

TOWSON UNIVERSITY

ALCOHOL and OTHER DRUGS
PROGRAMMING EFFORTS

Biennial Report

Presented to the Vice President of Student Affairs
On behalf of the
Substance Education Concerns Committee:
Alcohol Programming Committee
AY2017-2019

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This memorandum documents Towson University's (TU) Alcohol and Other Drug (AOD) harm reduction and enforcement programs, interventions, referral, and support services for both effectiveness and consistency. This review applies to programs and services for students and employees of TU. The University's Division of Student Affairs, in conjunction with the efforts of Campus Life, TU Police Department, the Office of Student Conduct and Civility Education, and the Health Center is primarily responsible for AOD services and enforcement of sanctions for alcohol and drug related violations, per the Code of Student Conduct which establishes community standards of acceptable behavior. Towson University's AOD programs, policies, and enforcement procedures for employees, including its Employee Assistance Program, INOVA, are the responsibility of the institution's Office of Human Resources.

Distribution of Documents

As required by the Drug Free Schools and Communities Act of 1989, Towson University distributes the *Annual Notification* of TU's Drug and Alcohol Prevention Program by email to all students (undergraduate and graduate) and employees to their University email address. These emails are sent in September, January, and June to ensure all University members are provided with this information, regardless of enrollment time, and/or start date. Additionally, the *Annual Notification* is embedded on the University Office of Human Resources website. All new employees are provided with a copy of the *Annual Notification* and *Biennial Review* during their new employee orientation.

Section I: Services and Program for Students

Consistency of Alcohol and Other Drug Programs:

TU consistently utilizes best practices to create and implement their comprehensive prevention program, which is aimed at reducing student substance use and related risks. The following table outlines the University's 3-in-1 prevention framework.

Towson University's 3-in-1 AOD Environmental Management Prevention Model	
Interventions at the individual level for students	• Screenings, assessments, and referral for education or treatment • Education interventions • Support groups • Parental notification of policy violations • Faculty/Administrator/Staff/ Student Leaders conversations with students • Athletic drug testing

Interventions at the student population (group) level	• Consistent policy enforcement • Referral of students with conduct violations for education and/or evaluation and treatment • Alcohol-free social activities • Alcohol eCheckUp To Go online education requirement for new students • Social norms messaging campaigns • Outreach and prevention presentations and programs • Friday and morning classes • Living-learning communities • Peer education • Alcohol Free Floor housing option
Interventions at the University and surrounding community level	• TU Substance Education Concerns Committee and Alcohol Programming Committee • University representation on local coalitions • University representation in neighborhood associations • Participation in the Maryland State Collaborative to Reduce Underage Drinking and Associated Harm

The following procedures represent the key programmatic elements of our campus prevention efforts.

Individual Level Interventions for Students:

- **Screenings, assessment, and referral for education or treatment:** TU provides access to all students to individual substance use counseling by state licensed alcohol and drug counselors and/or a nationally certified counselor. These services are free for all students and can be accessed through a number of avenues, including the university conduct system, referrals from faculty, staff, and administrators, peers, family members, and/or self-referral. TU provides a continuum of care ranging from basic psychoeducational information and support to outpatient level I treatment. Individual and group counseling and education is also available in the forms of motivational interviewing, individualized feedback, social norms messages, and client- centered counseling.
- All students who are found responsible for a low-level alcohol violation, which typically includes students with an underage possession of alcohol charge, are sanctioned to complete alcohol education sessions through the Counseling Center's Alcohol Prevention Peer Education Program. The standard sanction for an initial, low-level, alcohol policy violation is a 3-hour Party 101 group education session. Any subsequent violation of the alcohol policy, or an initial violation of greater severity than an underage possession charge, typically results in a mandated assessment

by a counselor in the TU Counseling Center (TUCC) to determine if an alcohol use disorder diagnosis is present. At that point, the student is required to follow treatment/education interventions, as recommended by the counselor. All students found responsible for any drug violations are required to complete an assessment conducted by a counselor. Students may also be sanctioned to complete the Brief Alcohol Screening and Intervention for College Students (BASICS) program, which consists of two individual sessions utilizing motivational interviewing techniques aimed to educate students about risks associated with alcohol, and is adapted to address risks associated with marijuana use as well. Students who have multiple alcohol and/or drug violations risk suspension from the University, with the condition that a drug/alcohol treatment program is completed prior to their return. Students who are found responsible for drug distribution are expelled from the University.

