2014 Biennial Review:
Drug-Free Schools and Communities Act and Drug-Free Schools & Campuses Regulations
Oregon State University Alcohol and Drug Prevention & Education Program

**Brief National Prevention History**

In the not too distant past, best practices in alcohol and other drug abuse prevention on college campuses have been scattered in the literature with little coherent structure. These programs and related school-based policies were primarily aimed at reducing excessive alcohol use by college students, given the prevalence of this behavior. It is recognized that heavy episodic alcohol use and its associated problems are the top public health concerns for institutions of higher education. Student alcohol use on college campuses has been found to be associated, annually, with approximately 1,700 deaths; 70,000 sexual assaults; 400,000 episodes of unprotected sex; 500,000 unintentional injuries; and 600,000 assaults (Hingson, Heeren, Zakocs, Kopstein, Wechsler, 2002). In an important and symbolic gesture, the US Surgeon General established a national health goal under the auspices of Healthy People 2010 of reducing college excessive alcohol use, or binge drinking, by 50% by the year 2010. Unfortunately, in a time of increased attention and efforts aimed at reducing collegiate alcohol use, from 1993-2001, (Wechsler, Lee, Nelson, and Kuo, 2002a), very little change in binge drinking rates has occurred (Wechsler, H., Lee, J.E., Nelson, T.F., & Kuo, M., 2002b).

**Current Best Practice Guidelines**

In part, due to the lack of success of college alcohol and other drug abuse programs in decreasing excessive alcohol use and the associated problems, the National Institute of Alcohol Abuse and Alcoholism (NIAAA) established a committee to determine the state of prevention for institutions of higher education and submitted a report titled “A Call To Action: Changing the Culture of Drinking at U.S. Colleges” in 2002. This report has become the cornerstone by which alcohol abuse prevention programming on college campuses is based. The committee determined that few prevention programs had enough research support to suggest that they would be “proven effective” for college students (NIAAA, 2002). However, this report did outline a framework for developing a comprehensive prevention strategy on U.S college campuses. The “3-in-1 framework,” as it is now known, describes structuring policies, programs, and practices that are focused on three levels of intervention, including: 1) the individual students (and student groups), 2) the campus as a whole, and 3) the campus and surrounding community. OSU is actively implementing best practices while continually striving towards a comprehensive environmental management “3-in-1 framework” for substance abuse prevention. This report will outline various practices, identify any assessment of those practices, and outline areas of strength and needed improvement.

**Oregon State University’s Program History**

The Student Health Services at Oregon State University has a long-standing commitment to addressing alcohol and other substance abuse issues within the campus community. In 1990, the Health Promotion Department in Student Health Services was granted a two-year U.S. Department of Education grant for Substance Abuse Prevention. The outgrowth of the Substance Abuse Prevention Program for Oregon State University Students has evolved into what is now known as the Peer Health Advocates Program. Peer Health Advocates (PHA) is a peer-to-peer volunteer organization committed to enhancing the health of the OSU community through outreach events. PHA volunteers conduct campus activities designed to raise awareness about college health issues and promote healthy behavior choices among our peers. Also a result of receiving the U.S. Department of Education grant, OSU has had a long term commitment to assessment of alcohol and other drug use on campus either using the Core Survey or the National College Health Assessment (NCHA).
In January 2000, OSU was selected by the Education Development Center (EDC) to participate as one of 16 experimental institutions in its Social Norms Marketing Research Project (SNMRP) funded by the National Institutes of Health and the U.S. Department of Education. SNMRP was a five-year study using scientific research designed to take advantage of the efficacy of social norms marketing to reduce high-risk drinking among college students. Participation in this activity resulted in a continued normative campaign on campus during the five years of the study.

Student Health Services has also provided alcohol education classes for over the past twenty years. Additionally, students who have been sanctioned either by the courts and/or student conduct or residence life for alcohol- or marijuana-related violations are referred to IMPACT II or IMPACT-Lite classes. The IMPACT Program was revised in 2002 to a “best practices” Alcohol Skills Training Program (ASTP) curriculum which uses harm reduction as the theoretical framework. In 2005, a Brief Alcohol Screening and Intervention (BASICS) component was added to the matrix of prevention/intervention options made available to students.

