....	19
	iii. Community Resources.....	19
VII.	Alcohol and Other Drug Related Policies.....	20
VIII.	Alcohol and Other Drug Education, Intervention and Prevention.....	25
	A. Students.....	25
	B. Faculty and Staff.....	31
	C. Participating Campus-Community Collaboration.....	32
IX.	Alcohol and Other Drug Comprehensive Program Goals and Objectives for Biennium Period Being Reviewed.....	33
	A. Alcohol and Other Drug Goal Achievement and Objective Achievement.....	33
	B. Goals and Objectives for Academic Years 2018-2020.....	35
	C. Conclusion.....	36

I. Introduction/Overview

The Drug-Free Schools and Communities Act requires institutions of higher education to conduct a biennial review of their alcohol and other drug programs and policies to determine the effectiveness of prevention programs and consistency of policy enforcement, and to implement any necessary changes to programs and policies.

On a biennial basis, UC San Diego undertakes an internal review of its alcohol and drug abuse prevention program to do the following:

- Determine the program's effectiveness and implement changes to the program if changes are needed;
- Determine the number of drug and alcohol-related violations and fatalities that:
 - Occur on the institution's campus or as part of any of the institution's activities; and
 - Are reported to campus officials.
- Determine the number and type of sanctions that are imposed by the institution as a result of drug and alcohol-related violations and fatalities on the institution's campus or as a part of any of the institution's activities; and
- Ensure that the sanctions are consistently enforced.

II. Biennial Review Process

This Biennial Review covers the 2016 – 2018 academic years, and is available online at [UC San Diego Biennial Review](#).

III. Annual Notification Process

On October 8, 2018, the Drug-Free Schools and Communities Act Annual Notice was sent via email to all academics, staff and students at UC San Diego. Students, faculty and staff who enroll or on-board after the distribution date will also be provided with a link to the Annual Notice. The Annual Notice can be viewed at: https://wellness.ucsd.edu/healthpromotion/Documents/DFSCA_18-19.pdf. See also Section VI of this Biennial Review.

IV. Alcohol and Other Drug Violations and Sanctions

A. Students

The following data relating to incidents and sanctions was provided by the Office of Student Conduct.

2016-17 Student Conduct Incidents

Alcohol related	351
Drug-related	90
Alcohol and Drug-related	24
Transports	55
Detox	80

2017-18 Student Conduct Incidents

Alcohol related	332
Drug-related	108
Alcohol and Drug-related	31
Transports	41
Detox	36

** The numbers here denote the number of single incidents in each category. Usually there is more than one person involved so it does not encapsulate every person involved, nor the number of violations committed.*

Student Sanction Statistics 2016-2017

Alcohol and alcohol-related violations and resulting sanctions

(includes: use, possession, intoxication, furnishing, and distribution, as well as Student Housing policies related to being a minor in the presence of alcohol).

RESULTING SANCTIONS	TOTAL NUMBER
Formal Warning	637
Alcohol Self-Assessment Questionnaire	369
Probation	260
Reflection Paper	131
CARRS Program*	107
Practical Decision-Making Assessment and Reflection	76
Community Service	61
Sun God Sobering Facility Restitution	40
Other	33
Detox Restitution	21
Letter of Apology	15
Exclusion from Sun God Festival	13
Mandated Assessment	7
Meetings	7
Bulletin Boards	5

E-Toke*	2
Alcoholics Anonymous	1
Exclusion from Areas or Campus	1
Loss of Privileges and Exclusion from Activities	1
Narcotics Anonymous	1
No Contact Order	1
Research Paper	1
Restitution	1
Suspension	1

**For details about these programs, please see Section VIII of this Biennial Review.*

Drug and drug-related violations and resulting sanctions

(includes: use, possession and distribution as well as Student Housing policy violations of disruption and being in the presence of drugs).

RESULTING SANCTIONS	TOTAL NUMBER
Formal Warning	87
E-Toke	64
Probation	32
Reflection Paper	26
Practical Decision-Making Assessment and Reflection	18
Other	8
Suspension	6
Community Service	4
Alcohol Self-Assessment Questionnaire	2
Mandated Assessment	2
CARRS Program	1
Meetings	1
No Contact Order	1

Both alcohol and drug violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Formal Warning	50
E-Toke	30
Probation	26
Alcohol Self-Assessment Questionnaire	25
Reflection Paper	25
Practical Decision-Making Assessment and Reflection	15

CARRS Program	3
Community Service	3
Exclusion from Areas or Campus	2
Other	2
Mandated Assessment	1
Suspension	1

Student Sanction Statistics 2017-2018

Alcohol and alcohol-related violations and resulting sanctions

(includes: use, possession, intoxication, furnishing, and distribution, as well as Student Housing policies related to being a minor in the presence of alcohol).

RESULTING SANCTIONS	TOTAL NUMBER
Formal Warning	607
Alcohol Self-Assessment Questionnaire	299
Probation	132
Reflection Paper	97
Practical Decision-Making Assessment and Reflection	66
CARRS Program	57
Community Service	18
Sun God Sobering Facility Restitution	17
Detox Restitution	6
Research Paper	5
Mandated Assessment	3
Other	3
Letter of Apology	2
Suspension	2
Alcoholics Anonymous	1
Exclusion from Areas or Campus	1
Guest Ban	1
Meetings	1
Restitution	1

Drug and drug-related violations and resulting sanctions

(includes: use, possession and distribution as well as Student Housing policy violations of disruption and being in the presence of drugs).

RESULTING SANCTIONS	TOTAL NUMBER
Formal Warning	118
E-Toke	86
Reflection Paper	38
Probation	33

Practical Decision-Making Assessment and Reflection	21
Suspension	5
Community Service	4
Mandated Assessment	4
Other	4
Guest Ban	1
Meeting with International Students & Program Office	1

Both alcohol and drug violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Formal Warning	79
Alcohol Self-Assessment Questionnaire	31
Probation	20
Reflection Paper	13
Practical Decision-Making Assessment and Reflection	8
Community Service	7
CARRS Program	5
E-Toke	2
Other	2
Suspension	2
Meetings	1

The Office of Student Conduct, in collaboration with the Council of Deans of Student Affairs and Directors' Council of Residence Life, developed sanction guidelines for most all *Student Conduct Code* violations. These guidelines provide a uniform set of initial sanctions for all Student Conduct Officers and ensure greater consistency among colleges and residential areas. The Office of Student Conduct provides regular training for Student Conduct Officers on appropriate sanctioning and reviews all resolution letters to ensure sanctioning consistency.

B. Faculty and Staff

Human Resources, Academic Personnel Office and Health Faculty Affairs track data with respect to faculty and staff alcohol related violations and sanctions.

Faculty and Staff Sanction Statistics 2016-2017

Alcohol and alcohol-related violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Under Investigation	1

Termination	1
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Drug and drug-related violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Termination	1

Both alcohol and drug violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Suspension	1

Faculty and Staff Sanction Statistics 2017-2018

Alcohol and alcohol-related violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Counseling Memorandum	1
Termination	1

Drug and drug-related violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Under Investigation	3
Termination	6

Both alcohol and drug violations and resulting sanctions

RESULTING SANCTIONS	TOTAL NUMBER
Other	1

C. Sanction Consistency

i. Students:

Sanctions are designed to be educational in nature and support the University's mission of promoting the health and wellness of its students, in pursuit of their academic goals and the orderly operation of the University. Sanctions are progressive and take into consideration a student or student organizations' cumulative student conduct record and any applicable aggravating or mitigating factors. Typical sanctions for incidents involving controlled substances and/or alcohol include, but are not limited to: formal warning, probation, loss of privileges and exclusion from activities, suspension, dismissal, exclusion from areas of the campus or from university-supported activities, restitution, letters of apology, mandated assessments, reflection papers, alcohol self-assessment questionnaire, campus alcohol risk reduction seminar (CARRS), e-Toke, and follow-up meetings.

Student-athletes and teams may also be assigned sanctions as a result of violating the Student-Athlete Code of Conduct concurrent to their participation in the Student Conduct Code process, or in instances where the Student Conduct Code may not apply. Such sanctions include, but are not limited to: loss of privileges, suspension from practice and/or games, dismissal from the team or suspension of seasonal competition, etc. For more information, please review the Student-Athlete Code of Conduct.

ii. Faculty and Staff:

Corrective actions and terminations are issued pursuant to applicable Personnel Policies for Staff Members or Collective Bargaining Agreements. For non-Health Sciences staff, all corrective actions are reviewed by Campus Employee Relations to ensure consistency and appropriateness. While corrective action is generally meant to be progressive, each situation is different and there is no single appropriate course of action. When determining the appropriate corrective action, the severity and circumstances of each situation, the employee's work history and past similar circumstances are evaluated and compared before a final decision and corrective action or termination is issued. Immediate termination may be warranted in situations of serious misconduct or failure to maintain acceptable work performance standards.

