

IOWA STATE UNIVERSITY

2020-2022 BIENNIAL REVIEW

Alcohol and Other Drug Program Report

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



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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 2020-22 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

The COVID-19 pandemic's effects continued to influence the total number of students reached by prevention, education, sanctioning, and treatment services provided on campus. The pandemic affected the number of students eligible for services and institutional capacity to provide them.

SECTION 1 – MEETING AGENDA

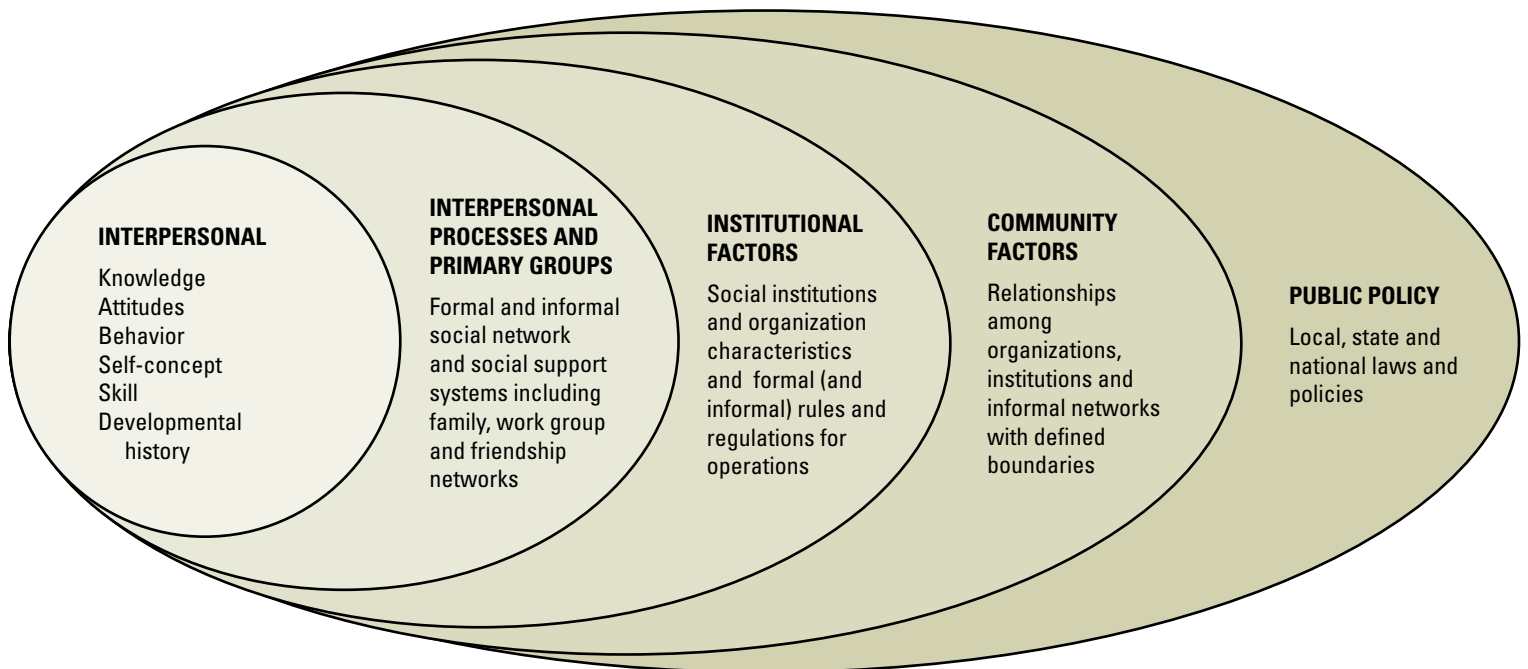
AOD Biennial Review – Meeting #1 (10/06/2022)

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, 2022.
 - 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 2020- June 2022 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
 1. Including previous limitations resolved
 - ii. Recommendations for revising AOD programs
 1. Including new program aspirations
 - 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. DOR has allocated specific funds, available to student staff, for late night alcohol-free programming.

