

**Biennial Review of UC San Diego's
Alcohol and Other Drug Programs: 2012 - 2014**

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I. INTRODUCTION

The Drug Free Schools and Communities Act requires institutions of higher education to adopt and implement drug and alcohol abuse prevention programs for students and employees. UC San Diego has adopted and implemented programs to prevent the use and abuse of alcohol and use or distribution of illicit drugs by students and employees on its premises and as a part of its activities. UC San Diego distributes and/or has available written materials that include the following:

- Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on University property or part of our activities
- A description of the health risks associated with the use of illicit drugs and abuse of alcohol
- A description of the applicable legal sanctions under local, state and federal law
- A description of counseling and treatment programs
- A clear statement and description of the disciplinary sanctions UC San Diego will impose on students and employees.

II. POLICIES

The University strives to maintain campus communities and worksites free from the illegal use, possession, or distribution of alcohol or controlled substances. UC San Diego policies apply to all UC San Diego employees and students, and are reaffirmed in an email from the Chancellor: <http://blink.ucsd.edu/go/reaffirmation>. Policies are promulgated in the UC San Diego Policy and Procedure Manual PPM, Section 270-8 <http://adminrecords.ucsd.edu/ppm/docs/270-8.HTML> (for employees and students) and the UC San Diego *Student Conduct Code*, <http://students.ucsd.edu/student-life/organizations/student-conduct/regulations/22.00.html>

For UC San Diego students, this information is included in other policies including *College Policies*, (sample): <http://muir.ucsd.edu/files/reslife/muir-handbook.pdf> *Student Activities*: <http://students.ucsd.edu/student-life/organizations/student-conduct/regulations/14.00.html#14.16>; and in Consumption of Alcohol on University Property <http://adminrecords.ucsd.edu/ppm/docs/510-1.13.HTML>.

Additionally, UC President Mark G. Yudof announced that all UC campuses would be smoke-free by January 2014. UCSD went smoke and tobacco-free on Sept 1, 2013. See Memo from President Napolitano and UC Tobacco-free Environment policy: http://smokefree.ucsd.edu/assets/docs/Napolitano_letter.pdf

Employees

An employee is defined as a person who holds a University staff or academic appointment. This includes student employees and Work-Study students who are employed by the University. University policy prohibits the unlawful use, sale, manufacture, distribution, dispensing, or possession of alcohol or controlled substances by University employees or students in the workplace, on University premises, at official University functions, or on University business. In addition, employees and students shall not use illegal substances or abuse legal substances in a manner that impairs work performance, scholarly activities, or student life.

<http://blink.ucsd.edu/HR/services/support/substance/>;

<http://blink.ucsd.edu/HR/services/support/substance/guide/statement.html>

(Note: The conditions under which the use of alcohol is allowed on campus are described in <http://adminrecords.ucsd.edu/ppm/docs/510-1.13.HTML>)

Students

Students are members of both society and the University community, with attendant rights and responsibilities. University policy prohibits the manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of alcohol that is unlawful or otherwise prohibited by, or not in compliance with, University policy or campus regulations. Policy also prohibits the unlawful manufacture, distribution, dispensing, possession, use, sale of, or the attempted manufacture, distribution, dispensing, or sale of controlled substances, identified in federal and state law or regulations.

The alcohol and drug policies for students are outlined in the Student Handbook in the *Housing Policies* section, (Marshall college sample: <http://marshall.ucsd.edu/res-life/rights-and-responsibilities/policies.html>) a publication for students in each college living in Student Housing, as well as in the UC San Diego Standards of Conduct for Students: <http://students.ucsd.edu/student-life/organizations/student-conduct/regulations/22.00.html>. Students are made aware of University drug and alcohol policies during orientation, move-in, as well as during other activities and events throughout the year.

Registered Student Organizations (Student Orgs)

Student Orgs are expected to comply with University policies regarding drug and alcohol use: <http://students.ucsd.edu/student-life/organizations/student-conduct/regulations/14.00.html#14.16>. The Center for Student Involvement (CSI)

oversees registration and principal member orientation for student organizations. Information on alcohol at events is also included in the Student Organizations One Stop web page (onestop.ucsd.edu). The link to Alcohol information/policy is at: <http://students.ucsd.edu/student-life/involvement/organizations/events/food-beverage-alcohol.html>. Students who wish to have alcohol at an event must obtain a *Use of Alcoholic and/or Malt Beverages* form signed by multiple campus entities, including the police, their venue, and other campus administrators.

Alcohol Use on Campus: If a student organization is planning to serve alcohol or malt beverages at a group function, they must use a university-approved third party licensed beverage server. UCSD Catering works with a group of licensed vendors: http://weddings.ucsd.edu/w_guidelines.html that have already been accepted by the University. Student Organizations must follow the on-line policy and guidelines: (<http://adminrecords.ucsd.edu/ppm/docs/510-1.13.HTML#UCSD%20Policy>) then complete the Use of Alcoholic and / or Malt Beverages form (<http://adminrecords.ucsd.edu/ppm/docs/510-1.13ExA.pdf#Form>). Both completed forms and proof of a contracted licensed server must be submitted to the student organization's advisor.

Alcohol Permits: Event Sponsors must complete a *Use of Alcoholic and/or Malt Beverages form*. See permit, approval procedures and detailed alcohol permit guidelines: <http://adminrecords.ucsd.edu/ppm/docs/510-1.13.HTML>

Student Housing and Dining Services

In 2014-15 UC San Diego housed 10, 799 students (approximately 43% of all undergraduates) in residence halls operated by Housing, Dining, and Hospitality Services (HDH). HDH and Residential Life make every effort to maintain residential communities free from illegal use, possession or distribution of alcohol and other drugs. The Student Conduct Code and the Housing and Residential Life Policies, which include standards of conduct related to the prohibition of unlawful possession, use or distribution of illicit drugs and alcohol, are disseminated to students during Orientation and move-in and through their housing contract. Throughout the year, Resident Advisors coordinate programs with the Student Health Services' Health Promotion Services to further educate residents about alcohol and drug use.

All of the college policies are similar, but they do each have their own. The following is a sample policy which applies to residence hall students in campus housing at one of the colleges: <http://marshall.ucsd.edu/res-life/rights-and-responsibilities/policies.html>

Alcohol & Other Drugs: California State Law, the UC San Diego Student Conduct Code, and Housing policies prohibit those under the age of twenty-one (21) from the consumption, possession, or receipt of alcohol. Further, said policies prohibit those over the age of twenty-one (21) from providing alcohol to anyone under the age of twenty-one (21). Residents are responsible for their behavior and that of their guests at all times. Federal law, California State Law, and University policies prohibit the possession, solicitation, procurement, sale, or manufacture of narcotics or controlled substances. Additionally, the possession of drug paraphernalia is prohibited in or around all residential facilities. If the use of a controlled substance can be detected, or if a student is known or is suspected to be in possession of, using, or distributing drugs, including medical marijuana, or in possession of drug-related paraphernalia, the student is subject to charges of misconduct and/or criminal action. The use of any prescribed medication, over-the-counter drugs, or other controlled substances in an abusive manner is prohibited. Prescription medication may only be used or possessed by the person for whom it is prescribed, in the way it was prescribed.

Intercollegiate Athletics (ICA) The Student-Athlete Code of Conduct is reviewed at the annual Student Services meeting with each team as well as during the New Student-Athlete Orientation.

The NCAA has approved year-round drug testing in every sport. Student-athletes may be tested during the summer, and the NCAA has made arrangements for testing sites around the world. Student-athletes in a different state or country being tested are required to report to a site in a city near where they are located. Drug testing happens very quickly. Student-athletes are contacted by phone by a staff member in UC San Diego Intercollegiate Athletics and given instructions. Typically, the student-athletes will report for drug testing 24-36 hours later. 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.

More information about UC San Diego Intercollegiate Athletics' policies can be found at: http://www.ucsdtritons.com/ViewArticle.dbml?DB_OEM_ID=5800&ATCLID=2049586

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Student-Athlete Code of Conduct:



14-15

Student-Athlete Code

III. RESEARCH AND ASSESSMENT

In order to better understand student behavior, and as funds and grants permit, UC San Diego conducts student surveys regarding alcohol and other drug use. Based on information obtained from the surveys, the campus can more efficiently focus on and develop prevention strategies.

UCSD Student Health and Well-being Survey (Spring 2014)

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 undergraduate students' health status, behaviors and beliefs on a wide range of topics. Although NCHA was administered in the past, this year the Student Health and Well-being cluster made the decision to administer its own survey, instead of the NCHA. The survey was conducted in spring 2014. The survey did include many of the same ATOD questions asked in the NCHA survey. 11,000 students (grad and undergrad) were invited to complete the survey. The response rate was about 9% (n=824).

Alcohol Use

- 30% of students have **not** used alcohol within the last 30 days
- 29% 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 percent who reported “always” or “most of the time” engaging in the following protective behaviors was:

- 89% stay with the same group of friends while drinking
- 89% use a designated driver
- 85% eat before/during drinking
- 72% keep track of how many drinks they drink
- 46% avoid drinking games
- 47% stick with only one kind of alcohol
- 45% are determined not to exceed a set number of drinks
- 47% alternate non alcoholic beverages with alcoholic beverages
- 26% have a friend let them know when they have had enough
- 39% pace their drinks to 1 or less per hour
- 23% choose not to drink

Negative consequences of drinking

Of those who drank within the last 12 months:

- 25% forgot where/what they did
- 27% did something they later regretted
- 16% Got into a verbal argument
- 14% had unprotected sex as a consequence of drinking
- 9% physically injured themselves
- 1.9% seriously considered suicide
- 0.7% got in trouble with police
- 0.7% had sex without giving my consent
- 0.6% physically injured another person
- 0.1% had sex without their partner's consent

Other illegal drug use

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

- Marijuana 16.5%
- MDMA 2.6%
- Amphetamines 1.3%
- Sedatives 1.1%
- Hallucinogens 1%
- Cocaine 0.7%
- Other illegal drugs (Spice and Bath Salts) 0.5%
- Opiates 0.5%
- Inhalants 0.5%
- Methamphetamine 0.3%
- Steroids 0.2%
- Other club drugs 0.1%

Prescription drug use

Within the last 12 months:

- 4.4% of students used unprescribed stimulants
- 3.3% of students used unprescribed painkillers
- 2% of students used unprescribed sedatives
- 1% of students used unprescribed antidepressants within the last 12 months

Tobacco

- 7% of students reported using cigarettes within the last 30 days
- 7% of students reported using hookah within the last 30 days
- 4% of students reported using e-cigarettes within the last 30 days

IV. EDUCATION AND INTERVENTION

Many departments on campus are involved in educating students and staff about alcohol and other drugs. The campus also provides online information on the health risks associated with use of illicit drugs and abuse of alcohol:

<http://blink.ucsd.edu/HR/services/support/substance/guide/substances.html>.

In addition to campus resources for students such as Health Promotion Services, Counseling and Psychological Services, The Zone and Student Health Services, students and employees are also given information about referrals to the following community resources: Alcoholics Anonymous, Al-Anon/ACOA (Adult Children of Alcoholics), Marijuana Anonymous, and Narcotics Anonymous, among others. See the following link for a full list of Resources and Support:

<http://blink.ucsd.edu/HR/services/support/substance/guide/resources.html>

A. EMPLOYEES

Employee Support Programs

Employee Support Programs refers to the Faculty and Staff Assistance Program (FSAP) on campus and the Managed Health Network for employees at the Medical Center. 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.

B. STUDENTS

UCSD strongly supports a risk reduction philosophy and implementation of policies and programs to curb alcohol, tobacco and other drug (ATOD) 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 UCSD'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
2. Creating a Social, Academic, and Residential Environment that Promotes Healthy Social Norms
3. Limiting Alcohol Availability and Access
4. Limiting the Marketing and Promotion of Alcohol
5. Enforcing Campus Policy, State and Local Laws
6. Providing Developmentally Appropriate Interventions for High-Risk Student Drinkers
7. Participating in Campus-Community Collaboration

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 that 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: <http://welcomeweek.ucsd.edu/index.php?go=all&p=4>

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 UCSD efforts in educational strategies to prevent alcohol and other drug abuse.

College Alcohol Risk Reduction Seminar (CARRS)

The ATOD Prevention Coordinator handles students referred as a student conduct sanction for a violation of drug or alcohol policy. Specific behaviors resulting in a student conduct referral include drug use, being transported to the hospital as a result of drug or alcohol use, or multiple alcohol violations.

In 2012-13, 121 students participated in CARRS, and in 2013-14, 190 students participated. Students continue reporting their intention to reduce risk the next time they drink, have improved in their knowledge of what constitutes a drink, and indicate they will practice risk reduction practices when they do drink.

Electronic Check-Up to Go (e-CHUG)

e-CHUG 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.

The program is tailored to the UC San Diego community and has been effective in helping students understand their behavior around alcohol use. e-CHUG encourages students to assess their own use or non-use through a brief quiz tied to social norms behavior. The value in e-CHUG is that it lets students compare their behavior to other UC San Diego students. Students have a tendency to overestimate alcohol usage by others. By participating in e-CHUG, they are able to get a true perspective of the prevalence of alcohol use by other students. Additionally, because it is a self assessment, students are able to get tips directly

related to their own alcohol history and behavior and their disclosed family history.

e-CHUG has been a successful tool at UC San Diego. With a soft mandate, we have had from 93%-97% adherence. For the academic year 2012–2013, 4683 students completed the survey. For the academic year 2013-2014, 5,999 students completed the survey. As research shows, feedback about the behavior of others can change one's own behavior. All College Deans continue to support the soft mandate and will continue to have e-CHUG on the checklist for all new incoming students.

Floaties

Using the UCSD Bystander Intervention Techniques (B.I.T.) model, the Floaties Program was developed as a collaborative program between Sexual Assault and Violence Prevention Resource Center and Health Promotion Services to train students in the areas of alcohol risk reduction and bystander intervention techniques. The program originally focused on training the students who were already “that friend” (the one who took care of their friends) to empower and equip them with information and skills to keep their friends “afloat”. The training was specifically focused on application at the Sun God Festival, a large campus event that has grown more risky as a day of extreme drinking and drug use. In spring 2014 281 students attended the Floatie training and 239 followed-up and picked up materials to be used the day of Sun God Festival.

Starting in fall 2014, sections of the Floatie training will be included in other alcohol education and skill building workshops and a new training will be initiated year round, rather than just for Sun God Festival.

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.

In 2012-13, 10 individuals participated in TIPS training and in 2013-14, 8 individuals participated in TIPS training. The TIPS training is offered to our Student Health Advocates **only**.

RADD (Recording Artists Against Drunk Driving)

During the 2012-13 year, the ATOD team continued to work with RADD (Recording Artists against Drunk Driving) on the Designated Driver Campaign. The team distributed over 3000 RADD cards, where the holder pledges to be the designated driver for the night and receives free non-alcoholic beverages, entrees or appetizers from participating establishments. Over 70 San Diego establishments participated with 7 on-campus establishments and the local La Jolla area.

In 2013-14 year, staff and students distributed over 4,000 RADD cards. 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

ALL coursework offered Academic Years 2012-2014:

- Drugs, Addiction, and Mental Disorders (Psychology 179)
- Drugs and Behavior (Psychology 181)
- Eating Disorders (Psychology 134)
- Lab and Substance Abuse Research (Psychology 107)
- Social Deviance (Sociology (B 142)
- Gender and Mental Health (ANSC 149)
- Drugs: Brain, Mind and Culture (COGS174)

Peer Education

The Student Health Advocate (SHA) Program is designed for students interested in promoting wellness and healthy lifestyles through peer education. SHA's are trained to educate other students about health issues through outreach programs and are an essential part of the Health Promotion team at Student Health Center. There is a major focus on AOD abuse in outreach efforts (conducted by the ATOD subgroup of SHAs).

In 2012-13, 3,433 students attended one of 45 educational/skill building workshops or tabling events. In 2013-14, 3,417 students attended one of 76 educational/skill building workshops or tabling events. Evaluations indicate participants found the groups to be effective and helpful in reducing risk.

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 <http://smokefree.ucsd.edu>. The system wide policy is to assist in the promotion of a healthier work and learning environment for the entire UC community <http://policy.ucop.edu/>.

3. Limiting Alcohol Availability and Access

Refer to Policies Section

4. Limiting the Marketing and Promotion of Alcohol

Refer to Detailed Strategies Report

5. Enforcing Campus Policy, State and Local Laws

It is important to have a multi-disciplinary team for enforcing policies, implementing sanctions, and following through with issues of student conduct. UCSD has an outstanding Police Department, Student Conduct team, and committed staff that collaborate on a variety of alcohol and other drug related concerns.

<http://www.police.ucsd.edu/docs/annualclery.pdf>.

Employees

Employees violating University AOD policies may be subject to corrective action, including dismissal, under applicable University policies and labor contracts, and may be referred for criminal prosecution and/or required to participate in an Employee Support Program or appropriate treatment program. UC San Diego Human Resources maintains statistics of employees that are disciplined/terminated for alcohol/drug violations. These statistics are reported annually to UC San Diego Police for inclusion in the CLERY Report <http://www.police.ucsd.edu/docs/annualclery.pdf>.

Students

Students accepting responsibility or found responsible for alleged alcohol and drug violations of the UC San Diego Student Conduct Code are subject to sanctions based on the specific circumstances of the incident, their student conduct record, and the University's Sanctioning Guidelines. Possible sanctions include, but are not limited to, formal warning, educational programs, loss of privileges, probation, suspension,

and/or dismissal from the University. Students living in on-campus residential facilities may be subject to housing contract termination.

The UC San Diego Police Department may also refer suspected violations of local, state, or federal alcohol and drug laws to the appropriate authority for criminal prosecution. Conviction by a court for any local, state, or federal offense involving the possession or sale of illegal drugs may result in the loss of eligibility for any Title IV, HEA grant, loan, or work-study assistance (HEA Sec. 484(r) (1)); (20 U.S.C. 1091(r)(1)) if the conviction occurs when an enrolled student was receiving Title IV HEA program funds.

Disciplinary Statistics 2012-13

Alcohol and alcohol related violations (includes, use, possession, intoxication, furnishing, and distribution as well as Student Housing policies related to being a minor in the presence of alcohol). **Total: 1,912**

Resulting sanctions:

| | | | |
|-------------------------|------------|---------------------------------|-----------|
| Formal Warning | 815 | Meetings | 13 |
| Non-Academic Probation | 409 | Exclusion from Areas/Campus | 13 |
| Reflection Paper | 287 | Mandatory Counseling Assessment | 8 |
| Other (not categorized) | 146 | Letter of Apology | 5 |
| Alcohol 101 Plus | 105 | Suspension | 4 |
| CARRS Program | 102 | Alcoholics Anonymous | 3 |
| Detox Restitution | 82 | Guest Ban | 3 |
| Community Service | 52 | Bulletin Boards | 1 |
| Ethics Workshop | 37 | E-Toke | 1 |
| Pro SAFE Evaluation | 19 | No Contact Order | 1 |

Drug and drug related violations (includes use, possession and distribution as well as Student Housing policy violations of disruption and being in the presence of drugs). **Total: 128**

Resulting sanctions:

| | | | |
|------------------------|-----------|---------------------------------|----------|
| Non-Academic Probation | 64 | Exclusion from Areas/Campus | 4 |
| E-Toke | 38 | Meetings | 3 |
| Formal Warning | 35 | Bulletin Boards | 1 |
| Reflection Paper | 29 | Detox Restitution | 1 |
| Community Service | 8 | Dismissal | 1 |
| Other | 8 | Mandatory Counseling Assessment | 1 |
| Pro SAFE Evaluation | 7 | Suspension | 1 |
| Ethics Workshop | 6 | | |

Both alcohol and drug violations. Total: 36

Resulting sanctions:

| | | | |
|------------------------|----------|-----------------------------|----------|
| Non-Academic Probation | 8 | CARRS Program | 2 |
| E-Toke | 8 | Exclusion from Areas/Campus | 2 |
| Formal Warning | 4 | Other (not categorized) | 1 |
| Reflection Paper | 3 | ProSAFE Evaluation | 1 |
| Community Service | 3 | Restitution | 1 |
| Alcohol 101 Plus | 2 | | |

Disciplinary Statistics 2013-14

Drug or alcohol related fatalities during the period covered in the review:
1 student died of a drug related overdose on May 17, 2014.

Alcohol and alcohol related violations (includes, use, possession, intoxication, furnishing, and distribution as well as Student Housing policies related to being a minor in the presence of alcohol). **Total: 1,721**

Resulting sanctions:

| | | | |
|------------------------|------------|---------------------------------|-----------|
| Formal Warning | 708 | Letter of Apology | 16 |
| Non-Academic Probation | 375 | Bulletin Boards | 7 |
| Alcohol 101 Plus | 359 | Mandatory Counseling Assessment | 7 |
| Reflection Paper | 323 | Guest Ban | 6 |
| CARRS Program | 164 | E-Toke | 5 |
| Restitution | 102 | Exclusion from Areas or Campus | 5 |
| Other | 51 | Meetings | 4 |
| Ethics Workshop | 42 | Suspension | 2 |
| Community Service | 40 | Alcoholics Anonymous | 1 |
| Pro SAFE Evaluation | 19 | | |

Drug and drug related violations (includes use, possession and distribution as well as Student Housing policy violations of disruption and being in the presence of drugs). **Total: 125**

Resulting sanctions:

| | | | |
|------------------------|-----------|---------------------------------|----------|
| Non-Academic Probation | 58 | Meetings | 5 |
| E-Toke | 52 | Ethics Workshop | 4 |
| Formal Warning | 41 | Mandatory Counseling Assessment | 3 |
| Reflection Paper | 36 | Dismissal | 2 |
| Community Service | 8 | Exclusion from Areas or Campus | 2 |
| Pro SAFE Evaluation | 8 | Suspension | 2 |
| Other | 7 | | |

Both alcohol and drug violations. Total: 54

Resulting sanctions:

| | | | |
|-------------------------------------|-----------|-------------------|----------|
| Non-Academic Disciplinary Probation | 20 | Reflection Paper | 4 |
| Formal Warning | 9 | Ethics Workshop | 2 |
| Alcohol 101 Plus | 7 | CARRS Program | 1 |
| E-Toke | 6 | Community Service | 1 |

6. Providing Developmentally Appropriate Interventions for High Risk Student Drinkers

College Alcohol Risk Reduction Seminar (CARRS) See #B2

CAPS (Counseling and Psychological Services) provides professional assessment, intervention and referral services for ATOD concerns. All CAPS intakes are assessed for 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.

CAPS Pro-SAFE Students who are mandated for alcohol violations received a two session motivational interviewing session called Professional Substance Abuse Feedback and Evaluation (Pro-SAFE). Referrals are made by the Dean of Student Affairs or the Office of Student Conduct for multiple violations of the student code of conduct, for students for whom a co-morbid psychological or

psychiatric condition is suspected or for students who show evidence of alcohol dependence.

Collegiate Recovery Community UC San Diego Office of Student Well-being supports students in recovery from alcohol or other substances. In February 2014, we received a 3 year, \$10,000 grant from the Stacie Matthewson Foundation to build campus capacity for a Collegiate Recovery Community. Since that time we have formed a registered student organization, the Triton Recovery Group, which has officers, members, social events and offers a supportive community for students in Recovery. In addition, we have created a website <http://tritonrecoverygroup.ucsd.edu/> promoting the organization, the events and our internal and external partners. We have two 12-step meetings on our campus. Under the leadership of a CAPS Psychologist, we have hired a recovery intern who has created marketing materials, a network of campus community support and education for the campus community on the importance of supporting students in recovery.

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, Jerry Phelps, Ph.D.

Smoking Cessation

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

7. Participating in Campus-Community Collaboration

Alcohol, Drugs Issues and Trends (ADIT) Committee **Initially**, the committee came together to look at all entities on campus collecting data on alcohol issues and analyzing trends to develop strategies for prevention. The committee includes a multi-disciplinary, cross campus representation of staff, faculty and students. In 2014-15 the committee focus will be expanded to include attention to campus drug use data and trends.

Coordinated Community Response Team (CCRT) The Sexual Assault & Violence Prevention Resource Center (SARC) is a valuable resource that has been part of the UC San Diego campus for over 25 years. SARC works closely with campus and community partners to provide comprehensive services for students affected by sexual assault, relationship violence and stalking. SARC also coordinates education and prevention efforts on campus that help create a positive and safe environment at UC San Diego. SARC conducts 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, criminal and campus response to assist student victims, and SARC accompaniment and advocacy services.

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

The CCRT has also reviewed and revised relevant campus policies to encourage students to report any violence to the police or to campus administration. Because of the increase in education, SARC has experienced significant growth in the number of students seeking support services over the last two years. By sustaining current collaborations and developing new relationships on campus and in the community, SARC will continue to improve the educational programs offered as well as enhance services to student victims.

Sun God Festival Health and Safety Task Force The Sun God Festival is one of UC San Diego's most revered traditions, and it enjoys strong student support. However, health and safety problems associated with Sun God Festival have increased significantly over the last three years, with marked increases in transports to area hospital emergency rooms related to unsafe activities the day and evening of the event. The events pose significant risks to attendees and to members of the San Diego community.

Because the health and safety of students is paramount, during the summer of 2013 Chancellor Khosla charged a task force composed of students and staff members to review:

- The festival format and associated events
- Current student behaviors
- Relevant university policies and enforcement
- Options to address high-risk behaviors, including development of safety education and communication strategies

There were some positive changes after the 2014 Sun God Festival, but significant health and safety concerns were evident. It was decided to continue the work of the Health and Safety Task Force into 2014-15.

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

V. CONCLUSION

A. Strengths

- Alcohol Issues and Trends 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 in 2014 to include other drugs.
- Continue to include AOD assessment in periodic surveys to inform and guide risk reduction programming, messaging and cross campus efforts.
- Continued efforts in strengthening the AOD peer educators and their collaborative work with the College Residential staff to address current needs for incoming students.
- Sun God Says... has strong brand recognition across campus. T-shirts with positive health messages (many on AOD) are popular and students want, and wear the t-shirts.
- Campus-wide involvement in reducing alcohol and drug problems specifically focusing on large campus events. In fall 2013 a campus wide committee was charged with looking at ways to reduce risk associated with extreme high risk drinking at the Sun God Festival, a popular annual event, which has seen increasing health and safety problems in the last three years. The Chancellor charged a task force composed of students and staff members to review:
 - The festival format and associated events
 - Current student behaviors
 - Relevant university policies and enforcement
 - Options to address high-risk behaviors, including development of safety education and communication strategies
- Regular meetings of the UCSD Smoke and Tobacco-free Policy Implementation Committee and successful transition to a Tobacco-free campus on Sept 1, 2013.
- New Tritons in Recovery Program
- Continued best practices and policies in place, e.g.:
 - No alcohol advertising on campus
 - Strong response (94% overall) to soft mandate for every incoming freshman and transfer student to take the eCHECKUP TO GO survey before coming to campus.

- Development of RAP (Responsible Action Protocol Policy)
- Focus on the first few weeks of fall quarter: Successful pilot of Triton Fest a late-night event series designed to provide undergraduates with a safe, drug and alcohol-free outlet to engage in student life. In fall 2014 Triton Fest series included 6 large-scale events held on the Friday and Saturday nights of the first 3 weeks of fall quarter. All of the events took place between 8 PM - 2 AM and were each designed to serve 1,000 – 2,000 students. The total attendance numbers for this first Triton Fest series was 7, 324 students.
- 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 training for all Resident Advisors as part of the RA training
- New Floaties training which provides education and skills in alcohol and drug risk reduction and bystander intervention techniques.
- Parent and Family Newsletter has large readership and provides an avenue to reach parents with AOD information.
- Development of new AOD 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, bystander intervention techniques.
- AOD programs continue strong partnership with RADD (The Entertainment Industry's Voice for Road Safety) in key campus events throughout the year.
- Many years of trend data from SAFER Ca. grant and NCHA.
- Most UCSD students are responsible drinkers – culture.

B. Areas for Development

- Ensure annual reaffirmation of AOD policies. Consider having this come from Vice Chancellor of Student Affairs Office or specifically including in annual notification of Student Conduct Code.

- Annual notification of AOD policies for academics and staff
- Simplify explanation of RAP, to better promote.
- Implementation of enforcement strategies for the Tobacco-free campus policy
- On-going revamping of Health Promotion Services' AOD website
- Continue to look for innovative ways to reach new students with important AOD information and resources
- Better system for gathering student input, agreeing on important messages and designing engaging, fresh campaigns
- Continued efforts in outreaching to leadership groups on campus that include Greeks and Athletes.

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- Alex Kushner, Director, Student Life
- Ben White, Director, Office of Student Conduct
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- John Moore, PhD, Provost, Muir College
- Debbie Pino-Saballett, MPH, Director, Health Promotion Services, Student Health Services
- Lupe Samaniego-Kraus, MPH, Alcohol & Other Drug Prevention Coordinator, Health Promotion Services, Student Health Services
- Nancy Wahlig, Director, Sexual Assault Resource Center (CARES/SARC)
- Karen Calfas, PhD, Executive Director, Student Health and Wellbeing
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- Academic Life, Deans Sherry Mallory (Revelle College) and Diane Le Gree (Sixth College)
- Kasey Benjamin, Internal Operations Assistant, UC San Diego Intercollegiate Athletics
- Iris Crowe-Lerma, Program Coordinator, ZONE, Health Promotion Services
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