

NDSU

2008

Biennial Review

North Dakota State University

Fargo, ND

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Preface

The 2008 North Dakota State University (NDSU) Biennial Review qualifies fulfillment of the Drug-Free Schools and Campuses Regulation that requires institutions of Higher Education to conduct a biennial review of their Alcohol and Other drug programs and policies (EDGAR Part 86.100).

It was the goal of the President's Council on Alcohol and Other Drugs to produce a Biennial Review that would be used to document the progress made by NDSU and also provide insight into how NDSU's AOD programs could be improved. The 2008 NDSU Biennial Review meets two objectives:

1. Outlines and determines the effectiveness of the AOD prevention programs at NDSU
2. Demonstrates NDSU's consistent enforcement of disciplinary sanctions for violating standards of conduct.

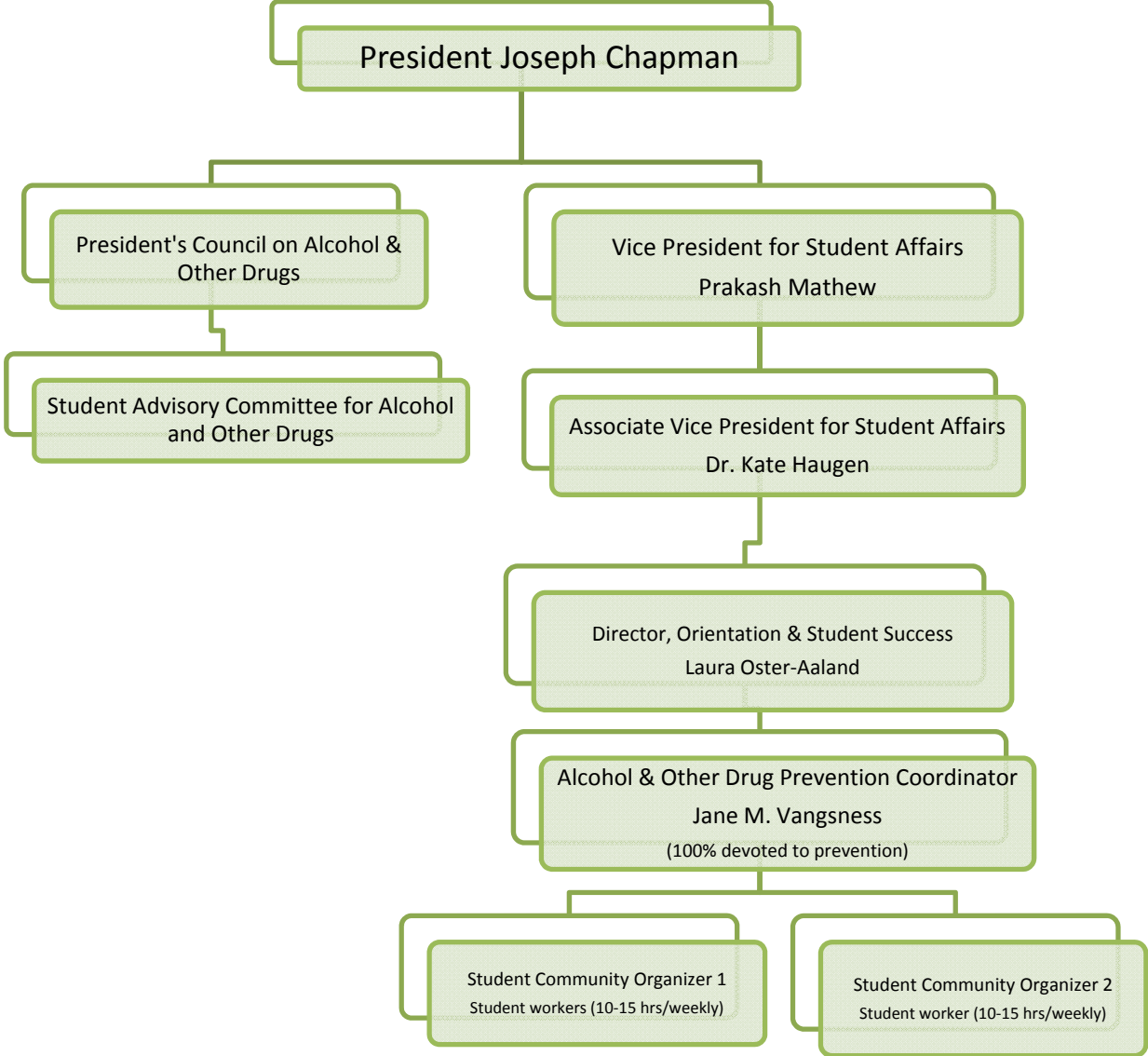
Philosophy

North Dakota State University has a genuine caring concern for the community in which it lives and for its people. For this reason, the University is committed to maintaining an academic and social environment that is conducive to the intellectual and personal development and to the safety and welfare of all members of the University community. The misuse and abuse of alcohol and other drugs represents a major health problem in the United States today and poses a serious threat to the health and welfare of the NDSU community. NDSU has gathered data that demonstrates that high-risk drinking among students is associated with property damage, violence, driving under the influence (DUI), lessening of academic performance, estrangement of social relationships, sexual assault victimization, and memory loss. Studies outside the university show that alcohol abuse can result in serious bodily injury, illness, or death.

NDSU:

- Is committed to changing the culture that perpetuates the misuse and abuse of alcohol and other drugs;
- Is concerned with promoting the well being of our community, including visitors to campus;
- Believes that the solution to alcohol and drug misuse and abuse will require a community solution.

Description of NDSU AOD Prevention Support & Structure



A. Staffing

Director of Orientation & Student Success: In the fall of 2001, responsibility for leading NDSU Alcohol and Drug prevention efforts was assigned to the Director of Orientation & Student Success. This fulfilled one of the recommendations of The Commission on Alcohol and Other Drugs (1999) and an outside consultant's recommendation that a staff member be dedicated to leading prevention efforts. Since NDSU's prevention efforts focus on helping students to avoid risk in order to achieve their academic goals, the placement of prevention efforts in the Orientation and Student Success Office makes sense. In addition, funds have since been designated for additional staff and programming related to alcohol and drug prevention out of this office.

AOD Prevention Coordinator: The full-time AOD Prevention Coordinator carries out prevention efforts on campus aimed at reducing high risk drinking and alcohol related consequences among students. Specific duties include supervising the student community organizers, overseeing the student advisory committee for AOD, supporting the President's Council on Alcohol & Other Drugs, representing NDSU on the ND Higher Education Consortium for Substance Abuse Prevention, carrying out alcohol research, updating the university alcohol policy and other prevention activities as needed.

Student Community Organizer(s): The Office of Orientation and Student Success employs two students to work closely with the Director of Orientation & Student Success and Alcohol and Other Drug Prevention Coordinator on initiatives to reduce high risk drinking at NDSU. The position is part-time (10-15 hours per week). Duties include leading discussions with students, giving presentations to large and small groups of students, assist with administering surveys, creating program literature, leading the Weekend Entertainment Grant Committee, serving on and coordinating a student alcohol advisory group, networking with student organizations, faculty, staff and community members and assisting in creating alcohol free programs and activities.