Academic Year	Number of Alcohol-Free DOR Programs
2020-21	43
2021-22	204

See Appendices 1 and 2 for more information on programs from both the 2020-2021 and 2021-2022 academic year including list of alcohol-free programs facilitated in Department of Residence by Resident Assistants. Please note that programming was significantly limited during the 2020-2021 academic year due to restrictions pertaining to COVID-19.

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 3 for Risk Management Policy Acknowledgement form.

Sorority and Fraternities registered the following alcohol-free events for 2020-2021 and 2021-2022 academic years.

Academic Year	Number of Alcohol-Free DOR Programs
2020-21	260
2021-22	711

Student Activities Center (SAC)

ISU AfterDark

- ISU AfterDark is a student-organization-run, late night, substance-free program that offers numerous activities, food, entertainment, crafts, bowling, billiards and more – all free to ISU students.
- The expected outcomes are for students to socialize in a setting free from alcohol and for participants to establish or strengthen a sense of belonging within the Iowa State Community.
- Offered at least 3 times per semester, 6 times per year. Fridays from 9 pm to 1 am.

Cyclone Cinema

- Cyclone Cinema is a cost-free campus movie program that offers blockbuster or Oscar nominated films, often pre-home release.
- 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.
- 7pm showings every Thursday, Friday, Saturday, and Sunday throughout the fall and spring semesters.

The Workspace

- Art classes in pottery, woodshop, jewelry, glass, painting, fibers, and dance.
- Drop in crafts and paint your own pottery for individuals, groups, and student organizations. To-go craft kits for students when there is a wait time, or they prefer to work on their own.
- Students and other participants can relieve stress, think creatively, and connect with others in a social, alcohol-free setting.

CyBowl & Billiards

- Eight bowling lanes and five billiards tables
- The Underground Café offers various snacks including cheese curds, pretzel bites, chicken tenders, popcorn, and soda
- No alcohol is served during regular public open hours (exceptions may be granted for private rentals)
- Buck Bowling on Sundays and Mondays from noon to close; \$1 bowling, \$1 shoes, and \$1 soda for ISU students

Program	Students Served Annually
ISU Afterdark	15,000
Cyclone Cinema	10,000
The Workspace	14,000
CyBowl & Billiards	22,000 games bowled 2,200 hours (about 3 months) of billiard table rental

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 day trip options for students through their Adventure 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.
- Recreation Services offers a free gaming and esports space on campus with computers and consoles available for students to use during the week and on weekends.
- Over 70% of the student body engages 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.

Academic Year	Number of Facility Visits (Usage)
2020-21	447,068
2021-22	745,711

Collegiate Recovery Community (CRC)

The [Collegiate Recovery Community](#) is a program coordinated by Student Wellness, starting with a student organization in 2020 having meetings and substance-free programming, later hiring a graduate student to help facilitate peer support meetings and provide recovery coaching. A professional staff member was hired in 2021 and in January 2022, Recovery Ally Trainings were offered to students, faculty, and staff.

The following is information about CRC substance free events/meetings and the philosophy, mission, and vision of CRC.

	2020-21	2021-22
Peer Support Meetings	16	15
Total Peer Support Meeting Attendance	77	111
Social Event Attendance	150	125
Intake/Interest Meetings	9	32

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 property owners and Dept. 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 their 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 Ames Police Department (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 2020-2021 academic year, 97% of new, direct from high school, students entering Iowa State completed this online program, or 5,045 students. During the 2019-2020 academic year, enrollment in AlcoholEdu was expanded to transfer students as well as new, direct from high school students entering Iowa State, of whom 6,282 students completed this online program, or 93%.

For more information, the Impact Reports (including an overview of the program, Iowa State and national student data comparisons) for 2020-2021 and 2021-2022, see Appendices 4 and 5.

Academic Year	Percent of Incoming Class	Population Reached
2018-19	84%	5,080
2019-20	92%	5,143
2020-21	97%	5,045
2021-22	93%	6,282

Education and Skills Training

Student Wellness Education and Skills Training

Student Wellness Substance Use Initiatives staff provide several scheduled and by-request trainings and presentations to connect students with

Let's Be Frank: Safer Partying

Student Wellness offers an honest, nonjudgmental skills training facilitation focused on substance use and partying. Students learn bystander intervention and harm reduction techniques on how to recognize signs of alcohol poisoning and harmful drinking and practice building skills in helping connect another person to resources. Students engage in discussions and scenario activities.

Substances and You

Students learn more about substance use, how substances interact with your body, how to identify signs and symptoms of substance dependence or addiction, and learn more about harm reduction, recovery support, and campus resources.

Academic Year	Substance Use Presentations	Population Reached
FY21-22	10	380

Recovery Ally Trainings

Beginning in January 2022, Student Wellness staff created a Recovery Ally Training. The goal of this training is to help strengthen recovery capital on campus and decrease stigma that data shows can prevent students from reaching out for services to reduce or modify their substance use behaviors. Other objectives of this training are to enable participants to identify their own beliefs about persons in recovery, areas of inequality relating to persons in recovery from substance use disorder, language that affirms those same persons, and how to engage a person who is considering recovery and offer resources for referral.

Academic Year	Recovery Ally Trainings	Population Reached
FY21-22	9	95

Student Conduct Staff Training

Student Conduct staff invests in their professional development related to alcohol and other drugs through attending conferences, training in motivational interviewing, reading articles and studies, and in 2021 participated in Recovery Ally training.

DOR Alcohol Education and Skills Training

The DOR spends a significant amount of time training Resident Assistants (RAs) on addressing policy violations and specifically alcohol and other drug related offenses. As a part of their training, RAs 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 RAs 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. RAs 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 programming for 2020-21 and 2021-2022:
 - Leadership Retreat (about 100 students in total):
 - Chapter presidents and council officers virtually attended a leadership retreat in January 2021 with a curriculum that addressed alcohol usage, drug usage, and other risk prevention topics as part of the curriculum
 - Association of Fraternal Leadership and Values (AFLV):
 - Council officers and some chapter leaders attended AFLV where they attended some sessions around alcohol/substance usage
 - 75 students attended during 2020-21 year
 - 75 students attended during 2021-22 year
 - New Member Symposium:
 - Interfraternity Council (IFC) and CPC hold new member symposiums for newly initiated members that covers a section about substance usage
 - Risk Prevention Roundtables:
 - IFC/CPC Vice President 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
 - 2020-21: 165 students attended in total between fall and spring
 - 2021-22: 210 students attended in total between fall and spring

ISU Athletics Alcohol Education and Skills Training

Cyclone Academy | Summer Bridge Program (2020-21; 2021-22) | Fall 2021 Orientation

- ISU Police Department
 - Drugs & Alcohol Education
 - Decision Making

University Studies 101D (4 sections, fall semester; 1 section spring semester) (2020-21; 2022)

- 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

Sexual Misconduct/Harassment (2020-21; 2021-22)

- Sexual Misconduct Policy education provided by Office of Equal Opportunity

Student Wellness Partnership – Healthy Choices & Decision Making (2020-21; 2021-22)

Green Dot | Consent and Bystander Intervention - Promoting Campus Safety

- Violence Prevention Coordinator for ISU Wellness facilitated a discussion with each UST 101D section to speak about the definition of “consent” and how to intervene effectively in high-risk situations each semester. The coordinator position has included several different people over the last two years.
- Presented to both UST 101D and UST 303 classes.

Alcohol & Substance Use | Substances in Your Body Interactive Workshop

- Ryan Doyle, Health Promotion Coordinator for ISU Student Wellness led an interactive workshop with student-athletes providing education on what is a substance, positive and negative impacts, illegal substances, risks, laws, and national averages.
- Presented to both UST 101D and UST 303 classes.

APPLE Training Institute (Annual conference) (2020-21; 2021-22)

- 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 when in person; have been attending 7+ years
- 2021 Conference was canceled due to budget and COVID-19 uncertainty
- May 24-25, 2022, Virtual Conference
 - Requirement of conference: 4-5 team members available to attend all sessions via zoom.
 - We presented an opportunity to student-athletes and due to dates being after the academic school year and the requirements for the conference, we did not have anyone available to participate.

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. In Fall 2022, BASICS will be expanded into the new Wellbeing Coaching Program.

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

Academic Year	Referrals	Completed Sessions
2020-2021	49	34
2021-2022	75	31

Diversion Program

In 2020, OSC, in partnership with Student Wellness, launched a diversion program. Eligible students can 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 a pre-action plan reflection before 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 and has successfully continued since the pilot program. Below is a snapshot of participants for this period.

Academic Year	Number of Students
2020-2021	48
2021-2022	79

Appendix 6 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 7 and 8.

Academic Year	Number of Students
2020-2021	16
2021-2022	17

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
2020-2021	163
2021-2022	116

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 drinks, BAC, and harm reduction strategies was shared with students during the meeting and via email.

Numbers for Student Conduct in 2020-2021 and 2021-2022 saw a sharp decrease due to the pandemic and decreased referrals during this time and the transition to more students being referred to the diversion program over the traditional conduct process.

AUDIT Screening - OSC

Year	Participants	Average Score	High Score	Low Score
July 2020 – July 2021	20	5.4	1	11
July 2021 – July 2021	23	5.52	2	11
Total / Average	43	5.46	1.5	11

AUDIT Screening - DOR

Year	Participants	Average Score	High Score	Low Score
July 2020 – June 2021	232	2.27	19	0
July 2021 – June 2022	136	2.32	14	0

CUDIT-r Screening - OSC

Year	Participants	Average Score	High Score	Low Score
July 2020 – July 2021	5	5.8	2	9
July 2021 – July 2021	4	6.75	4	11
Total / Average	9	6.275	3	10

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 2020-2022, the following was created:

- Infographics discussing the intersections of public health and hosting a safe gathering, with alcohol reduction tips

OSC offers presentations and programming (active and passive) that are specific to alcohol and other drugs (AOD). To note, AOD presentations have decreased since 2018 and the last two years saw a significant decrease due to the pandemic. Below is a list of the campus presentations that included AOD information from the OSC.

2021

- May – Cyclone Aid Seminar

2022

- January – Outdoor recreation presentation
- April – Cyclone Aid Seminar, IFC Judicial Board

ISU Athletics

Annual Team Meetings

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

Good Neighbor Campaign

In Fall 2021, Student Health and Wellness and the Dean of Student's Office partnered with the City of Ames and ISU PD and using heat mapping data, contacted over 250 houses with information regarding how to safely and responsibly host social gatherings and educate about relevant city ordinances and university policies.

Section 2c - Enforcement

Alcohol continues to be the most used drug among ISU students and results in one of the highest number of violations of the Student Code of Conduct 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

Professional and student staff 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 Associate Director. When needed, RAs seek the assistance of on-call professional staff and/or the ISU PD for enforcement.

DOR's AOD enforcement efforts for 2020-2021 and 2021-2022 are summarized below.

2020-2021	Total Charged	Found Responsible	Found Not Responsible	No Finding
DOR Alcohol Policy*	364	179	181	4
DOR Alcohol – Empty Containers**	106	42	45	19
DOR Drugs***	42	12	7	2

2021-2022	Total Charged	Found Responsible	Found Not Responsible	No Finding
DOR Alcohol Policy*	352	167	163	22
DOR Alcohol – Empty Containers**	196	93	68	35
DOR Drugs***	57	12	14	31

*The DOR Alcohol policy would include alleged violations in which alcohol (liquid was present), other behavior related to alcohol consumption, or consuming alcohol in a public space (for those of age)

**The DOR empty containers policy includes alleged violations where empty alcohol containers are present but no liquid.

*** The DOR Drug policy includes alleged violations in which no ISUPD citations were given but there may have been a smell that indicated drugs may/may not have been present.

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. Overall, referrals were down during this period, largely due to the pandemic.

The following information provides demographic information about the students OSC charges for alleged violations of the student code of conduct.

4.2.2 Misuse of Alcoholic Beverages and Controlled Substances

Classification	Number of Students (20-21)	Percentage of overall cases that are AOD (20-21)	Number of Students (21-22)	Percentage of overall cases that are AOD (21-22)
Freshman	70	49	68	54
Sophomore	30	17	36	37
Junior	15	10	30	36
Senior	15	12	19	18
Graduate	0	0	3	9
Special	0	0	1	33
Organization	1	100	6	100
Residency				
In State	62	48	81	52
Out of State	68	52	72	46
International	0	0	4	2
Sex				
Male	89	68	120	76
Female	41	32	37	24
Greek Status				
Greek	53	41	32	20
Non-Greek	77	59	125	80

Type of AOD Violation

Offense	Number of Students (20-21)	Percentage of AOD cases per (20-21)	Number of Students (21-22)	Percentage of AOD cases per 21-22)
Operating While Intoxicated	22	17	21	13
Public Intoxication	25	19	15	10
Possession of Alcohol Under the Legal Age (PAULA)	55	42	86	55
Possession of a Controlled Substance/ Possession of Drug Paraphernalia	31	24	36	23

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	2020-2021	2021-2021
SI #1	49	77
SI #2	30	33
SI #3	1	0
SI #4	6	1
SI #5	10	8
SI #6	22	9
SI #7	4	8

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 2020 spring pilot program had 10 participants. The diversion program was continued in Fall 2020 and has been maintained since that time. Below is a summary of diversion assessment information.

Diversion Pilot Assessment Information

	CUDIT-4 (PRE)	CUDIT-4 (POST)	Difference	AUDIT (PRE)	AUDIT (POST)	Difference
Average	3.02	.85	-2.17	5.3	3.42	-1.88
High	16	10	-6	18	14	-4
Low	0	0	0	0	0	0

	Alcohol Negative Consequences	Alcohol Negative Consequences	Difference	Alcohol Negative Consequences	Alcohol Negative Consequences	Difference
Average	2.06	.98	-1.08	1.21	.17	-1.38
High	13	6	-7	16	4	-12
Low	0	0	0	0	0	0

Diversion Assessment Information 2021-2022

	CUDIT-4 (PRE)	CUDIT-4 (POST)	Difference	AUDIT (PRE)	AUDIT (POST)	Difference
Average	2.44	1.12	-1.32	4.22	3.42	-.8
High	23	11	-12	19	15	-14
Low	0	0	0	0	0	0

	Alcohol Negative Consequences (PRE)	Alcohol Negative Consequences (POST)	Diff.	Cannabis Negative Consequences (PRE)	Cannabis Negative Consequences (POST)	Diff.
Average	1.09	.52	-.57	.64	.26	-.38
High	16	6	-10	10	6	-4
Low	0	0	0	0	0	0

ISUPD

ISU PD 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	2020-21	2021-22
Liquor Law	256	220	75	139
Public Intoxication	143	136	48	32
Operating While Intoxicated	101	84	98	99
Drug Equipment Violations	82	57	46	66
Drug/Narcotics Violations	90	71	69	71

ISU Athletics

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

Appendices 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 conduct cases involving the misuse of alcohol and other drugs that do not go through the diversion program are heard and adjudicated by OSC. Students found responsible for violating AOD related policies are held accountable in accordance with the policies described in the Student Code of Conduct. Sanctioning decisions are based on the case classification, severity of the behavior, and past disciplinary issues. Most first-time violations are classified as a non-separation level case. Students who have numerous alcohol and other drug violations could face a separation level case classification which could result in suspension or expulsion 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. Students found responsible for violating AOD related policies in the DOR are sanctioned based on AUDIT score, level or risk, and other behaviors that may or may not have occurred in conjunction.

The chart below represents the total number of students referred through the DOR and does not represent sanction completions.

DOR Education Sanctions	2020-2021	2021-2022
AlcoholEdu for Sanctions	128	98
Cannabis e-Checkup to Go	3	5
BASICS – Alcohol	15	25
CASICS – Cannabis	N/A	1

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

Zone 1 – Education (0-5) AlcoholEdu for Sanctions Standard Drink Conversation Discussion of protective behaviors	Zone 2 – Simple Advice (6-19) 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
Zone 3 – SAA (20+) Substance use/abuse evaluation through outside resource (CFR, YSS)	

CUDIT-R FLOW

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

Sanction Examples

Below are common sanctions that are used for non-separation 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 reprimands.

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

For both separation and non-separation level 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 several 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 AlcoholEdu 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 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 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.

Sanction Examples DOR:

Below are common sanctions that are used for alcohol and other drug violations in the DOR. 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 warning or disciplinary reprimand.

Removal from university housing is a less common sanction but used when it is determined that students are negatively impacting the community. Removal from substance free housing occurs when a student is found responsible for having alcohol/drugs present in a substance free environment. Students who are imposed this sanction can continue to live in university housing but would be restricted from substance free communities.

DOR – Disciplinary Reprimand: You are receiving a **DOR-Disciplinary Reprimand**. It is a written reprimand notifying the student that their conduct is in violation of DOR rules and regulations.

DOR – Warning: You are receiving a **DOR-Warning**. It is a written notice indicating that a violation occurred and a notice of warning that a more severe sanction will occur if the conduct does not change.

DOR – AlcoholEdu: Education – AlcoholEdu: 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 which will be accessed via Canvas. You are required to complete part one before **{{DOR_ALC_CLASS_DUE}}**. To successfully complete the course, you must receive at least 80%. Your results will be automatically sent to your conduct administrator. Thirty days after completion, you will receive part two of the course.

Education - Wellness Coaching - BASICS: Wellbeing Coaching for substance use is a harm reduction program for college students to help you work toward a better relationship with alcohol. This is a 2-session program and uses an empathetic, **non-judgmental** style to help meet students where they are at with their alcohol use. The focus is to help you uncover what is important to you and how you can be successful in reaching those goals.

Please complete the [enrollment form](#) select “Alcohol” under the “Wellbeing Coaching Program Selection” drop down menu as soon as possible to get started. The deadline for you to have completed the program (both sessions) is **{{DOR_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: Cannabis eCHECKUP TO GO completed by **{{DOR_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 provided and reviewed by your hearing officer; 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, **{{DOR_ECHECK_DRUG_OFFICER}}** at **{{DOR_ECHECK_DRUG_EMAIL}}**. To access the program, click this [link](#) and select the program.

Section 2e - Treatment and Intervention

The Student Health and Wellness Unit, particularly 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 via student self-report as part of standard intake procedures when students enrolled at ISU initiate counseling services.

Due to the often co-occurring nature of substance use and mental health concerns, mild to moderate substance use concerns can be addressed concurrently with mental health treatment goals and objectives. SCS offers a complete substance use evaluation upon individual student request or through referral from Dean of Students, Student Conduct, or Student Wellness. This evaluation may result in a substance use diagnosis and/or referral for substance use treatment.

Students that report substance use as a primary focus of their treatment may be referred to Student Wellness for recovery coaching, peer support meetings, or additional services as appropriate. Students experiencing more persistent or severe substance use may be referred to community providers in the Ames area or in their home community. In Ames, referrals are typically made to Community and Family Resources (CFR) or Youth and Shelter Services (YSS) for outpatient substance use treatment or referral to a higher level of care.

During FY20, the process for diagnosis at SCS changed. Prior to FY20, all students received a diagnosis (often provisional) during their initial triage appointment. Starting in FY20, SCS adjusted this process and now only diagnose for students attending individual therapy that have completed two or more sessions. This allows providers time for providers to collect the necessary information to diagnose. Due to the change in process, substance use disorder diagnoses numbers are significantly different between pre FY20 and post FY20.

During FY20, 17 students attended two or more individual counseling sessions at SCS and received a substance use disorder diagnosis. During FY21, 16 students attended two or more individual counseling sessions at SCS and received a substance use disorder diagnosis. The following table gives statistics from diagnoses provided by SCS clinicians across Fiscal Year 20 and Fiscal Year 21.

July 1, 2020 - June 30, 2021		July 1, 2021 - June 30, 2022	
Substance Use Disorder	# of clients	Substance Use Disorder	# of clients
Alcohol	11	Alcohol	5
Opioid	0	Opioid	0
Cannabis	6	Cannabis	10
Other	2	Other	0
In remission	0	In remission	1
TOTAL	17	TOTAL	16

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 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. During FY 21, scores on SCS client self-reports of alcohol use concerns show that out of the students who reported elevations at first contact (n=201), 73% 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 (297 total) indicates that SCS average change for clients with alcohol use were equal to or greater than 97% of the counseling centers (during FY 19) and 93% (During FY21) 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 helps arrange a transfer to community treatment centers such as Community Family Resources, Youth and Shelter Services, and other treatment centers across 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 visit totals.

	FY21	FY22
Alcohol	43	8
Drug	444	347
Drug & Alcohol	95	43

Appendices 13 and 14 provide the diagnosis data from TSHC during FY21 and FY22.

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	Contracted telehealth services are covered.
	Substance use disorder inpatient services	10% Coinsurance	20% Coinsurance	NONE

**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	Contracted telehealth services are covered.
	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	NONE

**Excerpt from SSHIP Summary of Benefits & Coverage*

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

During the 2020-2022 biennial review period, ISU achieved most of our goals from the previous biennial review process. The following includes an overview of the ten program recommendations from the 2018-2020 biennial review and a statement on goal achievement or progress made toward the goal in 2020-2022.

2018-2020 AOD Program Recommendations	Statement on Achievement
Hire Substance Use coordinator position within Student Counseling to expand treatment and counseling options on campus for students struggling with substance use.	<i>Sydney Dunn, a certified alcohol and drug counselor was hired in SCS.</i>
Identify funding sources to allow students to take substance abuse assessments free of charge.	<i>Sydney Dunn can do substance use assessments in-house, preventing the need for external funding.</i>
Offer onsite counselor for Employee Assistance Program (EAP) to help increase utilization of service.	<i>Implemented with positive utilization</i>
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.	<i>March 2022 – Be Well Space with time reserved for Students in Recovery M-F 5p-8p Recovery Ally Training monthly trainings with 9 trainings conducted and 95 trained from Jan 2022 – Jun 2022 CRC Promotion – outreach done using Navigate/ AlcoholEdu Surveys</i>
Student Government continues to work with other Regent institutions and the State of Iowa to pass a medical amnesty policy.	<i>State-wide overdose amnesty has now been codified into the Iowa Code, making it a state law.</i>
Expand online self-help options for students revolving around substance use and mental health.	<i>Echeckup-To-Go for Alcohol program added for students to take and including in TAO (Therapy Assistance Online)</i>
Expand screening, brief intervention, and referral to treatment (SBIRT) on campus, that includes screening questions for AOD.	<i>ISU launched the Cyclone Support program, which includes a screening tool to be used as online self or in An expansive marketing campaign for Cyclone Support continued through the 2021-2020 year.</i>
Expand education around health insurance coverage and expand social marketing strategies that address stigma and barriers to care.	<i>On-going efforts are being made.</i>
Use data from NCHA (National College Health Assessment) and from other surveys to put out social norming messages to students under university-wide messaging campaign.	<i>On-going efforts are being made.</i>

Section 4 - Summaries of AOD Program Strengths and Limitations

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

Biennial Review FY20/FY22 – Strengths

1. The Iowa State PD liaison program with the DOR fosters community building and helps when incidents do occur.
2. Collegiate Recovery Community continues to 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. Since 2019, this has included annual door knocking education to students in off campus residences where data shows parties are typically held.
5. The Office of Student Conduct continued to use 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 the Office of Student Conduct are trained in motivational interviewing, and DOR staff continue to annually train in motivational interviewing, which is particularly helpful in AOD cases when establishing the possibility for behavior change.
7. A continued partnership between the Department of Psychology and Student Wellness has allowed us to continue offering the Brief Alcohol Screening and Intervention for College Students (BASICS) program. The program is evidence-informed and focuses on alcohol and marijuana use. It includes 2 sessions with a trained BASICS facilitator that focuses on harm reduction for students who have elevated risk substance use behaviors.
8. In Department of Residence and Office of Student Conduct, all students who appear for a conduct hearing 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 enhanced support mental health services for Student Athletes by having an in-house Clinical Psychologist and collaborating with Student Counseling Services to provide support for AOD and mental health for Student Athletes.
10. Office of Sorority and Fraternity Engagement continues to see higher registered social events that are substance free (dry).
11. University Human Resources expanded employee options with insurance to help with opioid addiction.
12. 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.
13. All patient visits to Thielen Student Health Center include a screening process for alcohol, substance use, and vaping.

