

BIENNIAL REVIEW

Drug-Free Schools and Campuses
Calendar Year 2020 – Calendar Year 2021
University of Nebraska at Kearney
2504 9th Ave, Kearney, NE 68849

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I. **University of Nebraska at Kearney Wellness Programming – Mission Statement**

The Health Promotion Office works to Engage, Educate, and Empower students on how to make wise choices when it comes to alcohol and 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 (AOD)**

A. AOD Policy Application and Enforcement

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.

B. University of Nebraska at Kearney Conduct Sanction Guidelines

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 and 3rd Millennium Online Course	Probation, Referral to Counseling for Alcohol Assessment and Educational Sanction	Refer to Assistant Dean / Conduct Board
Drugs / Controlled Substances	Warning and 3rd Millennium Online Course	Probation, Referral to Counseling for Assessment and Educational Sanction	Refer to Assistant Dean / Conduct Board
Smoking / Tobacco	Warning & Restitution (if applicable)	Probation, Restitution, and Educational Sanction	Refer to Assistant Dean / Conduct Board
Theft	Warning / Probation, Educational Sanction and Restitution	Probation, Educational Sanction and Restitution / Refer to Assistant Dean / Conduct Board	Refer to Assistant Dean / Conduct Board
Damage	Warning / Probation and Restitution	Warning / Probation and Restitution or Refer to Assistant Dean	Warning / Probation and 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 and Hold on Student Account	Warning / Probation and Hold on Student Account	Probation and 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 conducting 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.

C. Policy Distribution Procedures

1. The Student Code of Conduct is available online via the UNK website:
<https://www.unk.edu/offices/reslife/documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf>
2. An email is sent to all students at the beginning of the year highlighting these policies. UNK promotes the Student Code of Conduct through the Know the Code initiative.
3. Drug Free Schools and Campuses policies can be found online via the UNK website:
http://unkcms.unk.edu/bf/files/p_and_p_linked_files/DrugFreeSchoolsandCampuses.pdf
4. First Residence Hall Meeting - At the start of each academic year, each residence hall holds an all-hall meeting where the AOD policies are covered with the student residents and any parents that choose to attend.
5. 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.
6. Annual Campus Security and Fire Safety Report – Each year, sends out an e-mail to all current University staff and faculty members telling them the exact information regarding the on-line location of the report. For prospective students, we have a link for our Undergraduate and Graduate admissions students to access the report. Our prospective employees can access the report through a link on our employment application site.
7. Office of Residence Life Handbook:
<https://www.unk.edu/offices/reslife/Documents/residence-life-policies-2022-2023.pdf>
8. Student Organization Handbook:
https://www.unk.edu/offices/student_life/_files/Student%20Organization%20Handbook.pdf

D. Student Violations of AOD Policy During Reporting Period

Total Stats 2020	On Campus	**Residential Facilities	Non-Campus	Public Property	Unfounded	Hate Crime
Drug Related Violations						
Arrest	14	6	1	6	0	0
Disciplinary Referrals	4	4	0	0	0	0
Liquor Law Violation						
Arrest	25	14	0	2	0	0
Disciplinary Referrals	18	15	0	0	0	0

Total Stats 2021	On Campus	**Residential Facilities	Non-Campus	Public Property	Unfounded	Hate Crime
Drug Related Violations						
Arrest	18	11	0	17	0	0
Disciplinary Referrals	1	1	0	0	0	0
Liquor Law Violation						
Arrest	26	23	0	7	0	0
Disciplinary Referrals	7	7	0	0	0	0

***The numbers listed above came from the UNK Annual Campus Security and Fire Safety 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 a Nurse Practitioner or Physician's Assistant 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 2020 and 2021, Residence Life utilized a residential curriculum model that focuses on three learning outcomes: Personal Growth, Professional Growth, and Community Engagement.

A. Personal Growth

Students will understand their strengths and growth opportunities. They will be able to learn strategies to overcome challenges. They will adopt a growth mindset toward adversity that will encourage and deepen their sense of self. They will understand how their actions affect others and will make choices that strengthen relationships and community.

B. Professional Growth

Students will be able to strategically communicate on a variety of platforms that contribute in a positive way toward community. They will be able to see conflict as an opportunity for growth that leads to learning. Students will become life-long learners by identifying learning strategies that work for them and anticipating applications to future challenges. They will be able to adapt to various professional environments and find ways to thrive personally and contribute meaningfully to those cultures.

C. Community Engagement

Students will be able to build healthy relationships. They will better understand cultural competence that allows them to communicate effectively across differences. They will understand the importance of diversity and inclusion and will use strategies to bring about more equitable, just, and inclusive communities. They will recognize leadership as a process rather than a position and be able to provide leadership in various ways to better their local, national, and international communities.

D. Education

The Office of Residence Life programmed to students utilizing a variety of educational strategies such as bulletin boards, floor socials, intentional conversations, and partnerships with other offices. All RAs are focused on encouraging healthy behaviors including alcohol consumption and drug use. Resident Assistants (RAs) do rounds in all occupied areas to ensure safety and look for disturbances in the communities regarding alcohol and drug use. All RAs participate in RA 101 which is an online training platform in Canvas. Specific to alcohol and drugs, RAs are trained with specialized Clery Act information, how to complete a round, how to document concerns, there are resources linked to health promotions, safe ride programs, and the importance of calling UNKPD when an alcohol or drug concern is found in the community.

V. Health Promotion Office Programming

A. Programs Calendar Year 2020

- Alcohol and Vaping Abuse Prevention Program – A brief alcohol abuse and vaping awareness prevention program. (In person and Zoom)
- 3rd Millennium classrooms – Offers educational courses in substance use prevention. Students at risk for problematic substance use might be asked to complete a 3rd Millennium course such as “Under the Influence” or “Marijuana 101.” In addition to the increased awareness and knowledge students obtain from completing one of the courses, students also receive personalized feedback about their behaviors related to alcohol consumption and/or marijuana use. These courses are approximately three hours in length, online, with a follow-up component 30 days after course completion.
- Big Yikes. Big Tobacco – A workshop given to increase knowledge around the effects of vaping and tobacco.
- Bystander Intervention– An interactive training focused on teaching students how to intervene into high-risk situations. Bystander intervention training was provided to students in the Thompson Scholars Learning Community (TSLC), to all new members of Fraternity and Sorority Life (FSL), and to all student athletes.
- Campus Security Authority training– An online training that includes the current Clery Center training video as well as slides that defines what a Campus Security Authority is, their responsibilities for reporting, what to report, what crimes are reportable, what a hate crime is and their responsibilities for reporting, the Clery reportable geography, information on what a Timely Warning and what an Immediate Notification is as well as generating a quiz that scores and generates reports for recording.
- 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.
- Coping With COVID – 5-part video series posted the UNK You Tube channel. Each short video reviewed one way to cope with stress related to COVID-19.
- OkSOBERfest – The Health Promotion Office hosts this annual event. This event provides an alternative activity for students to engage in on a typically high-risk night. Students are exposed to messaging on binge drinking, blood alcohol content, and drinking driving while attending the event.
- The Year 1 College Alcohol Profile was conducted to entering first year students. This survey is a web-based prevention tool that uses brief motivational intervention to provide students with personalized feedback on alcohol use, to provide data to correct misperceptions, and to explore attitudes around alcohol. The Health Promotion Offices utilizes the data gathered through this survey to inform educational social norm media campaigns.

- The Health Promotion Office offers workshops and presentations for classrooms, student organizations, and other events focused on alcohol education.
- The Alcohol Task force is comprised of stakeholders across campus who are committed to substance use prevention efforts. This group meets monthly during the academic year to share updates, brainstorm, and assess ways to educate/reach students who may be impacted from substance use.
- Spring Break Safety campaign to talk with students about safe habits during spring break which shifted toward COVID safety as we began to navigate the pandemic. Most education shifted to online and addressed mental health concerns that were growing. Health and safety checks were bypassed, and most students moved off-campus.
- St. Patrick's Day Safety – Educational tabling in collaboration with GAMMA to promote positive protective behaviors and Safe Ride.
- RA training shifted to encompass virtual watch parties. The Assistant Dean of Students provided a video to educate about all policies including alcohol and substances. We had an in-hall training scenario regarding how to identify signs of alcohol poisoning. All Clery training shifted to online. Programmatically, self-care strategies and healthy habits were encouraged. Health and safety checks were bypassed, and most students moved off-campus.
- Substance Use Task Force – is comprised of stakeholders across campus who are committed to substance use prevention efforts. This group meets monthly during the academic year to share updates, brainstorm, and assess ways to educate/reach students who may be impacted from substance use.
- With minimal persons on campus and with COVID, we had reduced students in capacity and little, to no, interaction among them.

B. Programs Calendar Year 2021

- Alcohol and Vaping Abuse Prevention Program – Students learned the negative effects that alcohol and vaping can have on the body; how to recognize potential legal consequences from substance use; develop skills to intervene in high-risk situations; how peer pressure and societal norms can influence choices; identify what BAC is and how it differs amongst people (In person and Zoom.)
- 3rd Millennium classrooms – Offers educational courses in substance use prevention. Students at risk for problematic substance use might be asked to complete a 3rd Millennium course such as “Under the Influence” or “Marijuana 101.” In addition to the increased awareness and knowledge students obtain from completing one of the courses, students also receive personalized feedback about their behaviors related to alcohol consumption and/or marijuana use. These courses are approximately three hours in length, online, with a follow-up component 30 days after course completion.
- “Be Well. Be Aware.” Education Campaign – Substance Use Task force collaboratively launched a cannabis education and prevention campaign.
- Big Yikes. Big Tobacco – A workshop given to increase knowledge around the effects of vaping and tobacco.

- Bystander Intervention– An interactive training focused on teaching students how to intervene into high-risk situations. Bystander intervention training was provided to students in the Thompson Scholars Learning Community (TSLC), to all new members of Fraternity and Sorority Life (FSL), and to all student athletes.
- Campus Security Authority training– An online training that includes the current Clery Center training video as well as slides that defines what a Campus Security Authority is, their responsibilities for reporting, what to report, what crimes are reportable, what a hate crime is and their responsibilities for reporting, the Clery reportable geography, information on what a Timely Warning and what an Immediate Notification is as well as generating a quiz that scores and generates reports for recording.
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- Coping Skills and Substance Use – Presentation for the student organization, GAMMA. Content covered substance use in the college population and coping skills to deal with stress and anxiety.
- Drug Facilitated Sexual Assault – This class is designed to raise awareness of the dangers lurking around every corner. Attendees can hopefully gain the knowledge to be aware of their surroundings and to stay safe as possible. Real life examples and situations will be discussed, and attendees will leave with the knowledge to be safer today than they were yesterday.
- Jeopardy – Conduct and policies related to alcohol and drugs were provided during in-hall gathering and tested knowledge.
- Know the Code – Reinforcement of the dry-campus community standards. Health and safety checks were performed to ensure no alcohol or drug policies were being violated.
- Coping With COVID – 5-part video series posted to the UNK YouTube channel. Each short video reviewed one way to cope with stress related to COVID-19.
- OkSOBERfest – The Health Promotion Office hosts this annual event. This event provides an alternative activity for students to engage in on a typically high-risk night. Students are exposed to messaging on binge drinking, blood alcohol content, and drinking driving while attending the event.
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- St. Patrick's Day Safety – Educational tabling in collaboration with GAMMA to promote positive protective behaviors and Safe Ride.
- Trivia Night – Trivia on prevention, alcohol and marijuana facts, mental health coping strategies.
- With minimal persons on campus and with COVID, we had reduced students in capacity and little, to no, interaction among them. There were no programs focused on alcohol or drugs during Summer 2021.
- UNKPD attended RA training to discuss how to spot the signs of drug and alcohol misuse along with Clery overview. Programmatically, we focused on healthy routines and self-care initiatives. Health and safety checks were performed to ensure no alcohol or drug policies were being violated.

C. Program Strengths:

- Recruitment of peer health educators.
- Adaptability to online.
- Shift to co-morbid presentations, focusing on the underlying mental health struggles behind heavy use of alcohol and drugs.

D. Program Challenges:

- COVID issues with inability to offer in person trainings or events.
- COVID impacts on alcohol/substance consumption and mental health issues.
- Inability to reach more students with prevention efforts due to poor staff/peer educator to student ratio.
- According to the 2020 NCHA/ACHA survey, 32.4% of students drive within 6 hours of using marijuana.

E. Goals:

- Access to an alcohol/substance prevention workshop that can be taken online.

VI. Review of Previous Years

A. The Counseling Office and the Office of Student Conduct began working with the company 3rd Millennium when working with students, either through a counseling perspective or through Student Conduct. This was a positive change from years past as 3rd Millennium offers more options (previously CHOICES was used and only addressed alcohol use).

B. The Office of Residence Life has changed their programming model from previous years to better connect with students and address potential issues (i.e. Alcohol, Drugs, etc.). The reporting of interactions is more robust than it had been previously and does a good job of displaying the positive reach Residence Life has when working with students/ residents.

C. All departments/offices involved with this report continue to monitor and improve their efforts when appropriate. It can be seen that positive effects are happening (based on the statistics) due to the efforts of Student Health and Counseling, the Health Education Office, Residence Life, UNKPD and the Office of Student Conduct.

VII. Recommendations for Revision and Improvement

A. The University of Nebraska at Kearney will continue to utilize and expand the use of assessments.

B. The University of Nebraska at Kearney will continue to share and improve upon sharing (inter-departmentally) data relevant to AOD policies.

C. The University of Nebraska at Kearney will continue to explore programming options for students relevant to AOD policies.

VIII. Appendix

A. UNK Student Code of Conduct:

https://www.unk.edu/offices/reslife/_documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf