

Drug Free Schools & Campuses Regulations Biennial Review: 2016–18

Edgar Part 86

Introduction Overview

The Department of Education under the guidelines for the drug free schools act requires that each college campus complete a biennial review of the prevention efforts and methods used to achieve compliance with the act.

Location of Report

The biennial report is housed in the Student Financial Services office and can be accessed at any time by request. Past reports are kept on file in the Student Financial Services office and can be accessed upon request.

Distribution of Policies & Procedures to Students, Faculty & Staff

The Clarkson College Drug and Alcohol policy is reviewed and/or revised annually by the; (1) Student Support Team, (2) Faculty Senate Handbook and Policy Review Committee, (2) Academic Council, and (3) Operations Council for final review and implementation. The review and revisions are made in order to remain as current as possible with the federal, state, county and municipal laws. The Drug and Alcohol policy is distributed to students, faculty and staff annually in the Academic Catalog and on the College intranet under policy and procedures. This information can also be accessed on the Clarkson College website.

Each semester, the Student Support Team sends an email to all students, faculty and staff who are enrolled or employed at the College. The email contains a copy of the current Drug and Alcohol policy and information related to (1) Current state and local laws related to the unlawful possession and distribution of illicit drugs and alcohol, (2) Health risks of overconsumption of alcohol, (3) Alcohol counseling treatment or rehabilitation opportunities available to students, (4) A clear statement

that the College will impose disciplinary sanctions and enforce applicable state laws, (5) as well as an overview of the amnesty policy around reporting unsafe conditions for students whom are impaired.

Alcohol or Drug (AOD) Prevalence Rate, Incident Rate, Needs Assessment & Trend Data

Campus Drug & Alcohol Offenses

The following numbers have been collected since 2004:

Residential Offenses

There has been 39 first offenses and four second offenses of the drug and alcohol policy in the Residence Hall. The sanctions for first and second offenses were imposed following the Clarkson College Drug and Alcohol policy: All 39 of the persons who committed first offenses completed an alcohol use evaluation survey, the Brief Alcohol Screening and Intervention for College Students (BASICS) and paid a \$50 fine.

Non-Residential Offenses

There have been 12 Drug and Alcohol policy violations involving students in classes, clinical or on-campus. The sanctions for violating the Drug and Alcohol policy were imposed and are as follows:

- › Immediate withdrawal from laboratory/clinical/practicum courses.
- › Meet with the College counselor.
- › Complete assessment and treatment plan by the College counselor before allowed to enroll in laboratory/clinical/practicum.
- › Eligible for random drug/alcohol tests.

Prevalence Rates for AOD Use

Since 2008, the College has utilized the Campus Climate Survey to assess AOD prevalence. The Campus Climate Survey is intended to be a campus-level estimator of overall student drinking and associated characteristics that can provide campus prevention personal and administration a comprehensive picture of the alcohol climate among students. The survey questions look at (1) one-time frequency of use, (2) drinks per week and drink consumption rate monthly, (3) binge drinking over a two-week time period, (4) binge drinking according to gender and abstinence rates. The survey also contains questions that look at injunctive norms around alcohol consumption. One of the questions looks specifically at student attitudes around alcohol consumption and academic success. The prevalence rates for AOD at Clarkson College assessed from the 2018 Campus Climate Survey virtually remain unchanged since the 2014-2016 biennium. This question consistently indicates that greater than 85 percent of students do not allow alcohol consumption to interfere with their studies. Less than 0.8 percent of students when surveyed have never attended class while impaired. Less than 15 percent of students report having to

babysit or care for students whom have overconsumed alcohol during a one-year period.

The College launched the use of the Year 1 College Alcohol Profile (Y1 CAP) in fall 2013. The Y1 CAP is an interactive social norms-based instrument that is encouraged to be completed by all incoming students between the ages of 18–21. The Y1 CAP requires students to enter data regarding perceived alcohol use of Clarkson College students as well as personal use. The survey provides feedback regarding actual use norms to respondents as they complete the survey. The data from the Y1CAP can be compared to the data that is assessed from the Campus Climate Survey to ascertain if students AOD prevalence changes. AOD rates were very similar to those reported by entering students on the 2017 Clarkson Y1-CAP, suggesting limited drinking uptake after matriculation. Students' average drinks per occasion of about two and one-half, drinks per week of just over five, and times drinking per month of about twice per week also suggest that drinking is typically occurring in a generally low-risk manner. These were somewhat higher than reported by students on the Y1-CAP, which suggests that while more students were not necessarily taking up drinking, the amount of drinking among those already drinking was increasing. This increase, however, does not appear to be translating into more binge drinking.