- **Education interventions:** Education interventions are administered in two ways on TU's campus, which includes: 1) the conduct process, which engages students in opportunities for learning through their participation in an educational, fair, socially just, and multi-faceted adjudication process that addresses allegations of misconduct; 2) Party 101, and; 3) The Brief Alcohol Screening and Intervention for College Students (BASICS) programs which combine clinical sessions and individualized feedback with education regarding normative alcohol and other drug use on our campus.
- **Support groups:** The TUCC's Substance Education, Treatment, and Prevention Services programs offers supportive and interpersonal psychoeducational groups for students who abstain from alcohol and other drug use, and who are seeking support to maintain such a lifestyle. The TUCC also offers a collegiate recovery community (CRC) with Tigers in Recovery, designed to support TU students that are in or are seeking recovery from alcohol and drug addictions. There is also a group offered to students who are coping with the effects of another person's substance use, especially those students who have a parent/family member with a history of substance use issues.
- **Parental notification of policy violations:** TU views parents/guardians and families as partners in the educational process. Therefore, parents/guardians are notified of any drug policy violation and/or hospital transport, and may be notified of other less severe alcohol violations based upon the discretion of the Office of Student Conduct & Civility Education staff.
- **Faculty/Administrator/Staff/ Student Leaders conversations with students:** There are two primary ways by which substance use issues, concerns, and consequences are highlighted and addressed on campus: 1) Advisor notification in the event of a conduct violation. In such an event, professors are able to utilize their relationships with students to help facilitate a discussion about what is taking place in the students' lives as well as help the students access services, and 2) The Messina Living-Learning Program, through which students have the opportunity to become, and remain, engaged in conversations with faculty, administrators, and peers. By creating this greater connectivity, students are supported throughout numerous areas of campus.
- **Athletics:** The TUCC supports the Athletic Department's NCAA issued random urine drug screening program by providing assessments and counseling to athletes who produced positive urine drug screens.

Student Population Level Interventions:

- **Consistent policy enforcement:** Our conduct system requires that all students who are in violation of campus alcohol and/or drug policies are provided counseling and/or education by a licensed addictions counselor.

- **Referral of students with conduct violations for education and/or evaluation and treatment:** Students who are found responsible for AOD related violations of community standards are mandated to the TUCC for AOD harm reduction education, clinical assessments to determine if a substance use disorder is present, and recommendations for treatment of alcohol or drug use disorders.
- **Alcohol-free social activities:** The University offers many opportunities for students to become involved in pro-social, substance-free activities, such as retreats, service work, recreational sports, dances, theater, movies, Orioles games, and campus late-night programs throughout the year.
- **E-check Up to Go/Safe Colleges:**
- **Social norms messaging campaigns:** Our campus-wide social norms educational program seeks to reduce irresponsible alcohol and/or other drug use by correcting students' perceptions that irresponsible alcohol use is a TU norm. Our social norms campaign changes each year based on CORE and/or NCHA data and is promoted through posters, t-shirts, Towerlight ads, bus stop panel ads, etc. In addition, normative data is shared with students during educational sessions for all incoming students throughout summer orientation. The BASICS program also supports, reviews, and promotes social norms with students who participate in that program.
- **Outreach- prevention presentations and programs:** The TUCC, along with the TU Alcohol, Tobacco, and Other Drugs (ATOD) Center, offers numerous presentations throughout the year to educate students about the possible effects that substance use can incur, potential related risks, as well as the value and benefit of bystander intervention training as a way of contributing to the overall reduction of students' substance use. All summer orientation programs include presentations to students and families on the college drinking culture. These presentations include effective social norms messages that are designed to correct misconceptions and reduce substance use. In addition, the TUCC Alcohol and Drug Peer Educators are often requested to speak with students in residence halls, during class time, to Greek chapters, and other campus groups to educate groups of students on the effects and implications of substance use behaviors.
- **Friday and morning classes:** Friday morning classes are offered to help serve as a deterrent to drinking on Thursdays, and targets student's perceptions of the weekend versus week long responsibilities.
- **Peer education:** The TUCC oversees the Alcohol and Drug peer education group. Peer educators provide educational presentations and serves as a partner and resource for other student groups who plan and implement substance-free programming.
- **Living Learning Communities:**
Alcohol Free Floors: TU offers students two substance free housing options: SEE WEBSITE FOR LANGUAGE 1) Students can apply to live in the substance-free housing block on campus, which is a designated residential section of on-campus housing for those students who wish to be substance free, and 2) Students may select a substance-free roommate, which allows for students to live in any on-campus residence with a substance-free roommate, but not necessarily an entire substance-free suite/apartment. Both options require that the students agree that there will be no alcoholic beverages or illicit substances in the room, nor will anyone in that area, or direct roommate, respectively return to that space under the influence of alcohol or other drugs. Furthermore, no visitors who are under

the effects of alcohol or other drugs are permitted in in any area designated substance-free area.

University and Surrounding Community Level Interventions:

- **Towson University Substance Education Concerns Committee (SECC) and the Alcohol Programming Committee:** Through the campus-wide SECC, the committee reviews and discusses data and AOD use trends on campus, seeking to better understand and address them in accordance with best practices. The main area of focus for the SECC has been to gather data to better understand TU's culture of pre-gaming and begin to develop strategies to reduce this high risk behavior, and to understand other aspects of behavior that concerns the campus community related to AOD. The committee serves as the University's coordinating committee for alcohol and substance related issues, including reviewing and evaluating overall messages about alcohol consumption, education and prevention programming, data collection and analysis about alcohol and other drugs on campus, and the maintenance of relationships with external organizations on issues related to alcohol and other drugs.
- **University representation on local coalitions:** Representatives from Towson University take part in the Baltimore County Combating Underage Drinking Coalition. The mission of this coalition is "to reduce both underage access to alcohol and the high-risk use of alcohol by youth and young adults in the Baltimore Metropolitan area through the collaborative efforts of a diverse group of members utilizing a variety of comprehensive strategies to help share information as well as partner with the community to address the impacts and multiple facets of student substance use,"
(<https://www.baltimorecountymd.gov/Agencies/health/boards/underagedrinking.html>).
- **University representation in neighborhood associations:** Towson University is dedicated to help and improve town and gown relationships by maintaining an active presence at local neighborhood association meetings. In addition to attending these meetings, the University also sends representatives to neighborhood association meetings in an effort to address any concerns relating to substance use, such as large-scale parties, for our off-campus student population.
- **Participation in the Maryland State Collaborative to Reduce Underage Drinking and Associated Harm:** Towson University is an active partner school with the Maryland Collaborative to Reduce College Drinking and Related Problems, which has helped to: 1) pass legislation to reduce the likelihood of off- campus parties through noise ordinances, which is referred to as the Social Host Policy and was initiated as a pilot in Baltimore County in 2016, successfully expanding to additional communities in 2017 and 2018. 2) The Collaborative continues to serve as a resource to institutions of higher education in the state, as well as to students and parents, to which we refer our community for additional information.

Re-entry to the University:

The Assistant Vice-President of Student Affairs office evaluates medical documentation prior to students returning from a medical leave of absence, during which treatment for substance use was recommended. It is encouraged upon the student's return to the University for that student to meet with a counselor in the TUCC's Substance Prevention, Education, and Treatment Services program. This will further support the student to develop an after- care plan, which involves coordinating and establishing a supportive network as the student continues through the

University. If appropriate, the student is also encouraged to connect with the University's Collegiate Recovery Community, Tigers in Recovery. If the student is continuing with their off campus provider, this additional support occurs while the student continues to receive therapeutic support and facilitates in their transition back to the University.

