



University of Colorado
Boulder

Drug-Free Schools and Campus Regulations

Biennial Review Report

December 2014

Table of Contents

Introduction to DFSCA	3
Compliance with DFSCA,	3
Alcohol and Other Drug (AOD) Program Goals	4
Programs Addressing AOD Use and Abuse	5
Policies Addressing AOD Use and Abuse	16
Distribution of AOD Policies to Students, Faculty, and Staff	18
AOD Information and Available Services	19
Analysis of Efficacy of AOD Use and Abuse Efforts	21
AOD Program and Policy Recommendations	22

This report prepared by Donald A. Misch, MD, Senior Assistant Vice Chancellor for Health and Wellness and Director of Wardenburg Health Services, and compiled by Alissa Baumbach, Assistant to the Director of Wardenburg Health Services.

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 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 2014 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

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 sanctions 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, 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

4/20 Gathering: CU-Boulder, like other American universities, had been the subject of large 4/20 marijuana demonstrations on April 20. 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. Due to a variety of deterrent efforts begun in 2012, no 4/20 gatherings took place on campus in 2013 or 2014.

Adderall Campaign: A campaign to alert students to the potential dangers of prescription psychostimulant misuse was implemented and received national attention.

Addressing Alcohol Concerns Together (AACT) Campus-Community Coalition: Formed in 2010, the AACT Coalition is a campus-community coalition comprised of key university and community stakeholders to collaboratively address the high-risk use of alcohol and other drugs in the Boulder community. The group includes representatives from the CU-Boulder, City of Boulder, Boulder County Public Health, Boulder Valley School District, Boulder Convention and Visitors Bureau, the Responsible Hospitality Group, rental property managers, and neighborhood representatives. The purpose of the coalition is to collect and utilize data on student and 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. Since the passage and implementation of Amendment 64 in Colorado, which decriminalized and commercialized marijuana use for those 21 years of age or older, marijuana has been an increasing focus of the coalition's work. AACT accomplishments since the 2012 report include:

- (1) Neighborhood signs and key chains, fall 2013. Neighbors in the University Hill area of Boulder posted lawn signs welcoming CU students and emphasizing the diverse nature of the neighborhood (it's not all students) and promoting community awareness. The Office of Off-Campus Housing and Neighborhood Relations (OCHNR) partnered with landlords to distribute flashlight key chains that read "Safety, Respect, Community – Welcome to Uni Hill."
- (2) Participation by AACT members with public health initiatives. AACT is a broad stakeholder group whose purview significantly overlaps with one of Boulder County Public Health's three areas of focus for improvement: reducing substance abuse. Many of the AACT coalition members participated in Boulder County Public Health's strategic planning process which began in 2011, and subsequently their ongoing Reducing Substance Abuse Coalition. This type of collaboration ensures consistency in knowledge, planning, and execution of strategies.
- (3) Integrated messaging strategies, including collaboration with Boulder County Public Health, the Boulder Valley School District, and the Healthy Youth Alliance on key messages regarding substance use. The area of current focus is messaging regarding the health impacts of marijuana. In the past there has been media advocacy and coordinated communication around Alcohol Awareness Month.
- (4) The Community Impacts Subcommittee continues to work on both fan behavior and community service projects as well as advocate for responsible alcohol service and fan reentry policies at football games.

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.

Addiction Recovery Centers (ARC) Outreach: After an extensive system evaluation process and feasibility assessment, in fall 2014 professional staff from Wardenburg Health Services Psychological Health and Psychiatry clinic (PHP) have undertaken a project to outreach to CU students following admission at the local detox facility (ARC). This project hopes to reach

students after a concerning alcohol abuse event, providing support and referrals at a time when insight may be available and resistance to intervention somewhat lowered.

Brief Alcohol Screening and Intervention for College Students (BASICS): Provided through the Psychological Health and Psychiatry clinic at Wardenburg Health Services, 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 AUDIT and/or CUDIT screens. Through BASICS, students engage in discussion with a professional staff member about their substance use history, motivations, goals, and values. 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.

Colorado Association of Alcohol and Other Drug Educators (CADE) Project: A technical assistance grant from CADE supported the development of a basic curriculum to educate Student Affairs professionals, academic advisors, and faculty on the prevalence of AOD issues on campus as well as appropriate recognition, response, and referral skills. The curriculum was piloted in 2013-2014. The grant was renewed, and a three-session certification track is under consideration for the 2014-2015 academic year.

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.

CU-City Oversight Group: Officials from CU-Boulder and the City of Boulder as well as 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.

CU Collegiate Recovery Center (CUCRC): The CU Collegiate Recovery Center (CUCRC) provides a home for the sober community on the CU-Boulder campus and support for those in recovery from alcohol or drug use and other addictive behaviors. It is open to all who are in recovery or choosing sobriety/abstinence, and to those who are supportive of the recovery community. At the CUCRC students can find a community of like-minded people, connect with others who are choosing to live substance-free, receive caring, comprehensive support for maintaining sobriety or abstinence, share support and accountability with other recovering students, and learn and grow through leadership and service. The CUCRC shares a message of hope, resiliency, and personal integrity and connects CU and local community members with recovery-related services and others in recovery. With an emphasis on building peer-to-peer connections, accountability, and well-being, the CUCRC facilitates healthy and sustainable growth of mind, body, and spirit. By linking education and recovery, the program furthers academic growth and professional opportunity. CUCRC supports lifelong recovery by providing a community committed to long-term support for all students - prospective, new, current, continuing, and alumni. The CUCRC offers:

- 1) a community lounge for students in recovery and those supportive of sobriety;
- 2) professional support staff, knowledgeable in addiction, recovery and relapse prevention;
- 3) space for support groups, study groups, or sponsor/sponsee meetings;
- 4) educational seminars, events and discussion groups;
- 5) leadership, service and other professional development opportunities; and
- 6) alcohol- and drug-free social events and activities.

Curriculum Infusion: CU-Boulder academic classes have incorporated alcohol, marijuana, prescription drug, and sleep (including AOD impacts) information into semester long projects as well as writing assignments in Marketing and Writing and Rhetoric. Student evaluations report that they have been engaged with the material, modified behavior, and/or helped a friend.

Focus on Alcohol Concerns (FAC) Class: Facilitated through the Wardenburg Health Services Psychological Health and Psychiatry (PHP) clinic, 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 OCHNR 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. This program has expanded to include other realty businesses.

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.

Live Free Weekend: The Live Free Weekend is a challenge to the CU-Boulder community (students, faculty, staff, alumni, and community members) to abstain from drugs and/or alcohol for 96 hours, or to abstain from binge drinking for 96 hours. If students accept one of the challenges, 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 meta-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 2014, this program was sponsored by fifteen departments including Counseling and Psychological Services, the CU Student Government, CU Collegiate Recovery Center, Recreation Services, The Vice Chancellor for Student Affairs, and Residence Life. Over 500 individuals participated, and 15 groups participated by taking the pledge as a group. www.colorado.edu/livefreeweekend

Marijuana I Class: The Marijuana I class is comprised of three, two-hour sessions, each session 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 such use aligns with their personal goals for college. Classes are provided by the Psychological Health and Psychiatry clinic at Wardenburg Health Services.

Municipal Court Partnership: CU-Boulder and the Boulder Municipal Court (Presiding Judge Linda Cooke) have extensively collaborated 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 and/or CUDIT 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 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 2015.

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: Members of the Athletics Department (including medical staff, head coaches, advisors, and Leadership Development Programming) address health and wellness issues, including AOD abuse, with all student-athletes at varying times throughout the year. These topics are addressed through individual team meetings, guest speakers, and a freshman class for student-athletes covers educational topics relevant to new CU student athletes. In the freshman class, students have reading assignments and discussion on community values related to alcohol, drugs, student health, and safety; discussions cover each topic and tie the topics into the student's daily decision-making. All student-athletes are made aware of NCAA standards regarding alcohol and other drug abuse, the Athletic Department's Substance Abuse Education and Testing Program Policy, and the NCAA Drug Testing Program. The Athletic Department has a full-time licensed counselor and sport psychologist on staff to provide services to Division I student athletes dealing with alcohol and/or drug use.

