

IOWA STATE UNIVERSITY

2018-2020 BIENNIAL REVIEW

# Alcohol and Other Drug Program Report

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



## **Committee Members:**

### **Chair**

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## INTRODUCTION

The following biennial review is a detailed report on Iowa State University's (ISU) Alcohol and Other Drug (AOD) Program. The biennial review is one of the components needed to comply with 1989 amendments to the Drug-Free Schools and Communities Act (DFSCA) as articulated in the Education Department General Administrative Regulations (EDGAR) Part 86 – the Drug-Free Schools and Campuses Regulations. The biennial review has two objectives

1. To determine the effectiveness of, and to implement any needed changes to, the AOD prevention program
2. To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently

### Report Outline

The report includes the following seven sections:

1. Meeting Agenda for 2018-20 Biennial Review Committee
2. Description of AOD program elements
  - a. Prevention
  - b. Education
  - c. Enforcement
  - d. Sanctioning
  - e. Treatment
3. Statement of AOD program goals and achievement of goals
4. Summary of AOD program strengths and weaknesses
5. Procedures for distributing annual AOD notification to students and employees and copies of policies distributed to students and employees
6. Recommendations for revising AOD programs
7. Appendix

### COVID-19 Impact 2020

In January, 2020, ISU deployed its Emergency Operations Center regarding the COVID-19 pandemic. On March 23, all classes were moved to on-line instruction for the remainder of the Spring 2020 semester. The institutional changes from COVID-19 affected some prevention, education, sanctioning, and treatment/prevention efforts. Some programs, like BASICS, were not offered for Spring 2020 semester due to COVID-19 and educational presentations were temporarily paused. Thielen Student Health Center and Student Counseling Services moved to telehealth options in the spring/early summer months. Many of the students in sororities and fraternities, and Department of Residence (DOR) housing went back to their home communities for the Spring semester, which also affected citation numbers and enforcement.

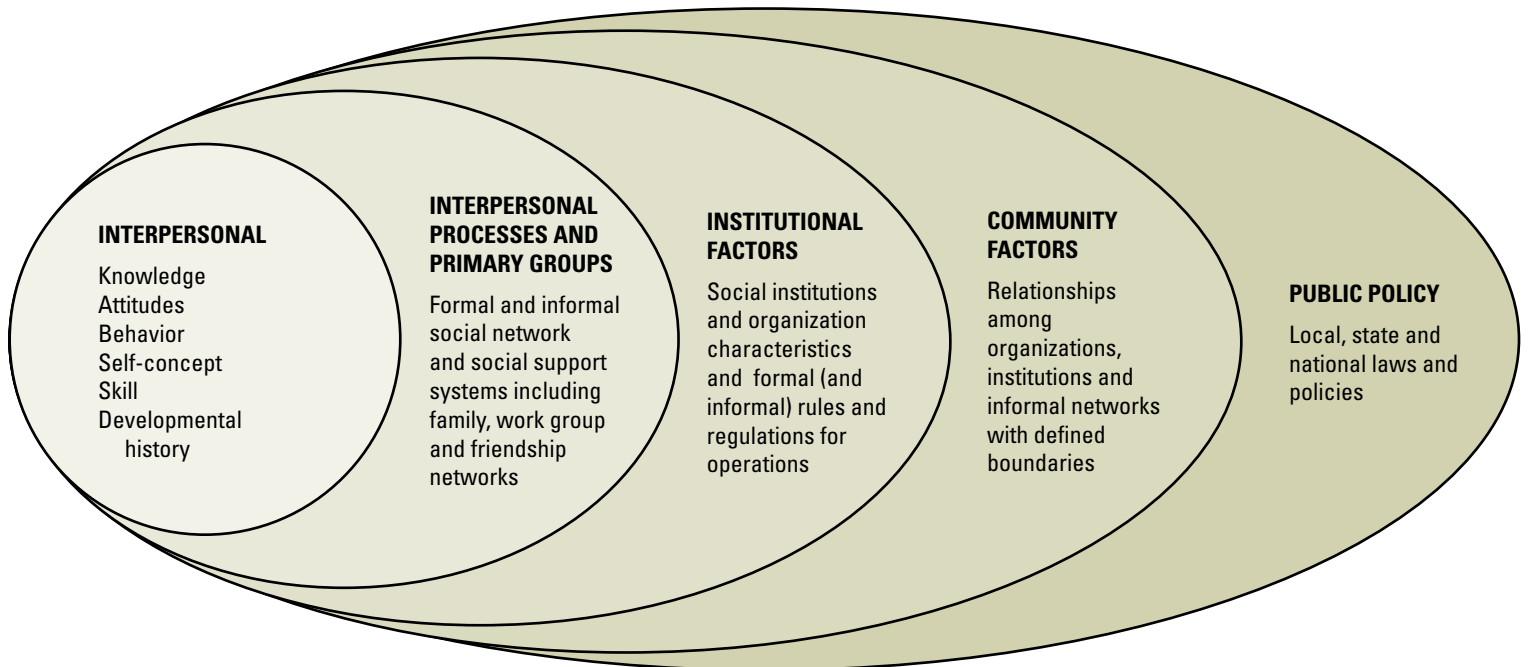
**SECTION 1 – MEETING AGENDA**  
**AOD Biennial Review – Meeting #1 (10/20/2020)**

1. Overview of Biennial Review
  - a. The Drug Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education's General Administrative Regulations (Edgar Part 86) requires institutions of higher education to adopt and implement drug and alcohol abuse prevention programs (DAAPP) for students and employees. Every two years, ISU is required to conduct a biennial review to measure its effectiveness and ensure a consistent enforcement of its disciplinary sanctions.
  - b. There is no outlined guidance around how schools conduct a biennial review so we have some flexibility in how we go about the process. We decide that as a group.
  - c. While regulations do not specify a date by which it needs to be complete, the goal for ISU is by Dec 31, 2020.
  - d. The two objectives of the review include:  
<https://safesupportivelearning.ed.gov/sites/default/files/hec/product/dfscr.pdf>
    - i. To determine the effectiveness of, and to implement any needed changes to, the AOD prevention program
    - ii. To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.
  - e. Reviews much include the following
    - i. Description of AOD program elements
    - ii. Statement of AOD program goals and a discussion of goal achievement
    - iii. Summaries of AOD program strengths and weaknesses
    - iv. Procedures for distributing annual AOD notification to students and employees
    - v. Copies of the policies distributed to students and employees
    - vi. Recommendations for revising AOD programs
2. Date Range
  - a. We will be doing a review from July 2018- June 2020 for this biennial review.
3. Focus for today will be on the following:
  - a. Topics for meeting
    - i. Summaries of AOD program strengths and weaknesses
    - ii. Recommendations for revising AOD programs
    - iii. Data collection and information gathering

## SECTION 2 – IOWA STATE UNIVERSITY’S AOD PROGRAM ELEMENTS

This section will include information about ISU’s AOD program elements including prevention, education, enforcement, sanctioning, and treatment. ISU uses a [socio-ecological model](#) to implement a comprehensive approach to its AOD program. Using the [NIAAA College AIM Matrix](#) and [Environmental Management Strategies](#), ISU implements a comprehensive set of evidence-based and best practice AOD strategies as part of its AOD program.