V. **Alcohol and Drug Assessments**

To better understand student behavior, UC San Diego conducts student surveys regarding alcohol and other drug use as part of an overall well-being assessment. Based on information obtained from the surveys, the University can more efficiently and effectively focus on and develop prevention strategies catered to UC San Diego students.

- **ACHA/NCHA (Spring 2016) The American College Health Association – National College Health Assessment II** (ACHA-NCHA II) is a survey conducted by ACHA to assist college health professionals, Student Affairs staff, administrators, students and others, in collecting data about students' health status, behaviors and beliefs on a wide range of topics. The UC San Diego Student Health and Well-being cluster administered

the ACHA-NCHA II in the Spring of 2016. Seven thousand students (graduate and undergraduate students) were invited to complete the survey. The response rate was approximately 13% (n=885).

The following is a summary of key findings:

Alcohol Use

- 40% of students have not used alcohol within the last 30 days
- 25.4% of students drank 5 or more drinks of alcohol at a sitting within the last 2 weeks

Risk reduction behaviors

Of those who drank within the last 12 months, the percentage who reported engaging in the following protective behaviors “always” or “most of the time” is listed below in order from highest to lowest:

- 61% stay with the same group of friends while drinking
- 60% use a designated driver
- 58.3% eat before/during drinking
- 32% stick with only one kind of alcohol
- 32% are determined not to exceed a set number of drinks
- 31% alternate non-alcoholic beverages with alcoholic beverages
- 29.3% have a friend let them know when they have had enough
- 26% keep track of how many drinks they drink
- 26% avoid drinking games
- 26% pace their drinks to one or less per hour
- 17.4% choose not to drink

Negative consequences of drinking

Of those who drank within the last 12 months:

- 19% did something they later regretted
- 16% forgot where/what they did
- 10% had unprotected sex as a consequence of drinking
- 5% physically injured themselves
- 1.1% seriously considered suicide
- 1.1% had sex without giving my consent
- 0.5% got in trouble with police
- 0.2% physically injured another person
- 0% had sex without their partner’s consent

Other illegal drug use (n=885)

The following percentage of students reported having used these drugs in the last 30 days:

- Marijuana 16%
- MDMA 2.6%
- Cocaine 1.9%
- Other club drugs 1.8%
- Amphetamines 1.8%
- Sedatives 1.4%
- Hallucinogens 1.1%
- Other illegal drugs (Spice and Bath Salts) 0.9%
- Opiates 0%
- Inhalants 0%
- Methamphetamine 0.6%
- Steroids 0%

Prescription drug misuse (n=885)

Within the last 12 months:

- 5.5% of students used unprescribed stimulants
- 4% of students used unprescribed painkillers
- 2.1% of students used unprescribed sedatives
- 1.8% of students used unprescribed antidepressants within the last 12 months

Tobacco (n=885)

- 6.3% of students reported using cigarettes within the last 30 days
 - 2.7% of students reported using hookah within the last 30 days
 - 2.7% of students reported using e-cigarettes within the last 30 days
- **Educational Online Assessment/Interventions for students through Health Promotion Services**

Health Promotion Services administers online assessments/interventions throughout the year, with a focus at the beginning of fall quarter, and also leading up to a large event on campus in the spring (Sun God Festival). Each of these online interactions help students reflect on their alcohol, tobacco and drug use and some offer tailored intervention content designed to reduce substance related risk. They include:

- Electronic Check-Up to Go
- Screen U
- Interactive Sun God Festival Assessment
 - 2016-2017: 23,058 online assessments completed

- 2017-2018: 18,217 online assessments completed

VI. Drug-Free Schools and Communities Act Annual Notice

In accordance with the Drug-Free Schools and Communities Act, the following information is provided regarding University and campus policies prohibiting the unlawful possession, use or distribution of drugs or alcohol; sanctions relating to drug and alcohol violations by students or employees; federal, state and local laws and penalties for drug and alcohol offenses; health risks associated with the use of drugs and alcohol abuse; and drug and alcohol, counseling, treatment, or rehabilitation or re-entry programs.

A. University Policies and Sanctions Relating to Drug and Alcohol Use

The University strives to maintain communities and workplaces free from the illegal use, possession or distribution of alcohol and controlled substances. The manufacture, sale, distribution, dispensation, possession, or use of alcohol and controlled substances by University students and employees on University property, at official University functions, or on University business is governed by law and University policies. Students found to be in violation of these laws or policies may be subject to disciplinary action, up to and including dismissal, in addition to any criminal or civil penalties resulting from violating local, state and/or federal law. Employees found to be in violation of these laws and policies may be subject to disciplinary action, up to and including dismissal, under applicable University policies and labor contracts, and may be required to participate in an appropriate treatment program, in addition to any potential criminal or civil penalties resulting from violating a local, state or federal law.

- **Marijuana/Cannabis Use**

The University of California prohibits the use, possession and sale of marijuana in any form on all University property, including University-owned and leased buildings, housing and parking lots. Marijuana is also not permitted at University events or while conducting University business. On November 8, 2016, California voters passed Proposition 64 legalizing the use of recreational marijuana among people over the age of 21. It is important to understand that Proposition 64 does not change University of California policy; marijuana remains prohibited on all University property and at all University events, except for approved academic research. Academic research involving marijuana may be conducted at the University to the extent authorized under both federal and state law; such research must be conducted in compliance with all applicable regulations and policies, including but not limited to federal registration and licensing requirements administered by the U.S. Drug Enforcement Agency and applicable to research use of controlled substances. Notwithstanding Proposition 64, using, distributing and possessing marijuana remains illegal under federal law. The federal Controlled Substances Act criminalizes possession and distribution of controlled substances, including marijuana, with a limited exception for certain federally approved research. The Drug Free Schools and Communities Act and the Drug Free Workplace Act require that University of California, as a recipient of federal funding, establish policies that prohibit marijuana use, possession and distribution on campus and in the workplace. Violating the University's policies may be grounds for discipline or corrective action, which may include required participation in a treatment

program, with a maximum penalty of dismissal. See <https://www.ucop.edu/marijuana-and-drug-policy/>.

B. Federal, State and Local Laws Governing the Unlawful Possession or Distribution of Controlled Substances and Alcohol

- Federal Laws**

Possession of Controlled Substances: Federal law prohibits the illegal possession of a controlled substance.¹

- First offense: prison sentences up to one year and a minimum fine of \$1,000.
- Second offense: prison sentences up to two years and a minimum fine of \$2,500.
- Third offense: prison sentences up to three years and a minimum fine of \$5,000.
- Special sentencing provisions apply for possession of flunitrazepam, including imprisonment of three years as well as the fine schedule referenced above.

Trafficking of Controlled Substances:²

Drug/Schedule	Quantity	Penalties	Quantity	Penalties
Cocaine (Schedule II)	500–4999 grams mixture	First Offense: Not less than 5 years, and not more than 40 years. If death or serious injury, not less than 20 years or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.	5 kgs or more mixture	First Offense: Not less than 10 years, and not more than life. If death or serious injury, not less than 20 years or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 years, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Cocaine Base (Schedule II)	28–279 grams mixture		280 grams or more mixture	
Fentanyl (Schedule II)	40–399 grams mixture	400 grams or more mixture		
Fentanyl Analogue (Schedule I)	10–99 grams mixture	100 grams or more mixture		
Heroin (Schedule I)	100–999 grams mixture	1 kg or more mixture		
LSD (Schedule I)	1–9 grams mixture	10 grams or more mixture		
Methamphetamine (Schedule II)	5–49 grams pure or 50–499 grams mixture	Second Offense: Not less than 10 years, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	50 grams or more pure or 500 grams or more mixture	
PCP (Schedule II)	10–99 grams pure or 100–999 grams mixture		100 gm or more pure or 1 kg or more mixture	
PENALTIES				
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	First Offense: Not more than 20 years. If death or serious injury, not less than 20 years, or more than life. Fine \$1 million if an individual, \$5 million if not an individual.		
Flunitrazepam (Schedule IV)	1 gram	Second Offense: Not more than 30 years. If death or serious injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.		
Other Schedule III drugs	Any amount	First Offense: Not more than 10 years. If death or serious injury, not more than 15 years. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.		
		Second Offense: Not more than 20 years. If death or serious injury, not more than 30 years. Fine not more than \$1 million if an individual, \$5 million if not an individual.		
All other Schedule IV drugs	Any amount	First Offense: Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.		
Flunitrazepam (Schedule IV)	Other than 1 gram or more	Second Offense: Not more than 10 years. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.		
All Schedule V drugs	Any amount	First Offense: Not more than 1 year. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.		
		Second Offense: Not more than 4 years. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.		