Night Time Efforts: In spring 2014, the CU Student Government, acting on public health research, initiated an "Eat Before You Drink" campaign in the University Hill neighborhood close to campus. In addition, Off Campus Housing and Neighborhood Relations has piloted a "Walk This Way" project based on successful models at other campuses in which paid student staff at key outdoor locations encourage passersby to moderate their noise levels while walking through the neighborhood.

Oasis: Oasis is a voluntary program for CU-Boulder students seeking encouragement and 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) and offered as part of programming through the CU Collegiate Recovery Center (CUCRC). Oasis students gather weekly at community circle meetings, and many Oasis members also belong to the Sober Social Club at the CUCRC. Oasis is a venue where newly recovering students can meet others who are in long-term 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 ("Week of Welcome") from the Dean of Students, Office of Student Conduct (OSC) 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 the Office of Victim Assistance (OVA) review the Student Code of Conduct including violations related to AOD use, the

implications of violations of the code, and resources available to students. The campus' sexual harassment policies are also addressed.

- *I Wish I'd Known* — Conducted by the Community Health department of Wardenburg Health Services, 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.
- *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 abuse and the potential for sexual assault.
- *True Life: I'm a First Year Buff* — Presented by Night Orientation Coordinators supervised by Residence Life, this session explores what it takes to navigate residence life and college life in order to succeed personally, socially, and academically. Topics include how residence halls work, available resources while living on campus and/or as a first year CU student, and expectations of living within a community including what is and is not allowed in residence halls. The latter aspects of the presentation include discussion of alcohol and drug policies.

Relevant Parent Presentations:

- *Student Responsibility 101* — Parents attend a version of the student session but one that is 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. It also 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, and Drugs: What Every CU Parent Should Know* — Conducted by the Senior Assistant Vice Chancellor for Health and Wellness/Director of Wardenburg Health Services, this session focuses on alcohol and drug use among university students and gives parents strategies for assisting in the prevention of AOD abuse and other problematic behaviors among college students.

Relevant Student Activities:

- Farrand Field (managed by Recreation Services) is the site of alcohol-free events each night during orientation to socially engage students 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 by developing in-depth relationships with a variety of communities and 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. In addition, peer educators offer free alcohol screenings to students at various times during the academic year.

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. In 2014 the handbook materials were redesigned to be consistent with CU branding to enhance credibility, and they were made more accessible by putting the content on the web (password protected at the request of the researcher). Booster messages are disseminated via the Parent Newsletter throughout the year. The handbook was offered in person throughout orientation in the summer and again at Parents Weekend.

Party Registration: The party registration program administered by Off-Campus Housing and Neighborhood Relations (OCHNR) and the Boulder Police Department seeks to educate students on hosting off-campus parties responsibly while alleviating noise and other disturbances in the neighborhood. If a neighbor calls in a complaint to the Boulder Police Department, the registrant is called and required to end the party on their own within 20 minutes. Any further complaints will result in a police officer being dispatched and the possibility of tickets being issued. Less than 1% of registered parties require a police officer visit after a neighbor calls in a complaint. The first time a house registers a party, they are given a Smarty Party Bag which includes the Smart Party Guide, non-alcoholic drinks, trash bags, pretzels, the deck of Smart Party cards, and information on social host liabilities.

Phoenix Multisport: Phoenix Multisport is a non-profit entity based 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 lifestyle. Through pursuits such as climbing, hiking, running, swimming, road and mountain biking, and other activities, it 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, and Phoenix Multisport activities have been incorporated into the CU Collegiate Recovery Center program. 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.

Prescription Drug Abuse and "Prescription Take-Back" Campaigns: A communications campaign targeting the behaviors related to psychostimulant misuse that students find aversive among peers was developed and promoted in spring 2014. Additional distribution and related events are planned. In addition, the University, in conjunction with Community Health and the CU Police Department, have participated in state-wide prescription take-back campaigns.

Recreation Services: Recreation Services encourages overall student wellness and engages 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. Both local and published research data suggest that Residential Academic Programs (RAPs) result in decreased alcohol and other drug abuse among participating students.

Residence Life Initiatives: Residence Life employs many tactics and programs related to alcohol harm reduction, prevention, and education. The majority of these initiatives are overseen by and/or implemented through the Coordinator for Alcohol and Other Drugs Education and Prevention Programs, a position specific to Residence Life but one that works in close collaboration with Community Health from Wardenburg Health Services. These initiatives include:

- **121 Programming Model:** Residence Life has shifted to a new program model in which the focus is Resident Advisors (RAs) having intentional, meaningful conversations with residents. The purpose is to help residents feel valued and connected while challenging them to think critically, become more self-reflective, set goals, and develop meaningful relationships. These conversations guide residents to (a) reflect on concrete experiences and current knowledge, (b) be exposed to higher level thinking through mentorship, (c)

connect with campus resources and personnel, (d) set goals for future experiences, and (e) establish stronger relationships with student staff and other residents. These conversations utilize Motivational Interviewing and are structured around a timeline that corresponds with typical student experiences and development throughout the year.

Intended results related to AOD prevention, education and harm reduction:

- AOD prevention and harm reduction occurs naturally in this model. Personal goals that are discussed often involve decreasing alcohol or other drug use, quitting smoking, making healthier decisions, etc.
- Decreased numbers of AOD conduct violations
- Strong connection between residents and RAs; feeling of support from staff and university
- **Motivational Interviewing (MI):** This empirically-based, client-centered counseling and communication style has been shown to be effective in eliciting behavior changes specifically regarding substance use in college students. Residence Life trains various levels of staff including Hall Directors, Assistant Hall Directors, and Resident Advisors (RAs) in MI skills to use with students informally in 121 conversations (see 121 programming model), and (for professional staff) in conduct meetings. Training is implemented throughout the year. Recent examples include:
 - Jason Kilmer, MI expert, facilitated MI training for Residence Life professional staff in January 2014
 - Brian Burke, MI expert, facilitated MI training for Residence Life professional staff as well as a “Train the Trainer session” in July 2014
 - Professional staff who participated in the “Train the Trainer” session then trained all 200+ RAs and Diversity Mentors in August 2014
 - RAs are trained on an ongoing basis on MI techniques via large group trainings, weekly staff meetings and one-on-one supervision conversations with their Hall Director and Assistant Hall Director
- **Passive educational messaging** on bulletin boards and flyers is posted on residence hall floors, bathrooms, and lobby areas. 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. Topics include alcohol and drugs in terms of policies, education, and harm reduction.
 - Residence Hall staff are required to post **Know the Code bulletin board** featuring education on policies and other information on alcohol, marijuana, medical marijuana, and stimulants in every residence hall in high traffic areas for at least the first portion of the fall semester. The boards were also displayed in residence halls used for summer orientation.
- **Partnership with Wardenburg Health Services Community Health to train RAs** on issues related to alcohol, marijuana, and other drug use. All RAs are trained at least once in August and a subset of RAs (“Health and Wellness Leads”) are trained on a monthly basis on these and other health-related topics.
- **New Resident Quiz:** In August 2014, all new on-campus residents were sent an interactive quiz to help them learn the Residence Hall policies and Student Code of Conduct as well as general expectations of living in a residence hall. Topics included alcohol and drug policies and what to do in cases of possible alcohol toxicity.
- Hall Councils, Residence Hall Association (RHA), student assistants, and other student leaders provide floor, hall, and area-wide social programs throughout the semester to give students opportunities to participate in **fun and substance-free events**, build community, and be engaged on campus.
 - The Residence Life AOD Coordinator oversees a portion of funding for residence hall programs designed to promote AOD abuse prevention and harm reduction through substance-free social programming. Such social events focus on late night programming and/or typically higher drinking days. Funding is made available to students and staff to create these events vital to AOD harm reduction.

- **Football Tailgates:** Two hours prior to home football games, a Residence Life team hosts a tailgating event especially for on-campus residents, usually on the Engineering Quad Lawn. Passersby can grab some food on the way to the game, hydrate, pick up a CU face sticker, and play games. This Homecoming 2014, Residence Life teamed up with the CU Collegiate Recovery Center (CUCRC) and CU Sober Social Club to host the first CU-Boulder S-Zone, also known as the substance-free zone or sober zone, dedicated to substance-free socializing for CU sporting events. These tailgate events use food as a means to reduce the negative physical impacts of alcohol on those who do choose to drink before the game.
- Student assistants, supervised by the Residence Life AOD Coordinator, implement other CU pride/tradition events including sports programming, late night programming, and events on higher-risk drinking holidays such as Halloween and St. Patrick's Day.
- Collaboration with Wardenburg Health Services Community Health to create, place, and maintain **recovery position stickers** in each bathroom stall in the residence halls. This has been a strategic environmental effort to increase the likelihood that 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. Conferences on noise and nuisance violations typically involve AOD use, and the process highlights the adverse consequences of AOD use/abuse for violators and for communities.

Screening Students for Alcohol Abuse: All new patients at Wardenburg Health Services 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 (University Memorial Center), 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. The Psychological Health and Psychiatry clinic at Wardenburg Health Services also offers Screening, Brief Intervention, and Referral to Treatment (SBIRT) as one of its interventions for mandated students.

Screening, Brief Intervention, and Referral to Treatment (SBIRT) for 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). 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 – begun in March 2012 – seeks to create a climate

that empowers students to confront their peers about abusive drinking that affects others. The goal is to help change the culture of alcohol abuse among students by turning peer pressure 180 degrees: instead of believing that one must drink abusively in order to have friends, a student learns that friendships will depend on the socially responsible consumption of alcohol for those that choose to drink. A research article about the campaign has been submitted for publication:

Abstract – *Thinking About Drinking*: The current study examines the impact of a health communications campaign on undergraduate students' reflections regarding the consequences to others resulting from excessive alcohol use. The study also looks at students' willingness to talk to peers about secondhand harms caused by alcohol misuse. The methodology behind slogan creation and subsequent distribution are discussed. One year following deployment, 393 on-campus residents were surveyed about their attitudes toward and perceived impact of the campaign; survey respondents were then invited to participate in focus groups to assess campaign influence and use within peer groups. These discussions revealed that the campaign messages prompted students to reflect on their own and others' drinking behaviors and motivated students to drink in a way that reduces secondhand consequences. Overall, this study provides evidence for the efficacy of the secondhand effects of alcohol approach to curb excessive alcohol consumption among students.

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 as well as annual housing fairs, and it is also available through the OCHNR office.

Smoke Free Campus: In August 2013 CU-Boulder became a smoke-free campus. The new policy was accompanied by smoking cessation resources for students, staff. The campus has been supported in this effort by the City of Boulder which has enacted smoke free policies in a significant portion of downtown and the municipal campus. Plans are underway to extend the ban to all city owned properties.

Social Norming: Through required on-line AOD education classes required of all new freshman and transfer students, AOD classes at Wardenburg Health Services for sanctioned students, and other means, students are apprised of the frequent misperceptions and over estimation of AOD abuse at CU-Boulder.

Student Emergency Medical Services (SEMS) and CU-EMS: SEMS provides CPR training and other health and wellness education to the campus community; alcohol toxicity has been a regular part of SEMS presentations in the latter domains. CU-EMS is a student group of certified EMTs who provide emergency basic health services in a variety of settings (in particular, working with intoxicated students at Greek life events). This group of volunteer student EMTs offers education to students about alcohol and other drug abuse.

Student Support and Case Management (SSCM) and Students of Concern Team (SOCT): SSCM supports students throughout their college career in order to best achieve their academic and co-curricular goals. Case management does not solve students' problems for them, but rather helps the student identify issues and appropriate resources and works collaboratively with the student to develop an action plan. The SSCM staff serves as a primary resource for managing student issues, providing intervention and crisis prevention. The case managers coordinate with other CU-Boulder departments and facilitate communication to and from the Student of Concern Team (SOCT). Key functions of the case managers are to triage the referrals and reported information as it comes in, investigate as necessary to gather available information, prioritize cases, and determine appropriate responses. This includes, but is not limited to, whether the reported information should be reviewed by the SOCT or whether the case managers can provide the needed assistance. Once a student intervention has been initiated and support

structures are in place, the case manager may provide further follow up with a student as needed. Offered services include navigating campus and community resources, referrals to community providers, exploration of and referral for behavioral health concerns, coordination and follow-up during and after hospitalization and/or medical leave of absence, health and safety referrals, problem resolution, help managing multiple or complex medical needs, and crisis management.

