

BIENNIAL REVIEW

Drug-Free Schools and Campuses

FY16 (July 1st 2015- June 30th 2016) – FY17 (July 1st 2016- June 30th 2017)*

University of Nebraska at Kearney

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I. University of Nebraska Kearney Wellness Programming – Mission Statement

The Health Education Office works to Engage, Educate, and Empower students on how to make wise choices when it comes to alcohol & tobacco use, mental health wellbeing, and healthy living. Their mission is to alleviate persistence problems caused by alcohol abuse by better educating the University of Nebraska at Kearney (UNK) students on the dangers of high risk drinking, creating positive changes in students' attitudes, perceptions, and behaviors regarding alcohol use. The office works to ensure that prevention messages, enforcement efforts, educational materials, alternative resources, assessments and analysis, are all universally streamlined.

II. Alcohol and Other Drug Policy

The illegal possession, use, or distribution of drugs or alcohol by students and employees is a violation of University rules and State and Federal laws. The Board of Regents of the University of Nebraska has directed officers of the University to cooperate with State and Federal agencies in the prevention of drug abuse. See Board of Regents of the University of Nebraska, Minutes, Vol. 29, pp. 90–91 (September 12, 1967). In satisfaction of this mandate and in order to fulfill its obligations under the Drug Free Workplace Act of 1988 and the Safe and Drug-Free Schools and Communities Act of 1994, the University has formulated standards of conduct for both its employees and its students which prohibit the following acts:

1. use, possession, manufacture, distribution, sale of illegal drugs or drug paraphernalia on University premises or while on University business or at University activities, or in University supplied vehicles either during or after working hours.
2. unauthorized use, possession, manufacture, distribution or sale of a controlled substance as defined by the Federal Controlled Substances Act, 21 U.S.C. §§ 801 et seq., or Nebraska's Uniform Controlled Substances Act, Neb. Rev. Stat. §§ 28-401 et seq., (Reissue 2008, Cum. Supp. 2016), available at <http://www.nebraskalegislature.gov/>, on University premises, while engaged in University business, attending University activities or in University supplied vehicles either during or after working hours;
3. unauthorized use, manufacture, distribution, possession, or sale of alcohol on University premises or while on University business, attending University activities or in University supplied vehicles either during or after working hours;
4. storing in a locker, desk, vehicle or other place on University owned or occupied premises any unauthorized controlled substances, drug paraphernalia, or alcohol;
5. use of alcohol off University premises that adversely affects an employee's or student's work or academic performance, jeopardizes an employee's or student's safety or the safety of others;
6. possession, use, manufacture, distribution, or sale of illegal drugs off University premises that adversely affects the employee's work performance or the student's academic performance, or an employee's or student's safety or the safety of others;
7. violation of State or Federal laws relating to the unauthorized use, possession, manufacture, distribution, or sale of alcohol, controlled substances, or drug paraphernalia;
8. in the case of employees, failure to notify an employee's supervisor of an employee's arrest or conviction under any criminal drug statute as a result of a violation of law which occurs at the University of Nebraska workplace.

University of Nebraska at Kearney Conduct Sanction Guidelines (Students)

The following chart outlines standard sanction(s) based on the type and number of violations committed by a student.

Violation	1st Violation	2nd Violation	3rd Violation
Alcohol	Warning & Referral to Counseling for Alcohol Assessment/ Educational Sanction	Probation, Referral to Counseling for Alcohol Assessment & Educational Sanction	Refer to Assistant Dean/ Conduct Board
Drugs/ Controlled Substances	Warning & Referral to Counseling for Assessment/ Educational Sanction	Probation, Referral to Counseling for Assessment & Educational Sanction	Refer to Assistant Dean/ Conduct Board
Smoking/ Tobacco	Warning & Restitution (if applicable)	Probation, Restitution & Educational Sanction	Refer to Assistant Dean/ Conduct Board
Theft	Warning/ Probation, Educational Sanction & Restitution	Probation, Educational Sanction & Restitution/ Refer to Assistant Dean/ Conduct Board	Refer to Assistant Dean/ Conduct Board
Damage	Warning/ Probation & Restitution	Warning/ Probation & Restitution or Refer to Assistant Dean	Warning/ Probation & Restitution or Refer to Assistant Dean
Disorderly Conduct	Warning/ Probation & Educational Sanction	Warning/ Probation & Educational Sanction or Refer to Assistant Dean	Refer to Assistant Dean/ Conduct Board
False Reports/ Fire Safety	Probation, Fine & Educational Sanction	Probation, Fine & Educational Sanction/ Refer to Assistant Dean/ Conduct Board	Refer to Assistant Dean/ Conduct Board
Residence Hall Violation(s)	Warning & Restitution and/or Educational Sanction	Warning/Probation & Restitution and/or Educational Sanction	Probation, Restitution and/or Educational Sanction or Refer to Assistant Dean/ Conduct Board
Weapons/ Firearms	Refer to Assistant Dean/ Conduct Board	Refer to Assistant Dean/ Conduct Board	Refer to Assistant Dean/ Conduct Board
Failure to Complete Assigned Sanction(s)	Warning & Hold on Student Account	Warning/ Probation & Hold on Student Account	Probation & Hold on Student Account or Refer to Assistant Dean

All recommended sanctions listed in the “University of Nebraska at Kearney Conduct Sanction Guidelines “should be considered the minimum sanction(s) for a student held “in violation” of the Student Code of Conduct. Should a violation occur that is particularly egregious stronger and/or more sanctions may be imposed by the conduct hearing officer. All cases that may involve a potential suspension, expulsion and/or a large restitution must be referred to the Student Conduct Board. More information about the Student Conduct Board can be found in the Student Code of Conduct. (<https://www.unk.edu/offices/reslife/documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf>)

All questions related to sanctioning should be referred to the Assistant Dean for Student Affairs.

Policy Distribution Procedures

- I. The Student Code of Conduct is available online via the UNK.edu website (<https://www.unk.edu/offices/reslife/documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf>).
- II. An email is sent to all students at the beginning of the year highlighting these policies.
- III. Drug Free Schools and Campuses policies can be found online via the UNK.edu website (http://unkcms.unk.edu/bf/files/p_and_p_linked_files/DrugFreeSchoolsandCampuses.pdf)
- IV. First Residence Hall Meeting. At the start of each academic year each residence hall holds an all hall meeting. During the all hall meeting the AOD policies are covered with the students/ residents and any parents that choose to attend.
- V. Information about AOD policies can be found in the employee handbook. The employee handbook is referenced during new hire orientation and new hires sign-off on documentation stating they have reviewed the policies.
- VI. Annual Security and Fire Safety Report – postcard. Each year the University of Nebraska at Kearney Police Department sends out a postcard with information about the Annual Security and Fire Safety report. Included on the postcard is the link to the drug-free schools and campuses regulations website/ PDF.
- VII. Student Handbook (2015-16 & 2016-17).
- VIII. Fraternity & Sorority Life Handbook.

Student Violations of AOD Policy during Reporting Period

Type of Crime	Year	On-Campus	On-Campus Residential	Non-Campus	Public Property	Unfounded Crimes
Liquor Law Violation:						
Arrest	2016	63	34	0	10	0
	2015	103	63	2	3	0
Disciplinary Referrals	2016	35	35	0	0	0
	2015	22	21	0	0	0
Drug Related Violations:						
Arrest	2016	4	2	1	1	0
	2015	7	1	1	4	0
Disciplinary Referrals	2016	12	10	1	1	0
	2015	8	8	0	0	0

The numbers listed above came from the UNK Clery Report. All Alcohol and Drug related incidents are referred to the University of Nebraska Police Department

III. Student Success - Center Counseling Services

UNK Counseling is a part of the Student Health and Counseling department, which offers students access to a range of professional counseling services. Confidential services provided by UNK Counseling include: short-term mental health counseling, substance use assessments and evaluations, outpatient counseling for substance use, and coping skills groups. Psychotropic medication evaluations are provided by the Nurse Practitioner at Student Health. Direct referrals to community agencies are provided to those students requiring services not offered by UNK Counseling.

IV. Programming during Reporting Period

In FY 15 and FY 16, Residence Life programmed to students utilizing a variety of delivery methods and assessment strategies. Hall staff utilize Door Decorations, Bulletin Boards, Floor Meetings, Outcome Based Programming, Activities, Semester Long initiatives, and All Staff/Building programs to encourage health behaviors including alcohol consumption.

In FY 15 and FY 16, Residence Life averaged 32 Alcohol and Drug Programs a year. On campus students are also encouraged to attend campus programming on alcohol education by Residence Hall Staff.

Health Education Office Programming

The following programs were offered by the Student Health and Counseling department, which includes the Women's Center and Health Education, during FY15:

