



2016-2018 BIENNIAL REVIEW

Submitted in compliance with the 1989 Drug-Free Schools and Communities Act

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Iowa State University's AOD Program Elements

Prevention
Education
Enforcement
Sanctioning
Treatment & Prevention

Prevention

Alcohol Edu for College

Alcohol Edu was developed in collaboration with leading prevention experts and researchers. The interactive content has been guided by recommendations from the National Institute of Alcohol Abuse and Alcoholism (NIAAA); informed by emerging research on evidence-based practice (e.g., social norms approach, bystander intervention); cited as a top-tier strategy by NIAAA in their CollegeAIM Matrix; and is the most widely used universal online alcohol/other drug prevention program since its development in 2000.

During the 2016-2017 academic year, 5,237 new, direct from high school, students entering Iowa State completed this online program. During the 2017-2018 academic year, 5,007 new, direct from high school students entering Iowa State completed this online program. For more information, the Impact Reports (including an overview of the program, Iowa State and national student data comparisons) for 2016-2018, see *Appendices 1 and 2*.

Alcohol Free Programming

The University provides a variety of alcohol free programming throughout the year.

Department of Residence

- The Department of Residence (DOR) makes a conscious effort to provide educational programs during times of the week/semester/year when alcohol and other drug consumption is expected to be higher (such as football season,, spring break, etc.). DOR partners with other campus departments, including ISU Police, to provide programming that is relevant and engaging. These programs have traditionally been well attended. The DOR has allocated specific funds, available to student staff, for late night alcohol-free programming.

Sorority and Fraternity Engagement

- During the 2016-2017 academic year, fraternities and sororities registered for 421 alcohol free social events.
- During the 2017-2018 academic year, fraternities and sororities registered for 433 alcohol free social events.

ISU AfterDark

- ISU AfterDark is a late night, substance free alternative program that offers numerous activities, food, entertainment, crafts, bowling, billiards and more – all for free to ISU students.
- The expected outcomes are for people to come and have fun in a setting free from alcohol.
- Offered at least 3 times per semester, 6 times per year. Fridays from 9 pm to 1 am.
- For the past three years, ISU AfterDark has averaged 2,000 - 2,500 participants per night.

Cyclone Cinema

- Cyclone Cinema is a cost-free campus movie program that offers blockbuster or Oscar nominated films, typically pre-home released or right after they come out on DVD.
- The expected outcome is to offer a diverse schedule of films each semester and for participants to have fun at a high-quality movie experience.
- Alcohol is not permitted.
- Discounted concessions are also available for purchase.
- Occurs every Thursday, Friday, Saturday and Sunday throughout the fall and spring semesters. Showings occur at 7 and 10 pm.
- Cyclone Cinema routinely draws over 27,000 participants per year and in 2016 drew an all-time attendance record with over 30,000 participants.

Paint Your Own Pottery/Drop-In Crafts

- Participants choose a piece to paint or a themed crafted activity such as sharpie mugs or water-color painting. There is a small fee to participate, discounted for ISU students.
- Students and other participants are able to relieve stress, think creatively and connect with others in a social, alcohol-free setting.

- Every Friday from 4-8pm, not including holidays and breaks.
- Attendance averages 25-50 people per Friday.

Education

Student Wellness

Student Wellness is a new department on campus that is part of the Student Health and Wellness unit, which also includes; Thielen Student Health Center, Student Counseling Services, and Recreation Services. Student Wellness launched on February 24th, 2017. Student Wellness is focused on health promotion and prevention. Student Wellness follows a holistic wellness model and utilizes a public health approach. Student Wellness developed a peer wellness educator program where students facilitate a variety of different health and wellness workshops for other students. Peer Wellness Educators facilitate one presentation on alcohol use and harm reduction called “Party Like a Cyclone”. Data for FY 18 are in table below. Student Wellness works with campus partners to plan, implement, and evaluate other alcohol and substance use strategies on campus. For example, in 2017, Student Wellness created a resource guide for students related to alcohol use and partying that is on our website, along with other health education information about substance use (<https://www.studentwellness.iastate.edu/alcohol-2/>). Student Wellness also partnered with the Department of Residence to create a social marketing campaign around alcohol use for all students living on campus. The campaign included social media, bulletin boards, and talking points for Community Advisers around alcohol use to share with their residents.