### HEALTHY CAMPUS 2030 ECOLOGICAL MODEL



## SECTION 2A – PREVENTION

Health related behaviors are influenced by multiple factors including individual factors, peer factors, institutional factors, community factors and policy factors. A comprehensive, multifaceted approach to AOD prevention is critical for ISU to help reduce negative consequences associated with AOD use. ISU uses both individual and environmental strategies

### Environmental Management Strategies

There are five primary strategies outline in research literature for an environmental approach to AOD prevention:

1. Offer alcohol-free social, extracurricular, and public service options
2. Create a health promoting normative campaign
3. Restrict the marketing and promotion of alcoholic beverages both on and off campus
4. Limit alcohol availability
5. Increase enforcement of laws and policies

### Individual Level Strategies

According to the [College AIM matrix](#), Individual-level strategies aim to produce changes in attitudes or behaviors related to alcohol and other drug use rather than the environments in which alcohol use occurs. Expected outcomes, in general, are that a strategy may decrease an individual's alcohol use (e.g., frequency, quantity, or blood alcohol concentration) and/or alcohol-related risk-taking behaviors, thereby reducing harmful consequences.

1. Multicomponent Education Programs
2. Skills Training
3. Brief Motivational Interventions
4. Personalized Feedback Interventions
5. Policy Education

## Environmental Management Strategies

### Strategy 1 - Offer alcohol-free social, extracurricular, and public service options

ISU provides a variety of alcohol free programming throughout the year. The following highlights different resources and programs at ISU regarding alcohol free social, extracurricular options for students.

#### Department of Residence (DOR)

- The 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 Department, 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.

Academic Year	Number of Alcohol-Free DOR Programs
2019-20	338

*See Appendix 1 for more information on programs from 2019-20 academic year including list of 338 alcohol free programs facilitated in Department of Residence by Community Advisors.*

#### Sorority and Fraternity Engagement (SFE)

The Office of Sorority and Fraternity Engagement has a Social Event Registration Process for events with and without alcohol. The following includes a brief description of the process and data on registered events.

- General process:
  - All chapter officers (typically social chairs and chapter presidents) responsible for planning and registering events, must attend SFE social event registration training prior to being able to register events
  - All events are reviewed by the SFE Assistant Director and a team of 4 students (vice president of risk prevention / programming from each council)
- Events with alcohol:
  - [Procedures for events involving alcohol](#)
  - Must be registered 20 days prior to the event
  - Chapters and their advisors must fill out a risk acknowledgment
  - Chapter president, social chair, and risk chair must meet with the Assistant Director and their council VP of risk prevention to talk through their event prior to it being approved
    - Chapters must submit a sober monitor list, COI of insurance and liquor license for third party vendors, guest list, list of alternative food and beverages, name / contact info of a security agency to be present, and a safe driving plan
  - Within 3 days after the event, chapters must submit: a guest list, receipts to show alternative food / beverages for the event, and extra wristbands to SFE
    - The council VP of Judicial calls the venue and any transportation company to make sure there were no issues or council constitution violations by the chapter
  - [Events with alcohol form](#)

- Dry events:
  - Must be registered 14 days prior to the event
  - Chapters must work with their council VP of risk prevention to walk through event details prior to the event happening
  - [Dry events form](#)
- Required forms:
  - [Form A – Third Party Vendor Form for Events with Alcohol](#)
  - [Form C – Dry Third Party Vendor Events Form](#)
  - Advisor Risk Acknowledgement

See Appendix 2 for Risk Management Policy Acknowledgement form.

Sorority and Fraternities registered the following alcohol-free events for 2018-19 and 2019-20 academic years.

Academic Year	Number of Alcohol-Free DOR Programs
2018-19	260
2019-20	235

### Student Activities Center (SAC)

#### 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 few 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 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.



## Recreation Services

- Recreation Services provides late night and weekend opportunities for students to build community and recreate on campus.
- Recreation Services offers substance free weekend and extended trip options for students through their Outdoor Recreation program.
- Recreation Services offers dozens of intramurals and holds games at night and on weekends for students to participate in fun, substance free physical activity.
- Over 70% of the student body engage with Recreation Services during each semester, making it a primary avenue for students to engage in substance free, social opportunities.

More information [here](#) about Recreation Services.

## Collegiate Recovery Community (CRC)

In 2019, Student Wellness launched the Collegiate Recovery Community at ISU. Starting in Spring 2020, the student organization for CRC (Rootless) began meeting and hosting substance free programming. In May 2020, Student Wellness hired a graduate student to serve as CRC coordinator and implement SMART® Recovery peer support group meetings and facilitate wellness coaching for students in CRC starting Fall 2020. The following is information about CRC substance free events/meetings and the philosophy, mission, and vision of CRC.

Year	Number of Events (CRC)	Total Attendance
2019-20	16	105

## Philosophy of CRC

- We believe “Recovery” from substance use, gambling, gaming, or other issues is a voluntary commitment to a lifestyle where a person is actively engaged in activity that promotes sobriety and overall wellbeing.
- As an institution that supports diversity and inclusion, we strive to create environments that support diverse and inclusive communities like students in recovery.
  - We believe supporting students in recovery is a critical social justice issue.
  - The college environment can be an abstinence or recovery hostile environment for students, which becomes an issue of educational access for students in recovery. Sense of belonging can be difficult for students in recovery without a network of support and an environment that supports their recovery and sobriety.
  - It is important for ISU students to be part of all aspects of college life for their academic and personal development (i.e. residential, academic, and co-curricular).
    - Therefore, creating these support systems and substance free spaces as part of the Collegiate Recovery Community facilitates educational access and degree completion for those who need such spaces and systems of support.

## Mission & About CRC

The mission of Collegiate Recovery Community is to be a support-based, student-focused, and inclusive program that provides and connects students in recovery or seeking recovery to the support resources and substance free spaces necessary to achieve their optional level of academic success and wellbeing.

- The Collegiate Recovery Community is NOT the following:
  - CRC is not treatment. However, we can connect you to treatment options available
  - CRC is not a crisis service or 24/7 support service. However, we can connect you with crisis services available on campus and in the community.
  - CRC is not 12-step based. CRC can connect students to 12-step based programs in the community if they are interested.

## Strategy 2 - Create a health promoting normative campaign

### Party Like a Cyclone Campaign

In 2017, Student Wellness, Office of Student Conduct (OSC), City of Ames Police (APD), and ISU Police Department (ISUPD) created a campaign to share harm reduction information for students who are hosting or going to parties with alcohol or other drugs. The campaign includes a guide that shares information on how students can reduce harm and negative consequences associated with substance use. At the beginning of the school year, staff go along with Ames PD to do some door to door education and provide information on Party like a Cyclone. In addition, social media information is shared throughout the year and posters are given to off campus landlords and Department of Residence to put up in their apartment communities.

Here is a link to the [website](#).

### Know the Code Campaign – Office of Student Conduct (OSC)

OSC created a Know the Code Campaign that includes resources on “How to Be A Good Neighbor”. The purpose of the campaign is to build a positive relationship with your neighbors as a student’s neighborhood may be made up of a variety of individuals including non-students, families, and professionals.

Resources on the website and in the campaign include guides, neighbor courtesy note templates, information on policies, and more.

Here is the link to the [website resources](#).

### Social Norm Campaign

ISU does not have a broad, university wide social norms campaign but this is included in the recommendations in Part 6 of this review.

### Strategy 3 - Restrict the marketing and promotion of alcoholic beverages both on and off campus

ISU does not have a specific policy that prohibits marketing and promotion of alcohol on campus but has some related policies for student organizations and trademark use.

- Iowa State University [policy](#) prohibits promotion or advertising of events that specify or emphasize the quantity of alcohol to be served.
- Iowa State University [Trademark management policy](#) outlines the following.
- PRODUCT STANDARDS: The following standards will be used when approving product:
  - All products must be of high quality;
  - No products considered dangerous or offensive will be approved, including but not limited to products causing potential health risks, promoting firearms, **drugs, alcohol**, gambling, gaming or tobacco; and
  - No products with an unusually high product liability risk will be approved.

## Strategy 4 - Limit Alcohol Availability

Various prevention strategies and policies exist in the City of Ames and State of Iowa to help limit the availability of alcohol to students at ISU.

### Limit Alcohol Availability on Campus

- [ISU policy](#) limits alcohol availability on campus and at events.
- The possession or consumption of alcoholic beverages on the ISU campus will be permitted in accordance with state law. Pursuant to the Board of Regents policies, the consumption of alcoholic beverages on the campus will generally be permitted only where approved by the senior vice president for operations and finance.
- Possession and consumption of alcoholic beverages is permitted in university housing according to the policies established by the DOR and only for those persons having attained drinking age as stipulated in the laws of the State of Iowa.

### Dram Shop

- State of Iowa has a Dram Shop Liability law in place. Iowa Code, Title IV, Subtitle 1, Chapter 123.92

### Maintain Limit on Hours of Sales

- A Sunday sales privilege is required for all off-premises beer and all on-premises liquor, wine and beer Sunday sales and service. Licensees may not sell, serve, dispense, or consume alcoholic beverages at private parties or while cleaning the establishment on Sundays, unless the premises is also licensed for Sunday sales privilege. Only Class E liquor licensees (carryout liquor) and Class B wine permittees (carryout wine) have a Sunday sales privilege as part of their basic license.
- Iowa Code sections §123.36(6)§123.49(2)(b) and (k), and §123.134(5)

### Decrease Privatization of Retail Alcohol Shops

- Iowa is considered one of the “control” states although it only has control over spirits (not beer or wine).

### Restriction of Alcohol Marketing Placement and Content

- There are restrictions from state level but nothing local. Licensees may advertise price and brand names of liquor, wine and beer in the following manner: Media (newspapers, radio, television, etc.), Inside signs (neon signs, mirrors, etc.), Outside signs (billboards, reader boards, etc.) which are not located on the licensed premises, Licensees may not advertise specific brand names on signs located on the outside of their licensed premises (in the parking lot, on the outside of the building, etc.).

### City of Ames Keg Registration Ordinance

- It is unlawful for any person other than a licensed beer permit holder on licensed premises to hold an event where more than one beer keg tapper is to be used at or about the same time without first obtaining a permit from the Ames Chief of Police or the Chief’s designee. Permits may be obtained by only an individual, not corporations, associations, or groups of people. The permit must be obtained at least twenty-four hours before the event.
- Link to [Ordinance](#)

## **Strategy 5 - Increase Enforcement of Laws and Policies**

The APD, in partnership with Story County Prevention Policy Board, implement various efforts to support enforcement of policies in the Ames community.

### **Compliance Checks**

This is completed by APD about two times a year in surrounding Ames community. If places don't pass, the police will go back to test again. Will issue citation if failure to pass check.

### **Shoulder Tapping Campaigns**

APD does one campaign in the fall semester (Sept-Oct). If they find high prevalence of issues during campaign, they will do a second time during the year.

## Section 2b - Education

### Multicomponent Education Programs

#### 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 2018-2019 academic years, 84% of new, direct from high school, students entering Iowa State completed this online program, or 5,080 students. During the 2019-2020 academic year, 92% of new, direct from high school students entering Iowa State completed this online program, or 5,143 students.

*For more information, the Impact Reports (including an overview of the program, Iowa State and national student data comparisons) for 2018-2019, see Appendices 3 and 4.*

Academic Year	Percent of Incoming Class	Population Reached
2018-19	84%	5,080
2019-20	92%	5,143

### Skills Training

#### Party Like a Cyclone Presentation

Peer Wellness Educators in Student Wellness facilitate a presentation on alcohol use and harm reduction called "Party Like a Cyclone." Party Like a Cyclone includes activities and discussions focused on alcohol education and harm reduction. Students learn about a standard drink, protective factors and strategies if they choose to drink, and bystander education on how to help a friend with alcohol poisoning.