1. Choices- Choices is an alcohol education class offered by UNK Counseling developed for students who are at risk for alcohol related problems, but do not yet show signs and symptoms of a substance use disorder. It focuses on how alcohol affects the body, motivations for drinking alcohol, consequences, and moderation management. Choices is a scientifically researched program, which incorporates interactive journaling ("Choices: A Brief Alcohol Abuse Prevention Program," produced by The Change Companies). Students referred to the program have completed a substance use assessment due to alcohol violations on or off campus. Students who have a limited history of alcohol use may be eligible for the on-line alcohol education class, provided by 3rd Millennium.
2. Bystander Intervention Trainings- Bystander intervention training was provided to students in the Thompson Scholars Learning Community, and to all new members of fraternity and sorority life.
3. Edutainment- Provided by the organization, Dynamic Influence. Engages larger audiences in discussion and activities about alcohol, sexual assault, dating violence, and bystander intervention (August of 2016). Open to all students.
4. The Health Education Office hosts an event on Halloween or the weekend before Halloween called OkSOBERfest. Activities have included carnival games, haunted house, Halloween movies, card games, and costume contest.
5. Offer the Year 1 College Alcohol Profile to entering first year students. This is an alcohol prevention program modeled on web-based brief interventions programs
6. Launch the American College Health Association National College Health Assessment (ACHA-NCHA) biannually to the student at UNK.
7. Ongoing efforts of sending 21st Birthday cards, posting regularly on social media, and tabling efforts promoting the Health Education Office and different initiatives.
8. Each semester, on average, the Health and Education Office gives 10 classroom presentations focused on alcohol education.

The following programs were offered by the Student Health and Counseling department, which includes the Women's Center and Health Education, during FY16:

1. Choices- Choices is an alcohol education class offered by UNK Counseling developed for students who are at risk for alcohol related problems, but do not yet show signs and symptoms of a substance use disorder. It focuses on how alcohol affects the body, motivations for drinking alcohol, consequences, and moderation management. Choices is a scientifically researched program, which incorporates interactive journaling ("Choices: A Brief Alcohol Abuse Prevention Program," produced by The Change Companies). Students referred to the program have completed a substance use assessment due to alcohol violations on or off campus. Students who have a very limited history of alcohol use may be eligible for the on-line alcohol education class, provided by 3rd Millennium.
2. All of the residence hall staff completed the QPR training in August of 2016.
3. Edutainment- Provided by the organization, Dynamic Influence. Engages larger audiences in discussion and activities about alcohol, sexual assault, dating violence, and bystander intervention (August of 2016). Open to all students.
4. The Health Education Office hosts alternative activities to high risk behaviors such as movie nights, bowling and laser tag, ice skating for student to participate in.
5. The Health Education Office hosts an event on Halloween or the weekend before Halloween called OkSOBERfest. Activities have included carnival games, haunted house, Halloween movies, card games, and costume contest.
6. Offer the Year 1 College Alcohol Profile to entering first year students. This is an alcohol prevention program modeled on web-based brief interventions programs.
7. Promote social media campaigns and social norms campaigns focused on alcohol education, tobacco free living and healthy living. Popular social media campaigns have included Pokémon Go, Safe Spring Break Promotion, Tobacco Free Living.
8. Safe Ride Program is partnership with the local cab company that provides students to call and receive a free safe ride to their residence or back to campus on Tuesday, Thursday, Friday, or Saturday nights.
9. Proposed and passed a policy for a tobacco free campus.
10. The Alcohol Task Force comprised of many staff members around campus meets monthly to assess barriers and obstacles that impact UNK students to live healthy lives due to substance use and abuse.
11. Ongoing efforts of sending 21st Birthday cards, posting regularly on social media, and tabling efforts promoting the Health Education Office and different initiatives.
12. Each semester, on average, the Health and Education Office gives 10 classroom presentations focused on alcohol education.
13. Alcohol Awareness Week (March 13th – 17th, 2017)

Program Strengths

1. Streamlining education in which what is being used and taught in classroom presentations is the same material and PowerPoint being used in the CHOICES class.
2. The collaboration of the Alcohol Task Force and unified effort to address and access problems concerning substance use. Offices of UNK Police, Athletics, Fraternity and Sorority Life, Student Health and Counseling, Office of Multicultural Affairs, Residence Life, and the Dean of Student are represented.

Program Challenges

1. According to the 2016 ACHA-NCHA, •17% of students consumed 5 drinks or more the last time they partied or socialized which is considered high risk drinking.
2. The negative effects of substance use are seen to accompany poor mental health effects especially among college aged students. The 2016 ACHA-NCHA reported that over a 12 month

period, 20% of UNK students felt overwhelming anxiety and 16% felt so depressed that it was difficult to function

3. With every program and event offered to UNK students, the challenge of student participation and attendance continues to exist. Engaging, marketing, and connecting students to campus programs is on-going experiment.

VI. **Recommendations for Revision and Improvement**

1. The University of Nebraska at Kearney will continue to utilize and expand the use of assessments.
2. The University of Nebraska at Kearney will continue to share and improve upon sharing (inter-departmentally) data relevant to AOD policies.
3. The University of Nebraska at Kearney will continue to explore programming options for students relevant to AOD policies.

VII. **Appendix**

1. UNK Student Code of Conduct: <https://www.unk.edu/offices/reslife/documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf>