



UNIVERSITY OF  
OREGON

UNIVERSITY OF OREGON  
SUBSTANCE ABUSE PREVENTION AND EDUCATION PROGRAM

**2018 Biennial Review**



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## INTRODUCTION

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The Drug Free Schools and Communities Act Amendments of 1989 require that all institutions of higher education receiving any form of financial assistance provide each student with information regarding drug and alcohol use. This 2018 biennial report is posted in compliance with Part 86, the Drug and Alcohol Abuse Prevention Regulations Education Department General Administrative Regulations (EDGAR).

The University of Oregon (UO) has a long-standing commitment to proactively addressing high-risk drinking and substance abuse within our campus community. The UO takes pride in creating a campus that is a celebrative one — a campus not denigrated by the misuse of alcohol and other drugs. At the UO, both harm reduction and primary preventative approaches are used when addressing alcohol issues. Harm reduction is a public health philosophy that seeks to lessen the dangers around alcohol use and risk of harm. Primary prevention works to prevent alcohol and other drug use and abuse. The Substance Abuse Prevention Program promotes responsible behavior around alcohol use including awareness, education, and compliance with campus policies and state and federal law. Using best practices, the UO strives to decrease high-risk drinking and its negative consequences among UO students. Our substance abuse prevention programs and services are evidenced-based, comprehensive, and coordinated with campus and community partners.

UO has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by UO students and employees both on its premises and as a part of any of its activities, as demonstrated through this Biennial Review. In addition, UO has a written policy on alcohol and other drugs and has developed a thorough method for distributing this policy to every student and employee. The written materials annually distributed contain the following information:

1. Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.
2. A list of applicable legal sanctions under federal, state, or local laws for the unlawful possession or distribution of illicit drugs and alcohol.
3. A description of the health risks associated with the abuse of alcohol or use of illicit drugs.
4. A list of drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to employees and students.
5. UO's disciplinary sanctions for students and employees in violation of the standards of conduct.

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## ABOUT THE UO

The UO, founded in 1876, is the state's flagship institution. Located in Eugene, an energetic college town, the university offers academic excellence and hands-on learning opportunities in a welcoming atmosphere. Towering trees shade the 295-acre campus, where students, faculty members, and employees from a wide variety of backgrounds share a commitment to preserving the environment and pursuing innovation in more than 200 academic programs that range from Eugene to Portland and from the coast to the mountains. The UO is a city within a city, complete with a complex network of departments and personnel needed to run smoothly. Located in the Eugene-Springfield metropolitan area of around 360,000 residents in Oregon's Southern Willamette Valley, the university is a hub of activity.

Considered a mid-sized institution with 19,351 undergraduate and 3,629 graduate students, all 50 states, 2 US territories, and 95 countries are represented ([UO Admissions, 2018](#)). About half of all students are Oregon residents, 37% out-of-state students, and 12% international. Of the 4,203 students in the 2018 freshmen class, 15% identify as Latinx, 13% Asian American, 5% Black or African American, 3% Native American, and 10% more than one race or ethnicity. University Athletics are Division 1 and part of the Pac-12 Conference. All incoming first-year undergraduate students are required to live-on campus in order to increase retention by assisting with the transition to college life ([UO Housing, 2018](#)). With 3,572 students in Fraternity and Sorority Life, over 250 student groups and organizations, and 90 countries students can study abroad, there are numerous opportunities for students to get involved on campus and create community outside of the classroom.

## REFRAMING THE PROBLEM

### RESEARCH-BASED RATIONALE FOR ACTION: A WIDESPREAD PROBLEM WITH HARMFUL CONSEQUENCES

The issue of campus drinking is a pervasive problem: our students grow up in a culture which equates the consumption of alcohol with having fun, relaxing, making social situations complete, and reducing tension. Drinking alcohol has become a rite of passage for some young people in this country, and many students come to college having learned to drink during their high school years. Navigating unstructured time, widespread accessibility to alcohol, minimal interactions with parents and other adults, and inconsistent enforcement of underage drinking laws may intensify the consequences associated with drinking. The National Institute on Alcohol Abuse and Alcoholism ([NIAAA](#)) acknowledges that a students' first 6 weeks of their freshman year are an especially vulnerable time for heavy drinking and alcohol related consequences. This is due to student expectations and social pressure that arrives with the start of the academic year (NIAAA, 2015).

Unfortunately, high risk alcohol use can produce serious outcomes. The NIAAA (2015) states that "virtually all college students experience the effects of college drinking- whether they drink or not." Each year, high-risk drinking affects college students, families, the campuses that students attend, and the communities beyond the campuses. Approximately 1 in 4 students report experiencing academic consequences from drinking including missing or falling behind in their classes, doing poorly on exams or assignments, and receiving lower grades overall. Of students between the ages of 18 and 24, close to 700,000 are assaulted by another student who has been drinking and approximately 97,000 report experiencing alcohol related sexual assault or date rape. Each year, 1,865 students between 18 and 24 die from unintentional related injuries that are alcohol-related. The NIAAA (2015) lists other consequences as increased risk for suicide, health problems, injuries, unsafe sex, driving under the influence, vandalism, property damage, and interactions with police.

Substance use is often utilized as a coping mechanism for students. From using non-prescribed stimulants to mitigate stress associated with academic rigor and success to binge drinking to alleviate anxiety (NIAAA, 2015). The Center for Substance Abuse Treatment (2013) notes that the presence of alcohol and drugs can mean the difference between thinking about suicide and attempting suicide and that alcohol is present in approximately 30-40% of suicides and suicide attempts. The use of any drug may increase suicidal thoughts (NSDUH, 2014). The 2017 Healthy Minds Survey of UO students found that 31% of undergraduate students report having any form of depression and 24% experience any form of anxiety in the past year. With regard to suicidality and self-injurious behavior over the past year, 13% experienced suicidal ideation, 4% created a suicide plan, 1% attempted suicide, and 24% inflicted non-suicidal self-injury (Healthy Minds, 2017).

Recognizing substance abuse and misuse on campus as an intersectional and multifaceted issue that impacts both users and abstainers, our efforts in Substance Abuse Prevention must focus on sustaining and creating cross-campus collaborations, implementing evidence-based practices, and connecting to the greater city of Eugene and Lane County community.

## NATIONAL, STATE, AND CAMPUS AOD DATA

### National Prevalence of Substance Use

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#### Prevalence of Alcohol Use:

According to the [2017 NSDUH](#), 80.9% of 12-17-year-olds report that they have had at least 1 drink in their lives and 51.7% report using in the past month. About 55.9% of folks aged 18-25, 55.8% of 26-64-year-olds, and 44.2% of folks 65 or older report drinking in the past month.

