



University of Colorado  
Boulder

Drug-Free Schools and Campus Regulations

# Biennial Review Report

November 2012

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## **Introduction to the Drug-Free Schools and Campuses Act**

The Drug-Free Schools and Campuses Regulations requires that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees. If audited, failure to comply with the Drug-Free Schools and Campuses Regulations may cause an institution to forfeit eligibility for federal funding.

In order to certify its compliance with the regulations, an IHE must adopt and implement a drug prevention program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees both on school premises and as part of any of its activities. Creating a program that complies with the regulations requires an IHE to do the following:

1. Prepare a written policy on alcohol and other drugs.
2. Develop a sound method for distribution of the policy to every student and IHE staff member each year.
3. Prepare a biennial review report on the effectiveness of its alcohol and other drug (AOD) programs and the consistency of policy enforcement.
4. Maintain its biennial review report on file so that, if requested to do so by the U.S. Department of Education, the campus can submit it.

## **Compliance with the Drug-Free Schools and Campuses Act**

In order to meet compliance, the 2012 Biennial Review of the University of Colorado Boulder alcohol and other drug related policies and programs was conducted in November 2012. The objectives of the review as identified by the U.S. Department of Education include:

- determining the effectiveness of and to implementing any needed changes to alcohol and other drug programs, and
- ensuring that the disciplinary sanctions for violating standards of conduct are enforced consistently.

The chancellor of the University of Colorado Boulder is required to supply a signed statement certifying the Biennial Review to acknowledge awareness of the recommendations within the report. Both the chancellor's signed statement and a final copy of the 2012 report are kept on file at the University of Colorado Boulder in the office of the Senior Assistant Vice Chancellor for Health and Wellness in the event the university is audited by the Higher Education Center for Alcohol and Other Drug Prevention, a designee of the U.S. Department of Education. Institutions of higher education are not required to submit the certification or report to the U.S. Department of Education.

## **Alcohol and Other Drug (AOD) Program Goals**

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CU-Boulder is committed to ensuring, to the best of its ability, that its students, staff, and faculty are aware of the dangers of abuse of alcohol and other drugs, have appropriate information and resources to ameliorate such abuse, and are subjected to appropriate enforcement regarding the inappropriate or illegal use or abuse of such substances on campus and at other venues that involve university community members. As is the case for many universities and colleges across the United States, AOD efforts directed to CU-Boulder students focus on harm reduction, recognizing the reality of AOD abuse among late adolescents and young adults in this country. At the same time, CU-Boulder fully supports those who choose to remain abstinent from the use of alcohol or other drugs, and it seeks to provide a broad array of activities that are alcohol- and drug-free. More generally, the university is dedicated to attempting to change the culture of AOD abuse that is so common among American university students.

CU-Boulder employs a diverse menu of strategies and programs to address AOD abuse among its students, staff, and faculty. While continuing to employ evidence-based strategies as outlined in the National Institute on Alcohol Abuse and Alcoholism (NIAAA) 3-in-1 framework and “A Typology for Campus-Based Alcohol Programs: Moving toward Environmental Strategies” (Dejong, and Langford: J. Stud. Alcohol. Supp 14, 140-147, 2002), the university also attempts to “push the envelope” by devising, implementing, and evaluating new and innovative approaches to preventing, ameliorating, or treating AOD abuse.

CU-Boulder uses a variety of data sources to better understand AOD abuse issues involving its students, including the American College Health Association National College Health Assessment (ACHA-NCHA), AlcoholWise (and previously AlcoholEdu), internal student surveys (e.g., a survey of all undergraduates to elucidate participation in and attitudes about the 4/20 gathering on campus), focus groups, and campus and city crimes reports in addition to other national datasets and studies related to college students. This data is used to direct and target programming efforts.

CU-Boulder believes that efforts to prevent or ameliorate AOD abuse are most likely to succeed when they involve collaborative interactions with all relevant stakeholders including university officials and administrative staff, students and parents, the City of Boulder and off-campus neighborhoods, Boulder County Public Health and local hospitals, and a variety of mental health and other caregivers in the community, as well as local and state lawmakers and officials.

## **Programs Addressing AOD Use and Abuse**

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**4/20 Gathering:** CU-Boulder, like other American universities, has been the subject of large 4/20 marijuana demonstrations. A 2011 survey of CU-Boulder students indicated that the vast majority believe such events to be social gatherings rather than political protests. The university has long attempted to discourage participation in 4/20, both by its own students as well as the many individuals that come from the regional community and from across the country. Leading up to the 2012 4/20 gathering, campus administrators met regularly to discuss the issue and explore strategies to discourage participation and, ultimately, end the gathering entirely. The University of Colorado Student Government (CUSG) passed a resolution saying they do not support the gathering. The chancellor decided to close the campus to non-affiliates on April 20, 2012, increase law enforcement presence, apply foul-smelling fertilizer to the traditional gathering area, ticket trespassers in the traditional gathering area, and offer a concert during the traditional gathering time as a deterrent to attendance. As a result of these efforts, attendance decreased from 10,000 in 2011 to 400 in 2012.

**Addressing Alcohol Concerns Together (AACT) Campus-Community Coalition:** The AACT Coalition, formed in 2010, is a campus-community coalition comprised of key university and community stakeholders to collaboratively address the high-risk use of alcohol in the Boulder community. The group includes representatives from the City of Boulder, CU-Boulder, Boulder County Public Health, Boulder Valley School District, Boulder Convention and Visitors Bureau, the Responsible Hospitality Group, rental property managers, neighborhood representatives, parents, and CU-Boulder students. The purpose of the coalition is to collect and utilize data on community alcohol use and associated negative consequences; implement strategies to change the high-risk drinking environment in Boulder, emphasizing environmental management tools and practices; raise awareness of alcohol issues in the community; and advocate proactive policies through media and other means to raise public support for environmental approaches to prevention. Current foci of AACT activity include land use, community impacts (fan behavior and community service projects), secondhand alcohol campaigns, parents as partners, and communication strategies and messages. In 2013, AACT may add to additional areas of emphasis such as prescription drug abuse and the establishment of a recovery campus program.

**Alcohol-Free Activities:** CU-Boulder offers a broad range of alcohol-free activities that involve student clubs and organizations, Recreation Services, academic opportunities, social programs, and others. Some of these activities specifically target late-night, weekend audiences so as to divert high-risk weekend drinking into pro-social activities.

**Boulder County Public Health (BCPH) Substance Abuse Task Force:** The CU-Boulder Senior Assistant Vice Chancellor for Health and Wellness recently served on the BCPH Substance Abuse Task Force as part of the latter's five-year public health improvement project. Other members of the task force included several AACT Coalition members.

**Brief Alcohol Screening and Intervention of College Students (BASICS):** Facilitated through the Psychological Health and Psychiatry clinic at Wardenburg Health Center, this intervention for individual high-risk drinking students is composed of two, one-hour sessions that occur one week apart. Students sanctioned to BASICS typically have elevated scores on the RED FLAGS and/or AUDIT screens. Through BASICS, students engage in a discussion with a professional staff member about their substance use history. Two screening instruments are administered: SASSI and an online BASICS tool that includes a variety of other screenings such as the AUDIT, CUDIT, and Readiness to Change scales. During the second session students are encouraged to engage in a discussion of what, if anything, they might want to change about their alcohol and other substance use.

**Counseling – Individual and Group:** Individual and group counseling for AOD issues is available to students through the Psychological Health and Psychiatry (PHP) clinic at Wardenburg Health

Center as well as Counseling and Psychological Services (CAPS). When student needs are beyond the scope of available services, PHP and CAPS offer case management to assist students in initiating treatment that meets their needs outside the university. Both PHP and CAPS staff members are also available to consult with parents to strategize the best ways to support students contending with AOD issues.

**CHOICES:** Facilitated through the Psychological Health and Psychiatry clinic at Wardenburg Health Center, this class is composed of two, one-hour sessions occurring one week apart. It is a group-based intervention for students at low-to-moderate risk of alcohol abuse. Students sanctioned to this program may be multiple, low-level offenders in the Residence Life system (e.g., multiple offenses for being “in the presence of alcohol”) or may be sanctioned by the Office of Student Conduct or the Municipal Court after having been screened by staff as being at moderate risk. CHOICES is a scripted intervention that grew out of earlier BASICS research. Students are asked to identify and discuss personal substance use patterns, both verbally and in journaling exercises, and are provided with normative feedback from the facilitator.

**CU-City Oversight Group:** Officials from CU-Boulder and the City of Boulder, in addition to other stakeholders including community members, meet twice a year to discuss issues related to the relationships between the university, city, and neighborhoods. Much of the focus of these meetings is on AOD abuse.

**Focus on Alcohol Concerns (FAC) Class:** Facilitated through the Psychological Health and Psychiatry clinic at Wardenburg Health Center, this class is composed of three, two-hour sessions occurring one week apart. It is a group-based intervention for students at moderate risk of AOD abuse. Students in the FAC class learn to calculate their peak BAC on a weekly basis, and are instructed to monitor and report on their substance use over the three-week period during the class. Discussion topics include assessment and understanding of risky AOD behaviors, decision-making, alcohol expectancies, and how expectancies can be shaped by experience and the influence of others.

**FourStar Realty Renters Education:** The AACT Coalition, community members, and CU-Boulder have collaborated with FourStar Realty to present a mandatory one-hour discussion of community relationships and expectations to all students renting from FourStar Realty in the “University Hill” neighborhood before they are given the keys to their off-campus rentals.

**Greek Life:** The Division of Student Affairs, in consultation with student leaders and Greek advisors, created the Registered Fraternal Organization Agreement, with requirements to provide live-in house directors and ensure quality hazing-prevention education and risk management compliance. PanHellenic sororities signed the agreement but the Interfraternity Council fraternities did not, resulting in the latter being officially disaffiliated with the university. There are two required educational sessions that take place each semester that address AOD behaviors for the sorority community: a safety and risk workshop for new members and a risk workshop for executive council members.

**Interactive Theater Project (ITP):** ITP is an ensemble of paid student actors led by two professional co-directors that utilizes professionally scripted and improvisational performances to promote dialogue around a variety of social issues that include AOD abuse and sexual health/assault. Immediately after the performance, the audience becomes part of the show by asking the actors/characters questions that lead to greater understanding and empathy. ITP presents on alcohol and sexual health/assault related issues at multiple times and in multiple forums (e.g., new student orientation) throughout the year.

**Live Free Weekend:** The Live Free Weekend is a challenge to the CU-Boulder community – including students, faculty, and staff – to abstain from drugs and/or alcohol for 96 hours, or to abstain from bingeing for 96 hours. If students elect to pledge to sobriety, they are encouraged to participate in free events that are offered throughout the weekend. There is considerable visibility given to this

event, providing the university community a chance to reflect on the role of AOD use across campus on an individual and group level, sparking important dialogues. This intervention offers students the opportunity to socialize without drugs or alcohol during the first weeks of school, teaching them about sober activities on campus. Participants often credit taking the pledge as a way to support the sober community, bringing visibility to this lifestyle and increasing awareness of the sober community on campus. In 2012 this program was sponsored by twelve departments including Counseling and Psychological Services, the Department of Athletics, CU Parents Association, Recreation Services, and Residence Life. Over 600 individuals participated and 19 groups participated by taking the pledge as a group.

**Marijuana I & II Classes:** The Marijuana I class is comprised of three, two-hour sessions occurring one week apart. It is a group-based intervention for students at moderate risk for marijuana abuse. This class is designed to parallel the educational and discussion process of the FAC program but with marijuana use as the focus. Students monitor their use from week to week and engage in exercises to identify the pros and cons of marijuana use and how it fits with their personal goals for college. The Marijuana II class is comprised of six, two-hour sessions occurring one week apart. It, too, is group-based but targets students at higher risk for marijuana abuse. Students sanctioned to this program are likely multiple offenders or were caught in behavior considered high risk. As with the Marijuana I group, students engage in monitoring and evaluating the benefits and consequences of their substance use. In addition, students engage in goal-setting and decision-making exercises with the understanding they will be abstinent from substance abuse during their time in group. Both classes are facilitated through the Psychological Health and Psychiatry clinic at Wardenburg Health Center.

**MODE Class:** Facilitated through the Psychological Health and Psychiatry clinic at Wardenburg Health Center, this class is composed of a one time, one-hour, group-based session for students with low-risk alcohol use. This program is designed for Residence Life students found in relatively low-level violation of campus alcohol policies (e.g., minors being in a room where alcohol is present). The goal is to provide students with a quick overview of their patterns of substance use and the risks/benefits associated with those patterns.

**Municipal Court Partnership:** CU-Boulder and the Boulder Municipal Court (Presiding Judge Linda Cooke) have collaborated extensively to change the way underage students with Minor in Possession (MIP) violations are processed. Such cases have been transferred from the county to the municipal court where students are screened with the AUDIT screen in order to impose sanctions that reflect the needs of each individual student. This new municipal court approach has been coordinated with CU-Boulder Residence Life and the Office of Student Conduct to ensure that all relevant entities are working together and imposing similar sanctions for similar violations and types of student needs.

**National College Health Assessment (NCHA):** CU-Boulder participates biennially in the national survey of college students conducted by the American College Health Association (ACHA). In addition to sexual health, weight, nutrition, exercise, mental health, personal safety, and violence, the survey asks students to provide information about their alcohol, tobacco, and other drug use. Both CU-specific and national results are provided to the university. Biennial participation over the years has enabled CU-Boulder to track AOD abuse among its students over time, delineating trends and providing guidance as to efficacy of current policies and drug abuse prevention and amelioration efforts. Our next participation in the NCHA survey will be spring 2013.

**National Take-Back Initiative (NTBI):** CU-Boulder participates annually in the NTBI, providing a means for students, staff, and faculty to safely dispose of unused or expired prescription medications.

**NCAA Athletics:** The Director of Student Athlete Wellness, members of the athletic department medical staff, members of the strength and conditioning staff, and the Associate Athletic Director address health and wellness issues, including AOD use, specifically related to student athletes. These topics are addressed through individual team meetings, a one hour class (CU Experience

ARSC1600) which covers educational topics relevant to new CU student athletes, and guest speakers each semester. Some of the issues covered in these settings include NCAA standards regarding alcohol and other drug education; the athletic department's drug policy and drug testing program; the use of supplements; and the legal, departmental, and university consequences of using drugs and alcohol. The athletic department has a full-time licensed clinical social worker on staff to provide services to Division 1 student athletes dealing with alcohol and/or drug use, abuse, or addiction.

**Oasis:** Oasis is a voluntary program for CU-Boulder students seeking support in living a sober lifestyle. It functions as a community of support for any student who is in recovery from an addiction, any student considering moving toward a sober lifestyle, or any student who chooses not to use substances and is looking to form relationships with other non-using individuals. Oasis is coordinated and advised by the substance abuse program coordinator of Counseling and Psychological Services (CAPS). Oasis students gather weekly at community circle meetings; students also meet independently for support and to socialize. Oasis is also a venue where newly recovering students can meet others who are established in recovery so as to establish a network of support.

**Orientation of New Students and Parents:** All incoming students and attending parents receive information at orientation from the Office of Student Conduct (OSC), CU-Boulder police (CUPD), and other departments about campus AOD policies, enforcement, sanctions, and safety. Participation in orientation is mandatory for incoming students and they cannot register for classes until any missed sessions have been made up.

Relevant Student Presentations:

- *Student Responsibility 101* — Representatives from OSC and CUPD review the Student Code of Conduct including violations related to AOD use as well as the implications of violations of the code. The campus' sexual harassment policies are also addressed.
- *I Wish I'd Known* — Conducted by the Community Health department of Wardenburg Health Center, this session covers topics related to the most common health and wellness issues students face and is an important vehicle for alcohol abuse prevention messaging.
- *Just Another Party* — This Interactive Theater Project performance presents a scenario exploring the intersection of AOD use and sexual assault as well as the potential for bystander intervention. Resources such as the Office of Victim Assistance are also introduced.
- *What the Help?!* — Using theoretical and evidence-based methodologies, this session helps students adopt a bystander identity and provides them with specific skills for intervening in difficult or risky situations including those involving alcohol abuses and the potential for sexual assault.

Relevant Parent Presentations:

- *Student Responsibility 101* — Parents attend a version of the student session but tailored to the interests and needs of parents.
- *Living with Your CU Student* — Conducted by Counseling and Psychological Services (CAPS) and the Director of Parent Relations, this session introduces parents to the adjustment process — for both students and parents — of sending a child to college, and enumerates the campus resources available to help students in distress whether from academic or mental health issues, AOD use, roommate or interpersonal difficulties, or other stressors. As the “kickoff” to the parent program in orientation, issues involving AOD use are frequently discussed during this session because of parent anxiety about this topic.
- *Stress, Alcohol, Drugs and Sex: What Every CU Parent Should Know* — Conducted by the Senior Assistant Vice Chancellor for Health and Wellness / Director of Wardenburg Health Center, this session presents the most common health concerns for university students and gives parents strategies for assisting in the prevention of AOD abuse and other problematic issues among college students.



Relevant Student Activities:

- Farrand Field (managed by Recreation Services) provides alcohol-free events each night during orientation to engage students socially in a positive manner.

**Outreach Presentations:** Counseling and Psychological Services (CAPS) employs a community psychology model which includes an emphasis on reaching out to the university community by giving presentations and workshops in many campus settings and venues, and developing in-depth relationships with a variety of communities, constituencies who would otherwise not go to CAPS due to stigma or cultural reasons. The CAPS Substance Abuse Program Coordinator and other staff members offer presentations on alcohol and drug abuse risk reduction to student groups, CU-Boulder staff and faculty, and the Greek community (including a risk reduction workshop for all first-year PanHellenic students).

**Parent Project:** CU-Boulder participates in the Parent Project designed by Rob Turrisi at Penn State. Each summer a handbook is distributed to parents of first-year students that provides tips and tools for talking with their students about alcohol abuse before and after students arrive on campus.

**Party Registration:** The party registration program administered by Off-Campus Housing and Neighborhood Relations seeks to minimize impaired neighborhood relations resulting from off-campus student parties. If a complaint is called in to the Boulder Police Department for a registered party, the registrant is called and given twenty minutes to end the party before police officers arrive. Alcohol consumption, in particular, is addressed in the registration form which reviews local ordinances and expectations. The first time an off-campus house or student registers a party, they are given the Smart Party Guide, a Smart Party Bag, non-alcoholic drinks, information on Blood-Alcohol Levels, and information on social host liabilities.

**Phoenix Multisport:** Phoenix Multisport is a non-profit entity in Colorado that fosters a supportive, physically-active community for individuals who are recovering from alcohol and substance abuse and for those who choose to live a sober life. Through pursuits such as climbing, hiking, running, swimming, road and mountain biking, and other activities, it seeks to help members develop and maintain the emotional strength and interpersonal relationships they need to stay sober. The university is currently working with Phoenix Multisport to develop a CU-Boulder student chapter with a greatly enhanced profile on campus. This effort is but one example of the university's larger attempt to change the culture of alcohol abuse on campus and promote alternative, healthy lifestyles.

**Recovery Campus:** CU-Boulder is actively exploring the creation of a formal recovery campus, patterned after that at Texas Tech, Rutgers, and other universities. Texas Tech staff have met with CU-Boulder administrators, CU-Boulder representatives traveled to Texas Tech to visit an existing program, and the AACT Coalition to describe their recovery campus program in general as well as to detail the steps necessary for effective implementation. The university is actively exploring avenues for sustainable financial support.

**Recreation Services:** Recreation Services seeks to encourage overall student wellness and engage students in positive, safe, and healthy behaviors while promoting positive social outlets to reduce stress. Club sports members, officers, and coaches are prohibited from using drugs or consuming alcohol at university facilities or during any official club sport functions or trips (including traveling, practicing, competing, spectating, and socializing) and are not permitted to wear team apparel or gear to establishments that serve alcohol. The use of alcohol, drugs, or tobacco products is not permitted before or during intramural competition by either spectators or participants. No drug or alcohol use is permitted on any trips with the outdoor program, and alcohol and tobacco are not permitted on the challenge course.

**Residential College Model:** Residence halls with a defined academic program, a live-in faculty member, on site classes, and strong collaboration between Residence Life staff and academic program staff have been implemented to serve a variety of purposes. There is local and research data to suggest that such entities result in decreased alcohol and other drug abuse among students in such residential academic programs on university campuses.

**Residence Life Educational and Social Programing:** Resident advisors (RAs) provide regular interactive and informative educational programs to students regarding alcohol and other drug use. In addition, passive educational messaging on bulletin boards and flyers is posted on residence hall floors, bathrooms, and in lobby areas. RAs and the Residence Hall Association provide hall and area-wide social programs on a regular basis to give students safe and fun alternatives to build community, be engaged on campus, and reduce AOD abuse.

- The Residence Life Alcohol and Research Initiatives Committee (ARIC) has specifically implemented a variety of efforts to reduce AOD abuse, including:
  - Provides funding for residence hall educational and social programs designed to promote AOD prevention education as well as safe and fun alternative social programming.
  - Implements the Copper Mountain fall and spring winter retreats in Williams Village residence halls that encourage residents to participate in social programming in order to win a chance for a retreat weekend at Copper Mountain to ski/snowboard, build community, and learn more about AOD prevention.
  - Maintains the “Know the Norm” poster campaign with bystander intervention messaging, AOD use and abuse educational messaging, AOD conduct violation information, etc. Messaging is intentionally posted in every residence hall at the same time throughout different points of the year, depending on the message that is most relevant to students at that time.
  - Provides RA pre-service and in-service training on alcohol, marijuana, and other drug abuse as well as the dangers of co-ingesting alcohol with other substances of abuse. Examples of topics include K2/Spice, concomitant alcohol and prescription drug use, and Molly’s Bath Salts.
  - Collaborated with Wardenburg Health Center Community Health to create and place recovery position stickers in each bathroom stall in the residence halls. This has been a strategic environmental effort to increase likelihood of students who are experiencing alcohol toxicity receiving assistance.

**Restorative Justice (CURJ):** CURJ serves as an alternative to the traditional disciplinary systems in the City of Boulder and at CU-Boulder. It provides a forum for student offenders, victims, and affected community members to come together to identify the harms that were caused by a student’s actions and determine the best method for repairing those harms. CURJ runs three different models of restorative justice conferences: the Community Accountability Board Conference, the Victim Offender Conference, and the Mutual Responsibility Conference. The type of model that is used for a student’s case depends on the type of offense and the circumstances surrounding the offense.

**Screening for Alcohol Abuse, students:** All new patients at Wardenburg Health Center complete a health history which asks about AOD use, and all patients requesting complete physical exams at Wardenburg are screened using AUDIT-C to help identify those who are high-risk drinkers or have active alcohol use disorders. Counseling and Psychological Services (CAPS) uses the AUDIT screen with all new clients in order to guide clinical interventions. In addition, as part of community outreach efforts, CAPS providers offer screenings in residence halls, the student union (UMC), and other departments on campus using motivational interviewing (“Alcohol Screening Project”) to stimulate students’ intrinsic desires to change behavior or seek treatment services. CAPS also has an online alcohol screening tool available.

**Screening, Brief Intervention, and Referral to Treatment (SBIRT), faculty and staff:** In collaboration with a statewide initiative, the Faculty and Staff Assistance Program (FSAP) provides a

comprehensive, integrated, public health screening which creates awareness about the preventable health issue of risky substance use. The SBIRT process includes a brief screening tool, the AUDIT screening, and the Drug Abuse Screening Test (DAST) screening. The first basic screening is administered during the employee's intake meeting with an FSAP provider. If an employee tests positive on the screening, a more detailed screening will follow at the next appointment. Employees can receive brief intervention and referrals for substance abuse treatment. FSAP is dedicated to the delivery of early prevention.

**Secondhand Effects of Alcohol Campaign:** Inspired by secondhand smoke campaigns that empowered individuals to speak up and insist that they not be subjected to another person's smoke, the "secondhand alcohol" campaign seeks to create a climate that empowers students to confront their peers about abusive drinking that affects others. The hope is to help change the culture of alcohol abuse among students by turning peer pressure 180 degrees: instead of believing that one must drink in order to have friends, a student learns that friendships will depend on the socially responsible consumption of alcohol. The campaign began in March 2012 and the impact will be evaluated in April 2013.

**Smart Party Guide:** The Smart Party Guide, produced by Off-Campus Housing and Neighborhood Relations (OCHNR), provides students with information about hosting safe parties that minimize disruption to off-campus neighborhoods. Social host liability, keg registration and responsibilities, underage drinking laws, and information regarding blood alcohol levels are described in the guide as well. The Smart Party Guide is distributed at Welcome Back walkabouts and events, annual housing fairs, and it is also available through the OCHNR office.

**Striving To Achieve Real Success (STARS) Program:** Facilitated through the Psychological Health and Psychiatry clinic at Wardenburg Health Center, this class is comprised of twelve, two-hour groups occurring one week apart, accompanied by two or three individual case management meetings with the group facilitator (professional staff). The STARS program is a last-chance option for students with multiple alcohol and/or substance-related and high risk behavioral offenses. Referrals (voluntary or mandated) typically arise from the Office of Student Conduct and/or the municipal court system, with occasional referrals by parents and even students themselves. Monthly reports on individual students are submitted to the referring agencies by STARS staff. Students engage in a series of initial groups in which they assess the current balance in their lives in regard to several dimensions of overall health and well-being (e.g., social, identity, emotional, academic, career, etc.). They then develop a plan to put into action for a one-month period of abstinence from alcohol and other drugs. The final two weeks of group focus on what students have learned from this experience and how they plan to incorporate these lessons in the future.

**Student Emergency Medical Services (SEMS):** This group of volunteer student EMTs offers education to students about alcohol and other drug abuse, and provides on-site medical support for intoxicated students at various university events (e.g., football games) and non-university events or parties (e.g., Greek life socials).

**Suboxone Treatment:** This program, utilizing national suboxone protocols, is available through Psychological Health and Psychiatry at Wardenburg Health Center for those attempting to ameliorate or recover from opioid abuse or dependence.

**"The After, After, After Party":** Presented by Community Health from Wardenburg Health Center, this program is a follow-up session to new student orientation presentations on alcohol and bystander intervention. The program explores intoxication and high-risk drinking behavior from a bystander perspective. This interactive, peer-led program provides students the opportunity to talk openly about their experiences with someone needing help for high-risk drinking, facilitating the development of skills for identifying high-risk situations, and determining the best intervention.

**Web-Based Alcohol Education:** CU-Boulder has used a variety of web-based alcohol educational programs over the years including AlcoholEdu and E-Chug. Since the summer of 2011, the university has requested that all incoming students complete AlcoholWise prior to arriving on campus. AlcoholWise combines information, interactive exercises, personalized feedback, and other evidence-based intervention techniques in order to help students make healthy decisions about alcohol use. A second, follow-up AlcoholWise program is administered during the fall semester after new students have matriculated at CU-Boulder.

## **Policies Addressing AOD Use and Abuse**

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### **Alcohol Service on Campus**

- Alcoholic beverages are not sold at CU-Boulder sporting events with the exception of the Folsom Stadium club level.
- Beer is sold in the University Memorial Center (UMC) Connection Game Room; all beer is 3.2% by volume and patrons must be 21 or older to purchase and consume.
- Alcohol may be served at university functions in accordance with university alcohol service policies. Among these requirements, non-alcoholic beverages and food must be served concomitantly, alcohol may not be consumed or carried in open containers on common or public areas, alcohol sales must be handled by a campus-authorized concessionaire, and advertising for events where alcohol will be served must follow university posting policies.

<http://www.colorado.edu/policies/alcohol>

**Drug Policy:** The sale, manufacture, distribution, use, and/or possession of illegal drugs are prohibited. This prohibition applies even if the Colorado Department of Public Health and Environment (CDPHE) has issued a Medical Marijuana Registry identification card to an individual, permitting that individual to possess a limited amount of marijuana for medicinal purposes; those with medical marijuana cards are not permitted to use medical marijuana on campus.

**Employee Policy:** In compliance with the federal Drug-Free Schools and Communities Act, the University of Colorado Boulder prohibits the unlawful manufacture, dispensation, possession, use, or distribution of a controlled substance (illicit drugs and alcohol) of any kind and of any amount. This prohibition applies even if the Colorado Department of Public Health and Environment (CDPHE) has issued a Medical Marijuana Registry identification card to an individual, permitting that individual to possess a limited amount of marijuana for medicinal purposes; those with medical marijuana cards are not permitted to use medical marijuana on campus. These prohibitions cover any individual's actions which are part of any university activities, including those occurring while on university property or in the conduct of university business away from the campus. It is a violation of university policy for any member of the faculty, staff, or student body to jeopardize the operation or interests of the University of Colorado through the use of alcohol or drugs. Sanctions that will be imposed by the University of Colorado for employees who are found to be in violation of this policy may include expulsion and/or termination of employment. Compliance with this policy is a condition of employment for all employees. The Assistant Vice Chancellor of Human Resources sends a campus-wide E-memo each year to inform staff of the university's policy on alcohol and other drugs.

<http://hr.colorado.edu/Pages/Alcohol-and-Drug-Policy.aspx>

**Good Samaritan Provision:** Whenever a student assists an intoxicated individual in procuring the assistance of local or state police, community safety officer, residence life staff, or other medical professionals, neither the intoxicated individual, nor the individual(s) who assists will be subject to formal university disciplinary sanctions (such as probation, suspension in abeyance, suspension or expulsion) with respect to the alcohol incident. (This provision does not preclude disciplinary action regarding other violations of university standards such as theft, sexual harassment or assault, vandalism, harassment, etc.) This provision offers a health-focused response to the incident rather than a disciplinary consequence and does not excuse or protect those individuals or organizations that deliberately or repeatedly violate the alcohol policy as outlined in the Student Code of Conduct.

<http://www.colorado.edu/studentaffairs/studentconduct/downloads/Studentconductpoliciesandprocedures-2012-13.pdf> Appendix 3

### **Purchase of Alcoholic Beverages Using University Funds**

- Administrative Policy Statement – <https://www.cu.edu/policies/aps/finance/4018.pdf>
- Procurement Service Center Procedural Statement – <https://www.cu.edu/psc/procedures/PPS/PPS-Alcohol.pdf>

### **Residents of University Residence Halls**

Alcoholic Beverages: Residence hall policies regarding alcoholic beverages and the enforcement of those rules are based on prevailing laws, university values, and input over the years by hall residents. Alcoholic beverages are not permitted anywhere on campus in public areas. Only residents who are 21 years of age or over may possess and consume alcohol in their own residence hall room. Students under the age of 21 who are found drinking alcoholic beverages are held accountable under the university's student code of conduct.

Drugs: The possession, use, sale, manufacture, or distribution of illegal drugs in the residence halls including marijuana and drug paraphernalia (pipes, hookahs, bong, water pipes, etc.) are not permitted and may be in violation of law. Students found using illegal drugs in the residence halls are held accountable under the university's Student Code of Conduct. <http://www.colorado.edu/studentaffairs/studentconduct/downloads/ResidenceHallPoliciesRegulationsandStandardsOfConduct-12-13.pdf> Section F, number 23

### **Residents of University Graduate and Family Housing**

Alcoholic Beverages: Students living in Graduate and Family Housing who are of legal age may consume alcohol in their private residences. Alcoholic beverages are not permitted anywhere on campus in public areas.

Drugs: The possession, use, sale, manufacture, or distribution of illegal drugs, including marijuana and drug paraphernalia (pipes, rolling papers, bong, etc.) are not permitted in Family Housing. They are violations of university policy and lease agreements, and may be in violation of law. If violations are found among student tenants, disciplinary action will be taken according to the Student Code of Conduct.

### **Student Code of Conduct**

Alcohol: Possessing, using, providing, manufacturing, distributing, or selling alcoholic beverages in violation of law or university policies are prohibited by the Student Code of Conduct. In the case of a student who is found responsible via the student conduct process to have endangered the health, safety, or welfare of an individual through the provision of alcohol, the minimum disciplinary sanction shall be suspension. <http://www.colorado.edu/studentaffairs/studentconduct/downloads/Studentconductpoliciesandprocedures-2012-13.pdf> Section F, number 24

Other Drugs: Possessing, using, providing, manufacturing, distributing, or selling drugs or drug paraphernalia in violation of law or university policies are prohibited by the Student Code of Conduct. Use or possession of marijuana, including medical marijuana used or possessed under Colorado Constitution Article 18, section 14, is strictly prohibited on campus; any such use or possession is a violation of the Student Conduct Code. In the case of a student who is found responsible via the student conduct process to have endangered the health, safety, or welfare of an individual through the provision of drugs, the minimum disciplinary sanction shall be suspension. <http://www.colorado.edu/studentaffairs/studentconduct/downloads/Studentconductpoliciesandprocedures-2012-13.pdf> Section F, number 23

## **Distribution of AOD Policies to Students, Faculty, and Staff**

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All students, staff, and faculty receive e-mails about CU-Boulder AOD policies including links to information and resources. New students, staff, and faculty are informed about the policies at their respective orientations.

University-sponsored publications including the *Guide to Student Life*, *Catalog*, and various websites outline and compliment official policies, including:

### Alcohol and Other Drugs Information

- <http://aod.colorado.edu/>

### Alcohol Service on Campus

- <http://www.colorado.edu/policies/alcohol>

### Office of Student Conduct

- Code of Conduct  
<http://www.colorado.edu/studentaffairs/studentconduct/downloads/Studentconductpoliciesandprocedures-2012-13.pdf>
- Sanctions: <http://www.colorado.edu/studentaffairs/studentconduct/sanctions/index.html>

### Department of Human Resources

- <http://hr.colorado.edu/Pages/Alcohol-and-Drug-Policy.aspx>

### Alcohol Purchasing Guidelines

- <https://www.cu.edu/policies/aps/finance/4018.pdf>
- <https://www.cu.edu/psc/procedures/PPS/PPS-Alcohol.pdf>

### University Police

- <http://police.colorado.edu/content/guidelines-safe-tailgating>

### Residence Hall Policies

- <http://www.colorado.edu/studentaffairs/studentconduct/downloads/ResidenceHallPoliciesRegulationsandStandardsOfConduct-12-13.pdf>

## **AOD Information and Available Services**

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CU-Boulder recognizes that substance abuse and dependence are treatable disorders. The university encourages employees and students to utilize treatment services and referral resources to address these serious conditions. The university provides the following support services to faculty, staff, and students:

### **Faculty and Staff Assistance**

- Family Medical Leave: Employees afflicted by substance dependence may be eligible for leave under the Family and Medical Leave Act. (<http://hr.colorado.edu/lr/leave/Pages/FamilyMedicalLeave.aspx>)
- Office of the Americans with Disabilities Act Coordinator: All employees, including those who do not qualify for Family Medical Leave, may be eligible for job-protected leave or other reasonable accommodations under the ADA if they have a qualifying disability. (<http://hr.colorado.edu/ADA/Pages/default.aspx>)
- Short-Term Disability Insurance: Employees may be eligible to receive short-term disability insurance benefits if they are unable to work during a period of substance abuse treatment (<http://hr.colorado.edu/lr/leave/Pages/DisabilityInsurance.aspx>)
- Faculty Staff Assistance Program: A free and confidential counseling, consulting, and referral service designed to provide assistance to faculty and staff. Licensed counselors or psychologists provide services. Participants in this program can receive screening and referrals for substance abuse treatment. (<http://hr.colorado.edu/fsap>)

### **Student Assistance Programs**

- Wardenburg Health Center: The student health center offers a continuum of treatment and referral services to address substance abuse and dependence. Services include individual and group therapy, brief screening, and assessment. (<http://www.colorado.edu/healthcenter/psychological-health-psychiatry-php/substance-abuse>)
- Counseling and Psychological Services (CAPS): Students of the university are eligible to receive free individual and group counseling targeted toward substance abuse and dependence. Students can also receive free substance abuse assessments and referral services through CAPS. Students may take a brief online AOD screening through the CAPS website. (<https://counseling.colorado.edu>)
- Oasis: Oasis is a voluntary program for CU-Boulder students seeking support in living a sober lifestyle. It functions as a community of support for any student in recovery from addiction, any student considering moving toward a sober lifestyle, or any student who chooses not to use substances. (<https://bit.ly/CUOasis>)

### **Boulder County Support**

- Boulder County maintains a 24-hour alcohol and/or substance abuse crisis line for residents. University faculty, staff, and students are encouraged to use this free service for support, education, and crisis intervention.
- Boulder County Public Health provides inpatient detoxification, outpatient counseling, and general services for those individuals with alcohol or substance abuse issues. (<http://www.bouldercounty.org/family/addiction/pages/helpalovedone.aspx>)

### **State Services and Assistance:**

- The Colorado Division of Behavioral Health maintains an online resource to help residents find treatment providers for those seeking assistance (<http://linkingcare.org/FindProvider.aspx?Type=N>). An additional listing of resources is available at <http://nationalsubstanceabuseindex.org/colorado/facilities.php>.
- The Colorado State Employee Assistance Program provides short term counseling for State employees (<http://www.colorado.gov/cs/Satellite/DPA-EO/DEO/1214905946179>).