¹ 21 U.S.C. § 844(a).

² US Dep’t of Justice, Drug Enforcement Agency, *Drugs of Abuse: A DEA Resource Guide* (2017) at 30.

Federal Trafficking Penalties – Marijuana³

DRUG	QUANTITY	1st OFFENSE	2nd OFFENSE *
Marijuana (Schedule I)	1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants	Not less than 10 years or more than life. If death or serious bodily injury, not less than 20 years, or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	Not less than 20 years or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	Not less than 5 years or more than 40 years. If death or serious bodily injury, not less than 20 years or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.	Not less than 10 years or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not more than 20 years. If death or serious bodily injury, not less than 20 years or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.	Not more than 30 years. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	Not more than 5 years. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 years. Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish (Schedule I)	10 kg or less		
Hashish Oil (Schedule I)	1 kg or less		

*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is a mandatory term of life imprisonment without release and a fine up to \$20 million if an individual and \$75 million if other than an individual.

Loss of Federal Aid:

Students convicted of any offense under any Federal or State law involving the possession or sale of a controlled substance for conduct that occurred during a period of enrollment for which the student was receiving any Federal grant, loan, or work assistance shall not be eligible to receive any grant, loan, or work assistance from the date of that conviction for the following period: Students convicted of drug possession will be ineligible for one year from the date of the conviction of the first offense, two years for the second offense, and indefinitely for the third offense. Students convicted of selling drugs will be ineligible for two years from the date of the first conviction, and indefinitely for the second offense. Those who lose eligibility can regain eligibility by successfully completing an approved drug rehabilitation program.⁴

Forfeiture of Personal Property and Real Estate:

Any person convicted of a federal drug offense punishable by more than one year in prison shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings. A warrant of seizure is issued and property is seized at the time an individual is arrested on charges that may result in forfeiture.⁵

³ *Id.* at 31.

⁴ 20 U.S.C. § 1091(r).

⁵ 21 U.S.C. § 853.

- **State of California Law**

Controlled Substances

- California penalties for offenses involving controlled substances include those set forth in the California Health & Safety Code § 11350: Imprisonment in the county jail or state prison, a fine not to exceed \$70, or probation with fine for felony convictions of at least \$1,000 for the first offense and at least \$2,000 for second or subsequent offenses or community service for unlawful possession of controlled substances.
- Under California law, possession of certain controlled substances (Schedule I, II, and III) for sale or purchasing for the purpose of sale are punishable by imprisonment of two, three, or four years.⁶
- Penalties are more severe for offenses involving heroin, cocaine, cocaine base, or any analog of these substances and occurring upon the grounds of, or within, a church or synagogue, a playground, a public or private youth center, a child day care facility, or a public swimming pool, during hours in which the facility is open for business, classes, or school-related programs, or at any time when minors are using the facility.⁷
- It is unlawful to possess any device, contrivance, instrument, or paraphernalia used for unlawfully injecting or smoking certain controlled substances.⁸
- Personal property may be subject to forfeiture if it contains drugs or was used in a drug manufacture, distribution, dispensation or acquired in violation of this division.⁹
- The California Legislature declares that the dispensing and furnishing of prescription drugs, controlled substances and dangerous drugs or dangerous devices without a license poses a significant threat to the health, safety and welfare of all persons residing in the state and shall be guilty of a crime.¹⁰

Alcohol

The following summarizes some of the California state laws regarding alcohol that may be relevant to students and employees:

- It is illegal for persons under the age of 21 to possess an alcoholic beverage in any public place or any place open to the public. Sanctions range from a fine of \$250-\$500 and community service, depending on whether the offense is a first or subsequent violation.¹¹
- Any person who furnishes, gives or sells any alcoholic beverage to someone under the age of 21 is guilty of a misdemeanor. Potential sanctions include fines of \$250 or higher, community service, and imprisonment, depending on the facts of the case.¹²

⁶ Cal. Health & Safety Code §§ 11054, 11055, 11056 & 11351.

⁷ § 11353.1.

⁸ § 11364.

⁹ § 11470.

¹⁰ § 11352.1.

¹¹ Cal. Bus. & Prof. Code § 25662.

¹² § 25658.

- Any person under the influence of alcohol in a public place and unable to exercise care for one's own safety or that of others is guilty of a misdemeanor.¹³
- It is illegal for persons to operate a motor vehicle while under the influence of alcohol or other intoxicants or with a blood alcohol level of .08% or higher.¹⁴
- It is a misdemeanor to ride a bicycle upon a highway under the influence of alcohol, drugs or both.¹⁵
- It is an infraction to possess an open container of an alcoholic beverage while in a motor vehicle.¹⁶
- It is an infraction for an owner or driver of a motor vehicle to allow an open container of alcohol in the passenger area.¹⁷

Driving Under the Influence

The following is a list of some of the legal sanctions for driving under the influence of alcohol or any other drug:

- First conviction: Imprisonment in the county jail for not less than 96 hours, at least 48 hours which are continuous, nor more than six months and by a fine of not less than \$390 nor more than \$1,000 and except as otherwise provided suspension of privilege to operate motor vehicle.¹⁸
- Conviction of driving under the influence with or without bodily injury within ten years of certain other felony convictions including vehicular manslaughter and driving under the influence: Imprisonment in state prison or in the county jail for not more than one year and a fine of not less than \$390 nor more than \$1,000 and revocation of privilege to operate a motor vehicle.¹⁹
- Driving under the influence causing bodily injury: Imprisonment in state prison or county jail for not less than 90 days nor more than one year and a fine of not less than \$390 nor more than \$1,000 and suspension of privilege to operate a motor vehicle.²⁰
- Driving under the influence causing bodily injury or death to more than one victim: Enhancement of one year in state prison for each additional injured victim up to a maximum of three one-year enhancements.²¹
- Second conviction of driving under the influence causing bodily injury within ten years or conviction within ten years of separate conviction of other specified offenses involving alcohol or drugs: Imprisonment in the county jail for not less than 120 days nor more than one year and a fine of not less than \$390 nor more than

¹³ Cal. Penal Code § 647(f).

¹⁴ Cal. Veh. Code § 23152.

¹⁵ § 21200.5.

¹⁶ § 23223.

¹⁷ § 23225.

¹⁸ § 23536.

¹⁹ § 23550.5.

²⁰ § 23554.

²¹ § 23558.

\$5,000 and revocation of privilege to operate a motor vehicle.²²

- **San Diego Local Law**

San Diego has various ordinances and sentencing guidelines related to the unlawful possession or distribution of illicit drugs and alcohol. Guidelines range from convictions related to open containers, selling to minors, possession of a false ID, and others.

In addition, San Diego local ordinances prevent consumption of alcohol by individuals under 21 in both public places, and places not open to the public.²³ San Diego has also enacted a Social Host law, which provides for “a duty of any person having control of any premises, who knowingly hosts, permits, or allows a gathering at said premises to take all reasonable steps to prevent the consumption of alcoholic beverages by any minor at the gathering. Reasonable steps are controlling access to alcoholic beverages at the gathering; controlling the quantity of alcoholic beverages present at the gathering; verifying the age of persons attending the gathering by inspecting driver’s licenses or other government-issued identification cards to ensure that minors do not consume alcoholic beverages while at the gathering; and supervising the activities of minors at the gathering.”²⁴ The ordinance further provides that “[i]t is unlawful for any person having control of any premises to knowingly host, permit, or allow a gathering to take place at said premises where at least one minor consumes an alcoholic beverage, whenever the person having control of the premises either knows a minor has consumed an alcoholic beverage or reasonably should have known that a minor consumed an alcoholic beverage had the person taken all reasonable steps to prevent the consumption of an alcoholic beverage by a minor....”²⁵ Certain exceptions apply.

San Diego Superior Court Sentencing Guidelines:

<http://www.sdcourt.ca.gov/pls/portal/docs/page/sdcourt/criminal2/criminalresources/2015%20courtroom%20counsel%20copy%20sent%20guidelines.pdf>

C. Health Risks Associated with the Use of Controlled Substances or Abuse of Alcohol

There are a number of health risks associated with the misuse and abuse of alcohol and other controlled substances. These risks can be short-term or long-term, and can depend on the drug being used, among other factors.

