

# Drug Free Schools & Campuses Regulations Biennial Review: 2018–20

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## 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 as well as the Clarkson College website. 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 on the policy cycle (every three years) by the: (1) Student Support Team (reviews annually), (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 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 on the Clarkson College website and on the College intranet under policy and procedures. Annually, an email is sent to all students, faculty and staff who are enrolled or employed at the College which 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) and an overview of the amnesty policy around reporting unsafe conditions for students who 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 (2018-2020):

#### Residential Offenses

There has been one first offense and no second offenses of the drug and alcohol policy in the Residence Hall. The sanctions for the first offense were imposed as described in the Clarkson College Residence Hall Drug and Alcohol policy. The student who committed the first offense completed an alcohol use evaluation survey with the College approved counselor and completed an educational sanction.

#### Non-Residential Offenses

There have not been any Drug and Alcohol policy violations involving students in classes, clinical or on-campus events. The biennium of 2018-2020 included a stricter policy change and the occurrence of the COVID-19 pandemic resulted in a marked decrease of students on campus and in clinical. The sanctions for violating the Drug and Alcohol policy are as follows:

#### **First Offense**

If the student tests positive for drugs/alcohol, the student:

- › Will be immediately administratively withdrawn from all laboratory/clinical/practicum courses but may be allowed to remain in theory classes (without co-requisite clinical courses) while undergoing required drug/alcohol treatment according to program requirements.
- › Must meet with a College-approved counselor and successfully complete the prescribed treatment plan.
- › Will be allowed to enroll in laboratory/clinical/practicum courses, if the student is complying with their treatment plan, and deemed as safe to return to clinical practice by a college approved counselor
  - › College counselor will complete the Approval Form: Student Return to Course
- › Will be subject to random interval or scheduled interval drug/alcohol testing with or without cause for suspicion for as long as they are an enrolled student at the College.
- › May be ineligible to continue in the program of study if clinical agency placement is not possible due to the student's positive drug testing history.
- › May be administratively withdrawn from the College if the student does not comply with the treatment plan set forth by the College provided counselor or refuses subsequent drug and/or alcohol testing or has a second positive drug test.
- › The Vice President of Operations, the Director of Facilities, Residence Hall Coordinator, or any Student Services counselor may notify parents of violations. Notification may occur if it is believed that the student is potentially a danger to themselves or to others or is in danger of jeopardizing their academic career.

### **Second Offense**

Dismissal from the College and forfeiture of any Clarkson College scholarships.

If positive result is due to a legally prescribed medication:

- › The student must have the form signed by the prescribing health care provider stating why he/she is prescribed that medication.
- › A list of all the medications the student has been prescribed should be included on the form and returned within seven (7) business days after the student is notified of a positive test. The form will be sent to the Office of the VPAA who coordinates drug and alcohol results.
- › The medication list will be approved/disapproved by the counselor and/or College designee within three (3) business days.
- › If the medication list is not approved by College designee it will be viewed as a positive drug screen.
- › Student will not be allowed to participate in clinical setting until the proof of treatment process is completed.

### **Prevalence Rates for AOD Use**

Since 2008, the College has utilized the Campus Climate Survey to assess AOD prevalence. As of 2020, the College revised the Campus Climate Survey in collaboration with OCC to include assessment of student's personal attitudes and behaviors related to alcohol, drug, mental health issues, and personal violence, i.e. drinking and sexual behaviors. The survey also helps the individual's attitudes towards campus and community polices, other student's behaviors, and bystander interventions.

The prevalence rates for AOD at Clarkson College assessed from the 2020 Campus Climate Survey virtually remain unchanged since the 2016-2018 biennium. This question consistently indicates that greater than ninety-seven percent of students do not allow alcohol consumption to interfere with their studies. Eighty-nine percent of Clarkson College students report not using marijuana in the past year. Only four percent of Clarkson College students report experiencing alcohol poisoning over one-year period.

The College launched the use of the Year One College Alcohol Profile (Y1 CAP) in fall 2013. For the fall of 2020, the Y1CAP was changed to the Year One College Behavior Profile (Y1CBP). The Y1CBP is an interactive social norms-based instrument that is encouraged to be completed by all incoming students between the ages of 18–21. The Y1CBP requires students to enter data regarding perceived alcohol and drug use of Clarkson College students, personal use, as well as mental health and self-reported harms. The survey provides feedback regarding actual use norms to respondents as they complete the survey. The data from the Y1CBP 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 over the past few years, suggesting limited drinking uptake after matriculation.

Overall, 67.5% of students (n=40) reported being abstainers in 2020, and this was the highest in the past seven years. The percentage was 62.5% in 2019, 19.4% in 2018, 38.5% in 2017, 27.8% in 2016, 35.3% in 2015, and 33.3% in 2014. Meanwhile, about 7.5% reported binge drinking in 2020. The rate has varied widely in past years (7.5% in 2019; 16.1% in 2018; 17.9% in 2017; 11.2% in 2016; 23.5% in 2015; 20.0% in 2014). The 2020 rate remains impressively below 15.2% of Nebraska high school seniors who reported binge drinking on the 2018 Youth Risk Behavior Survey (YRBS).

Clarkson College entering students (n=13 drinkers) reported drinking 1.8 drinks per drinking occasion in 2020; the average was 2.3 drinks per occasion in 2019, 1.9 drinks in 2018, 2.1 in 2017, 1.6 in 2016, 2.5 in 2015 and 2014. In comparison, Clarkson College students (n=40) thought that their peers consumed 2.4 drinks per occasion in 2020, which was the lowest in the past seven years. Clarkson College entering students (n=13 drinkers) reported drinking 3.1 drinks per week in 2020; the average number of drinks per week was 5.3 in 2019, 3.6 in 2018, 3.5 in 2017, 2.6 in 2016, 4.7 in 2015, and 5 in 2014. In comparison, Clarkson College students (n=40) perceived that their fellow students drank 4.3 drinks per week in 2020, 3.7 drinks in 2019, 5.4 in 2018, 5 in 2017, 5.3 in 2016, 4.6 in 2015, and 6 in 2014. Lastly, Clarkson College entering drinkers (n=13) reported drinking an average of 5.5 times drinking per month. This was a bit smaller than 6.7 times in 2019 and 6.4 times in 2018; the average was 5.3 times in 2017, 3.6 in 2016, 6.7 in 2015, and 6.5 in 2014. Meanwhile, Clarkson College students (n=40) estimated that their peers drank 5.5 times per month in 2020, which was the smallest in the past seven years; the number of perceived times was 6.5 times in 2019, 10.6 in 2018, 8.8 in 2017, 9.4 in 2016, 7 in 2015, and 9.6 in 2014.

The College maintains a 25 percent or better response rate to the survey for both online and on-campus students. As of fall 2020, a new format was adopted to increase participation. The new format has students completing the Y1 CBP as part of their introductory curriculum. The new format increased the participation rate to 75 percent of Y1 CBP eligible students (students aged 18–21) on campus.

### **AOD Policy Enforcement & Compliance Inventory & Related Outcomes Data**

#### **Clarkson College Policy**

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

The Clarkson College policy outlines the 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 policy 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 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 policy also has an amnesty clause based on the 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. The separate Residence Drug and Alcohol policy deals with AOD violations in the Residence Hall. This section has a three-tier disciplinary structure to detect and prevent the further development of drug and alcohol problems for Clarkson College students. See the Residence Hall Drug and Alcohol policy.

### **Description of the Program**

#### **Alcohol Skills Training Program**

Since 2004, Clarkson College use the Alcohol Skills Training Program (ASTP). The ASTP is integrated into the drug and alcohol sanctions in the Residence Hall 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 an alcohol use evaluation survey with the College approved counselor, and completed an educational sanction.

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. This program consists of four one-hour sessions where the student meets with the College approved 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.

If a student incurs a third violation, the student is immediately evicted from the Clarkson College Residence Hall. The VPO, the Director of Academic Success, the Residence Hall Coordinator or any Student Services Counselor will notify the student's parents or guardians and the Program Director of the violations. The Program Director will use discretion in determining further sanctions.

#### **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 several other College initiatives, including involvement in New Student Experience, orientation, and policy writing (such as Title IX, Drug and Alcohol policy, etc.). Since 2018, the SST has offered the following AOD programming:

- › Social Norms Drug and Alcohol Abuse Prevention Education (each semester)
- › Bystander Intervention Presentation (each academic year)
- › Collegiate Recovery and Licensure
- › Brief Motivational Interviewing
- › Suicide Prevention (QPR) Training
- › Domestic Violence Awareness with the WCA
- › Trauma: An Overview for Healthcare Professionals with Project Harmony

### **Social Norms Campaign**

Clarkson College has a successful social norm 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 are 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. 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, fitness classes, intramural volleyball, and other programs 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 Testing 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, the fall of 2018, and the spring of 2020 presentations were given on the topic of motivational 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. Campus security, RAs, and clinical education partners to criminally prosecute 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 1.8 drinks per occasion with a 3.1 per week frequency in 2020. 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. SST provided drop-in sessions about Collegiate Recovery and how to handle stress at the college.

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. To better



access student perception, a student focus group was gathered to assess the climate of drugs and alcohol on campus. The SST has a finger on the pulse of the student body to see what is needed. Since the onset of the pandemic, information has been placed online to help the College community deal with the stressors in a healthy manner.

**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 and policy enforcement.

As stated in the 2020 Climate Survey, almost all students believed that their campus was concerned about the prevention of alcohol and drug use (95%), and that campus alcohol policies were consistently enforced (93%). Alcohol policies were perceived to be enforced to a “great extent” or “to a very great extent” on-campus by 71% of students, only 29% off campus. 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.**

SST provided brief motivation interviewing, de-escalation training drop-in sessions specifically for faculty and staff. Faculty and staff are invited to attend a majority of SST events.

**6. Evaluate the relationship between high-risk drinking behaviors at Clarkson College concerning academic outcomes.**

The SST reviews the data of students who have violated the drug and alcohol policy and follows the student through their academics at Clarkson College. Currently, the student who violated the policy during this biennium is still enrolled in classes. We believe that correlates to the resources (SST and Success Center) the College provides.

## 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 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
- › Fulltime counselor role and responsibility to collaborate and be a member of 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 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.