

UMD Goals for the Alcohol and Other Drugs Program Endorsed by Chancellor's Cabinet

UMD will provide students with alcohol free program options.

UMD will provide harm reduction education to students throughout the student's college career to reduce the harmful consequences of high risk drinking and drug use.

UMD will collaborate inter-departmentally and with local law enforcement to reduce underage and high risk drinking and drug use.

UMD will provide a reasonable level of care for students who are abusing or dependent on alcohol or other drugs through education, counseling, and referral for treatment.

UMD will conduct educational/media campaigns to reduce high risk alcohol and drug use.

UMD will promote implementation of evidence based and promising practices in AOD prevention.

Chemical Health Advisory Committee (CHAC)

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

GOAL 1: CHAC will regularly review and analyze current alcohol and other drug use and trends both locally and nationally. **Linked to campus goal 5, 6; Student life goals 2, 6**

Objectives:

Analyze trends through Boynton College Health Survey every 3 years

Boynton data for 2013 was received this fall. Comparison for marijuana use in the last 30 days was compiled for 2010 and 2013 along with alcohol used in the past 30 days and five drinks or more in the past 2 weeks.

Review monthly incident reports from UMD Police, Detox, Housing, and the Office of Student Conduct

Monthly incident reports were compiled for September through April and discussed at the monthly meeting.

Attend annual EverFi conference on alcohol research and trends

The Chair will be attending the EverFi research summit June 11 and 12 in Boston, MA

Review aggregate data set from Boynton College student Health Survey

Done, December 2013

GOAL 2: CHAC will provide a venue for creating campus collaborations on alcohol and drug education programming and prevention efforts. **Linked to campus goals 1, 2, 5 (presentations to Harbor City and Marshall High School students, parents); Student life goals 3. 1, 4.2 (example: revised wallet cards with signs of alcohol overdose)**

Objectives:

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

CHAC met this academic year in October, November, December, February, March, April and May

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

Four members of CHAC served on the Tri Campus Coalition – the Better Neighbors Director, a UMD Police Officer, the Chemical Health Educator and a Professor Emeritus. The latter two serve as co-coordinators for the Tri Campus Coalition.

Risk reduction presentations will be provided in UMD Seminar classes and, when appropriate, to students who have received alcohol related violations on the UMD campus or in the community

45 class room presentations were given to UMD Seminar, Health and Wellness, Drug Education, and Women's Health Issues classes. Harm reduction presentations were also provided to all UMD athletes, and members of Greek Life. Alcohol Risk Reduction events were provided to Residence Halls on 4 occasions.

A 2 hour alcohol education class was provided to 53 students who received a low level alcohol related violation. BASICS (Brief Alcohol Screening and Intervention for College Students) was administered to 54 students who received multiple alcohol violations or whose incidents were of a higher severity.

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

The Alcohol Peer Educators presented to the Health class of Harbor City High School in both the fall and spring semester.

The Chemical Health Educator met with the parents of seniors at Marshall High School in January 2014 to discuss current alcohol and drug trends on US college campuses and provided suggestions for ways to initiate the conversation with their sons/daughters emphasizing a harm reduction approach.

Awareness and educational campaigns will be created related to alcohol and other drugs for the UMD community.

Magnets promoting the symptoms of alcohol overdose were re-designed this spring by a UMD student as a sanction for an out of state alcohol related violation. This design is being shared with the LSC and CSS with the intent of a 3 campus campaign aimed at alcohol overdose.

Posters were created educating students to the felony charges that may accompany illegal possession of Adderall/Ritalin

A campus wide campaign “Layers Are Sexy” was launched to promote student safety while drinking during the extreme temperatures of the winter

A Spring Break Safety campaign was launched by the Alcohol Peer Educators using images from popular culture to reach students.

Goal 3: CHAC will make recommendations for the UMD campus concerning alcohol and other drug issues. **Linked to campus goals 1, 5; Student goal 6.2**

CHAC met with the Director of Kirby Student Center to discuss the details, benefits and ramifications of applying for a liquor license

3 members of CHAC served on the committee to review tailgating and alcohol sales at Malosky Stadium (the Better Neighbors Director, a UMD Police Officer, and the Chemical Health Educator).

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

Linked to campus goal 6; Student life goals 5.2 and 6.2

Boynton College Student Survey results shared electronically with the following departments: UMD Campus police, WRAC, Psychology, RSOP, Office of Student Conduct, Housing, Multicultural Center, Health Education, Dining Services.

Presentation on Medical Amnesty at North Central College Health Association annual conference and the Regional Alcohol, Tobacco and Other Drug training sponsored by the Minnesota Prevention Resource Center.

Assessment

Medical Amnesty –

In an electronic survey of UMD undergraduates in the spring of 2007, 990 student respondents indicated that the number one reason they did not assist someone suffering from alcohol overdose by calling for medical help was that they did not recognize the situation as a medical emergency. The second reason listed was that they did not want to get a fellow student in trouble. The programming the Alcohol Peer Educators provided at that time addressed the responsibility and expectation of students by the university to assist in these situations and provided practical and factual information to make decisions by.

The electronic survey was distributed again this spring to re-evaluate programming efforts and the impact of the newly implemented State law Medical Amnesty. 53% of the 386 students responding

stated they were aware of the Medical Amnesty law. 90% indicated they would be more likely to call for help based on the knowledge of the law. The previously identified primary barrier to calling for help (not recognizing the situation as a medical emergency, dropped to the 5th reason listed, and fear of getting someone in trouble fell to 8th out of the 9 reasons listed not to call. The top four reasons identified for not calling had to do with fear of punitive consequences from the university (expulsion, suspension, judicial sanction, and discipline from the Office of Student Conduct respectively). These findings will be discussed in the fall with the Chemical Health Advisory Committee to determine next steps for addressing these concerns.

AlcoholEdu –

This fall UMD implemented AlcoholEdu, a required on-line prevention course for all incoming freshman. 1127 students completed all three of the survey instruments over a 3 month period of time. Data indicated that prior to their arrival on campus, our students drinking rates were above the national average. When measured halfway through the semester, 33% reported drinking in a high risk way. Data indicated our male and female students drank similarly, with most drinking occurring off campus, and the most common drinking related risk behaviors were doing shots and pre-gaming. This data establishes a baseline for us to measure our future efforts against.

Boynton College Student Health Survey –

955 random sample UMD students participated in electronic survey. Data comparisons were made for the years 2007, 2010 and 2013 for ‘alcohol use in the past 30 days’ and ‘five drinks or more for the past 2 weeks’. Continuous decreases were noted in all areas with the exception of female alcohol use in the past 30 days. This showed an increase of 3.7% from 2010 to 2013. Historically, UMD male drinkers consumed more alcohol than females; both AlcoholEdu and Boynton indicate a change in behavior for females. This will be examined next fall through focus groups with a cross section of female students (freshman to seniors).

EverFi Diagnostic Inventory

CHAC members collectively completed the Diagnostic Inventory for EverFi, the producers of AlcoholEdu. The inventory instrument was submitted spring semester for evaluation. Results will be shared with CHAC in the fall and appropriate actions steps will be determined at that time.

CHAC attributes the positive declines in alcohol to the interface of policy, education, and intervention efforts. In the last 5 years the city of Duluth implemented the social host policy, UMD adjudicated for off campus offenses, parents were notified after the first alcohol violation, students with repeat violations were referred for BASICS, chemical use screenings, and Rule 25 assessments as appropriate; and peer educators were routinely in freshman seminar classes delivering a harm reduction message along with establishing social norms.

Budget

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

Boynton Survey – free of charge this year

Medical Amnesty Survey Incentives - \$200 VCSL
\$100 HS

Alcohol Overdose Magnets/Wallet cards – T3C \$300

AlcoholEdu – fee covered by Coca Cola monies –\$33,000/year

Due to the collaborative nature of the CHAC committee, and the limited need for funding, there were no budgetary challenges this year.

UMD has been indentified in an RFP for a federal grant submitted by the Minnesota Department of Health to address underage drinking and marijuana use. The five year grant would fund a full time coordinator position. Notification of award is expected between July and September 2014 and the exact funding allotted will be known at that time.