



# University of Colorado Boulder

Drug-Free Schools and Campuses Regulations Biennial Review for 2023-  
2024

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Prepared by Health Promotion,  
a department of Health and Wellness Services

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## Introduction and Overview to the Drug-Free Schools and Communities Act

The Drug and Alcohol Abuse Prevention regulations of the Drug-Free Schools and Communities Act 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 drug prevention program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities.

The IHE's drug prevention program must, at a minimum, include:

1. The annual distribution in writing to each employee and to each student taking one or more classes for any type of academic credit, except for continuing education units, that includes standards of conducts, health risks, applicable disciplinary sanctions and available resources regarding the use of alcohol and illicit drugs.
2. A biennial review by the IHE of its drug prevention program to determine effectiveness, implement any needed changes and ensure that disciplinary sanctions are consistently enforced.

The University of Colorado Boulder has completed this biennial review of alcohol and other drug related programs and policies in compliance with the Drug Free Schools and Campuses Act.

## Biennial Review Process

This biennial review covers the period from 2023-2024. The biennial review process was initiated in August 2024 by the office of Health Promotion, a division of Health and Wellness Services, and involved the following entities:

- Human Resources
- Financial Aid
- Athletics
- Off-Campus Housing and Neighborhood Relations
- Residential Life
- Student Conduct and Conflict Resolution
- Counseling and Psychiatric Services
- Collegiate Recovery Community
- Strategic Relations
- Office of Compliance, Ethics, and Policy
- Student Affairs Communications and Marketing
- CU Change Lab

The Biennial review is available as electronic online [here](#) or hard copy by request. To request a hard copy please email [health.promotion@colorado.edu](mailto:health.promotion@colorado.edu) or call 303-492-2937

## Process for Annual Notification

At the beginning of each fall semester, the Department of Human Resources in collaboration with the Office of Financial Aid distributes an administrative e-memo to all employees (see Appendix 2). The e-memo provides a link to the university's Alcohol and Other Drug (AOD) guidelines for employees and a reminder of the prohibitions covering the unlawful use of a controlled substance while on university property or while representing the university. The guidelines outline university policies, sanctions, health effects of alcohol and other drugs, and resources for those seeking assistance for substance abuse or dependence. For employees starting employment after the annual notification, a review of AOD policies and available resources are part of the 90-day employment checklist for onboarding.

During the fall semester, all students receive an administrative e-memo regarding the university's alcohol and other drugs policies (see Appendix 1). Any students that are newly enrolled in the spring semester receive an administrative e-memo regarding the university's alcohol and other drugs policies in the spring semester. This notification highlights the university's policy statement prohibiting the unlawful use of alcohol and other drugs in any university activity, on or off campus and the prohibition on the use of marijuana on campus, regardless of legality in the state of Colorado or possession of a medical marijuana card. Students also receive information related to health effects, university sanctions, and available resources. Prior to campus arrival, first-year students receive information regarding AOD policies, resources and protective behavior strategies as part of the required orientation/new student welcome process.

Information regarding [policies](#), [health risks](#), counseling or treatment [resources](#) and [disciplinary sanctions](#) are available at the links above.

## Alcohol and Other Drug Policy, Enforcement and Compliance Data

In compliance with the Drug Free Schools and Communities Act, the University of Colorado Boulder prohibits the unlawful manufacture, possession, use, or distribution of a controlled substance (illicit drugs and alcohol) of any kind and of any amount. 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. The University of Colorado Police Department enforces all state and local drinking and drug laws related to the possession, use, sale, and manufacturing of drugs and alcohol.

Students without a history of policy violations are not typically suspended when found responsible for illegal possession or use of alcohol or other drugs. However, who violate alcohol or drug policies are students may be required to participate in an administrative process and complete required sanctions. Student Conduct and Conflict Resolution is responsible for establishing and administering the student code of conduct and adjudication of policy and conduct violations by students.

The following information regarding liquor and drug law violations can be found in the [CU Boulder 2024 Annual Security and Fire Safety Report](#).

Liquor, Drug & Weapon Violations					
2023	All On-Campus Property	Non-Campus Property	Public Property	On-Campus Residential	Unfounded
Arrests: Liquor Law Violations	88	0	2	53	0
Disciplinary Referrals: Liquor Law Violations	1180	0	5	1061	0
Arrests: Drug Law Violations	23	0	0	8	0
Disciplinary Referrals: Drug Law Violations	298	0	1	253	0
2022	All On-Campus Property	Non-Campus Property	Public Property	On-Campus Residential	Unfounded
Arrests: Liquor Law Violations	96	0	2	58	0
Disciplinary Referrals: Liquor Law Violations	1184	0	1	1137	0
Arrests: Drug Law Violations	19	0	0	7	0
Disciplinary Referrals: Drug Law Violations	266	0	0	228	0
2021	All On-Campus Property	Non-Campus Property	Public Property	On-Campus Residential	Unfounded
Arrests: Liquor Law Violations	138	0	0	74	0
Disciplinary Referrals: Liquor Law Violations	642	0	0	521	0
Arrests: Drug Law Violations	63	0	0	27	0
Disciplinary Referrals: Drug Law Violations	235	0	0	186	0

### *Student-Specific Policies*

[The Student Code of Conduct](#) prohibits the possession, use, manufacture, distribution, or sale of drugs or drug paraphernalia, marijuana use on campus, illegal use of prescription drugs and possession, use,

distribution or sale of alcoholic beverages in violation of law or university policies. These policies can be found under section F, named, What is a Violation, #2 and #4 of the Student Code of Conduct.

The [Residential Handbook](#), pages 8-9, defines policies regarding the use of alcohol and illegal drugs within the residence halls. Students over 21 years of age are allowed to possess and consume alcohol in their own residence hall room. Students in violation of the residence hall policies are referred to the Office of Student Conduct and Conflict Resolution.

The university has an [amnesty policy](#), to encourage students to request assistance during an alcohol or drug-related emergency.

Student Conduct and Conflict Resolution has a variety of sanctions at its disposal, including restorative justice, educational sanctions, an informal process, warning, probation, suspension and expulsion. Sanctioning may be more severe if the incident includes aggravating factors such as driving under the influence, providing alcohol to minors, or occurs in conjunction with other, or multiple violations of the Student Conduct Code. Parents are notified when a student under 21 is found in violation of the university's alcohol and drug policies.

### *General University Policies*

The [Alcohol Service on Campus policy](#) (revised in 2023) applies to all campus and external entities holding an event on university property or where university funds are used. Alcohol may only be served at licensed premises on-campus or at a location covered by a special permit. Licensed premises include the Folsom Field Complex, Mary Rippon Theatre, University Memorial Center, Coors Event Center, Macky Auditorium, Fiske Planetarium, and Koenig Alumni Center. Requirements for alcohol events on-campus include but are not limited to server qualifications and the availability of food/non-alcoholic beverages, security/monitoring and safe ride options. Applications for special permits are reviewed by the Office of University Counsel, approved by the Chancellor or designee, and issued by the Colorado Division of Liquor Enforcement.

For events on campus, the university has published [guidance on the necessary steps to follow in planning an event with alcohol](#).