The National Institute on Drug Abuse provides a comprehensive description of the health consequences of drug misuse. Please see:

<https://www.drugabuse.gov/related-topics/health-consequences-drug-misuse>
<https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

²² § 23560.

²³ S.D., Cal., Municipal Code § 56.61.

²⁴ § 56.62.

²⁵ *Id.*

The National Institute on Alcohol Abuse and Alcoholism provides a comprehensive description of the effects alcohol has on the body.

Please see: <https://www.niaaa.nih.gov/alcohol-health/alcohols-effects-body>

D. Drug and Alcohol Counseling, Treatment, or Rehabilitation or Re-entry Programs

i. Resources for Students

Counseling and Psychological Services (CAPS)

<http://caps.ucsd.edu>

858-534-3755

- High quality, culturally-sensitive, and confidential counseling services, including individual, couples, and group counseling, crisis/urgent care interventions, and referral services free of charge.
- Brief drug and alcohol use disorder evaluation, treatment and referral.
- Psychiatric services and consultation.
- Psycho-educational workshops and drop-in forums grounded on the latest science of optimal well-being and peak performance to support students in their life and leadership skills acquisition.
- Student mentoring and advocacy.

Health Promotion Services (HPS)

<http://healthpromotion.ucsd.edu>

858-534-3874

- HPS offers a variety of prevention education programs including workshops, campaigns, and meetings. Health Promotion Specialists are available to all students.
- In addition, the Alcohol, Drugs, Issues, and Trends (ADIT), chaired by Health Promotion Services, is a campus community coalition that meets quarterly to discuss current substance abuse related issues and trends.
- Health Educators facilitate a 90-minute group session (Campus Alcohol Risk Reduction Seminar (CARRS)) for students who violate alcohol policies.
- New this year, HPS will begin providing a Cannabis Education workshop, similar to CARRS, for students who violate marijuana/cannabis policies.

Student Health Services (SHS)

<http://studenthealth.ucsd.edu>

858-534-3300

- SHS offers counseling services with the assistance of the in-house Licensed Clinical Social Worker, in partnership and collaboration with CAPS providers.
- Students can also access eCHECKUP TO GO, an online assessment, which provides personalized feedback about individual drinking patterns, risk patterns, and UC San Diego resources.

ii. Resources for Faculty and Staff

Employee Support Programs are offered by the Faculty and Staff Assistance Program (FSAP) on campus and the Managed Health Network for Health Sciences employees. These programs are designed to help prevent substance abuse by University employees as well as provide assistance and referral services for those who have substance abuse problems or concerns. Services include assessment, referral to community resources, consultation, supervisory training, return to work assistance, and follow-up. All services are free and many are available to family members. Employees are encouraged to self-refer and seek this confidential assistance.

- *Faculty and Staff Assistance Program (Campus Faculty and Staff, Post-Doctoral Students and Visiting Scholars)*
<https://blink.ucsd.edu/sponsor/hr/divisions-units/fsap.html>
858-534-5523
- *Liveandworkwell (UC San Diego Health Sciences benefits-eligible academic employees and staff)*
<https://www.liveandworkwell.com/public>
(operated by Optum/United Behavioral Health)
866-808-6205e company code UCSDMC)

iii. Community Resources

- *Alcoholics Anonymous San Diego County*
<http://www.aasandiego.org/>
619-265-8762
- *Narcotics Anonymous San Diego County*
<http://www.sandiegona.org>
619-584-1007
- *Marijuana Anonymous*
<http://www.ma-sandiego.org/>
- *Adult Children of Alcoholics*
<http://www.adultchildren.org>
310-534-1815
- *Smart Recovery*
<https://www.smartrecovery.org/>

VII. Alcohol and Other Drug Related Policies

Medical Amnesty Program

Following an evaluation of the Responsible Action Protocol (RAP) and its accessibility to students, the Office of Student Conduct determined to rename it to Medical Amnesty Policy (MAP). This change went into effect for the 2018-19 academic year and is intended to increase student's awareness and understanding of the Policy.

The Medical Amnesty Program was developed with the intention of reducing the dangers associated with the overconsumption of alcohol and/or controlled substances, removing barriers to seeking medical assistance and promoting community wellbeing and safety. Students and student organizations experiencing a medical emergency related to alcohol and/or drugs may call for help to invoke MAP. Other students, who may be violating policy, may also receive protections under this policy if they call for help for another student experiencing such an emergency. To invoke MAP, a student must call, flag down or otherwise seek help from a University or Public Official such as a Residential Security Officer, House Advisor/Resident Assistant, or police officer. Students may only seek protection under MAP once every two academic years and must not have violated any other, high level policy violations such as distribution of controlled substances, hazing, vandalism or battery/assault.

When all the above apply, students reported under MAP will not be subject to the formal student conduct process. They will meet with their Dean of Student Affairs (individuals) or the Director for the Center of Student Involvement (organizations) to discuss appropriate, educational sanctions in a timely manner. The matter will be kept on file but will not be reported as part of their student conduct record. This protocol is available on the Office of Student Conduct Website under *Key Policies & Procedures*:

<https://students.ucsd.edu/files/student-conduct/medical-amnesty-program10-4-18.pdf>

Students and Student Organizations

For UC San Diego students and student organizations, the regulation of alcohol and controlled substances are further defined in the following policies:

- UC San Diego Student Conduct Code, which will be transferred to the UC San Diego Policy and Procedure Manual in 2019.
- Housing and Residential Life Policies:
<https://students.ucsd.edu/files/student-conduct/housing-and-residential-life-policies2018-19.pdf>
- Graduate Housing Policies:
<https://hdh.ucsd.edu/arch/docs/The-Handbook.pdf>
- UCSD Policy and Procedure Manual, Student Organizations:
<http://adminrecords.ucsd.edu/ppm/docs/160-9.html>
- UCSD Policy and Procedure Manual, University Alcohol Policy:
<http://adminrecords.ucsd.edu/ppm/docs/510-1.13.HTML>

In addition to the University Policy on the Consumption of Alcoholic and/or Malt Beverages, the Student Conduct Code also prohibits the use or distribution of alcohol as prohibited by law or University policy. The Student Conduct Code incorporates the Graduate Housing Policies and Housing and Residential Life Policies (for undergraduates). These policies also prohibit the consumption, solicitation, or procurement, of alcohol for those under the age of twenty-one (21). Further, these policies prohibit those over the age of twenty-one (21) from manufacturing or providing alcohol to anyone under the age of twenty-one (21). Residents are responsible for their behavior at all times and may be responsible for that of their guests (see Guest or Visitor Behavior policy). Persons under the age of twenty-one (21) in the presence of alcohol, with or without objective signs of intoxication, may be in violation of this policy. Alcohol possession or consumption which can be detected from outside the room/suite/apartment will result in further inquiry and may be a violation of this policy.

Residents who are twenty-one (21) or older and their guests who are twenty-one (21) or older may possess and/or consume alcohol in the resident's contracted bedroom space so long as they are following all other University policies. Residents who are 21 or older must store open, sealed, or empty alcohol containers in their own contracted bedroom space and must dispose of or recycle empty alcohol containers regularly. Residents who are under twenty-one (21) and who have roommates who are twenty-one (21) or over may be present in their residence when their roommate is consuming alcohol, but may neither consume nor possess any alcohol at any time. Social gatherings, where alcohol is present, are allowed provided all guests are 21 years or older and attendance at the gathering does not exceed two (2) guests per resident of the room/apartment. Hosting of multiple room gatherings where the consumption of alcoholic beverages takes place and where people move from one room to another is prohibited. This regulation applies even if all rooms involved are within allowable guest limits. At no time should the consumption of alcohol occur in public areas or occur outside of resident rooms or apartments.

Devices and games intended for the rapid consumption of alcohol (e.g., beer bong, beer pong, and commercial dispensers) are prohibited whether or not alcohol is present. The presence of any open, full, or empty alcohol containers will be interpreted as possession of alcohol. Additionally, possession of bulk quantities of alcohol is prohibited. Bulk quantities include, but are not limited to: kegs, punch bowls, greater than 750mL of liquor or wine, greater than 144 oz. of beer, powdered alcohol, or any alcohol by volume equivalencies. Regardless of age, alcohol delivery from any source is prohibited.