SOCT is a campus resource dedicated to assisting students who may be in distress or experiencing challenging or difficult life circumstances. The SOCT also provides consultation and intervention when students exhibit aggressive, concerning or disruptive behaviors. The primary focus of the team is to take a proactive approach in identifying students who are struggling and provide early intervention, resources, and referrals, both on campus and in the community. The SOCT receives information from concerned parties regarding students who may be exhibiting worrisome, disturbing, or disruptive behaviors. A case manager may gather additional information from the concerned party, faculty members, family and the student to determine the next course of action. This information may then be presented to the SOCT and reviewed for further recommendations. The SOCT is a multi-disciplinary campus committee and includes representatives from the following offices: Dean of Students, Office of Student Conduct, Residence Life, University Police, Disability Services, Counseling and Psychological Services, and Student Support & Case Management. Consultants from other campus departments are included if their participation will assist the team and may include Legal Counsel, Disability Services, Athletics, International Student and Scholar Services, Veterans Services, Academic Advisors, and others from the campus community.

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

Syringe Exchange and Narcan: Boulder County Public Health provides syringe exchanges for injection drug users to decrease the risk of infectious disease (e.g., AIDS and hepatitis) transmission. It also provides Narcan training and supplies to opiate users and family/friends to decrease the risk of fatal overdose.

“The After, After, After Party”: Presented by Community Health from Wardenburg Health Services, 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.

Wed-Based Alcohol and Marijuana 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 (including transfer 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. In 2014, content on marijuana was modified to reflect the realities of an over-21 legal use environment. Key information especially related to edibles was included because of the increase in overdoses related to this consumption method. A booster program encouraging parental involvement was updated as well.

Web-Based Referral Information: Counseling and Psychological Services maintains a referral webpage that provides viewers information on CU resources and treatment programs, Boulder-based AOD support services, 12-step programs, and web-based information and self-help resources. The website is distributed through the “Need Support?” campaign, including posters across

campus and magnets in each residence hall room. <http://www.colorado.edu/counseling/alcohol-and-other-drugs/resources>

Policies Addressing AOD Use and Abuse

Alcohol Service on Campus

- Alcoholic beverages are not sold at CU-Boulder sporting events with the exception of the Folsom Stadium club level and the outdoor beer garden on football game days. The latter venue requires proof of age to enter, and participants may not take alcoholic beverages outside of the garden.
- Beer is sold in the University Memorial Center (UMC) Connection Game Room; 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/OSC_Handbook_2014-15.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/alcoholic-beverages-purchased-university-events>

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 older 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.

<https://housing.colorado.edu/sites/default/files/Residence%20Hall%20Handbook2014.pdf> Pages 5-7

http://www.colorado.edu/studentaffairs/studentconduct/downloads/OSC_Handbook_2014-15.pdf Section F, number 24

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.

<https://housing.colorado.edu/sites/default/files/Residence%20Hall%20Handbook2014.pdf> Pages 5-7

http://www.colorado.edu/studentaffairs/studentconduct/downloads/OSC_Handbook_2014-15.pdf Section F, number 23

Residents of University Graduate and Family Housing

Alcoholic Beverages: Residents 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.

http://www.colorado.edu/studentaffairs/studentconduct/downloads/OSC_Handbook_2014-15.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 Code of Conduct.

http://www.colorado.edu/studentaffairs/studentconduct/downloads/OSC_Handbook_2014-15.pdf Section F, number 23

Distribution of AOD Policies to Students, Faculty, and Staff

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/OSC_Handbook_2014-15.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/alcoholic-beverages-purchased-university-events>

University Police Guidelines for Safe Tailgating

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

Residence Hall Policies

- <https://housing.colorado.edu/sites/default/files/Residence%20Hall%20Handbook2014.pdf>

AOD Information and Available Services

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%20Programs.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 Services:** The Wardenburg 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, psychiatric evaluation, suboxone treatment, and a variety of AOD classes for those at risk for substance abuse. (<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>)
- **CU Collegiate Recovery Center (CUCRC):** See above in Programs.

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/SubstanceUse>). 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 (<https://www.colorado.gov/pacific/c-seap/confidential-counseling>).

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

See above in Programs. <http://www.phoenixmultisport.org/>

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.

<http://www.colorado.edu/counseling/alcohol-and-other-drugs/resources>

Analysis of Efficacy of AOD Use and Abuse Efforts

4/20 Gathering

CU-Boulder, like other American universities, had been the subject of large 4/20 marijuana demonstrations. 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. Due to a variety of deterrent efforts begun in 2012, no 4/20 gatherings took place on campus in 2013 or 2014.

Focus on Alcohol Concerns (FAC) Class

FAC is a three-session, group-based intervention for students at moderate risk for alcohol abuse. Surveys of participants showed that as a result of the course the total amount of alcohol use as well as risky alcohol use decreased, and the number of students choosing sobriety increased. Below is a sample of data from 800 FAC participant surveys collected between spring 2012 and fall 2014.

	Days of Drinking	BAC	Most Drinks	Length (Hrs) of Drinking	Day of Other Substances	Drinks per Hour	BAC >.18	BAC = 0
Session 1	2.47	0.142	7.4	3.7	2.82	2.0	33.2%	12.7%
Session 2	2.18	0.139	7.0	3.3	2.70	2.1	35.4%	15.0%
Session 3	1.92	0.137	6.7	2.8	2.56	2.4	30.7%	17.5%

Secondhand Effects of Alcohol Campaign Assessment (See above as well)

Objective: To examine the impact of a secondhand effects of alcohol campaign on undergraduate students' reflections on the consequences to others from excessive use of alcohol and their ability to talk to other students about harms related to alcohol misuse.

Participants: Participants were 241 undergraduate students. Data were collected in March-April, 2013.

Methods: Students completed an online survey and a subset went on to participate in focus group discussions.

Results: Students indicated a favorable overall evaluation toward the campaign. The campaign had a greater impact on women's thinking about secondhand alcohol effects. Focus group discussions revealed students were using the campaign posters in lieu of having difficult conversations with their peers.

Conclusions: This preliminary study provides support for the potential of the secondhand effects of alcohol approach to curb excessive consumption among college students by shifting injunctive alcohol norms.

"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

1. Continue to provide programs that focus on alcohol abuse (including not only educational programs, screenings, and treatment but also culture change) while enhancing efforts to address marijuana and prescription drug abuse (alone and in combination with alcohol or other drugs).
2. Aggressively counteract industry depictions of marijuana as harmless, and continue to inform students of the facts regarding marijuana's positive and negative health effects as well as the laws, regulations, and policies regarding possession and use, both on and off campus. Continue to work with state and city officials to regulate marijuana edibles, potency, and advertising.
3. Work with the Department of Athletics and senior CU-Boulder administration to prohibit athletic event reentry and reduce/eliminate tailgating involving alcohol.
4. Collaborate with Academic Affairs to reduce AOD abuse by thoughtful structuring of academic assignments (e.g., papers and tests).
5. Develop a CU-Boulder team or identified senior administrator to coordinate efforts with the City of Boulder and University Hill residents to reduce AOD abuse among students living in that area.
6. Collaborate with the City of Boulder to explore social host liability laws and party patrols to limit AOD abuse at off-campus parties and other off-campus sites.
7. 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.
8. Provide additional positive and negative incentives to CU-Boulder fraternities to become official student groups like the sororities.
9. Take appropriate steps, including utilization of CU Police Department officers, to enforce smoke-free campus policy.
10. Consider the appointment/hiring of a full-time, dedicated, CU-Boulder AOD coordinator.