[Administrative Policy Statement #4018, Alcohol Beverages Purchased for University Events](#), defines the criteria and circumstances under which the university may purchase alcohol for public consumption. These purchases are limited to official functions, donor cultivation, and CU-sponsored funds. The policy covers all four campuses within the University of Colorado system and was last reviewed in 2022.

As part of policy and guidance for employees, the Office of Human Resources publishes and maintains [Alcohol and Drugs Guidelines](#). Compliance with the Alcohol and Drugs Guidelines is a condition of employment for all employees. A variety of options are available for employees' seeking assistance with substance use, including free confidential mental health counseling visits through the Faculty & Staff Assistance Program (FSAP). FSAP may provide screening and referrals to substance abuse treatment options, including community resources, for employees. Employees seeking treatment can work with Human Resources to determine if treatment would qualify under family medical leave, short-term disability or an American with Disabilities Act (ADA) accommodation. Sanctions for employees in violation of the guidelines may include progressive discipline up to and including termination.

### *Athletics Policies*

At athletic events on campus, the purchase and sale of alcohol is limited to designated areas. Outside alcoholic beverages or illegal drugs (including medical marijuana) are not permitted to be brought into

[Folsom Field](#) or the [Coors Events Center](#). Individuals in possession of unlawful alcoholic beverages will be removed from the stadium. Inebriated individuals will be denied admission to the stadium. All ID checkers at football and basketball games are required to have Training for Intervention Procedures (TIPS) training.

In 2024, the Department of Intercollegiate Athletics revised its [substance abuse education and testing program](#). The purpose of this program is to:

1. educate student athletes about the negative consequences associated with the use of prohibited substances and how such use and abuse may affect the student athlete and their teammates' health and safety;
2. provide a drug-free environment for all athletic participation, consistent with the Big XII Conference and NCAA policies, thereby assuring that participants are physically and mentally prepared for the rigors of intercollegiate athletic competition;
3. discourage unapproved prohibited substance use and abuse; and
4. encourage and assist in the education, treatment, and/or rehabilitation of any student athlete identified as using prohibited substances.

The objectives of the education portion of the program are to:

1. provide information to student athletes regarding the physiological and psychological effects which certain prohibited substances may have on their bodies;
2. encourage discussion about the use of prohibited substances;
3. educate individual student athletes regarding the unapproved use of prohibited substances by themselves or others; and
4. deter, based upon their own educated choice, student athletes from unapproved use of prohibited substances.
5. promote safe participation in strength training, conditioning, and sport practices and competitions.

As part of the University of Colorado Athletics Department's education, prevention and treatment protocol, all new student athletes are mandated to complete an AOD pre-participation survey. Depending on their score on the AOD pre-participation survey, student-athletes may be referred to more intensive educational programming. The protocol also outlines treatment options for AOD violations or a positive drug test. Options range from individual sessions with a licensed mental health professional with experience in addictions and sports psychology to suspension from practice and competition, coupled with mandatory weekly treatment and random AOD testing.

## Coalition Participation

University of Colorado staff participates in a campus-community collaboration to address substance use called the [Substance Use Advisory Group](#) (SUAG). SUAG engages in shared leadership and collective action to advance a comprehensive response to opioid and other drug use and the harmful impacts on the community by prioritizing and removing barriers to proven prevention, treatment, and harm reduction strategies, mobilizing existing resources, and encouraging informed and healthy community attitudes.

University of Colorado staff participates in the [Coalition of Colorado Campus Alcohol and Drug Educators](#) (CADE) through the National Association of Student Affairs Professionals (NASPA). CADE supports institutions of higher education to implement evidence-based programs focusing on educational dissemination/programming, environmental management/policy change, or professional development.

The University of Colorado also participates in the Quarterly Fentanyl Meeting, which allows city, county, and university officials to align messaging and share information and resources to allow for coordinated response to fentanyl and related concerns in the community.



## AOD Comprehensive Program

The overall intent of the CU Boulder alcohol and drug prevention program is to minimize and reduce AOD associated risks to students and the community. Programmatic efforts exist within different organizational structures within Health and Wellness Services, including the Faculty Staff Assistance Program (FSAP), Health Promotion, Collegiate Recovery Community (CRC), Counseling and Psychiatric Services (CAPS); the division of Public Safety (DPS), Athletics and Athletics Psychological Health and Performance (PHP), CU Police Department, and division of Student Affairs, including Residence Life, Off-Campus Housing and Neighborhood Relations, and Student Conduct and Conflict Resolution. While there are a number of programs that can affect AOD use, such as the services provided by the Recreation Center, the services listed below are those that are specifically intended to address AOD use on campus.

### *Residence Life*

Description	Target Population	Number of times offered per year	Number receiving service or participating per year	Desired Outcome(s)
Motivational Interviewing Training for residence life staff to use MI in the 121 model and conduct meetings	All professional and student staff, including all resident advisors	RAs use the skills acquired to conduct Buff Chats. Each RA is expected to have at least 2 Buff Chats with each resident per semester. The average number of completed Buff Chats is 6,500.	16 professional staff and 220 resident advisors each year	Staff understand motivational interviewing and use with on-campus residents to elicit positive behavior change. Buff Chats are one-to-one conversations that RAs are having with their residents. The RA facilitates a Buff Chat in an individual or group setting. The goal of the conversation is to hit upon various themes that may relate to the resident's development, CU experience and overall journey as a Buff.
ResX – St. Patrick's Day AOD Programming	On-campus residents	All professional and student staff, including all resident advisors	All on-campus students (about 8,000 students)	Offered during St. Patrick's Day or weekend to share AOD resources with students and provide alternatives to students.
ResX – AOD Resources	On-campus residents	Offered during first week of student move-in and at first floor meetings	All on-campus students (about 8,000 students)	Students will know the resource around Alcohol and Other Drugs at CU.
ResX – Halloween AOD Programming	On-campus residents	All professional and student staff, including all resident advisors	All on-campus students (about 8,000 students)	Offered during Halloween Day or weekend to share AOD resources with students and provide alternatives to students.

ResX – Football AOD Programming	On-campus residents	All professional and student staff, including all resident advisors.	All on campus students (about 8,000 students)	Offered during a busy football weekend to share AOD resources with students and provide alternative ways to celebrate with students.
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*Off-Campus Housing and Neighborhood Relations*

Description	Target Population	Number of times offered per year	Number receiving service or participating per year	Desired Outcome(s)
Community Living Class A 1.5 hour long session that covers commonly ticketed city ordinances	Students required by City of Boulder Municipal Court or the Office of Student Conduct and Conflict Resolution	34 classes offered in 2023 26 classes offered in 2024	86 participants in 2023 101 participants in 2024	Students learn about various city ordinance and do not have repeat violations. The recidivism rate for the class is 2%.
Neighborhood Events	Students living off campus	4 block parties offered in 2023 (1 Spring, 3 Fall)  2 other large-scale events (Halloween and St. Patrick's Day events) offered 2023  1 Block party held Spring 24.  Block parties discontinued Fall of 2024	1056 block party participants 2023  114 participants Halloween event 2023  180 participants for St. Patrick day event 2023  106 block party participants 2024 (discontinued)  105 participants for St. Patrick day event 2024	Build connection between students and neighbors to reduce conflict and harm related to alcohol.

		2 large scale events offered for St. Patrick's & Halloween in 2024	180 participants Halloween event 2024	
<p>Party Registration</p> <p>Students register their off-campus parties and receive notification from Boulder Police Dispatch if there is a complaint about their party. Students are required to shut it down and are able to avoid getting a ticket. Students are required to attend in-person orientation when registering a party. Orientation includes party related ordinances, how to be a good neighbor, and party safe times related to alcohol and other drugs.</p>	Students who live off-campus and within the City of Boulder.	<p>Students may register parties any night of the week throughout the year.</p> <p>615 students participated in the party registration orientation in 2023</p> <p>437 students have participated in the party registration orientation in 2024</p>	<p>405 party registration Spring 2023</p> <p>481 party registrations Fall 2023</p> <p>340 party registrations Spring 2024</p> <p>513 party registrations Fall 2024</p>	Reduction in the number of Parties that receive complaints/tickets.

### *Collegiate Recovery Community*

Description	Target Population	Number of times offered per year	Number receiving service or participating per year	Desired Outcome(s)

Recovery Talks - weekly student discussion meetings about life in recovery, with a different topic each week. Open to all paths of recovery and anyone wanting to learn more.	Students looking for peer support and to learn more about what other students recovery looks like	48 meetings per year (weekly meeting)	Academic year 2023-2024: 191 participants	increase dialogue about substance use disorders and student's experience recovering from them
Pride In Recovery - weekly recovery meeting that is a safe recovery space for all people who identify as LGBTQ+ and/or may be questioning.	Students that identify as LGBTQ+ and/or may be questioning.	Weekly during the fall and spring semesters	Academic year 2023-2024: 48 participants	Provide recovery support for students that identify as LGBTQ+.
CRC community meeting - weekly recovery meeting led by CRC students or staff to foster connections, check in, meet other students, share support, and make social plans for the weekend	current members, students, and alumni looking to get more involved and make connections with the CRC community	48 meetings per year (weekly meeting)	Academic year 2023-2024: 313 participants	create an opportunity for students to connect at the Center and make plans to connect outside the center
Individual Recovery Coaching - Talk with a CUCRC staff that for support in recovery	Any students needing support in recovery.	2 to 20 contacts (1:1 meetings, phone calls, messages, emails) per week as needed	2 to 20 contacts (1:1 meetings, phone calls, messages, emails) per week as needed	provide individual support to students in recovery
Acudetox – CU Medical Services acupuncturist offers simple and effective acupuncture treatment referred to as NADA protocol. This treatment has significant calming effect on the	Students, staff, faculty with stress, anxiety, depression, pain, addiction, PTSD, trauma.	every other week during the semester	Academic year 2023-2024: 107 participants	Treat stress, anxiety, depression, pain, addiction, trauma, PTSD.

nervous system, helping to reduce stress, anxiety, depressions, and pain. The NADA protocol is nationally recognized treatment for addiction, PTSD, and trauma.				
Food and Body Image Recovery Meeting – This meeting focuses on recovery for those struggling with food and body image.	Students wanting support related to food and body image.	Weekly during the semester	Academic year 2023-2024: 45 participants	Expand recovery support at the CRC to include food and body image recovery.
The CUCRC hosts many regular weekly activities and special events open to all students interested in sober socializing, and to allies recovery community. Some activities include concerts, tailgates, sports events, Friendsgiving, CRC Graduation and End of Semester Celebration.	Any CU student living a substance-free life OR in recovery	Spring 2023: 6 events Fall 2023: 9 events Spring 2024: 5 events Fall 2024: 7 events	Academic year 2023-2024: 159 participants	Provide regularly scheduled social/recreational activities for CRC community members
Core Housing - dedicated sober apartment residence halls located in graduate and family housing.	CRC Core members in recovery looking for sober student housing	Housing available all year	Calendar year 2023: 15 residents  Calendar year 2024: 15 residents	Offer a community of sober living and sober for students
Core Housing Meetings – weekly meetings for students living in Core Housing.	Students living in Core Housing	Weekly during the semester	Academic year 2023-2024: 244 participants	A meeting to support community among students living in Core Housing.

Recovery focused outreach – tabling around campus to provide information about recovery and support.	People on campus	Sporadically during the semester	Spring 2023: 85 contacts Fall 2024: 365 contacts	Provide information on recovery and support.
Monday Dinner – weekly dinner gathering for people in and seeking recovery.	Students in or seeking recovery	Weekly in Fall and Spring semester	Academic year 2023-2024: 230 participants	Create community
Zen Meditation – weekly meditation group at the Collegiate Recovery Community.	Students	Weekly during Fall and Spring semester	Academic year 2023-2024: 259 participants	Provide meditation to support participant wellness.
Media and Tech Addiction meeting – weekly recovery meeting focused on support related to media and technology.	Students	Weekly during semester (started in Spring 2024).	Spring 2024: 18 participants	Expand recovery support at the CRC to include technology and media recovery

### *Health Promotion*

Description	Target Population	Number of times offered per year	Number receiving service or participating per year	Desired Outcome(s)
Social Marketing Campaigns focused on the recovery position, drink sizes, how and where to get help, the impact of alcohol on sleep and the brain, protective behavioral strategies, nicotine cessation, alcohol social	All students	Posters in 23 campus buildings, messaging at tabling events year round, messaging on handouts (packaged	See “Student Affairs Communication” section below for more details	Increase awareness of impacts of substance use and available resources

norming, overdose prevention.		snacks) during high risk periods.		
<p>Bufs Discuss Substance Use – one-on-one SBIRT based conversation with a trained CU undergraduate student staff or intern empowers students to gain deeper understanding and intention in their relationships with substances. This program encourages students to talk with and support each other in their relationships with alcohol and other drugs.</p>	<p>Members of the CU community out around campus</p>	<p>Outreach is offered 5 days per week for 2 hours per day at a variety of locations on campus</p>	<p>Spring 2023: 333 completions</p> <p>Fall 2023: 287 completions</p> <p>Spring 2024: 203 completions</p> <p>Fall 2024: 223 completions</p>	<p>Empower people to talk about alcohol and other drugs by reducing stigma.</p> <p>Increase awareness and intention in relationships with alcohol and other drugs.</p> <p>Connect to resources as needed.</p> <p>Reduce harm related to alcohol and other drugs.</p> <p>Gather evaluation on early intervention outreach practice.</p>
<p>Naloxone Distribution - In Fall 2022 Health Promotion began to distribute naloxone and instructions through the Health Promotion front desk, AOD specific outreach and presentations, and AOD Early Intervention sessions. Health Promotion also distributes naloxone to the Collegiate Recovery Community, CAPS, and End Overdose student group. Naloxone was received from Boulder</p>	<p>Anyone that uses or is around others that use drugs not received from a pharmacy.</p>	<p>Offered all year</p>	<p>Calendar year 2023: 4142 doses of naloxone distributed.</p> <p>Calendar year 2024: 2921 doses of naloxone distributed.</p>	<p>Reduce drug overdose deaths</p>

County Public Health and from CDPHE.				
Fentanyl Test Strip Distribution – In Fall 2022 Health Promotion began to distribute fentanyl test strips and instructions through the Health Promotion front desk, AOD specific outreach and presentations, and AOD Early Intervention sessions. Health Promotion also distributes fentanyl test strips to the Collegiate Recovery Community and CAPS.	Anyone that uses or is around others that use drugs not received from a pharmacy.	Offered all year	<p>Calendar year 2023: 4858 fentanyl test strips distributed.</p> <p>Calendar year 2024: 4999 fentanyl test strips distributed.</p>	Reduce drug overdoses
AOD Outreach – tabling lead by peer health educators, designed to provide information about alcohol and other drugs, and presentations led by staff/peer health educators related to alcohol and other drug prevention.	All students	Weekly tables and multiple presentations each semester	<p>Calendar year 2023: 2400 contacts at 136 events.</p> <p>Calendar year 2024: 3678 contacts at 121 events.</p>	Increase awareness of impacts of substance use, increase awareness and use of resources, increase awareness and use of harm reduction strategies
WellCheck: an online tool for all incoming students to learn about their alcohol and drug use. The WellCheck was only used in 2023, discontinued in 2024 and replaced by HealthBuffs Check-in.	Incoming first-year students	Required to complete upon entering CU Boulder as a student.	<p>All new incoming students.</p> <p>Calendar year 2024: 9779 students completed HealthBuffs Check-in</p>	To provide students with information and strategies for managing stress, mental health, AOD use, values, goals, and relationships.



<p>Level 1 – Alcohol Skills Training Program (ASTP)</p> <p>This is a one-time 50-minute group focused on alcohol. It is designed for participants to share and learn ways to reduce unwanted experiences related to alcohol. (started in Fall 2023)</p>	<p>Students found in violation of the University alcohol policy or other drug policy.</p>	<p>Offered all year based on demand</p>	<p>Fall 2023: 138 completions</p> <p>Calendar year 2024: 374 completions</p>	<p>Reduce harms associated with alcohol and other drug use through increased understanding of one's relationship with alcohol or other drugs</p>
<p>Level 2 - SBIRT</p> <p>This one-on-one conversation lasts 30 to 50 minutes and helps students explore their relationships with substance use and its impact on their lives. This program helps motivate students toward positive change and to think differently about their use. Individualized resources are provided to students to explore if they are interested after the session.</p>	<p>Students found in violation of the University alcohol policy or other drug policy, or that have been charged with a low level alcohol or drug related offense</p>	<p>Offered all year based on demand</p>	<p>Calendar year 2023: 391 completions</p> <p>Calendar year 2024: 357 completions</p>	<p>Reduce harms associated with alcohol and other drug use through increased understanding of one's relationship with alcohol or other drugs</p>
<p>BASICS 1</p> <p>BASICS 1 consists of two sessions that help students examine their substance use, identify changes that could work for them, and reduce the risk of negative impacts in the future. Students</p>	<p>Students found in violation of the University alcohol policy or other drug policy, or that have been charged with a low level alcohol or drug related offense</p>	<p>Offered all year based on demand</p>	<p>Spring 2023: 48 completions</p>	<p>Reduce harms associated with alcohol and other drug use through increased understanding of one's relationship with alcohol or other drugs</p>

participate in one 50-minute group session followed by a 50-minute individual session two weeks later. (discontinued in Fall 2023 to be better aligned with current research)				
Level 3 – BASICS or iCHAMP (BASICS 2) BASICS helps students examine their substance use, explore possible changes that could work for them, and reduce the risk of future negative impacts. Over the course of two 50-minute one-on-one sessions, students receive individualized feedback from a professional facilitator. Sessions occur two weeks apart. (in Fall 2023 BASICS 2 was updated to be called “Level 3 - BASICS or iCHAMP” to be more aligned with current research.)	Students found in violation of the University alcohol policy or other drug policy, or that have been charged with a low level alcohol or drug related offense.	Offered all year based on demand	Spring 2023 (BASICS 2): 50 completions  Fall 2023 (Level 3): 98 completions  Calendar Year 2024 (Level 3): 134 completions	Reduce harms associated alcohol and other drug use through increased understanding of one’s relationship with alcohol or other drugs
Level 4 – BASICS+ or iCHAMP+ (BASICS 3) Level 4 (previously BASICS 3) is the most intensive early intervention meeting. It helps students examine	Students found in violation of the University alcohol policy or other drug policy, or that have been charged with a low level alcohol or drug related offense	Offered all year based on demand.	Calendar year 2023: 1 completion  Calendar year 2024: 3 completions	Reduce harms associated alcohol and other drug use through increased understanding of one’s relationship with alcohol or other drugs

<p>their substance use, explore possible changes that could work for them, and reduce the risk of future negative impacts. Over the course of four 50-minute one-on-one sessions, students receive individualized feedback from a professional facilitator. (in Fall 2023 BASICS 3 was updated to be called “Level 4 – BASICS+ or iCHAMP+” to be more aligned with current research.)</p>				
<p>Alcohol Impact Circle Alcohol Impact Circles are designed for participants to learn through dialogue with each other by sharing personal stories and experiences. In this way, the knowledge is owned by the participants rather than the facilitator as they explore themes that include alcohol usage, risk reduction, second hand impact and decision making. <i>Note: in Fall 2020 Alcohol Impact Circles changed to help students explore the impacts of their relationship to alcohol</i></p>	<p>Students found in violation of the University alcohol or other drug policy.</p>	<p>Offered all year based on demand</p>	<p>Calendar year 2023: 205 completions</p> <p>Calendar year 2024: 21 completions</p>	<p>Reduce harms associated alcohol use through increased understanding of how alcohol use impacts others</p>

<i>and COVID19. They returned to normal Alcohol Impact Circle in Fall 2021.</i>				
<p>Exploring Substance Use Workshop</p> <p>This free, voluntary workshop provides students with a safe, non-judgmental space where they can explore their relationship with substance use and discuss ways to maximize their experience. This 50-minute workshop is available on a drop-in basis. Students of all levels of use or non-use are welcome.</p>	Students that are interested in gaining awareness around their substance use or interested in making changes to their substance use.	Offered all year	<p>Calendar Year 2023: 3 completions</p> <p>Calendar Year 2024: 2 completions</p>	Reduce harms associated with alcohol and other drug use through increased understanding of one's relationship with alcohol or other drugs.
<p>Nicotine Cessation Coaching</p> <p>One-on-one voluntary conversation between a trained facilitator and students interested in making changes related to their nicotine use.</p>	Any student interested in making a change related to their nicotine use.	Offered all year	<p>Calendar year 2023: 2 completions</p> <p>Calendar year 2024: 11 completions</p>	Reduce harm related to nicotine use.
<p>Vape disposal</p> <p>A disposal bin designed to properly dispose of e-liquid and vape products. The disposal was exists in the Health Promotion office and is brought to some outreach events. In Fall</p>	Any student wanting to dispose of vape products	Offered all year	Bins are emptied once per semester	Reduce harm to the environment associated with vaping.