For graduate students residing in Graduate and Family Housing, no alcohol of any kind, in any type of container, is allowed to be kept or consumed in public areas. Public areas include, but are not limited to, stairways, walkways, parking spaces, pool/spa areas (LJDS), and laundry rooms. In addition, kegs, "party balls", tap systems, and similar large volume common source containers are prohibited in the apartments and in public areas. Consumption of alcohol by individuals 21 years of age or older is permitted in the apartments, including private patios/balconies and in the community rooms. The University's rules, regulations and policies relating to alcohol are applicable at all Graduate and Family Housing communities, including restrictions on underage possession and consumption of alcohol by individuals under the age of 21.

In addition to the University Policy on Substance Abuse, the Student Conduct Code also prohibits the unlawful solicitation, procurement, or consumption, of narcotics or controlled substances. Marijuana, including marijuana for medical use, is specifically prohibited. The Student Conduct Code incorporates the Graduate Housing Policies and Housing and Residential Life Policies (for undergraduates). These policies further establish that the University prohibits being in the presence of controlled substances, the possession and/or use of drug paraphernalia in or around all residential facilities, and the use of any prescribed medication, or over the counter drugs in an abusive or recreational manner. Prescription medication may only be used or possessed by the person to whom it is prescribed and the possession or consumption of controlled substances that can be detected from outside the room/suite/apartment will result in further inquiry and may be a violation of this policy.

Students and student organizations are made aware of these policies during orientation, registration, the housing application process, an annual e-mail notice, move-in, and at activities and events throughout the year. These policies are also publicly available on the Office of Student Conduct website at studentconduct.ucsd.edu under *Key Policies & Procedures* year round.

Additional Resources for Students and Student Organizations

- Programming (Student Health, Residential Life, Student Legal Services, AS Advocacy, College Judicial Boards, etc.)
- Residential Handbook (Muir Example: <http://muir.ucsd.edu/reslife/MRL%20Handbook%202018-19.pdf>)
- College Website (Revelle Example: <http://revelle.ucsd.edu/res-life/policies/housing.html>)
- Triton Activities Planner (TAP) by One Stop (Student Organization Resource for event planning), Planning your event with food and beverages (including alcohol): <https://students.ucsd.edu/student-life/involvement/organizations/onestop/events/food.html>
- Planning an Event (Graduate Student Association): <http://gsa.ucsd.edu/events-and-spaces/planning-an-event/>
- Pre-approved licensed alcohol vendors: <http://blink.ucsd.edu/facilities/services/general/conference/catering/>
- Use of Alcoholic and/or Malt Beverages form: <http://adminrecords.ucsd.edu/ppm/docs/510-1.13.HTML>

Intercollegiate Athletics (ICA)

In addition to the Student Conduct Code, student-athletes are expected to adhere to the Student-Athlete Code of Conduct. The UC San Diego Student-Athlete Code of Conduct can be found at https://admin.xosn.com/pdf9/4944007.pdf?DB_OEM_ID=5800&

The Student-Athlete Code of Conduct provides that alcohol consumption or use of controlled substances by student hosts or recruits is not permitted, regardless of the age of the involved

student hosts/recruits or who furnishes the alcohol or other substances. The use or consumption of alcohol and/or controlled substances is also strictly prohibited regardless of age or how it is obtained during road trips, and at practices, competitions or events (including banquets and summer camps).

Student-Athletes must also be in compliance with NCAA Rules and Regulations, and are prohibited from using substances on the NCAA Banned Drugs List: <http://www.ncaa.org/2018-19-ncaa-banned-drugs-list>

The NCAA randomly selects institutions and student-athletes for drug testing throughout the academic year, including the summer. All student-athletes are subject to drug testing before, during or after their competitive seasons and at testing sites around the world. Student-athletes may be contacted and asked to report for drug testing within 24-36 hours' notice and are obligated to report results to their local testing site, if tested elsewhere. Failure to report for drug testing is considered the same as testing positive. Student-Athletes who test positive are deemed ineligible for one year and that year is counted as one season of eligibility.

Student-athletes are made aware of these policies during New Student-Athlete Orientation, NCAA registration, an annual e-mail notice, move-in, annual Student Services meeting with each team as well as at activities and events throughout the year. These policies are also publicly available year round on the NCAA's website, the UC San Diego Athletics website and the Office of Student Conduct website.

Alcohol Use on Campus

Some exceptions to alcohol use on campus apply under UC San Diego Policy and Procedure Manual (PPM) PPM 510, the policy on Consumption of Alcohol on University Property which outlines controls and procedures for the appropriate use of alcohol on campus. Where consumption is permitted, the sponsoring non-University persons or sponsoring organizations, student governments, other official campus units, registered campus organizations or college organizations, referred to as Event Sponsors, are responsible for compliance with law and University policy. Functions where alcoholic beverages are being served must be sponsored by an official campus academic, research, or administrative unit. Affiliated organizations (registered student organizations, staff associations, etc.) and non-affiliated organizations (commercial and non-profit organizations) must obtain the approval or sponsorship from the appropriate official campus academic, research or administrative unit to serve alcoholic beverages.

University or Event Sponsors must be clearly identified as the primary sponsor of the event. Manufacturers and/or distributors of alcoholic beverages may not be sponsors of any kind for any event at which alcoholic beverages are served. Any recognition of the manufacturer and/or distributor shall be secondary to the University or Event sponsor and this distinction must be tastefully maintained in any advertising, displays or announcements in connection with the event. The name, logo, or other identifiable characteristic of the manufacturer and/or distributor of alcoholic beverages cannot be at all or in part included in the identification of the name of the event. The University's seal and/or logo shall not be used on any material containing reference

to an alcohol manufacturer/distributor. Sponsorship by manufacturers and/or distributors of alcoholic beverages must be in the form of money, goods or services specified by the University sponsor. Sponsorship may not include donations of clothing or attire or other articles identifying the manufacturer and/or distributor by such features as name and logo. The University Sponsor that is sponsoring events which are cosponsored by manufacturers and/or distributors of alcoholic beverages must make a demonstrable attempt to secure non-alcohol related sponsorships as well. The University's in-house printing facilities shall not be used to print materials that are substantially or primarily advertising for the manufacturer and/or distributor of alcoholic beverages, and therefore inconsistent with the mission of the University.

Event sponsors are responsible for establishing adequate controls to ensure that all persons served alcoholic beverages are at least 21 years of age, that a valid picture I.D. be presented at time of purchase, providing only single servings of alcohol at a time, denying service to obviously intoxicated individuals, or individuals furnishing beverages to those under 21 years of age, and stopping service of alcohol at least one hour before the end of an event scheduled for three or more hours. Alcohol must not be the focus of the event and its availability shall not be advertised. The name of event sponsors is to be included on or in all advertising. Alcohol must be served directly by official event personnel only which should be a university-approved, third party licensed beverage server. Attendees are not permitted to bring their own alcoholic beverages to any functions, except for donations from University support groups which are granted by the Vice Chancellors or their designees on a case-by-case basis. Donated alcohol must not be sold.

Event sponsors of events at which alcohol can be legally served must submit a *Use of Alcoholic and/or Malt Beverages Form* by the appropriate deadline (three weeks for closed events; four weeks for public events). For public events, prior to the consideration of approval, the University Sponsor(s) must meet with the designated facility manager and submit a written security plan that addresses compliance to applicable law and University policy in the planning and managing of the event via the *Use of Facilities and Sponsorship Form* or an approved facility reservation form. A secure system shall be used at large events where under-aged person may be presented and alcohol is served, such as colored wrist bands, or fencing. For closed events, event sponsors must describe how they will effectively control the consumption of alcohol by persons who are at least 21 years of age and prevent the consumption of alcohol by under-aged persons. The request is presumed denied unless written approval is provided to the University Sponsor. Vice Chancellors, or their designees, may approve exceptions to this deadline.

The Use of Alcoholic and/or Malt Beverages Form must be completed by the officer or key official of the sponsoring unit/organization, thus accepting personal responsibility for the function. This individual must be at least 21 years of age. For sponsoring student organizations or groups, three principal members must complete and sign the form and must all be over 21. Each of the following University officials must also approve the function and sign the *Use of Alcoholic and/or Malt Beverages Form*. It is in the purview of University officials to deny such requests. The designated University officials, or their duly authorized designees, authorized to approve the *Use of Alcoholic and/or Malt Beverages Form* are as follows:

1. The appropriate CSI Advisor and/or College Dean if the sponsor is an Undergraduate College.
2. Facilities Management: Facilities Director/Manager or designee (e.g. – University Center Director, Sports Facilities Director, Mandeville Center Director, Manager of Birch Aquarium, etc.).
3. Vice Chancellor-Student Affairs or designee, for undergraduate students, registered student organizations or college organizations.
4. Vice Chancellor of Research and Dean, Graduate Studies, or designee, if the sponsor is a graduate school organization.

University officials must also approve the function and sign the *Use of Alcoholic and/or Malt Beverages* form. It is in the purview of University officials to deny such requests. If the host facility is not under the direct control of the sponsoring department or unit, then additional approval must be obtained by the host Facility Management (e.g. – University Center Director, Sports Facilities Director, Mandeville Center Director, Manager of Birch Aquarium, etc.).

The UC San Diego Police Department will keep a record of the original, completed and approved form for one calendar year and will issue a *Use of Alcohol Permit*. This permit must be available at the event for inspection by any appropriate University Official.

Event Sponsors must also apply for a temporary, food facility permit, which can be found here: https://blink.ucsd.edu/safety/general/food/temporary.html?_ga=2.222571033.306921696.1540594738-1222395345.1540594738.

Student Organizations must also submit a *Triton Activities Planner* form which can help them plan their event and stay in compliance (<http://tap.ucsd.edu/portal/>).

VIII. Alcohol and Other Drug Education, Intervention and Prevention

A. Students

UC San Diego strongly supports a risk reduction philosophy and implementation of policies and programs to curb alcohol, tobacco and other drug use and the associated negative consequences of such use.

This comprehensive prevention approach follows an environmental Public Health Model by combining strategies that focus on the physical, social, legal, and economic environments on campus and in surrounding communities. This environmental management approach recognizes student behavior is influenced at multiple levels.

Students' decisions to drink or use other drugs are shaped by many environmental factors. Examples of environmental factors include: academic requirements, service learning programs,

class scheduling, residential life options, recreational options, alcohol availability, and responsible beverage service training.

The following key environmental strategies contribute to UC San Diego's efforts in providing a comprehensive and integrated array of services in prevention.

1. Promoting Alcohol and Drug-Free, Social, Recreational, and Extra-Curricular Options and Public Service.

Providing an environment where students are aware of opportunities and events where alcohol is not the focus is necessary in a comprehensive program. Involving a variety of departments and efforts on campus and in the community, which provide opportunities to socialize in an alcohol-free environment, is critical.

Hundreds of opportunities are offered by each of the six Colleges, Associated Student Events and the University Events Office (e.g., special events, awareness workshops, meetings, and other fun activities). A sample of these and other activities can be found on the following websites:

- Triton Fest Events: <http://tritonfest.ucsd.edu/>
- Welcome Week Events: <https://warren.ucsd.edu/programs/welcome-week.html>
- Student Events Insider: <http://studentevents.ucsd.edu>

2. Creating a Social, Academic, and Residential Environment that Promotes Healthy Social Norms

Students are influenced by educational strategies that include information from awareness efforts, classroom curriculum, peer education, or student activism. The following describes various UC San Diego efforts in educational strategies to prevent alcohol and other drug abuse:

College Alcohol Risk Reduction Seminar (CARRS)

The Health Promotion Services Program Director for alcohol and other drugs coordinates CARRS, an interactive educational workshop, for students referred to Health Promotion Services as part of a student conduct sanction for a violation of drug or alcohol policy. Specific behaviors resulting in a student conduct referral can include drug or alcohol use, being transported to the hospital as a result of drug or alcohol use, or multiple alcohol violations.

2016-2017: 147 students participated in CARRS

2017-2018: 127 students participated in CARRS

Alcohol e-CheckUpToGo

Alcohol e-CheckUpToGo is a brief self-assessment that provides students with accurate and detailed information about personal risk patterns, individual levels of alcohol tolerance, unique family risk factors, harm reduction strategies, and helpful resources at UC San Diego and in the community.

It is an online evidence-based alcohol intervention and personalized feedback tool designed to motivate students to assess their alcohol consumption and risk factors and provides comparison data from other UC San Diego students.

Alcohol e-CheckUpToGo encourages students to assess their own use or non-use through a brief quiz tied to social norms behavior. The value in Alcohol e-CheckUpToGo is that it lets students compare their behavior to other UC San Diego students. Students tend to overestimate alcohol usage by others. By participating in Alcohol e-CheckUpToGo, they get a true perspective of the prevalence of alcohol use by other students. Additionally, because it is a self-assessment, students can get tips directly related to their own alcohol history and behavior and their disclosed family history.

Alcohol e-CheckUpToGo has been a successful tool at UC San Diego. With a soft mandate, we have had between 87%-97% of incoming undergraduate students complete the self-assessment. All six UC San Diego undergraduate College Deans continue to support the soft mandate and will continue to have Alcohol e-CheckUpToGo on the checklist for all new incoming students. Incoming students must complete this assessment before the start of fall quarter.

Triton FYI is a 60-minute interactive, health education workshop designed to provide UC San Diego students with the skills and resources needed to address alcohol risk reduction, stress management, and overall well-being. Triton FYI was piloted with incoming Revelle College students in Fall Quarter 2016 and reached a total of 884 first year students and 288 incoming transfer students. (*Due to staffing, this program did not take place Fall 2017.*)

Workshop topics included information on high risk drinking, standard drink sizes, factors that affect intoxication, protective behavioral strategies, bystander intervention, reframing stress, self-care, positive psychology, and flourishing.

Training for Intervention Procedures (TIPS)

TIPS is a 3-hour training that teaches participants the skills they need for safe party management and intervention strategies in situations where guests are misusing alcohol. Once participants have completed the training, they are certified for three years. TIPS-certified instructor training was offered to UC San Diego staff by UC Irvine with funds from an Office of Traffic Safety grant. One staff member from UC San Diego was certified in August of 2010.

Between 2016-2018, 11 individuals participated in TIPS training. The TIPS training is offered only to the Student Health Advocates, the peer health educators of the Health Promotion Services department at UC San Diego.

Recording Artists Against Drunk Driving (RADD)

During the past two academic years, Health Promotion Services continued to work with RADD on the Designated Driver Campaign. Health Promotion Services distributed over 12,000 RADD cards in this time frame, where the holder pledges to be the designated driver for the night and in return receives free non-alcoholic beverages, entrees, or appetizers from participating establishments. Over 70 San Diego establishments participated including 7 on-campus establishments and establishments in the local La Jolla area.

This program continues to encourage students to think about having a plan before they party, especially before leaving the bar, party, or get together where there has been drinking.

Curriculum Development

Below is a list of all coursework offered during the previous two academic years that specifically addressed alcohol and other drug topics:

- Drugs and Behavior (Psychology 181)
- Drugs Addiction and Mental Disorders (Psychology 179)
- Eating Disorders (Psychology 134)
- Lab and Substance Abuse Research (Psychology 107)
- Social Deviance (Sociology (B 142)
- Pharmacology (BIMM 118 or Chem 118)
- Drugs: Brain, Mind and Culture (COGS174)
- Drug Synthesis and Design (Chem 168)

Peer Education

The Student Health Advocate (SHA) Program is designed for students interested in promoting wellness and healthy lifestyles through peer education. SHAs are trained to educate other students about health issues through outreach programs and are an essential part of the Health Promotion Services department. There is a major focus on alcohol, tobacco, and other drug abuse in outreach efforts. Numbers below reflect efforts which addressed alcohol, tobacco, drugs, or a combination of the three:

2016-2017

- 30 skill-building tabling events reaching 5321 contacts
- 73 skill-building workshops reaching 2826 contacts

2017-2018

- 10 skill-building tabling events reaching 434 contacts
- 56 skill-building workshops reaching 1280 contacts

“Sun God IDEAS” Program

During the 2017-2018 academic year, “Sun God IDEAS” was developed as a collaborative pilot program between CARE at the Sexual Assault Resource Center (CARE at SARC) and Health Promotion Services (HPS). Sun God IDEAS is a 60-minute alcohol risk reduction and bystander intervention workshop which incorporates the UC San Diego “IDEAS” Bystander Intervention Techniques Model as well as protective behavioral strategies around alcohol and other substances.

This interactive workshop was designed to provide UC San Diego students with the tools needed to reduce their risk of poor outcomes from alcohol use, as well as provide guidance for safely intervening in risky situations. The goal of this workshop was to prepare students for scenarios they might encounter before, during, or after UC San Diego’s annual Sun God Festival. The

program was specifically focused on application during this annual event, incorporating scenarios and examples relevant to the festival experience. The pilot was conducted in the Spring of 2018, with 5 workshops conducted for a total of 79 participants.

Learning outcomes incorporated awareness of standard drink sizes, protective behavioral strategies around alcohol use, and CARE at SARC services. Participants also described increased confidence in taking action as responsive bystanders during the event as well as increased knowledge around risk reduction.

Counseling and Psychological Services (CAPS)

CAPS provides professional assessment, intervention and referral services for Alcohol, Tobacco, and Other Drug (ATOD) concerns. All CAPS clients who have a CAPS evaluation are assessed for their alcohol and substance use and abuse. Motivational Interviewing, short-term treatment, referral to specialty services (outpatient, intensive outpatient and inpatient) and referral to mutual help support groups (12-Step and Smart Recovery) is provided to clients as indicated. In addition, CAPS and SHS have collaborated to offer Medication Assisted Therapy (MAT) using Naltrexone and brief harm reduction counseling following the SAMSHA Guidelines for MAT. Referrals for a substance abuse focused psychological evaluation can also be made by the Dean of Student Affairs or by the Office of Student Conduct for students at risk for substance abuse disorders. Triggers for referrals include but are not limited to: 1) multiple violations of the student code of conduct involving alcohol or other drugs, 2) students for whom a co-morbid psychological or psychiatric condition is suspected, or 3) students who show evidence of alcohol dependence. CAPS also provides referrals to substance abuse specialty outpatient, intensive outpatient and inpatient treatment as needed. We have recently added specialists to our Student Health Insurance Program panel of providers.

Student Health Services

Although Student Health Services does not provide treatment, experienced staff (medical providers and social worker) assist students in accessing the resources that best suit their needs. Services and referrals are provided and may include continued collaboration with CAPS and Student Health Services clinical staff.

Motivational Interviewing

All CAPS and Student Health providers have been trained in basic Motivational Interviewing theory and techniques by a Motivational Interviewing Network of Trainers (MINT) trainer.

Collegiate Recovery Community

UC San Diego's Student Health and Well-being Cluster supports students in recovery from alcohol or other substances. In February 2014, the Cluster received a 3-year, \$10,000 grant from the Stacie Matthewson Foundation to build campus capacity for a Collegiate Recovery Community. Since that time, a registered student organization, the Triton Recovery Group has been formed. The Triton Recovery Group has officers, members, social events and offers a supportive community for students in recovery. In addition, the Cluster helped create a website,

<http://tritonrecoverygroup.ucsd.edu/>, promoting the organization, the events and our internal and external partners. We have three 12-step meetings on our campus.

Weed It Out

Health Promotion Services offers resource tables, printed educational materials, and workshops to students and organizations on campus related to risk reduction for marijuana/cannabis. The most prominent program is “Weed It Out” which aims to meet the following objectives for its participants:

- Describe and identify at least two general health implications of marijuana use
- Identify at least one campus resource to support your well-being

Tobacco

The University of California Smoke and Tobacco Free Environment Policy issued in accordance with the policy letter disseminated on Jan 9, 2012 by then President Yudof to the Chancellors, indicated that all the UC locations were to institute a smoke and tobacco free policy by Jan 1, 2014.

On September 1, 2013 UC San Diego became a smoke and tobacco-free campus. The system wide policy assists in the promotion of a healthier work and learning environment for the entire UC community. On May 31, 2018 the Office of the President issued an updated systemwide policy.

[UCOP Smoke and Tobacco Free Policy 2018](#)

Free individual client-centered tobacco cessation services are available from Health Promotion Services. Available services include individual cessation counseling, as well as free nicotine replacement and other cessation aids.

- Individual Based Programs/Intervention:
 - Electronic Check-Up to Go (E-CHUG)
 - Electronic THC Online Knowledge Experience (E-TOKE)
 - Individual CARRS program through Health Promotion Services (for those students who cannot attend a group session)
 - Individual based counseling and intervention programs through Counseling and Psychological Services
 - Employee Assistance Program - referrals through FSAP
 - Referral programs to off-campus treatment providers for students
 - Individual interventions for staff and faculty through FSAP
- Group Based Programs/Interventions:
 - AA and Triton Recovery Group
 - Group based programs for staff and faculty through FSAP
 - CARRS
 - High Stakes: Cannabis Risk Reduction Workshop

- Triton FYI
- Universal or Entire Population Based Programs/Interventions that you may be offering on campus which may be considered:
 - RADD – Recording Artists Against Drunk Driving
- Environmental/Socio-Ecological Based Programs
 - Alcohol Drugs Issues and Trends Committee (ADIT)
 - Smoke and Tobacco Free Task Force
 - Alcohol Policy Group
 - Specialized electronic CheckUpToGo prior to Sun God Festival – an annual spring event which attracts multiple alcohol related incidents
 - DUI enforcement
 - ID Checks at on and off- campus bars and establishments

B. Faculty and Staff

Employee Support Programs

Employee Support Programs are offered by the Faculty and Staff Assistance Program (FSAP) on campus and the Managed Health Network for UC San Diego Health employees. These programs are designed to help prevent substance abuse by University employees as well as provide assistance and referral services for those who have substance abuse problems or concerns. Services include assessment, referral to community resources, consultation, supervisory training, return to work assistance, and follow-up. All services are free, and many are available to family members. Employees are encouraged to self-refer and seek this confidential assistance.

FSAP also assists staff and faculty who may be concerned about a family member, friend, co-worker or subordinate who may have alcohol or drug problems. The goal is to provide intervention as early as possible. FSAP also offers consultations with administrators, managers and supervisors who are concerned about employee substance use.

FSAP is strictly confidential; no information about participation is released to anyone without written consent except when legally mandated. No information from FSAP appears in any departmental, central or personnel files.

For Health employees, support programs are offered through our Employee Assistance Program which is operated by Optum/United Behavioral Health. Eligible employees and family members who reside with them have the option of face-to-face or telephonic services. Optum works with employees to transfer the services to their healthcare providers as necessary for a continuation of benefits. In addition, there are a number of resources on the Optum website (www.liveandworkwell.com). Communication with Optum is kept strictly confidential except when legally mandated.

C. Participating Campus-Community Collaboration

Alcohol, Drugs Issues and Trends (ADIT) Committee

The committee includes a multi-disciplinary, cross campus representation of staff, faculty and students, and representation from the San Diego Health and Human Services Agency regional alcohol and other drugs prevention provider, SAY San Diego. In 2016-2018 the committee's focus expanded to include attention to campus drug use data and trends, with particular attention to cannabis.

Coordinated Community Response Team (CCRT)

CARE at the Sexual Assault Resource Center (SARC) is a valuable resource that has been part of the UC San Diego campus for over 25 years. CARE at SARC works closely with campus and community partners to provide comprehensive confidential advocacy services for students, staff and faculty affected by sexual assault, relationship violence and stalking. CARE at SARC also coordinates education and prevention efforts on campus that help create a positive and safe environment at UC San Diego. CARE at SARC provides mandatory prevention education to all incoming students. The education includes facts about sexual assault, relationship violence and stalking, bystander intervention strategies, risk reduction strategies, how to help a friend who has been a victim, reporting options (criminal and administrative), and accompaniment and advocacy services.

In conjunction with the UC San Diego Police Department, CARE at SARC continues to conduct trainings for all sworn police officers to better identify and respond to violent crimes on campus. CARE at SARC also leads the quarterly meetings of the Coordinated Community Response Team (CCRT). This team includes more than fifty on- and off-campus stakeholders to discuss strategies for effective and trauma-informed intervention and support services for students affected by sexual assault, relationship violence, and stalking.

Additional San Diego Community Collaborations

- San Diego County Law Enforcement Task Force
- San Diego County Policy Panel on Youth Access to Alcohol
- San Diego County Prescription Drug Abuse Task Force. In 2015 a new subcommittee was formed to focus on college campuses.
- San Diego University and College Law Enforcement Task Force (UCLET). The participating agencies are UC San Diego, SDSU, CSUSM, USD, PLNU, SD Community College, Southwestern, Grossmont-Cuyamaca, Palomar, and Mira Costa.
- San Diego County MADD
- San Diego County Health and Human Services regional alcohol and other drugs prevention provider, SAY San Diego.

