

IOWA STATE UNIVERSITY

2022-2024 BIENNIAL REVIEW

# Alcohol and Other Drug Program Report

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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 2022-24 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

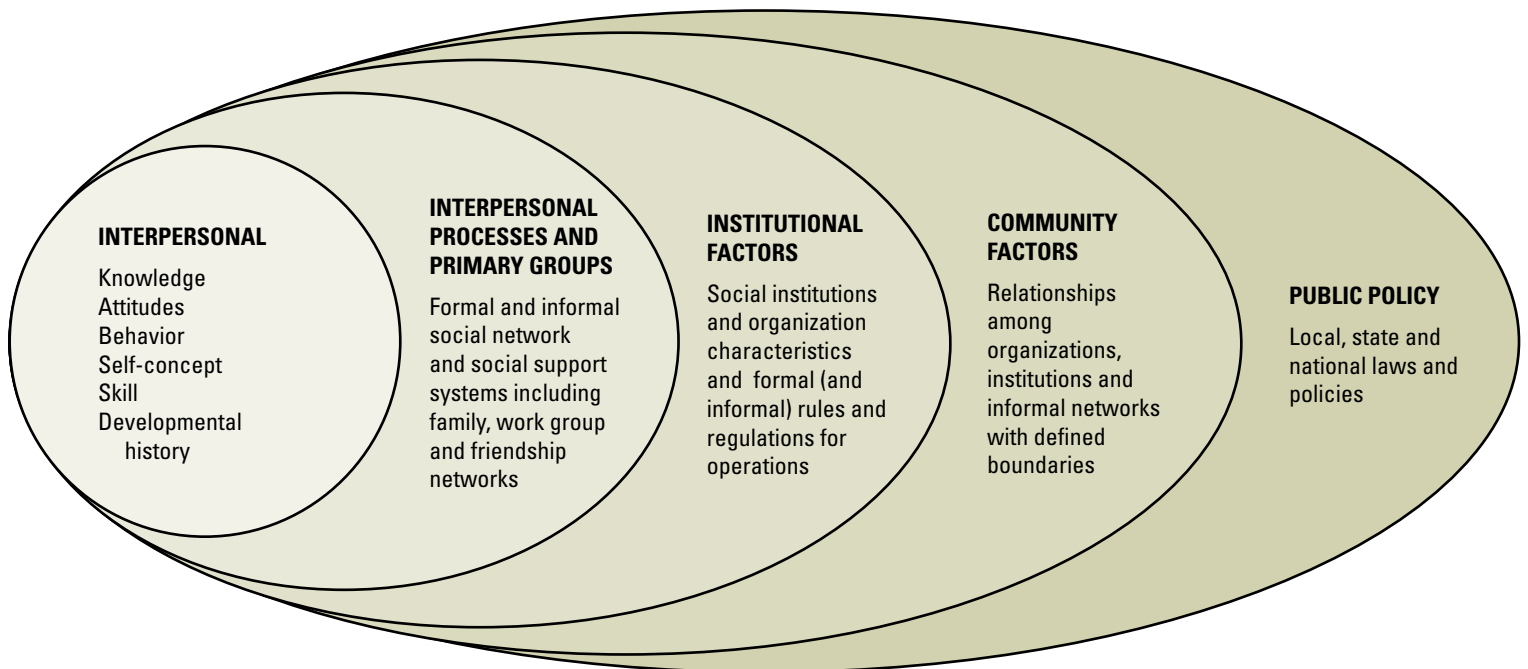
**SECTION 1 – MEETING AGENDA**  
**AOD Biennial Review – Meeting #1 (10/29/2024)**

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, 2024.
  - 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 2022- June 2024 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. Reviewing collected data and information

## 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 six primary strategies outlined 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. Expand access to naloxone to prevent opioid overdoses.
6. 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
2022-2023	460
2023-2024	62

See Appendices 1 and 2 for more information on programs from the 2022-2024 academic years including lists of alcohol-free programs facilitated in Dept. of Residence by Resident Assistants.

#### 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 Registration and Requirements for Sorority and Fraternity Events Involving Alcohol 2024](#)
  - Must be registered 20 days prior to the event
  - Chapters and their advisors must sign out a risk management policy acknowledgement
  - Chapter president, social chair, and risk chair must meet with the Assistant Director and/or their council VP of risk prevention to talk through their event prior to it being approved
  - Chapters must submit a vendor agreement, sober monitor list, COI of insurance and liquor license for third party vendors, guest list, list of alternative food and beverages, a safety and security plan, and a transportation 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
    - A representative from the Sorority and Fraternity Engagement Office calls the venue and any transportation company to make sure there were no issues or council constitution violations by the chapter
- Events with alcohol must be submitted to the Tikkit Registration Platform.