Academic Year	Number of Presentations	Estimated population reached
FY 18	8	265

DOR

The DOR spends a significant amount of time training Community Advisers (CAs) on addressing policy violations and specifically alcohol and other drug related offenses. As a part of their training, CAs participate in Behind Closed Doors, an interactive scenario based confrontation exercise. During this exercise, there are several scenarios related

to alcohol and other drugs where CAs are required to confront the situation, discuss the issue with the “student”, provide an explanation of the policy, and document the occurrence in an incident report. As a part of training, DOR partners with ISU PD to assist CAs in identifying drugs, including a “marijuana burn.” CAs are trained in basic first aid and medical response, including finding a student who has over consumed alcohol or other drugs.

Office of Student Conduct (OSC)

OSC offers several presentations that are specific to alcohol and other drugs (AOD), with particular attention given to the Greek Community, Orientation, Academic Program for Excellence (APEX), and student athletes. Below is a list of the presentations that included AOD information from the OSC.

2016

- July – APEX
- August – Cyclone Aids; Greek Advisors (graduate students, staff, faculty, and non-university)
- September – Freshman Student Athletes

2017

- January - IFC/CPC Events Policy Training
- February – CPC Judicial Training; IFC Judicial Training;
- June – Orientation

2018

- January – Greek chapter presentations (three separate chapters); Greek Student
- February – CPC Judicial Training; IFC Judicial Training;
- April – Cyclone Aids; Sorority and Fraternity Leaders

Starting in Spring 2017, OSC developed a comprehensive communication campaign called Know the Code which focuses on the disciplinary regulations. As a part of this, AOD infographics and resources were created in an effort for students to understand the policies, law, and health factors associated with alcohol and other drug use. As a part of Know the Code, tips and resources were also shared via Twitter and Facebook, a display was placed in the Memorial Union during Fall 2017 semester, and a mini Halloween campaign related to alcohol ran in October of 2017.

- The AOD infographic can be viewed here:
<https://knowthecode.dso.iastate.edu/sites/default/files/ctools/4.2.2%20Infographic.pdf>

- The AOD resources page can be viewed here:
<https://knowthecode.dso.iastate.edu/resources/alcohol-and-other-drugs>

ISU Police (PD)

The Iowa State Police facilitate a variety of on-campus presentations and programs targeted at alcohol and other drugs. These programs include educational lectures, demonstrations, and hands-on experiential learning. Below are the number of presentations given from 2016-2018.

Academic Year	Number of Presentations	Estimated Number of People Reached
2016-2017	38	3725
2017-2018	39	2900

ISU Athletics

In addition to the baseline educational opportunities provided to all students at the University, the Iowa State Athletics Department focuses a substantial amount of time to educating athletes about alcohol and other drug use. The following are examples of educational opportunities targeted toward student-athletes.

2016-2018

Summer Bridge Program

- Dean of Students Office – Kipp Van Dyke (Director of the Office of Student Assistance)
 - Drugs & Alcohol Education
 - Decision Making

University Studies 101D

- Alcohol & Decision Making
 - Virtual bar website – allows student to input height, weight, age, gender, etc. to see how each type of drink will affect them and how long it will take for their BAC to return to zero
 - Education regarding what is considered one drink; alcohol equivalency
- MyPlaybook – part of the NCAA Sport Science Institute
 - Alcohol & Other Drugs (Core Course – approx. 75 minutes)
 - The core course covers the NCAA’s drug testing procedures and protocols and provides education to student-athletes on the NCAA’s banned substance list. This course is devoted to targeting normative perceptions held by student-athletes, their alcohol and

other drug expectancies, as well as their efficacy to use harm prevention strategies for themselves and others. Student-athletes explore alcohol and drug use by other student-athletes and compare it to their own use/non-use. Additionally, they consider ways to reduce the negative effects of alcohol and other drug use on their athletic and academic performance.

