

Identifying Substance-Use Prevention & Intervention Programs at Virginia's Colleges & Universities

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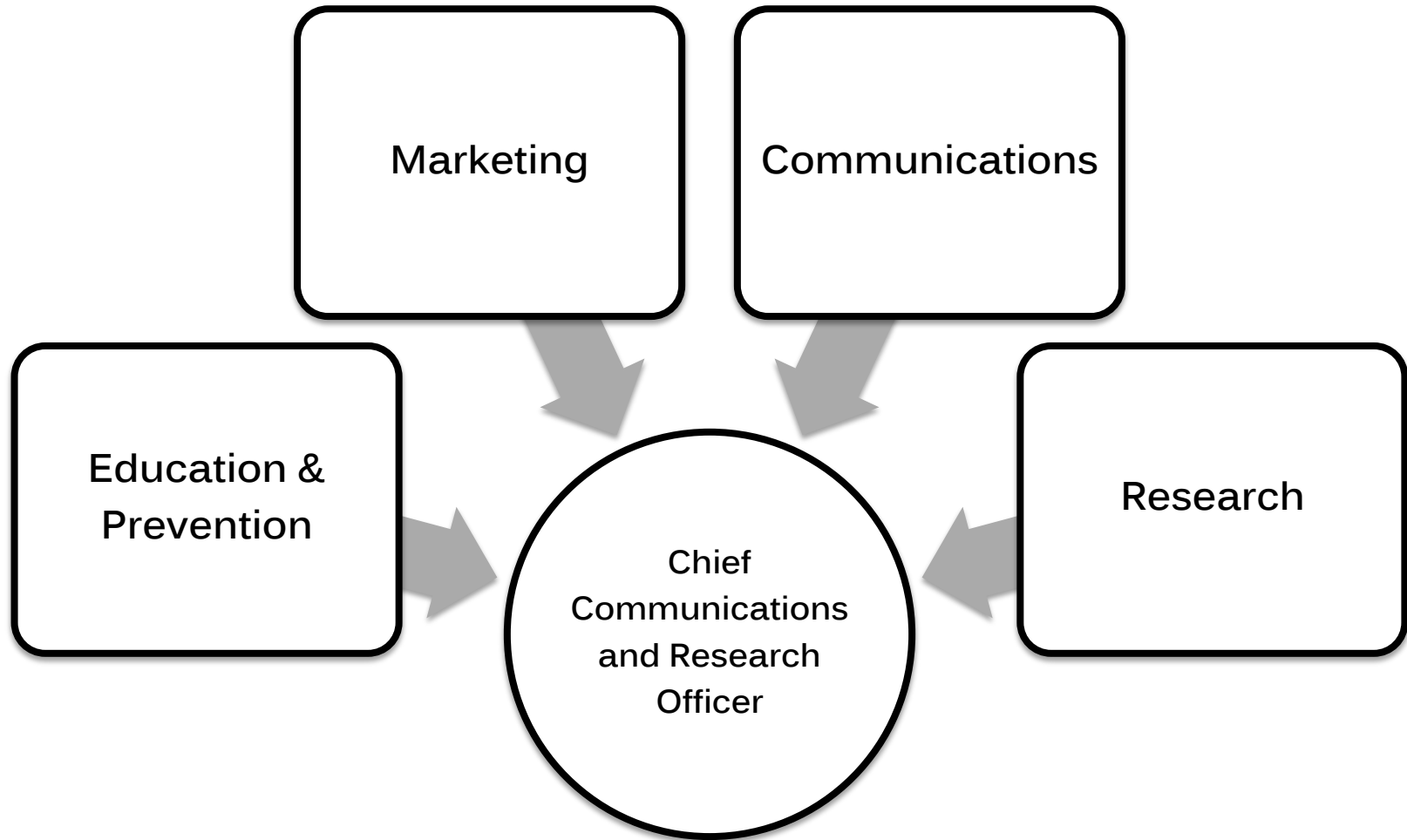


Definitions

- **IHEs:** Institutions of Higher Education
- **EPS:** Virginia ABC's Education and Prevention Section
- **VaCALC:** Virginia College Alcohol Leadership Council



Virginia ABC












Education & Prevention Section Mission

To eliminate underage and high-risk drinking by building the capacity for communities to educate individuals and prevent alcohol misuse.



Education & Prevention Programs

Youth	College	Licensee	Other
   <p>Being Outstanding Leaders Together AGAINST DRUGS AND ALCOHOL</p>  	 <p>Higher Education Alcohol & Drug STRATEGIC UNIFIED PREVENTION</p>	  	 



HEADS



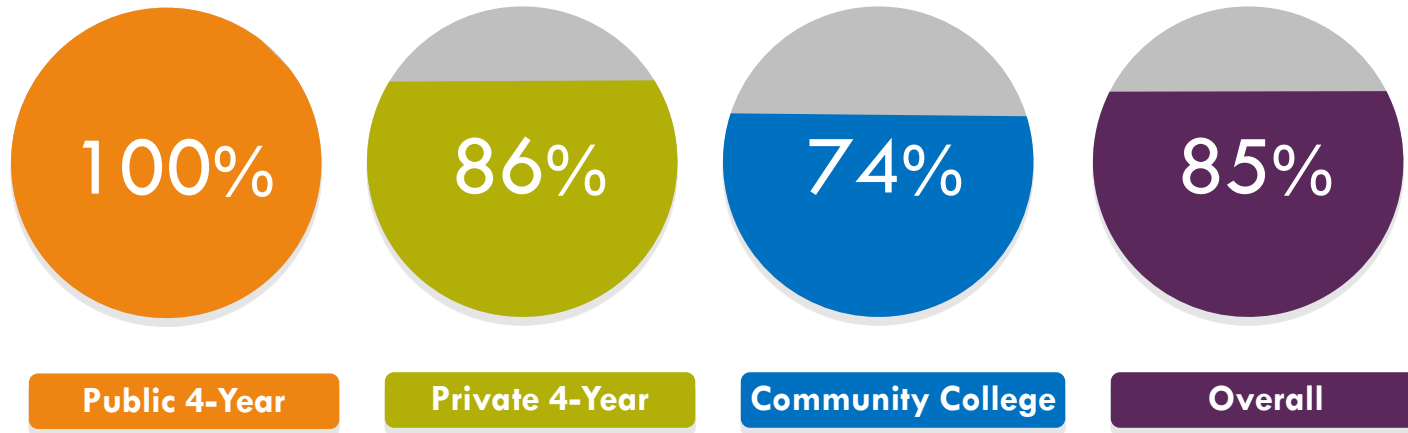
Higher Education Alcohol & Drug
STRATEGIC UNIFIED PREVENTION

Goal

To strengthen and support the mission of healthy and safe campus-communities through strategic initiatives, resources and capacity building.



Virginia ABC EPS Institution Engagement since 2013

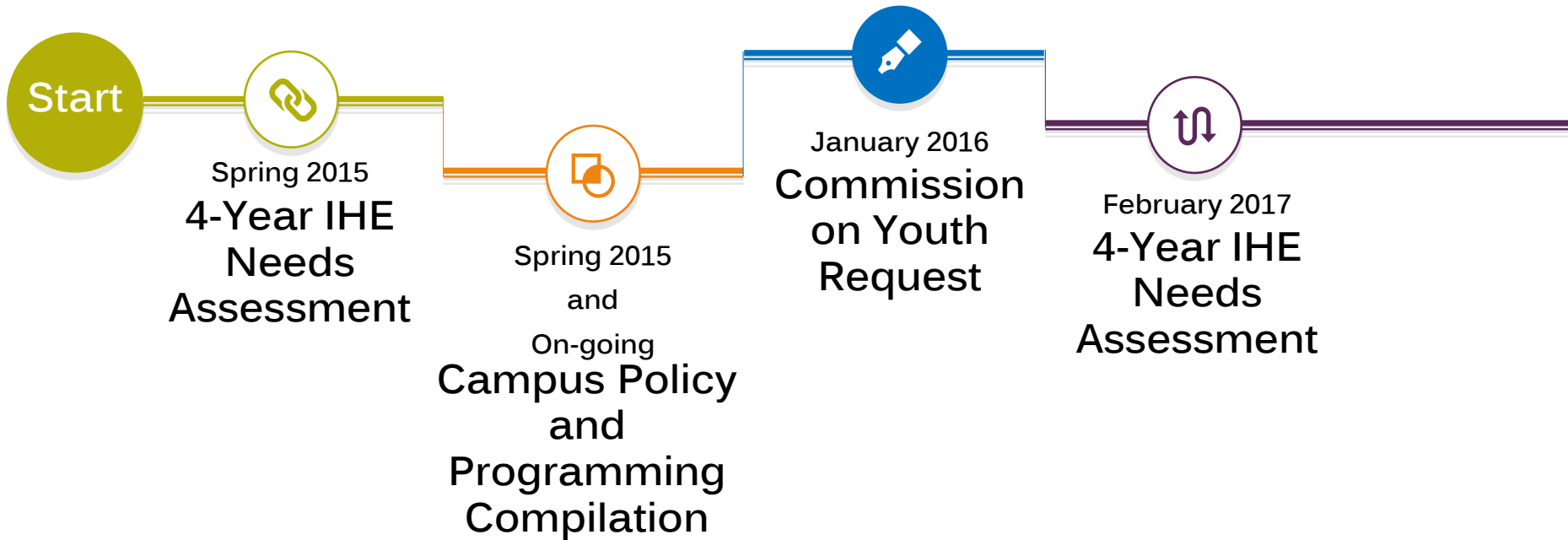


Study Goals

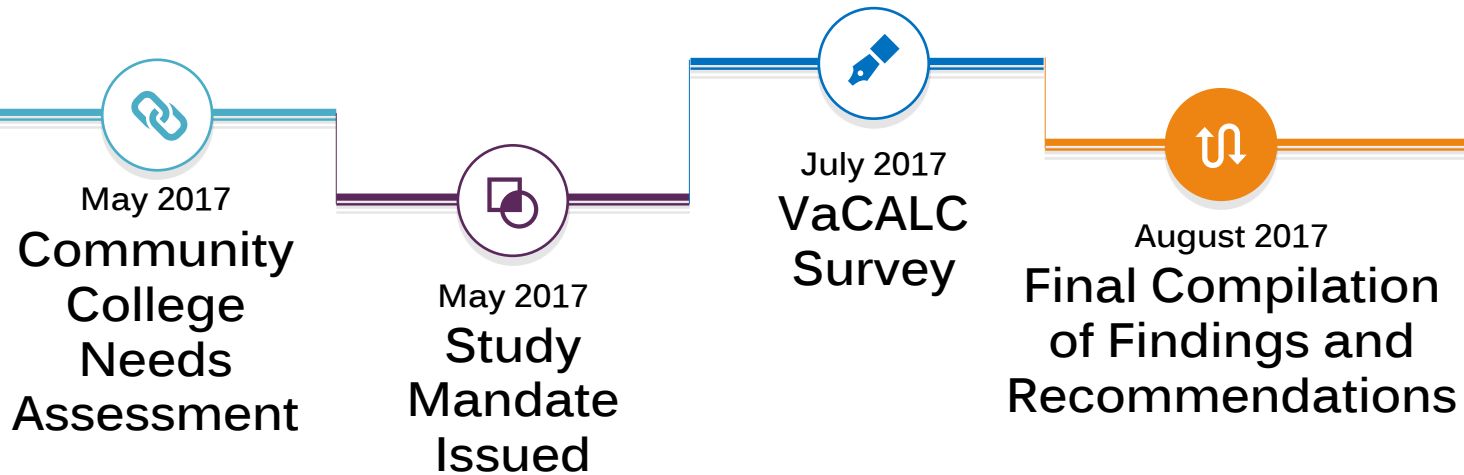
1. Identify the current substance-use education and prevention programs at Virginia's IHEs
2. Benchmark Virginia's IHEs against best practices nationally
3. Develop recommendations for Virginia's IHEs to implement
4. Examine what silos need to be brought together



Study Overview



Study Overview



Contributors

- Commission on Youth
- Secretary of Education
- Virginia College Alcohol Leadership Council (VaCALC)
- Virginia Community College System
- Four-Year IHEs
 - Vice Presidents of Student Affairs
 - Directors of Campus Life
 - Chiefs of Campus Police
- Virginia Association of Campus Law Enforcement Administrators (VACLEA)
- State Council of Higher Education in Virginia
- Department of Education



College Students and Substance Use



Definitions

- **SAMHSA:** The federal Substance Abuse and Mental Health Services Administration
- **DBHDS:** The Virginia Department of Behavioral Health and Developmental Services
- **NIAAA:** National Institute on Alcohol Abuse and Alcoholism
- **NIDA:** National Institute on Drug Abuse



Survey Tools

- **National Survey on Drug Use and Health (NSDUH):** Conducted annually by SAMHSA. In Virginia, a valid sample of individuals representing each of five regions of the state is interviewed.
- **Virginia Youth Risk Behavior Survey:** Through a five-year grant provided by the Centers for Disease Control and Prevention, the Department of Health in collaboration with the Virginia Foundation for Healthy Youth, with support from the Department of Education, administer a survey about the health risk behaviors of youth every odd-numbered year in randomly selected Virginia public schools.

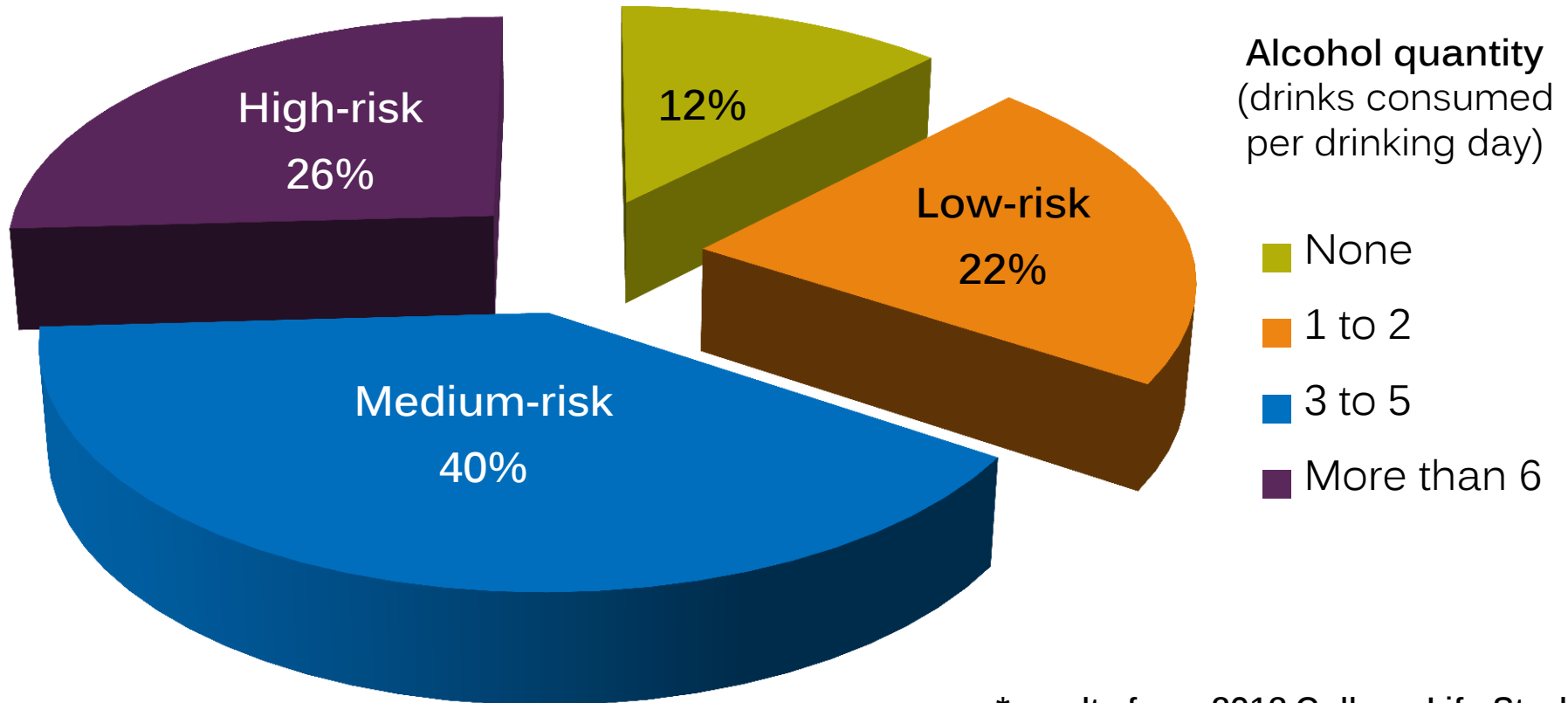


Survey Tools

- **National College Health Assessment (NCHA):** American College Health Association's NCHA allows campuses to collect data on behaviors, attitudes and perceptions of drug and alcohol use in addition to other health habits and behaviors.
- **Monitoring the Future:** A national, ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults funded by the National Institute on Drug Abuse.
- **College Life Study (CLS):** Funded by the National Institute on Drug Abuse, the CLS aims to increase knowledge on a broad range of health-related behaviors of college students, including illicit drug use, problematic drinking, nonmedical use of prescription drugs and involvement in high-risk behaviors.



Arrival of First-Year Students

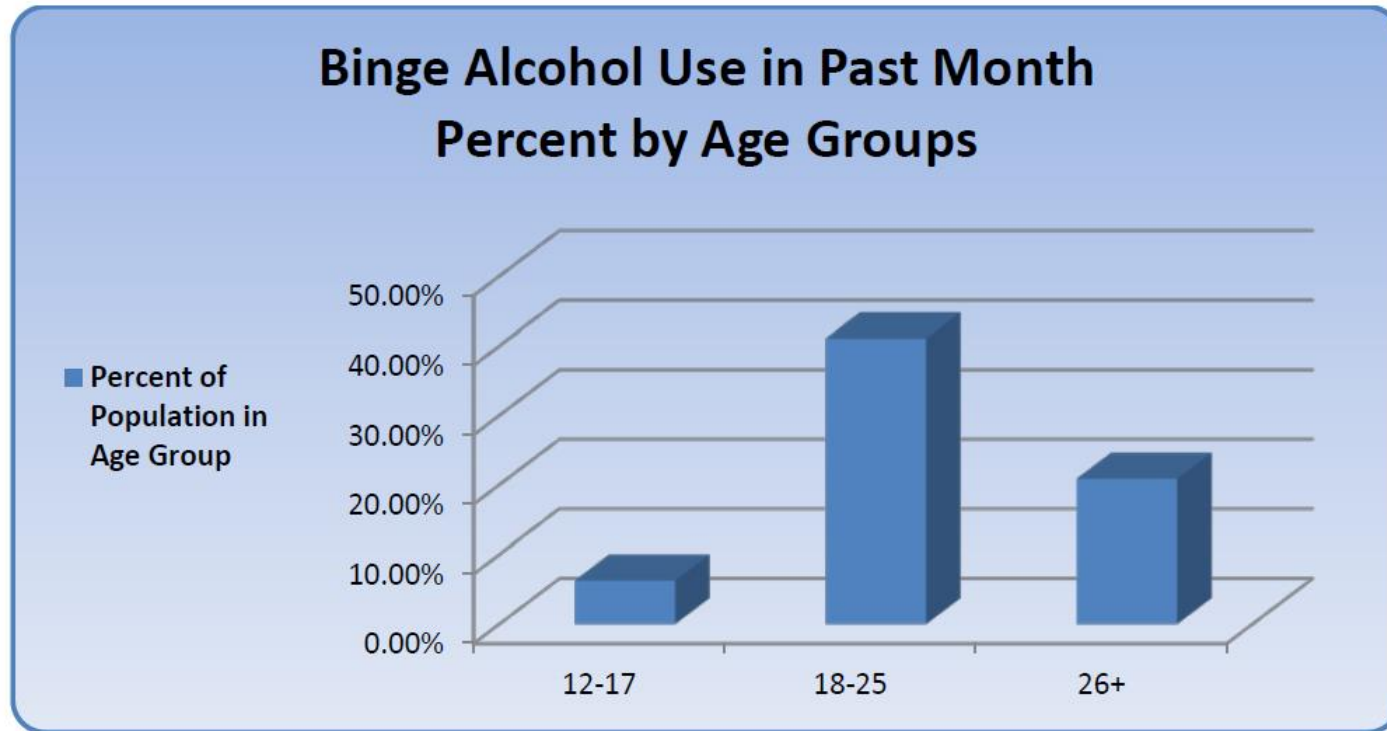


*results from 2013 College Life Study





18-25 Virginians

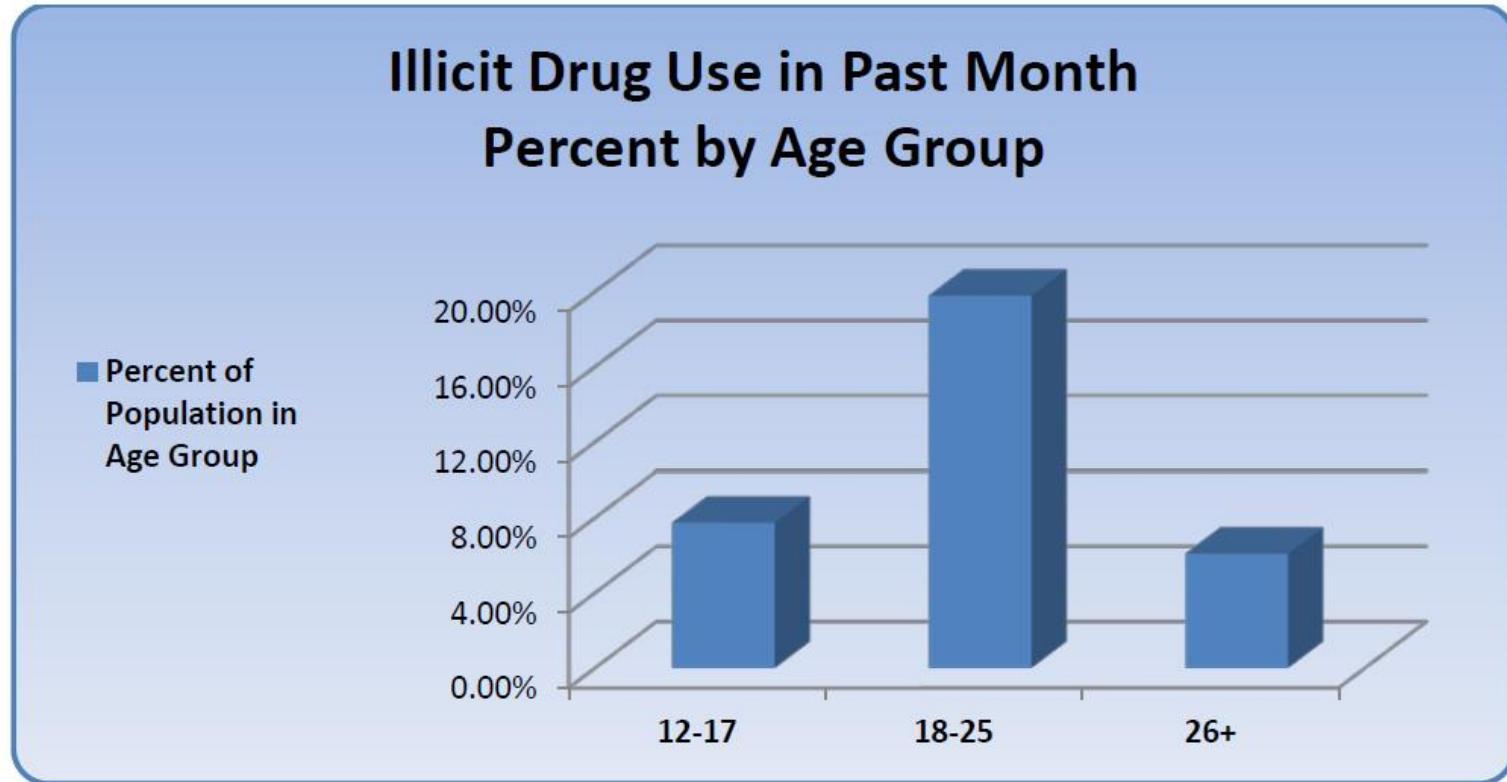


*chart from 2015 DBHDS Biennial Report to General Assembly





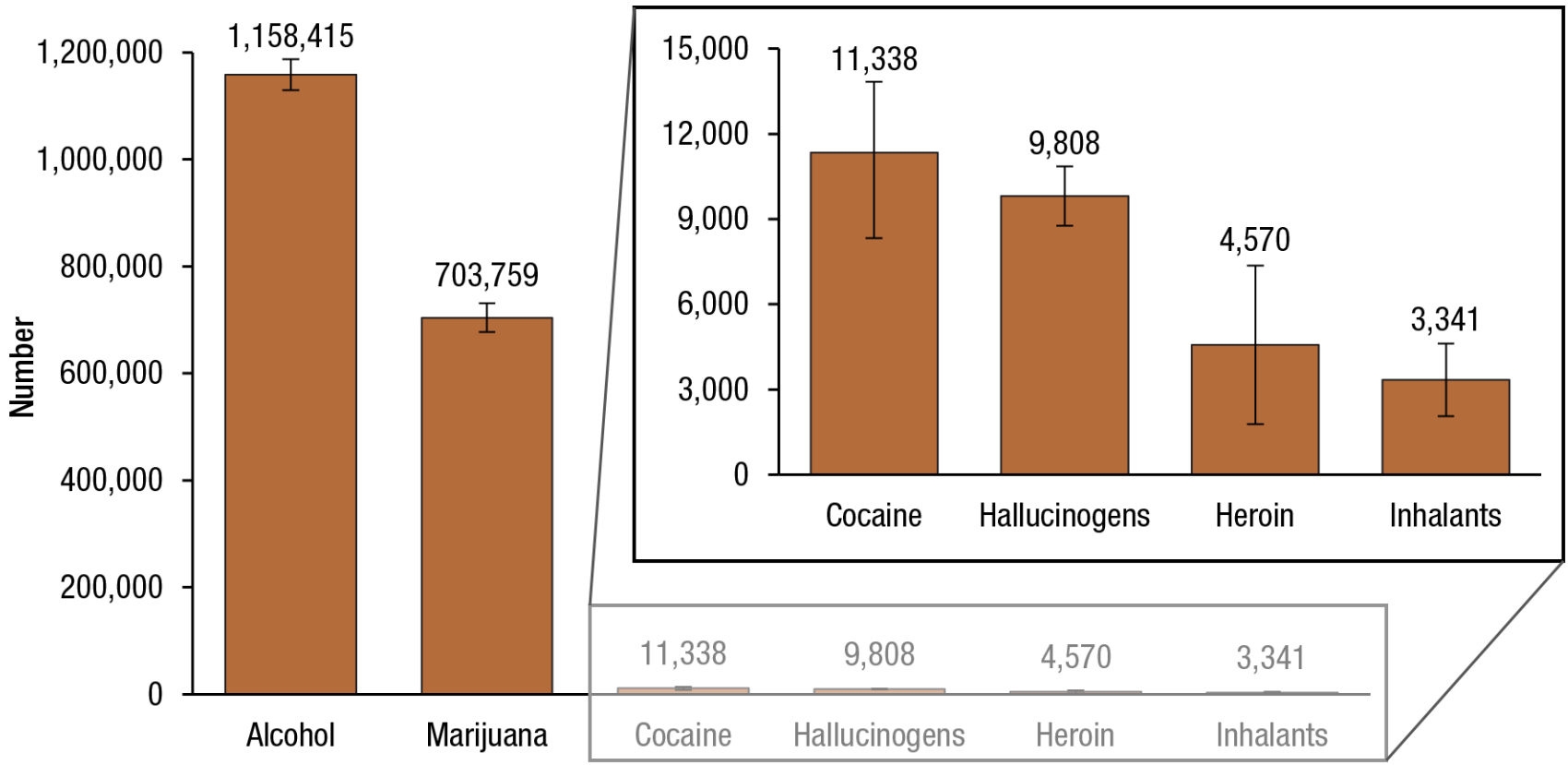
18-25 Virginians



*chart from 2015 DBHDS Biennial Report to General Assembly



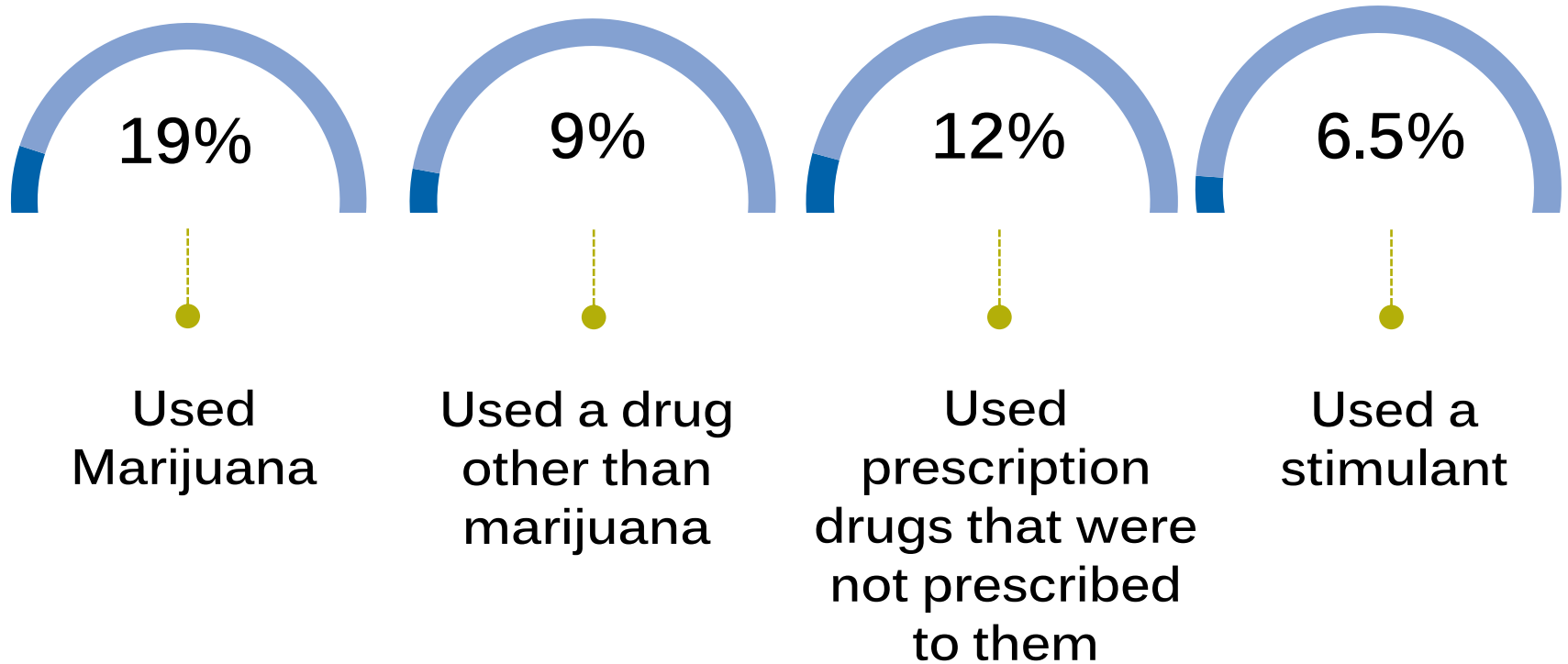
Number of full-time college students aged 18 to 22 who used alcohol or illicit drugs on an average day



*results from 2011-14 NSDUH Data



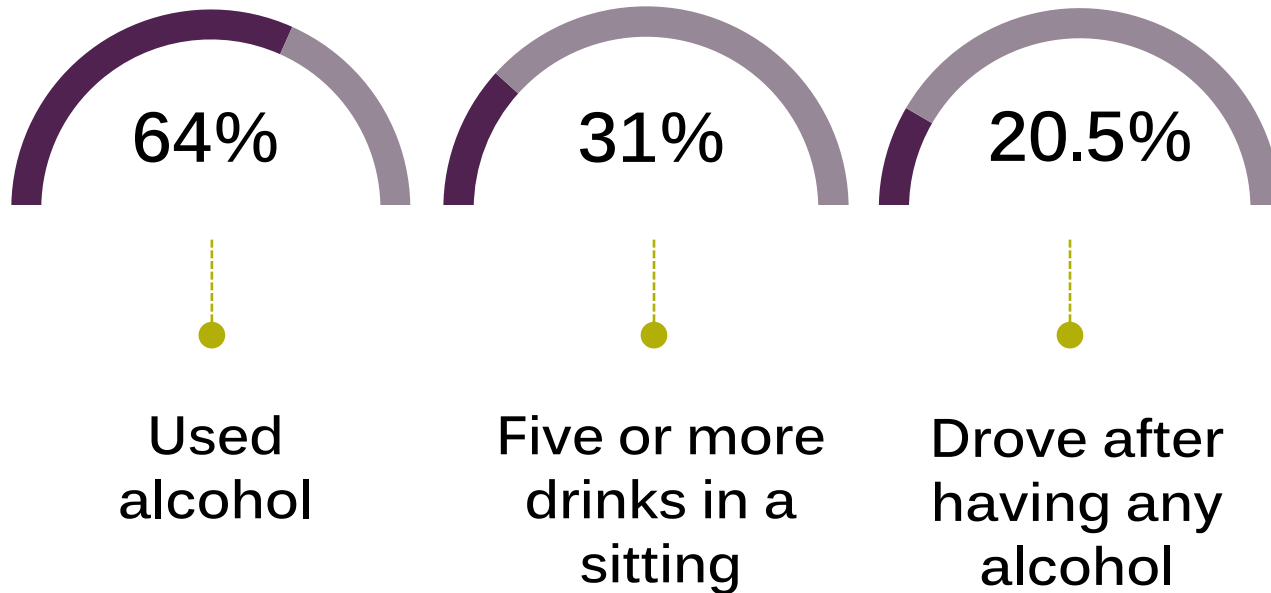
Illicit Drug Use in Last 30 Days Nationally



*results from 2016 Spring NCHA



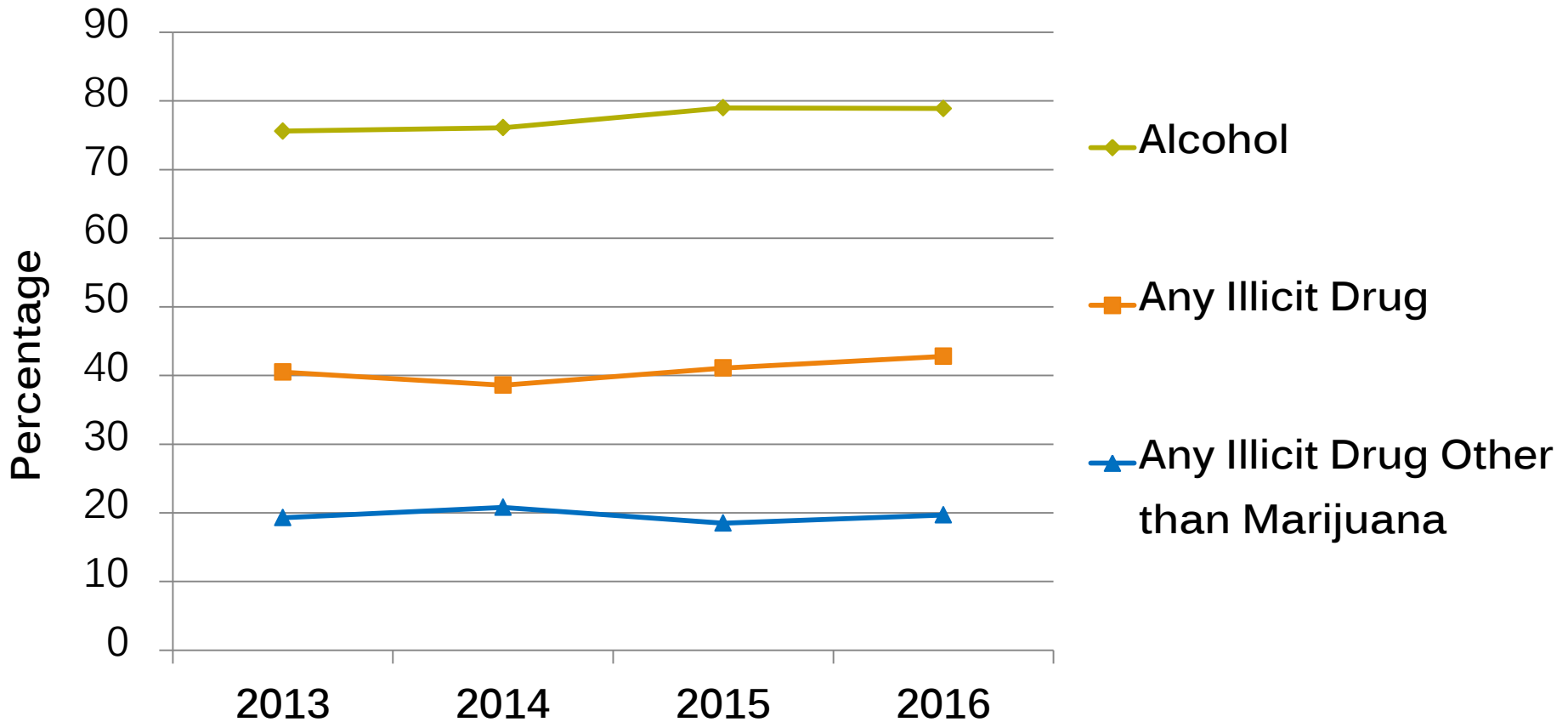
Alcohol Use in Last 30 Days Nationally



*results from 2016 Spring NCHA



Annual Substance Use Over Time



*results from 2013-16 Monitoring the Future



Impact for Students



Substance Use and the Brain

- The brain is still developing until the early twenties
- Can lead to acute cognitive problems such as difficulty concentrating and sleep disturbances
- The hippocampus, an area of the brain crucial to learning and memory, is adversely affected by adolescent alcohol use
- Regular marijuana users perform poorer on performance tests of learning, cognitive flexibility, visual scanning, error commission, and working memory



*collegedrinkingprevention.gov



Substance Use and Academic Performance/Retention

Intermediary Processes

- Skipping Class
- Studying Less
- Decreased Motivation
- Poor Quality/Less Sleep
- Cognitive Problems

Short-Term Manifestations

- Declining GPA
- Dropping Classes
- Lost Opportunities (internships, work, special studies)

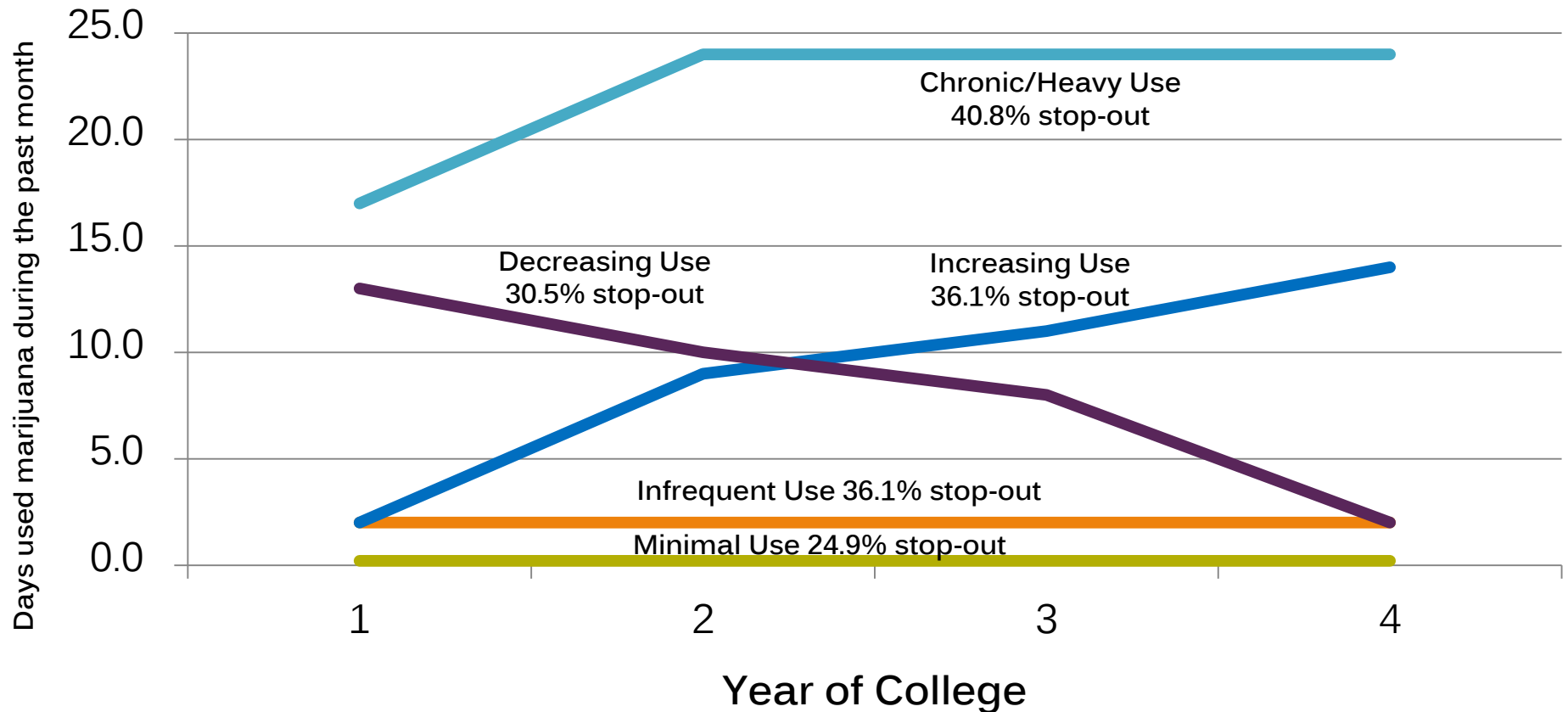
Long-Term Outcomes

- Delayed Graduation
- Failure to Graduate
- Attenuation of Goals
- Lack of Readiness for Employment
- Underemployment

*results from 2013 College Life Study



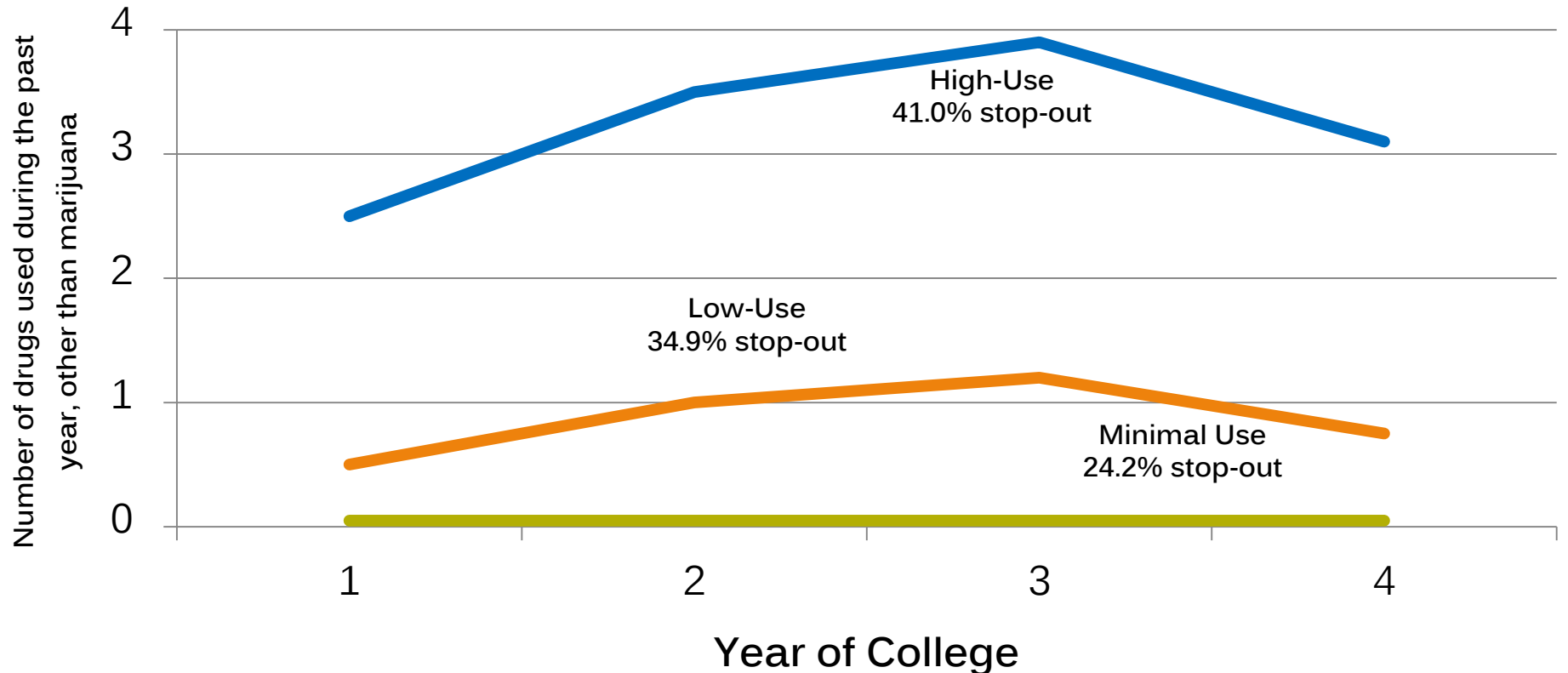
Marijuana Use and Discontinuous Enrollment



*results from 2013 College Life Study



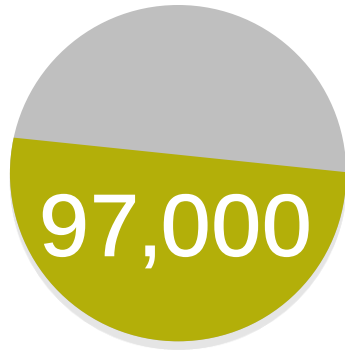
Other Drug Use and Discontinuous Enrollment



*results from 2013 College Life Study



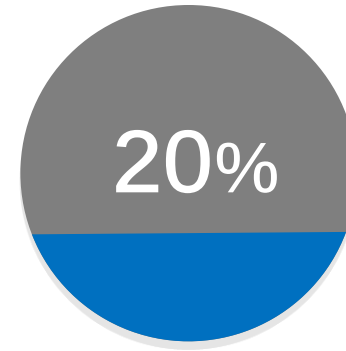
Additional Consequences



Students per
year experience
alcohol related
sexual assault
or date rape



Report
academic
consequences
from drinking



Meet the
criteria for an
Alcohol Use
Disorder

*NIAAA



Federal and State Regulations



Governing Policies

Drug Free
Schools and
Communities Act

Federal

Family
Educational
Rights and
Privacy Act

Federal

The Clery Act

Federal

VAWA SaVE Act

Federal

Hazing Policy

State



DFSCA Mandates *(1986)*

- **Deliver Annual Notification**
 - Content
 - Students/Employees
 - Annual distribution
- **Implement AOD Prevention Program**
- **Perform Biennial Review *(1990)***
 - List program activities and policies
 - Evaluate program and policy effectiveness

Drug Free
Schools and
Communities Act
—
Federal



FERPA Disclosures *(1974)*

FERPA permits a school to disclose personally identifiable information from education records without consent when if the school determines that the student has committed a disciplinary violation with respect to that use or possession and the student is under 21 years of age at the time of the disclosure to the parent.

Family
Educational
Rights and
Privacy Act

Federal



The Clery Act Requirements *(1990)*

- **The Clery Act** requires colleges and universities to disseminate a public annual security report (**ASR**) to employees and students every October 1st.
- This ASR must include statistics of arrests and disciplinary actions issued for liquor and drug law violations.

The Clery Act

Federal



VAWA SaVE Act (2013)

- Under VAWA (1994), new students and new employees must be offered “primary prevention and awareness programs” that promote awareness of rape, acquaintance rape, domestic violence, dating violence, sexual assault, and stalking.
- The training programs must include the definitions of consent and physical helplessness:
 - **Consent:** ... “This includes incapacitation through the use of drugs or alcohol. Intoxication is not the same as incapacitation.”
 - **Physical helplessness** ... “Physical helplessness may be reached through the use of alcohol or drugs.”

VAWA SaVE Act

Federal



Hazing Policy (*2006*)



Code of Virginia - § 18.2-56.

Hazing unlawful; civil and criminal liability; duty of school, etc., officials; penalty.

- 13) Forcing consumption of alcohol or any other substance, legal or illegal;

Hazing Policy

State



The Commonwealth of Virginia

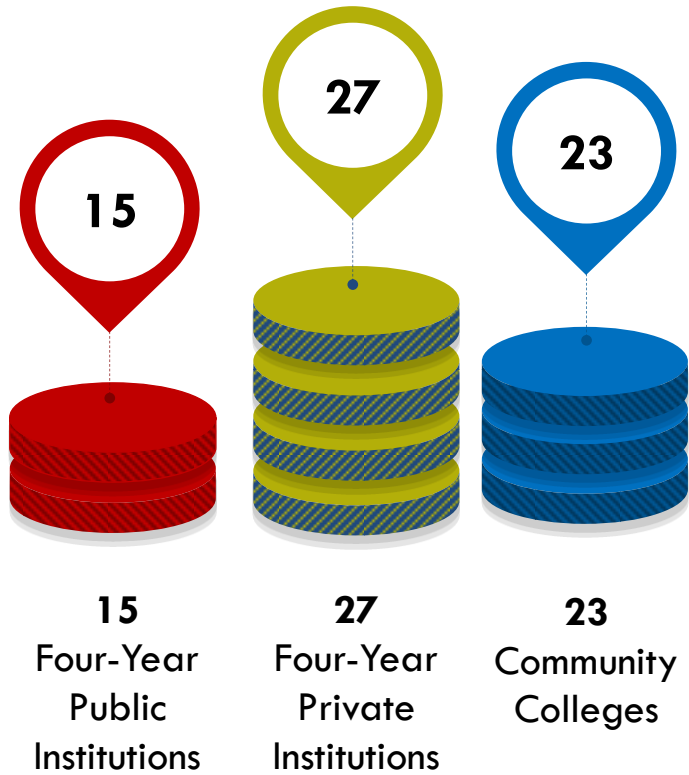


Survey Tools

- **College Alcohol Survey:** A national longitudinal survey on alcohol, tobacco, other drug and violence issues at institutions of higher education. Conducted since 1979, these results include how four-year colleges and universities address policies and procedures, staffing and resources, support services, prevention and education, data collection and evaluation, and related issues.
- **Everfi:** Provides online programs, data and advisory services to improve student attitudes, behaviors and knowledge around alcohol and other drugs.



Virginia IHEs



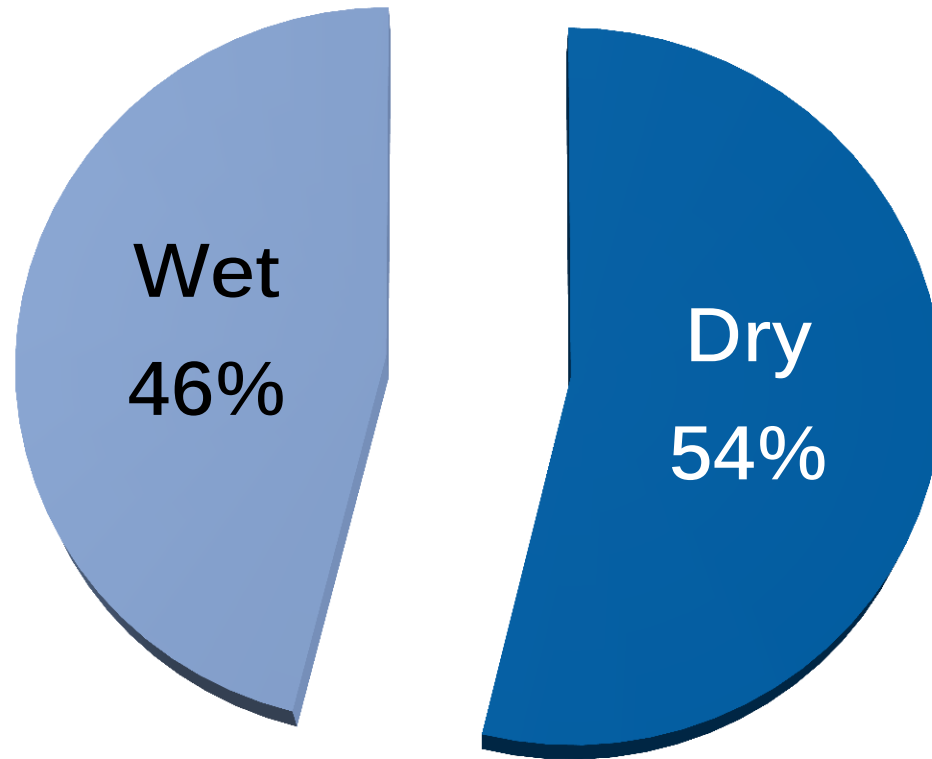
Community Colleges

- 2-year colleges
- Wide range of age groups
- Non-residential with commuter students
- No counseling services on campus
- Fewer resources than 4-year IHEs
- Limited research on what works best





Alcohol Allowed or Not Allowed





Drug/Alcohol Arrests and Violations in Virginia: 2015



6,581

disciplinary actions
on campus for
alcohol and drug
law violations in
2015



1,118

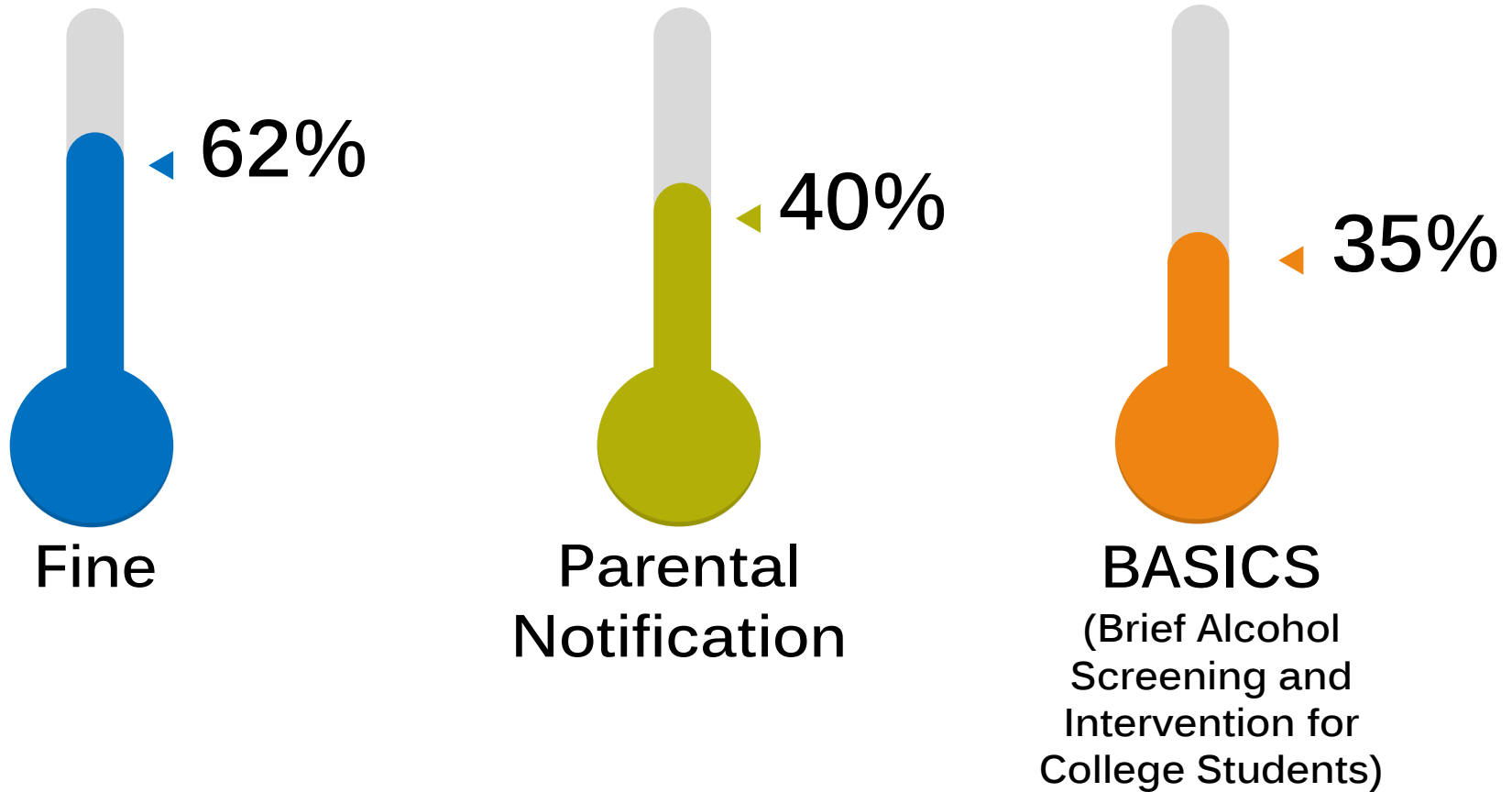
arrests on campus
for alcohol and drug
law violations in
2015

*2015 Virginia Clery Data





Sanctions at Four-Year IHEs



Programming at 4-Year IHEs




70%
Collect some form of data

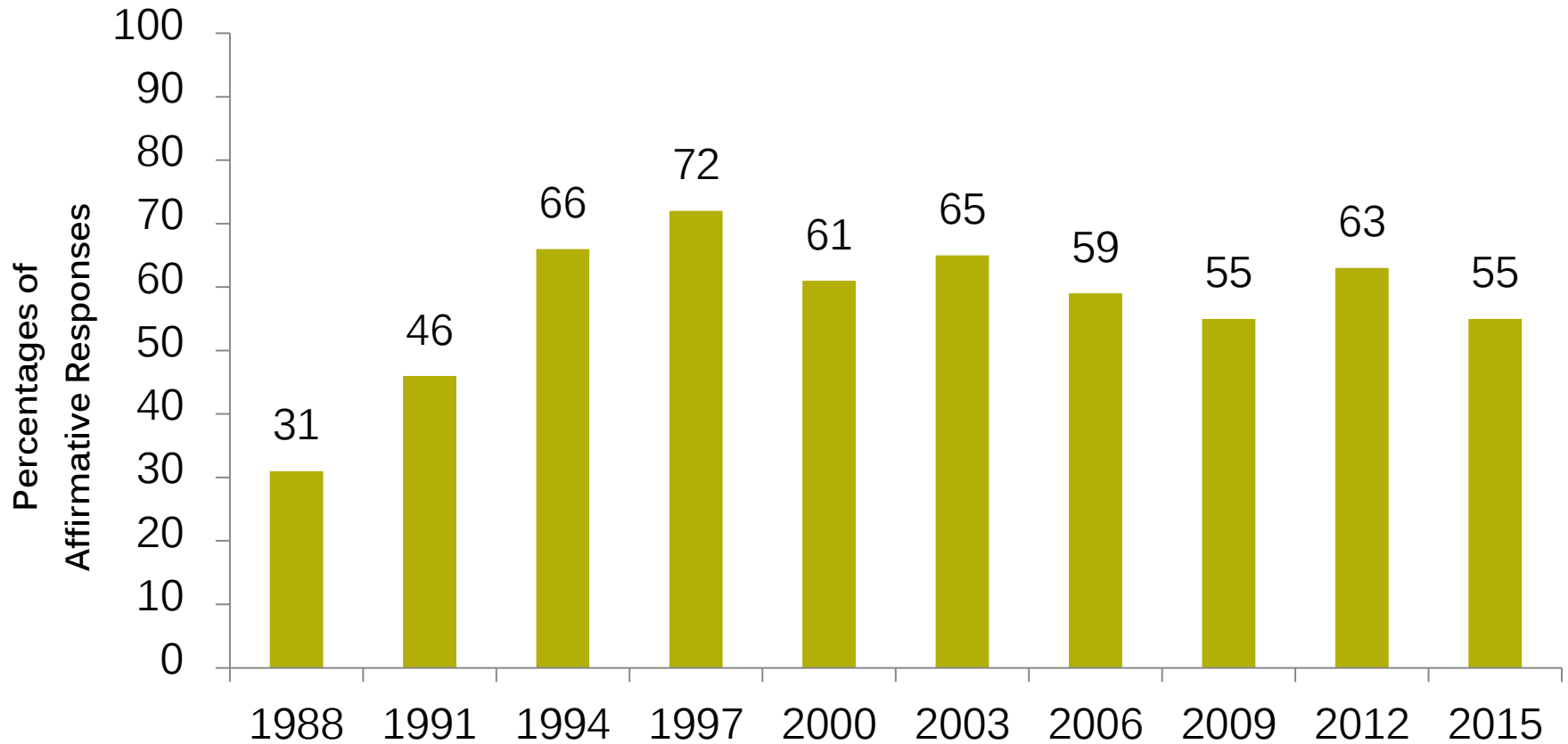

Many use online educational programs


50%
Utilize peer educators


Health fair and bystander intervention training



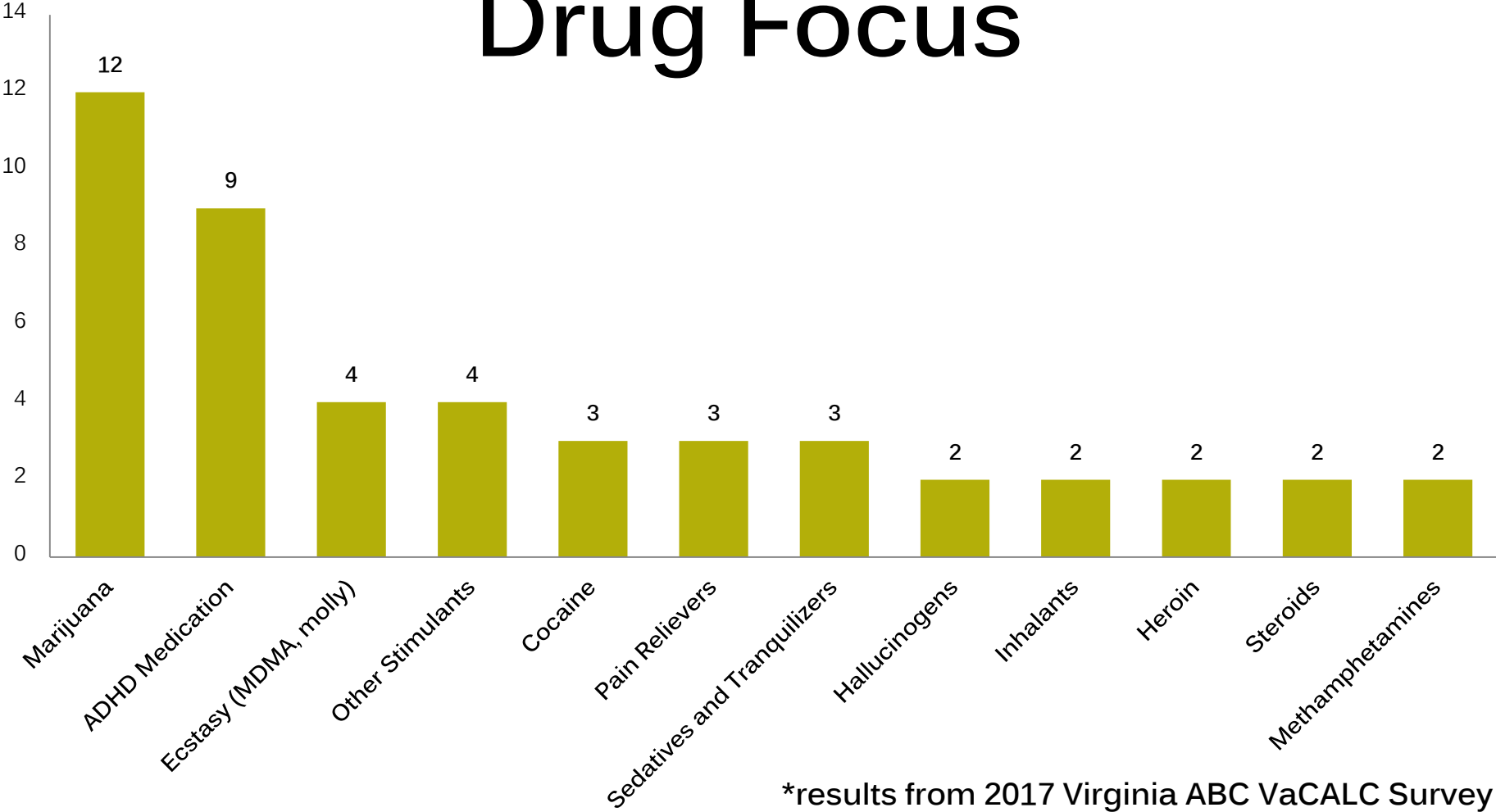
National Use of Peer Groups



*results from 2015 College Alcohol Survey



Statewide Other Drug Focus



*results from 2017 Virginia ABC VaCALC Survey





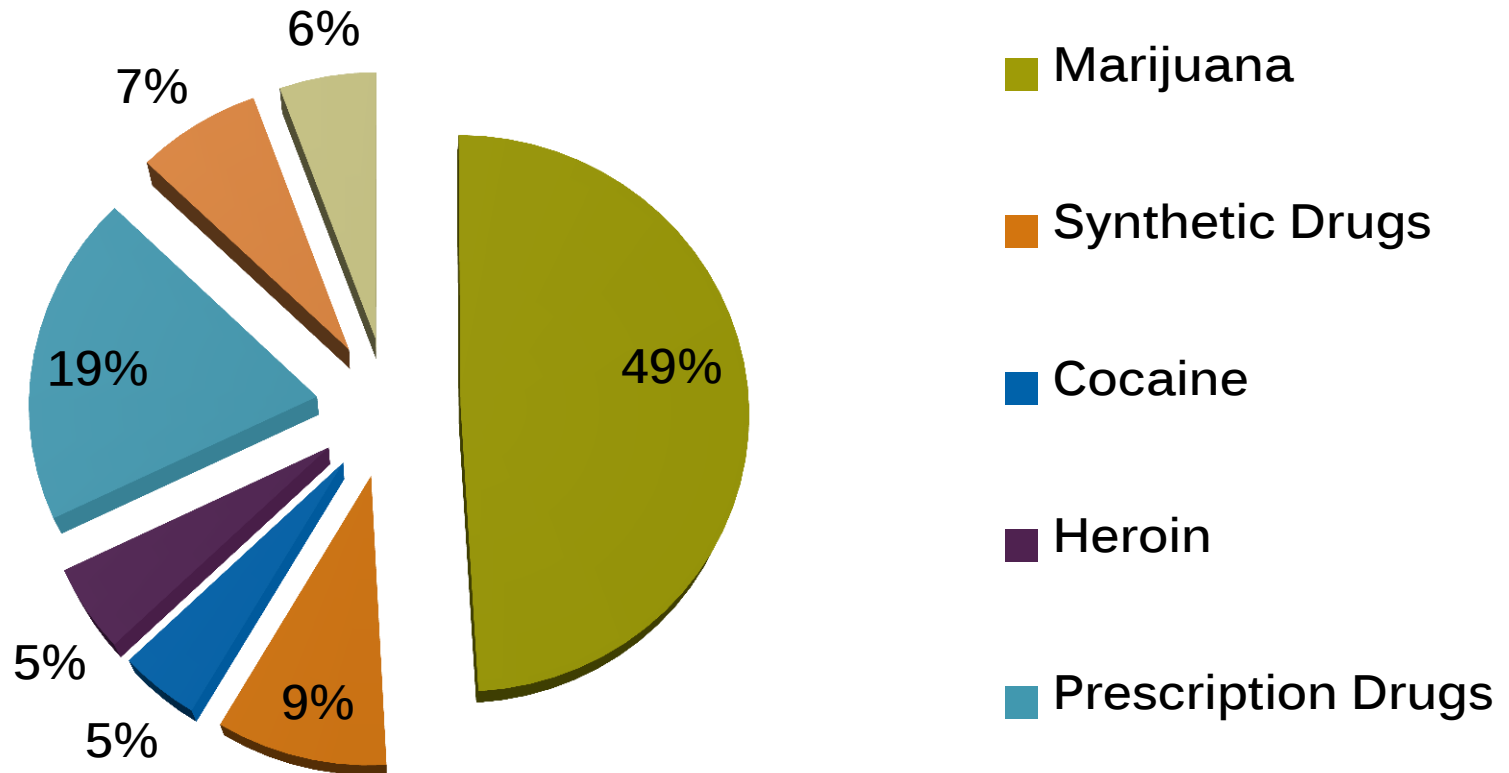
Statewide Other Drug Focus

Drug	Percentage Responding Yes
Marijuana	100%
ADHD Medications	75%
Ecstasy (MDMA, Molly) and Other Stimulants	33%
Cocaine, pain relievers, sedatives and tranquilizers	25%
Heroin, hallucinogens, inhalants, steroids, methamphetamines	17%

*results from 2017 Virginia ABC VaCALC Survey



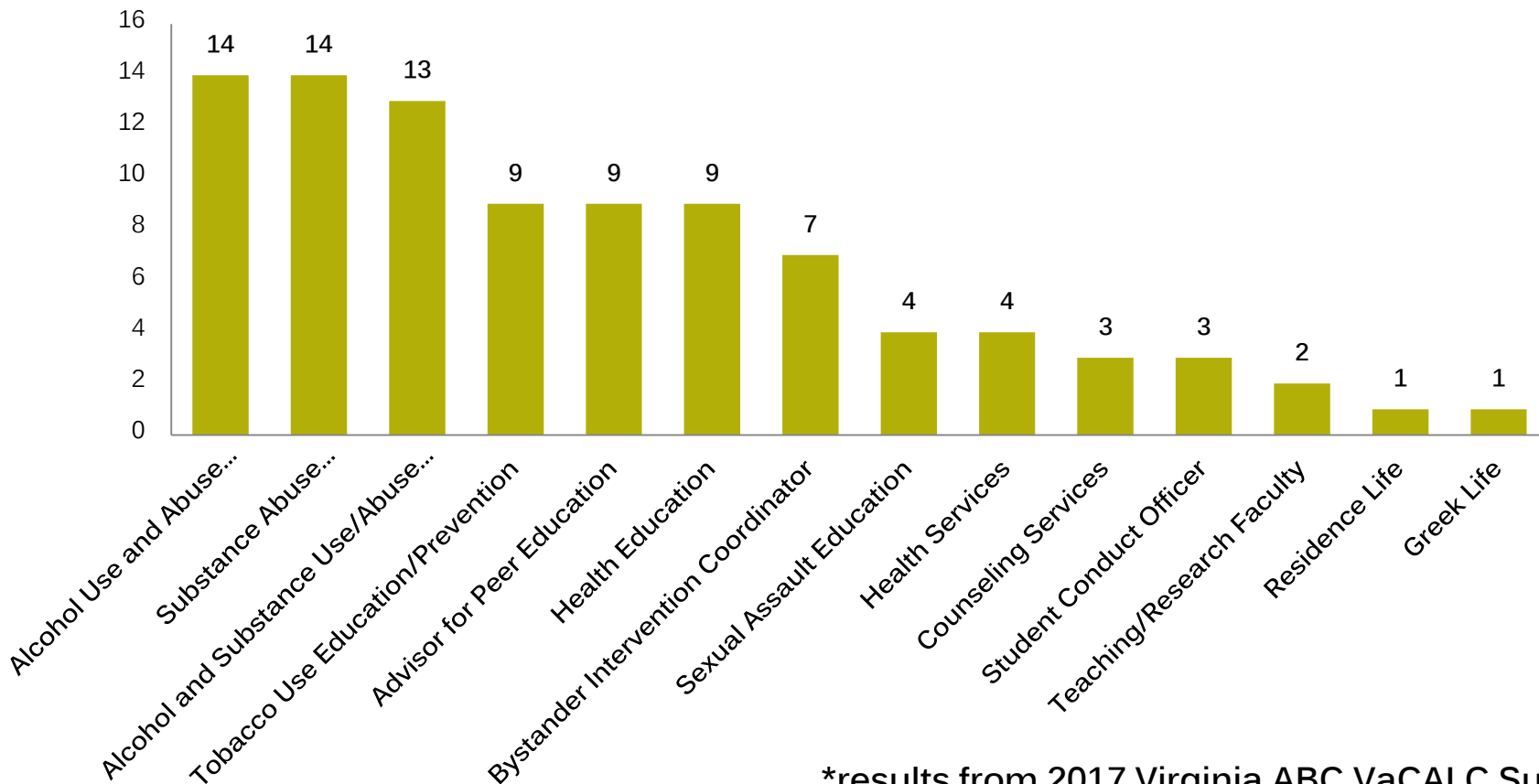
National Coordinator Time Allocation With Drugs Area



*results from 2015 College Alcohol Survey



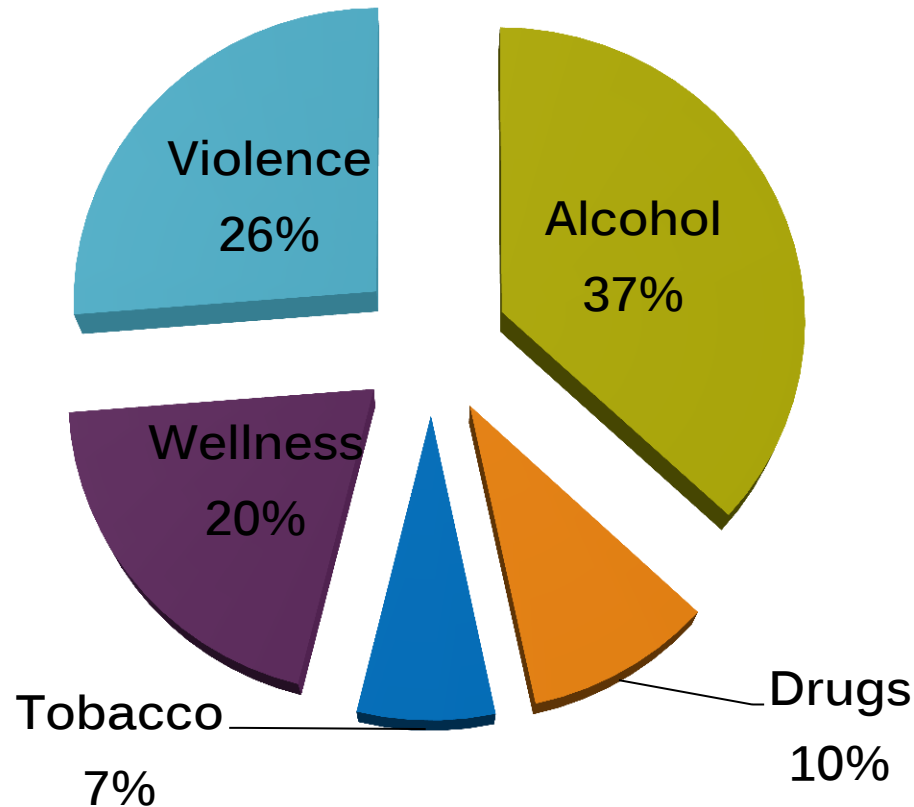
Statewide Coordinator Responsibilities



*results from 2017 Virginia ABC VaCALC Survey



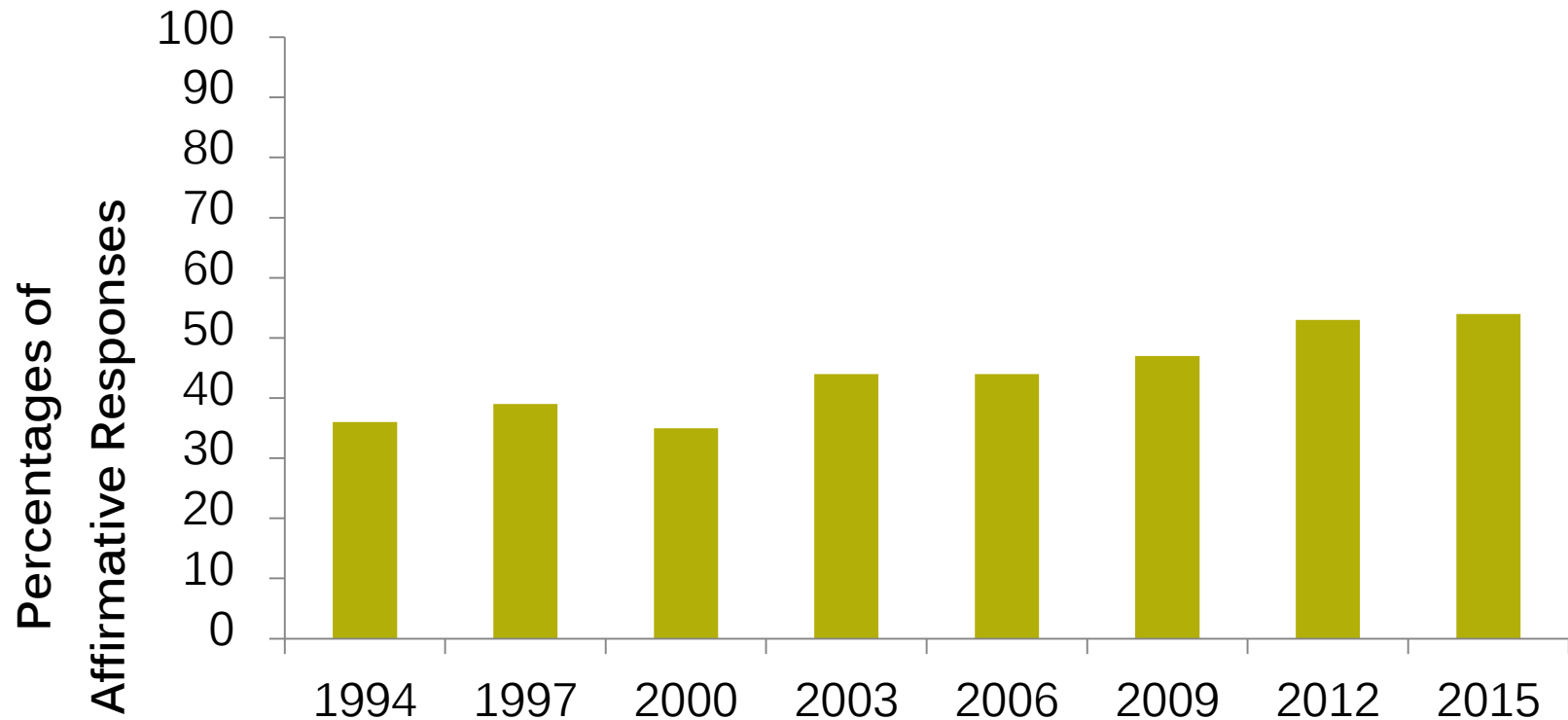
National Coordinator Time Allocations



*results from 2015 College Alcohol Survey



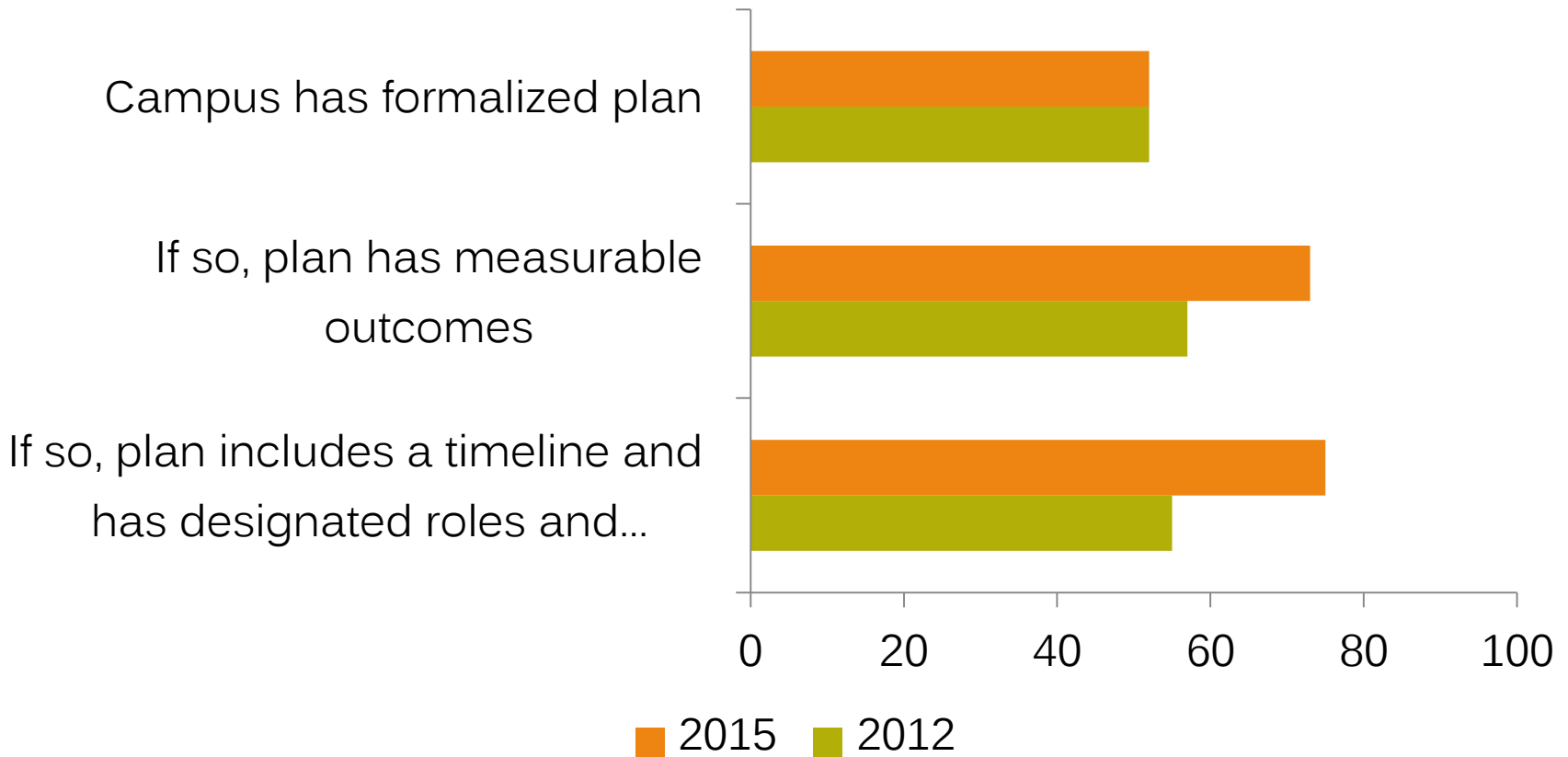
National Implementation of Survey on Effectiveness of Programming



*results from 2015 College Alcohol Survey



National strategic plans for addressing alcohol and substance abuse issues

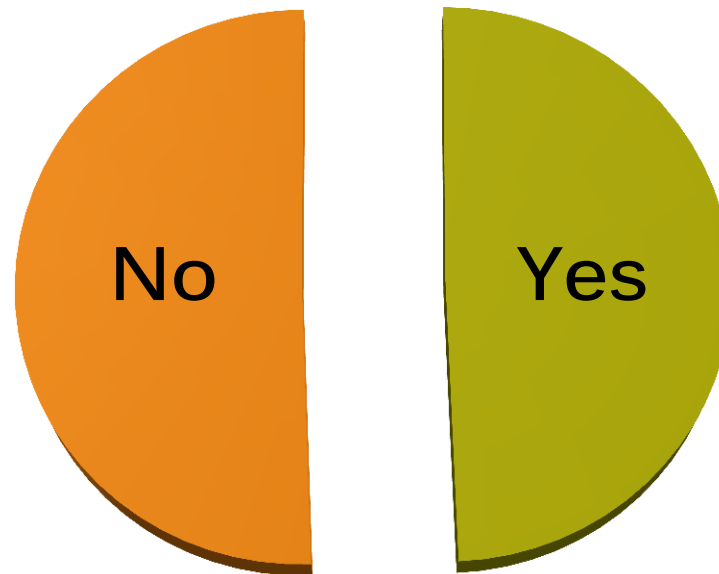


*results from 2015 College Alcohol Survey



Visible Leadership on the Issues

Are student health, safety, and/or wellness mentioned as priorities in your institution's strategic plan?

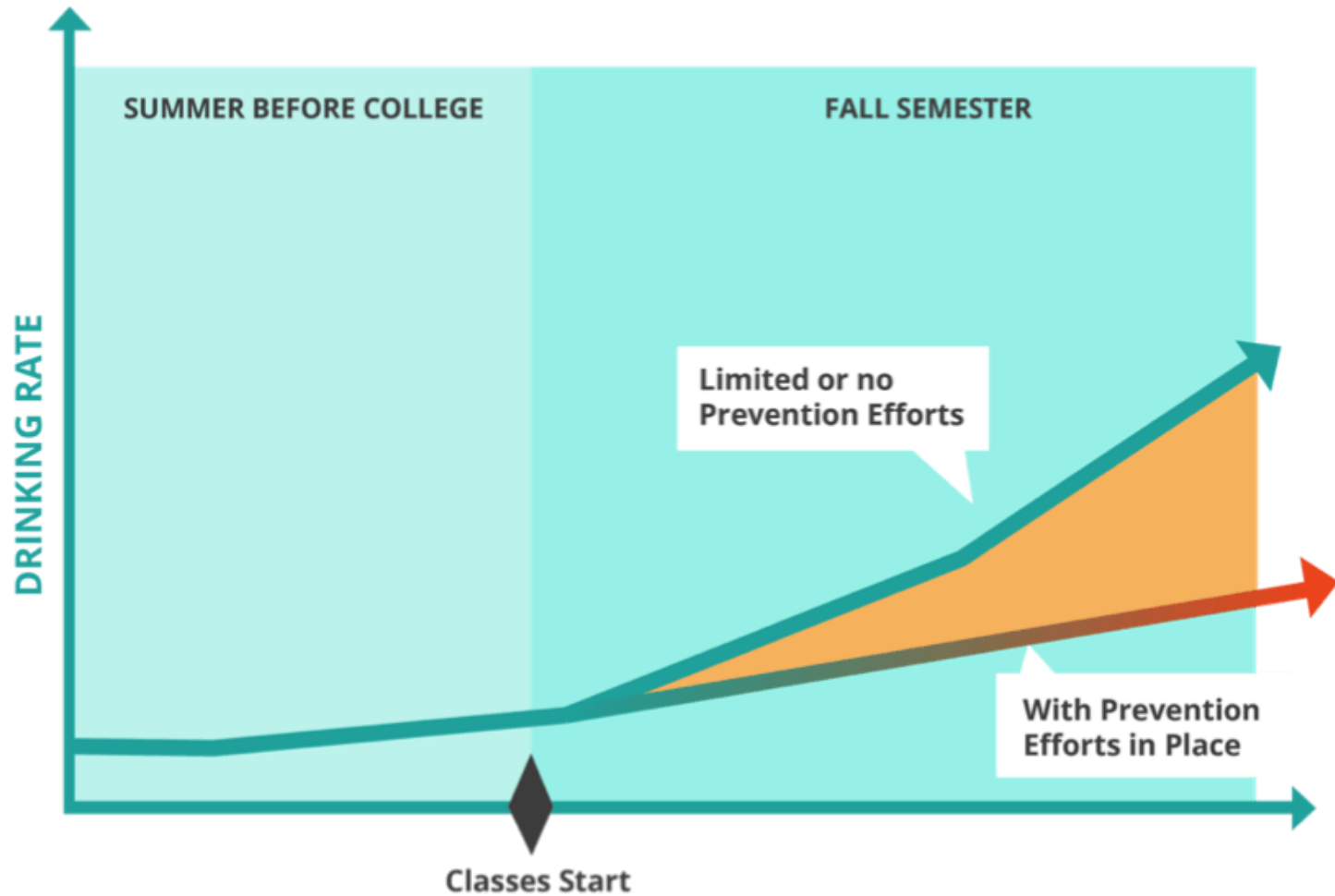


*results from 2016 Everfi Survey

Evidence-Based Strategies



The “College” Effect



*Everfi



Systematic Approach to Prevention

Setting and reinforcing community standards

Policy

Enforcement

Consistent consequences when community standards are violated

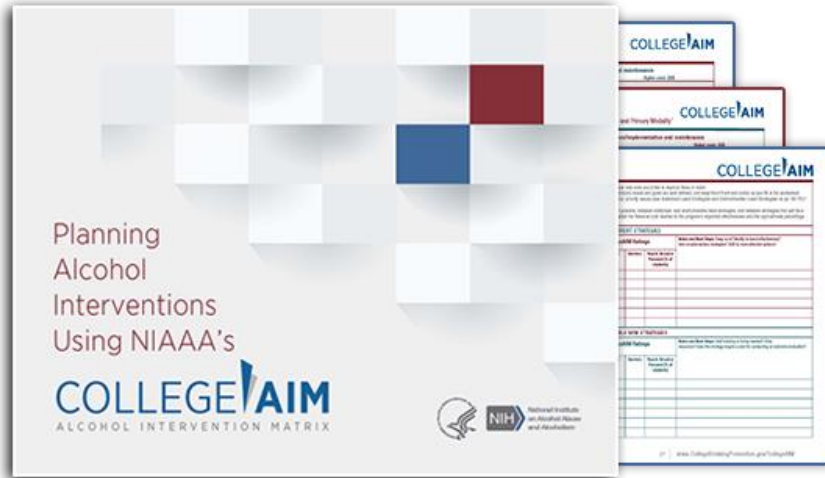
Education

Building knowledge and efficacy of community standards



College AIM

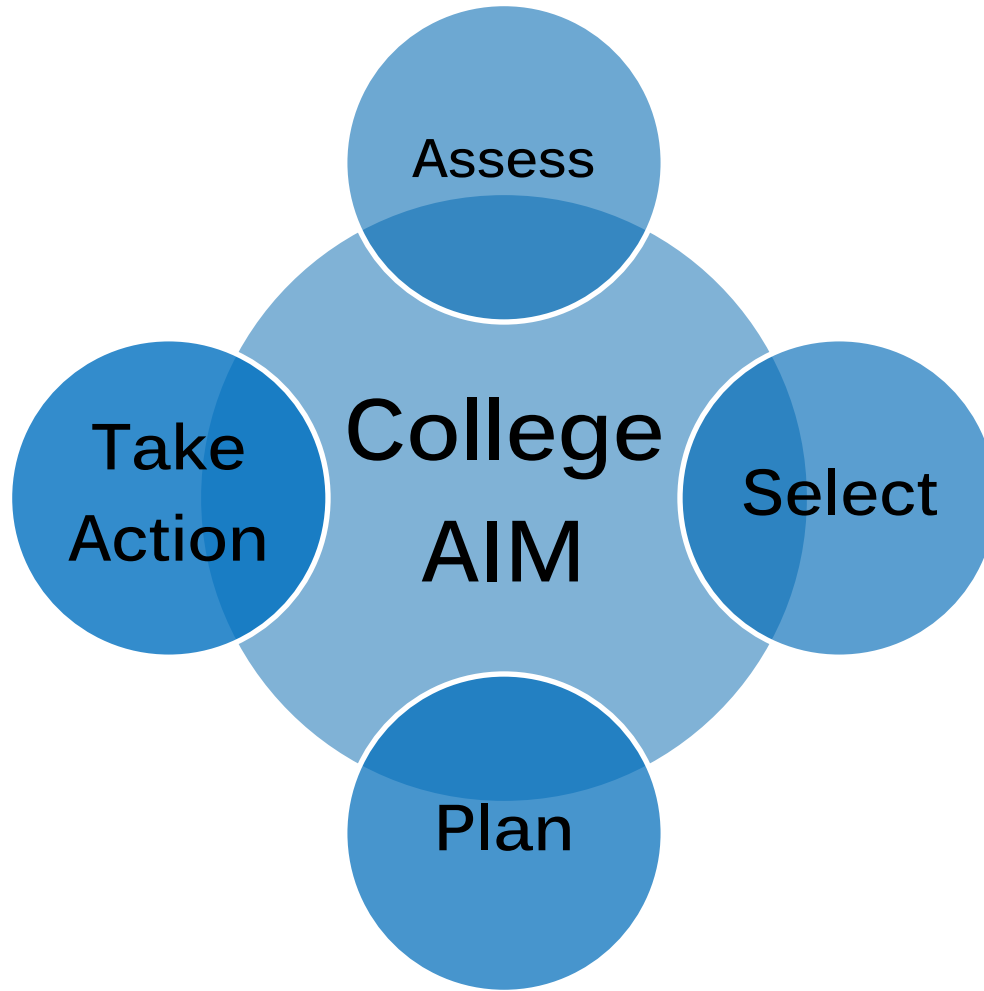
- Identify strategies most likely to reduce drinking and its harmful consequences
- See how their current strategies compare with other options
- Find new, research-based strategies to consider
- Select a combination of approaches that meets the needs of their students and campus
- Focuses on alcohol. Some strategies can also incorporate other drugs



*NIAAA



College AIM



*NIAAA College AIM



Environmental vs. Individual Strategies

Environmental

- Focus on population level change
- Focus on the social, political, legal and economic context of alcohol related problems
- Long term focus on policy development

Individual

- Focus on behavior and behavioral change
- Focus on relationship between the individual and alcohol related problems
- Short term focus on program development



Examples of Environmental and Individual Level Strategies

Environmental

- Consistent messaging between campus and community
- Reduce the availability of alcohol
- Enforce 21 drinking age
- Licensee responsibility

Individual

- Normative re-education
- Skills training
- BASICS
- Brief motivational intervention
- Alcohol EDU
- Expectancy Challenge
- Parent-based communication



Partners in Prevention Missouri Case Study



Annual data collection



Annual strategic plan



Monthly meetings and annual training



Campus-Community coalition



President/Chancellor Memorandum of Understanding



Completion of Biennial Review and DFSCA regulations



Missouri Partners in Prevention Case Study

Overall: 8% reduction in binge drinking rate

Increase in number of campus/ community coalitions

Increase in skill levels of professionals & students

Collection of baseline data on students at all participating universities

Increase in accuracy of students' perceptions of their peer's AOD use

Decrease in student drinking rates

A decrease in availability of alcohol to college students



Prevention is a Long-Term Game: The University of Iowa (*2009-2015*)

Problem: In 2009, 70% of UI students engaged in high-risk drinking in the past two weeks – compared with 33% of college students nationally.

Solutions:

- Presidential Commitment
- Establishment of a campus and community task force
- Data collection to inform progress and strategic goals
- Initiation of three-year strategic plans
- Implementation of individual and environmental evidence-based strategies



Prevention is a Long-Term Game: The University of Iowa (2009-2015)

23%

Percent of students engaging in high-risk drinking in past two weeks decreased 23%

22%

Average number of drinks per occasion decreased 22%

28%

Percent of students drinking 10 or more days per month decreased 28%

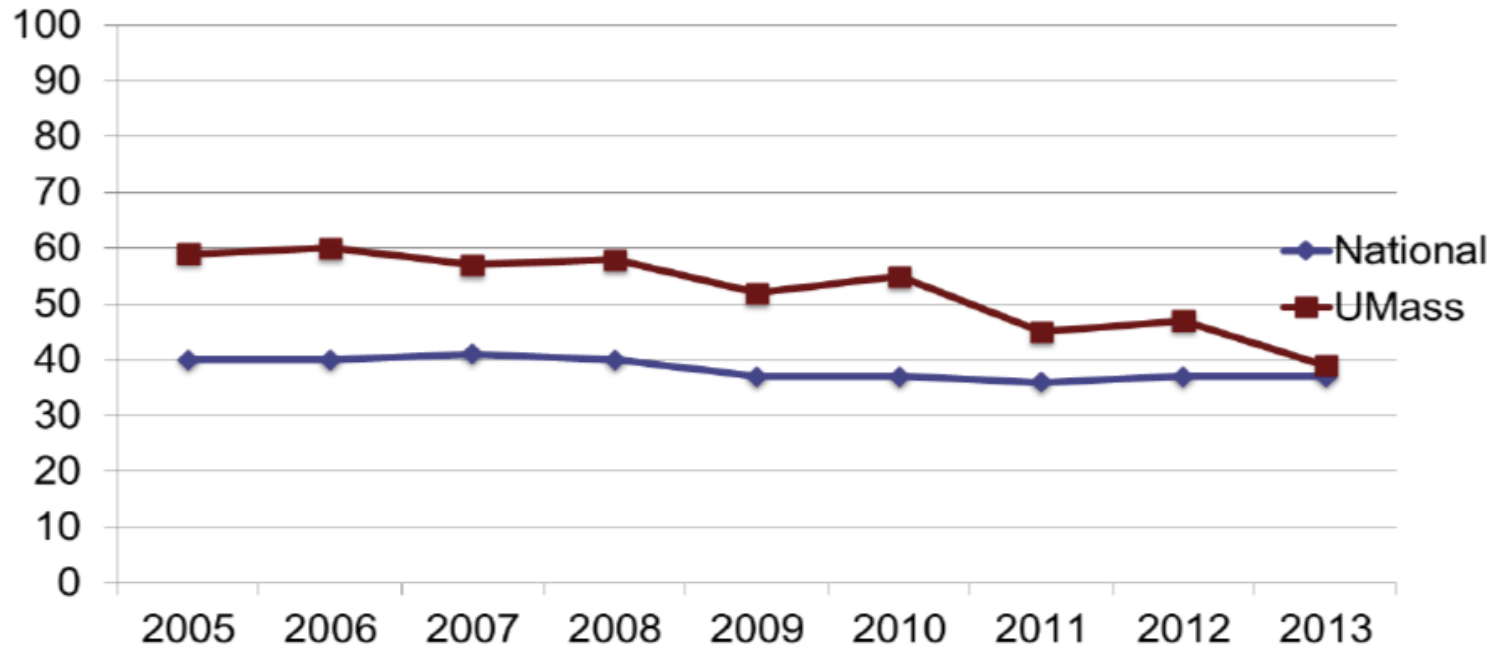
*The University of Iowa 2017



Prevention is a Long-Term Game

UMassAmherst (2005-2013)

Number Of Binge Drinking Events In The Past Two Weeks



*University of Massachusetts Amherst



Solutions in Development



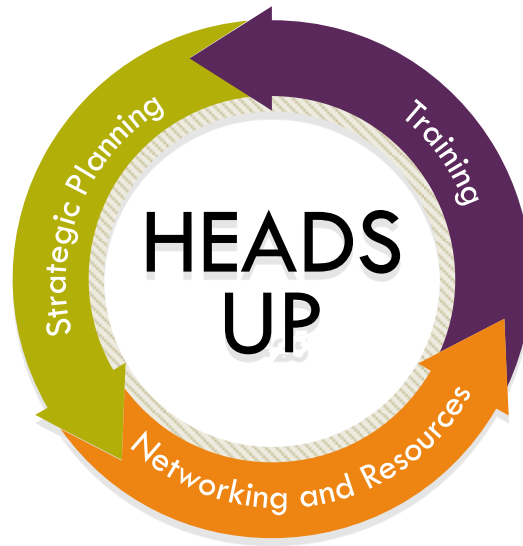
Virginia ABC Evidence-Based Solutions



- Outlet density
- Alcohol taxes
- Dram shop liability
- Limited days/hours of sale
- Enforcement of laws prohibiting sales to minors
- Responsible beverage service training
- Strategic prevention programming



Vision for the Future



Strategic Planning

Define clear and identifiable measures, develop common statewide goals and implement effective education and prevention programming across Virginia's campuses.



Networking and Resources

Create uniformed, statewide education and prevention messaging across campuses, enhance networking and provide free resources to support campus efforts.



Training

Increase the capacity of campuses to address high-risk drinking by providing a variety of trainings to identified groups.



Other Statewide Efforts

- **Department of Criminal Justice Services (Center for School and Campus Safety)**
 - Training and technical assistance to Title IX coordinators and Campus Police/Security/Safety
 - Clery Act
 - Title IX
 - VAWA
- **Virginia Association of Campus Law Enforcement Administrators (VACLEA)**
 - Training and professional development
- **Virginia Department of Motor Vehicles**
 - Alcohol and Impaired Driving Grant
- **Virginia National Guard Counterdrug Taskforce**
 - Prevention, Treatment and Outreach program working with state and community partners



Thank you!

Virginia ABC Education and Prevention Section

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www.abc.virginia.gov



VirginiaABCEducationAndPrevention



Sources

- **2015 Virginia Youth Risk Behavior Survey:**
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- **The College Life Study:** (<http://www.cls.umd.edu/>)
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- **NCHA Survey Reference Group Report, Spring 2016:** (<http://www.acha-ncha.org/docs/NCHA-II%20SPRING%202016%20US%20REFERENCE%20GROUP%20DATA%20REPORT.pdf>)



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- **2015 College Alcohol Survey:**
(<https://caph.gmu.edu/assets/caph/CollegeAlcoholSurvey2015FinalResults.pdf>)
- **Everfi “Institutionalizing Effective Prevention”:**
(<https://campuspreventionnetwork.com/resources/from-the-top-down-to-the-bottom-up-institutionalizing-effective-prevention/>)
- **Everfi “Campus Alcohol Policies and Their Impact on Student Drinking”:**
(<https://everfi.com/campus-alcohol-policies-and-their-impact-on-student-drinking/>)
- **College Alcohol Intervention Matrix:**
(<https://www.collegedrinkingprevention.gov/CollegeAIM/>)
- **Missouri Partners in Prevention Case Study:** (http://hecaod.osu.edu/wp-content/uploads/2015/03/Missouri_PIP_casestudy.pdf)
- **University of Iowa 2016-19 Alcohol Reduction Plan:**
(<https://vp.studentlife.uiowa.edu/assets/Alcohol-Harm-Reduction-plan-Final-2016-2019.pdf>)