B. Funding

Internal Funding: Currently, 25% of the Director's time and 100% of the AOD Prevention Coordinator's time is dedicated to AOD prevention. The AOD coordinator's position was fully funded with appropriated funds. Approximately \$18,000 has been secured annually to conduct prevention programming and pay student community organizers to carry out the prevention work on a student level. Funds have also been secured from the Vice President for Student Affairs and the President's Office for projects that fall outside of this base funding. Finally, collaborations for funding specific programs exist between OSS and other departments such as Memorial Union (student activities and Greek Life), NDSU Athletics, Wellness Education, and Residence Life.

External funding: Funds have been secured as a result of a partnership with the Safe Communities Coalition of the Red River Valley (approximately \$8,500 to date). A funded proposal from the NIAAA provided \$783,000 for a three year (August 2005 – August 2008) research study to test interventions with freshman students and students turning twenty one.

C. History and formation of President's Council on Alcohol and Other Drugs

Former Vice President for Student Affairs (VPSA), George Wallman appointed the "Commission on Alcohol and Other Drugs in 1998." The 40 member Commission consisted of students, faculty, staff and the local community. Major recommendations from the commission included:

1. Strengthen institutional commitment and provide community leadership to address the misuse of alcohol and drugs on campus and in the community.
 2. Formulate a shared vision and action plan linking desired attitudinal and behavioral objectives to corrective strategies which will foster a culture of respect, participation, and achievement among all members of the campus community.
 3. Conduct a campus wide survey supplemented by focus group and interview data to assess the nature, extent, and consequences of alcohol and drug misuse.
4. Hire a full-time coordinator who will increase programmatic efforts to raise awareness of and reduce alcohol misuse, to assure continuity and evaluation of such efforts, and to foster a climate of cultural change. An Alcohol and Drug Policy and Prevention Committee was appointed by Vice President for Student Affairs in 2003. This 12 member committee consisting of faculty, staff, and students was formed to meet the following goals:
1. Evaluate the progress of NDSU in meeting the recommendations of the 1999 Commission on Alcohol and Other Drugs Final Report.
 2. Prepare and submit a biennial review of alcohol and drug policies and prevention efforts to the President of NDSU beginning in October of 2004 and continuing thereafter every two years.
 3. Serve as an ongoing advisory group to oversee alcohol and drug prevention efforts on the NDSU campus.

In the Spring of 2006, a strategic planning sub-committee of the Alcohol and Other Drug Policy and Prevention Committee was formed to evaluate the status of AOD prevention at NDSU. The AODPPC strategic planning sub-committee proposed that President Chapman appoint a new Council on Alcohol and Other Drugs. The following questions were answered by the committee in justifying why such a council is needed.

1. Why do we need an AOD strategic planning process?
 - We are doing a lot of prevention activities, but do they work and what is the overall institutional commitment to the issue?
 - It has become a "student affairs issue"
 - We need to move the institution beyond activity to multi-level buy in and accountability
2. Why should this go beyond student affairs to the entire campus?
 - Student success and retention
 - Improve the academic quality of students' experience
 - AOD abuse occurs in the context of a campus and community. A solution will require a campus and community based approach.

The President's Council on Alcohol and Other Drugs was formed in the fall of 2007 to address the important issues of alcohol and drug misuse. The group, Chaired by NDSU Athletic Director Gene Taylor, has involved campus and community stakeholders in drafting a strategic plan that will be unveiled to the campus in the near future. The mission, vision and goals of this Council are far reaching and will touch every aspect of the campus community.

- **Mission:**

- The purpose of the President's Council on Alcohol and Other Drugs is to support the academic mission of North Dakota State University by reducing the harmful effects that result from alcohol and other drug misuse for individuals, the campus, and the community.

- **Vision:**

- We will do this in partnership with campus and community stakeholders by:

- Working to create an environment that supports low-risk decisions related to alcohol and other drug use;
 - Empowering students, faculty, and staff to make low-risk decisions related to alcohol and other drug use; and,
 - Supporting individuals who already make low-risk decisions or choose to abstain from alcohol and other drug use.

- A draft strategic plan (Appendix 1) will be forwarded to President Chapman for approval in January of 2009. The draft will be finalized after a series of stakeholder meetings are held to solicit feedback on the plan.
- The Council has suggested a change to one of the university core value statements in order to solidify the integral importance of AOD work to the mission of the university.

- **NDSU Core Value Statement:**

- We envision an academic and social environment that is conducive to intellectual and personal development by promoting the safety and welfare of all members of the university community.

Alcohol- Free Options

A. Creation and Promotion of Alcohol Free Events:

-Club NDSU: The first 'Club NDSU' was held in August of 2006, during 2007-2008 four events were held with great success, these events were partially funded and evaluated with a grant from the ND DOT (through the Safe Communities Coalition of the Red River Valley), attendance has varied from 125 to 1200+ students. Club NDSU is usually held during typical weekends when high-risk alcohol use increases (before finals, first weeks of the semester, opening day, etc.) Each Club NDSU involves music, food, dancing, educational information, gaming lounge (wii, Rock Band, etc.)

During Club NDSU students are encouraged to have free drinks (mocktails) at the 'bar'. With each mocktail, students ID cards were swiped, recording electronically the time and quantity of beverages consumed by each student. Following the event, students received an individualized email thanking them for making a positive choice by attending the event and also included an estimated blood alcohol concentration, calories ingested, and money spent if they had chosen to drink alcohol instead of attending the alcohol free event. Prizes are given away throughout the evening, as a way to encourage students to stay at the event (must be present to win).

- MU Live: The purpose of MU Live is to provide Friday night entertainment on campus between the hours of 9:00 pm and 1:00 am. Programs range from karaoke to survival bingo to formal dances. In addition to entertainment, MU Live provides free bowling and billiards in the Recreation and Outdoor Programs area, located in the lower level of the Memorial Union. The MU Live program is funded by the Vice President for Student Affairs and is coordinated by the MU Live Committee within Campus Attractions.

- Weekend Entertainment Grants: Beginning in the spring semester of 2002, grants of up to \$300 have been available to student organizations that plan late night (9 pm – 1 am) entertainment Thursday through Saturday nights. The entertainment must be on campus and alcohol free. Events have included casino nights, dances, bowling tournaments, and a beach party. The Weekend Entertainment Grant is administered through the Office of Orientation and Student Success. (Appendix 2)

-Herd Hauler Taxi Service: The Herd Hauler taxi cab service was founded by the NDSU Student Government in order to provide a safe and low-cost method of transportation to all NDSU students within the Fargo-Moorhead community. Students can use the local cab service from 9 p.m. to 6:30 a.m. for \$4 for one person, \$6 for two people and \$9 for three or more people. Students are allowed to ride from business to residential address, from residential address to business and residential address to residential address only. The additional fee of each cab ride is paid for by student government at a price that is discounted by the cab company.

