

**BIENNIAL REVIEW**

Drug-Free Schools and Campuses  
Calendar Year 2018 – Calendar Year 2019  
University of Nebraska at Kearney  
2504 9th Ave, Kearney, NE 68849

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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**

1. 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>).
2. An email is sent to all students at the beginning of the year highlighting these policies.
3. 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](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. During the all hall meeting the AOD policies are covered with the students/ 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 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.
7. Student Handbook (2015-16 & 2016-17).
8. Fraternity & Sorority Life Handbook.

**Student Violations of AOD Policy during Reporting Period**

<b>Total Stats</b>	<b>Year</b>	<b>On Campus</b>	<b>**Residential Facilities</b>	<b>Non-Campus</b>	<b>Public Property</b>	<b>Unfounded Crimes</b>	<b>Hate Crime</b>
<b>Liquor Law Violation</b>							
Arrest	2019	18	15	0	2	0	
	2018	13	13	0	0	0	
Disciplinary Referrals	2019	15	14	0	0	0	
	2018	16	10	1		0	
<b>Drug Related Violations</b>							
Arrest	2019	7	3	0	1	0	
	2018	8	8	0	2	0	
Disciplinary Referrals	2019	6	6	0	0	0	
	2018	7	7	0	0	0	

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

### **III. Counseling Center 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 2018 and 2019, Residence Life utilized a residential curriculum model that focuses on three learning outcomes; Learning Occurs, Personal Enrichment, and Relating to Others.

- Learning Occurs, focuses on students knowing campus resources and taking responsibility for their actions.
- Personal Enrichment addresses student's wellbeing.
- Relating to others, encourages students to be active members of their community and creating a safer community.

Residence Life programmed to students utilizing a variety of delivery methods and assessment strategies. Residence Hall staff utilized 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.

During the 2018-2019 academic year, Residence Life logged 16,118 students at activities, 624 different activities, and 226 Passive and Social Media Initiatives. During the 2019-2020 academic year, Residence life logged 10,588 students at activities, 759 different activities, and 187 Passive and Social Media Initiatives. (see attachment #2)

The Learning Goals and Learning Outcomes are used to create an intentional learning map that outlines that activities the department will engage students in throughout the academic year.

The Residence Hall Curriculum is assessed annually to ensure that the desired impact is being made on students. From the 2018 to 2019, more emphasis was placed on helping students further develop their coping skills and improving their mental health based upon assessment completed by the department.

(see attachment #3)

### **V. 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 calendar year 2018:

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, to all new members of fraternity and sorority life, and to all student athletes.

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 2018). Open to all students.
4. The Health Promotion Office hosts an annual event on Halloween called OkSOBERfest. 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.
5. Conducted the Year 1 College Alcohol Profile 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, provides data to correct misperceptions, and explores attitudes around alcohol. The Health Promotion offices utilizes the data gathered through this survey to inform educational social norm media campaigns.
6. Conducted the American College Health Association National College Health Assessment (ACHA-NCHA) biannually to UNK students, occurred fall of 2018.
7. The Health Promotion office offers workshops and presentations for classrooms, student organizations, and other events focused on alcohol education.
8. The Safe Ride program offers students an alternative to drinking and driving by providing a free cab ride back to their place of residence through Kearney Cab. This program operates Tuesday, Thursday, Friday, and Saturday nights.
9. 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.

The following programs were offered by the Student Health and Counseling department, which includes the Women's Center and Health Education, during calendar year 2019:

1. 3<sup>rd</sup> Millennium classrooms: 3<sup>rd</sup> Millennium offers educational courses in substance use prevention. Students at risk for problematic substance use might be asked to complete a 3<sup>rd</sup> 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.
2. Bystander Intervention Trainings- Bystander intervention training was provided to students in the Thompson Scholars Learning Community, KHOP Learning Community, student leaders in the Office of Diversity and Inclusion and to all new members of fraternity and sorority life and student athletes.
3. Zero Shades of Gray - Provided by Neon Entertainment, Zero Shades of Gray is an interactive and engaging presentation educating students on sexual assault, dating violence, stalking and bystander intervention and the connection with substance use. (August of 2019). Open to all students.
4. The Health Promotion office hosts an annual event on Halloween called OkSOBERfest. 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.
5. Conducted the Year 1 College Alcohol Profile 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, provides data to correct misperceptions, and explores attitudes around alcohol. The Health Promotion offices utilizes the data gathered through this survey to inform educational social norm media campaigns.
6. A social media campaign utilizing social norm data was ran during Alcohol Awareness Week. This campaign focused on correcting misperception and promoting positive protective behaviors around alcohol use.

7. The Health Promotion office offers workshops and presentations for classrooms, student organizations, and other events focused on alcohol education. Through collaboration with the PE 150 course instructors, presentation reach increased in the fall of 2019.
8. The Health Promotion office in the Summer of 2019 began sending a representative to the Positive Pressures Coalition ran by Buffalo County Community Partners. This coalition helps keep the office aware of the programming happening across the county for youth and young adults and to stay up to date with the trends that other groups are seeing.
9. The Safe Ride program offers students an alternative to drinking and driving by providing a free cab ride back to their place of residence through Kearney Cab. This program operates Tuesday, Thursday, Friday, and Saturday nights.
10. 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. In the fall of 2019 this group was renamed to the Substance Use Task Force.

### **Program Strengths**

1. Based on students' feedback, the Choices Alcohol Education class was replaced with 3<sup>rd</sup> Millennium's "Under the Influence" online course. Students found the online course to be just as effective, more adaptable to their schedules and cost friendly.
2. Classroom presentations and workshops in the Fall of 2019 added a bystander intervention training portion for alcohol education. Including this portion has increased the skill building capacity of these workshops and reinforces the bystander intervention content that is introduced through other programming.
3. The Alcohol Task Force focus has been expanded to substance use writ large. This expanded focus allows a diverse group of stakeholders to discuss a range of substance use students may experience.

### **Program Challenges**

1. According to the 2018 ACHA-NCHA, 37.4% of UNK students consumed 5 or more drinks 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 2018 ACHA-NCHA reported that over a 12 month period, 18.6% of UNK students felt overwhelming anxiety and 17.8% 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. Review of Previous Years**

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

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 then it had been previously and does a good job of displaying the positive reach Residence Life has when working with students/ residents.

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**

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.

## VIII. **Appendix**

1. UNK Student Code of Conduct: [https://www.unk.edu/offices/reslife/\\_documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf](https://www.unk.edu/offices/reslife/_documents/university-of-nebraska-at-kearney-student-code-of-conduct.pdf)
2. Residence Life Learning Outcome Goal(s)
3. Residence Life Intentional Learning Map



**Residence Life Learning Outcome Goal(s) – Attachment #2**

<b>Overarching Goal</b>	<b>Learning Outcome</b>	<b>Component Being Assessed</b>	<b>Foundational</b>	<b>Developing</b>	<b>Advanced</b>				
<b>Learning Occurs</b>	Learning opportunities exist in many different forms, from the classroom, to policies, processes, and experiences. To accomplish this, students will venture beyond their comfort zone and know learning happens in the residence halls.	Take responsibility for personal actions, personal spaces and facilities around them	Familiar with some policies, talk to RA about concerns in their room	Understand the possible consequences of violations, understands how to submit own work orders for their room	Understands consequences, helps enforce policies in community, submits work orders for spaces in the common areas and spaces around campus				
			Ensure students are realizing the value they receive from living on campus	Awareness of building traditions, able to use meal plan, knows how to sign up for housing	Gets involved with community, optimizes meal plan usage, knows the innate value of being engage with campus resources as part of living on campus	Holds a leadership position within the hall community, Able to utilize meal plan for healthy foods, able to articulate value to others			
				<b>Component Being Assessed</b>	<b>Foundational</b>	<b>Developing</b>	<b>Advanced</b>		
<b>Overarching Goal</b>	Through engagement with the UNK community, students will develop their own identity, self-efficacy, and well-being.	Develop self-assurance in leadership skills	Engages in activities related to how they have developed a sense of self allowing them to develop self-efficacy and life skills	Actively participating in campus activities, improving own leadership skills	Encourage others to get involved and better their leadership skills				
			<b>Component Being Assessed</b>	<b>Foundational</b>	<b>Developing</b>	<b>Advanced</b>			
							Articulate their own needs and values to shareholders (Healthy Habits/advocate for self)	Meeting their own needs	Connecting others with resources
							Develop sense of identity, self-efficacy, and life skills	Develop habits that lead to positive sense of self, allow for practice of routine life skills and building self-efficacy	Strong sense of self emerges, an understanding that personal choices impact life decisions, feeling of independence ensues
							Embrace conflict and create positive relationships with people in their community.	Recognize (be friends) campus. When there are conflicts, be able to agree to disagree with others.	Maintaining positive relationships. Accept other points of view.
<b>Overarching Goal</b>	Students will find many opportunities to connect with people, places, and services to help them identify resources. These connections will help them feel safe, a sense of mastering and form life-long bonds with UNK.	Seek to understand diverse perspectives	Understand there are people with different experiences than their own	Is comfortable around others with diverse experiences and perspectives within the community	Actively learning/sharing different perspectives & understanding how lived experiences and backgrounds shape themselves and others				
			<b>Component Being Assessed</b>	<b>Foundational</b>	<b>Developing</b>	<b>Advanced</b>			
							Identify the impact they had on their community (or their experiences)	Feel that they are a part of the UNK Community.	Involved in their community, through participation in residence halls or student organizations

**Residence Life Intentional Learning Map – Attachment #3**

	August 23rd Move In	Aug 23-30	Aug 31-Sept 6	Sept 7-13	Sept 14-20	Sept 20-27	Sept 28 - Oct 4	Oct 5-11	Oct 12-18	Oct 19-25 (Fall Break 21 & 22)	Oct 26 - Nov 1	Nov 2-8	Nov 9 - 15	Nov 16 - 22	Nov 23-29 (Thanks giving break)	Nov 30 - Dec 6	Dec 7 - 13
Learning Occurs	Welcome Initiatives	Blue Gold Welcome	Safety Campaign Kick Off	Own Your Space Campaign Kick Off	Know the Code Campaign- Policies	Promoting Hall Leadership- Homecoming	Mental Health Awareness Week	Know the Code- Alcohol Awareness & Police Walk Thru	Housing Campaign	Mental Health Awareness- Self Care Intentional Interactions	Mental Health Awareness- Self Care Initiatives	Own your Space- Health and Safety Checks	Floor Meeting s End of Year				
Personal Enrichment		Blue Gold Welcome (Place by Peace)	Promoting Hall Leadership- Floor Rep Interviews	Roommate/Suitemate & Own Your Space Intentional Interactions + Awareness of Hall Activities	Promoting Hall Leadership- Retreat with CAN Excos	Promoting Hall Leadership- Homecoming	Mental Health Awareness Week		Mental Health Awareness- Self Care Intentional Interactions			Diversity Awareness- Holiday Boards					
Relating to Others/ Connections		Blue Gold Welcome Activities	Escape Room Campus CAN	Roommate Agreement	Know the Code Constitutio n Tivva CAN	Stop Light Campus Leadership Retreat with CAN	Mental Health Awareness Week		Housing Campaign		Own Your Space- Health and Safety Checks	Floor Meeting s End of Year CTTW World Theatre Campus CAN					