- Dry events:
  - Must be registered 14 days prior to the event using the University Event Authorization System
  - Events are reviewed by the council representative and a SFE Staff Member
- Required forms:
  - [Form A – Third Party Vendor Form for Events with Alcohol](#)
  - [Form C – Dry Third Party Vendor Events Form](#)
  - [Risk Management Policy Acknowledgement](#)

Sorority and Fraternities registered the following alcohol-free events in previous academic years.

Academic Year	Number of Alcohol-Free DOR Programs
2020-2021	260
2021-2022	711
2022-2023	458
2023-2024	602

## Office of Student Engagement

### 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
- Buck Bowling on Sundays and Mondays from noon to close; \$1 bowling, \$1 shoes, and \$1 soda for ISU students

Program	Students Served FY2023	Students Served FY2024
ISU Afterdark	11,500	9,200 <i>(Across five events due to cancellation August 2023)</i>
Cyclone Cinema	4,968	6,350
The Workspace	14,230	16,000
CyBowl & Billiards	34,198 games bowled 3,350 hours of billiards rentals	Data unavailable due to staff change

### 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 affiliates with over 40 Sport Clubs for students to be involved in substance free practices and competitions.
- 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)
2022-2023	884,212
2023-2024	941,061

### Cardinal and Goal'd Alcohol Free Tailgate

In Fall 2022, Student Wellness with support from Recreation Services hosted an alcohol-free tailgate event with the goal of creating a space for students to experience the tailgate atmosphere while avoiding the heavier drinking culture that can exist at other tailgating events. A multi-department steering committee was formed in October 2022 and in Fall 2023, the event was expanded to have alcohol-free tailgate events at each of the first four home football games of the year. Efforts continued in Spring 2024 towards planning for more events in Fall 2024.

Academic Year	Number of Events	Total Attendance
2022-2023	1	152
2023-2024	4	1,138

## Cyclone Welcome Weekend

In Fall 2022, the Division of Student Affairs implemented an event that consisted of multiple days of alcohol- and substance-free activities the weekend before Fall semester began with the goal of engaging ISU students in healthy, community-building activities to reduce high-risk behaviors often associated with the weekend before classes begin. Staff and faculty across the university worked to support activities including cookouts, movie night, and a breakfast. This successful event grew in Fall 2023 with even higher attendance and is planned to continue into Fall 2024.

Activities FY2023	Attendance	Activities FY2024	Attendance
Welcome Cookout	4,000	Welcome Cookout	4,000
Friday Movie	60	G.O.A.T. Breakfast	1,919
G.O.A.T. Breakfast	1,100	The Cyclone Magic Experience	1,700
BINGO	500		
Hypnotist	130		
Saturday Movie	125		
<b>TOTAL FY2023</b>	<b>5,915</b>	<b>TOTAL FY2024</b>	<b>7,619</b>

## Collegiate Recovery Program (CRP)

The Collegiate Recovery Program (CRP) is a support-based, student-focused, and inclusive program that supports students in recovery by connecting them to resources, support, and substance-free spaces for academic success and wellbeing. CRP is not treatment, crisis service, or 12-step based, but can connect students to these services if needed. The philosophy of the CRP is that recovery from substance use, gambling, gaming, or other issues is a voluntary commitment to a lifestyle promoting sobriety and wellbeing. We support creating environments that are supportive for students in recovery, as the college environment can be challenging for them. Providing supportive systems and substance-free spaces helps students in recovery access education and complete their degrees.

The Collegiate Recovery Program is coordinated by ISU Student Wellness. It began as support for a recovery student organization in 2020, primarily supporting meetings and substance-free social programming. A graduate student was hired 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 began being offered to students, faculty, and staff. In Fall 2023, the CRP became the first nationally accredited Collegiate Recovery Program by the Association of Recovery in Higher Education's Standardized Review for Collegiate Recovery Advancement in the State of Iowa, and one of the first ten accredited CRPs in the nation.

	FY2023	FY2024
Peer Support Meetings	13	15
Total Peer Support Meeting Attendance	132	111
Individual Student Meetings	11	125
Intake/Interest Meetings	13	32

## Strategy 2 - Create a health promoting normative campaign

### Cyclone Support

In 2022 and 2023, Iowa State University Police Department (ISUPD) joined the multi-unit partnership created by ISU Student Wellness to work collaboratively on important public health topics. This partnership allows the individual units to share their expertise while collaborating to unify messaging, increase message saturation, and clarify campaign initiatives. One of the specific focus areas for Cyclone Support is substance use, which encompasses alcohol and other drugs. Initiatives included adjusting campaign messaging to highlight harm reduction strategies, providing positive social norming around alternatives to alcohol and other drugs, and promoting help-seeking behavior. We expanded these campaigns into spaces that have historically involved higher-risk environments, such as tailgates on ISU football game days. ISUPD worked with Student Wellness to design shirts that encouraged alcohol risk reduction strategies and then provided outreaches in the tailgating lots outside of the stadium before each home game in 2023, handing out approximately 2,500 shirts and reaching over 3,000 people on game day. This initiative has continued into 2024, with the outreaches occurring on Fridays before every home game.

The Cyclone Support campaign efforts have also updated the messaging and awareness ISUPD provides to the community throughout their time at Iowa State. ISUPD includes messaging about alcohol and other drugs during campus visits, domestic and international student orientation sessions, classroom presentations, Department of Residence presentations and events, and to various student organizations on campus. These outreaches include risk reduction strategies, social norming around minimizing or abstaining from substances, medical amnesty information, and signs and symptoms of potential overdose.

### **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; 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 [City of Ames Sec. 17.27](#)

## Strategy 5 - Expand Access to Naloxone to Prevent Opioid Overdoses

### Naloxone AED Program

The Iowa Drug Control Strategy published by the Iowa Office of Drug Control Policy Strategy and the White House National Drug Control Strategy both support expanding access to naloxone to combat the rising rates of opioid overdoses. ISU Student Wellness along with the ISU Environmental Health and Safety worked with the Iowa Department of Health and Human Services (Iowa HHS) to establish a program of stocking doses of Narcan®-brand naloxone in the existing Automatic External Defibrillator cabinets across Iowa State University's campus. This was completed in January 2024.

### Naloxone Training and Availability

In February 2024, ISU Student Wellness began participation in the [Iowa HHS Narcan® Distribution Initiative](#). This program allows entities to receive free doses of Narcan® naloxone nasal spray kits and provide them to members of the public after providing trainings, along with appropriate training.

	FY2024
Naloxone Trainings	10
Number of Narcan® Kits Distributed	21

## Strategy 6 - Increase Enforcement of Laws and Policies

The Ames Police Department (APD) implements various efforts to support enforcement of policies in the Ames community.

### Compliance Checks

These are completed by Ames PD in surrounding Ames community. If places do not pass, the police will go back to test again. Will issue a citation if failure to pass check.



## 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 2022-2023 academic year, 97% of new, direct from high school, students entering Iowa State completed this online program, or 5,045 students. During the 2023-2024 academic year, 75% of new, direct from high school, students entering Iowa State completed this online program, or 5,551 students. Starting with the 2019-2020 academic year, enrollment in AlcoholEdu has also included transfer students.

*For more information, the Impact Reports (including an overview of the program, Iowa State and national student data comparisons) for 2022-2023 and 2023-2024, 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
2022-2023	84%	6,156
2023-2024	75%	5,551

### Education and Skills Training

#### Student Wellness Education and Skills Training

Student Wellness Substance Use Prevention and Education staff provide several scheduled and by-request trainings and presentations to students. Starting in Fall 2023, Student Wellness worked with campus partners to create an online Canvas course for educating students, staff, and faculty about naloxone opioid overdose reversal spray. Narcan brand naloxone nasal spray was also added to the 165 campus Automatic External Defibrillator cabinets with funding from the Iowa Department of Health and Human Services.

#### Green Flags Program

Student Wellness worked with many campus partners to develop a presentation where students learn about ISU's consent policy and build skills for promoting a culture of sexual respect at ISU through a combination of lecture, group activities, and individual reflection. During workshops and events, students explore how practicing consent can be impacted by alcohol and other drugs and identify signs of intoxication and incapacitation. This program is planned for presentations beginning Fall 2024.

### **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.

<b>Academic Year</b>	<b>Substance Use Presentations</b>	<b>Population Reached</b>
2022-2023	24	617
2023-2024	23	935

### **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.

<b>Academic Year</b>	<b>Recovery Ally Trainings</b>	<b>Population Reached</b>
2022-2023	15	145
2023-2024	3	12

### **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, and reading articles and studies

Student Conduct continues to make referrals to Wellbeing Coaching in an effort to educate students on substance use and decrease punitive measures from our office. This process is described in greater detail below.

More information on Wellbeing Coaching can be found here: <https://cyclonehealth.iastate.edu/wellbeing-coaching>

### **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 programing:**

- Wellness Symposium
  - Every fall, the councils host a combined wellness symposium for all members of the SFE Community to attend. Sessions include topics such as Alcohol and Drug Awareness, Sexual Health and Education, Nutrition, Money Management, and Mental Health.
- Leadership Retreat (about 100 students in total):
  - Chapter presidents and council officers are required to attend a leadership retreat every January 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) conference:
  - Council officers and some chapter leaders attended AFLV where they attended some sessions around alcohol / substance usage
  - Typically around 75 student leaders attend this conference every year.
- New Member Symposium
  - IFC (Interfraternity Council) and CPC hold new member symposiums for newly initiated members that covers a section about substance usage
- Risk Prevention Roundtables
  - 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 = 58% of chapters participated in Spring 2023
  - CPC = 100% of chapters participated in Spring 2023
- 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
  - 2022 – 2023: 93% of chapters participated
  - 2023 – 2024 89% of chapters participated

## **ISU Athletics Alcohol Education and Skills Training**

### **Cyclone Academy: Summer Bridge Program (Summer 2023, Summer 2024)**

#### **CyWay: Fall Orientation (Fall 2023, Fall 2024)**

- Topics
- Student Conduct Office - Decision Making, Substance Use
  - Liz Luiken – Assistant Director, Student Conduct (Summer 23, Summer 24)
  - Tyler Lennon – Student Conduct Administrator (Fall 24)
  - Huddle Up - Gender and Relationship Violence Prevention (Summer 23)

#### **University Studies 101D (Fall 2022, Spring 2023, Fall 2023, Spring 2024)**

- Health Choices Education
  - Impact of Drugs and Alcohol
  - Ryan Doyle Substance Use Prevention Strategy Specialist, Student Wellness

#### **Sexual Misconduct/Harassment (2022-23, 2023-24)**

- Sexual Misconduct Policy education provided by Office of Equal Opportunity

#### **Student Wellness Partnership – Healthy Choices & Decision Making 2022-23, 2023-24)**

- Green Dot | Consent and Bystander Intervention - Promoting Campus Safety
  - Violence Prevention Staff from ISU Student 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.
  - Presented to both UST 101 during 2023-2024 fall and spring semesters

- 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 UST 101 Fall 2022 through Spring 2024 semesters and UST 303 classes Fall 2022 and Spring 2023

## Brief Motivational Interventions

### Wellbeing Coaching Program

In Fall 2019, the Student Wellness Office, in partnership with the Department of Psychology, began administering the Brief Alcohol and Screening Intervention for College Students (BASICS) and the Cannabis Screening and Intervention for College Students (CASICS) programs. These programs aim to reduce the harmful effects of alcohol and cannabis use among college students. Both are two-session interventions delivered by trained practitioners who use an empathetic and nonjudgmental approach to meet students where they are in their substance use journey. These sessions are confidential and provide personalized feedback, helping students identify strategies and set goals for positive change.

Initially, BASICS/CASICS was primarily used by the Office of Student Conduct (OSC) to refer students after conduct hearings. However, starting in 2020, the Student Wellness Office expanded the referral options to include any student. In Fall 2022, BASICS/CASICS were integrated alongside the Thrive@ISU program into the new Wellbeing Coaching Program.

More information on the Wellbeing Coaching Program can be found here: <https://cyclonehealth.iastate.edu/wellbeing-coaching>

Academic Year	Alcohol Sessions	Cannabis Sessions	Total Sessions*
2022-2023	104	23	243
2023-2024	278	67	473

\*Total sessions include Holistic Wellbeing Coaching and Wellbeing Navigation Appointments offered as part of the Wellbeing Coaching Program.

### Alternative Resolution Process

In 2020, OSC, in partnership with Student Wellness, launched a diversion program. In 2023, the name and process changed slightly, but the concept remains the same. Eligible students can opt into the alternative resolution process or go through the traditional conduct hearing process. Successful completion of the alternative resolution process results in no disciplinary record being generated for the student. The alternative resolution process requires students to complete two sessions of Wellbeing Coaching with Student Wellness, which focuses on harm reduction and developing healthy behaviors.

In some cases, students may also be required to meet with Student Conduct to discuss their behavior and strategies to avoid future similar violations of the Code of Conduct.