The College has maintained a 25 percent or better response rate to the survey for both online and on-campus students. As of fall 2017, a new format was adopted to increase participation. The new format has students completing the Y1 CAP as part of their orientation. The new format increased the participation rate to 75 percent of Y1 CAP eligible students (students aged 18–21) on campus..

AOD Policy Enforcement & Compliance Inventory & Related Outcomes Data

Clarkson College Policy

The Clarkson College policy encompasses AOD violations in the dorm, classroom, laboratory and clinical area. The policy is based on education, prevention and early intervention for persons at risk for substance abuse.

The first two sections contain specific sanctions for academic violations of the Drug and Alcohol policy. The sanctions are related to the impairment or suspicion of impairment in the classroom, laboratory or clinical area. Within this section is a set of guidelines for staff, faculty and administrators to follow if an incident occurs. The sanctions are oriented toward treatment and recovery. The academic portion of the policy allows for the early detection and treatment of potential problems with a return to the College for the student under certain conditions with the direction and recommendation of a licensed drug and alcohol counselor.

The third section deals with AOD violations at campus events or in the Residence Hall. This section has a four-step sanction process that is set up to detect and prevent the further development of drug and alcohol problems for Clarkson College students.

The policy also has an amnesty clause based on the recent passage of good Samaritan legislation in Nebraska. The clause allows for amnesty of the reporter and student who is at risk for alcohol poisoning due to overconsumption. See the College Drug and Alcohol policy for further details.

Description of the Program

Alcohol Skills Training Program

In 2004, Clarkson College implemented an Alcohol Skills Training Program (ASTP). The ASTP is integrated into the drug and alcohol sanctions under the student activities and Residence Hall section in the Drug and Alcohol policy. The ASTP is a comprehensive prevention course which outlines campus norms, blood alcohol levels, early signs of an impending abuse or dependence problem, and ways to remain safe when drinking. Students who are guilty of a first offense at a campus event or in the Residence Hall must complete the ASTP.

If a student incurs a second violation of the Clarkson College Drug and Alcohol policy in the Residence Hall, they attend a four-session intervention based on the BASICS (see page 3). This program consists of four one-hour sessions where the student meets with the College counselor and discusses drinking behaviors and risk indicators. Motivational interviewing is a key concept in this piece and is used to encourage the student to change high-risk alcohol use behaviors.

Drug & Alcohol Curriculum Integration

Information regarding the legal implications related to over-consumption of alcohol is integrated into the individual programs at Clarkson College as well as educational handouts at orientation. The nursing programs teach physiological and psychological symptoms of substance use disorders. All programs teach the legal and ethical implications of substance use disorders within the health care profession. This education program has been integrated into the curriculum of every program at the College.

In the fall of 2018, a Clarkson College student was hired by the Omaha Collegiate Consortium (OCC) along with other OCC college students to educate students about bystander education

Student Support Team

The Clarkson College Student Support Team (SST) serves to support and educate students, faculty and staff about harm prevention and wellness-based topics. The SST provides various education and prevention activities to students in the areas of sexual violence, drug and alcohol education, and mental health. Many of the College faculty award extra credit points or make the SST events mandatory for their course

to encourage students to participate. The SST also participates in a number of other College initiatives, including involvement in New Student Experience and policy writing (such as Title IX, Drug and Alcohol policy, etc.). Since 2016, the SST has offered the following AOD programming:

- › Social Norms Drug and Alcohol Abuse Prevention Education (each semester)
- › Bystander Intervention Presentation (each semester)
- › Shot of Reality (Alcohol Education Improv Comedy Act)
- › Impaired Professional(Health Care Professionals & Substance Abuse)
- › MADD
- › Adderall, Anxiety and Academic Stress

Social Norms Campaign

Clarkson College has a successful social norms marketing campaign based on the use of messages related to actual student-use norms. Student-use norms are determined after reviewing the results of the Campus Climate Alcohol survey developed by members of the SST. Social norms is a concept that makes use of the actual surveyed norms within a student body to correct misperceptions as to actual AOD use rates. It is believed that correcting misperceptions, student use of AOD will decrease. The campus social norms campaign informs students of the campus and community drinking norms. The social norms or the SST work toward promoting and informing students about positive health norms through the use of evidence-based social-norming techniques. The SST hosts a variety of events geared towards alcohol awareness and prevention for students.

