



Drug-Free Schools and Campuses  
Regulations Biennial Review:  
Academic Years 2018-2020

Updated August 2020 by  
Brittany Badger Gleed and  
Jenna Templeton



**Drug-Free Schools and Colleges  
University of Utah  
Drug-Free Schools and Campuses Regulations  
Biennial Review 2018-2020**

<b>Introduction</b>
---------------------

The Drug Free Schools and Communities Act requires that an institution of higher education certify it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol for students and employees on school premises and as a part of its activities. The University of Utah has an unwavering commitment to provide a safe and healthy environment for students, faculty and staff and is a drug and alcohol-free workplace and campus. Student success and well-being is at the forefront and the University is compliant with the Drug Free Schools and Communities Act and continues to conduct a biennial review on the effectiveness of its alcohol and other drug programs and services. This report includes updates from the 2018-2019 and 2019-2020 academic years.

Students experience a mix of wellness-related concerns throughout their college years which can greatly impact their academic and personal successes if not addressed effectively. For example, more students at the University of Utah have felt so stressed (42%), anxious (34%) or depressed (23%) that it has negatively impacted their academic performance compared to students nationally. Students at the University also report feelings of loneliness (67%), being overwhelmed (93%), difficulty sleeping (38%) and serious considerations of suicide (15%). Furthermore, despite a relatively low percentage of students who drink alcohol, 67% of those that do, reported binge drinking behaviors (5 or more drinks) the last time they “partied”. Half of students who drink report doing something they regretted while drinking. Lastly, 1 in 8 students have reported using a prescription drug that was not prescribed to them. This is higher than the national average.<sup>12</sup>

To address these student experiences and behaviors, the University of Utah provides a comprehensive array of alcohol and other drug (AOD) prevention services, resources, and programs that align education, support, research, and policies/regulations. The Center for Student Wellness (CSW) is the main office charged with substance abuse prevention efforts on campus. CSW’s Alcohol and Drug (AOD) prevention efforts are achieved through strategic programming and collaborative partnerships with campus and

---

<sup>1</sup> American College Health Association. American College Health Association-National College Health Assessment II: University of Utah Executive Summary Fall 2017. Hanover, MD: American College Health Association; 2017.

<sup>2</sup> American College Health Association. American College Health Association-National College Health Assessment II: Reference Group Executive Summary Fall 2017. Hanover, MD: American College Health Association; 2018.

community departments to educate students and promote healthier and safer behaviors—both broadly, and specifically around alcohol and other drug misuse.

### *Center for Student Wellness*

The CSW provides a spectrum of wellness-related services to the campus community. This office provides direct service, educational programming, and campus and/or community referrals to students, staff, and faculty to best meet their wellness needs. CSW efforts actively focus on bolstering protective factors and reducing risk factors (directly and indirectly), for many harmful behaviors. Student AOD misuse is one of the priority behaviors CSW focuses on. *(CSW is an office that focuses primarily on student wellness. Faculty and staff in need of support can contact the university's Employee Assistance Program (EAP) for information and referrals for treatment at 801-587-9391. There are also numerous treatment options available in the community. The campus community can call, email, and walk-in for service requests or referrals. Contact information for CSW can also be accessed online at [www.wellness.utah.edu](http://www.wellness.utah.edu).)*

The efforts of the CSW are carried out by a small team of professional staff, student staff/interns, and peer educators that provide education, prevention programming, and advocacy support for the campus community. The mission of the CSW is to:

*“Strive to cultivate a holistically well and safe campus community. We believe that wellness is the foundation of success and that equitable access to inclusive wellness services, education and support will create a more resilient, thriving University of Utah.”*

The CSW utilizes evidence-based and evidence-informed strategies to build healthy skills and shape attitudes and perceptions to best support a culture of wellness and resiliency at the University.

The CSW maintains recommended substance abuse prevention roles and programs, including:

- Coordinating a campus-based AOD Network that includes campus partners to share resources, improve referral and programmatic processes, and identify priority areas of focus
- Ensuring compliance with the federal Drug Free Schools, Communities, and Workplace Acts
- Offering an alcohol education sanction for students who violate campus alcohol or drug policy
- Facilitating one-on-one Wellness Sessions with students to explore harm reduction strategies, communication skills and/or intervention skills
- Providing wellness education training for campus partners, student groups, student leaders, and University academic classes on harm reduction, low-risk drinking or substance use behaviors, recognizing and responding to alcohol poisoning and opioid overdose, intervening in problematic situations, demonstrating healthy behaviors, and more
- Supporting and collaborating with campus partners to unify messaging and increase outreach regarding tobacco-free policies, dry campus regulations, and AOD resources
- Supporting and implementing prevention and intervention programs that increase protective factors and reduce risk factors for AOD use/abuse

### **DISTRIBUTION OF POLICY**

University of Utah policy on alcohol and other drugs can currently be found in the University Regulations Library. The library can be easily accessed via the internet at <http://www.regulations.utah.edu/index.html>. The policy, along with other information concerning alcohol and other drugs, can also be found on the CSW website at [www.wellness.utah.edu](http://www.wellness.utah.edu).

The Office of Financial Aid and Scholarships distributes this information to all students, staff, and faculty at the beginning of each fall semester and to all new employees and students at the beginning of spring and summer semester, as required by the Higher Education Act, which has a link to the policy.

In addition, all students residing on campus must view the policy and agree to comply.

## Alcohol and Other Drug (AOD) Prevention Program Elements

The CSW uses a comprehensive harm reductionist approach with AOD prevention programming on campus. A variety of interventions are utilized to have the greatest impact. Program elements are multi-layered and multi-factored as they aim to reach a diverse University population. These elements can range from general outreach to strategic partnerships to student engagement. All components of the University's prevention efforts aim to increase protective factors (e.g., stress management, prosocial bonding, positive relationships, healthy communication and coping skills, sense of belonging) and decrease risk factors (e.g., lack of social support, peer encouragement of use, isolation, interpersonal violence, negative school environment, discrimination) for AOD use<sup>3</sup>. Addressing risk and protective factors in conjunction with direct AOD-prevention programming (e.g., education on AOD topics, awareness of resources, direct service for recovery) is key. Prevention efforts are ongoing and regularly evaluated to identify areas of improvement.

### CAMPUS OUTREACH

One of CFSW's main goals is to build awareness for the variety of resources available to the campus community through outreach efforts. In the last two years, the CSW conducted over 333 outreach presentations and events that involved over 420 hours of staff time, for over 23,200 students.

Increasing awareness for available services may help students, staff, and faculty better attend to any problematic behavior that may directly or indirectly impact student alcohol and drug use. For example, students who struggle with alcohol or drug misuse (or triggers that may lead to misuse) may not know that there are a variety of resources available to them including the University Counseling Center, Women's Resource Center, Student Health Center, Office of the Dean of Students, Student Success Advocates, Recover at the U, Center for Student Wellness, and more. Through increased awareness of the resources and services available for the campus community, students can make informed decisions to improve their wellness in a way that meets their unique needs. Additionally, faculty/staff are better able to refer students to appropriate and effective resources that best match each student's needs. Even if the services being accessed are not specifically for alcohol or substance use, actively addressing other wellness needs of students (e.g., stress management, communication skills, academic success) may indirectly impact AOD misuse. For example, connecting students to resources and educational opportunities that focus on stress management and coping strategies, healthy relationships; and holistic wellness promote protective factors and encourage safer AOD use behaviors.

Increasing awareness of these resources across the University campus is achieved primarily in two ways: directly through CSW services/educational workshops or indirectly through campus events (hosted by CSW or otherwise). While not every opportunity to share information is specifically focused on AOD concerns, these platforms allow CSW to build networks with other service providers, create awareness in the campus community, distribute educational information, and engage with students about these topics. CSW developed or participated in the following events and student presentations over the past 2 years:

- New and Transfer Student Orientations

---

<sup>3</sup> National Institute on Drug Abuse. Understanding Drug Abuse and Addiction: What Science Says. February, 2016.

- International Student Orientation
- Housing & Residential Education Student Leader Training
- Crimson Nights
- Safe U Event
- Drug Takeback Event
- Plaza Fest
- Welcome Week
- Wellness Fair
- Free drop-in HIV testing
- Mobile STI testing clinics
- Residential Advisors Orientation
- Athletics trainings
- University Housing- Block Party
- TRIO Student Support Services (Back to School Bash)
- Safety Week
- Major Expo Fair
- Coffee with Cops
- Sexual Assault Awareness Month
- Domestic Violence Awareness Month
- SADC Speaker Series
- ASUU Listening Sessions
- Farmers' Market tabling events
- Safe U Month
- NASPA Regional Conference
- Beacon Scholars trainings
- Rape Recovery Center trainings

## **EDUCATION AND INTERVENTION SERVICES**

The CSW is a comprehensive educational resource for the campus community and one of the main responsibilities of this office is to provide educational workshops, presentations, classes and trainings. Topics include bystander interventions, low-risk drinking, stress management, general health behaviors and more.

### *Presentations and Workshops*

Wellness presentations and workshops are tailored to meet the needs of each request. Over the past two years, a variety of presentations and workshops have been done with academic departments and other campus groups and offices. These include new student orientations, student leader trainings and requests from academic departments. There were a total of 69 AOD-specific presentations provided during the last two years. This count includes a peer-led workshop entitled "Safer Party Culture" that addresses harmful social norms around drinking and encourages students to brainstorm harm reduction strategies for party culture and how to use AOD in safer and healthier ways. The count also includes sanctioned alcohol education classes as well as orientation presentations that cover AOD policy, use, harm reduction, and alcohol poisoning response.

### *Sanctioned Alcohol Education (Online and In-person)*

CSW phased out its sanctioned alcohol and drug education class after the 2018-2019 academic year. This class was attended by students who were sanctioned for breaking the University of Utah's alcohol and drug use policy. The class was intended to increase students' motivation to make healthier choices regarding any alcohol and/or drug use. In the 2018-2019 academic year, there were six classes offered and 45 students participated.

For the 2019-2020 academic year, a new online learning module began being offered as a part of an expanded license with the company EverFi, titled "AlcoholEdu for Sanctions". Where appropriate, students can still be referred to CSW for tailored one-on-one conversations. This new process was identified as being more efficient by eliminating a time-intensive 6-hour course offered by CSW staff and instead, allowing for the opportunity to meet with students one-on-one when intentional, personal conversations around AOD could be more powerful and impactful than an online module. In the past two years, CSW met with 9 students for one-on-one conversations while the remaining students who violated student code for AOD use, were sanctioned with the AlcoholEDU for Sanctions course. All referrals come from Housing and Residential Education (HRE) or the Office of the Dean of Students (ODOS). The new process of sanctions and referrals were developed collaboratively among the three offices (CFSW, HRE, and ODOS).

#### AlcoholEDU

Beginning in fall 2016, the University began offering AlcoholEDU to all incoming new and transfer students. This provides the opportunity for all new first year and transfer students to learn more about alcohol abuse, alcohol poisoning and strategies to keep your community safe. AlcoholEDU is also available in some sanction cases. This online module is tailored for each student dependent of their personal self-reported alcohol use to best meet the needs of each student.

