

*Chemical Health Advisory Committee  
Annual Report  
Executive Summary*

In October of 2014 UMD was selected as a sub recipient in a grant project from the Minnesota Department of Human Service's Alcohol and Drug Abuse Division. The intent of the grant was to address underage drinking and marijuana use through collaboration and coalition building. In preparation, CHAC identified objectives which included 1) evaluating the current drinking and marijuana culture at UMD and 2) increasing on-campus programming efforts to support our students who abstain or choose to use alcohol in a light to moderate way.

In January of 2015 the grant contract was received and reviewed by the UMD Sponsored Projects Administration which found the focus of the grant to be extensively on coalition building. Due to the existence and success of both CHAC and the Tri Campus Coalition on College Student Alcohol and Drug Use (T3C), we respectfully declined to sign the contract as the intent was inconsistent with our current needs.

CHAC used the opportunity to continue with the goals and objectives established in preparation for the grant. Beginning in February, seven focus groups were offered to learn about the nuances and culture of our students who use marijuana. One of the Alcohol Peer Educators was trained as a facilitator, a list of questions was established, and posters were displayed to promote the initiative. Attendance was successful only when the concept and intent for the group was promoted in classroom presentations. We learned 1) students were not familiar with the concept of focus groups and 2) students did not trust disclosing such information without knowing the intent of the meeting or who would be conducting it. Due to the limited number of participants, we were cautious to draw conclusions; however, one consistent thread was while students recognized the danger and risk of driving under the influence of alcohol, they did not view driving under the influence of marijuana as problematic. This attitude was consistent with findings from the Chemical Health Educator's one on one meetings with students.

To further address culture, we connected with the Students in Transition office to address incorporating well-being during Welcome Week. Our intent, and that of the SIT office, is to establish a wellness related social norm for students upon beginning UMD. At this time yoga, walking, and meditation have been included in the scheduled morning sessions through the effort of SIT.

In reviewing current on-campus programming, we identified weekends as lacking in consistent programming due to staff and funding limitations. The student group "Bulldogs after Dark" was formed as a way to recruit students who are interested in developing weekend programming, recognizing this group will be eligible for Student Service Fee Funding after two years. We aim to recruit students from the Alcholedu course required for all incoming freshman to participate in the student group. To address group leadership, an internship job description was created collaboratively by staff from Kirby Student Center and the Chemical Health Educator. This programming will be implemented beginning in the fall.

As part of continued improvement, CHAC reviewed the Everfi Diagnostic Inventory results received in August 2014. The following recommendations were selected for implementation and map to CHAC Goal 2; Student Life Goal 3.1 and 4.2; and University Goals 1, 2, 5.

- A) Build scaffolding for the silent majority (abstainers to moderate drinkers) – this recommendation was consistent with the goals established by CHAC for the grant. To meet this, the Weekend Programming student group/ internship and Welcome Week wellness topics were put in place. In addition, our student CHAC member is currently negotiating with one of the cab companies to explore obtaining a weekly shuttle to run from campus to Spirit Mountain and back. A survey will go out to students in the fall to explore utilization times/days.
  
- B) Implement Brief Motivational Interviewing in a Health Care setting– the Chemical Health Educator has been trained in this technique and currently implements it in one-on-one meetings with students. She provided an overview of the philosophy and general training to Health Services staff in May and will meet with Health Care providers for specific training in late August. Health Care Providers will determine the criteria for when to implement the screening tool which will lead to utilization of the technique. This initiative will become a Quality Improvement project for Health Services.

**Chemical Health Advisory Committee  
Annual Report 2014-2015**

**Members:** Ana Hammerschmidt, Gary Holquist, Sean Huls, Mia Johnson, J Clark Laundergan, Jeremy Leiferman, Laretta Perry, Nathaniel Schultz, Karen Skrbich

**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.

**Objectives:**

*Analyze trends through Boynton College Health Survey every 3 years*

As the initial recipient of Federal Grant monies through the State of Minnesota, UMD had the opportunity to participate in the Boynton survey launched on Feb. 16, 2015. 2800 students were selected for participation through random sample. We had a response rate of 33%. Findings will be available in the fall of 2015. Note: as mentioned in the executive summary, we later declined to participate in the grant mentioned.

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

Monthly incident reports were compiled from the Office of Student Conduct, UMD Campus Police, and Detox for September through May and discussed at the monthly meeting. A final report of the 2014-2015 academic year will be presented to the committee in September of 2015 once all data has been finalized. It is worth noting that due to the closing of detox facilities within the state of Minnesota, the detox unit in Duluth has been filled to capacity throughout the academic year limiting access to UMD students. As a result, police took students to the hospital when appropriate. This change in availability was reflected in our detox and hospitalization numbers for the year.

*Explore best practices for marijuana prevention and intervention*

Due to the legalization of marijuana for medical purposes in the state of Minnesota last spring, a subcommittee was formed to research implementation on college campuses in states with similar legislation. Findings from the subcommittee are being compiled and will be presented to administration and legal counsel for review and consideration in forming policy for the U of M system by the end of June 2015.

Seven focus group sessions were offered from February through April to learn the nuances and culture of students who use marijuana. Due to the low number of students participating, we will seek other methods of gaining this information.