B. Promotion and creation of student service learning and volunteer opportunities

- Volunteer Network: Their mission is to instill an understanding and acceptance of service-learning by inspiring students, faculty and staff to take an active role in our local and global community. NDSU's Volunteer Network works directly with about 150 students each year. In addition, they work with most of the student organizations, residence halls, and several academic classes to help arrange community service or service-learning experiences. www.ndsu.edu/volunteernetwork

- Active Student Service Groups: Some of the active groups include Circle K, Habitat for Humanity and Alpha Phi Omega. It is estimated that NDSU students participate in approximately 65,000 hours of service per semester.

- Residence Hall and Greek organizations: These organizations have standard service projects/philanthropies that they do on an annual basis (many Greek organizations contribute to agencies identified by their national headquarters). In the 2006-2007 academic year the NDSU Greek Life community donated approximately \$75,000 to charity and logged more than 5,800 hours of volunteer work.

- Good Neighbor Campaign: In 2005, the NDSU Greek Life Community and NDSU Alcohol and Drug Prevention Programs saw a need to take a pro-active approach to the issues related to students living in residential neighborhoods—to alleviate problems between permanent residents and students. The Good Neighbor campaign has continued as an annual event in the early to mid fall semester, getting larger every year.

Students from Greek organizations and Student Government (Off-Campus Senators) go door-to-door in north Fargo, distributing informational door hangers to an estimated 1,800 households. On one side of the hanger, permanent residents are provided contact information if they had concerns about parking, loud noises, Greek organizations, alcohol use and law enforcement. On the other side, students found tips on how they could be responsible neighbors. (Appendix 3)

- Student Government: All organizations funded by NDSU Student Government are required to participate in a community service project within the academic school year and complete the required form. This form is to be turned in by the end of fall semester. Organizations that complete their community service in the spring should still turn in an estimate of what their project will be and then turn in a follow up of exactly what they did once the project is complete

C. Campus offers a variety of alcohol-free settings with extended hours

- The NDSU Wallman Wellness Center's fitness area offers extended hours of:

Monday- Thursday: 5:30 a.m. to Midnight,

Friday: 5:30 a.m. to 10 p.m.

Saturday: 8 a.m. to 10 p.m.

Sunday: 11 a.m. until Midnight

Holidays: Hours Vary

- Memorial Union Hours*:

Monday- Thursday: 6 a.m. – 11 p.m.

Friday: 6 a.m. – 1 a.m.

Saturday: 10 a.m. – 11 p.m.

Sunday: 12 p.m. – 11 p.m.

Recreation and Outing Center: open until 11 p.m. every night

*Extended hours are available on Friday and Saturday night for \$20/hour

- NDSU Library Hours:

Monday – Thursday: 7:30 a.m. – Midnight

Friday: 7:30 a.m. – 5 p.m.

Saturday: 11:30 a.m. – 5 p.m.

Sunday: 1 p.m. – Midnight

Finals Week: Hours are extended

- With the renovation and expansion of the Memorial Union, a 24-hour student lounge is being explored. The lounge will be located on the main floor, adjacent to the student organization complex. The space is will include study areas, wireless internet, e-mail kiosks and access to food/beverages vending machines.

D. Nonalcoholic beverages at events

- NDSU Event Risk Management Assessment Checklist (3.15) requires that “*There will be an alternative non-salty food and beverage provided*” at any off campus events where alcohol is present. The rationale and strategies, along with the Risk Management Assessment Checklist (Appendix 4) can be found at:
http://mu.ndsu.edu/reservations/event_risk_management/

- In the fall of 2003, NDSU dining services began a hospitality grant program to assist student organization with the cost associated with having snacks and refreshments at their meetings or events. Hospitality grants are given in the amount of \$150.00 per student organization, approximately \$2,300 is granted per semester.

Normative Environment

A. Emphasis on class attendance and academic responsibility

- Focus on class attendance and academic responsibility can be seen through the emphasis being placed on problem-based learning and the use of Personal Response System (PRS). The PRS system electronically records and calculates the responses of the student in the classroom, thus making in-class activities that are dependent on attendance easier to conduct and track. There are 75 PRS instrumented classrooms (permanent PRS receivers and software); however with very minimal set-up, every classroom on campus is capable of using the PRS system.

- A study of Friday class offerings revealed that they are held as often and at the similar times as the rest of the week. An analysis looking at Friday class offerings for the Fall 2008 semester reveal that 412 100-400 classes were offered Friday mornings, compared to 385 on Thursdays.

B. Substance-free residence options

- NDSU maintains a dry campus, including its residence halls. The University Alcohol Policy 155 states: "The manufacture, sale, transfer, purchase, transportation, possession or consumption of an alcoholic beverage anywhere on NDSU property (including University vehicles, regardless of location), is prohibited." August 2002 (Appendix 5)

- All NDSU sororities and two fraternities are dry houses. In compliance with the 2001 Greek Life Initiatives and Action Plan (Appendix 6), all Greek chapters prior to Fall Term 2003 adopted a substance-free policy. Substance-free housing is defined by the University as: "*No alcoholic beverages or illegal drugs are permitted in common areas of chapter property at any time. Members who are 21 years of age may consume alcohol in the privacy of their rooms with no more than three guests who are also of legal age, provided that all of the occupants of the room are 21 years of age or older.*"

-Starting in 2005 NDSU Department of Residence Life offered a Wellness Community for students' located on one female and one male floor of their high rise residence hall. The Wellness Community is made up of 68 First-year and Upper-class students that are interested in taking steps toward living a healthy lifestyle during their experience at North Dakota State University. Many benefits exist for those students living in the Wellness Community. Students are surrounded by others who share the same value of living a healthy lifestyle. Components of the Wellness Community include:

- Students choosing a balanced and healthy lifestyle and seeking to enhance it by supporting each other in making healthy choices,
- Students committed to remaining substance free (alcohol, illegal drugs, and tobacco) both on and off campus,
- Community members and staff providing opportunities for mutual support and education in the seven dimensions of wellness.

C. Faculty and Staff are educated about behavioral indicators, student norms and AOD prevention efforts on campus

- In Fall of 2008, NDSU surveyed its faculty and staff members to determine their perceptions of alcohol and other drug use, awareness of policy and policy enforcement, their support for efforts related to combating alcohol and other drug problems and their ability to identify students or co-workers who are experiencing a problem related to alcohol or other drugs. In addition, faculty/staff alcohol and other drug use will be assessed in order to compare their use to their perceptions of other faculty/staff use and that of students.

