

**Chemical Health Advisory Committee  
Annual Report 2018-19**

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**CHAC Mission**

The mission of the Chemical Health Advisory Committee is to develop campus collaborative efforts to assess and address current issues of students’ alcohol and other drug use in the Duluth and UMD communities.

**CHAC Goals**

<b>CHAC Goal</b>	<b>Mapping to University Goals</b>	<b>Mapping to Student Life Goals</b>
<b>GOAL 1:</b> CHAC will regularly review and analyze current alcohol and other drug use and trends both locally and nationally.	5, 6	2.6
<b>GOAL 2:</b> CHAC will provide a venue for creating campus collaborations on alcohol and drug education programming and prevention efforts.	1, 2, 5	3.1, 4.2
<b>GOAL 3:</b> CHAC will make recommendations for the UMD campus concerning alcohol and other drug issues.	1, 5	6.2
<b>GOAL 4:</b> CHAC will share information and data with appropriate stakeholders.	5.2	5.2, 6.2

**GOAL 1:** CHAC will regularly review and analyze current alcohol and other drug use and trends both locally and nationally.

**Objective:** *CHAC will review, analyze and share data, as appropriate, from the 2018 Boynton college student Health Survey. This will include information related to student use of prescription drugs.*

The Boynton College Student Health Survey was administered electronically to 2,799 UMD students in the spring of 2018 with a 43.4% completion rate. Compiled data was obtained and ready for distribution in the fall of 2018. The information was initially shared electronically via email with the departments of: Housing and Residence Life, Office for Student Conduct and Conflict Resolution, Recreational Sports Outdoor Program, Athletics, faculty with Applied Human Sciences, Student Life, and the UMD

Dietician before being put on the UMD Health Services web-page. In addition, Health Services staff presented data findings at the Lunch on a Mission series, to the Chancellor's leadership cabinet and the Council of Deans and Academic Advisors. Data was used to drive Health Services programming and was incorporated into presentations related to sleep, sexual violence prevention, stress, and drugs & alcohol. Data related to prescription drug use was compared to 2015 findings and indicated minimum abuse by UMD students (0.2%). CHAC remains committed to monitoring student abuse of prescription drugs.

*CHAC will explore data collection for repeat drug violations in an effort to be consistent with alcohol statistics reviewed by the committee.*

Drug case data was compiled by the Office of Student Conduct and Conflict Resolution (OSCCR) from academic years 2015-16 to present and included: possession of cannabis, possession of drug paraphernalia, distribution/sale of cannabis, possession of a legend drug, and the number of cases of driving while under the influence of a substance. In addition, a category was added for the monthly number of instances when students possessed a small amount of cannabis and no citation is given. At this time, police are providing OSCCR with the names of students involved in these situations for educational/therapeutic follow up.

**GOAL 2:** CHAC will provide a venue for creating campus collaborations on alcohol and drug education programming and prevention efforts.

**Objectives:**

*CHAC will meet monthly to allow for networking and collaboration to occur on a regular basis*

CHAC met September through May of this academic year and currently holds a committee member opening until the Student Organization/Greek Life Coordinator position is filled, scheduled for the fall of 2019.

*Select CHAC members will serve on the Tri Campus Coalition on College Student Drinking*

Two members of CHAC served on the Tri Campus Coalition; the UMD Police Chief, and the Drug and Alcohol Educator, with the later serving as one of the group's co-coordinators.

*UMD will offer a weekly support group meeting, similar to Al-Anon for students struggling with the substance use of others.*

A weekly support group was held on campus Monday evenings beginning in September called "Hope and Help" and ran for the duration of the academic year. The meeting was facilitated by an undergraduate intern working under the guidance of a faculty member from the Communications department. The mission of the group was to increase understanding of addiction as a disease, develop strategies for assertiveness and self-care, and empowerment through peer to peer support.

*UMD will explore the community resources available for substance use screenings and Rule 25 assessments.*

CHAC members met with St. Louis County social workers to discuss the process and flow of DUI cases within the city of Duluth and to learn more about the anticipated changes to Rule 25 assessments scheduled for July 2020. In addition, a community organization was identified to work with UMD for substance use screenings sanctioned by the Office of Student Conduct and Conflict Resolution.

*UMD Police will be trained on the use of, and carry, Naloxone to reverse the effects of an opioid overdose.*

UMD Police began collaborating with the School of Pharmacy in 2017-18 to be trained on nasal administration of Naloxone. By September 2018 all officers had completed training and obtained doses to carry on their person.

*Risk reduction presentations regarding alcohol and cannabis will be provided on campus by selected CHAC members and students, and student organizations. This will include messaging on medical amnesty.*

In addition to the 2018 Boynton Survey instrument, UMD data was collected from electronic assessments and interviews of students over the last 2 years with findings used to guide cannabis curriculum development. The curriculum was implemented beginning in the fall of 2018 and received consistently positive feedback from post presentation evaluations. Based on current trends of cannabis use, risk reduction presentations are now being evenly distributed between the topics of alcohol and cannabis.