In 2005, Oregon State University hired a full time substance abuse prevention coordinator, showing continued and increasing support for reducing excessive and illicit use of substances on the OSU campus. Since that hiring, the OSU IMPACT Program has again undergone revision. In the summer of 2012, the program was separated into a prevention program named up2u and a program for sanctioned students, IMPACT. The primary reason for this distinction was to encourage student participation in the prevention efforts. The IMPACT program continues to be improved upon. Redesigned pre-IMPACT questionnaires have been implemented to help route high-risk individuals to one-on-one meetings. The new survey process also improves data tracking and assessment of the program. A team has been convened to implement enhanced efforts to support students active in their recovery from alcohol and drugs.

During fall 2014, Oregon State University Student Health Services introduced the newly formed Alcohol, Drug, and Violence Prevention Center. The vision of the Center is to create a safe and supportive learning and living environment in which Oregon State University students thrive that is free of high-risk alcohol and other drug use, and violence. The mission of the Center has four signature areas: 1) Prevention of high-risk alcohol use and illicit/harmful drug use, which includes population level prevention, 2) Prevention of sexual assault, interpersonal violence, stalking, hazing, bullying, and other forms of violence, 3) Directing early intervention for students with indicated needs through the IMPACT program, 4) Supporting students who are in active recovery from addiction through the Collegiate Recovery Community.

Oregon State University is committed to the goals of reducing excessive and underage alcohol use and any use of illegal substances. An intentional focus on alcohol is warranted based on the level of student involvement with it and its measured negative effects for the campus. Therefore, the majority of campus prevention activities focus on alcohol abuse prevention and enforcement that tend to show a majority of alcohol related incidents. However, OSU is continually working to develop strong interventions for all substances of abuse, particularly marijuana and non-medical prescription drug abuse.
Assessment Data

OSU has had a long commitment to gathering health behavior data related to alcohol and other drug use and its consequences. Currently, there are no broad-based screenings done for employees to determine the level of use by these groups. Since 2000, Student Health Services has participated in the National College Health Assessment (NCHA) biennially. Recently, the NCHA was revised and as a result, the National College Health Assessment II (NCHAII) was administered in the 2012 spring term. The assessment was administered again in the 2014 spring term; overall student response rate for the 2014 NCHAII at OSU was 93.1% with 1,796 respondents. The NCHA reports the estimated number of drinks consumed by OSU students and an estimate of the blood alcohol concentration (BAC) that students obtained as compared to national averages. Graphs 1, 2, and 3 describe these data.

![Graph 1: 2014 ACHA-NCHA Data for Frequency of Alcohol Use](image1)

![Graph 2: 2014 ACHA-NCHA Data for Estimated BAC Last Time a Student "Partied" or Socialized](image2)
In addition to information of quantity, data are collected on frequency measures. The following graph (Graph 4) provides data to compare 2014 OSU information and 2014 national comparator data in terms of the frequency of use on campus and the negative consequences associated with student alcohol consumption.
Besides understanding negative consequences, it is important to determine the level at which OSU students are engaging in behaviors that may reduce or limit the risk/harm that can come from excessive alcohol use. Information on harm-reduction behaviors is presented (Graph 6) as a way to determine areas where more education could occur and to determine if our students have used any means of protecting themselves from possible alcohol-related harm. 96.5% of OSU students (97.5% nationally) who drink reported one or more of the above harm reduction strategies.
In addition to understanding our students’ alcohol use, we also look at our students’ marijuana use in order to understand its magnitude on our campus and to design appropriate prevention efforts. Graph 7 provides data on marijuana use for Oregon State University and also nationally.

Graph 7: 2014 ACHA-NCHA Data--Marijuana Use

In recent years, the non-medical use of prescription drugs has become an increasing problem in the nation and specifically in the college population. Graph 8 outlines this data.

Graph 8: 2014 ACHA-NCHA Data--Percent of College Students Who Reported using Prescription Drugs that Were Not Prescribed to Them Within the Last 12 Months
Oregon State University Substance Abuse Prevention & Education for Students

Individual Level Activities

**IMPACT Program:**
Referrals to the program come from several sources, including both on and off campus agencies. On campus students are most often referred from University Housing and Dining and the Office of Student Conduct and Community Standards. Off campus students are referred from Corvallis Municipal Court, Benton County Circuit Court, and occasionally other municipal courts from around the state. Students are most often referred to the program for a “minor in possession of alcohol” or “possession of a controlled substance: marijuana.” The courts recognize IMPACT as a diversion program for eligible OSU students. Students may also self-refer to the program. The program fee is waived for self-referrals.