- - Sexual Assault Prevention Course (approx. 45 minutes)
 - myPlaybook Sexual Assault focuses on normative perceptions, behavioral intentions, and harm prevention. Specifically, this course uses evidence-based strategies to correct misperceptions regarding the prevalence and acceptability of sexual assault on campus among student-athletes. The course outlines content related to the rights of student-athletes and the responsibilities of their university related to sexual assault, and promotes the development of intellectual skills aimed at increasing student-athlete self-efficacy to be safe active bystanders.
- Sexual Misconduct/Harassment
 - Jacob Cummings (Office of Equal Opportunity) – In his presentation on sexual assault, Jacob discussed how alcohol factors into decision making and how student-athletes are in the spotlight
- Campus Panel/Campus Safety
 - Lieutenant Elliott Florer (ISU PD) – Spoke about alcohol, decision making, and bystander intervention when discussing ways to stay safe on campus
- Consent and Bystander Intervention
 - Jazzmine Brooks (Violence Prevention Coordinator-Student Wellness) facilitated a discussion to each UST 101D section to speak about the definition of “consent” and how to intervene effectively in high-risk situations.

APPLE Conference

- APPLE is a national training dedicated to substance abuse prevention and health promotion of collegiate student-athletes
- Student-athletes create action plan to bring back and implement at their respective universities
- 4-5 ISU student-athletes participate annually; have been attending 5+ years

National Student-Athlete Day Celebration

- APPLE group presents to peers
 - Alcohol education Bingo game

SWAG Academy Professional Development Conference (sophomores/juniors)

- Alcohol in a professional setting: do’s and don’ts

Annual Team Meetings

- Compliance Office – review of university, Big 12 and NCAA drug testing policies
- Coaches/team rules

Promotion of Campus Events/Trainings

- Alcohol Edu for first-year students
 - Provides information on alcohol and its effects on the brain, body, and behavior

DOR

The Department of Residence community advisers (CAs) host alcohol education programs and alcohol alternative events during the year for residents in their houses. A full list of all fiscal year 17 and fiscal year 18 programs are listed in *Appendix 3*.

Enforcement

Alcohol continues to be the most commonly used drug among ISU students and results in the highest number of violations of the Student Disciplinary Regulations and DOR Policy Handbook each year. While education and prevention remain a top priority, the consistent and timely enforcement of the rules and regulations is critical to the quality of the educational environment and the success of students. Enforcement is focused on harm and risk reduction and decreased recidivism.

DOR

CAs are responsible for monitoring, documenting, and reporting all incidents of possible violations or abuse involving alcohol and other drugs in DOR facilities to the appropriate Residence Life Coordinator. When needed, CAs seek the assistance of on-call professional staff and/or the ISU PD for enforcement.

DOR's AOD enforcement efforts for 2016-17 and 2017-18 are summarized below.

<u>2016-17</u>	<u>Total Charged</u>	<u>Found Responsible</u>	<u>Found Not Responsible</u>
<u>AOD Policy Handbook Violation</u>	<u>219</u>	<u>120</u>	<u>99</u>
<u>AOD Student Conduct Violation</u>	<u>431</u>	<u>288</u>	<u>143</u>

<u>2017-18</u>	<u>Total Charged</u>	<u>Found Responsible</u>	<u>Found Not Responsible</u>
<u>AOD Policy Handbook Violation</u>	<u>241</u>	<u>159</u>	<u>82</u>
<u>AOD Student Conduct Violation</u>	<u>362</u>	<u>236</u>	<u>126</u>

OSC

Most referrals (79.5%) to OSC for alcohol and other drugs are from Iowa State Police Department. Ames Police, DOR, Faculty/Staff, and Sorority/Fraternity Engagement also make referrals for AOD related behaviors.

The following information provides demographic information about the students OSC charges for alleged violations of the student disciplinary regulations #4.2.2 Misuse of Alcoholic Beverages and Controlled Substances.

STUDENT CLASSIFICATION	2016-2017 NUMBER OF STUDENTS	2016-2017 PERCENTAGE OF CASES	2017-2018 NUMBER OF STUDENTS	2017-2018 PERCENTAGE OF CASES
Freshman	130	35.33%	123	33.42%
Sophomore	94	25.54%	106	28.80%
Junior	66	17.93%	86	23.37%
Senior	62	16.85%	49	13.32%
Graduate	4	1.09%	2	0.54%
Special	2	.54%	1	0.27%
Organization	10	2.72%	1	0.27%

COLLEGE	2016-2017 NUMBER OF STUDENTS	2016-2017 PERCENTAGE OF CASES	2017-2018 NUMBER OF STUDENTS	2017-2018 PERCENTAGE OF CASES
College of Agriculture and Life Sciences	52	14.61%	51	13.90%
College of Business	90	25.28%	99	26.98%
College of Design	18	5.06%	25	6.81%
College of Engineering	86	24.16%	91	24.80%
College of Human Sciences	36	10.11%	37	10.08%
Liberal Arts and Sciences	74	20.79%	64	17.44%