Academic Year	Number of Presentations	Population Reached
FY19-20	6	591

## **DOR Alcohol Education and Skills Training**

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.

## **Sorority and Fraternity Alcohol Education and Skills Training**

- Yearly programing for 2018-2019 and 2019-2020:
  - Leadership Retreat (about 100 students in total):
    - Chapter presidents and council officers attended a leadership retreat with a curriculum by the NIC that addressed alcohol usage, drug usage, and other risk prevention topics as part of the curriculum
  - AFLV:
    - Council officers and some chapter leaders attended AFLV where they attended some sessions around alcohol / substance usage
    - 70 students attended during 2018-2019 year
    - 75 students attended during 2019-2020 year
  - New Member Symposium:
    - IFC and CPC hold new member symposiums for newly initiated members that covers a section about substance usage
  - Risk Prevention Round-tables:
    - IFC / CPC VP of Risk prevention held monthly round tables to focus on various areas of risk prevention – at least 1 of these sessions per semester focused on alcohol / drug usage
    - IFC = 60 members present total (1 delegate from each chapter)
    - CPC = 16 members present total (1 delegate from each chapter)
  - Alcohol education presentations
    - Presented by SFE staff on a chapter by chapter basis that covers alcohol consumption, stats / statistics around alcohol, and alcohol percentages
    - Attendance varies by chapter size, but most chapters will have 90% of members in attendance at chapter meetings
  - Social Event Registration Training:
    - Held once per semester to walk chapters through how to have safe events and the events with alcohol policy
    - 2018-2019: 140 students attended in total between fall and spring
    - 2019-2020: 165 students attended in total between fall and spring

## **ISU Athletics Alcohol Education and Skills Training Cyclone Academy | Summer Bridge Program (2018-19; 2019-20)**

- Officer Anthony Greiter, ISU Police Department
  - Drugs & Alcohol Education
  - Decision Making

## **University Studies 101D (4 sections) (2018-19; 2019-20)**

- 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 (2018-19; 2019-20)**

- Jacob Cummings, Office of Equal Opportunity
  - In his presentation on sexual assault, Jacob discussed how alcohol factors into decision making and how student-athletes have higher levels of visibility than general students.

## **Green Dot | Consent and Bystander Intervention - Promoting Campus Safety (2018-19; 2019-20)**

- 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 Training Institute (Annual conference) (2018-19; 2019-20)**

- 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 7+ years
- January 2019 Apple Team included:
  - Prentice Nixon (Men's Basketball), Collin Newell (Football), Marin Daniel and Dayja Schwichtenberg (Soccer), along with Josh Corbin and Joanna Beaton for staff.
  - APPLE team presented to peers at SAAC meetings to fellow student-athletes
  - APPLE team presented to incoming student-athletes at Cyclone Academy (summer bridge program)
- January 2020 Team Presentation & Deliverable (Leadership conference)
  - Kenady Adams (Soccer), Jenna Brandt (Volleyball) Seann Foster & Lawrence White (Football) along with Allye Bodholdt and Joanna Beaton for staff.
  - The team met multiple several times throughout the Spring 2020 semester (virtually during COVID-19) and presented to SAAC on 3/9/2020 with information they learned from the conference and developed a brochure for fellow student athletes to use when host recruits offering activities, food options, do's and don'ts (*see attached: Be-A-Good-Host brochure*).
  - APPLE featured Iowa State with the brochure that was created in their November 2020 monthly newsletter!
  - Educational videos from APPLE Training Institute are shared on the Cyclone Student-Athlete Dashboard under the Let's Learn Together section.

## **SWAG Academy Professional Development Conference (sophomores/juniors (FY19 only)**

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

## **Promotion of Campus Events/Trainings**

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

## Brief Motivational Interventions

### BASICS

Brief Alcohol and Screening Intervention for College Students (BASICS) is a harm reduction intervention for college students to help students work toward reducing harmful effects of their alcohol and/or cannabis use. BASICS is a 2 session program, delivered by a well-trained BASICS practitioner, and uses an empathetic, nonjudgmental style to help meet students where they are at with their alcohol and/or cannabis use. BASICS sessions are confidential. Students receive personalized feedback and process with the BASICS practitioner to identify strategies and goals to make positive change.

BASICS began in Fall 2019 semester and was used primarily by OSC to refer students too after conduct hearings. Starting in 2020, Student Wellness expanded referral options for any student to be referred to the program.

More information on BASICS can be found [here](#).

Academic Year	Number of Students
2019-20	46

### Diversion Program

In 2020, OSC, in partnership with Student Wellness, launched a diversion program. Eligible students have the option to opt into the diversion program or go through the traditional conduct hearing process. Successful completion of the diversion program results in no disciplinary record being generated for the student. The diversion program is rooted in social and behavioral change theory and motivational enhancement strategies.

Students complete a wellness assessment and complete a pre-action plan reflection prior to meeting with a staff member in OSC. During the meeting, OSC staff work with students to identify areas that are impacting their student success and students create an action plan with 3-5 goals that will help improve their student success. Students submit artifacts of their goal completion and finish a 2 month follow up survey to complete the program.

The pilot program was launched from January – March 2020.

Academic Year	Number of Students
2019-20	10

*Appendix 5 includes Diversion program eligibility and program eligibility letter language*

## Personalized Feedback Intervention

### ECheck Up to Go – Marijuana

ECheck Up to Go – Marijuana is an evidence-based, personalized online prevention and intervention program to reduce cannabis use among college students. OSC uses this program for sanctioning students who violate policy.

*To view summary of reports and data, see appendices 6 and 7.*

Academic Year	Number of Students
2018-19	26
2019-20	21

### AlcoholEdu for Sanctions

AlcoholEdu for Sanctions is an evidence-based, personalized online prevention and intervention program to reduce alcohol use among college students. OSC and DOR use this program for sanctioning students who violate policy.

Academic Year	Number of Students
2019-20	93

## Screening and Brief Intervention

The OSC implemented use of alcohol and marijuana screening tools as part of their hearing process for students. Students would take the AUDIT (Alcohol Use Disorders Identification Test) and/or CUDIT-r (Cannabis Use Disorders Identification Test – Revised) and have a discussion with the hearing officer about their score (brief intervention) during the hearing. Information about standard drink, BAC, and harm reduction strategies was shared with students during the meeting and via email.