Accomplishments during 2017-2019

1. During the 2018-2019 academic year the use of the E-Check-Up to Go program was utilized for all incoming new students. This program replaced prior years' use of Everfi's alcohol edu. E-Check-Up to Go is a personalized, evidence-based, online prevention intervention program developed by psychologists at San Diego State University. The TU community is invested in ensuring all students are equipped with information that will empower them to make well-informed decisions about alcohol, and to ensure they are aware of rights and responsibilities as a member of the campus community. In addition, the personalized feedback they receive is intended to provide a basis of motivation by helping students understand their own use and risk factors.
2. In 2019 TU began to utilize the Safe Colleges training course: Prescription Addiction-Opioids, to convey information and assess knowledge and understanding regarding America's opioid crisis, along with key information regarding preventing or coping with an opioid addiction. This program is required of all incoming graduate students.
3. In 2017-2019 all incoming undergraduate students continue to receive prevention and intervention information regarding prescription drugs, specifically opioids, through an in-person presentation given either during Orientation to TU or Welcome to TU. This presentation reviews what opioids are, symptoms of use and potential side-effects, dangers of prescription sharing, how to identify an overdose, what to do if someone is under the influence, information regarding campus resources, etc.
4. Throughout the 2018-2019 academic year, the TU Substance Prevention, Education, and Treatment Services team, along with the assistance of a doctoral intern, created and implemented a pilot study aimed to assess student use and perceptions of risk of marijuana. Surveyed students were those coming in for TUCC services. Initial data from this survey is intended for primarily informational purposes to enhance understanding of patterns of use amongst students accessing mental health services and also of perceptions of risk regarding marijuana amidst current trends statewide and nationally regarding decriminalization and legalization of this substance. In what way might this early data further inform the direction of both our campus programming as well as clinical interventions to better understand our students?
5. The TU Substance Prevention, Education, and Treatment Services team continues to collaborate with the department of Campus Life to provide late night, substance free programming on weekends for the campus community.
6. The TU Substance Prevention, Education, and Treatment Services team continues to support the Athletic Department by providing substance use assessments, ongoing therapy, or referral to athletes referred to the TUCC following a positive drug test result.
7. Beginning with the fall 2018 semester, the TUCC Substance Prevention, Education, and Treatment Services team, in collaboration with the Office of Student Conduct & Civility Education, restructured the sanctioning and referral of students for services related to first offense or low level (suspicious odor of marijuana only) marijuana citations. Due to an increase in referrals to substance use assessments, the restructure instead referred these students to an early education/intervention measure, Party 101, reserving clinical hours for substance use assessments

for repeat offenders of the drug policies, or for cases heard during the conduct process deemed beyond the scope of early education/intervention. This resulted in students receiving more appropriate interventions for the type of policy infraction incurred.

8. The TU Substance Prevention, Education, and Treatment Services team continues to encompass the support of an active outreach team, consisting of a full-time Alcohol & Drug Health Educator, a part-time graduate assistant, and undergraduate interns from the TU Department of Health Science and Family Studies.

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10. As a result of our comprehensive prevention program based on the National Institute on Alcohol Abuse and Alcoholism's 3-in 1 model, the 2015-2016 academic year saw a 58% reduction in the number of students mandated to SSWP for AOD related services. These data were collected from our electronic records software.

11. By enhancing interdepartmental collaboration the University has combined the annual notices required by the Drug Free Schools and Communities Act so that there is one document that addresses both the needs of students as well as employees. This document is distributed to the campus community through direct emailing to all members of the campus community as well as by making it available on numerous university websites (i.e., Human Resources, and Student Support and Wellness Promotion) for ongoing access.

12. The Office of Student Support and Wellness Promotion, Student Life, Campus Police, and Student Government Association have created and implemented a Responsible Action Protocol which provides amnesty for any student who helps to assist a peer who is experiencing an alcohol emergency.