D. Emphasis on faculty engaging in a higher level of contact with students

- The NDSU Policy Manual (SECTION 320.2) outlines the expectation that faculty will be available to students: *“Faculty members are considered professional personnel responsible for accomplishing the tasks for which they are employed. Faculty members are responsible for making time available for student conferences and are expected to post a listing of office hours.”*

- The First Year Experience Area of Reed/Johnson and Weible Halls strives to make first year students' experiences at NDSU successful and enjoyable while building a foundation for a rewarding college experience. This program focuses on maximizing the first-year students' academic success, increasing their involvement and leadership on-campus and beyond as well as working with areas of wellness. Much of this is done through fostering faculty/staff and student interaction and numerous programs and community development opportunities.

E. Alcohol Education and prevention efforts address misperceptions of drinking norms

- E-Chug is currently being used as with most first time alcohol policy violators in conjunction with a reflective meeting with their hearing officer and it is available on the web site for general student use. E-CHUG is a brief on-line assessment and feedback tool designed to reduce drinking among college students. Drawing on social norms marketing (Hanes & Spears, 1996) and motivational interviewing (Miller & Rollnick, 2002) theories, the CHUG is designed to motivate students to reduce their consumption using personalized information about their own drinking and risk factors. Students that have been required to take and/or are sanctioned to complete e-CHUG are asked to complete an on-line reflective Journaling exercise. Research shows that the more time students spend reflecting on his/her personal feedback, the more likely they are to make positive changes in their behavior (Dimeff and McNeely, 2000).

-The electronic THC Online Knowledge Experience (e-TOKE) is a marijuana-specific brief assessment and feedback tool designed to have students reflect on your marijuana use. The assessment takes students about 10-15 minutes to complete and is self-guided.

- A web site (www.ndsu.edu/alcoholinfo) was launched and is maintained with the purpose of educating students, faculty/staff and parents about high risk alcohol use. It has several interactive calculators such as BAC, Calories, and Cost to help students assess their alcohol use. It also contains answers to frequently asked questions, references to alcohol policies and referral information. In July of 2006 e-CHUG and e-TOKE were added to the web site. The content of the website was created based on data from 2006 CORE survey.

- Most students who violate the NDSU alcohol policy have an initial meeting with a hearing officer; in that meeting the violation is discussed and conditions of the student's sanction are assigned. NDSU utilizes an educational sanction and condition process that was developed to help students learn from their decisions. Because of this, each situation is viewed individually and the decisions are made based on that specific situation. Conditions of a sanction vary based on the situation, often for a first alcohol violation students will be required to complete e-CHUG or attend a CHOICES class. Usually for a first marijuana violation, students will be required to complete e-TOKE in addition to other conditions.

-First year students and family members: During summer orientation, several attempts are made to educate parents and students about the impact that alcohol can have on their health and academic well being. This is done through formal discussions with administrators, faculty, and peers.

At the beginning of every new student orientation a short welcome is given by the Director of Orientation and Student Success. Every student that attends orientation and their family members attend this presentation. High-risk decisions, such as impaired driving and underage alcohol consumption, are addressed in this presentation.

Every year during orientation, the Conference, Orientation and Recruitment (COAR) team present an educational program that includes skits illustrating the tough decisions first-year students often face. One skit addresses the topic of underage alcohol consumption and decisions surrounding that (i.e. driving under the influence).

Two informational brochures (Appendix 7) regarding alcohol and drugs at NDSU are distributed during spring and fall orientation. One brochure is aimed toward parents/guardians of first year students. The brochure addresses how to talk with their students about alcohol and drugs, and also gives the context of college student drinking by providing statistics and facts.

The second of the two brochures is targeted at first year students. It addresses the frequently asked questions regarding alcohol use at NDSU. Both brochures address acute alcohol intoxication, services offered on campus, alternative activities, and national and campus statistics regarding alcohol/drug use.

A seven minute video developed by NDSU (in partnership with the Safe Communities Coalition) that encourages parent/family members to talk to their first year students about the risks and their expectations about alcohol use is shown to all family

members/parents in attendance at new student orientation. In addition, the Dean of Student Life has a session with parents regarding safety and security, which focuses on alcohol and other drug policies.

In the fall, after classes are in session, the Associate Director for Student Rights and Responsibilities and the Chief of University Police speak with the majority of first year students through the *Skills for Academic Success Course*. The focus here is on helping students to avoid the financial, personal, legal, physical, and academic consequences of high risk choices.

- Both injunctive and descriptive norms are used in a variety of alcohol prevention efforts at NDSU. Using descriptive norms is a challenge due to the high misuse rates at NDSU. NDSU strives to use the value-laden injunctive norms approach in efforts to correct student's misperception of their peers' alcohol use.

- Staff members present numerous programs throughout the school year in Residence Halls, Greek Houses, and classrooms. The Choices curriculum is most often used for these sessions.

F. Student leadership promotes positive, healthy norms

- Wellness Education Leaders (WELs) are a group of NDSU students who work together to promote wellness by increasing awareness of student health issues and encouraging positive lifestyle choices and decision-making skills through peer education. They are housed in the Wellness Center and supervised by a professional Health Educator.

-Conference, orientation, and recruitment (COAR) team members serve as leaders, facilitators, and mentors during summer orientation, a variety of summer conferences, and camps. The COAR team members work with prospective students and new freshmen to build positive relationships with the University. COAR team members live in the residence halls providing leadership and assistance during the many summer conferences held each summer at NDSU.

-The Office of Orientation and Student Success employs two students to work closely with the Director and Alcohol and Other Drug Prevention Coordinator on initiatives to reduce high risk drinking at NDSU. The position was created during spring semester of 2002, and is a part-time (10-15 hours per week) job. Duties include help discussions with students, presentations to large and small groups of students, assist in administering surveys, create program literature, lead the Weekend Entertainment Grant Committee, serve on and coordinate a student alcohol advisory group, network with student organizations, faculty, staff, and community members and assist in creating alcohol free programs and activities.

G. Student opportunities for peer advising and mentoring

- The Department of Residence Life employ Resident Assistants whose role it is to support the mission of the Department of Residence Life in the process of facilitating a positive living/learning community in the residence halls. Resident Assistants work an average of 20 hours per week. Their responsibilities cover a number of areas including: community development, educational programming, safety and security, policy enforcement, one-on-one relationships with students, administrative tasks, and customer service.

- ACE (Academic Collegiate Enhancement) Tutors facilitate student academic skill development. Tutors coordinate learning and provide tutoring in a group setting. ACE tutors work with students to assess their situation, set short-term goals for the session, long-term goals for academic development, and assist them in reaching those goals. Tutors act as a referral agent, and have a genuine concern for the academic needs of students. ACE staff members are also involved in a variety of outreach programs, including a partnership with the NDSU Athletic Department that allows student-athletes to complete mandatory study hours in the tutoring center. Tutors also participate in Residence Life sponsored events such as study skills programs and subject-specific study nights held in various residence halls on campus.

- University Studies Peer mentors work closely with the instructors of the Skills for Academic Success course (UNIV 189) to assist instructors in orienting students to the University and its services, help students get to know each other, and practice effective study skills.

- Wellness Education Leaders is also a way for students to get involved in peer advising and mentoring (see description above).

- Becoming a COAR team member is also a way for students to get involved in peer advising and mentoring (see description above).