### AUDIT Screening - OSC

Year	Participants	Average Score	High Score	Low Score
July 2018-July 2019	108	5.28	23	1
July 2019-July 2020	136	5.09	23	1
Total/Average	244	5.185	23	1

### CUDIT-r Screening - OSC

Year	Participants	Average Score	High Score	Low Score
July 2018-July 2019	17	6.94	14	1
July 2019-July 2020	18	5.28	11	1
Total/Average	35	6.11	12.5	1

### Student Health and Wellness Unit Screening

Thielen Student Health Center and Student Counseling Services screen for substance use as part of intake screening for every student who comes in for services. Providers and staff work with students to connect them to resources and provide support if they screen high on any substance use questions.

*Additional information about screening by Thielen Student Health Center and Student Counseling Services is found in the Treatment and Intervention section.*

## Policy Education

### Office of Student Conduct (OSC)

In spring 2017, OSC developed a comprehensive communication campaign called Know the Code which focuses on the Code of Conduct. 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 are shared regularly via Twitter and Facebook.

During 2018-2020, the following was created:

- Tailgating poster that focuses on safe, healthy, and legal consumption of alcohol
- Be Safe, Be Healthy, Be Legal Video
- Party Smart, Show You Care campaign focused on the intersection of alcohol and hosting a safe gathering during a pandemic
- Marijuana on Campus infographic

OSC offers presentations and programming (active and passive) that are specific to alcohol and other drugs (AOD). To note, presentations have decreased over the last two years for some of our targeted populations including Greek, APEX, and student athletes as these presentations are based on being invited to these groups. Below is a list of the campus presentations that included AOD information from the OSC.

#### 2018

- August – CA Resource Fair, First Friday Campus Town Event, Daily Standard Banner Ad
- September – MU Display Board on Tailgating, Tailgating Poster Distribution
- October – Table Tents in MU

#### 2019

- January - IFC/CPC Events Policy Training
- February – DSO Student Ambassadors, Greek Governing Councils Roundtable on Risk Management, IFC Judicial Board Training, CPC Judicial Board Training
- March – Cyclone Aids
- April – Sorority and Fraternity Members/ Leaders
- August – Near Neighborhoods Blitz
- September – MU Display Board on Tailgating, ISU Daily Ad, Daily Dost Ad Table Tent in MU, Tailgating Poster Distribution, DSO Ambassadors pop-up events (2)
- October – Standard Banner Ad in Daily

#### 2020

- January – Greek chapter presentations (three separate chapters); Greek Student
- Summer – OSC information shared in virtual ISU Orientation, Magnets and flyers distributed to PD to share with property owners

## ISU Athletics

### Annual Team Meetings

- Compliance Office – review of university, Big 12 and NCAA drug testing protocol and procedures, consent forms and education of NCAA banned drugs
- Coaches/team rules

## Section 2c - 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.

### Department of Residence

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 2018-19 and 2019-20 are summarized below.

2018-19	Total Charged	Found Responsible	Found Not Responsible
AOD Policy Handbook Violation	181	113	68
AOD Student Conduct Violation	413	229	184

2019-20	Total Charged	Found Responsible	Found Not Responsible
AOD Policy Handbook Violation	178	93	85
AOD Student Conduct Violation	273	148	125

### Office of Student Conduct

Most referrals 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.

#### 4.2.2 Misuse of Alcoholic Beverages and Controlled Substances

Classification	Number of Students (2018-19)	Percentage of overall cases that are AOD (2018-19)	Number of Students (2019-20)	Percentage of overall cases that are AOD (2019-20)
Freshman	188	26.91	75	28.63
Sophomore	109	33.33	75	28.63
Junior	67	20.49	59	22.52
Senior	44	13.46	47	17.94
Graduate	5	1.53	0	0
Special	4	1.22	0	0
Organization	10	3.06	6	2.29
<b>College</b>				
CALS	45	14.2	37	14.45
COB	73	23.03	71	27.73
Design	19	5.99	9	3.52
Engineering	98	30.91	64	25
CHS	30	9.46	26	10.16
LAS	51	16.09	49	19.14
Vet Med	1	.32	0	0
<b>Residency</b>				
In State	173	54.57	138	53.91
Out-of-State	137	43.22	118	46.09
International	7	2.21	0	0
<b>Sex</b>				
Male	252	79.5	201	78.52
Female	65	20.5	55	21.48
<b>Greek Status</b>				
Greek	110	34.7	97	37.89
Non-Greek	207	65.3	159	62.11

## Type of AOD Violation

Classification	Number of Students (2018-19)	Percentage of overall cases that are AOD (2018-19)	Number of Students (2019-20)	Percentage of overall cases that are AOD (2019-20)
Operating While Intoxicated (OWI)	23	7.03	18	6.87
Public Intoxication	66	20.18	73	27.86
Possession of Alcohol Under the Legal Age (PAULA)	190	58.10	132	50.38
Possession of a Controlled Substance/ Possession of Drug Paraphernalia	49	14.98	29	11.07

All AOD cases that come into the office are scored for a severity index, with 1 being the least severe and 7 being the most severe. Type of violation and BAC contribute to a student's severity index score. The following are the severity index scores for AOD cases during this time.

## Severity Index Scores (OSC)

Severity Index	2018-19	2019-20
SI #1	183	129
SI #2	32	28
SI #3	6	6
SI #4	23	16
SI #5	19	16
SI #6	19	20
SI #7	10	5

In addition to the normal conduct process, OSC launched a pilot diversion program in Spring 2020. These students go through a wellness-based process including completing the CUDIT or AUDIT assessment and a wellness survey. The spring pilot program had 10 participants. The below is a snapshot of AOD information from those assessments.

## Diversion Pilot Assessment Information

	CUDIT-4 (Pre)	CUDIT-4 (Post)	Difference	AUDIT (Pre)	Audit (Post)	Difference
Average	2.8	1.5	-1.3	7.4	4	-3.4
High	9	8	-1	19	14	-5
Low	0			0		



	Alcohol Negative Consequences	Alcohol Negative Consequences	Difference	Alcohol Negative Consequences	Alcohol Negative Consequences	Difference
Average	3.8	1.6	-2.2	.6	.1	-.5
High	16	11	-5	4	1	-3
Low	0			0		

### ISUPD

ISUPD takes a proactive approach with enforcing alcohol and drug violations around the ISU campus. ISUPD provides enforcement of all laws and city ordinances and has primary jurisdiction for law enforcement on the ISU 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	2018-19	2019-20
Liquor Law	256	220
Public Intoxication	143	136
Operating While Intoxicated	101	84
Drug Equipment Violations	82	57
Drug/Narcotics Violations	90	71

### ISU Athletics

ISU Athletics has protocols and procedures regarding student athlete drug testing.