The Drug and Alcohol Peer Educators assisted the Drug and Alcohol Educator in providing 27 classroom presentations throughout the academic year to UMD Seminar classes. In addition, presentations were conducted in Health and Wellness Classes (HLTH1100), and the course Women's Health Issues. All classroom presentations included the signs/symptoms of alcohol overdose and information regarding the state law Medical Amnesty. In addition, the entire freshman class was provided this information during Bulldog Welcome Week during the 360 Stay Safe presentation. Magnets providing the symptoms of alcohol overdose and action steps required were placed on the refrigerators of all UMD housing units. CHAC remains committed to this practice, recognizing the continuous change in our population requires on-going programming efforts

*Presentations will be provided to area high schools on alcohol and other drugs from a risk reduction standpoint.*

Presentations occurred in the Health class of Harbor City High School each quarter, increasing the total number of presentations from 2 to 4 for the academic year. These classes contain students ranging from sophomore to senior class rank.

The Drug and Alcohol Educator met with the parents of seniors at Marshall High School in April to discuss current alcohol and drug trends on US college campuses and provided suggestions for ways to initiate the conversation with their children emphasizing a harm reduction approach. Three sessions were also conducted with the senior class prior to prom to provide presentations on risk reduction, sexual assault, and by-stander intervention.

*CHAC will create student subcommittees, as needed, from a cross section of student organizations and positions to address select topics/issues, share data, and elicit feedback.*

To review and improve our efforts educating students about alcohol poisoning and medical amnesty, CHAC sought to learn from those who had served as the caller in a medical amnesty incident. Based on the low number of students' involved (25 callers since 2016) and the potential for some to have left UMD, an electronic survey was created to assess how students learned about the law, the factors that influenced their decision to call, and whether they would have taken the same initiative if the medical amnesty law did not exist. Results of the survey are included in the assessment section of this document.

**Goal 3:** CHAC will make recommendations for the UMD campus concerning alcohol and other drug issues

### **Objectives**

*Continue to monitor and respond, as appropriate, to efforts to legalize marijuana in the state of Minnesota as it relates to the public health lens of driving under the influence, curriculum and public service announcements.*

A bi-partisan bill was introduced in the Minnesota House of Representatives this legislative session to legalize cannabis for recreational use for individuals ages 21 and over. CHAC submitted a letter to the authors of the bill utilizing science based research and national and UMD specific data to address driving under the influence, the lack of devices to accurately measure THC levels, required modifications to middle school and high school curriculum, and social norming and public health campaigns. One of the authors of the bill responded directly to UMD staff informing us that our material would be made part of public record and discussion about the bill. The bill was defeated in the House.

*CHAC will revise written messaging for parents regarding student substance use.*

CHAC created a guide to replace the Parent Alcohol Brochure with the intent of using UMD specific data and extending messaging to include other substances. The guide "Student Substance Use – A Guide for Parents" is available on-line on the UMD Drug/Alcohol web-page.

*UMD will initiate a meeting with local ER staff to discuss the release and transportation of students following an alcohol/drug related emergency.*

Facilities in the region made more beds available creating space at the Center for Drug and Alcohol Treatment facility in Duluth for UMD students. Based on this change, a meeting was not required with ER staff for this purpose.

**Goal 4:** CHAC will share information and data with appropriate stakeholders.

### **Objectives**

*Using the data collected from the 2016 Alcohol Trends Survey, an article will be submitted for publication.*

This objective was initially listed for 2017-18. The article *Effects of Social Capital on the Culture of College Drinking* by UMD Masters Of Social Work intern Jessie Peterson was submitted on March 5, 2018 and was accepted/ published in April 2019 in the Journal of Alcohol and Drug Education. Ms. Peterson served as a CHAC member for the duration of her one year internship.

*CHAC members will share research findings related to UMD student cannabis use with UMD staff and faculty at a Lunch on a Mission event.*

CHAC members submitted the topic for consideration and were declined in favor of sharing the 2018 Boynton Survey data which highlighted alcohol and drug trends in addition to other topics relevant to college health.

*CHAC members will share findings from the alcohol and sexual assault/misconduct focus groups with members from the Sexual Violence Response Team, the Sexual Health Peer Educators and the Alcohol Peer Educators.*

A document was created summarizing themes and findings from the combined focus groups and shared with each of the above committees/organizations. In addition, material from the focus groups was used to expand curriculum related to the role of alcohol in sexual misconduct/assault.

### **Assessment**

CHAC launched an electronic survey through Campus Labs technology in March, 2019 to twenty five UMD students who called for medical assistance in an alcohol related emergency between 2016 to present. Of the twenty five, nine students completed the survey, yielding a 36% response rate. The questions/responses were as follows:

How did you learn about the Medical Amnesty Law? (Select all that apply)

High School = 20%

Friends = 20%

Welcome Week = 27%

UMD Seminar Class = 7%

RA = 27%

(9 respondents, 15 responses)

Would you have called for help if the Medical Amnesty Law did not exist?

Yes = 67%

No = 22%

Unsure 11%

What factors influenced your decision to call? (Select all that apply)

Person was unresponsive = 54%

Someone else told me I should = 7%

I knew I wouldn't get in trouble = 14%

I was scared = 21%

(9 respondents, 14 responses)

Who did you call first?

911 = 11%

RA = 67%

Parent = 0%

Friend = 11%

Housing Information Desk = 11%

**Budget**

CHAC does not have a budget, or assigned EFS number. Appropriate departments contribute for specific costs.

Alcohol Overdose Magnets - \$403.10 Fee covered by Health Services

Alcohol Edu – \$35,850 Fee covered by Coca Cola monies

E-chug/E-toke (on-line assessment tools) - \$2,150. Fees are equally distributed between the departments of Health Services, Housing, and the Office of Student Conduct and Conflict Resolution.