Resident Advisor Training Program

The Clarkson College Resident Advisor (RA) training program was developed in 2004 and is comprised of a three-hour training program. The program teaches RAs how to identify and report unsafe situations related to either alcohol or drugs. The second piece of this training involves a peer intervention program. The RAs are instructed on how to identify and intervene with students who may be at risk for either substance use or abuse.

Blood Alcohol Level Card

The College developed a blood alcohol level card (BAC) that is utilized by students to determine their level of intoxication so that they are able to make informed choices and maintain safe blood alcohol levels if they choose to drink. BACs are distributed at all of the events hosted by SST throughout the year.

Alcohol 101 Handout

Recently revised the Alcohol 101 education handout. This is distributed each semester at New Student Orientation. The purpose of the Alcohol 101 handout is to educate the student about drinking patterns, risks associated with drinking,

strategies for safe drinking, the Clarkson College Drug and Alcohol policy, and resources available on campus and in the community.

What's Your Degree Worth?

What's Your Degree Worth is distributed each semester at New Student Orientation. This pamphlet was created by the OCC to educate students pursuing a healthcare degree of the repercussions of an alcohol violation on licensing in their profession.

Alcohol-Free Options

Clarkson College offers students a variety of alcohol-free events during the week and on weekends. Each fall semester, the SST host an audience response system-clicker survey with social norms intervention. The student participants were given a clicker to respond to questions embedded in a PowerPoint presentation. The questions consisted of three main categories (1) personal and perceived alcohol frequency and amount, (2) personal protective norms, (3) and questions about inductive norms. The students were able to see the responses to each of the questions and receive feedback about actual campus and personal use norms.

The Student Center is available in the evenings for movies and sports at different times during the week. Throughout the academic year, there are multiple student activities, for example, intramural volleyball and bowling leagues that encourage alcohol free participation. Students may watch TV, play different indoor sports in the multipurpose room or sit and chat with peers. The Student Center also offers a Fitness Center that is available for use 24 hours a day, seven days a week.

Clarkson College has strong ties to the service-learning philosophy. Service-learning hours are a required piece of the curriculum in each of the different programs at the College. Students are encouraged to participate and initiate community service opportunities independently.

Normative Environment

Clarkson College creates a normative environment offering substance-free residential options to students who attend the College. The College has high academic standards for students. Students are allowed to make up missed tests in the Success Center, but the test makeup exam is closely monitored for each individual student in order to observe possible behavioral trends. Students are encouraged to be present for exams and lectures, and many teachers deduct attendance points or conduct in-class activities that support student accountability.

The entire faculty and staff body were educated on behavioral indicators of use and student norms. In summers of 2016, 2017 and the fall of 2018, a presentation

was given on the topic of motivation interviewing. The presentation discussed and provided hands on activities on how to use this intervention to influence a reduction in high-risk drinking behaviors and other behaviors that may interfere with student success or later influence risky drinking behaviors.

The faculty members at Clarkson College are encouraged to achieve a high-level of interaction with the students. The Clarkson College faculty are in close contact with the students due to the small class size and small groups for clinical education. The Nursing program is required by state law to have less than 10 students to one faculty member in a clinical group. Due to the small clinical group size and the 12-hours per week with the clinical faculty for 12 or 15 weeks, the faculty and students are able to interact frequently and on a personal level. The Radiography program admits 30 students per year, which limits class sizes to no more than 30. The theory laboratory environment allows for a ratio of one to four or five. This high level of interactions allows faculty to be aware of behaviors that may have potential to be high risk and guide the student to the resources at the College.

Availability of Alcohol or Drugs

Clarkson College does not allow alcohol anywhere on campus or at any school related events.

Marketing & Promotion of Alcohol

Clarkson College bans the publishing or posting of any alcohol-related media anywhere in the College or on College property. Currently, there are no alcohol industry sponsorships for any of the College activities.

Policy Development & Enforcement

The College enforces disciplinary sanctions for violations to any of the AOD policies. We strongly encourage campus security, RAs and clinical education partners to criminally prosecute any and all prosecutable AOD offenses. The Omaha community enforces an immediate loss of driver's license for moving violations related to alcohol or drugs. The community strongly enforces laws related to procurement of alcohol for minors with penalties ranging from a fine to possible jail time. Minors attempting to buy alcohol can be fined, along with any shopkeeper who sells alcohol to a minor.