2020 a permanent vape disposal was installed in the University Memorial Center. This is a partnership between Health Promotion, University Memorial Center, and Environmental Health and Safety. In August 2021 a second permanent vape disposal was installed in Williams Village Center. This is a partnership between Health Promotion, Residence Life, Housing Facilities Services, and Environmental Health and Safety.				
Late Night Programming – Social programming for students on Friday nights	students	Offered weekly during Fall and Spring semesters	Calendar year 2023: 1086 participants  Calendar year 2024: 1384 participants	Reduce harm related to alcohol and other drugs by providing alternative activities for students during high risk times.

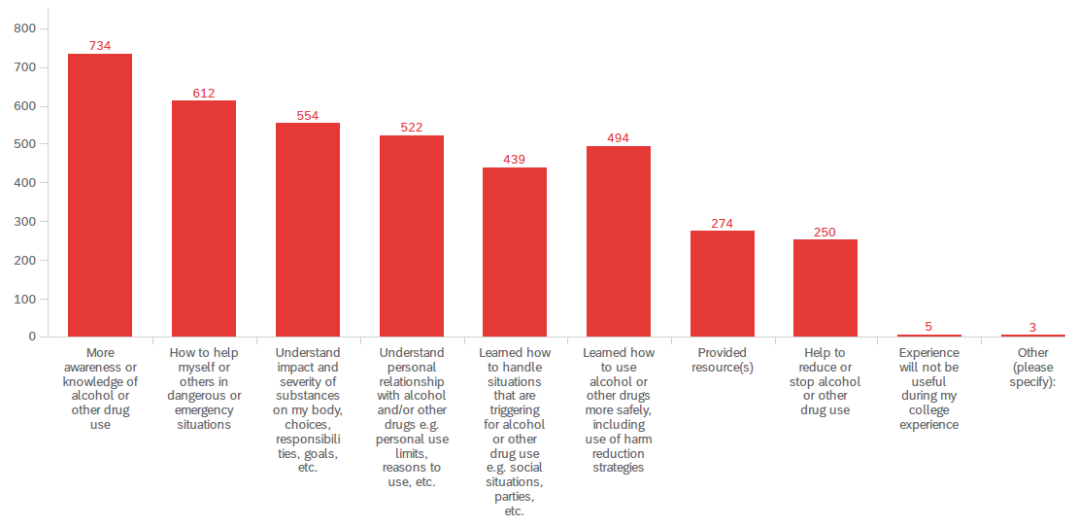
The following evaluation data is for Level 1-4 from Academic Year 2023-2024. Upon completing Level 1-4 students are asked to anonymously complete an evaluation survey. There were 799 respondents to this survey.

- Percent of students who shared a harm reduction strategy-  
99.5% (799/803) of respondents shared at least 1  
98.5% (794/803) shared at least 2 (803 respondents)  
\*Only 4/803 did not share any harm reduction strategies

- Level of Confidence in using harm reduction strategies:  
83.19% (668/803) Very confident  
15.94% (128/803) Somewhat confident  
0.12% (1/803) Not confident  
0.25% (2/803) Not sure  
0.25% (2/803) Not applicable to me
- Motivation levels to use that strategy:  
77.45% (622/803)- Very motivated  
19.67% (158/803) - Somewhat motivated  
0.62% (5/803)- Not motivated  
1.24 (10/803) - Not sure  
0.75% (6/803) - Not applicable to me
- Percent of students that identify one or more steps they would take in an AOD emergency:  
99.5%
- Over 99% of students expressed that their participation in this program is useful to their college experience.

## Q11 - How might your participation in this program be useful during your college

experience? Please select all that apply.



- Percent of students that felt heard
  - 96.5% (775/803) Agree
  - 2.6% (21/803) Somewhat agree
  - 0.12% (1/803) Somewhat disagree
  - 0.37% (3/803) Disagree
- Percent of students that were able to talk honestly
  - 98% (787/803) Agree
  - 1.5% (12/803) Somewhat agree
  - 0.12% (1/803) Somewhat disagree
  - 0.0% (0/803) Disagree

The following evaluation data is from 101 respondents to an anonymous survey after completing Alcohol Impact Circle in academic year 2023-2024.

Statement	Strongly Disagree	Disagree	Agree	Strongly Agree	Agree/ Strongly Agree
The Circle was a <i>safe</i> environment for me to share my experience.	0%	0%	11.9%	88.1%	100%
The Circle was <i>non-judgmental</i> .	0%	0%	10.9%	89.1%	100%
I felt <i>comfortable speaking openly</i> with the facilitator and my peers.	0%	1.0%	12.9%	86.1%	99%
The Circle allowed me to <i>reflect</i> on my alcohol use.	1.0%	3.0%	15.8%	80.2%	96%
The Circle helped me think about the <i>impact</i> I have on others.	2.0%	1.0%	17.8%	79.2%	97%
This experience made me feel <i>more connected to my fellow students</i> in the Circle.	0%	5.0%	30.7%	64.3%	95%
This experience made me feel <i>more connected to the CU Boulder community</i> .	1%	5.0%	27.7%	65.3%	93%
The Circle was <i>beneficial</i> for me to complete as a result of my incident.	3.0%	10.9%	29.7%	56.4%	86.1%



I plan to <i>change</i> my behavior around alcohol use.	3.0%	5.0%	46.5%	45.5%	<b>92%</b>
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The following data is from an optional and anonymous satisfaction survey that was filled out by 161 participants after they completed Buffs Discuss Substance Use in Spring 2024 semester.

Statement	Not applicable	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Agree/ Strongly Agree
I would recommend this program to a friend	2.00%	2.00%	3.33%	8.67%	59.33%	25.33%	<b>84.66%</b>
The information I received will cause me to think differently about my pattern of substance use	8.67%	3.33%	12.00%	22.00%	40.00%	14.00%	<b>54.00%</b>
The facilitator seemed competent and well-trained	0.00%	0.67%	0.67%	6.04%	34.90%	57.72%	<b>92.62%</b>
I felt heard by the facilitator in	0.00%	2.00%	2.67%	6.00%	38.67%	50.67%	<b>89.34%</b>

sharing my experiences							
I left the meeting with a specific goal in mind about my substance use	9.33%	2.00%	11.33%	23.33%	32.67%	21.33%	54.00%

### *Counseling and Psychiatric Services*

Description	Target Population	Number of times offered per year	Number receiving service or participating per year	Desired Outcome(s)
Substance Use Evaluation A two-session clinical evaluation with feedback <i>Note: Court mandated moved from Health Promotion to CAPS in spring 2022</i>	Often completed for students on probation or by parental referral	Offered all year based on demand.	2023 calendar year: 2  2024 calendar year: 2	Intent is to deeply assess information related to students' substance use and current functioning, provide recommendations for additional support and reduce further risky behaviors related to substance use.
AOD related visits A 45-50 minute session	Students seeking clinical services who meet criteria for an AOD diagnosis	Offered all year based on demand	2023 calendar year: 153 students/681 sessions  2024 calendar year: 106 students/431 sessions	Intent is the reduction or remission of symptoms. Progress is assessed on a case-by-case basis.
Substance Use Screen - telehealth	Point of entry for AOD-specific services at CAPS. Offers brief assessment, treatment planning and referrals to other on and off-campus supports. Can be scheduled for in-person by request.	Offered all year based on demand.	2023 calendar year: 63  2024 calendar year: 15	Reduce wait time to access to care. Start to build engagement with contemplative students. Increased engagement with AOD-specific treatment and supports.

FSAP

Description	Target Population	Number of times offered per year	Number receiving service or participating per year	Desired Outcome(s)
Individual Counseling for CU employees that had Substance Misuse as one of their presenting issues.	CU Boulder employees	Offered all year based on demand.	2023:56 employees 2024: 64 employees	Provide counseling support to employees struggling with substance misuse.

### *Student Affairs Communication*

Student Affairs Communication, in partnership with several other Health and Wellness departments, strategically publishes articles, website content, and social media posts designed to prevent alcohol and other drug harm. The following data shows engagement with alcohol and other drug content published by Student Affairs Communication in 2023 and 2024.

#### **2023 REPORTING**

##### AOD Website

<i>Analytics pulled from Jan. 1, 2023 – Dec. 31, 2023</i>			
<b>Page/link</b>	<b>Total views</b>	<b>Unique views</b>	<b>Average time</b>
<a href="#">Classes</a>	4,466	1,760	00:00:51
<a href="#">Homepage</a>	804	540	00:00:17
<a href="#">Party Smart</a>	705	525	00:00:15
<a href="#">Penalties</a>	602	459	00:00:59
<a href="#">Policies</a>	574	428	00:00:28
<a href="#">Student Resources</a>	328	232	00:00:35
<a href="#">Support Services</a>	233	164	00:00:09
<a href="#">Reports</a>	180	122	00:00:12

##### AOD Articles

<i>Analytics pulled from Jan. 1, 2023 – Dec. 31, 2023</i>			
<b>Page/link</b>	<b>Total views</b>	<b>Unique views</b>	<b>Average time</b>
<a href="#">Fentanyl</a>	74,798	66,036	00:01:23
<a href="#">Study Drugs</a>	16,951	15,229	00:00:41
<a href="#">Drinking and Sex</a>	16,761	15,967	00:00:17
<a href="#">Cannabis</a>	9,961	9,096	00:01:08
<a href="#">Vaping</a>	8,006	7,235	00:00:36
<a href="#">Xylazine</a>	3,211	2,863	00:01:18
<a href="#">Drug-facilitated Sexual Assault</a>	763	663	00:00:59
<a href="#">Naloxone</a>	663	561	00:00:45

## 2024 REPORTING

### AOD Website

<i>Analytics pulled from April 22, 2024 – Nov. 5, 2024</i>			
Page/link	Total views	Unique views	Average time
<a href="#">Classes</a>	4,210	1,918	00:00:47
<a href="#">Party Smart</a>	924	648	00:00:16
<a href="#">Homepage</a>	909	643	00:00:18
<a href="#">Penalties</a>	593	465	00:00:48
<a href="#">Student Resources</a>	310	240	00:00:30
<a href="#">Support Services</a>	255	199	00:00:07
<a href="#">Reports</a>	215	143	00:00:14
<a href="#">Family Resources</a>	180	122	00:00:12

### AOD Articles

<i>Analytics pulled from April 22, 2024 – Nov. 5, 2024</i>			
Page/link	Total views	Unique views	Average time
<a href="#">Naloxone</a>	1,563	1,272	00:01:03
<a href="#">Drug-facilitated Sexual Assault</a>	1,409	1,236	00:00:59
<a href="#">Party Smart</a>	1,318	1,074	00:00:35
<a href="#">Nicotine</a>	1,266	1,123	00:01:08
<a href="#">St. Paddy's Day</a>	754	597	00:00:28
<a href="#">2022-23 Summary</a>	665	565	00:00:30
<a href="#">Fentanyl for Families</a>	569	479	00:00:46

### Social Media

Jan 1, 2023 – Dec 31, 2023

Overall

1. [How to use naloxone](#) (IG Reels)
2. [St. Patrick's Day party smarter giveaway](#) (IG Reels)
3. [Safer Night Out Buff Box](#) (IG Reels)

#### Instagram

1. [How to use naloxone](#)
2. [St. Patrick's Day party smarter giveaway](#)
3. [Safer Night Out Buff Box](#)
4. [Fentanyl test strip distribution](#)
5. Don't get over stimulated – 95% of students have never taken stimulants

#### Twitter

1. [Free naloxone](#)
2. [@bouldercohealth is urging caution](#)
3. [Substance-facilitated sexual assault](#)
4. [Overdose prevention](#)
5. [St. Patrick's Day safety info](#)

#### Facebook

1. [Free naloxone](#)
2. [Look out for your friends at the spring game](#)
3. [BPD responded to fentanyl-related overdoses](#)
4. [Football game safety](#)
5. [Party smarter tips every college student should know](#)

Jan 1, 2024 – Nov. 11, 2024

#### Overall

1. [Party Smarter on Halloween w/ responsible drinking tips](#) (IG Reels)
2. [Safer Halloween giveaway](#) (IG Reels)
3. [Free spring break supplies – including naloxone](#) (IG Reels)

#### Instagram

1. [Party Smarter on Halloween w/ responsible drinking tips](#)
2. [Safer Halloween giveaway](#)

3. [Free spring break supplies – including naloxone](#)
4. [Get home safe on Halloween with CU NightRide](#)
5. [Training to party smarter](#)

#### Twitter

1. [7 tips for navigating parties](#)
2. [Knowing how to use naloxone](#)
3. [7 things to know about drink spiking](#)
4. [Recovery Position](#)
5. [Tips for a fun, safe St. Patrick's Day weekend](#)

#### Facebook

1. [Knowing how to use naloxone](#)
2. [7 tips for navigating parties](#)
3. [7 things to know about drink spiking](#)
4. [Tips for a fun, safe St. Patrick's Day weekend](#)
5. [Recovery Position](#)

## Research at CU Boulder

[CU Change](#), as part of the Department of Psychology and Neuroscience and the Institute of Cognitive Science is a leader in cannabis [research](#) and education priorities and policy in the state of Colorado. They have several current studies including and not limited to Longitudinal Outpatient Treatment for Cannabis Use ([LOTUS](#)) study, and Breath Assessment of Cannabis Exhalation ([BACE](#)) study. LOTUS investigates whether CBD could be a viable intervention for people who want to quit or significantly reduce their consumption of high potency THC concentrates. BACE seeks to contribute to the research and development of reliable breathalyzer technology for objectively assessing cannabis intoxication. Additionally, they have several [completed studies](#) related to substance use.

The following are several relevant studies from 2023 and 2024:

- [LOTUS: Protocol for a double-blind placebo controlled randomized trial of hemp-derived cannabidiol for the treatment of cannabis use disorder](#)
- [NIST Researchers to Test New Approach for Detecting Cannabis in Breath](#)
- [Baseline affective symptomatology moderates acute subjective effects of high potency THC and CBD cannabis concentrates.](#)
- [Cannabis Involvement and Demand in Frequent Concentrate Users Versus Predominantly Flower Users](#)
- [Daily associations with cannabis use and sleep quality in anxious cannabis users](#)

- [Acute and Extended Anxiolytic Effects of Cannabidiol in Cannabis Flower: A Quasi-Experimental \*ad libitum\* Use Study](#)

The CU Change Center takes initiative to regularly provide talks to the CU Community to spread knowledge about the ongoing research being conducted and how it may serve and inform the public at large.