IMPACT is a program designed for OSU students to engage in a focused and meaningful discussion about alcohol or marijuana use. Upon completion of the IMPACT Program, students will have a foundational understanding of 1) alcohol or marijuana and their effects on the body, 2) myths and realities associated with substance-induced effects, and 3) skills to limit the amount of negative ramifications that can be associated with under-age and excessive alcohol use or other substance use. Overall, the IMPACT Program is guided by the mission of Oregon State University and is committed to stimulate a lasting attitude of inquiry, openness, and social responsibility. IMPACT was reformatted in the summer of 2012. This summary will reflect the latest revision to the program:

**Pre-Survey:**
- Students register online
- Students complete an online assessment with high-risk and special status indicator questions
- If student is determined to be high-risk they are required to schedule a one-on-one meeting with an IMPACT staff member
- All other students schedule online

**Pre-IMPACT Meeting – High-Risk Students**
- Student meets for one-on-one meeting with staff member to review their pre-survey
- Motivational Interviewing-based intervention
- Staff member determines what the student needs which may include referral to Counseling & Psychological Services, another one-on-one meeting, or student may continue on to the class

**IMPACT Class**
- Student is required to attend two sessions, each lasting two hours
- Class based on Brief Alcohol Screening and intervention of College Students

Over the course of academic year 2010/2011, the IMPACT program delivered services to 455 students. The number of students for the 2011/2012 academic year was 410. The number of students for the 2012/2013 academic year was 438. The number of students for the 2013/2014 academic year was 573.
IMPACT post-intervention

A new online program was implemented in the fall of 2010. This program eased students’ ability to sign up for IMPACT and allowed for better assessment of the program. Students were automatically sent a follow-up survey approximately 60 days after their IMPACT class. After an initial review of the outcome data was conducted in the spring of 2012, revisions were made to the pre and post survey. Below is updated data from the spring of 2014.

Spring 2014 IMPACT Data Analysis

Students are assessed for high-risk alcohol use prior to their first IMPACT class and approximately sixty days following their last IMPACT class. Below are the summary report for all students and students that reported high-risk alcohol use at initial assessment.

Campus Level Activities

Educational Outreach

Educational outreach is a cornerstone of early intervention practices at OSU. Multiple offices engage in outreach activities that are instrumental in reducing the burden of excessive and underage alcohol and substance use. The OSU Substance Abuse Prevention Program has delivered numerous outreach and educational programs over the past biennium. The 2012/2013 academic year presentations reached out to an estimated 2,400 contacts focused on substance abuse prevention. During the 2013/2014 academic year approximately 4,500 contacts were made through outreach. Groups who received outreach education and training included:

- Fraternity and Sorority Students
- Residence Life (RA Training, Residence Hall Associations)
- First-year student presentations (U-Engage)
- Various classes (Public Health/CSSA/ESL)
- Athletics
- Faculty and Staff

Collegiate Recovery Community

Before its creation, there was a need for recovery support on Oregon State University’s campus. In the fall of 2013, the OSU Collegiate Recovery Community (CRC) opened its doors. Currently, the CRC is being facilitated by the director of the Center, one 0.49 FTE graduate assistant, and two undergraduate part-time employees. The CRC is a substance-free space housed within the bottom floor of the McNary
Residence Hall. Members have 24/7 access to this space in order to study and socialize, with access to a pool table, TV, three computers with free printing, and a kitchenette. This space helps create a safe place for members to come and go at any given time without worrying about alcohol or drugs being present.

In order to become a member of the CRC students must: have three months of sobriety; fill out an application; and meet with program staff. Membership of the CRC started with one member, and by world-of-mouth, has grown to 12 members as of the winter 2014 term. Membership continues to steadily grow. Different events and programming are offered for members, which include: weekly check-in meetings, recovery birthday parties, rafting trips, cooking classes, movie nights, and sober-tailgating on home football game days. The CRC also serves as a space for 12-step meetings, which are open to the community provided that at least one CRC member is present.

Plans to expand the CRC are already in motion with further collaborations throughout campus and the community as well as plans for a full-time employee dedicated to facilitate CRC operations.

AlcoholEDU
AlcoholEDU was officially launched for the first time on Oregon State University’s campus for the fall 2014 term. Thirty days before the start of each term all new first-year, Corvallis-based, degree-seeking students are invited to take AlcoholEDU prior to the start of their classes. For it’s first year of implementation, AlcoholEDU did not have a hard mandate, however for the 2015/2016 academic year, AlcoholEDU will be a requirement, which will be tracked by the registrar of the university. A population level program was seen as a need for Oregon State University based upon ACHA-NCHA data showing that OSU students’ high risk drinking rates are considerably above the national average rates. Additionally, there have been an increasing volume in alcohol transports and complaints in disruption to on-campus living communities due to alcohol.

AlcoholEDU was the chosen vendor based upon the program being compliant with the Americans with Disabilities Act, the program also works well with international students, its messaging is consistent with our Center’s approach, AlcoholEDU also has strong efficacy data with multiple published studies, and lastly AlcoholEDU was chosen based upon other universities confirming that the company is extremely responsive and helpful.

We believe the implementation of AlcoholEDU on Oregon State University’s campus will help us achieve the following:

- Decrease of high-risk drinking during critical times, especially the first 8 weeks of the fall term
- Increase initialization of protective factors
- Increase basic knowledge of alcohol
- Data tracking and monitoring on students’ alcohol use
- Decrease in disruptions in residence halls due to students’ alcohol use
- Change culture and expectations around alcohol use

AlcoholEDU is comprised of two parts and three surveys. Students take Survey 1, Part 1, and Survey 2 pre-matriculation. After a 30-day intersession period—or waiting period—students have been on campus for a few weeks and are instructed to take Part 2 and Survey 3. Part 1 is the main educational component of AlcoholEDU and Part 2 is a quick overview of what was learned in Part 1 and a survey to capture data on knowledge, attitude change, and behavior change. Below is the course structure for AlcoholEDU:
AlcoholEDU Feedback
Compliance rates, despite the lack of a hard mandate, have been high for first-year students and students have been rating the program positively. Below is data from the 2014 fall term. 3,293 First-Year, Corvallis-Based, Degree-seeking students were invited to take AlcoholEDU; Graph 8 shows our completion data.

Graph 8: Fall 2014 AlcoholEDU Completions

<table>
<thead>
<tr>
<th>Completions</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 1 Completions</td>
<td>92.7</td>
</tr>
<tr>
<td>Part 1 &amp; Part 2 Completions</td>
<td>62.7</td>
</tr>
</tbody>
</table>
AlcoholEDU Fall 2014 Data
Data reported below from the 3,293 first-year, Corvallis-based, degree-seeking students during the fall 2014 term that took AlcoholEDU.

Graph 9: Student’ Change in Knowledge

Graph 10: Student Reported Impact from AlcoholEDU
Graph 11: Student Reported Behavioral Intentions Due to Taking AlcoholEDU

- Set a limit on how many drinks you’ll have: 28% Pre-Course, 53% Post-Course
- Pace drinks to 1 or fewer an hour: 25% Pre-Course, 58% Post-Course
- Alternate non-alcoholic beverages with alcoholic drinks: 30% Pre-Course, 65% Post-Course
- Reduce the number of drinks you have each time you drink: 46% Pre-Course, 73% Post-Course
- Reduce the number of times you drink per week: 48% Pre-Course, 74% Post-Course

Percent of Students
Community & Environmental Activities

Medical Amnesty Law
In order to remove barriers and reduce the number of alcohol poisoning-related deaths, the Medical Amnesty Law was put into place. Oregon State University and the Center put forth a large amount of support towards the existence of the Medical Amnesty Law. Put into effect January 1st, 2015, the Medical Amnesty Law protects anybody in the state of Oregon from getting a Minor in Possession Charge when calling 911 for someone they think has alcohol poisoning. This law protects both the person calling 911 and the person in need of medical attention.

Law Enforcement: Oregon State Police
OSU supports consistent enforcement of violations of the OSU alcohol and other drug policies and state laws. To ensure consistency across the board, Oregon State Troopers have a “Zero Tolerance Policy” regarding alcohol and other drug violations and criminal acts. All persons found to violate alcohol and drug statues are issued a citation or arrested as appropriate. The Zero Tolerance Policy is explicitly disseminated through orientation on campus and posted in residence halls on campus. Additionally, OSU works closely with the Oregon Liquor Control Commission via a partnership with the Oregon State Police in the enforcement and education regarding alcohol policies and state laws.

Campus Policy & Law Enforcement: Student Conduct & Community Standards
The Student Conduct and Community Standards office supports the mission of the University by providing programs and services designed to meet the educational and developmental needs of students in relation to community standards, civility, accountability, diversity, respect, and truth. Specifically, Student Conduct and Community Standards:

- Is part of the Office of the Dean of Student Life and supports OSU's Shared Student Values.
- May initiate the conduct review process in response to information received indicating that a student may be responsible for violations of the Student Conduct Code.
- Assists faculty and staff with the management and support of disruptive or distressed students.
- Is the central coordinating office for student conduct related matters at OSU.
- Assists students to think out, evaluate, and become accountable for personal and organizational behavior.
- Assists students in developing a plan of success to make things as "right" as possible, repairing any harm caused by their behavior or poor choices.

OSU Philosophy on Student Conduct
The goal of Oregon State University is to provide students with a general education so that they will acquire knowledge, skills, and wisdom to deal with and contribute to contemporary society in constructive ways.

The State Board of Higher Education and the University, through the Student Conduct and Community Standards (SCCS) Committee, which is composed of students, faculty and staff, have established regulations and policies deemed necessary to achieve the University's objective as an educational institution. All members of the University community have a strong responsibility to protect and maintain an academic climate in which the freedom to learn can be enjoyed by all.

If an individual's conduct does not meet University standards, the possibility of disciplinary action arises. Conduct staff attempt to emphasize those kinds of experiences that assist the individual involved to
think out, evaluate, and become accountable for personal behavior; to establish a personal code of conduct; and if need be, to redirect behavior in order to meet University expectations.

In enforcing the Student Conduct Code, the University follows due process procedures. Great emphasis is placed on the consideration of each individual case rather than attempting to have matching "penalties" or actions for specific incidents. The ultimate objective of this office is treatment in students' relationships with the institution. Through a fair consideration of all factors in each case, an attempt is made to prevent arbitrary and authoritarian action by an administrator or by student groups. Members of the Conduct staff are available to consult with and counsel students who believe that their individual rights have been violated or who are experiencing behavioral difficulties.

*Campus Policy & Law Enforcement: University Housing - Residential Education*

The training model for Residential Education has been consistent in training all staff to:

1. Uphold University policy and state law regarding alcohol and other drugs and
2. To enforce a zero tolerance policy regarding alcohol and other drugs.

All staff are instructed to document any situation that may involve alcohol or other drugs, even if it is on the basis of suspicion. To ensure consistency, professional staff routinely reviews conduct cases. Staff involved in this process includes Residential Directors, Assistant Directors of Residential Education, and the Associate Director for Residential Education and Student Conduct.

OSU provides each student an opportunity to respond to allegations of alcohol/drug violations during a conduct hearing. Students are sanctioned on a case-by-case basis, evaluating the totality of the given incident with consideration of conduct history. At the hearing, students who are found responsible for a first-time alcohol or other drug violation are typically sanctioned to the IMPACT program on campus through Student Health Services. Students may also face additional sanctions including, but not limited to:

- Reflection essays
- Community service
- Probation
- Housing contract cancellation
- Suspension
- Expulsion
Police Liaison Programs
OSU has the Greek Liaison Program, which is a collaboration between the Corvallis Police Department and Office of Greek Life. The liaison programs provide a direct connection between students and staff and local law enforcement. Often times this takes the form of outreach presentations discussing laws and policies and offers an opportunity for students to have questions answered in a preventative way before problems and/or violations occur.

Benton County Partnership
This community-based coalition used funds from the Office of Juvenile Justice and Delinquency Prevention (OJJDP) (funneled through the Benton County Health Department in the form of EUDL, or Enforcing Underage Drinking Laws, monies) to create a partnership focused on underage drinking prevention. This coalition formally began in 2003, although members report meetings beginning around 2000.

OSU participates by ensuring representation from many facets of the campus and developing cooperative plans with participating agencies, including Benton County Health Department, Corvallis Police Department, Oregon State Police Department, local bar and tavern owners, downtown business owners and residents, University Housing & Dining, OSU Greek Life, OSU Risk Management Department, Student Health Services, and the Oregon Liquor Control Commission.

The Partnership has been very active in efforts to reduce underage and high risk drinking in the campus and Corvallis communities. Some of the coalition activities include the following:
- Monthly meetings
- Officer and Trooper Bike Patrols during high risk times
- Responsible Retailer & Beverage Server Training – two per year offered free for the community
- Pub Stroll – two per year walking around town on a Thursday night to identify happenings/issues/problems
- Collaborating with neighborhood associations
- Campus outreach during the first week of Fall Term

Acknowledgments
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