AOD Program Goals

Clarkson College AOD program is known as SST and has six main goals. Those goals are to:

1. Provide information regarding healthy lifestyle choices to the College community.

The College has continually used a social norms program since fall 2005. The program is in existence to provide information to students' specific positive health choices. In January 2017, the national binge drinking rate over a month period was 16.9 percent. The binge-drinking rate at Clarkson College is below the national binge-drinking rate. We have a goal to maintain or lower this rate in the next two years. Students at Clarkson College report drinking 2.45 drinks per occasion with a 5.36 per week frequency. These consumption rates have been maintained with a variety of prevention methods since 2004, and the College plans to maintain these rates over the next two years through ongoing use of programming methods while adapting and adding new methods from survey results.

2. **Provide support and student activities that allow students fun and interesting alternatives to drinking.**

Based on the results from the 2018 survey, the SST believes that there has been success in promoting an atmosphere that does not encourage drinking. The committee believes that there is room for improvement in student perceptions related to AOD enhancement of social activities and stress levels.

3. **Promote and provide an environment free from AOD through the implementation and enforcement of clear policies.**

In 2008, the College began using an internally created survey that more accurately measures the use and the success of prevention efforts on our campus. While the new survey does not include the question from the Core survey regarding whether or not the College atmosphere promotes alcohol use, there are several questions that accurately measure frequency of use and other factors related to the College environment.

The College launched the use of the Year 1 College Alcohol Profile (Y1 CAP) in fall 2013. The Y1 CAP is an interactive social norms-based instrument that is encouraged to be completed by all incoming students between the ages of 18–21. The Y1 CAP requires students to enter data regarding perceived alcohol use of Clarkson College students as well as personal use. The survey provides feedback regarding actual use norms to respondents as they complete the survey. The College has maintained a good response rate since its inception. Based on these rates, we believe that the current policy has been successful in maintaining an atmosphere that does not promote the use of AOD.

4. **Provide ongoing education for the campus community regarding the health effects of long-term substance use/abuse. .**

The SST has created programming for students on the health effects of long-term substance use and abuse in the form of drop in-sessions each semester. Clarkson College sent out information to all students regarding the health effects of AOD.

5. Provide the faculty and staff with ongoing education pertaining to the identification of substances, behavioral indicators of acute intoxication and signs of a student who is addicted or abusing a substance.
6. Research the correlations between high-risk drinking behaviors at Clarkson College concerning professional outcomes.

Summary of AOD Program Strengths & Weaknesses

Strengths

- › The Clarkson College AOD program has backing from the College administration.
- › The program has a few motivated individuals who are educated in the field of drug and alcohol education, prevention and intervention.
- › The program has an adequate budget for marketing campaigns and activities.
- › The College population has been surveyed annually since 2000. The Core Institute's Campus Survey of Alcohol and other Drug Norms was used until 2008. In 2008, the SST developed an in-house survey specifically address the needs of our unique student population. In 2014, the SST reviewed the current survey process and choose to collaborate with Nebraska Collegiate Coalition (NCC) to implement a uniform survey that could be used to measure results at the College. The survey results are available to members of the Omaha Collegiate Coalition (OCC) for comparison. This move allows collaboration regarding financial resources and the implementation of prevention programs, marketing campaigns and education. The NCC provides data analysis of the surveys. Annual survey results are reviewed by the SST for changes in normative beliefs and actual-use rates.
- › Membership in OCC

Weaknesses

- › No one person is able to devote more than a few hours per week to the AOD prevention effort.
- › Only a few individuals are strongly motivated towards prevention.
- › Lack of consistent student volunteers to host prevention-based activities.
- › Lack of funding to attend conferences related to AOD prevention programming.

Distribution of Annual AOD Notification to Students, Faculty & Staff

AOD notification was sent out via the student, faculty and staff email service provided by Clarkson College.

Distribution of Policies & Procedures to Students, Faculty & Staff

The Clarkson College Drug and Alcohol policy is reviewed and/or revised annually. The review and revisions are made in order to remain as current as possible with the federal, state, county and municipal laws. The Drug and Alcohol policy is distributed to students, faculty and staff annually in the Academic Catalog and Student Handbook, Faculty Handbook and Employee Resource tab on the intranet. This information can also be accessed on the Clarkson College website.

Recommendations for Revising AOD Program

The SST will annually review the AOD and make applicable changes.