## Review of Recommendations/Strategies from Previous Biennium (2023-2024)

The following are broad recommendations from the 2022 biennial review and progress to date.

Goals, Priorities, and Initiatives	Progress
<b>Promotion</b>	
AOD workshop series emphasizing skill development for students and staff	Health Promotion offers the following trainings related to AOD: Overdose Prevention and Response, Party Smart, Recovery Ally, Responding to Student Substance Use.
Additional non-alcoholic beverages at athletic events	Non-alcoholic beverages are available at Folsom Field and CU Events Center
Outreach to nontraditional groups	The CRC has outreached and created connection with Women and Gender Studies program.
<b>Prevention</b>	
Consistent enforcement of laws and policies	In Fall 2024 there has been an increase in student referrals to Boulder Municipal court and a decrease in referrals to the Office of Student Conduct related to AOD violations. This is an effort to enforce minor in possession more consistently.
Increase awareness of vape disposal program	vape disposal is consistently used. Environmental Health and Safety recommends adding a 3rd vape disposal option on campus.
Normalize party registration	There is consistent party registration with between 340 to 513 registered parties per semester in 2023 and 2024.
Mandatory orientation for students living off-campus	Mandatory orientation is in progress of being created through CU's BeyondOne initiative. An optional online off campus living orientation is hosted on Canvas.
Shift fake ID culture	Data suggests fake ID culture as not shifted.
AOD prevention toolkits for Halloween and St. Patrick's Day	toolkits offered by Health Promotion to Residence Life
Updated social norms campaign	new social norms campaign created from Off-Campus Party Behaviors survey



Consistency in student-driven, late-night programming	weekly late-night programming is offered and programming at every home football game
<b>Early Intervention</b>	
Increased access to naloxone	naloxone is available for free at Health Promotion desk, at Overdose Prevention and Response presentations, in Buff Boxes, at the Collegiate Recovery Community, at CAPS, through tables during high risk times, and through End Overdose (student group)
Distribute fentanyl test strips	fentanyl test strips are available for free at Health Promotion desk, at Overdose Prevention and Response presentations, in Buff Boxes, at the Collegiate Recovery Community, at CAPS, through tables during high risk times, and through End Overdose (student group)
<b>Treatment</b>	
AOD specific therapy groups/workshops at CAPS	Let's talk is offered weekly at the CU Collegiate Recovery Community space.
Partnership with Withdrawal Management (detox) to better connect students to support resources	Mental Health Partners Withdrawal Management went through a merger with Clinica Family Health and Wellness.
AOD clinical training and supervision track at CAPS for interns and post-docs	CAPS offers and AOD training track and supervision for those pursuing LAC.
<b>Recovery Supports</b>	
Broaden scope of recovery supports to different topics and audiences	added recovery services for food and body image challenges, tech and media addiction, and gambling addiction
Sober housing/intensive outpatient program (IOP) for students with 1-6 months of sobriety	no progress on this goal in 2023 and 2024
Sober section at sporting events that sell alcohol	there is not a specific "sober section" at CU sporting events, however, the CRC attends football and basketball games together, creating a sober group, as does Sober AF Entertainment.

## Review of Strategies for Upcoming Biennium Period (2025-2026)

The following strategies are designed to:

1. Maintain reduced prevalence of alcohol and cannabis use among CU students as measured in the National College Health Assessment (NCHA)
  - From 2017 to 2023, the NCHA shows 11.2% decrease in alcohol used in the past 30 days among CU students

- From 2017 to 2023, NCHA shows 5.9% decrease in cannabis used in past 30 days among CU students
2. Reduce/maintain moderate and high-risk use of substances for those that use as measured in the NCHA

The following is NCHA data from CU Boulder collected in Spring 2023:

Cis Men n =	392
Cis Women n =	661
Trans/GNC n =	87

#### F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	43.3	43.8	35.6	43.3
Alcoholic beverages (beer, wine, liquor, etc.)	77.6	84.2	73.6	81.3
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <i>[Please report nonmedical use only.]</i>	53.0	62.3	57.5	58.8
Cocaine (coke, crack, etc.)	12.9	13.0	9.2	12.5
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) <i>[Please report nonmedical use only.]</i>	14.7	13.4	13.8	13.8
Methamphetamine (speed, crystal meth, ice, etc.)	1.3	1.4	0.0	1.2
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	9.1	3.8	10.3	6.2
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) <i>[Please report nonmedical use only.]</i>	6.2	4.7	5.7	5.4
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	27.4	19.1	28.7	22.7
Heroin	0.8	0.3	1.1	0.5
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) <i>[Please report nonmedical use only.]</i>	5.9	4.4	9.2	5.2

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*Used in the last 3 months			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
30.1	30.4	23.0	29.9
73.0	78.8	70.1	75.9
42.6	49.6	47.1	47.0
5.4	4.7	2.3	4.7
5.4	5.1	3.4	5.1
0.0	0.2	0.0	0.1
3.1	1.8	3.4	2.4
1.5	1.2	0.0	1.3
12.0	9.5	13.8	10.6
0.0	0.0	0.0	0.0
0.5	0.5	0.0	0.4

#### Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	20.9	21.2	18.4	21.0
Alcoholic beverages	14.8	15.9	16.1	15.5
Cannabis (nonmedical use)	27.3	31.5	31.0	30.1
Cocaine	2.8	2.6	1.1	2.5
Prescription stimulants (nonmedical use)	2.3	1.8	2.3	2.0
Methamphetamine	0.0	0.0	0.0	0.0
Inhalants	0.8	0.6	0.0	0.7
Sedatives or Sleeping Pills (nonmedical use)	1.3	0.9	0.0	1.0
Hallucinogens	6.4	4.1	6.9	5.0
Heroin	0.5	0.0	0.0	0.2
Prescription opioids (nonmedical use)	1.0	0.8	0.0	0.8

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*High risk use of the substance			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
1.8	1.5	1.1	1.6
1.5	1.7	2.3	1.6
4.1	2.0	8.0	3.1
0.3	0.0	0.0	0.1
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.3	0.0	0.0	0.1
0.3	0.0	0.0	0.1
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

The following strategies will be used in 2025 and 2026:

Harm Reduction:

- Sustainable funding for continued naloxone and fentanyl test strip distribution
- Streamlined naloxone and fentanyl test strip distribution to specialized student populations, including Greek organizations
- Add a vending machine that offers free naloxone and fentanyl test strips on campus
- Additional vape disposal added on campus
- Continue free naloxone and fentanyl test strip availability

#### Promotion

- Continue offering AOD workshop series emphasizing skill development for students and employees.
- Continued late night, holiday (start of fall semester, Halloween, St. Patrick's Day) and football game day programming
- Continue programming encouraging work-life and school-life balance (such as Time to Ungrind Campaign)

