

SENATE COMMITTEE ON SOCIAL CONCERNS
MINUTES OF MEETING
November 5, 2012

[In these minutes: panel discussion of the misuse of ADHD medications; Tobacco-Free Campus initiative update; future agenda items.]

[These minutes reflect discussion and debate at a meeting of a committee of the University of Minnesota Senate; none of the comments, conclusions or actions reported in these minutes represent the views of, nor are they binding on, the Senate, the Administration or the Board of Regents.]

PRESENT: David Golden (chair), Lolita Davis Carter, Carol Foth, Matthew Fredericks, Stephen Gross, Maria Hanratty, Carolyn Mayberry, Paul Ranelli, Teresa Schicker

REGRETS: Peter Cao, David Fuhs, Daniel Kelliher, Sandra Krebsbach, Michael O'Day, Catherine Solheim

ABSENT: John Broadhurst, Laura Duckett, Sarah Hamilton, Madisen Johnson, Anthony Quill, Tanner Roberts, Lizzy Shay, Tim Sheldon, Jennifer Snider, Amelious Whyte

GUESTS: Sharon Dzik, director, Office for Student Conduct and Academic Integrity; Dr. Steven Hermann, director, Boynton Mental Health Clinic; Charles Miner, deputy chief, UMN Twin Cities Police Department.

WELCOME

Mr. Golden called the meeting to order and asked the members to introduce themselves.

VOTER IDENTIFICATION AMENDMENT RESOLUTION

Mr. Golden updated members on the results of the vote that took place via email after the October meeting. The committee voted to support the Equity, Access, and Diversity (EAD) Committee's Statement *Against* the Proposed "Photo Identification Required for Voting" Amendment to the Constitution of the State of Minnesota. Members had only days to vote via email and Mr. Golden apologized for this short notice, but he felt it was necessary that the committee have the opportunity to support the statement. The short notice was due to the statement being added to the Senate agenda just days before the meeting. The statement went before the University Senate and was passed.

PANEL DISCUSSION – MISUSE OF ADHD MEDICATION

Mr. Golden stated the data showed that 12% of students on the Twin Cities campus have used a prescription of some type that is not their own. The survey does not ask if the drugs are specifically for ADHD. He welcomed guests, Sharon Dzik, director, Office for Student Conduct and Academic Integrity, Steven Hermann, director, Boynton Mental Health Clinic, and Charles Miner, deputy chief, UMN Twin Cities Police Department.

He explained that they were invited to share their perspective on the issues related to the misuse of ADHD medication.

Mr. Golden began by asking the panel: Do you see frequent cases of the misuse of ADHD medication?

- Ms. Dzik stated that many students may end up having disciplinary charges as a result of not taking prescribed medication to control various behaviors. She has not had a student reported for sharing, misusing, or stealing ADHD medication. She is also the facilitator for the behavioral consultation team and, from this perspective; students may also deal with depression, and other mental health issues as a result of not taking their medication. She discussed medication generally, not just stimulants used in treating ADHD.
- Dr. Hermann stated that during interviews with students that are being tested for ADHD, they often admit they have used ADHD medication before by either borrowing or purchasing the medication illegally. They feel their symptoms were decreased while on the medication and that is why they are seeking a diagnosis. The frequency of borrowed use, for most students, is quite low and does not create a physiological problem. He spoke with the chemical health assessors in the Mental Health Clinic and they cannot recall having a student sent to them for abuse of prescription stimulants.

Mr. Golden asked Dr. Hermann how the Mental Health Clinic responds to a student that seeks ADHD treatment after admitting to experimenting with prescription medication.

- Dr. Hermann stated that the first approach is to determine if there are factors other than ADHD that might be creating issues with concentration like: anxiety, depression, substance abuse, or high levels of stress. A patient will not be denied treatment or diagnosis because they tried the medication illegally. Most commonly it is taken as a study aid, not recreationally.
- Secondly, it is still not clear to what extent stimulant medications improve attention, concentration, learning, or memory in those that do not have ADHD. The results could be subjective and the person believed they did better, which is similar to a placebo effect. More modest doses that are typically taken to treat ADHD will increase alertness, keep you awake, and possibly increase memory consolidation and learning to some extent.

What are the effects of taking the medication recreationally?

Dr. Hermann responded with several points.

- He explained that a person may feel more energetic, alert, and self-confident. He had a patient that took an extended release version, which is a much larger dose than average, and the student was unable to sleep for three days.
- It would be difficult to provide medical evidence against occasional use in modest doses. Adults that have taken daily doses for years showed no sign of cardiovascular issues related to the medication. Those that have underlying heart conditions that are not diagnosed can have a severe or lethal reaction to the medication. It is so rare, that people without a history of cardiac issues are not regularly screened before they are prescribed the medication.

- It is illegal and may give students a false resolution and mask the actual problem. They might believe they have ADHD, but it may be something else like skipping class, and/or using other substances like alcohol or marijuana.

What are the legal consequences of taking or possessing the drug illegally?

- Deputy Chief Miner stated that he has found prescription bottles in someone else's name, other than the owner of the vehicle, while searching a vehicle. It is illegal to possess a prescription medication in someone else's name and illegal to possess prescription medication that is not in proper packaging. It is a felony level crime that often results in a fine or community service hours. Dr. Hermann pointed out that if an entire bottle in someone else's name is discovered, it was probably stolen. He has had students report that visitors, roommates, and siblings have stolen their medications.
- Ms. Davis Carter asked what the consequences would be if the police discovered a student possessed one pill without a prescription. Deputy Chief Miner stated that the student would be arrested but they might be charged later after further investigation. The police are trained and have tools to identify pills by color, size, and number, and they can also be tested on site and in labs. He explained that there are procedures to verify a prescription if the student claims it is their own medication. Ms. Davis Carter asked on behalf of the students with disabilities that she works with. In her experience, students with ADHD often do not want to take their medication and even destroy the pills.
- Dr. Hermann added that students taking ADHD medication typically have leftover pills at the end of the month. A normal prescription of the immediate release version involves 3 or 4 doses per day. Often the last dose of each day is not needed and a surplus is created, which can be easily given away. Most studies report a \$1.00 - \$10.00 price range for illegally sold ADHD prescription stimulants.
- Deputy Chief Miner stated that it is illegal to provide or sell prescription medication to others; however, narcotics are the most commonly illegally sold substance. A survey conducted by Boynton Health Services reported that there are more students using marijuana than tobacco products.
- Dr. Hermann described a four-year longitudinal study that followed 1200 students in a large public university in the Mid-Atlantic States. The study found that by the end of the fourth year, 60% of the participants had been offered stimulants and just over 30% of those offered had taken them. He was surprised to find that according to the study, there was no correlation found between students that took the prescription illegally and membership in a fraternity or sorority. For example, studies have shown a relationship between involvement in Greek Life and high-risk drinking.
- Factors consistent with non-prescription stimulant users are: lower than average GPA's and use of other substances like alcohol and marijuana. Mr. Golden added that Boynton studies have found that students that engage in high-risk drinking and students that regularly smoke marijuana have lower GPA's.

Mr. Golden posed the question: If a person has given, sold, or used the prescription illegally, how would this violate the student conduct code?

- Ms. Dzik responded by listing possible disciplinary offenses of the UMN Regents Student Conduct Code in which the illegal use of prescription medication would be an example. Section five contains subdivisions of disciplinary offenses.
 - Subdivision 1: Scholastic Dishonesty – Does the illegal use of the medication give the student an unfair advantage?
 - Subdivision 3: Falsification – There is possible self-misrepresentation.
 - Subdivision 5: Fraud – Attempts to injure or defraud. For example, students that are selling or giving away the prescription might be in violation of this subdivision.
 - Subdivision 6: Threatening, Harassing, or Assaultive Conduct – This has been renamed “Harm to Persons” and lists behavior that “...endangers or threatens to endanger the health, safety, or welfare of another person...” The person selling would violate this tenet.
 - Subdivision 9: Illegal or Unauthorized Possession or Use of Drugs or Alcohol
- It would depend on the context of the situation as to what or how many violations the student would be charged with.
- She emphasized that the goal is to retain students and each case would be dealt with in context. For example, if a student gave one pill to a friend and it was not reported to the police, they would not necessarily report the student to the police. They would talk to them and educate the student as to why it is dangerous to disperse the medications. They may give an assignment to the student to research the laws and side effects of the medication. In the worst-case scenario, a student would be expelled. There is a range of options and each requires thorough exploration of the situation.

Dr. Hermann detailed a policy that will soon be implemented Boynton-wide, regarding the prescribing of stimulant medications. There will be a treatment contract that patients will sign if they are prescribed stimulant medication. He does not believe this will stop the cases of occasional borrowed usage, however it might prevent the false attempts of getting a prescription to sell. The factors that determine the prescription of stimulant medications are: when a patient was diagnosed, if they are seeking a new diagnosis, and if the diagnosis was later in life. If it was a later diagnosis, they will be required to complete neuro-psyche testing. The testing goes beyond interviews and rating scales. They pursue old records before continuing to prescribe medication. The Boynton Mental Health Clinic sends patients to centers in the community that provide the testing, but they are expensive and rigorous to ensure an accurate diagnosis. There is some evidence that when using the extended release formulations there are lower rates of abuse, but they are more expensive and not covered not covered by the student health plan, however most commercial insurances do cover them.

Dr. Hermann noted that across several studies, approximately 10% of the student body has used non-prescription stimulants in a given year. This equals nearly 4,000

students taking it, on average, 10 times a year and none of these 40,000 estimated usages have been reported. This creates an issue when trying to design a campaign against the occasional use of the medication. A member pointed out that this is a legal issue, as insurance pays for the services of the student, not whom the student gives the drug to. Dr. Hermann added that the contract would help to make patients aware of the legal ramifications involved in dispersing the medication.

What are the side effects when mixed with alcohol?

- Dr. Hermann explained that most cases involved students taking the medication to stay awake to drink longer. This can result in a higher level of toxicity because instead of going to sleep, more alcohol was consumed.
- Professor Ranelli added that it is very dangerous to mix a stimulant and depressant, such as alcohol.

What are the prevalent issues that the committee should be aware of?

Deputy Chief Miner

- Alcohol use is typically the main concern and there are indications of more frequent use. They have received more calls regarding highly intoxicated students in the residence halls.
- Alcohol related issues at the stadium are down, which was not an expected result of alcohol being sold at the stadium.
- They have not had issues related to the use of synthetic marijuana.
- They have recently dealt with students with mental health crises, as it is currently a stressful time of the year with final's week approaching.

Ms. Dzik

- An increased number of students have been taken to detox in the past semester compared to the entire last academic year.
- Sexual assault and defining consent are issues each year. The reported number of sexual assault cases has increased, but this might indicate that women are feeling empowered to report it, not that there is an overall increase of incidents. Mr. Golden stated that surveys indicate that 1 in 4 female students have been sexually assaulted at some point in their lifetime.
- She read the following section of the minutes from the Social Concerns meeting on April 30, 2012 and supported the ideas mentioned.
“The committee discussed the possibility of a campaign to provide increased point-of-sale information about the potential impact of the illegal use of ADHD medications. The committee thought it might be helpful to emphasize that Adderall is a class II narcotic and its illegal use could impact a student's career. It was suggested that this information could be placed in the prescription bag. Mr. Fuhs suggested that the information could be provided to incoming students.”

Dr. Hermann added that alcohol and marijuana use confound the treatment offered at the Boynton Mental Health Clinic.

Mr. Golden thanked the guests and began a closing discussion with committee members.

- He was surprised by the lack of physiological effects of occasionally using the medication. It will be important to stress to students that it is illegal to share prescription medication.
- In response to a question, Mr. Golden stressed that Boynton Health Services refers patients to testing providers in the community if they are seeking a new diagnosis.
- Professor Ranelli asked about the involvement with Disability Services (DS). Mr. Golden explained that cases involving DS are different because they can provide additional information and testing results. The patient may not have to be referred and it is typical that students with learning disabilities are already working with DS and Boynton Health Services in some capacity.

TOBACCO-FREE CAMPUS INITIATIVE UPDATE

Mr. Golden would like to revisit the Tobacco-Free Campus resolution at the next meeting. He would like to enhance the data that is included and hopefully, with this additional information, the committee will support the resolution.

- MSA invited Mr. Golden and Ferdinand J. Schlapper, director and chief health officer, Boynton Health Services, to present the resolution and it will be voted on at their next meeting.
- Mr. Golden stated that GAPSA would like to have a resolution in support of a tobacco-free campus. They conducted a survey in the spring that indicated a majority of the students were in favor, a large number did not care, and only 12% were opposed to a tobacco-free campus.
- In the last survey conducted by Boynton Health Services, 20-25% of smokers supported the tobacco-free policy because they felt it would help them to quit smoking.
- There will be additional ads appearing in email and in the Minnesota Daily announcing opportunities to aid in smoking cessation. Students, staff and faculty have access to cessation services with no out-of-pocket fees; this includes over-the-counter patches and gum.
- Mr. Golden will be meeting with University Senate Committees and Consultative Committees to garner their support before bringing the resolution to the University Senate.

FUTURE AGENDA ITEMS

Members briefly listed the issues they would like to address in future meetings.

- Members would like to way in on the potential purchase of the pre-matriculation course, AlcoholEdu, which would be taken by all students before they begin at the University. The course educates students on alcohol consumption, sexual assault, and other student behavior issues and is used across the country. Ms. Foth suggested this issue be discussed at

the next meeting because it will be important to submit timely recommendations before the purchase is made.

- Smart Grid Resolution
- Boynton Health Services survey displaying LGBT health disparities
- Student medical work outside of the U.S.
- Pay Equity Study – Coordinate with Equity, Access, and Diversity Committee.

Hearing no further business, Mr. Golden adjourned the meeting.

Jeannine Rich
University Senate Office