RESIDENCY	2016-2017 NUMBER OF STUDENTS	2016-2017 PERCENTAGE OF CASES	2017-2018 NUMBER OF STUDENTS	2017-2018 PERCENTAGE OF CASES
In State	192	53.63%	189	51.50%
Out of State	158	44.13%	171	46.59%

International	8	2.23%	7	1.91%
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Sex	2016-2017 NUMBER OF STUDENTS	2016-2017 PERCENTAGE OF CASES	2017-2018 NUMBER OF STUDENTS	2017-2018 PERCENTAGE OF CASES
Male	275	76.82%	283	77.11%
Female	83	23.18%	84	22.89%

During AY 2016-2017, OSC heard 368 cases involving alcohol and other drug violations, making up approximately 59% of the total case load for the office. During AY 2017-2018, OSC heard 368 cases involving alcohol and other drug violations, making up approximately 54% of the total case load for the office. The below chart is a break down by type of AOD violation.

OFFENSE	AY 2016 - 2017	PERCENTAGE OF AOD CASES	AY 2017 – 2018	PERCENTAGE OF AOD CASES
Operating While Intoxicated	54	14.29%	45	11.60%
Public Intoxication	111	29.37%	82	21.13%
Possession of Alcohol Under the Legal Age (PAULA)	116	30.69%	168	43.30%
Possession of a Controlled Substance/ Possession of Drug Paraphernalia	97	25.66%	93	23.97%

ISU PD

ISU PD takes a proactive approach with enforcing alcohol and drug violations around the Iowa State University campus. ISUPD provides enforcement of all laws and city ordinances and has primary jurisdiction for law enforcement on the Iowa State University campus. The department also works closely with the Ames Police Department in enforcing laws and ordinances on and off university property. Information regarding liquor and drug law violations can be found in ISU's Annual Security and Fire Safety Report, which is compiled by the department.

OFFENSE	07-01-16 through 06-30-17	07-01-17 through 06-30-18
Liquor Law Violation	216	363
Public Intoxication	189	181
OWI	141	131
TOTALS:	546	675

ISU Athletics

Appendices 4, 5, 6, 7 and 8 provide information on NCAA and Big XII Drug Testing.

Sanctioning

Sanctioning from Student Disciplinary Regulations and DOR Policy Handbook

Student disciplinary cases involving the misuse of alcohol and other drugs are heard and adjudicated by the Department of Residence and/or the Office of Student Conduct. Students found responsible for violating AOD related policies are held accountable in accordance with the policies described in the Student Conduct Code. Sanctioning decisions are based on the case classification, severity of the behavior, and past disciplinary issues. Most first-time violations are classified as a level 2 case. Students who have numerous alcohol and other drug violations, could face a level 1 case classification which could result in separation from the University.

The hearing and sanctions are intended to help students understand their alcohol and other drug use, establish strategies to reduce future violations, and accept responsibility for the policy violation.

Below are common sanctions that are used for level 2 alcohol and other drug violations. The sanctions assigned to students are based on severity of incident, number of offenses, and content of the hearing. Some students are assigned numerous sanctions while others may only receive disciplinary reprimand.

The below sanctions can also be used for Level 1 violations, however, level 1 violations can also include outcomes up to and including suspension or expulsion from the university.

For both level 1 and level 2 violations, removal from university housing is a less common sanction, but one that is used when it is determined that students are either

negatively impacting the community or would benefit educationally from being restricted from this housing option.

For alcohol and other drug violations, students are often assigned an educational sanction that is targeted at helping the student's understand their use, risks of use, and establish strategies for use or reduction.

Education and Assessment Examples:

Education: AlcoholEDU for Sanctions

AlcoholEDU for Sanctions is an online program designed to reduce harmful consumption of alcohol and associated problems among students who choose to drink alcohol. The program consists of two parts that includes a pre-test and a post-test section. You will be added to the online course by your conduct administrator and will be completed via Canvas. To successfully complete the course, you must receive at least 80%. Your results will be automatically sent to your conduct administrator. 30 days after completion, you will receive part two of the course.

Educational Requirement: Marijuana eCHECKUP TO GO

This online tool is a personalized, evidence-based, prevention and intervention program based on the user's marijuana use. At the conclusion of this program the user is asked to verify completion of the program and completion of a personal reflections module. The personal reflections module provides the user with a guided opportunity to thoughtfully reflect on their personal use profile provided by the program. The user's personal reflections are provided and reviewed by a Student Conduct hearing officer; if the user's responses do not indicate thoughtful reflection, the user may be asked to re-do the reflections or may be assigned an alternative sanction.

Educational Sanction: Alcohol eCHECKUP TO GO

This online tool is a personalized, evidence-based, prevention and intervention program based on the user's alcohol use. At the conclusion of the program, Student Conduct asks that the user verify completion of the program and completion of the personal reflections module. The personal reflections module provides the user with a guided opportunity to thoughtfully reflect on their personal drinking profile provided by the program.

Substance Abuse Assessment

You are required to provide certified documentation from a state approved agency which verifies that you have undergone a substance abuse screening / assessment, and submit verification on this agency's letterhead to the Office of Student Conduct.

Papers/Reflections Examples:

Educational Requirement: Disciplinary regulation 4.2.2 (Misuse of Alcoholic Beverages and Controlled Substances) states “alcohol must only be used in ways that neither harm no degrade the individual or the university community.” Write a one page reflection about your individual drinking behaviors and how those behaviors could have a negative impact on the university community.

Educational Sanction: You are required to submit in writing one or more strategies that you will use to ensure you do not have similar violations in the future.

Educational Sanction: A brief reflection (1-2 pages, typed) of the importance of obtaining your degree from ISU, your understanding of how any additional violations might impact this goal, as well as strategies you will use to ensure you do not receive an additional referral for an alcohol related sanction.

Educational Sanction: Create an individualized risk management plan. Risk management plans are intended to assist students in developing strategies to lower their risks associated with alcohol and/or substance use. There are a multitude of factors that can contribute to higher individual risk including the type of alcohol/substance being consumed, pace of consumption, location of the behavior, the people associated with the behavior, etc. The goal of this sanction is for students to develop strategies that lower risks associated with safety, health, and legal ramifications. You are required to develop 3-5 specific strategies for each of the following situations related to alcohol and/or substance use that would lower your safety, health, or legal risk.

- a. Hosting a gathering or party at your home.
- b. Attending a public gathering such as a tailgate or concert.
- c. Going out to drink at a bar, restaurant, or other establishment that serves alcohol.
- d. Attending a special event (21st birthday, New Years eve, etc.).

University Status/Reprimand Examples:

Disciplinary Reprimand: An official warning followed by the written notice to the student or student organization that their conduct is in violation of university rules and regulations.

Conduct Probation: A more severe sanction than a disciplinary reprimand. It is a period of review during which the student or student organization must demonstrate the ability to comply with university rules, regulations, and other requirements stipulated for the probation period.

Deferred Suspension: A suspension, but which is deferred subject to a period of observation and review. If a student is found responsible for further violation of the Student Conduct Code or an order of a judiciary body, suspension may be recommended to the Dean of Students Office.

Appendicies 9 and 10 provide examples of Sanction Letters from the OSC. *Appendix 11* is an example of a commonly utilized off-campus resource. *Appendicies 12 and 13* provide data regarding the e-Check-up To Go Marijuana and Alcohol online sanction programs.

Treatment and Intervention

Student Counseling Services (SCS)

SCS assesses substance use and substance use disorders as part of standard intake procedures when students enrolled at ISU request treatment services.

SCS treats mild to moderate substance abuse as part of numerous presenting concerns appropriate for intervention within the outpatient, short term model of treatment used in the counseling service. When more persistent or severe substance abuse disorders are present, clients are referred to community providers or providers in the client’s home region. In Ames, such referrals are typically made to Community Family Resources or Youth and Shelter Services. Both agencies provide treatment of substance abuse.

The following table gives statistics from diagnoses provided by SCS clinicians across Fiscal Year 17 and Fiscal Year 18. These are for any client with a drug or alcohol related diagnosis and these are not unique clients, but rather visit totals.

July 1, 2016- June 30, 2017		July 1, 2017- June 30, 2018	
Substance Use Disorder	# of sessions	Substance Use Disorder	# of sessions
Alcohol	370	Alcohol	291
Opioid	9	Opioid	9
Cannabis	198	Cannabis	298
Other	40	Other	21
TOTAL	617	TOTAL	619

Scores on SCS client self-reports of substance abuse concerns per a standardized instrument administered prior to selected treatment sessions, were not statistically different from those of a national sample across several hundred university counseling centers.

Thielen Student Health Center (TSHC)

TSHC assesses substance use/abuse and related disorders as a part of its regular visits with patients. Each patient is asked during intake if they use alcohol or other substances, to what extent and how often.

TSHC treats mild substance abuse as part of general family practice and/or psychiatric care.

TSHC provides drug screening if requested by a student, family, home-town medical provider – for personal use and knowledge. These drug screens are used for follow up if a student has a ‘contract’ or agreement with parents and/or medical provider as part of their agreed upon treatment and care plan.

If students need more intensive care and treatment, TSHC assists in arranging a transfer to various community treatment centers such as Community Family Resources, Youth and Shelter Services, and other treatment centers across the state of Iowa.

Visit numbers related to alcohol and/or drug-related visits. These are for any patient with a drug or alcohol related diagnosis and these are not unique patients, but rather visit totals.

	FY17	FY18
Alcohol	91	99
Drug	119	114
Drug & Alcohol	25	30

Employee Assistance Program (<http://www.hrs.iastate.edu/hrs/eap>)

Employee & Family Resources (EFR) provides the Employee Assistance Program (EAP) services for the ISU faculty, staff and administrators. The Employee Assistance Program (EAP) assists employees that have substance abuse or chemical dependency concerns through assessment, brief counseling, and referral. Up to six confidential sessions with a professional counselor are provided at no cost to the employee. If more sessions are needed, the counselor will refer and guide the employee to affordable resources or those covered by insurance. Additionally, a 24-7 crisis service is available, with a professional counselor on duty at all times.

Summary of EFR Employee Assistance Program

<https://www.hr.iastate.edu/benefits/new-employee-benefits/employee-assistance-program>

Employee Assistance Program Brochure

<https://www.hr.iastate.edu/sites/default/files/hr-managed-file/benefits/generic-usage/298/employee-assistance-program-brochure-2017-05-25-1218.pdf>

Employee & Family Resources Website

<https://www.efr.org/>

Employee Health Insurance Coverage for Substance Abuse

Alliance Select PPO*

Common Medical Event	Services You May Need	Your Cost if You Use an In-Network Provider	Your Cost if You Use an Out-of-Network Provider	Limitations & Exceptions
If you have substance abuse needs	Substance use disorder outpatient services	Office: 0% coinsurance Facility: 10% coinsurance	20% coinsurance	-----None-----
	Substance use disorder inpatient services	10% coinsurance	20% coinsurance	Reduction for failure to pre-certify is 30% and will not exceed \$2,000 per calendar year.

*Excerpt from Alliance Select Wellmark PPO Summary of Benefits & Coverage

<https://www.hr.iastate.edu/sites/default/files/hr-managed-file/benefits/generic-usage/414/wellmark-blueppo-summary-benefits-active-2018-10-31-1517.pdf>

Blue Advantage® HMO*

Common Medical Event	Services You May Need	Your Cost if You Use an In-Network Provider	Your Cost if You Use an Out-of-Network Provider	Limitations & Exceptions
	Substance use disorder outpatient services	0% coinsurance	Not Covered	-----None-----

If you have substance abuse needs	Substance use disorder inpatient services	0% coinsurance	Not Covered	-----None-----
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*Excerpt from Blue Advantage Wellmark HMO Summary of Benefits <http://www.hr.iastate.edu/sites/default/files/Employee%20Benefits/Insurance%20PDFs/Blue%20Advantage%20Summary%20of%20Benefits.pdf>

Student Health Insurance Coverage for Substance Abuse*
(Specific to the ISU Student and Scholar Health Insurance Program)

Common Medical Event	Services You May Need	Your Cost if You Use an			Limitations & Exceptions
		<i>ISU Thielen Student Health Center</i>	<i>WHPI (IN) Network Provider</i>	<i>WHPI (OUT) Network Provider</i>	
If you have mental health, behavioral health, or substance abuse needs	Substance use disorder outpatient services	N/A	No charge	40% coinsurance	-----None-----
	Substance use disorder inpatient services	N/A	20% coinsurance	40% coinsurance	Reduction for failure to pre-certify is 50% and will not exceed \$500 per admission.

*Excerpt from SSHIP Summary of Benefits & Coverage (<http://sship.hr.iastate.edu/sites/default/files/uploads/Benefits%20Page/Wellmark%20SB C.pdf>)

Statement of AOD program goals and a discussion of goal achievement

Many exciting staffing and organizational changes happened during this biennial review period. In 2016, the Director of Student Wellness and Student Wellness manager were hired and in February 2017, the official launch of the Student Wellness department occurred. During this time, Student Wellness was able to start working on AOD efforts on prevention, intervention, and recovery.

The sections of this report focus on strengths, limitations, and recommendations for 2016-2018 and provide a transparent account of what is going well, gaps, and goals moving forward. There is a strong commitment from university leadership and members of this committee to ensure continual review, progress, and goal achievement.

Summaries of AOD program strengths and limitations

Strengths

1. The Iowa State PD liaison program with the DOR fosters community building and helps when incidents do occur.
2. DOR and Student Counseling Services indicates a supportive relationship between residence life staff and officers and quick response times, all of which creates a positive environment.
3. In cases involving alcohol intoxication where there is not a transport to the hospital, ISU PD intervenes from a safety and welfare perspective, not one of punishment.
4. Conduct has moved from a punitive focus to more of a rehabilitation, therapeutic, care-centered philosophy with a focus on individual students, at all levels.
5. Planning for the development of a diversion program within OSC began in Spring 2018, with plans to make a more health centered process for alcohol and marijuana cases.
6. The level of student involvement in prevention and/or education initiatives is positive. In the Office of Sorority and Fraternity Engagement, for example, there are student leaders willing to take an active role for positive change.
7. Integrated view of alcohol, other drug and mental health issues within Student Health and Wellness Unit. Re-organization of health and wellness services under one unit provides for better collaboration and sharing of resources.
8. Funding was secured for the development of BASICS program at ISU. Planning is underway for launch of program in Spring 2019. The program will be a 2 session brief intervention for both alcohol and marijuana cases.
9. New Student Programs incorporates training for Cyclone Aides so that they can better communicate with new students and families around the topic of alcohol.
10. University Human Resources has expanded new employee orientation so that there is greater depth, including with alcohol, other drug policy, services and resources.
11. Additional resources were added to the annual notification around prevention and recovery.
12. We have now included graduate and professional students in our National College Health Assessment (NCHA) as it was only an undergraduate sample prior to 2017. We now have data on graduate student AOD behaviors and perceptions.
13. In Student Counseling Services, there is a substance abuse counselor from YSS, a community non-profit, that is available to meet with students increasing capacity of services.

Limitations

1. Students feeling compelled, empowered and equipped to actually intervene in problematic situations.
2. Policy issues:
 - a. If policy does not speak to specific behavioral issues or concerns, it is difficult to hold students accountable.
 - b. “Who” is allowed to hold events with alcohol on-campus? Practice is not always following policy, consistently and across the board.
 - c. Medical amnesty is in “practice,” but not officially in policy.
3. New Student Programs has programs for new students, but we are missing returning students.
4. Alcohol Edu for College is only for new, direct from high school students, not transfer, non-degree seeking, or graduate/professional students.
5. When a student is intoxicated to a level of concern, but not transported, as they are functioning and it is not a situation in which arrest is an option, questions remain about the best way for staff to assist. There is not always a peer willing to take responsibility or care for the individual.
6. Need for additional resources for prevention, education, sanction programming and enforcement; personnel and programmatic. Funding for initiatives for intervention and recovery are needed.
7. ISU PD provides many proactive talks on-campus, but there could be better communication and collaboration with other departments in partnering for more coordinated and consistent messaging.
8. Jurisdiction issues among ISU Police department and Ames Police Department (on versus off-campus) within the sorority and fraternity community.
9. While there are strong community resources, there is not a wide variety, which can create obstacles for many students in accessing resources.
10. Students are not required to have insurance, which can become an issue when dealing with significant substance abuse or mental health concerns.
11. Employee Assistance Program is not being utilized as much as is desired.
12. Student Health Insurance Program is not being utilized as much as is desired.

Procedures for distributing annual AOD notification to students and employees

The following example is the email notification that goes out to all students after the tenth day of classes. The 2017 Annual Security Report is attached as *Appendix 14*.

“The purpose of this notification is to inform you that the 2017 Annual Security and Fire Safety Report is now available online. This notification is required by federal law. The report contains policy statements as well as crime statistics and fire safety information for the University. To access the report, go to:

[2017 Annual Security Report](#)

The report contains information regarding campus security and personal safety including topics such as crime prevention, fire safety, law enforcement authority, how to report a crime, the ISU Alert System, disciplinary procedures, and other matters of importance relating to security and safety on campus. The report also contains crime and fire statistics for the previous three calendar years.

If you would like to receive a printed copy of the Annual Security and Fire Safety Report, contact the Iowa State University Police Department at 55 Armory Building, 2519 Osborn Drive, Ames, IA 50011, or call 515-294-4428, or e-mail dpsinfo@iastate.edu and one will be mailed to you. Questions about this report should be directed to the ISU Police Department at 515-294-4428.”

ISU distributes the Drug Free Schools and Community Act required annual notification of AOD information on the 10th day of classes to all students. See *Appendices 16*

Appendix 17 illustrates information included to all new students as part of Orientation.

University Human Resource Services distributes information in employee orientation packets that are given to all new employees describing the Drug-Free Workplace Policy, and informing new employees of services that address substance use/abuse problems. This information is also detailed in the Professional and Scientific (P&S) Handbook, the Office Procedure Guide, the Faculty Handbook and the ISU Policy Library (<http://www.policy.iastate.edu/>).

Copies of the policies distributed to students and employees

Alcohol, Drugs, and Other Intoxicants

<http://www.policy.iastate.edu/policy/drugs>

Drug Free Workplace

<http://www.policy.iastate.edu/policy/drugfree>

Smoke-free Campus

<http://www.policy.iastate.edu/policy/smoking>

Alcohol Use - Students and Student Organizations

<http://www.policy.iastate.edu/policy/alcohol>

Student Disciplinary Regulations (Code of Conduct)

<http://www.policy.iastate.edu/policy/SDR>

Residence Hall Policies, Terms and Conditions

<http://www.housing.iastate.edu/forms>

Commercial Driver's License (CDL) Drug and Alcohol Testing

<http://www.policy.iastate.edu/policy/cdl>

Recommendations for revising AOD programs

1. Continue to enhance social marketing efforts around alcohol prevention and policy education including the Know the Code campaign in OSC, Good Neighbor Campaign in OSC, and Party Like a Cyclone campaign in Student Wellness.
2. Utilize services offered by our contracted vendor, Everfi (Alcohol Edu for College online program), in providing an updated assessment from an external perspective, that might guide further growth and improvement.
3. Plan and begin implementing a collegiate recovery community program at ISU
4. Plan, implement, and evaluation brief intervention programs for AOD (e.g. BASICS program).
5. Develop a diversion program for students going through conduct processes at ISU that is more health centered, and evidence based around helping students with AOD issues.
6. Review our practices for annual notification distribution to maximize impact and review AOD policies at ISU to be best practice, particularly related to student organization alcohol use.

Appendices

Appendix 1: Alcohol Edu for College Impact Report 2016-2017

Appendix 2: Alcohol Edu for College Impact Report 2017-2018

Appendix 3: DOR Alcohol Education and Alcohol Alternative Programming 2016-2018

Appendix 4: Big XII Drug Testing Consent Form 2017-2018

Appendix 5: ISU Drug Testing Signature Page 2017-2018

Appendix 6: NCAA Drug Testing Consent 2017-2018

Appendix 7: Big XII Drug Testing Consent Form 2017-2018

Appendix 8: NCAA Drug Testing Consent 2017-2018

Appendix 9: OSC Sanction Letter Example Student Organization

Appendix 10: OSC Sanction Letter Example Individual Student

Appendix 11: OSC Commonly Utilized Off-Campus Treatment Referral Provider

Appendix 12: OSC Alcohol e-Check-up To Go Data 2016-18

Appendix 13: OSC Marijuana e-Check-up To Go Data 2016-18

Appendix 14: 2017 Annual Security Report

Appendix 15: Fall 2017 Annual Notification Email to All Students on 10th Day of Class

Appendix 16: Drug Free Campus Annual Notification

Appendix 17: Orientation New Student Handbook Sample