#### Prevention

- New AOD marketing campaigns including and not limited to a cannabis campaign
- Continued consistent enforcement of laws and policies
- Continued research and development of reliable breathalyzer technology for objectively assessing cannabis intoxication.
- Continued AOD articles, social media posts, and website updates
- Continue to incorporate research findings into messaging and programming

#### Early Intervention

- Increase availability for mandated AOD early intervention to reduce wait times
- Continue offering of nicotine coaching for those that screen positive at Medical Services
- Continue offering continuum of mandated and voluntary early intervention services
- Increased funded student staff positions for Buffs Discuss Substance Use

#### Treatment

- Continue AOD clinical training and supervision track at CAPS for interns and post-docs
- Continue AOD screening option and AOD specific therapy options for students at CAPS
- Continue regular partnership between CAPS, Student Support and Case Management (SSCM)
- Continue cannabis research related to improving substance use disorder treatment

#### Recovery

- Expanded recovery marketing efforts
- Collegiate Recovery Community (CRC) accreditation through Association of Recovery in Higher Education (ARHE)
- Continue offering on-campus sober housing through the CRC

## Appendix 1 – Policy Notification to Students



**University of Colorado Boulder**

You are receiving this email as part of the university's annual policy disclosure requirements.

Dear

The University of Colorado Boulder strives to provide a healthy learning and living environment. The possession or use of illegal drugs, or the abuse of those which may otherwise be legally possessed, seriously affects the university environment, as well as the individual potential of students and staff. With that, we want to ensure you are aware of the various policies, health effects and resources that pertain to you as a CU Boulder student.

### Health Effects

Using alcohol and other drugs can produce intoxication that alters judgment, perception, attention, or physical control and lead to consequences on one's mental, physical or emotional well-being. [View information on the health effects of specific substances.](#)

### How to get help

If you or someone you know is in need of help, visit CU Boulder's Alcohol and Other Drugs website for [signs of what to look for and more information on how to help.](#)

### Policies

The university enforces state and university policies. University policy prohibits the unlawful manufacture, possession, use, or distribution of a controlled substance (illicit drugs and alcohol) of any kind and in any amount. These prohibitions cover any individual's actions, which are part of university activities, including those occurring while on university owned or leased property or in the conduct of university business away from the campus.

Students who violate university policy or state law regarding alcohol, marijuana, or illicit drugs may be subject to university disciplinary action as well as potential criminal action. Violations of the Student Code of Conduct, which include prohibited alcohol or drugs use, fall under the jurisdiction of the Office of Student Conduct and Conduct Resolution. Possible sanctions range from educational sanctions up to exclusion from campus. More information can be found in the [Student Code of Conduct.](#)

It is important to remember that alcohol, marijuana and illegal drugs are not permitted in the residence halls. In addition, federal law continues to prohibit the possession or use of marijuana on the University of Colorado campus. In Colorado, you can be charged as a minor in possession for marijuana or alcohol use if you are under 21 years of age.

As a smoke-free campus, the university prohibits the use of smoking products (including e-cigarettes and vaping) on campus grounds including campus maintained and operated parking lots and campus maintained sidewalks.

If you have any questions regarding the university's policies or need access to additional resources, please visit [www.colorado.edu/aod](http://www.colorado.edu/aod).

### Campus Resources

- Counseling and Psychiatric Services, 303-492-2277 or [www.colorado.edu/counseling](http://www.colorado.edu/counseling)
- CU Collegiate Recovery Center (CRC), 303-492-9642 or [www.colorado.edu/recoverycenter](http://www.colorado.edu/recoverycenter)
- Health Promotion, 303-492-2937 or [www.colorado.edu/health/promotion](http://www.colorado.edu/health/promotion)
- Medical Services, 303-492-5101 or [www.colorado.edu/healthcenter](http://www.colorado.edu/healthcenter)
- If you have any questions about the university's alcohol and other drugs program, please contact [wellness@colorado.edu](mailto:wellness@colorado.edu).



## Human Resources

UNIVERSITY OF COLORADO BOULDER

At the University of Colorado Boulder, we want to create a safe environment that helps our employees thrive and be successful. With that goal in mind, and in compliance with the federal Drug Free Schools and Communities Act, please review the [University of Colorado Alcohol and Drugs Guidelines for Employees](#), which provides information regarding the following:

- university sanctions and local, state, and federal laws and penalties related to alcohol and drugs;
- health effects of alcohol and other drugs;
- and resources for those seeking assistance for substance abuse and dependence.

The guidelines prohibit the unlawful manufacture, dispensation, possession, use or distribution of a controlled substance (illicit drugs and alcohol) of any kind and of any amount. These prohibitions cover any individual's actions which are part of any university activity, including activities occurring while on university property or in the conduct of university business away from the campus.

To read the full text, visit the [Alcohol & Drugs Guidelines](#) webpage.

Thank you for your compliance with these guidelines and for helping to create a safe campus community. If you have questions regarding these guidelines, please contact Employee Relations at 303-492-6475.

Human Resources | University of Colorado Boulder  
303-492-6475 | [hmail@colorado.edu](mailto:hmail@colorado.edu)

# An Integrated Approach to Substance Use

The University of Colorado Boulder provides an integrated approach for individuals and the community to navigate and address substance use.

## 5 Recovery

Provides support for students in recovery

- Recovery meetings
- Student leadership opportunities
- Coaching and peer mentoring
- Community support
- Sober campus housing

## 4 Treatment

Provides evaluation and limited treatment

- Outpatient substance use evaluations
- Medication-assisted treatment
- Substance use counseling, behavioral health or psychiatry sessions
- Case management

## 3 Early Intervention

Encourages small group or one-on-one conversations to reduce risk or harm

- Early intervention outreach
- Screening, Brief Intervention and Referral to Treatment (SBIRT)
- Brief Alcohol Screening and Intervention for College Students 1 and 2 (BASICS)
- Alcohol impact circles
- Nicotine cessation
- Community living class
- Restorative justice

## 2 Targeted

Provides resources to subgroups that may be at higher risk

- On-Campus Living: WellCheck, ResX floor meetings, ResX resources
- Off-Campus Living: Party registration, PartySmart guide for off-campus parties, landlord summit, messaging with landlords
- Trainings: PartySmart, Responding to Student Substance Use, Recovery Ally, Overdose Awareness Prevention (presentation and video)
- Preventive screening and Naloxone available through Medical Services

## 1 Universal

Focuses on the CU community

- **Policies:** Smoke-free campus, Amnesty policy, Student Code of Conduct, Residence Halls Handbook, Alcohol Service on Campus, Planning Events with Alcohol, Purchase of Alcoholic Beverages
- **Enforcement:** Conduct violations, minor in possession and fake ID tickets
- **Education:** CU Boulder Today articles, educational outreach, annual notifications to students, faculty and staff
- **Programs:** Fri-Yay Night series, Halloween programs, St. Patrick's Day programs, finals programs, nicotine pod disposal
- **Social marketing:** Drink sizes, recovery position, where to get help, effects of alcohol on the brain
- **Awareness events:** Prescription Drug Takeback, Overdose Awareness, College Alcohol Awareness Week



Health and Wellness Services  
UNIVERSITY OF COLORADO BOULDER