*Appendices 8, 9, 10, 11, and 12 provide information on NCAA and Big XII Drug Testing.*

## Section 2d - Sanctioning

### Sanctioning from Student Disciplinary Regulations and DOR Policy Handbook

Student disciplinary cases involving the misuse of alcohol and other drugs that do not go through the diversion program are heard and adjudicated by OSC. In addition, the DOR heard and adjudicated cases from the Student Disciplinary Regulations and DOR Policy Handbook. 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.

### Sanction Determination Process

Scores from the AUDIT and CUDIT-R are used by staff in OSC and DOR for help with referrals to educational sanctions. Hearing officers maintain discretion based on the conversation with the student and other relevant information in determining the final sanction for the student based on the individual circumstances of the case and information available at the time of the decision.

### Audit Flow

<p><b>Zone 1 – Education (0-5)</b>                  Alcohol EDU for Sanctions                  Standard Drink Conversation                  Discussion of protective behaviors</p>	<p><b>Zone 2 – Simple Advice (6-19)</b>                  Referral to BASICS program                  Motivational Interviewing to assess readiness to change and discuss risk factors and protective behaviors                  Potential referral to outside resource (CFR, YSS) for higher scores</p>
<p><b>Zone 3 – SAA (20+)</b>                  Substance use/abuse evaluation through outside resource (CFR, YSS)</p>	

### CUDIT-R FLOW

<p><b>Zone 1 (0-5)</b>                  eCHECKUPTO GO for Marijuana                  Marijuana Educational Information</p>	<p><b>Zone 2 (6-11)</b>                  Referral to BASICS                  Potential referral to outside resource (CFR, YSS) for higher scores</p>
<p><b>Zone 3 (12)</b>                  Substance use/abuse evaluation through outside resource (CFR, YSS)</p>	

*See Appendix 13 for education given to students on cannabis use.*

## Sanction Examples

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.

Students and student organizations referred to OSC for an AOD violation can face a number of educational outcomes that address AOD use including:

- **Education:** A relevant assignment or requirement that is meant to provide or encourage learning and development of the respondent / RSO and is appropriate for the violation. This can include but is not limited to Alcohol Edu for Sanctions and BASICS
- **Substance Abuse Assessment/Screening (individual students only):** A requirement to complete a substance abuse assessment or screening with an agency licensed to provide such services, and provide documentation to the OSC indicating completion.
- **Social Host Probation:** During this period, STUDENT ORGANIZATION will not host, co-host, or otherwise participate in any registered social events **with alcohol**. Organization events (dry), dry social events, and legitimate philanthropies will be permitted during this time. Recruitment activities are not impacted by this probation. Any events the organization wishes to register, hold, or participate in that are not clearly classified under these restrictions and allowances need to be clarified and approved through the Office of Student Conduct.

Additionally, students are subject to being sanctioned with disciplinary reprimand, conduct probation, deferred suspension, suspension, or expulsion depending on the severity of the conduct.

## Education Sanction Language

**Education:** Alcohol EDU 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 which will be accessed via Canvas. You are required to complete part one before **{{ALC\_CLASS\_DUE}}**. To successfully complete the course, you must receive at least 80%. Please contact me when you have completed the course. 30 days after completion, you will receive part two of the course.

**Education:** The Brief Alcohol Screening and Intervention for College Students (BASICS) program is designed to help students make better substance use decisions. You will need to contact the program coordinator at [basics@iastate.edu](mailto:basics@iastate.edu) to begin the program. Please contact the program coordinator within the next week to get started as the deadline for you to have completed the program (both sessions) is **{{BASICS\_ALC\_DUE}}**. Once you have completed the program, an email will be provided to you. Please forward the completion email to me so we can indicate the sanction as completed.

**Education:** Cannabis eCHECKUP TO GO completed by **{{ECHECK\_DRUG\_DUE}}**. This online tool is a personalized, evidence-based, prevention intervention program based on your cannabis use. At the conclusion of this program we ask that you verify you have completed the program and complete the personal reflections module. The personal reflections module provides you with a guided opportunity to thoughtfully reflect on your personal use profile provided by the program. Your personal reflections will be recorded and reviewed. If your responses do not indicate that thoughtful reflection took place, you may be asked to re-do the reflections. Your personal reflections will be reviewed by your hearing officer but please select to have your verification sent to Joel Hochstein, program administrator. If you have questions, please contact your hearing officer, **{{ECHECK\_DRUG\_OFFICER}}** at **{{ECHECK\_DRUG\_EMAIL}}**. To access the program, click this [link](#) and select the program.

**Education:** The Brief Alcohol (Cannabis) Screening and Intervention for College Students (BASICS) program is designed to help students make better substance use decisions. You will need to contact the program coordinator at [basics@iastate.edu](mailto:basics@iastate.edu) to begin the program (two individual sessions). Please contact the program coordinator within the next week to get started as the deadline for you to have completed the program (both sessions) is **{{BASICS\_DRUGS\_DUE}}**. Once you have completed the program, an email will be provided to you. Please forward the completion email to me so we can indicate the sanction as completed.

**Substance Use Assessment:** A requirement to complete a substance abuse assessment or screening with an agency licensed to provide such services, and provide documentation to the OSC indicating completion. Please submit verification on this agency's letterhead to the Office of Student Conduct on or before **{{SUB\_ASSESS\_DUE}}**. Additional details include: **{{SUB\_ASSESS\_DETAILS}}**

**Education due **{{NUISANCE\_DUE}}**:** Review the other attachments to your Conduct Decision letter email and write a reflection on the following:

- Review section 17 of the Ames Municipal Code, specifically the subsection on Nuisance Parties, and thoroughly answer the following questions: What behaviors exhibited by you or your guests were in violation of City of Ames ordinances? In what ways could you have prevented these behaviors from happening? In what ways will you not allow this situation to occur in the future?
- Review the "Party Like A Cyclone" attachment and thoroughly describe specific strategies that you will employ if you choose to host a party at your residence in the future. Describe specific strategies that you will employ if you choose to attend a house party in the future.
- Review the "Be a Good Neighbor" attachment and thoroughly describe specific strategies that you will employ if you choose to host a party at your residence in the future. Also, describe the potential impact of nuisance parties on your neighbors and the local neighborhood.

## Section 2e - Treatment and Intervention

The Student Health and Wellness Unit, in particular the Thielen Student Health Center and Student Counseling Services, provide treatment and intervention for students. The following includes information and data on treatment.

### 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 at SCS. 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.

During FY19, 193 students sought services at SCS and received a substance use disorder diagnosis. During FY20, 122 students sought services at SCS and received a substance use disorder diagnosis. The following table gives statistics from diagnoses provided by SCS clinicians across Fiscal Year 19 and Fiscal Year 20. These are for any client with a drug or alcohol related diagnosis and these are not unique clients, but rather visit totals during the specified time period. Numbers do not add up to total due to some visits addressing multiple concerns.

July 1, 2018 - June 30, 2019		July 1, 2019 - June 30, 2020	
Substance Use Disorder	Number of Sessions	Substance Use Disorder	Number of Sessions
Alcohol	209	Alcohol	178
Opioid	0	Opioid	0
Cannabis	218	Cannabis	143
Other	73	Other	18
TOTAL	455	TOTAL	325

### Outcomes

SCS administers a standardized assessment of psychological symptoms prior to all clinical appointments. This allows for a comparison across time and to obtain treatment outcomes regarding alcohol use at first contact and treatment outcomes. SCS uses the Counseling Center Assessment of Psychological Symptoms (CCAPS 62 & CCAPS 34). The shortened version of CCAPS only assesses for alcohol use concerns over time. During FY 19, scores on SCS client self-reports of alcohol use concerns show that out of the students who reported elevations at first contact (n=220), 67% of them no longer reported elevated levels of alcohol use after attending 4 or more appointments. During FY 20, scores on SCS client self-reports of alcohol use concerns show that out of the students who reported elevations at first contact (n=224), 69% of them no longer reported elevated levels of alcohol use after attending 4 or more appointments. Comparing SCS outcomes using the standardized assessment to a national sample of counseling centers (106 total) indicates that SCS average change for clients with alcohol use were equal to or greater than 90% of the counseling centers (during FY 19) and 94% (During FY20) for students with moderate or elevated levels of alcohol use.

## 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.

	FY19	FY20
Alcohol	92	128
Drug	396	359
Drug and Alcohol	28	25

*Appendices 14 and 15 provide the diagnosis data from TSHC during FY19 and FY20.*

## University Human Resources

### [Employee Assistance Program](#)

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](#)

### [Employee Assistance Program Brochure](#)

### [Employee & Family Resources Website](#)

## Employee Health Insurance Coverage for Substance Abuse

### Alliance Select PPO\*

Common Medical Event	Services You May Need	Your Cost Using In-Network Provider	Your Cost Using Out-of-Network Provider	Limitations and 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	Office: 0% Coinsurance Facility: 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*

### Blue Advantage HMO\*

Common Medical Event	Services You May Need	Your Cost Using In-Network Provider	Your Cost Using Out-of-Network Provider	Limitations and Exceptions
If you have substance abuse needs	Substance use disorder outpatient services	0% Coinsurance	Not Covered	NONE
	Substance use disorder inpatient services	0% Coinsurance	Not Covered	NONE

*\*Excerpt from Blue Advantage Wellmark HMO Summary of Benefits & Coverage*

**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:			Limitations and Exceptions
		Thielen Student Health Center (ISU)	WHPI (IN) Network Provider	WHIPI (OUT) Network Provider	
If you have 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*



### Section 3 - Statement of AOD Program Goals and a Discussion of Goal Achievement

During the 2018-2020 biennial review period, ISU achieved our goals from the previous biennial review process. In addition, ISU received the Garrett Lee Smith Suicide Prevention Grant, a three year grant focused on mental health promotion, suicide prevention, and substance use prevention. The funding from the grant led to Student Wellness hiring a new health promotion coordinator and contributed to the achievement of some of our AOD goals.

The following includes an overview of the six goals from the 2016-2018 biennial review and a statement on goal achievement or progress made toward the goal in 2018-2020.

Goal from 2016-2018 Biennial Review	Statement on Achievement
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.	During the 2018-2020 year, Student Wellness added additional content to the Party Like a Cyclone campaign website. Both digital, print, and in person education was provided to students. Promotional materials were distributed during Destination Iowa State and social media campaigns during tailgate season provided information on safer tailgating.
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.	ISU continues to utilize AlcoholEdu for College for all incoming, new direct from high school students during summer before Fall matriculation. In 2018, Student Wellness worked with DOR and OSC to expand use of AlcoholEdu for Sanctions for students as part of conduct process and diversion program.
Plan and begin implementing a collegiate recovery community program at ISU	ISU officially launched Collegiate Recovery Community in Student Wellness in 2019, with an official recognized student organization starting in Spring 2020. Student Wellness hired a graduate student to be a CRC coordinator in May 2020. Additional programs are being implanted in Fall 2020.
Plan, implement, and evaluation brief intervention programs for AOD (e.g. BASICS program).	With help from the SAMSHA Garrett Lee Smith grant received in 2018, ISU expanded its brief intervention programs. Student Wellness launched BASICS program in 2019 in partnership with Dept. of Psychology. Student Wellness hired two graduate students to implement BASICS during the year.
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.	Student Wellness and OSC developed the diversion program from 2018-2019, and was piloted in Spring 2020. Initial data from the program is very strong and continued expansion of the program will be occurring in the next year.
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.	Student Wellness Director, Brian Vanderheyden will be meeting with University Council and Registrar's office in Fall 2020 to review practices for annual notification and figure out best practice for the annual notification moving forward. The <a href="#">Student Code of Conduct</a> was reviewed in 2019 and updated in 2020 with a change to the alcohol policy. One of the changes was the inclusion of students or organizations who don't register social events with alcohol.

## Section 4 - Summaries of AOD Program Strengths and Limitations

The following are strengths and limitations of ISU's AOD program.

### Biennial Review FY19/FY20 – Strengths

1. The Iowa State PD liaison program with the DOR fosters community building and helps when incidents do occur.
2. Collegiate Recovery Community launched in 2019 and includes support services and programming for students in recovery and seeking recovery from substance use.
3. Medication Assisted Treatment (MAT) for students in recovery from opioid addiction is available at Thielen Student Health Center, who has a trained MAT provider on staff.
4. Office of Student Conduct, Student Wellness, and Ames PD have enhanced partnership around harm reduction and pro-social behavior in their "Party Like a Cyclone" and "Good Neighbor" campaign. In 2019, this included door knocking education to students in off campus residences where data shows parties are typically held.
5. Office of Student Conduct piloted the Diversion program for students who have first time potential violations for marijuana and alcohol use. Diversion program focuses on a more holistic approach to student success and wellbeing and connects students to effective substance use intervention programs, like BASICS.
6. Staff in Office of Student Conduct trained in motivational interviewing, which is particularly helpful in AOD cases when establishing the possibility for behavior change
7. Created Partnerships with Dept of Psychology and Student Wellness to launch Brief Alcohol Screening and Intervention for College Students (BASICS) program. Program focuses on alcohol and marijuana use. Includes 2 sessions (1 group and 1 individual session) with trained BASICS provider that focuses on harm reduction for students who have high risk substance use behaviors.
8. In Department of Residence and Office of Student Conduct, all students take the AUDIT and CUDIT-R prior to conduct hearings to help assess student substance use and is used by professionals to help with referrals to substance use intervention programs.
9. ISU Athletics has collaborated with Student Counseling Services to provide more support for AOD and mental health for Student Athletes, including hiring of a second sports psychologist.
10. ISU Athletics created a position that focuses on student athlete mental health and AOD. The position helps direct students to support services and education/prevention opportunities.
11. Added an Assistant Director position in Office of Sorority and Fraternity Engagement that is focused on health and wellness and risk prevention.
12. Office of Sorority and Fraternity Engagement is seeing higher registered social events that are substance free (dry).
13. Office of Sorority and Fraternity Engagement received a national recognition for their alcohol policy.
14. University Human Resources expanded employee options with insurance to help with opioid addiction.
15. Thielen Student Health Center has added a sliding fee scale to reduce barriers to students seeking health care. Students can receive heavily discounted services through the health center with this scale.

## Biennial Review FY19/FY20 - Limitations

1. No on-campus option for substance use assessments within Student Counseling. Students are referred off campus and assessments are expensive for students to afford.
2. No onsite option for employees regarding Employee Assistance Program and low utilization rates.
3. Alcohol Edu for College is only for new, direct from high school students, not transfer, non-degree seeking, or graduate/professional students.
4. 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.
5. Ames does not have a detox facility or sober center where individuals could go to sober up and not necessarily be sent to jail for that purpose.
6. Sanctions for cannabis and alcohol are shared by the Department of Residence and the Office of Student Conduct. A broader array of substance use interventions are needed to provide students who may have multiple interactions with both offices for continued educational opportunities regarding lowering their risk related to their substance use.
7. Need for additional resources for prevention, education, sanction programming and enforcement; personnel and programmatic. Funding for initiatives for intervention and recovery are needed.
8. Consistent messaging for prevention and education across the university.
9. Need for a university committee to help oversee AOD and harm reduction initiatives.
10. While there are strong community resources, there is not a wide variety, which can create obstacles for many students in accessing resources.
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.
13. Students are not required to have insurance, which can become an issue when dealing with significant substance abuse or mental health concerns.
14. The Assistant Director position in SFE that focuses on risk prevention / health and wellness is temporary and will not have funding after January 2023.

## Section 5 - 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 Fall 2019 notification on 10th day and the Drug Free Campus notification language are in appendices 16 and 17.*

“The purpose of this notification is to inform you that the 2019 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: [2019 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](mailto: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 Appendix 16.*

The [Office of Admissions link](#) 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 can be found at these links.**

[Alcohol, Drugs, and Other Intoxicants](#)

[Drug Free Workplace](#)

[Smoke-Free Campus](#)

[Alcohol Use - Students and Student Organizations](#)

[Student Disciplinary Regulations \(Code of Conduct\)](#)

[Residence Hall Policies, Terms and Conditions](#)

[Commercial Driver’s License \(CDL\) Drug and Alcohol Testing](#)

## Section 6 - Recommendations for Revising AOD Programs

The following includes recommendations for ISU to continue revising its AOD program in 2020-2022. The following recommendations serves as goals for the next biennial review period and achievement on these goals will be reported in the next biennial review report.

1. Hire Substance Use coordinator position within Student Counseling to expand treatment and counseling options on campus for students struggling with substance use.
2. Identify funding sources to allow students to take substance abuse assessments free of charge.
3. Offer onsite counselor for Employee Assistance Program (EAP) to help increase utilization of service.
4. Continue to grow Collegiate Recovery Community by engaging in fundraising efforts, identifying a permanent space on campus for CRC, creating an alumni program, creating a faculty/staff ally training, and expanding promotion efforts.
5. Student Government continue to work with other Regent institutions and State of Iowa to pass a medical amnesty policy.
6. Expand online self-help options for students revolving around substance use and mental health.
7. Expand screening, brief intervention, and referral to treatment (SBIRT) on campus, that includes screening questions for AOD.
8. Expand education around health insurance coverage and expand social marketing strategies that address stigma and barriers to care.
9. Use data from NCHA and from other surveys to put out social norming messages to students under university-wide messaging campaign.

## Section 7 - Appendices

Appendix 1: DOR Alcohol Education and Alcohol Alternative Programming 2019-2020

Appendix 2: SFE Risk Management Policy Acknowledgement

Appendix 3: Alcohol Edu for College Impact Report 2018-2019

Appendix 4: Alcohol Edu for College Impact Report 2019-2020

Appendix 5: Diversion Eligibility and Intro Email Text

Appendix 6: ECheck Up to Go Cannabis Report 2018-19

Appendix 7: ECheck Up to Go Cannabis Report 2019-20

Appendix 8: Big XII Drug Testing Consent Form 2019-2020

Appendix 9: Big XII Drug Testing Protocol and Procedures

Appendix 10: ISU Drug Testing Policy and Signature Page 2019-20

Appendix 11: NCAA Drug Testing Consent 2019-20

Appendix 12: ISU Drug Testing Policy and Signature Page 2018-19

Appendix 13: OSC Cannabis Education

Appendix 14: TSHC Alcohol and SA Diagnosis Information 2018-19

Appendix 15: TSHC Alcohol and SA Diagnosis Information 2019-20

Appendix 16: Alcohol Drug Free Campus Annual Notification

Appendix 17: Fall 2019 Annual Notification to All Students 10th Day