Academic Year	Number of Students
2022-2023	110
2023-2024	92

Appendix 6 includes Alternative Resolution program eligibility and program eligibility letter language

## Personalized Feedback Intervention

### eCheck Up to Go – Marijuana

This program focuses on reducing cannabis use among students. It is used by the Office of Student Conduct (OSC) for sanctioning students who violate policy, but it is also available to any student interested in taking it.

### eCheck Up to Go – Alcohol

This program aims to reduce alcohol use among students. Recognized by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) as a low-cost and highly effective intervention, it is used by OSC for sanctioning policy violators and is available for any student to take confidentially, either on their own or by referral.

Both programs are utilized in Alcohol and Cannabis Wellbeing Coaching Program sessions.

Academic Year	ECheck Up to Go – Marijuana	ECheck Up to Go – Alcohol
2022-2023	35	104
2023-2024	42	161

To view summary of reports and data, see appendices 7, 8, 9 and 10.

### 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
2022-2023	63
2023-2024	32

### Cyclone Support Self-Assessment

The Cyclone Support Wellbeing Self-Assessment is a confidential, 10–15-minute survey consisting of nine public domain brief screening tools designed to help students at Iowa State University identify potential health and well-being issues affecting their success. It was originally put together by the Student Wellness Office with support from the Department of Psychology as part of the Wellbeing Coaching Program.

In Fall 2023 it was modified to be available and used by all students who are interested in learning more about their overall well-being as part of the Cyclone Support Website. Upon completion, students receive personalized feedback and can choose to connect with a Wellbeing Coach for further support. This self-assessment is voluntary and not intended as a substitute for professional medical advice or treatment.

Academic Year	Number of Students	Number of Scores Indicating High-Risk Substance Use
2022-2023	1,320	76 <sup>a</sup>
2023-2024	1,658	490 <sup>b</sup>

<sup>a</sup> This score utilized the AUDIT-C Screener

<sup>b</sup> This score utilized the CRAFFT Screener

### Screening and Brief Intervention

The OSC implemented use of alcohol and marijuana screening tools as part of the conduct conference process for students. Students 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 conference. Information about standard drinks, BAC, and harm reduction strategies are shared with students during the meeting and via email.

### AUDIT Screening - OSC

Year	Participants	Average Score	High Score	Low Score
July 2022 – July 2023	34	5.53	16	0
July 2023 – July 2024	33	5.24	16	0
Total / Average	67	5.39	16	0

### AUDIT Screening - DOR

Year	Participants	Average Score	High Score	Low Score
July 2022 – July 2023	133	2.13	10	0
July 2023 – July 2024	136	2.23	9	0

### CUDIT-r Screening - OSC

Year	Participants	Average Score	High Score	Low Score
July 2022 – July 2023	4	9.25	16	5
July 2023 – July 2024	2	9	10	8
Total / Average	6	9.13	13	13

### 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)**

OSC offers presentations that are specific to alcohol and other drugs (AOD).

July 1, 2022 - June 30, 2023:

- March 2023 - Cyclone Aid Seminar
- June 2023 - Athletics Orientation

July 1, 2023 - June 30, 2024:

- September 2023 - CPC Judicial Board Training and IFC Judicial Board Training
- March 2024 - Cyclone Aid Seminar

### **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



## 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 (DOR)

Professional and student staff are responsible for monitoring, documenting, and reporting all incidents of possible violations or misuse 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 2022-2023 and 2023-2024 are summarized below.

2022-2023	Total Charged	Found Responsible	Found Not Responsible	No Finding
DOR Alcohol Policy*	257	127	106	24
DOR Alcohol – Empty Containers**	106	42	39	25
DOR Drugs***	49	3	24	22

2023-2024	Total Charged	Found Responsible	Found Not Responsible	No Finding
DOR Alcohol Policy*	257	128	95	34
DOR Alcohol – Empty Containers**	106	42	39	25
DOR Drugs***	54	5	14	35

\*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 (OSC)

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 charged for alleged violations of the student code of conduct, those who completed the alternative resolution process and those who received an informal notice from the Office of Student Conduct.

## 5.16 Misuse of Alcoholic Beverages and 5.17 Controlled Substances and Drug Paraphernalia

Classification	Number of Students (22-23)	Percentage of overall cases that are AOD (22-23)	Number of Students (23-24)	Percentage of overall cases that are AOD (23-24)
Freshman	99	30%	103	37%
Sophomore	99	30%	75	27%
Junior	77	23%	58	20%
Senior	42	13%	37	13%
Graduate	1	.5%	6	2%
Non-Degree Undergrad	4	1%	0	0%
Organization	8	2%	2	.5%
Unknown	1	.5%	1	.5%
<b>Residency</b>				
In State	166	50%	127	45%
Out of State	155	47%	151	54%
International	0	0%	2	.5%
Unknown and Organization	10	3%	2	.5%
<b>Sex</b>				
Male	222	67%	193	68%
Female	100	30%	86	31%
Unknown and Organization	9	3%	3	1%
<b>Greek Status</b>				
Greek	119	36%	90	32%
Non-Greek	213	64%	192	68%

The following chart is a breakdown by type of AOD violation.

### Type of AOD Violation

Offense	Number of Students (22-23)	Percentage of AOD cases per (22-23)	Number of Students (23-24)	Percentage of AOD cases per (23-24)
Operating While Intoxicated	41	12%	27	9%
Public Intoxication	42	13%	59	21%
Possession of Alcohol Under the Legal Age (PAULA)	180	54%	148	52%
Possession of a Controlled Substance/Possession of Drug Paraphernalia	20	6%	37	13%
OWI <b>and</b> Possession of a Controlled Substance	2	1%	2	1%
PAULA <b>and</b> Possession of a Controlled Substance	3	1%	5	2%
Public Intoxication <b>and</b> Possession of a Controlled Substance	0	0%	1	1%
Not Categorized	43	13%	3	1%

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. These scores were only tracked during a portion of the 2022-2023 AY, as the process and tracking was changed during this time.

### Severity Index Scores (OSC)

Severity Index	2022-2023
SI #1	171
SI #2	7
SI #3	2
SI #4	2
SI #5	7
SI #6	14
SI #7	0
Unknown	128

### Iowa State University Police Department (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	FY2023	FY2024
Liquor Law	313	245
Public Intoxication	70	96
Operating While Intoxicated	177	81
Drug Equipment Violations	65	51
Drug/Narcotics Violations	78	54

### ISU Athletics

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

*Appendix 11 provides information on the ISU Student-Athlete Drug Testing Program, Policies, and Consent form.*

## Section 2d - Sanctioning

### Sanctioning from Student Code of Conduct and DOR Behavior Policies

Student conduct cases involving the misuse of alcohol and other drugs that do not go through the alternative resolution process 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 sanctions assigned to charged students from Student Conduct as a result of their AOD incidents and does not represent sanction completions.

DOR Education Sanctions	2022-2023	2023-2024
AlcoholEdu for Sanctions	62	39
Cannabis e-Checkup to Go	3	2
BASICS – Alcohol	7	7
CASICS – Cannabis	N/A	N/A

### 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

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

## CUDIT-R FLOW

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

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 Use Assessment/Screening (individual students only):** A requirement to complete a substance use 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, a 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.

## **Medical Amnesty for Responsible Reporting Protocol**

Iowa State is primarily concerned for the health and safety of its students. Iowa State is aware that students may sometimes be reluctant to seek medical attention in alcohol-and drug-related emergencies, out of fear that they may face university sanctions related to possessing or consuming alcohol and drugs. Because these emergencies are potentially life-threatening, Iowa State hopes to reduce barriers that prevent students from seeking assistance.

Accordingly, students who voluntarily seek emergency medical attention for themselves or someone else related to the consumption of alcohol or drugs may be referred for substance use evaluation and/or treatment, and/or the educational alternative resolution process, instead of facing university charges and sanctions for alcohol-or drug-related policy violations. Students may additionally be referred to Student Assistance for appropriate follow-up, including ensuring students are aware of the support and resources available.

Medical Amnesty only applies when a student initiates the call for emergency medical attention and only when the emergency medical attention is needed to address alcohol or drug emergencies. It does not apply when the individual suffering from the alcohol or drug emergency is discovered by a University official (e.g., security, CA, etc.).

If a representative of an organization hosting a registered event calls for medical assistance, this act of responsibility may mitigate potential disciplinary consequences that could arise against the organization (i.e., the fact that an organization representative sought help may be considered in potential sanctioning of the organization for policy violations). Student organizations are expected to comply with the Responsible Reporting Protocol (appendix X).

Medical Amnesty does not apply to violations of the Student Code of Student Conduct that are egregious and fall outside alcohol or drug related policy violations, including, but not limited to, cases involving sexual assault, weapons possession, possession of drugs that induce incapacitation (e.g. Rohypnol or other “date rape drugs”), and drug offenses extending beyond mere possession.

### **Sanction Examples OSC**

- Alcohol Edu for Sanctions
- Alcohol eCheckup to Go
- Cannabis eCheckup to Go
- Wellbeing Coaching
- Substance Use Assessment

Additionally, students may receive a disciplinary reprimand, conduct probation, or deferred suspension. In separation-level cases, students can also be suspended or expelled from the institution.

### **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 – Warning
- DOR – Disciplinary Reprimand
- DOR – Probation
- DOR – Deferred Removal
- DOR – Recommend Removal from University Housing
- DOR – Removal from Substance Free Housing
- DOR – AlcoholEdu for Sanctions
- DOR – Alcohol Wellbeing Coaching
- DOR – Cannabis eCheckup to Go
- DOR – Self Reflection
- DOR – Campus Connection Reflection
- DOR – Future Note to Self
- DOR – Restitution
- DOR – Termination of Housing Contract

## 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. 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.

Due to the SCS service model, diagnoses for students are only provided for those attending individual therapy that have completed two or more sessions. This allows time for providers to collect the necessary information to diagnose. Additionally, it is important to note that because SCS does not complete a formal substance use evaluation and we provide services within a short-term treatment model, an official diagnosis of a substance use disorder may not be given until formal assessment in the community can be completed.

During FY23, 20 students attended two or more individual counseling sessions at SCS and received a substance use disorder diagnosis. During FY24, 18 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 23 and Fiscal Year 24.

July 1, 2022 - June 30, 2023		July 1, 2023 - June 30, 2024	
Substance Use Disorder	# of clients	Substance Use Disorder	# of clients
Alcohol	10	Alcohol	8
Opioid	0	Opioid	0
Cannabis	8	Cannabis	4
Other	0	Other	2
In remission	2	In remission	4
TOTAL	20	TOTAL	18

## 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 23, scores on SCS client self-reports of alcohol use concerns show that out of the students who reported elevations at first contact (n= 106), 42% of them no longer reported elevated levels of alcohol use after attending 4 or more appointments. During FY 24, scores on SCS client self-reports of alcohol use concerns show that out of the students who reported elevations at first contact (n=116), 40% 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 indicates that SCS average change for clients with alcohol use were equal to or greater than 96% of the counseling centers (during FY 23) and 95% (During FY24) for students with moderate or elevated levels of alcohol use.

## Thielen Student Health Center (TSHC)

TSHC assesses substance use/misuse 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 use 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.

	FY23	FY24
Alcohol	43	24
Drug	179	68
Drug & Alcohol	44	20

## 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 misuse 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. Also, a 24-7 crisis service is available, with a professional counselor on duty.

### [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 need substance abuse services	Substance use disorder outpatient services	Office: \$25 Facility: 20% Coinsurance	40% Coinsurance	Contracted telehealth services are covered.
	Substance use disorder inpatient services	20% Coinsurance	40% 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 need substance abuse services	Substance use disorder outpatient services	Office: \$25 Facility: 10% Coinsurance	Not Covered	Contracted telehealth services are covered.
	Substance use disorder inpatient services	10% 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 need substance abuse services	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 2022-2024 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 2020-2022 biennial review and a statement on goal achievement or progress made toward the goal in 2022-2024.

2020-2022 AOD Program Recommendations	Statement on Achievement
Continue growing Collegiate Recovery Community by fundraising efforts including establishing a dedicated CRC Foundation account and expanding promotion efforts.	<i>The Collegiate Recovery Committee has grown to a full-fledged Collegiate Recovery Program (CRP). It has an established Foundation account through support with ISU Foundation and is nationally accredited by the Association for Recovery in Higher Education (ARHE).</i>
Continue to expand screening, brief intervention, and referral to treatment (SBIRT) on campus, that includes screening questions for AOD.	<i>As part of the Cyclone Support program, the Cyclone Support Self-Assessment was made available to all students and includes Alcohol and Other Drug Screening.</i>  <i>The Self-Assessment was utilized 2978 times in FY23 and FY24.</i>
Expand education around health insurance coverage	<i>UHR implemented ALEX, an interactive online tool that helps employees select the best-fit employee benefit plans for them and their family.</i>  <i>UHR has dramatically increased benefit related communication to staff and added helpful documents and videos to their <a href="#">website</a></i>
Continue to use data from NCHA and from other surveys to put out social norming messages to students under university-wide messaging campaign.	<i>As part of the Cyclone Support Campaign, NCHA data was used to create multiple messages for Cyclone Support, a multi-unit partnership focusing on social norming.</i>  <i>These messages have been used during campus visits, orientations, and presentations.</i>
Have university sponsored substance-free tailgates at home football games with input from a diverse group of campus partners.	<i>Five Cardinal and Goal'd Tailgates were held across FY23 and FY24, with over 1,100 participants across all four FY24 events.</i>
Establish a university committee to help oversee AOD initiatives and coordinate efforts.	<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 FY23/FY24 – Strengths

1. The Iowa State PD has continued to implement their liaison program with the DOR to foster community building and help when incidents do occur.
2. In 2023, the ISU Collegiate Recovery Program became the first program in Iowa to be nationally accredited by the Association for Recovery in Higher Education (ARHE), ensuring program elements follow best practices and meet ARHE Standards and Recommendations.
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. In 2022 and 2023, ISUPD joined the multi-unit partnership created by ISU Student Wellness to address public health topics. Cyclone Support focuses on substance use and harm reduction strategies. Outreach in high-risk environments was a focus in the 2022-2024 years with various educational initiatives across campus.
5. The Office of Student Conduct continued to use the Alternative Resolution 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 Wellbeing Coaching.
6. As part of the partnership between the Department of Psychology and Student Wellness, both online and in-person brief motivation enhancement interventions are available for students as part of the Wellbeing Coaching Program, utilizing an evidence-informed framework focusing on alcohol and marijuana use. It features two sessions with a trained facilitator that focuses on harm reduction for students who have elevated risk substance use behaviors.
7. 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.
8. ISU Athletics enhanced support mental health services for Student Athletes by having two in-house Clinical Psychologists and collaborating with Student Counseling Services to provide support for AOD and mental health for Student Athletes.
9. Office of Sorority and Fraternity Engagement continues to see higher registered social events that are substance free (dry).
10. University Human Resources continued to offer expanded employee options in its insurance program to help with opioid addiction.
11. 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.
12. All patient visits to Thielen Student Health Center include a screening process for alcohol, substance use, and vaping.
13. The Cardinal and Goal'd Tailgate was started and saw significant growth into its second year, with over 1,100 attendees, offering an alcohol-free alternative for students on game days.
14. Iowa State University entered into an agreement with the Iowa Department of Health and Human Services to stock all 165 AED Cabinets with Narcan® brand naloxone nasal spray. This effort of expanding naloxone access is part of the Iowa Office of Drug Control Policy's 2023 Drug Control Strategy and the White House Drug Control Strategy.
15. As part of a collaboration with the ISU Partnerships in Prevention Science Institute, an online training course was created to educate students, staff, and faculty about how to use naloxone opioid overdose reversal spray.



## Biennial Review FY22/FY24 - 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. Consistent and relevant messaging for prevention and education across the university that connects to student interests.
5. Need for a university committee to help oversee AOD and harm reduction initiatives.
6. Some students lack insurance, which can become an issue when dealing with significant substance use or mental health concerns.
7. Many students are not aware of naloxone availability on campus through the AED cabinets or understand how to get a dose of their own.

## 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 2023 Annual Security and Fire Safety Report (published in 2024) is now available online. The report, as well as this notification, is required by federal law. To access the report, go to:

### [2023 Annual Security Report](#)

The report contains information regarding campus security, personal safety, and crime and fire statistics from 2021-2023. 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](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 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 to expand screening, brief intervention, and referral to treatment (SBIRT) on campus, that includes screening questions for AOD.
2. Expand education around health insurance coverage
3. Expand social marketing strategies that address stigma and barriers to care.
4. Continue to use data from NCHA and from other surveys to put out social norming messages to students under university-wide messaging campaign.
5. Continue to have university sponsored substance-free tailgates at home football games with input from a diverse group of campus partners.
6. Establish a university committee to help oversee AOD initiatives and coordinate efforts.

## Section 7 - Appendices

**Appendix 1:** DOR Non-Alcohol Programming 2022-2023

**Appendix 2:** DOR Non-Alcohol Programming 2023-2024

**Appendix 3:** SFE Risk Management Policy Acknowledgement

**Appendix 4:** AlcoholEdu for College Impact Report 2022-2023

**Appendix 5:** AlcoholEdu for College Impact Report 2023-2024

**Appendix 6:** Diversion Eligibility and Intro Email Text

**Appendix 7:** eCheck Up to Go Alcohol Report 2022-2023

**Appendix 8:** eCheck Up to Go Alcohol Report 2023-2024

**Appendix 9:** eCheck Up to Go Cannabis Report 2022-2023

**Appendix 10:** eCheck Up to Go Cannabis Report 2023-2024

**Appendix 11:** ISU Student-Athlete Drug Testing Program, Policies, and Consent Form

**Appendix 15:** Alcohol Drug Free Campus Annual Notification - Employees

**Appendix 16:** Alcohol Drug Free Campus Annual Notification - Students