**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 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*

52 class room presentations were given to UMD Seminar, Health and Wellness, Drug Education, and Women's Health Issues classes. Risk reduction presentations and Bystander Intervention strategies were also conducted with members of Greek Life with the intent of each organization creating their own objectives and ground rules aimed at harm reduction.

A 1.5 hour alcohol education class was provided to 19 students who received a low level alcohol related violation. The program BASICS (Brief Alcohol Screening and Intervention for College Students) was administered to 85 students who received multiple alcohol violations or whose incidents were of a higher severity. These individual meetings incorporate motivational interviewing and goal setting and vary in the number of meetings required to accommodate the needs of each individual student.

*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. These classes contain students ranging from sophomore to senior class rank.

The Chemical Health Educator met with the parents of seniors at Marshall High School in March 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. A meeting was then held with the senior class prior to prom to provide a risk reduction presentation.

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

Magnets providing the symptoms of alcohol overdose and action steps required were placed on the refrigerators of all UMD housing units

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

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

A subcommittee of CHAC reviewed policy and procedures of campuses effected by the legalization of medical marijuana and will release a findings report to administration for consideration and review for legal counsel by June 30, 2015.

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.

UMD received recommendations from the Everfi Diagnostic Inventory in August 2014. After reviewing the results, CHAC members prioritized recommendations for implementation and consulted with appropriate departments to begin discussing the logistics of implementation. Departments included in this process were Kirby Student Center, Housing, Recreation Sports and Outdoor Program, and T3C.

Data from the 2013 Boynton College Student Health Survey was summarized and brought to the Dean's Cabinet Committee by the Vice Chancellor for Student Life and the Chemical Health Educator.

### **Assessment**

#### *Alcoholedu –*

This fall UMD implemented Alcoholedu, a required on-line prevention course for all incoming freshman for the second year. 1,873 students completed the first survey in August, 1,837 completed the second, and 973 completed the third survey in October. Consistent with last year, the most common drinking related risk behaviors were consuming shots and pre-gaming. The two most frequently reported negative behaviors associated with drinking were hangovers and blackouts. When measured halfway through the semester (Oct., 3<sup>rd</sup> survey), 30% reported drinking in a high risk way. This is a 3% decrease from last year's 3<sup>rd</sup> survey data. The national average is 26%. Data showed an increase in all areas of positive behavioral intentions (pacing drinks, setting a limit, etc.)

#### *Boynton College Student Health Survey –*

As mentioned under Goal 1, the Boynton College Student Health Survey was implemented in spring 2015. 2800 students were randomly selected for participation to ensure a cross section of the student body. The survey concluded with a 33% response rate. Results will be made available to us in the fall of 2015.

#### *Everfi Diagnostic Inventory*

CHAC members collectively completed the Diagnostic Inventory evaluation tool, sponsored by Everfi, spring semester 2014. The results were received in August and shared at the October committee meeting. Goals identified for to be implemented this academic year included:

- 1) Asking the Chancellor to be vocal in his stance and recognition of alcohol related issues at UMD. Initially, it was thought this could be achieved by publicizing the State Grant. When we stepped back from the Grant contract in January of 2015, this strategy could no longer be implemented. The Chancellor sent an email to the student body in January encouraging students to exercise prudence in the extreme cold of a Minnesota winter and addressed the impact alcohol could have on decision making
- 2) Conduct focus groups specific to marijuana to examine: perception of use, patterns of use, attitudes about the substance, and sanctioning. Seven focus groups were offered utilizing one of the Alcohol Peer Educators as the facilitator. One meeting yielded an attendance of seven. The rest of the meetings were no-shows. Feedback indicted students did not know what a focus group was and did not feel comfortable attending a session that required disclosure about an illegal substance.

- 3) Brief Motivational Interviewing was suggested for implementation by medical providers at Health Services. The Chemical Health Educator met with the Quality Improvement Coordinator at Health Services to explore this possibility. In May an introductory in-service was provided to HS staff. A more in-depth training will be held in late August with medical personnel. In addition, medical staff will determine criteria for selecting conditions/circumstances of when to screen for substance abuse.
- 4) Consider requiring responsible beverage service (RBS) training for both on- and off-campus bars and retailers as a way to increase awareness and enforcement around the use of fake IDs.  
Server Training was noted and brought to the attention of T3C. An individual at Grandmas Sportsgarden currently provides this training to all Grandma affiliated establishments. This will be made known to other establishments in Duluth via T3C.

### **Budget**

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

Boynton Survey – \$2500. Fee covered by Student Life

Alcohol Overdose Magnets/Wallet cards – \$395.03 for magnets/\$93.34 for wallet cards. Fee covered by T3C

Alcoholodu – \$33,000 fee covered by Coca Cola monies

### **CHAC Strategic Plan for 2015-16**

**GOAL 1:** CHAC will regularly review and analyze current alcohol and other drug use and trends both locally and nationally. **Linked to Campus goals 5, 6; Student life goals 2, 6**  
*Select CHAC members will follow up with Health Services to collect data from BMI substance use screenings.*

**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)**

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

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

*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*

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

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

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

**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**

**Goal 4:** CHAC will share information and data with appropriate stakeholders.  
**Linked to campus goal 6; Student life goals 5.2 and 6.2**