H. Support is provided to students recovering from a substance abuse problem

- The NDSU Counseling Center employs 6 full time mental health counselors, including two licensed psychologists and one dually licensed master's level counselor who specializes in and is licensed to treat both mental health diagnoses and chemical dependency. Regarding substance use disorders, the Counseling Center offers individual and group counseling for students on an outpatient basis. The Counseling Center also provides chemical dependency evaluation services for NDSU Students. The Counseling Center staff members routinely connect students with community support group meetings, such as Alcoholics Anonymous and Narcotics Anonymous. Finally, The Counseling Center works closely with other area providers to connect students with more intensive care as needed. In the case that a student is in need of more intensive treatment than what can be provided by the NDSU Counseling Center, referrals are commonly made to local substance use treatment facilities including First Step for Recovery, Prairie St John's Psychiatric Hospital, Meritcare Hospital, South East Human Service Center, or a variety of high intensity outpatient treatment facilities.

- In 2008, four additional questions were added to the CORE Drug and Alcohol Survey regarding alcohol and other drug treatment. Data will be available early in 2009.

Questions were:

Have you been through treatment for alcohol or other drugs?

- 0. Yes
- 1. No

Are you in need of on-going recovery support services on-campus?

- 0. Yes
- 1. No

Have you found adequate recovery support services on-campus?

- 0. Yes
- 1. No

Have you found adequate recovery support services in the community?

- 0. Yes
- 1. No

- Alcoholics Anonymous meetings are being held every Wednesday evening at 8:30 p.m. at the NDSU Wellness Center, room 168.

- In the fall of 2006, NDSU was selected to be a national demonstration site for the implementation of the Back on TRAC (Treatment, Responsibility, and Accountability on Campus) program. Back on TRAC (BOT) is based on the drug court model, which helps substance abusing offenders get back on the right track. BOT is about giving students a second chance, with structured support and accountability. Two students are currently enrolled in the BOT program at NDSU.

Alcohol Availability

A. Alcohol is banned or restricted on campus

- See NDSU Policy 155 (Appendix 5) and State Board of Higher Education Policy 918 (Appendix 8)

- Exceptions to this policy may include the lawful possession of alcohol in family student residences, when permitted, on campus professional staff residences, fraternities and sororities (in certain circumstances), the President's residence, and other exceptions as granted by the President or the President's designee.

- A special exception was made by the President under the recommendation of a special committee in March of 2004 to allow alcohol for those over the age of 21 in the FargoDome parking lot prior to NDSU football games.

B. Alcohol is prohibited in public places

- See Fargo Municipal Code Section 25-1513 (Appendix 9)

C. Delivery or use of kegs or other common containers is prohibited on campus

- See NDSU policy 155 (Appendix 5) and State Board of Higher Education Policy 918 (Appendix 8)

D. Guidelines for off-campus parties and events are disseminated

- See NDSU Event Risk Management Assessment Checklist (Appendix 4)

- The annual good neighbor campaign (Appendix 3) disseminates informational door hangers to students living off campus regarding their responsibilities as members of the community. The educational door hanger includes information on how students can effectively communicate with their neighbors if they plan on having a gathering; it also addresses some of the possible consequences if a party/event gets out of control.

E. Alcohol servers are required to be registered and trained.

- Fargo municipal code 25-1503 E. (Appendix 9) states that mandatory server training is required for anyone that pours, serves, or sells alcohol, or manages those that do. The Server Training Program is led by local law enforcement agents who discuss state and local laws pertaining to minors, the sale or delivery of alcohol to minors, obviously intoxicated persons, and dram shop laws. Participants also learn about: detecting or deterring underage purchase or consumption of alcohol, proper carding procedures including detection of false or altered ID's, proper procedures in dealing with an

underage drinker or underage person attempting to purchase, the physiological effects of alcohol, and the detection of intoxication and intervention with intoxicated persons.

F. Days or hours of alcohol sales is limited

- During the 2005 legislative session SB 2067 was passed, which amended sections 5-01-08 and 5-02-06 of the North Dakota Century Code (Appendix 10). This bill defines when a person legally turns 21 years of age, "... a person is not twenty-one years of age until eight a.m. on that person's twenty-first birthday." This legislation was aimed to eliminate so-called "power hours," in which newly legal drinkers try to consume large amounts of alcohol between midnight and when the bar is closed.

- The City of Fargo has established an ordinance for serving to obviously intoxicated persons. Municipal Code 25-1509.2 (Appendix 9) outlines the law concerning over serving of bar and liquor store establishment patrons.

Alcohol Marketing and Promotion

A. Alcohol advertising on campus is prohibited

- See NDSU policy 155 (Appendix 5)

B. Alcohol industry sponsorship of on-campus events is prohibited

- See NDSU policy 155 (Appendix 5)

C. Content of Party/Event Announcement is limited

- See NDSU policy 155 (Appendix 5)

D. Limitation of alcohol promotion with special appeal to underage drinkers

- See NDSU policy 155 (Appendix 5)

E. Alcohol promotion that shows alcohol in high-risk context is prohibited

- See NDSU policy 155 (Appendix 5)

F. The sale of alcohol paraphernalia (e.g. Shot Glasses, beer mugs) at the bookstore is prohibited

- No current policy, but is a current practice of the NDSU Bookstore

Policy Development and Enforcement

A. Disciplinary sanctions for violation of campus AOD policies are consistently being enforced

- The number of disciplinary cases handled by the Department of Residence Life (on-campus violations) involving alcohol and other drugs has remained consistent.

Academic Year	Alcohol	Other Drug	Total
2001-2002	430	17	447
2002-2003	472	34	506
2003-2004	550	13	563
2004-2005	492	16	508
2005-2006*	589	16	605
2006-2007	497	28	525
2007-2008	414	27	441

-The number of disciplinary cases handled by the Associate Director of Rights and Responsibilities (off-campus violations) involving alcohol and other drugs have remained consistent.

Academic Year	Alcohol	Other Drug	Total
2002-2003*	132	3	135
2003-2004*	254	5	259
2004-2005*	237	9	246
2005-2006**	390	25^	401
2006-2007**	311	25^^	316
2007-2008**	366	13^^^	367

*The numbers from 2002-2003, 2003-2004, 2004-2005 have not been altered from previous information as they were acquired through the Access program (former judicial database).

**The total number of cases 2005-2006, 2006-2007, 2007-2008 were acquired through a hand count of all cases handled through those years. The alcohol and other drug case numbers were acquired through running Judicial Officer and are reflected in the dates in the hand count. In addition, the drug violations were hand counted due to overlap with alcohol incidents.

^ 11 of the 25 cases were standalone other drug violations, no alcohol was involved.

^^ 5 of the 25 cases were standalone other drug violations, no alcohol was involved.

^^^ 1 of the 13 cases was a standalone other drug violation, no alcohol was involved.

- Sanctions handed down for each violation are dependent upon the severity of the incident or absence of prior alcohol or other drug violations.