IX. Alcohol and Other Drug Comprehensive Program Goals and Objectives for Biennium Period Being Reviewed

The 2014 – 2016 Biennial Review outlined the following recommendations, goals, and objectives:

- Ensure annual reaffirmation and notification of alcohol and other drugs policies for students, staff, and faculty by working with campus administration.
- Develop additional enforcement strategies for the tobacco-free campus policy.
- Ensure the alcohol and other drugs section of the Health Promotion Services website is updated with current, relevant, and easy-to-access information.\
- Continue to look for innovative ways to reach new students with important alcohol and other drugs information and resources.
- Identify additional ways to gather student input, agreeing on important messages and designing engaging, fresh campaigns.
- Continue efforts in outreaching to leadership groups on campus that include Greeks and Athletes.
- Customize Alcohol e-CheckUpToGo more to campus by asking the A.S. President to introduce the program and welcome all new students.
- Require that Alcohol e-CheckUpToGo be fulfilled closer to coming to campus (e.g., completed in the month of August – September instead of as soon as they receive their acceptance in May)

A. Alcohol and Other Drug Goal Achievement and Objective Achievement

Various campus departments and officials worked to accomplish the goals and objectives set forth by the last biennial review.

- Ensure annual reaffirmation and notification of alcohol and other drugs policies for students, staff, and faculty by working with campus administration.
– *Drug-Free Schools and Communities Annual Notification was sent out on October 8, 2018 to all academics, students, faculty and staff.*
- Develop additional enforcement strategies for the Tobacco-free campus policy.
– *Although additional enforcement strategies are still being explored, complaints can be made on the Smoke and Tobacco free website of smoke, smokers, and butt litter. Smokers found in violation can be reported to the Office of Student Conduct. Also, HPS secured a grant for 2016/2017 and 2017/2018 which provides free temporary and permanent*

“UCSD is Smoke and Tobacco free” around campus.

- Ensure the alcohol and other drugs section of the Health Promotion Services website is updated with current, relevant, and easy-to-access information.
– *HPS website is up to date and will begin undergoing a complete overhaul Spring of 2019.*
- Continue to look for innovative ways to reach new students with important alcohol and other drugs information and resources.
– *Development and implementation of TritonFYI in Fall Quarter of 2016 proved successful at Revelle College, with attendance rates of over 87% for incoming freshmen.*
- Identify additional ways to gather student input, agreeing on important messages and designing engaging, fresh campaigns.
– *Health Promotion Services continues to gather student input and feedback from two important sources: WCSAB and SHAs.*

WCSAB is the Wellness Cluster Student Advisory Board, which provides guidance to the Executive Director of Student Health and Well-being, and the directors of the departments within the cluster, which include: Counseling and Psychological Services, Student Health Services, Sexual Assault and Violence Prevention Resource Center and Health Promotion. The WCSAB helps to ensure that the health and well-being needs of UC San Diego students are identified and met, and their interests are represented in the development of policies, programs and services (including those pertaining to alcohol and other drugs) that support their health and well-being. The WCSAB helps to set future direction of health and well-being services including reviewing fees and providing input in the negotiations of the UC system-wide Student Health Insurance Plan (UCSHIP).

The Student Health Advocate (SHA) Program is a volunteer peer health education program at UC San Diego. The SHAs are an essential part of Health Promotion Services. SHAs are trained to educate other students about health issues and concerns through educational workshops, events, and campaigns. Topics include alcohol and other drugs, sexual health and general health.

- Continue efforts in outreaching to leadership groups on campus that include Greeks and Athletes.
– *ADIT and HPS continue to have strong working relationships with Greeks, Athletics, Associated Students and Concerts and Events.*
- Customize Alcohol e-CheckUpToGo more to campus by asking the A.S. President to introduce the program and welcome all new students.
– *In 2015 and 2016, the A.S. President provided a welcome message designed specifically for students of UC San Diego.*

- Require that Alcohol e-CheckUpToGo be fulfilled closer to coming to campus (e.g., completed in the month of August – September instead of as soon as they receive their acceptance in May)
-The assessment now opens late summer, ensuring that students will take it closer to the start of their first quarter at UC San Diego.

B. Goals and Objectives for Academic Years 2018-2020

- The campus Alcohol Policy (PPM 510-1 XIII) is currently being reviewed and revised by the Alcohol Policy Workgroup. The main purpose of the review is to update the policy and make it more accessible and understandable for the greater campus community. The revised policy will likely be implemented during 2019.
- The Office of Student Conduct is currently reviewing the protocol for potential revisions based on current and historical use and trends. A main purpose for this review is determine how to increase visibility and understanding for students to increase use of the protocol. An updated version of protocol will likely be implemented during the 2018-19 academic year.
- Increase the total number of students who complete the NCHA by 13%, bringing total number of students who complete the assessment (which covers a wide variety of alcohol and drug topics) to 1,000 students.
- Further develop, implement and market new cannabis workshop: “High Stakes.”
- Update current UC San Diego Smoke and Tobacco Free Policy to be more aligned with the UC Office of the President revised policy, released in May of 2018.
- Conduct a Town Hall to increase dialogue among various stakeholders to discuss ongoing alcohol and drug issues surrounding UC San Diego.
- Continue administration of eCHECKUP TO GO.
- Continue to work closely with Triton Fest events and Sun God Festival, to provide risk reduction information and/or programming at these large-scale campus event.
- Continue to provide cigarette butt cleanup at popular smoking locations on campus.
- Increase the diversity of the ADIT committee to ensure we are incorporating cross-sectional conversations.
- Strengthen referral resources for substance abuse treatment.
- Provide more Medication Assisted Therapy for students with Mild to Moderate Alcohol Use Disorder through SHS and CAPS.

C. Conclusion

UC San Diego develops and implements alcohol and drug programs that utilize a variety of proven prevention strategies with respect to awareness, education and risk reduction. We are committed to evidence informed interventions (such as eCHECKUP TO GO and NCHA), and ongoing assessment of student behaviors throughout the academic year.

We continue to provide individual based intervention and counseling, group-based programs, and environmental changes that will positively impact the overall experience of the UC San Diego student.

General strengths of institution:

- Ongoing Alcohol, Drugs Issues and Trends (ADIT) Committee - a team approach to prevention of alcohol problems with representation across Student Affairs.
- Sharing of alcohol and drug data to get a clearer picture of high-risk events, populations and trends.
- Expanding the committee to include other drugs has been successful and will continue to be a charge of the committee.
- Strategic planning process initiated in 2018 to systematically review, assess, and identify possible gaps in our current prevention strategies and brainstorm strategies to address these gaps.
- Continue to include AOD assessment in periodic surveys to inform and guide risk reduction programming, messaging and cross campus efforts. The next NCHA/ACHA survey will be conducted in Spring 2019.
- Continued efforts in strengthening the AOD peer health educators and their collaborative work with the College Residential staff to address current needs for incoming students.
- Sun God Says... campaign continues to have a strong brand recognition across campus. T-shirts and stickers with positive health messages (many about AOD topics) continue to be popular with students.
- Campus-wide involvement in reducing alcohol and drug problems specifically focusing on large campus events.
- Regular meetings of the UC San Diego Smoke and Tobacco Free Policy Committee to address issues of Smoke Free Campus implementation and compliance.
- Tritons in Recovery Program, a registered UC San Diego Student Organization, supporting students in recovery from substance abuse, offers mutual help support groups and a social support system.
- Continued best practices and policies in place, including no alcohol advertising on campus.
- Strong response (83-7% overall) to soft mandate for every incoming freshman and transfer student to take the Alcohol e-CheckUpToGo survey before coming to campus.
- MAP (Medical Amnesty Program) - UC San Diego was the first University of California campus to adopt a medical amnesty policy for students. This protocol helps to reduce barriers for reporting alcohol and/or controlled substance related medical emergencies. See <https://students.ucsd.edu/files/student-conduct/medical-amnesty-program10-4-18.pdf>.

- Successful Triton Fest late-night event series designed to provide undergraduates with a safe, drug and alcohol-free outlet to engage in student life. Triton Fest series took place both academic years and have included large-scale events held on the Friday and Saturday nights of the first 3 weeks and expanded to other quarters' first few weeks, as well.
- CARRS training for sanctioned students equips the students at highest risk with practical ways to reduce their risk and make informed decisions when they choose to drink alcohol.
- CARRS once again is part of training for all Resident Advisors as part of the RA training.
- Development of new alcohol and other drugs workshops and on-going revisions to incorporate newly identified knowledge and skills needed, such as how to identify a friend in need and what to do, and bystander intervention techniques.
- Alcohol and other drugs programs continue strong partnership with RADD in key campus events throughout the year.
- Counseling and Psychological Services and Student Health Services are collaborating on a Medication Assisted Treatment Program for students with Mild to Moderate Alcohol Use Disorders using Naltrexone and brief, harm reduction counseling.

In summary, UC San Diego takes a holistic approach, with a broad group of collaborators both on and off campus to address various alcohol and drug issues affecting our students. Through continuous conversations, programmatic efforts and evaluation results, our students are informed and proactive about risk reduction techniques on our campus.