- **Prevalence of Binge Drinking:** According to the 2017 NSDUH, approximately 5.3% of 12-17-year-olds, 26.4% of 18-25-year-olds, 24.7% of 26-64-year-olds, and 11.5% of folks 65 and older reported binge alcohol use in the past month.
- **Prevalence of Heavy Drinking:** According to the 2017 NSDUH, approximately 0.7% of 12-17-year-olds, 6.7% of 18-25-year-olds, 6.2% of 26-64-year-olds, and 2.8% of folks 65 and older reported heavy alcohol use in the past month.
- **Consequences of Underage Alcohol Use:** Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing AUD. In addition, underage drinking contributes to a range of acute consequences, including injuries, sexual assaults, and even deaths—including those from car crashes (NIAAA, 2015).

#### Prevalence of Drug Use:

- **Illicit Drugs (includes marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and misuse of psychotherapeutics):** According to the 2017 NSDUH, 11.2% of persons 12-years or older reported using illicit drugs in the past month, 19% in the past year, and 49.5% in their lifetime.
- **Marijuana:** According to the 2017 NSDUH, 45.2% of people aged 12 or older have used marijuana in their lifetime, 15% have used in the past year, and 9.6% in the past month.
- **Opioid Misuse:** According to the 2017 NSDUH, 1.3% of persons 12-years or older misused opioids in the past month and 4.2% in the past year.

#### Prevalence of Tobacco:

- **Cigarettes:** According to the 2017 NSDUH, 10.8% of 12-17-year-olds have smoked a cigarette at least once in their lives, 6.3% have in the past year, and 3.2% have in the past month.
- **Smokeless Tobacco:** According to the 2017 NSDUH, 5% of 12-17-year-olds have used smokeless tobacco in their lifetime, 3% in the past year, and 1.3% in the past month.
- **Electronic Cigarettes:** The [CDC](#) reports that in 2017 11.7% of high school students reporting using an electronic cigarette in the past 30 days.

### Substance Use and College Students

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#### Prevalence of Alcohol Use:

- **Prevalence of Drinking:** According to the 2017 NSDUH, 53.6% of full-time college students ages 18–22 drank alcohol in the past month compared with 48.2% of other persons of the same age.
- **Prevalence of Binge Drinking:** According to the 2017 NSDUH, 34.8% of college students ages 18–22 reported binge drinking in the past month compared with 32.8% of other persons of the same age.
- **Prevalence of Heavy Drinking:** According to the 2015 NSDUH, 9.7% of college students ages 18–22 reported heavy alcohol use in the past month compared with 8.8% of other persons of the same age.

#### Prevalence of Drug Use:

- **Illicit Drugs (includes marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and misuse of psychotherapeutics):** According to the 2017 NSDUH, 23.6% of full-time college students aged 18-22 used illicit drugs in the past month compared to 25.6% of other persons of the same age.
- **Marijuana:** According to the 2017 NSDUH, 21.6% of full-time college students reporting using marijuana in the past month compared with 23.7% of other persons of the same age.

- **Opioid Misuse:** According to the 2017 NSDUH, 1.5% of full-time college students aged 18-22 misused opioids in the past month compared to 2.4% of other persons of the same age.
- **Prescription Stimulant Misuse:** According to the 2017 NSDUH, 53.3% of prescription stimulant users reported misuse during the past year.

**Prevalence of Tobacco Use:**

- **Cigarettes:** The Spring 2018 NCHA found that 12.8% of students have smoked at least once in their life, 5.1% smoked 1-9 days, 1% used 10-29 days, and 1.6% used all 30 days of the past month.
- **Electronic Cigarettes:** The spring 2018 NCHA found that 10% of students have smoked an E-Cigarette at least once in their life, 6% used 1-9 days, 1.9% used 10-29 days, and 2.2% used all 30 days of the past month.
- **Tobacco from a water pipe (hookah):** The Spring 2018 NCHA found that 14.3% of students have used at least once in their lives, 2.4% used 1-9 days, 0.3% used 10-29 days, and 0.2% used all 30 days of the past month.

**Substance Use in Lane County and the State of Oregon**

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**Data from the 2018 Oregon Student Wellness Survey**

Table 152: Used any tobacco product during the past 30 days

	Grade 6		Grade 8		Grade 11	
	County %	State %	County %	State %	County %	State %
No Use	98.9	98.9	93.6	96.1	89.5	90.6
Use	1.1	1.1	6.4	3.9	10.5	9.4

Table 159: During the past 30 days, on how many days did you have at least one drink of alcohol?

	Grade 6		Grade 8		Grade 11	
	County %	State %	County %	State %	County %	State %
0 days	96.0	95.5	80.3	84.6	70.3	71.0
1 or 2 days	3.4	3.7	12.4	10.7	19.3	18.8
3 to 5 days	0.3	0.5	3.6	2.5	6.2	6.1
6 to 9 days	0.3	0.2	2.3	1.1	1.6	2.2
10 to 19 days	0.0	0.1	0.9	0.6	1.7	1.3
20 to 29 days	0.0	0.0	0.2	0.2	0.2	0.2
All 30 days	0.1	0.1	0.4	0.3	0.7	0.4



Table 160: During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	Grade 6		Grade 8		Grade 11	
	County %	State %	County %	State %	County %	State %
0 days	99.0	99.0	91.4	94.4	83.5	84.7
1 or 2 days	0.8	0.6	5.7	3.5	10.8	10.1
3 to 5 days	0.1	0.1	1.1	0.9	2.8	2.9
6 to 9 days	0.1	0.1	1.1	0.5	1.5	1.3
10 to 19 days	0.0	0.0	0.3	0.3	1.0	0.6
20 to 29 days	0.1	0.0	0.2	0.1	0.1	0.2
All 30 days	0.1	0.1	0.2	0.2	0.4	0.3

Table 177: During the past 30 days, how many times did you use marijuana?