**Alcoholics Anonymous (AA)**

There is an active AA community in the Boulder area that is open to all residents. University faculty, staff, and students are referred to community meetings, and there are several targeted to the student population. (<http://www.bouldercountyaa.org>)

**Phoenix Multisport**

Phoenix Multisport is a non-profit entity in Colorado that fosters a supportive, physically active community for individuals who are recovering from substance abuse and for those who choose to live a sober life.

**Web Based Referral Information**

Counseling and Psychological Services maintains a referral webpage that provides viewers information on CU resources and student treatment programs, Boulder-based AOD support services, 12 step programs, and web-based information and self-help resources.

[https://counseling.colorado.edu/index.php?option=com\\_content&view=article&id=71&Itemid=48](https://counseling.colorado.edu/index.php?option=com_content&view=article&id=71&Itemid=48)

## **Analysis of Efficacy of AOD Use and Abuse Efforts**

### **4/20 Gathering**

Leading up to the 2012 4/20 gathering, a number of campus administrators met regularly to discuss the issue and explore strategies to discourage participation and, ultimately, end the gathering entirely. The University of Colorado Student Government (CUSG) passed a resolution in favor of eliminating the event. The university elected to close the campus to non-affiliates on April 20, 2012, increase law enforcement presence, apply foul-smelling fertilizer to the traditional gathering area, ticket trespassers in the traditional gathering area, and offer a concert during the traditional gathering time as a deterrent to attendance. As a result of these efforts, attendance decreased from 10,000 in 2011 to 400 in 2012.

### **Focus on Alcohol Concerns (FAC) Class**

More than 6000 surveys asking participants about their AOD usage were completed during FAC classes from fall 2009 to summer 2012. FAC is a three-session, group-based intervention for students at moderate risk for alcohol abuse. Surveys showed that during the course the amount of alcohol use and risky alcohol use decreased, and the number of students choosing sobriety increased.

	Days of Drinking	BAC	Most Drinks	Length of Drinking	Day of Other Substances	Drinks per Hour	BAC >.18	BAC = 0
Session 1	2.46	0.16	7.98	3.72	2.60	2.19	43.0%	11.9%
Session 2	2.20	0.15	7.53	3.37	2.41	2.17	41.3%	14.9%
Session 3	1.94	0.14	6.92	3.15	2.32	2.05	39.5%	20.5%

### **“I Wish I’d Known...” Presentation (IWIK)**

In June and July of 2012, a random sample of one-third of incoming College of Arts & Sciences students (n=900) completed a questionnaire one day after attending the session at new student orientation (see page 7). Students rated the impact of the IWIK presentation on their likelihood of responding to situations involving excessive alcohol consumption. The majority of students indicated that they would be highly likely to “*Put someone who is passed out (or about to pass out) from drinking too much into the Recovery Position*”. The mean response was 6.87 on a scale ranging to 8.0; 82% of students responded in the top 3 categories of the scale. The majority also reported that they were highly likely to “*Look out for someone who may be experiencing alcohol toxicity by calling for help from RA, Res Hall Director, or 911*”. The mean response was 6.67/8.0; 78% of students responded in the top 3 categories of the scale.

### **“What the Help?!” Presentation**

In June and July of 2012, a random sample of one-third of incoming College of Arts & Sciences students (n=900) completed a questionnaire one day after attending the bystander training session at new student orientation (see page 7). The results showed that “*Because of attending the session on bystander behavior...*”, 85% of students felt they would be able to *notice more situations* where people need help, 78% were *more likely* to help people, and 76% indicated that they had *more skills* to intervene in bystander situations, as compared to before attending the session.

## **AOD Program and Policy Recommendations**

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1. Implement a formal recovery campus consistent with ongoing programs elsewhere in the nation and the guidelines of the Association of Recovery Schools. Active solicitation of donors is in progress to ensure that any such program is sustainable for at least 2-3 years until more secure, ongoing funding can be obtained. In addition, the university is working with the Parents Association, AIM House, the University Memorial Center (UMC), and others to secure housing, office space, and other essentials.
2. Continue to provide programs that focus on alcohol abuse while enhancing efforts to address marijuana and prescription drug abuse (alone and in combination with alcohol or other drugs). CU-Boulder and the city of Boulder have worked collaboratively to pass new laws restricting inappropriate medical marijuana advertising, and they are interacting directly with local newspapers and publications to discourage inappropriate advertising and discounts to college students. The AACT Coalition hopes to add prescription drug abuse to its high priority foci list in the future.
3. Continue to work towards changing the culture of AOD abuse among college students in addition to prevention, intervention, and harm reduction. As mentioned previously, the secondhand alcohol campaign was implemented in March 2012, and CU-Boulder and Phoenix Multisport are exploring a formal relationship to provide additional AOD-free activities for those in recovery as well as those wishing to live lives free of substance use. Other ideas under consideration include enhanced academic rigor (e.g., increased numbers of Friday classes, segmented paper assignments, and careful scheduling of exams), a community service requirement, and a freshman seminar series related to health and wellness. Additional alternative AOD-free activities, especially at night and on weekends, would be beneficial.
4. Enhance parental involvement in addressing AOD abuse among students. In addition to the many efforts already underway, there is exploration of other mechanisms by which to remind parents of the importance of continued discussion with their sons and daughters about AOD issues and to provide them with the tools to successfully have such discussions.
5. Obtain a full-time, dedicated AOD coordinator.
6. Enact a smoke-free campus over the course of the next 1-3 years. Such efforts have been in process, but may not materialize this academic year.