#### Other Violation Sanctions

Office of the Dean of Students and Housing and Residential Education has utilized, as needed, 3<sup>rd</sup> Millennium, Alcohol 101, and Marijuana 101 Online courses depending on the individual situation. In the past two years, 209 students have been enrolled in 3<sup>rd</sup> Millennium through referrals from both offices (ODOS and HRE).

#### Naloxone Training and Distribution

Since 2000, the U.S. has seen a large increase in opioid drug misuse resulting in elevated numbers of overdose cases and deaths. In Utah, prescription opioid abuse and misuse has continued to be an issue and is responsible for more drug deaths than all other drug categories, such as benzodiazepines, over-the-counter medications, or illicit drugs<sup>4</sup>. In 2016 the executive director of the Utah Department of Health signed a statewide standing order allowing to dispense naloxone, without a prior prescription, to anyone at increased risk of experiencing or witnessing an overdose. Naloxone, also known by the brand-name Narcan, reverses the effects of an opioid overdose. Narcan is available as an easy-to use nasal spray; only a brief training is needed to be able to administer this form of naloxone. The CSW has staff trained to administer Naloxone in an emergency and is working with other campus and community partners to expand training to other departments on campus. To date, Naloxone is available at CSW, SHC, and HRE. Expanding sites across campus that have access to Naloxone is a goal of CSW.

---

<sup>4</sup> Utah Department of Health. Prescription Opioid Deaths 2015, Indicator Based Information System for Public Health. April, 2016.

## **STUDENT ENGAGEMENT**

The CSW recognizes that student engagement and involvement is a critical component of AOD prevention and treatment efforts. For instance, student engagement in positive and healthy extracurricular activities has been found to be a protective factor to engaging in high risk AOD behaviors<sup>3</sup>. Furthermore, strategically leveraging the knowledge and insights of students to help identify areas and strategies for improved AOD prevention programming helps create more tailored and focused initiatives that will resonate the most with a campus community. The CSW encourages, supports and provides student engagement opportunities in a number of ways.

### *CSW Para-professionals*

The CSW provides 3 avenues for students to become involved with wellness-related programming through (1) ACES peer health education scholars team; (2) internships; and (3) volunteering.

### *ACES Peer Health Education Scholars*

The CSW was awarded a grant to help develop and implement a Peer Health Education team (called “ACES”) which was piloted in spring 2019. The initial program included 3 teams (two students per team), which focused on a different topical area: AOD harm reduction, sexual wellness, and violence prevention. Since then, the program has grown to include 6 students per team, for a cohort of 18 students that provide peer-lead workshop facilitation and outreach across campus, growing the awareness and education efforts of CSW.

Students on the AOD harm reduction (HR) team specifically, are charged with the development of programming to address issues such as high-risk alcohol and substance use/abuse, prevention, and the intersection of AOD use with other high-risk behaviors. The HR team is responsible for facilitating the “Safer Party Culture” workshop, hosting the Drug Takeback Event, and sharing duties with their teammates for other workshops and outreach (Bystander Intervention, tabling opportunities, etc.).

### *Internships*

Student internships are also available through the CSW. These internships focus on a specific need of the CSW and/or the University at large. Student internships have included social norms campaigns for alcohol use, needs assessments to determine student wellness needs, and recommendations to tailor wellness efforts to better meet students from diverse backgrounds. These internships are student-driven and have helped shape AOD efforts for the CSW.

### *Volunteering*

Student volunteers assist the CSW via the Student Health Advisory Committee (SHAC). SHAC volunteers support the CSW in data collection to gauge student’s wellness needs, assist in wellness events (e.g., Wellness Fair, STI/HIV testing clinics, tabling), and support wellness initiatives to create a healthier and safer campus community.

All of these student opportunities provide hands-on experience to assess current health trends at the University of Utah, develop tailored and educational programming, and advocate for wellness initiatives that would best meet the needs of the student body.

### *Lowell Bennion Community Service Center*

The University of Utah hosts the Lowell Bennion Community Service Center whose mission is to foster lifelong service and civic participation by engaging the University with the greater community in action,



change and learning. Students, faculty and staff have a variety of opportunities to engage in prosocial experiences that yield a variety of benefits. In the 2019-2020 academic year, over 7,800 students (equating to over 157,500 hours) participated in student-directed programs. In regards to AOD concerns, the Bennion Center provides an array of opportunities to engage in positive service opportunities throughout the year which can decrease high-risk behaviors as a student becomes more engaged in meaningful work. Student-directed programs have focused on arts and recreation, education, advocacy, health and wellness, international justice, social justice, sustainability and food justice concerns.

Alternative Breaks are another prosocial program offered by the Lowell Bennion Community Service Center. "Alt Breaks" sends teams of University of Utah students to various locations throughout the Western United States to engage in community service and experiential learning during alcohol-free spring, fall and weekend breaks. This program provides students with a healthy, drug and alcohol-free alternative to traditional spring break activities. Students visit and work in cities throughout the Western United States on a variety of community-identified projects to address unmet social and environmental justice needs. Alt Breaks collaborate with non-profit organizations to promote lifelong service through service, education, and dialogue. Host communities benefit from tangible assistance, while students gain a new perspective of the world in which they live. During the 2019-2020 academic year, over 10,500 hours of community service were provided. The CSW regularly has staff that attend these trips as staff mentors.

#### Recover @ the U

Recover at the U (RU) is a student association created by University of Utah interdisciplinary students. They host prosocial activities on and around campus that are drug and alcohol free including Sober Tailgates, recovery meetings and educational workshops. At this time the CSW is currently working with RU to discuss opportunities to collaborate and refer students to their resources.

#### Campus Recreation Services

Campus Recreation Services (CRS) provides opportunities for students to engage in extracurricular activities as a healthy alternative to AOD use. Many of the services available through CRS are free for current students (e.g., access to facilities, gym equipment, rock climbing wall, running track, pools). For additional fees, students also have access to additional activities such as intramural sports, fitness classes, and Outdoor Adventures that promote other protective factors (e.g., positive social relationships, environmental engagement) linked with high-risk AOD use.

Outdoor Adventures (OA) is one such program that provides a variety of outdoor trips, from day trips/clinics to weekend and week adventures, to the University of Utah community. Participants can expect to see activities such as rock climbing, canyoneering, mountain biking, backpacking, hiking, cross-country skiing, backcountry touring, ice climbing, whitewater rafting/kayaking, flatwater trips such as canoeing or SUPing, and much more. The trip leaders are in constant training to provide a safe and positive learning environment where students can develop their outdoor skills. All of the programs offered through CRS prohibit alcohol and drugs and focus on providing a positive experience for students. The CSW is currently working with OA to provide opportunities for underserved students at the University to participate more easily in these adventures.

#### University Counseling Center (UCC)

UCC provides individual, couples, group, and crisis counseling for full-time students at the University of Utah. Students can meet with staff psychologists, licensed clinical social workers, mental health counselors, and/or practicum students training in psychology and social work. UCC staff and practicum

students can assist students “resolve existing problems, prevent potential problems, and develop new skills that will enrich their lives”.

Additionally, the UCC is the primary research site for a NIDA R-01 grant researching how technology can aid the learning and retention of Motivational Interviewing techniques by UCC therapists. It is a 5-year grant that includes training and reinforcing training of UCC therapists and therapist trainees on how to use Motivational Interviewing techniques with students who (mis)use AOD.

#### Mountain Plains Prevention Technology Transfer Center

The Mountain Plains Prevention Technology Transfer Center (PTTC) is a partnership between the Department of Educational Psychology in the College of Education and the School of Dentistry at the University of Utah. The Mountain Plains – PTTC provides training and technical assistance through the technology transfer model to disseminate tools and strategies needed to improve the quality of substance use prevention. The Mountain Plains-PTTC leverages expertise and resources to engage the next generation of prevention professionals in the six-states (CO, MT, ND, SD, UT, WY) comprising Region 8. Attention is given to strengthen the workforce pipeline for pre-professionals and professionals in the substance use prevention and health care fields. We have some resources that may be helpful for those on college campuses including: Suicide Prevention and Intervention for Transition Age Youth on College Campuses Webinar, Grow Your Knowledge: Cannabis Prevention, Policy, and Pharmacology (3-Part Webinar Series), Understanding Adolescent Cannabis Use Infographic, and Self-Care in a Selfless Field Webinar. Please visit their website at [pttcnetwork.org/mountainplains](http://pttcnetwork.org/mountainplains) for more information about their prevention products, resources and training.

#### Athletics

The Psychology and Wellness program within the Athletics Department focuses on prevention of misuse of AOD, particularly marijuana and performance-enhancing drugs. Most of this programming is done with student athletes during orientation each year. Throughout the year, athletes are engaged in discussions, guided by NCAA Sports Science Institute and Drug Free Sport, about the relationship between AOD use and mental health concerns. Additionally, Psychology and Wellness staff are often requested to talk with teams about coping skills around AOD use. Often, these sessions are built out collaboratively with CFSW.

While the NCAA requires drug testing on performance-enhancing drugs and straight drugs, including marijuana and opioids, Athletics also runs random institutional testing with student athletes and has urinary analysis panels on performance-enhancing drugs and marijuana. When a student athlete tests positive for either, they go through an assessment with Psychology and Wellness and they determine if an intervention is needed. Psychology and Wellness provide psychoeducation on AOD use as well as general outpatient individual counseling. Referrals are made when the assessment suggests an intensive outpatient, residential, or detox treatment is needed.

#### Student Health Center (SHC)

SHC is the University of Utah’s campus-based medical clinic for students. In addition to its regular clinical operations and appointments with clients, SHC acts as a support office for students when it comes to AOD misuse, treatment, and support. Student health insurance covers mental health needs as well as any physical health complaint. This includes substance abuse treatment. Additionally, SHC houses free naloxone kits through a partnership with Utah Naloxone.

### Utah Poison Control (UPCC)

UPCC is a free, expert, confidential 24-hour resource (1-800-222-1222) for poison information and educational resources. UPCC serves the entire state of Utah including University of Utah students with immediate phone support during a poisoning crisis. The call center is staffed by certified, highly educated specialists to help students prevent poisonings and recover from poison-related accidents. In a poison emergency, every second counts.

### Office of the Dean of Students (ODOS)

Over the past two years, ODOS facilitated 3 courses through the Everfi platform: Prescription Drug Abuse Prevention, AlcoholEdu for College, and AlcoholEdu for Sanctions.

Prescription Drug Abuse Prevention launched March 2020 and 2803 students have since completed that training. The University of Utah has utilized AlcoholEdu for several years, and since July 1, 2018, at least 6090 students have completed the training. Since turning to AlcoholEdu for Sanctions course, two students have completed that training.

### Housing and Residential Education (HRE)

One of the main learning objectives of the Residential Learning Model is personal development. During the fall semesters, HRE posts lessons related to AOD on a bulletin board in the main housing areas, to serve as passive education for residents on the risks associated with AOD consumption and how to keep themselves and peers safe. The board also provides alternate activities to AOD use.

### PARCKA

The University of Utah's Department of Internal Medicine, Division of Epidemiology's Program for Addiction Research, Clinical Care, Knowledge, and Advocacy (PARCKA) was founded in spring 2018 to improve and address access and quality of health care provided to persons who have addictions or who are otherwise vulnerable. The mission of the Program for Addiction Research, Clinical Care, Knowledge, and Advocacy (PARCKA) is to promote and provide addiction related research, clinical care, knowledge and advocacy to the University of Utah, the local community, the state and the nation.

PARCKA provides an interdisciplinary and interprofessional approach to addiction-related clinical care, research, education and advocacy, to the University, the local community, the state and nation. PARCKA operates in four areas of focus through collaboration and partnerships. It brings together a variety of program and projects to implement its mission.

### PARCKA Parleys

PARCKA Parleys was established in September 2018 as a monthly seminar series as a way to bring together those within the university and the local community to provide an avenue to allow researchers, educators, and the community to intersect to learn and discuss topics regarding substance use.

Each session is one hour and focuses on various topics around addiction. There are over 200 potential attendees on the list serve that receive the announcements each month consisting of staff, faculty, and community members. Attendance has averaged around twenty to twenty-five each month.

In October 2019, continuous medical education (CME) credits began being offered. The Parleys are virtually broadcast to attendees and include those in the local area, the state and nationally. In late 2019, higher resolution equipment was acquired at PARCKA to make it possible to record the seminar

series and make it available at later dates. All lectures that have been recorded are on the PARCKA Facebook page: <https://www.facebook.com/UofUPARCKA/>.

### Other Student Engagements

The University of Utah is committed to creating a positive student experience. The CSW actively works to connect students with a variety of these opportunities that while not specifically designated as a health resource, are known to bolster student wellness through engaging in positive prosocial experiences that promote growth, education, and student development. Some of these additional resources that the CFSW promotes for students include the Edible Campus Gardens, student Arts Pass (free/discounted art events on campus), and 600+ student organizations.

## **STRATEGIC PARTNERSHIPS**

Partnerships are critical for a comprehensive AOD prevention program. Streamlining communication, intentional collaboration with other campus and community partners, increased funding opportunities, and shared resources are just a few of the benefits found with a collaborative mindset. The CSW actively seeks out new opportunities to expand their network of partners and strengthen existing relationships.

### Campus AOD Network

Recognizing that one office alone cannot address AOD-related concerns in its entirety, it is critical to intentionally seek out opportunities to enhance partnerships, address and reduce the duplication of services, pool resources and identify program gaps. In the fall of 2018, CSW invited campus partners together to organize as the AOD Network. The goal of this group is more efficiently share resources and information between departments, identify strategies to improve referral processes, collaborate for AOD-related events and programs, and identify new areas of focus as a group. Current members of the AOD Network include: Student Health Center, University Counseling Center, Recover at the U, Housing and Residential Education, Fraternity and Sorority Life, University of Utah Police Department, Office of the Dean of Students, Office of Equal Opportunity, University Athletics, Campus Recreation Services, Tobacco-Free Taskforce, PARCKA, Utah Poison Control, Department of Educational Psychology, College of Social Work, UNI Outpatient Recovery Services, a number of academic departments and more.

### Community Partnerships

The CSW works to develop and maintain strong affiliations with community and higher education prevention groups, such as the Salt Lake City Mayor's Coalition on Alcohol, UNI Recovery Clinic, Tobacco, & other Drugs, Utah Division of Substance Abuse & Mental Health, Salt Lake County Health Department, Huntsman Cancer Institute, Utah Naloxone, Utah Harm Reduction Coalition and Utah State Substance Abuse Prevention which is a network of state campus health educators.

## **ASSESSMENT/EVALUATION**

The CSW utilizes numerous data collection methods to assess needs, establish priorities, monitor program development and implementation, and to determine effectiveness. The following are evaluation sources used during the reporting period:

- National College Health Assessment (2019)
- Prime for Life participants pre and post-tests (started in 2008)
- Continual process evaluation of outreach events and programs (i.e., number in attendance, etc.)
- Continual utilization data to assess who uses programs (2018-2020)

The University Counseling Center can provide students with community referrals for drug and alcohol assessment, evaluation, and treatment. Please call 801-581-6826 for further information.

For additional referral, assessment and treatment options students and employees can visit the Department of Psychiatry, <http://medicine.utah.edu/psychiatry/assessment-referral-services/>, for resources.

## Summary of AOD Program Strengths and Areas of Improvement

The CSW has a commitment to providing a robust and comprehensive AOD prevention plan for the University of Utah that are rooted within a Socioecological Framework. This approach recognizes that individual wellness and behavior is dynamic and fluid and is influenced by the multifaceted and interactive effects of personal, social and environmental factors. It also recognizes that the most effective health promotion efforts actively focus on individual, interpersonal, community-level and societal-level leverage points collectively to have the greatest impact. While there are a variety of strengths with the current AOD plan, there are limitations and areas for improvement that the CSW is actively focusing on.

### Program Strengths

- **Policies:** The University of Utah has implemented and enforced policies and regulations that deter alcohol and drug use/abuse (e.g., prohibiting alcohol use and sales on campus).
- **Dry Campus:** The University is a dry campus which restricts the marketing and availability of drugs and alcohol on campus and at University events.
- **Varied Services:** The University of Utah engages in a wide variety of prevention activities and services that reach a broad range of student populations on campus.
- **Collaboration:** CSW is highly collaborative with other service-providing offices on campus. The office works closely with many of these offices on campus, checks in regularly, collaborates on events, shares resources, and coordinates long-range wellness initiatives. The development of the AOD Network continues building collaborative opportunities.
- **Student Engagement:** The University of Utah has innovative drug and alcohol-free programs on campus that focus on student engagement. Programs such as the Alternative Spring Break program, Arts Pass, Campus Recreation programs and Student Organizations are just a few of these programs. These programs and initiatives are highly successful and sustainable ensuring their availability for students to access throughout the year
- **Outreach:** As indicated in the Outreach section, the CSW is highly active and involved in many networking opportunities on campus. The CSW responds to requests for services in a timely manner while also maintaining a proactive presence campus-wide providing educational outreach on the availability of services and resources.
- **Experienced Staff:** The University Counseling Center has added clinical staff with expertise in alcohol treatment and the CSW has staff trained in Naloxone administration.
- **Protective Factors:** The CSW strategically focuses on enhancing protective factors and building AOD-prevention skills through a wide-spectrum of services.

### Recommendations for Improvement

- **Increased Funding:** Limited funding for prevention efforts is a common concern and impedes effective and full-scale initiatives. This impacts students and the campus community directly through reduced programming and outreach. Securing funding through alternative or increased funding sources would greatly help AOD prevention efforts expand.
- **Mandatory AlcoholEDU:** At this time, the online AlcoholEDU course is optional for all new incoming students. Making this a mandatory course would increase its educational impact.
- **Social Norms Campaign:** While the University has a much lower alcohol consumption rate compared to other college campuses (43% vs 62%) students perceive that most students consume (93%). This discrepancy in actual versus perceived use suggests that addressing social norms actively could have a positive impact on reducing problematic alcohol consumption.

- **Streamlined Communication:** Department silos limit effective and thorough communication and data sharing among a larger campus community. Communication regarding sanctions, current alcohol and drug usage rates among various departments and populations, and identification of high-risk populations could be improved to better utilize resources, reduce service duplication and target needs more efficiently.
- **Innovative Marketing:** Improved outreach and marketing through the parent website, materials sent to students, and utilizing strategic campus communication/marketing channels could more effectively disseminate helpful AOD-related information.
- **Ongoing Assessment:** Continual and regular assessment for evidence-based practices for AOD prevention programming and utilizing state data to identify current AOD trends can ensure that the CFSW is striving to be the most impactful at targeting those that may be most at risk.
- **Increased Staffing:** Gaining support for additional staffing and resources for the CSW can help enhance and expand the current efforts from the office. Currently, all AOD-related programming is carried out by two full-time health educators and student volunteers. The health educators are also charged with other wellness-related programming (e.g., stress management, healthy sexual relationships, bystander intervention, violence prevention) so competing needs from the office limit the time dedicated specifically for AOD programming.
- **Enhanced Connections:** Creating a more salient network of AOD campus counselors, Naloxone-trained repositories, and recovery services can better connect students to appropriate resources and can enhance collaborative opportunities among offices.

## Copy of Policy Statements Distributed to Students and Employees

### University of Utah Alcohol & Drug Policy

The federal Drug-Free Schools and Campuses Act requires institutions of higher education to have a drug and alcohol abuse prevention program (DAAPP). Written policy which describes: 1) legal sanctions under federal, state, and local law for the unlawful use, possession, or distribution of illicit drugs and alcohol; 2) a description of the health risks associated with the use of illicit drugs and the abuse of alcohol; 3) a description of any drug and alcohol programs that are available to employees or students; and 4) a clear statement that the school will impose disciplinary sanctions on students and employees for violations of the standards of conduct.

### Legal Sanctions: Federal, State, Local Law

Federal and Utah State laws prohibit the use of illicit drugs and actions related to the abuse of alcohol. Summarized below are the general federal and state laws relating to drugs and alcohol.

### Federal

For federal drug trafficking penalties go to: <https://www.dea.gov/druginfo/ftp3.shtml> (and see table below)

In 1984, the National Minimum Drinking Age Act (Public Law 98-363) was passed. For more information go to:

[http://www.nhtsa.dot.gov/people/injury/alcohol/Community%20Guides%20HTML/PDFs/Public\\_App7.pdf](http://www.nhtsa.dot.gov/people/injury/alcohol/Community%20Guides%20HTML/PDFs/Public_App7.pdf)

<b>Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)</b>				
<i>Schedule</i>	<i>Substance/Quantity</i>	<i>Penalty</i>	<i>Substance/Quantity</i>	<i>Penalty</i>
II	Cocaine 500-4999 grams mixture	<b>First Offense:</b> Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.	Cocaine 5 kilograms or more mixture	<b>First Offense:</b> Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual
II	Cocaine 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	



I	Heroin 100-999 grams mixture	<b>Second Offense:</b> Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual	Heroin 1 kilogram or more mixture	<b>Second Offense:</b> Not less than 20 yrs., and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual  <b>2 or More Prior            Offenses:</b> Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999		PCP 100 grams or more pure or 1 kilogram or more mixture	

Substance/Quality	Penalty
Any Amount of other Schedule I & II Substances	<b>First Offense:</b> Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million of not an individual.  <b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million of not an individual
Any Drug Product Containing Gamma Hydroxybutyric Acid	
Flunitrazepam (Schedule IV) 1 Gram	
Any Amount Of Other Schedule III Drugs	<b>First Offense:</b> Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.  <b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million of not an individual.

Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)	<p><b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual</p> <p><b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.</p>
Any Amount Of All Schedule V Drugs	<p><b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p><b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>

Federal Trafficking Penalties – Marijuana

<b>Federal Trafficking for Marijuana, Hashish and Hashish Oil, Schedule I Substance</b>	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	<p><b>First Offense:</b> Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual</p> <p><b>Second offense:</b> Not less than 20yrs., 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 individual.</p>
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	<p><b>First offense:</b> Not less than 5 yrs., or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual</p> <p><b>Second Offense:</b> Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50 million if other than an individual.</p>
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	<p><b>First Offense:</b> Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million of other than an individual.</p> <p><b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life, imprisonment. Fine \$2 million if an individual, \$10 million of other than an individual.</p>
Hashish More than 10 kilograms	
Hashish Oil More than 1 kilogram	

<p>Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight)</p> <p>1 to 49 marijuana plants</p>	<p><b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p><b>Second Offense:</b> Not more than 10 yrs. Fine \$150,000 if an individual, \$2 million if other an individual</p>
<p>Hashish 10 kilograms or less</p>	
<p>Hashish Oil 1 kilogram or less</p>	

State Law

Utah laws prohibit the possession and distribution of controlled substances, which are defined in Utah’s statutes and include such drugs as marijuana, heroin, cocaine and prescribed medications. See Utah Code Ann. § 58-37-4 for a listing of controlled substances.

In Utah, it is unlawful to produce, manufacture and/or dispense a controlled substance. Violation of this law may result charges running from a class A misdemeanor to second degree felony depending upon the type of controlled substance and the circumstances of the crime. Utah Code Ann. § 58-37-8(1).

It is unlawful in Utah possess or use a controlled substance except pursuant to a valid prescription. Violation of this law may result in charges running from a class B misdemeanor to second degree felony depending upon the quantity of drugs within the individual’s possession. Utah Code Ann. §58-37-8(2).

It is class B misdemeanor in Utah to use or possess drug paraphernalia. Utah Code Ann. § 58-37a-5.

Penalties for drug violations in Utah may include incarceration for certain periods of time and fines ranging from \$750 to \$10,000 depending upon the nature and circumstances of the offense. Utah law provides for enhanced penalties and charges if the drug violations occur on a college campus.

For more information about Utah drug laws, visit: <https://le.utah.gov/xcode/Title58/Chapter37/58-37-S8.html>

Utah law prohibits minors under the age of 21 from consuming alcohol. Utah Code Ann. § 32B-4-409. A violation of this law will result in the suspension of driving privileges.

It is also unlawful in Utah to sell or distribute alcohol to a minor Utah Code Ann § 32B-4-403. Violation of this law is a class A or B misdemeanor.

For more information about Utah’s alcohol laws, visit: [https://le.utah.gov/xcode/Title32B/32B.html?v=C32B\\_1800010118000101](https://le.utah.gov/xcode/Title32B/32B.html?v=C32B_1800010118000101)

Utah law prohibits driving while under the influence of alcohol. Utah Code Ann. §41-6a-503. Violations of this law may result in a class B misdemeanor to a third degree felony depending upon the circumstances. Driving under the influence will also result in the suspension or revocation of a driving license.

Health Risks

The use of any illicit drug or abuse of alcohol is potentially hazardous to your health. Faculty, staff, and students should evaluate the health risks associated with use of illicit drugs or abuse of alcohol. Synthetically produced drugs may contain impurities and the true amounts and ingredients are rarely known. The effects of a drug may be significantly different with each use.

The U.S. Drug Enforcement Administration states: “The illegal importation, manufacture, distribution, and possession and improper use of controlled substances have a substantial and detrimental effect on the health and general welfare of the American people.”

The National Institute of Alcohol Abuse & Alcoholism (NIAAA) provides comprehensive information and resources associated with alcohol abuse. Some of the major health risks of alcohol abuse include alcohol dependence, lasting effects on the brain, violence and injury, and suicide. Visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov) for more information. For college students in particular, visit [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov).

Health risks associated with other drugs are indicated in the following table:

(Visit <https://www.dea.gov/druginfo/factsheets.shtml> for more specific drug information)

Drugs	Physical Dependence	Psychological Dependence	Possible Effects <sup>(1)</sup> , Overdose <sup>(2)</sup> and Withdrawal <sup>(3)</sup>
Heroin	High	High	<sup>(1)</sup> Euphoria, drowsiness, respiratory depression, constricted pupils, nausea
Morphine	High		
Codeine	Moderate	Moderate	<sup>(2)</sup> Slow and shallow breathing, clammy skin, convulsions, coma, possible death
Methadone	High	High	
Other Narcotics - Percodan, Darvon, Talwin, Percocet, Opium, Demerol	High-Low	High-Low	<sup>(3)</sup> Yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, runny nose, chills and sweating, watery eyes
Barbiturates - Amytal, Nembutal, Phenobarbital, Pentobarbital	High-Moderate	High-Moderate	<sup>(1)</sup> Slurred speech, disorientation, drunken behavior without odor of alcohol

Benzodiazepines - Ativan, Diazepam, Librium, Xanax, Valium, Tranxene, Versed, Halcion	Low	Low	<p>(2) Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death</p> <p>(3) Anxiety, insomnia, tremors, delirium, convulsions, possible death</p>
Methaqualone	Moderate	Moderate	
GHB			
Rohypnol			
Other Depressants	Moderate	Moderate	
Cocaine	Possible	High	<p>(1) Increased alertness, increased pulse rate and blood pressure, loss of appetite, euphoria, excitation, insomnia</p> <p>(2) Agitation, increased body temperature, hallucinations, convulsions, possible death</p> <p>(3) Apathy, long periods of sleep, irritability, depression, disorientation</p>
Amphetamine	Possible	High	
Methamphetamine	Possible	High	
Ritalin	Possible	High	
Other Stimulants	Possible	High	
Marijuana	Unknown	Moderate	<p>(1) Euphoria, relaxed inhibitions, increased appetite, disorientation</p> <p>(2) Fatigue, paranoia, possible psychosis</p> <p>(3) Occasional reports of insomnia, hyperactivity, decreased appetite</p>
THC, Marinol	Unknown	Moderate	
Hashish	Unknown	Moderate	
Hashish Oil	Unknown	Moderate	
LSD	None	Unknown	<p>(1) Illusions and hallucinations, altered perception of time and distance</p> <p>(2) Longer, more intense "trip" episodes, psychosis, possible death</p> <p>(3) Unknown</p>
Mescaline & Peyote	None	Unknown	
Psilocybin mushrooms	None	Unknown	
Ecstasy (MDMA)	Unknown	Unknown	
Phencyclidine (PCP)	Unknown	High	

Ketamine			
Other hallucinogens	None	Unknown	
Testosterone	Unknown	Unknown	<sup>(1)</sup> Virilization, Testicular atrophy, acne, edema, gynecomastia, aggressive behavior <sup>(2)</sup> Unknown <sup>(3)</sup> Possible depression
Nandrolone	Unknown	Unknown	
Oxymethalone	Unknown	Unknown	

## University of Utah Policy: Student Code of Conduct

University Policy 6-400 is the Code of Student Rights and Responsibilities (“Student Code”) and can be found in its entirety at <https://regulations.utah.edu/academics/6-400.php>.

Section III of the Student Code governs student behavior on campus. The Student Code specifically prohibits the *“Use, possession or distribution of any narcotic or other controlled substance on University premises, at University activities, or on premises over which the University may have supervisory responsibility pursuant to state statute or local ordinance, except as permitted by law and University regulations.”* Policy 6-400, Section 3(A)(8).

The Student Code also prohibits the *“Use possession or distribution of alcoholic beverages of any type on University premises except as permitted by law and University regulations.”* Policy 6-400, Section 3(A)(9).

The Student Code also prohibits the *“Violation of federal, state or local civil or criminal/laws on University premises, while participating in University activities, or on premises over which the University has supervisory responsibility pursuant to state statute or local ordinance.”* Policy 6-400, Section 3(A)(9).

Violation of the Student Code may result in one or more of the following sanctions:

- Warning, probation, educational requirement, restriction of privileges, parental notification, clinical assessment, eviction from on campus housing, suspension or dismissal.

Since a variety of factors must be considered when sanctioning, sanctions may be increased or decreased at the discretion of University personnel responsible for administering the Student Code. Factors affecting the imposition of sanctions include such issues as the severity of the incident, impact upon other individuals or the community, and previous behavioral conduct. The matrix below represents examples of actions that could be or are typically taken with students who violate the Student Code regarding alcohol and drug use on campus. Local, state, and federal laws may also apply to alcohol and drug violations.

1 <sup>st</sup> Violation	2 <sup>nd</sup> Violation	3 <sup>rd</sup> Violation
<ul style="list-style-type: none"> <li>• University unit/organization-specific disciplinary action (e.g., Athletics, Greek system, Office of Housing &amp; Residential Education)</li> <li>• Meeting with Dean of Students</li> <li>• Alcohol &amp; Drug Education Wellness Session</li> <li>• Completion of AlcoholEDU for Sanctions online module</li> <li>• Parental notification</li> <li>• Legal consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Meeting with Dean of Students</li> <li>• Clinical assessment and expectation to complete recommended treatment</li> <li>• Parental notification</li> <li>• Eviction from on campus housing</li> <li>• Legal consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Meeting with Dean of Students</li> <li>• Parental notification</li> <li>• Suspension/expulsion from University</li> <li>• Legal consequences</li> </ul>

## Faculty and Staff Policy and Discipline

University Policy 5-113 is the University's Drug Free Workplace Policy. This Policy in its entirety can be found at [https://regulations.utah.edu/human-resources/rules/rule\\_5-113A.php](https://regulations.utah.edu/human-resources/rules/rule_5-113A.php) and provides:

*A. It is University Policy to maintain a drug-free workplace. It shall be a violation of this policy for employees to engage in the unlawful manufacture, distribution, dispensation, possession and/or use of a controlled substance or alcohol at a university workplace, or while engaged in university business off campus.*

*B. Any person accepting employment with the university agrees to abide by the terms of this policy and procedure. .*

The University's Code of Faculty Rights and Responsibilities ("Faculty Code") expressly recognizes: "Faculty members may *also be subject to discipline for violation of the Drug-Free Workplace Policy (Policy 5-113) and the Field Trip Policy (Policy 10-003) in accordance with the procedures described in those policies.* Policy 6-316, Section 4(8).

Sections 5 and 6 of the Faculty Code outline the sanctions and procedures for imposing faculty discipline for violations of the Faculty Code. Discipline may include a range of sanctions including a written reprimand, suspension or dismissal. Policy 6-316, Sections 5 & 6.

Staff employees may be disciplined for violating any University policies. Utah Policy 5-111 and Rules 5-111A and 5-111B outline the process for imposing University discipline for violation of workplace policies and standards. University Rule 5-111C recognizes that violations of the Drug Free Workplace rules may pose particular risks to the University community. It defines as "egregious behavior" the *"Use, being under the influence or possession of alcohol in violation of the University's Alcohol related policies 3-192, 5-113 and 5-114; or illegal use of drugs and/or being under the influence of illegal drugs while on University property or when engaged in University business and when such conduct poses a serious threat of harm to people, property and/or resources of the University."* Egregious behavior may result in termination upon one instance of misconduct. Rule 5-111C.

Any employee of the University who violates the Drug Free Workplace policy may be required to participate in a drug or alcohol abuse assistance or rehabilitation program approved by the director of human resources in accordance with federal law.