	Grade 6		Grade 8		Grade 11	
	County %	State %	County %	State %	County %	State %
0 times	98.4	98.4	89.4	91.7	75.4	78.8
1 or 2 times	1.0	0.9	3.9	3.6	7.8	8.0
3 to 9 times	0.5	0.3	2.5	2.0	5.5	5.3
10 to 19 times	0.0	0.1	1.5	1.1	3.2	2.8
20 to 39 times	0.0	0.1	0.5	0.5	2.6	1.7
40 or more times	0.1	0.1	2.3	1.1	5.4	3.5

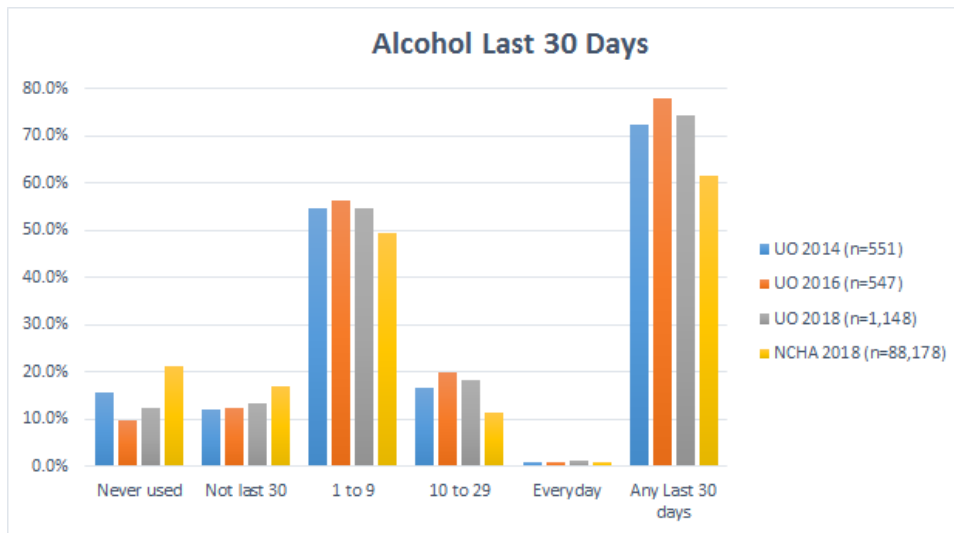
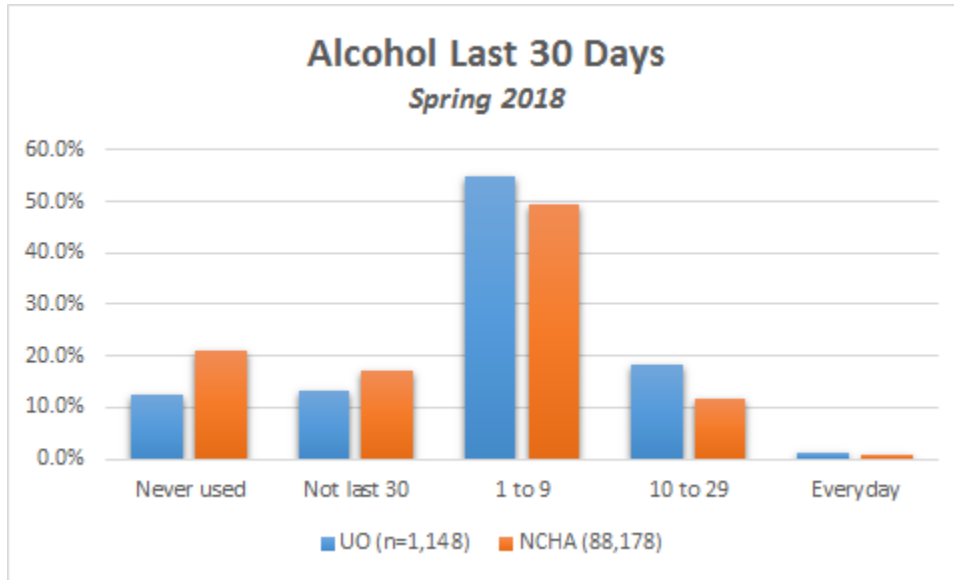
Table 188: Any illicit drug use including cocaine, ecstasy, heroin, hallucinogens or methamphetamines

	Grade 6		Grade 8		Grade 11	
	County %	State %	County %	State %	County %	State %
No Use	99.5	99.6	98.3	98.7	96.6	97.2
Use	0.5	0.4	1.7	1.3	3.4	2.8

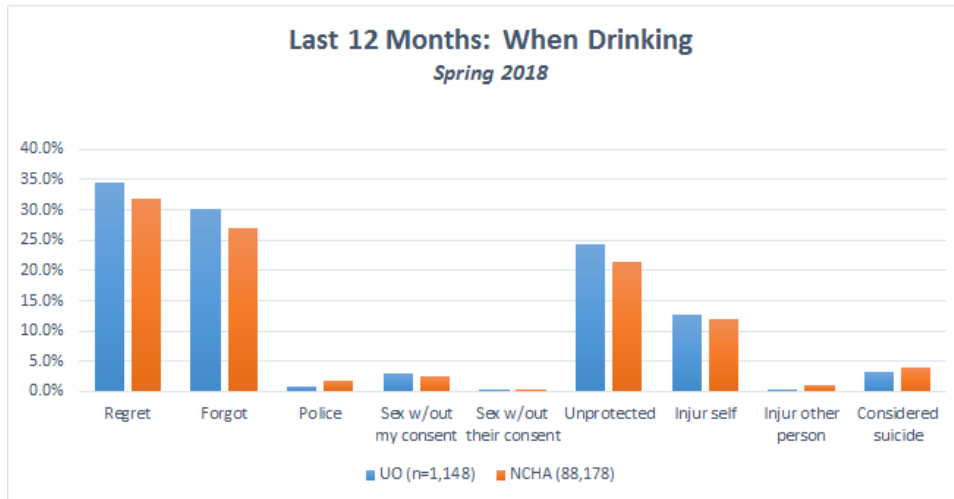
The CDC (2018) found that 17.7% of adults in Oregon binge drank on one occasion during the past 30 days. The survey also found that the average largest number of drinks consumed by binge drinkers in the state of Oregon was between 6.2 and 6.9 on any occasion (CDC, 2018). The cost of excessive alcohol consumption in the state of Oregon was \$3,520,200,000 in 2015.

## University of Oregon Prevalence of Alcohol Use

### Data from the Spring 2018 NCHA Survey



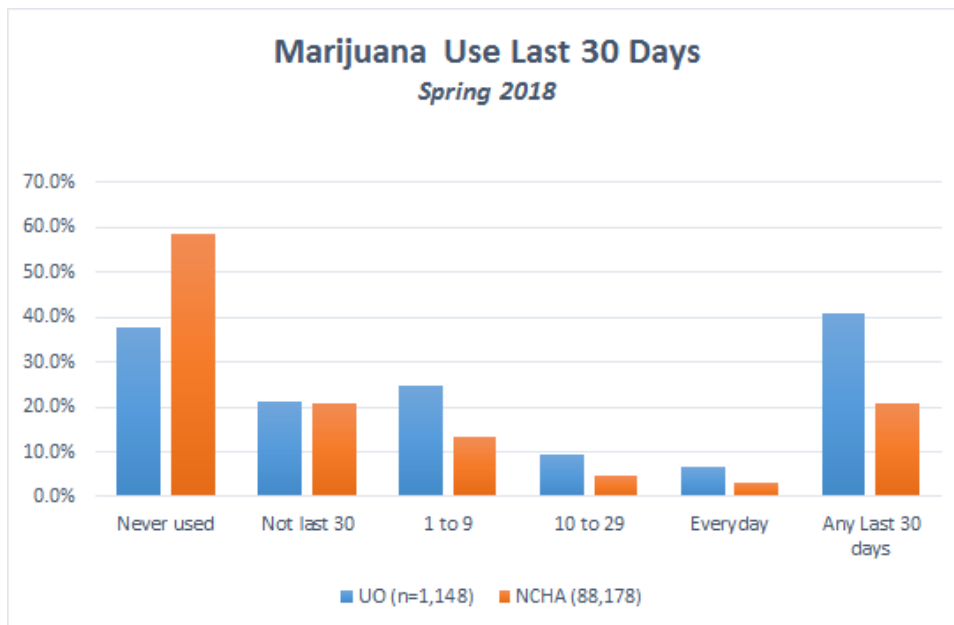




## University of Oregon Prevalence of Marijuana Use

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### Data from the Spring 2018 NCHA Survey

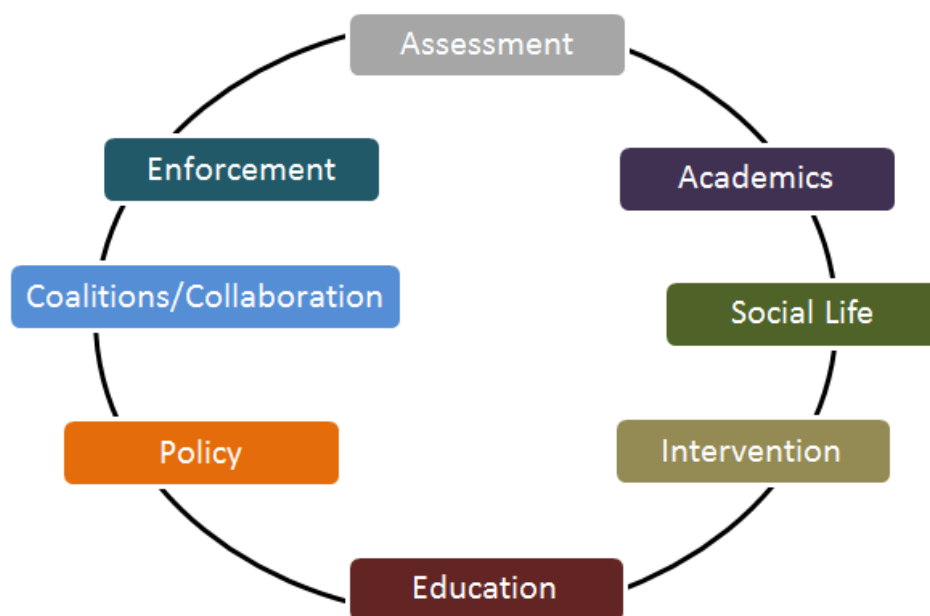


## SUBSTANCE ABUSE PREVENTION PROGRAM ELEMENTS

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The University of Oregon cares about students' health, safety, and academic success and has a long-standing commitment to proactively address high-risk drinking and substance use. The illegal use and abuse of alcohol or other drugs by students interferes with the academic learning process and places the safety of individuals and the campus community at risk. Like many universities across the country, our goal is to improve academic success and the quality of student life on campus by increasing healthy lifestyles and reducing the harm associated with alcohol and other drug abuse.

UO utilizes a comprehensive framework to address alcohol and other drug use by implementing the following environmental strategies: education, social life, academics, policy, enforcement, coalitions/collaboration, intervention, and assessment. This document includes an overview of each of the strategies, and assessment data are included within each category.



In supporting healthy and safe campus environments and reducing substance abuse among college students, the UO promotes a comprehensive approach environmental management model, which focus on ten key actions to prevent and reduce student substance abuse:

1. Set clear substance use policies and consequences of violations.
2. Ban smoking: prohibit alcohol and tobacco ads, sponsorships and promotions on campus; ban alcohol in dorms, in most common areas, at on-campus student parties and at college sporting events; limit the availability of drugs both on and off campus.
3. Screen all students for substance abuse problems.
4. Target high-risk students and times; provide needed interventions and treatments.
5. Offer and promote social, recreational, extracurricular, and public service options that do not include alcohol and other drugs.
6. Create a social, academic, and residential environment that supports healthy norms.
7. Include in the academic curricula information about substance abuse and addiction.
8. Engage community partners in prevention, enforcement, interventions and treatment.
9. Develop and enforce campus policies and enforce local, state, and federal laws relating to other drug use.
10. Monitor rates and consequences of student substance use and evaluate and improve programs and services.

## **SUBSTANCE ABUSE PREVENTION PROGRAM GOALS AND ACHIEVEMENT**

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The purpose of the UO biennial review is to determine the effectiveness of the Substance Abuse Prevention Program and whether changes need to be implemented. Collectively, program goals are carried out through various campuses and program activities. Our goals are modeled on federal guidance and are as follows:

- Articulate and consistently enforce clear policies that promote an educational environment free from substance use/abuse.
- Provide ongoing education for members of the campus community for the purpose of preventing alcohol abuse and other drug use.
- Offer a reasonable level of care for substance abusers through counseling, treatment, and referral.
- Implement campus activities that promote and reinforce health, responsible living, respect for community and campus standards, individually responsibility on the campus, and intellectual, social, emotional, spiritual or ethical, and physical well-being of the members.
- Be vocal and visionary in combating the negative issues that surround alcohol and other drug use and abuse on campus.

### **The Office of the Dean of Students Substance Abuse Prevention and Education Program**

- Serves as a clearinghouse for campus and community members to address substance abuse issues on campus.
- Provides services and programs to assist, support and refer students with issues related to substance use and abuse.
- Provides proactive prevention programs and information related to substance abuse prevention and education.
- Contributes to a social, academic, and residential environment that supports health-promoting norms.
- Coordinates and makes recommendations in developing an overall vision and short-term and long-term goals for the campus regarding substance abuse prevention and education.
- Screens high-risk individuals, including at-risk sub-populations and students that have violated the Student Code, to direct them into the services needed.

### **Enforcement — Set clear substance use policies and consequences of violations, and develop and enforce campus policies and enforce local, state, and federal laws relating to other drug use.**

- The UO Substance Abuse Prevention Education Program is housed within the Office of the Dean of Students and is comprised of campus and community leaders focused on a comprehensive and environmental approach in addressing alcohol and other drug issues within our campus community. Students, faculty, staff and community members are encouraged to become members of the team. For more information, please contact the Interim Coordinator of Substance Abuse Prevention at 541-346-1133.
- Publishes and distributes the annual [Drug Free Schools and Community Act](#) report to students each year; to ensure that alcohol policies are consistent and are strictly enforced on campus; and that any events that have alcohol present are cleared through the [Office of Risk Management](#).
- Provides [drug and alcohol education and FAQs](#) on their website.
- Partners with Intercollegiate Athletics to evaluate and update policies, enforcement, and messaging which help reduce high-risk alcohol use and/or related consequences at sporting events.
- Collaborate with Government and Community Relations on activities like the Community Welcome and the Campus Partners. The purpose of the group includes creating and sustaining positive, collaborative campus-community relationships, increasing communication between representatives, improving the campus climate around issues of safety, and assisting and supporting students in learning about their

rights and responsibilities to the greater Eugene community.

- Sets clear substance use policies and violation sanctions, in accordance with the Drug-Free Schools and Campuses regulations: alcohol policies and disciplinary sanction protocol in place on campus for University Housing, Intercollegiate Athletics, Fraternity and Sorority Life, students, and employees. The following include the University of Oregon alcohol policies:
  - Business Affairs: Hosting, Refreshments, Alcohol
  - Student Life: Alcohol Policies and Laws
  - UO Housing: Alcohol and Drugs Policy
  - UO Policy Statement- Drugs, Alcohol, and the University
  - Drug & Alcohol Sanctions, Human Resources
  - Catering Policies and Costs
  - UO in Portland: Event Services

**Social Life — Offer and promote social, recreational, extracurricular, and public service options that do not include alcohol and other drugs.**

- Collaborates with University Housing to provide substance-free housing as well as substance abuse prevention outreach, campaigns and staff trainings.
- Collaborates with various departments and programs, such as The Holden Leadership Center, to create publicize, and promote service learning, community engagement, leadership and volunteer opportunities.
- The Collegiate Recovery Center (CRC) on the University of Oregon campus offers a comprehensive continuing support structure to assist recovering college students with recovery support, academic support, financial resources, mentorship, social support, and life skills training. The Center provides a nurturing, affirming environment in which individuals recovering from substance abuse, self-harm, eating disorders, and other addictions can find support while attaining a college education. Five main layers of support include: Collegiate Recovery Center seminars, recovery meetings, individualized academic advising, peer engagement through community service, and scholarship opportunities. For more information, visit the Collegiate Recovery Center website at recovery.uoregon.edu.

**Academics and Education — Create a social, academic, and residential environment that supports healthy norms.**

- During summer orientation sessions (IntroDUCKtion), incoming students attend an innovative theater production that focuses on sexual assault, interpersonal violence and high-risk drinking.
- Creates educational campaigns to promote campus-wide substance abuse prevention efforts, including late night programming on campus. Collaborations include working with the Ducks After Dark, Physical Education and Recreation, Erb Memorial Union, Holden Leadership Center, Student Mental Health Advocates (SMHA), Center for Student Involvement (CSI), and University of Oregon Police Department (UOPD).

**Coalitions/Collaboration — Engage community partners in prevention, enforcement, interventions and treatment.**

- Collaborates with the Alcohol Policy Group reviews campus social host practices to ensure that safeguards have been identified to minimize high-risk and underage drinking and refines responsible beverage service policies and enforcement of alcohol policies on campus.
- Oregon Senate Bill 839, Chapter 274, 2015 Oregon Laws, creates immunity from arrest and prosecution for certain drug possession offenses, similar to that previously created for MIP offenses. Exempts specified persons from arrest and prosecution
- As a result of Measure 91, the substance abuse prevention staff will develop new educational and awareness campaigns in partnership with Oregon Liquor Control Commission, University of Oregon Police Department, Eugene Police Department, University Housing and other departments and organizations in

order to be in compliance. Measure 91 legalized “recreational use of marijuana, based on regulation and taxation to be determined by the Oregon Liquor Control Commission”

- Smoke and Tobacco-Free University: As of 2012, the University of Oregon is a smoke and tobacco-free university. The university was the first in the PAC-12 to make this commitment to public health. Smoking and tobacco use is prohibited on all property owned or controlled by the university. Visit the University of Oregon Policy Library for more information about the policy and its history. The Health Center offers students, faculty and staff cessation assistance.

**Policy — Ban smoking: prohibit alcohol and tobacco ads, sponsorships and promotions on campus; ban alcohol in dorms, in most common areas, at on-campus student parties and at college sporting events; limit the availability of drugs both on and off campus.**

- Collaborates with Eugene Police Department to 1) improve town and gown relationships and neighborhood livability, 2) increase student accountability for problems associated with alcohol, negative consequences associated with substance use and abuse (e.g. public intoxication, arrests, citations, sexual assault, property damage, large scale parties and disturbances) and noise, 3) share data to help make informed decisions (e.g. neighbor complaints, alcohol transports, West University police reports including citations and arrests) and 4) implement programs aimed at the campus community (e.g. Party Registration program).

**Intervention — Screen all students for substance abuse problems and target high-risk students and times; provide needed interventions and treatments.**

- Collaborates with the Health Center to 1) implement the Smoke and Tobacco Free Policy, 2) screen for alcohol, tobacco and other drugs via clinical intake forms, and 3) provide nicotine replacement therapy for students.
- Collaborates closely with the following programs:
  - Student Conduct and Community Standards: Students, faculty, staff and community members are encouraged to report any students suspected of student misconduct, here.
  - Conflict Resolution Services (CRS): Students within the substance abuse prevention program work closely with the CRS to provides restorative justice circles to help build student learning and community as well as reduce recidivism of harmful behavior (e.g. large unruly gatherings in the off-campus neighborhoods).
  - Sexual Violence and Education
  - Sexual Wellness Advocacy Team
  - Crisis Intervention and Sexual Violence Support Services: If you or someone you know has experienced sexual harassment, sexual assault, dating or domestic violence, and/or stalking, please visit [safe.uoregon.edu](http://safe.uoregon.edu) or call 541-346-SAFE to speak with a confidential counselor who can explain your options and connect you with resources. This service is free and confidential for all UO students.
- Implements and evaluates Third Millennium, an online alcohol abuse prevention program for all incoming first year and transfer students under the age of twenty-one years old. This strategic intervention, aimed at individuals, uses online knowledge tests and surveys to assess changes in knowledge, attitudes, and alcohol-related behaviors.
- Collaborates with Fraternity and Sorority Life, Sexual Violence Prevention and Education, and fraternity and sorority life representatives to explore risk management and social policies to explore new partnership opportunities and intervention efforts to recommend to university leadership, such as the creation of a comprehensive risk management resource guide and creation of an Event Monitor training.
- The Substance Abuse Prevention Peer Educators (SAPPE) develop community-level prevention strategies to promote healthy choices, correct misperceptions of peer substance use norms, and connect students to their surrounding resources. Our team of students collaborates to develop social norms campaigns, informational outreach activities, and larger scale events that connect students to programs around campus. SAPPE keeps its finger on the pulse of student concerns by staying connected to partners on and

off campus that are knowledgeable of current issues students are facing.

<b>Outreach Event</b>	<b>Services/Activities</b>	<b>Number of Students Reached</b>
Halloween Tabling	Shared tips for partying safely with students and handed out blood alcohol content (BAC) cards to raise awareness about safe alcohol consumption	300
Prescription Stimulant Abuse Awareness Raising Campaign	Flyers with information and statistics about prescription stimulant abuse were handed out with snacks to students studying in Knight Library during finals week.	200
Marijuana Awareness Campaign 411 on 420 Tabling	Our team shared flyers with information about recreational cannabis use laws talked to students about change in legislation and student perceptions of peer use.	15
Earth Day of Service	Our team collaborates with the Holden Center to lead student volunteers in campus and community beautification projects in celebration of Earth Day. This includes picking up cigarette butts around campus, picking up litter around neighborhoods adjacent to the University, and cleaning up and landscaping roundabouts in streets near the University.	136 student volunteers, providing approximately 300 hours of service
Community Welcome	Our team collaborate with community and campus partners such as the Office of the Dean of Students staff and the Eugene and University of Oregon Police Departments to engage in outreach with neighborhoods close to the University, providing information about our program and handouts about being a good neighbor and partying safely.	200
Peer Educator Training	Director hire students, trains them on relevant topics and protocols, will complete a Strengths Quest workshop, and learn the skills required to fulfill their positions.	5-7 SAPE Peer Educators (each year)
Presentation to High-Risk Groups (done by Director and often peers help with demonstrations and group engagement)	SAPE staff collaborate with leadership in high-risk groups such as UO Housing and Fraternity and Sorority Life to develop presentations, workshops, trainings, and prevention initiatives. The goal is to focus on high-risk groups, educate them on the risks of substance use and abuse and the negative consequences associated with use.	Fraternity and Sorority Life UO Housing Student Athletes Over 20+ presentations given to high-risk student groups each year
Flock Party	Flock Party is the main student welcome event on the University of Oregon campus and the largest campus-wide interactive event of the year. It provides students with the chance to immerse themselves in an exciting atmosphere of entertainment and fun. SAPE staff attend and plan interactive games to draw students in so they can educate them on helpful substance use information and tips for partying safely.	All University of Oregon Students (200 reached each year)
Prescription Drug Takeback	Collaborating with Lane County Public Health, UO Health Center, and UOPD, awareness promotion of UO's prescription drug drop box is done through a pre-tabling and event tabling day. The focus is to inform all UO persons	UO students, faculty, and staff (Hundreds of Interactions)

	of the easy and safe way to dispose of unused, unwanted, or expired prescription drugs and household medications.	Over 20lbs of Drugs Collected each term
Social Media (including Pond & Beyond Blog)	Students in our program cultivate an active social media presence on Facebook, Instagram, Twitter, and our Pond & Beyond blog to alert the student community of upcoming events, facilitate awareness campaigns, and stay connected to the general university community.	UO Students (Hundreds of Student Interactions)
Memorial Day Weekend Tabling	To raise awareness of safe partying behaviors, SAPE staff table in areas on campus with high student traffic the week before holidays with substance abuse connotations, such as Memorial Day weekend. SAPE staff share informational brochures and safe partying tips.	UO students (100 reached per year)
Stress Less	SMHA Stress Less Week helps students manage, reduce, and learn about stress during dead week of academic terms by providing opportunities for students to participate in stress-relieving activities while educating them about resources on campus. SAPE staff contribute by tabling and providing information about substance abuse and fun activities, such as decorating coffee mugs.	UO Students (200 per term)

### ASSESSMENT

The Substance Abuse Prevention Program relies on rigorous assessment to monitor rates and consequences of student substance use, inform prevention efforts, and evaluate and improve programs and services. Data, evaluations, and assessments (e.g. National College Health Assessment) are used to determine the scope of the program, trends from year-to-year, substance usage rates which guide prevention efforts. The program partners with researchers across campus to address substance use, misuse, and abuse in addition to related behavior change and evidence-based practices for college students.

### ADDITIONAL PROGRAMS, SERVICES, AND PARTNERSHIPS

Additional off-campus services include: coordinates community activities such as Day of Service, an event that partners with Holden Leadership Center, Fraternity and Sorority Life as well as Government and Community Relations. They also help coordinate the annual Housing Fair in the spring and Transfer Housing Fairs in the summer. The events serve as large scale fundraising events that help connect students with off-campus living resources, neighborhood associations and property management companies.

The UO Good Neighbor Workgroup responds proactively to neighborhood concerns that involve incidents in the neighborhoods surrounding the UO and looks for solutions to change behaviors that are affecting the quality of life of others in the neighborhoods. For example, the Good Neighbor Workgroup brings together city leadership and UO faculty, staff and students for a “community welcome initiative” that welcomes students in off-campus neighborhoods adjacent to campus and provides information about their rights as students and their responsibilities as community members. Incorporated into the materials that are disseminated is information from the Eugene Police Department, UO Police Department, UO Government and Community Relations, Office of the Dean of Students and City of Eugene Neighborhood Services. This workgroup encourages neighbors to report inappropriate off-campus student behavior by e-mailing [goodneighbor@uoregon.edu](mailto:goodneighbor@uoregon.edu) or reporting any students suspected of student misconduct, [here](#). Please visit the UO Dean of Students [website](#) for more information.

The Campus Care Team meets weekly and discusses concerns including behavioral indicators, student norms, and cultural attitudes related to high-risk or illegal use of alcohol. Please visit the Office of the Dean of Students “Help Now” [website](#) to report concerning student behavior.

The Office of the Dean of Students collaborates with the Lane County Prevention Program and the Eugene Prevention Coalition to work on the Oregon Strategic Prevention Framework State Incentive Grant (SPF SIG) and implement the SPF SIG planning model at both the state and community levels in Oregon. Lane County Health & Human Services Prevention Program received the funding from the Federal Substance Abuse Mental Health Services Administration (SAMSA) in order to develop a county-wide plan that targets high-risk drinking among young adults ages eighteen to twenty-five years old.



## **PROCEDURES FOR ANNUAL NOTIFICATION TO STUDENTS AND EMPLOYEES**

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The Biennial Review is updated every other year and aims to assess both the strengths and areas of improvement of the Substance Abuse Prevention Program. Through analyzing the evolving student population; gathering campus, county, state, and national substance use data; and compiling information on prevention education and programs, we gain a holistic lens of the Substance Abuse Prevention Program at the UO. Upon completion, the Biennial Review is distributed to all students, staff, and faculty through a notification sent via email in the middle of the academic year. The most updated versions of the Biennial Review and Drug Free Schools and Communities Report can be found on the Prevention website through the Office of the Dean of Students.

## **POLICIES DISTRIBUTED TO STUDENTS AND EMPLOYEES**

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### **Student Conduct Code**

The following policy language can be found in the Student Conduct Code.

- Prohibited alcohol use, which includes:
  - A. Possession or consumption of alcohol by those under 21 years of age on university premises or at a university-sponsored activity;
  - B. Furnishing of alcohol to a person under 21 years of age; or
  - C. Consumption of an alcoholic beverage by a person at least 21 years of age or furnishing of an alcoholic beverage by or to a person at least 21 years of age, except in such areas and at such times as the university authorizes.
- Prohibited drug use, which includes:
  - A. Manufacturing, processing, distributing, or cultivating a drug, including but not limited to, marijuana or narcotics on university premises or at a university-sponsored activity, except as expressly permitted by law;
  - B. Sale of a drug, including but not limited, to marijuana or narcotics on university premises or at a university-sponsored activity; or
  - C. Possession of a drug, including but not limited, to marijuana or narcotics on university premises or at a university-sponsored activity except as expressly permitted by law.

#### Jurisdictional Boundaries

- a. On-campus. The Student Conduct Code routinely applies to actions which occur on university premises or at a university-sponsored activity.
- b. Off-campus. The university extends jurisdiction without exception to off-campus sexual misconduct that consists of unwanted penetration or non-consensual personal contact as defined in 571-021-0105(3). The university shall have discretion to extend jurisdiction over conduct that occurs other than on university premises or at a university-sponsored activity. In determining whether or not to extend jurisdiction, the university will consider its ability to gather information, including testimony of witnesses. The university may extend jurisdiction if the alleged conduct would have violated the Student Code of Conduct if the conduct has occurred on campus; and:
  - A. Adversely and significantly affects the learning or living environment; or
  - B. Involved violence or produced a reasonable fear of physical harm; or
  - C. Involved academic work or any records, documents, or identifications of the university.

### **Residence Hall Contract**

In addition to the behavior prohibited by the Student Code of Conduct and other University Policies, the following are prohibited and apply to residents and their guests.

#### Alcohol

- Residents under the age of 21 consuming or possessing alcohol.
- All residents possessing, consuming or furnishing alcoholic beverages in public areas and in all areas of Wellness and Substance-Free Halls (including resident's rooms.)
- Displaying alcoholic beverage containers.
- Possession of rapid-consumption devices, beer bong, ice luge, etc.
- Group drinking activities, this includes but is not limited to beer pong (including water pong) and flip cup. This also includes drinking alcohol with 5 or more people in the room.
- Consuming alcohol in the presences of minors. The only exception is when the minor's roommate is at least 21 years of age and consuming in their shared room.

- Minors being in the presence of alcohol. The only exception is when the minor's roommate is at least 21 years of age and consuming in their shared room within policy.

### **Drugs**

- Illegal use, possession or the furnishing of controlled substances, including but not limited to marijuana.
- Possession or use of drug paraphernalia. Drug paraphernalia includes “bongs,” pipes, vaporizers, and other devices that may be used to facilitate the consumption of illegal drugs. Any drug paraphernalia found will be confiscated.
- Under the influence of alcohol or any controlled substance, including by not limited to marijuana, regardless of age, in the residence halls.
- Being in the presence of illegal drugs and/or paraphernalia.

### **Tobacco**

- Residents under the age of 21 consuming or possessing tobacco.

### **Smoking**

- The UO campus is tobacco and smoke free. This includes the use of e-cigarettes, hookahs and vaporizers. Although smoking is not permitted anywhere on campus, smokers, if over the age of 21, may return to campus after having smoked.

## **Alcohol Service on Campus**

A Request for Permission to Serve Alcoholic Beverages form must be submitted whenever event organizers plan to serve alcoholic beverages at events held on University of Oregon property. Alcohol service must always be accompanied by appropriate food service, per Oregon Liquor Control Commission guidelines. Providing tastings of alcohol is considered alcohol service; therefore, the food requirements must be met.

Self-serve alcohol is seldom approved for official UO sponsored events. If you would like your event to include alcohol, the first thing you need to consider is that the event will need to be catered, either by University Catering or another caterer that can provide proof of adequate levels of liquor liability insurance and OLCC licensed servers. Also, if an outside caterer is used be sure to complete the Catering Waiver Form for approval.

The procedures for hosting events with alcohol are listed on the Office of Risk Management website. Additional University of Oregon alcohol policies are listed here.

## **Smoke- and Tobacco-free University**

The University of Oregon is tobacco free and offers students, and faculty and staff cessation assistance. The university was the first in the PAC-12 to make this commitment to public health. Smoking and tobacco use is prohibited on all property owned or controlled by the university. Contact the following for more information.

Coordinator of Substance Abuse Prevention  
Office of the Dean of Students  
541-346-6758

Health Promotion Manager  
University Health Center  
541-346-2770

### **Student Cessation**

- Free Nicotine Replacement Therapy (NRT) is available for students through the University Health Center. Please go to our website and follow the instructions.
- Nicotine Replacement Therapy is often available through individual insurance plans. Students should check with their insurance for cessation information and resources.
- The quit line (1-800-QUIT-NOW) can provide one free box of gum or patch after a cessation consultation

- and quit-plan formation.
- UO offers smoking cessation programs for students and employees who want to quit and an employee assistance program for employees who need a venue to explore solutions and receive emotional support.

## **Marijuana-free University**

On July 1, 2015, Oregon state law decriminalized the limited recreational possession and use of marijuana. However, despite this change at the state level, there will not be changes at the University of Oregon. Using or possessing marijuana in any form remains a crime under federal law.

At the federal level, the Controlled Substances Act states that the growing and use of marijuana is a crime and federal enforcement agencies can prosecute users and growers of marijuana, regardless of state law. In addition to being a federal offense, the use of marijuana in the workplace and on campus is restricted by additional federal laws, such as the federal Safe and Drug Free Schools and Communities Act and the Drug-Free Workplace Act.

The University of Oregon's receipt of federal funds—including funding for student financial assistance and federal grants and contracts for research—requires that UO continue to prohibit the use and possession of marijuana and other illegal drugs, as defined by federal law, on all university properties or as part of university activities.

These federal laws require UO to prohibit the use and possession of marijuana on campus, irrespective of state law. Consequently, such activity will remain prohibited by UO policy and the UO Student Conduct Code. Disciplinary sanctions may be imposed on any student or employee found to be in violation of the policies related to marijuana:

- Student Conduct Code
- Drug-Free Workplace Policy

## RECOMMENDATIONS AND GOALS FOR 2020 BIENNIAL REVIEW

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### A. Central Goals

- a. Implement evidence-based prevention programming to decrease the percentage of students who participate in high-risk consumption of alcohol and other substances.
- b. Continue assessment and evaluation of program effectiveness.

### B. Environmental Strategies

- a. Increase awareness and understanding of required online prevention course.
- b. Obtain higher percentage of students who complete online prevention course before deadline.
- c. Continue participation with city of Eugene and Lane County prevention and harm-reduction efforts.
- d. Cultivate relationships with prevention and intervention programs at other institutions in the state of Oregon and peer institutions within the PAC-12.

### C. Individual Strategies

- a. Utilize eCHECK UP TO GO in collaboration with the Collegiate Recovery Center to impact students who receive student code of conduct violations, are referred, or as an educational tool in workshops and presentations.
- b. Enhance peer-led education through workshops, social media campaigns, and outreach to campus community.
- c. Implement intervention focused on parents and families of students.
- d. Increase educational efforts on marijuana and other drugs.

## RESOURCES AND ASSISTANCE

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### National Drug Information Treatment and Referral Hotline (1-800-662-HELP)

The U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's toll-free telephone number for alcohol and drug information /treatment referral assistance. When you call the toll-free number, you can speak to a representative concerning substance abuse treatment, request printed materials on alcohol or drugs, or learn more about local substance abuse treatment referral information in your state.

### Oregon Department of Human Services Mental Health and Addiction Services (503-945-5763)

The Department's mission is to assist Oregonians and their families to become independent, healthy and safe by promoting resilience and recovery through culturally competent, integrated, evidence-based treatments of addictions, pathological gambling, mental illness and emotional disorders, as well as prevention and reducing the negative effects of alcohol, other drugs, gambling addiction, and mental health disorders. OMHAS works with community partners to plan, deliver services and increase program quality.

### University of Oregon Collegiate Recovery Center (541-346-2117)

The Collegiate Recovery Center (CRC) on the University of Oregon campus offers a comprehensive continuing support structure to assist recovering college students with recovery support, academic support, financial resources, mentorship, social support, and life skills training. The Center provides a nurturing, affirming environment in which individuals recovering from substance abuse, self-harm, eating disorders, and other addictions can find support while attaining a college education. Five main layers of support include: Collegiate Recovery Center seminars, recovery meetings, individualized academic advising, peer engagement through community service, and scholarship opportunities.

### Crisis Intervention and Violence Support Services Program (541-SAFE)

The Crisis Intervention and Sexual Violence Support Services Program is a program within the Office of the Dean of Students that provides a comprehensive and integrated response to students who have experienced any form of sexual harassment or violence, including sexual assault, domestic/ dating violence, and stalking/ gender-based bullying. Services may include the following:

- Immediate survivor-centered support and advocacy
- Addressing immediate safety concerns
- Informing students of available options regarding medical services, forensic evidence collection, and reporting to law enforcement
- Support in accessing health and counseling services
- Academic accommodations
- Legal advocacy
- Housing accommodations

Crisis intervention services are available also available on the 24-hour information and support hotline by calling (541) 346- SAFE. Call anytime to speak with a counselor who can explain your options and connect you with resources. This service is free for students and is confidential, consistent with state and federal law. More information about reporting incidents of sexual harassment and sexual assault can be found on the University of Oregon SAFE website.

### University Counseling Center (541-346-3227)

Located on the second floor of the Health and Counseling Center building, the University Counseling Center (UCC) provides consultation, individual counseling, group counseling, and referrals to more intense treatment programs for substance abuse concerns. UCC does not provide court ordered assessments, but does work closely with University Housing and Student Conduct and Community Standards for initial mandated assessments. UCC provides the Brief Alcohol Screening and Intervention of College Students (BASICS) program for college students. BASICS provide an opportunity to assess individual patterns, identify potential changes, and discuss ideas to help reduce the risk of future problems. UCC also provides Rolling with the Change Group, a voluntary group designed for students who are contemplating making a change in their alcohol and drug use patterns, but have questions

and concerns about how to do so. For a student to be enrolled in this group, they must schedule an appointment with UCC staff.

University Health Center (541-346-2770)

Located on the first floor of the Health and Counseling Center building, The University Health Center provides substance abuse information and resources; health education services and facilities, available without charge, including: peer education on substance abuse, health education library and browsing room, and speakers for presentations.

University of Oregon Police Department Shuttle Services (541-346-7433)

The UOPD has arranged for 3 different modes of transportation on campus, available to students, staff, and faculty. Safe Ride is devoted to the idea that a person should be able to go where they wish at night while feeling comfortable and secure. The mission is to provide inclusive, safe, and accessible alternatives to traveling alone at night. Designated Driver Shuttle (DDS) allows intoxicated students and their friends a safe alternative to driving under the influence, therefore endangering themselves and others. UO Campus Shuttle is a shuttle service that runs on a bus route around campus and local campus neighborhoods available to students, staff, and faculty. The shuttle is an accessible way to receive a quick and easy safe ride home by stopping by one of the shuttles stops.

UO Recreation Center (541-346-4183)

The Department of Physical Education and Recreation is to educate, engage, and inspire the campus community to live active, balanced lives. The Rec center provides strength and conditioning spaces, and physical activity programs such as personal and group training, PE classes, intramural sports, and youth and family programming in order to promote health, fitness, and active recreation.

Duck Nest (541-346-2770)

The Duck Nest helps you develop self-care and life-balance strategies related to stress, nutrition, physical activity, and general wellness. Their center is staffed by Peer Wellness Advocates that understand the challenges facing college students.

Office of the Dean of Students: (541-346-3216)

The Office of the Dean of Students supports and creates a community that prioritizes care, social justice, empowerment, social responsibility, and intentional student engagement. Their mission is to support an inclusive student journey that facilitates self-authorship by promoting resiliency rooted in care, fostering connections with the campus and surrounding community, and providing high-impact engagement opportunities.

Substance Abuse Prevention Education (541-346-3216)

Located on the first floor of Oregon Hall in the Office of the Dean of Students in Suite 185, Substance Abuse Prevention proactively addresses high-risk drinking and substance abuse on the campus; coordinate and make recommendations in developing an overall vision, short term/ long term goals and objectives for the campus regarding substance abuse prevention and education. Substance abuse prevention programs and services are evidenced-based, comprehensive, and coordinated with campus and community partners.

Sexual Violence Prevention Education (541-346-3216)

The Sexual Violence Prevention and Education team offers a variety of innovative initiatives and best practices to educate and build awareness around complex issues of sexual harassment, including sexual assault, dating or domestic violence, gender-based harassment or bullying, and stalking.

Fraternity and Sorority Life (541-346-1149)

The Fraternity and Sorority Life Offices coordinates a variety of programs, activities, and services that are designed to support the development, education, and social experience of members. They serve as a resource to their members and organizations to promote strong communities and exceptional experiences.

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