Biennial Review FY20/FY22 - Limitations

1. 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. Outside of DOR cases, where the student still goes through a conduct process, no other intervention is currently in place. There is not always a peer willing to take responsibility or care for the individual.
2. 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.
3. 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 would be helpful to provide students who may have multiple interactions with both offices for continued educational opportunities regarding lowering their risk related to their substance use.
4. Additional resources for prevention, education, sanction programming and enforcement, personnel and programmatic. Funding for initiatives for harm reduction, intervention, and recovery are needed.
5. Consistent and relevant messaging for prevention and education across the university that connects to student interests.
6. Need for a university committee to help oversee AOD and harm reduction initiatives.
7. Some students lack insurance, which can become an issue when dealing with significant substance use or mental health concerns.
8. The Assistant Director position in SFE that focuses on risk prevention/health and wellness is temporary and will not have funding after December 2025.

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 purpose of this notification is to inform you that the 2021 Annual Security and Fire Safety Report (published in 2022) is now available online. The report, as well as this notification, is required by federal law.

To access the report, go to:

[2021 Annual Security Report](#)

The report contains information regarding campus security, personal safety, and crime and fire statistics from 2019-2021. The report also contains information on such topics as reporting emergencies, reporting crimes and other violations, timely warnings, drug and alcohol prevention programs, and information from the sexual misconduct/assault/harassment, stalking and intimate partner violence resource guide. Various policy statements and procedures on matters of importance relating to security and safety on campus are also included.

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, 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 15 and 16.*

The following [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 given to all new employees describing the Drug-Free Workplace Policy and informing them 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 2022-2024. The following recommendations serve as goals for the next biennial review period and achievement of these goals will be reported in the next biennial review report.

1. Continue growing Collegiate Recovery Community by fundraising efforts including establishing a dedicated CRC Foundation account and expanding promotion efforts.
2. Continue to expand screening, brief intervention, and referral to treatment (SBIRT) on campus, that includes screening questions for AOD.
3. Expand education around health insurance coverage
4. Expand social marketing strategies that address stigma and barriers to care.
5. Continue to use data from NCHA and from other surveys to put out social norming messages to students under university-wide messaging campaign.
6. Have university sponsored substance-free tailgates at home football games with input from a diverse group of campus partners.
7. Establish a university committee to help oversee AOD initiatives and coordinate efforts.

Section 7 - Appendices

- Appendix 1:** DOR Non-Alcohol Programming 2020-2021
- Appendix 2:** DOR Non-Alcohol Programming 2021-2022
- Appendix 3:** SFE Risk Management Policy Acknowledgement
- Appendix 4:** AlcoholEdu for College Impact Report 2020-2021
- Appendix 5:** AlcoholEdu for College Impact Report 2021-2022
- Appendix 6:** Diversion Eligibility and Intro Email Text
- Appendix 7:** ECheck Up to Go Cannabis Report 2020-21
- Appendix 8:** ECheck Up to Go Cannabis Report 2021-22
- Appendix 9:** ISU Drug Testing Policy and Signature Page 2020-21
- Appendix 10:** NCAA Drug Testing Consent 2020-21
- Appendix 11:** ISU Drug Testing Policy and Signature Page 2021-22
- Appendix 12:** NCAA Drug Testing Consent 2021-22
- Appendix 13:** TSHC Alcohol and SA Diagnosis Information 2020-21
- Appendix 14:** TSHC Alcohol and SA Diagnosis Information 2021-22
- Appendix 15:** Alcohol Drug Free Campus Annual Notification - Employees
- Appendix 16:** Alcohol Drug Free Campus Annual Notification - Students