- For more details concerning sanctions, see the Code of Student Behavior (Appendix 11).

B. Consistent criminal prosecution of students for alcohol-related offenses is demonstrated

- Number of NDSU students arrested for alcohol related offenses by Fargo Police has shown a steady increase from 241 in 1996, 343 in 1999, 385 in 2003, and 640 in 2004.
- The number of alcohol related citations written by the NDSU Police Department has steadily increased (see numbers below).

Offense	2007*	2008 (as of December 5)
Drug Violation Arrest	16	12
Drug Violation Complaint	1	9
DUI	9	30
MIP/MCA	34	151

* The NDSU Police Department was not fully staffed in 2007.

C. Education for sellers/servers about legal liability

- Fargo municipal code 25-1501 (Appendix 9) states that mandatory server training is required for anyone that pours, serves, or sells alcohol, or manages those that do.

D. Enforcement of ID checks at off-campus bars and liquor stores

- Fargo Police Department in partnership with the Safe Communities Coalition of the Red River Valley conducts alcohol compliance checks monthly to ensure that proper ID checks are practiced. Establishments are randomly selected, and are checked four times per calendar year. In 2007, 755 establishments were checked with 704 passing for a 93 percent compliance rate. In 2008, 846 establishments were checked with 789 passing for a 93 percent compliance rate.
- The Cass County Sheriff’s Office owns three electronic ID checking machines that are used to scan and check IDs for validity. Use of these machines is offered to any liquor retailer, and machines are utilized almost full-time by a variety of liquor retailers in Fargo.

E. Enforcement of penalties for sale of liquor to minors

- Fargo Police Department, Moorhead Police Department, Cass County Sheriff’s Office and West Fargo Police Department in partnership with the Safe Communities Coalition of the Red River Valley conducts alcohol compliance checks monthly to ensure that establishments are not making sales to minors.
- Fargo Municipal Code 25-1512 (Appendix 9) outlines the penalties for failing compliance checks or for making sales to minors.

F. Laws against buying alcohol for minors and misrepresentation of age are enforced

- Laws against buying alcohol for minors and misrepresentation of age are harder to enforce than selling alcohol to minors, the issue of adults purchasing alcohol for minors has been addressed in a variety of community conversations and very little action has been taken.
- A fake ID awareness campaign was conducted in the Fall of 2005 in partnership with the Safe Communities Coalition of the Red River Valley to heighten the awareness of the penalties using a fake or altered ID.

G. Use of undercover operations at retail alcohol outlets

- Fargo Police Department in partnership with the Safe Communities Coalition of the Red River Valley conducts alcohol compliance checks monthly. During these checks plain-clothed officers accompany minors into liquor establishments to check for compliance with liquor laws.
- Fargo Municipal Code 25-1512 (Appendix 9) outlines the penalties for failing a compliance check/making a sale to a minor.
- Cops in Shops is a program where plain-clothed law enforcement officers observe the sales of the chosen establishment for a four hour period. Officers are monitoring for the use of fake/false IDs and the misrepresentation of age by a minor. On average one arrest is made per session of cops and shops. Agencies partner with both on and off sale liquor retailers to conduct 'Cops in Shops'. West Fargo Police Department conducted three 'Cops in Shops' in 2008 and plans to do more in 2009. The Cass County Sheriff's Office conducted 21 'Cops in Shops' in 2007 and 10 in 2008.

H. Enforcement of DUI Laws

- Since October of 2004, the Fargo Police Department has conducted sobriety checkpoints in the City of Fargo. In 2007, six checkpoints were conducted with a total of 334 vehicles passing through the checkpoints; resulting in 5 DUI arrests. In 2008, six checkpoints were conducted with a total of 1,042 vehicles passing through the checkpoints; resulting in 10 DUI arrests. The Fargo Police Department receives monies from the North Dakota Department of Transportation to conduct the checkpoints.
- In 2007 and 2008 the Cass County Sheriff's Office conducted a total of 8 sobriety checkpoints. The Cass County Sheriff's Office receives monies from the North Dakota Department of Transportation to conduct the checkpoints.
- The Fargo Police Department and Cass County Sheriff's Office are actively committed to the enforcement of DUI laws.

I. Establishment of Dramshop Laws

- North Dakota Century Code (NDCC 05-01-06.1) (Appendix 10) establishes that every spouse, child, parent, guardian, employer, or other person who is injured by any obviously intoxicated person has a claim for relief for fault against any person who knowingly disposes, sells, or gives away alcoholic beverages to:

- A person under twenty-one years of age
- An incompetent, or
- An obviously intoxicated person

And if death ensues, the survivors of the deceased are entitled to damages.

- Enforcement of and penalties for violation of this law are dependent on the philosophy of individual city governments and the circumstances surrounding each occurrence.

- The City of Fargo has established an ordinance for over-serving. Municipal Code 25-1509.2 (Appendix 9) outlines the law concerning over serving of bar and liquor store establishment patrons.

J. Establishment of campus coalition to oversee development/review of campus AOD policies and enforcement

- The PCAOD is made up of 25 faculty, staff, students, and administrators appointed by President Chapman. Its purpose is to evaluate the current programs and policies related to alcohol and drug use on campus and make recommendations for the campus wide adoption of a strategic plan to address alcohol and other drug abuse.

- The Student Advisory Committee for Alcohol and Other Drugs began in January of 2004. Their role is to promote the understanding of alcohol and drug issues within the NDSU community through education and discussion among student leaders. The group is comprised of student leaders from nine student organizations including Greek Life, Athletics, Campus Attractions, Wellness Education Leaders, Bison Ambassadors, Saddle and Sirloin, Residence Hall Association, and Student Government.

K. Campus membership in community-wide coalitions addressing local and statewide ordinances/laws.

- NDSU is a member institution of the North Dakota Higher Education Consortium for Substance Abuse Prevention. This consortium provides support to all member institutions to reduce substance abuse in North Dakota's college student population and reduce negative health and safety consequences related to substance abuse in that population. The efforts of the NDHECSAP are sustained by a full time director.

- NDSU is represented on the Safe Communities Coalition of the Red River Valley, a community coalition with the goal of providing a range of services and activities designed to reduce and prevent injuries and fatalities identified by the Coalition and

supported by local data. The Director of OSS sits on the Coalition as a member at large as well as on the Alcohol subcommittee. The coalition has been instrumental in promoting several NDSU programs, providing funding for training Resident Assistants (fall 2005 and 2006) and Student-Athletes (fall 2006) in the *CHOICES* alcohol prevention program, and for collaborating to obtain funding to hold and evaluate 4 Club NDSU events in 2007- 2008 and 3 in 2008-2009.

- NDSU student affairs staff, legal staff, and law enforcement staff meet annually with the community law enforcement agencies and judicial representatives. This meeting is a chance to talk about our shared concerns related to student behavior in the community. The focus is usually around drug and alcohol behavior. As a result of these meetings, Fargo and Moorhead City police share all arrest reports of NDSU students with judicial officers on campus. This helps NDSU to address off campus behavior as it relates to membership in our campus community. In addition, the relationships fostered during these meetings have led to mutual city and university support for city ordinances and state laws related to Alcohol and Other Drugs.

- NDSU is a member of The Network: Addressing Collegiate Alcohol and Drug Issues. The Network is a national organization that proactively addresses the issues of alcohol, other drugs, and violence in order to promote healthy campus environments through self-regulatory initiatives, information dissemination, and technical assistance. The Network serves as a liaison between the U.S. Department of Education and member institutions as well as other higher education professional organizations. Member institutions encourage and enhance local, state, regional, and national initiatives through a commitment to shared standards for policy development, educational strategies, enforcement, evaluation, and community collaboration.

- NDSU works closely with the Region V Substance Abuse Prevention Coordinator on prevention efforts and information sharing relating to alcohol and other drug issues in the community.

Assessment of AOD Efforts

- The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, as well as attitudes and perceptions among college students attending two and four year institutions, nationwide. This survey was administered to NDSU students in 2001, 2003, 2005, 2006 and 2008 in an attempt to measure drinking and drug use behaviors, as well as their perceptions of the norms surrounding alcohol use among students (see attached for summary of results).

- CORE Faculty & Staff Survey: In Fall of 2008, NDSU surveyed its faculty and staff members to determine their perceptions of alcohol and other drug use, awareness of policy and policy enforcement, their support for efforts related to combating alcohol and other drug problems and their ability to identify students or co-workers who are experiencing a problem related to alcohol or other drugs. In addition, faculty/staff alcohol and other drug use will be assessed in order to compare their use to their perceptions of other faculty/staff use and that of students. Data will be available in early 2009.

- Choices: An effective prevention strategy for student athletes and Greeks: This poster session provided an overview of how and why the CHOICES: A Brief Alcohol Abuse Prevention and Harm Reduction Program (CHOICES) is an efficient, effective and affordable way to lower risk and bring about change in the realm of substance abuse in special populations. It highlighted the benefits, how to tailor the program to special populations, how to gain student buy-in, and evaluation information. Participants were provided with a variety of resources in order to implement the program on their own campuses.

Vangsness, J.M., & Oster-Aaland, L. (2007, January). *Choices: An effective prevention strategy for student athletes and Greeks*. 2007 NASPA Strategies Conference: Alcohol Abuse Prevention & Intervention, Atlanta, GA.

- Impacting High-Risk Use: Before or After?: Campuses often struggle with common barriers (i.e., time, human and financial resources, or buy-in from students and administrators) when attempting to implement successful alcohol abuse prevention programs. This poster session illustrated how North Dakota State University (NDSU) effectively utilized the cost-effective CHOICES: A Brief Alcohol Abuse Prevention and Harm Reduction Program as a prevention tool to address and lower high-risk alcohol use, both proactively with student athletes and reactively with sanctioned students, with similar success rates.

Vangsness, J.M., & Frazier, E. (2007, October). *Impacting High-Risk Use: Before or After?*. U.S. Department of Education's National Meeting on Alcohol & Other Drug Abuse and Violence Prevention in Higher Education, Omaha, NE.

- Club NDSU Informational Presentation: Information was shared at the 2008 North Dakota Department of Transportation Alcohol Forum (state-wide conference) regarding the Club NDSU.

Brossart, W., & Vangsness, J. (2008, February). *Club NDSU: Late Night Programming At Its best*. North Dakota DOT Alcohol Forum, Bismarck, ND.

- Employing Parents as Partners in Prevention in the Upper Midwest: This presentation provided an overview of Project North Dakota Freshmen Initiative, which targeted first-year students and their parents at all 11 North Dakota University System institutions. This presentation shared the results of this research but also gave attendees an overview of how to successfully conduct research as a prevention practitioner.

Walton, K.L., & Vangsness, J. (2008, November). *Employing Parents as Partners in Prevention in the Upper-Midwest*. U.S. Department of Education's National Meeting on Alcohol & Other Drug Abuse and Violence Prevention in Higher Education, St. Paul, MN.

- Reducing the Risk of 21st Birthday Drinking: What do we know? What do we need to know? 21st birthday drinking by college students is particularly dangerous and steeped in tradition (eg. 21 for 21 and power hour). Administrators, tavern owners, and law makers have implemented creative strategies to curb 21st birthday drinking, including birthday cards, power hour bans, over-serving ordinances, and medical amnesty policies. This session reviewed the literature regarding the effectiveness of these strategies and reports findings from a NIAAA funded study which tested a 21st birthday personalized normative feedback intervention. It concludes by offering recommendations for campuses considering implementing interventions to address this issue and recommends a comprehensive approach, as opposed to an individual strategy.

Oster-Aaland, L. & Vangsness, J.M. (2008, November). *Reducing the Risk of 21st Birthday Drinking: What do we know? What do we need to know?* U.S. Department of Education's National Meeting on Alcohol & Other Drug Abuse and Violence Prevention in Higher Education, St. Paul, MN.

- “Responding to Consequences of High Risk Drinking at NDSU”: Funded Proposal, National Institute of Health, National Institute on Alcohol Abuse and Alcoholism, \$783,000, Oster-Aaland, Principal Investigator (2005 – 2007). This three year research grant aimed to reduce alcohol consumption and alcohol related problems among first year college students and students turning twenty one. Studies assessed the effectiveness of personalized normative feedback (PNF) as an intervention with these specific populations. Results of the study are being used to tailor prevention programs at NDSU to target incoming students and students turning twenty one. Results have been and will continue to be disseminated through peer-reviewed literature and in conference presentations in the coming years.

Publications related to NDSU Rapid Response Project: Sept. 2007 – August 2008
Posters/Convention Panels:

1. Lewis, M. A., Lee, C. M., Rees, M., & Oster-Aaland, L. (November, 2008). Normative misperceptions among students who never or rarely drink. Poster presentation to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
2. Lewis, M. A., Rees, M., Neighbors, C., Lindgren, K. P., Fossos, N., & Oster-Aaland, L. (June, 2008). Evaluating risk for 21st birthday alcohol-related negative consequences. Poster presentation to be presented at the annual meeting of the Research Society on Alcoholism, Washington, DC.
3. Oster-Aaland, L. (2007, October). *Freshman alcohol abuse prevention project: Correcting misperceptions through personalized normative feedback*. Presented at Department of Education's 21st Annual National Meeting on Alcohol and Other Drug Abuse and Violence Prevention in Higher Education, Omaha, NE.
4. Lewis, M. A., Fossos, N., & Oster-Aaland, L. (November, 2007). Condom-related protective behavioral strategies, alcohol use, and alcohol-related risky sexual behavior among college students. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Papers:

1. Oster-Aaland, L., Lewis, M. A., Neighbors, C., Vangsness, J. & Larimer, M. E. (in press). Alcohol poisoning among college students turning 21: Do they recognize the symptoms and how do they help? *Journal of Studies on Alcohol and Drugs*.
2. Lewis, M. A., Neighbors, C., Lee, C. M., Oster-Aaland, L. (2008). 21st birthday celebratory drinking: Evaluation of a personalized normative feedback card intervention. *Psychology of Addictive Behaviors*, 176-185.
3. Oster-Aaland, L., & Eighmy, M. (2007), Medical Amnesty Policies: Research is needed. *NASPA Journal*, 44(4), 715-727.
4. Oster-Aaland, L., & Neighbors, C. (2007), The Impact of a Tailgating Policy on Students' Drinking Behavior and Perceptions, *Journal of American College Health*, 56(3), 281-284.
5. Lewis, M. A., Lindgren, K. P., Fossos, N., Oster-Aaland, L., & Neighbors, C. (2007). Examining the relationship between typical drinking behavior and 21st birthday drinking behavior: Implications for event-specific prevention. Manuscript submitted for publication.
6. Martens, M. P., Neighbors, C., Lewis, M. A., Lee, C., M., Oster-Aaland, L., & Larimer, M. E. (2008). The role of negative affect and coping motives in the relationship between alcohol use and alcohol-related problems among college students. *Journal of Studies on Alcohol and Drugs*, 69, 412 – 419.

Strengths of Alcohol and Other Drug Prevention Programs

- Commitment to evidence based interventions and continual assessment. (NDSU regularly assesses students' behaviors and perceptions regarding alcohol and drug use every two years (Core Drug and Alcohol Survey). NDSU assessed faculty and staff perceptions and attitudes regarding alcohol and other drug use (CORE Faculty & Staff Survey).

- Strong Presidential support for the prevention of alcohol and other drugs on campus. President Chapman addressed his personal commitment to Alcohol and Drug Prevention during his 2006 State of the University Address (can be found at:

<http://www.ndsu.nodak.edu/ndsu/administration/president/chapman/address/>)

“In the coming year, we will continue to address the dangers of underage and binge drinking. The Office of Orientation and Student Success recently launched a new Web site to educate students about the consequences of high-risk drinking. We are engaged in a research partnership with the University of Washington and the National Institute on Alcohol and Alcoholism to test promising interventions. The issue of high-risk drinking among our students is personal to me, both as a parent and as the president of this university. I appeal to you to take this issue seriously. We are all invested in seeing our students reach their full potential.”

- President Chapman also addressed the widening lens of prevention at NDSU in his 2007 State of the University Address (can be found at:

<http://www.ndsu.nodak.edu/ndsu/administration/president/chapman/address/>):

“North Dakota State University has taken a direct approach to the problems of binge and under-age consumption of alcohol and the abuse of other substances. In partnership with the Safe Communities Coalition of the Red River Valley and the North Dakota Department of Transportation, we produced a video for parents encouraging them to talk honestly with their students about drinking. The feedback we've received on this video has been outstanding”

“This fall, I am pleased to announce the creation of the President's Council on Alcohol and Other Drugs. This task force is charged with developing a campus wide statement and policy on alcohol and other drugs. It represents an expansion of years of effort in this area and it is consistent with our mission as an educational institution.”

- President Chapman also identified his continued commitment to AOD Prevention in his 2008 State of the University Address (can be found at:

<http://www.ndsu.nodak.edu/ndsu/administration/president/chapman/address/>) :

“Student safety is a priority at our institution. The President's Council on Alcohol and Other Drugs is working to address the important issues of alcohol and drug misuse, and has involved institutional and community stakeholders in drafting a strategic plan. The

mission, vision and goals of this council are far reaching and will touch every aspect of the university community.”

- The creation of the President’s Council on Alcohol and Other Drugs. This has allowed for coordinated campus-wide prevention efforts and the development of a strategic plan that will be implemented in 2009.
- Greater campus awareness and visibility of AOD prevention efforts due to the creation of the President’s Council on Alcohol and Other Drugs.
- Membership on the North Dakota Higher Education Consortium for Substance Abuse Prevention.
- Consistent in enforcing campus policy and local laws.
- AOD programs encompass a wide range of prevention techniques.
- Aggressive off-campus policy and enforcement regarding alcohol, drugs, violence and felony crimes.
- Strong campus and community connection (Safe Communities Coalition Membership, Annual Law Enforcement Meeting, Regional Substance Abuse Prevention Coordinator Contact)
- Code of Student Behavior effectively addresses on and off-campus violations.
- Policies are in compliance with Drug Free School and Campuses Act.
- A small portion of the student population is beginning to recognize alcohol and drug misuse and advocate for change (Wellness Education Leaders, Student Community Organizers, Student Advisory Committee for Alcohol and Other Drugs)
- NDSU administration has made significant financial commitment to AOD prevention efforts.
- Risk Management procedures for off-campus events with alcohol are clear and educational in nature.

Weaknesses of Alcohol and Other Drug Prevention Programs

- Lack of positive media messages regarding low-risk use of alcohol.
- High quantity of alcohol advertising present in *The Spectrum*.
- Lack of widespread campus awareness of the importance of the issue (especially among faculty, some staff, and alumni).
- Lack of students willing to speak openly about making positive choices in regards to Alcohol and Other Drugs.
- Traditions at NDSU perpetuate the norm of high risk use. These traditions include: Johnny Holmes Dance, Homecoming, tailgating, some alumni association events.
- View of inconsistency by students due to exceptions being made for alcohol on campus.
- Low levels of active student involvement in changing alcohol norms.
- Low interest by students in providing innovative and quality late-night on campus programming.
- Lack of late night events or services available on Saturdays.

Opportunities of Alcohol and Other Drug Prevention Programs

- Programming geared specifically to faculty/staff based on the findings from the 2008 CORE Faculty & Staff Survey.
- Supplemental prevention funding through North Dakota Department of Transportation and local Safe Communities of the Red River Valley Coalition
- Partnering with higher education institutions in the Fargo-Moorhead area to provide community-wide prevention efforts.
- Through the ND Higher Education Consortium for Substance Abuse Prevention the ability to network and share prevention efforts state-wide.
- Department of Higher Education grant to study impact of the removal of alcohol advertising from *The Spectrum*.
- Strategic planning process has charted a clear path for the future of AOD efforts at NDSU and strong Presidential Leadership makes it possible to achieve the goals of the plan.

Threats to NDSU Alcohol and Other Drug Prevention Programs

- At the moment, we are unable to determine any potential threats to the AOD Prevention Program at NDSU. It is an institutional commitment.

Policies and Policy Distribution

- In efforts to combat the negative consequences associated with drug and alcohol abuse, NDSU complies with all state and federal laws regarding drug and alcohol policies (North Dakota State Board of Education policy governing alcohol use on campus, the Drug-Free Workplace Act of 1988, Public Law 100-690 and the Drug-Free Schools and Communities Act Amendments of 1989, Public Law 101-226).

-Greek Life Initiative: In a desire to review this relationship and address growing concerns with the Greek community, a discussion group, comprised of faculty, staff, administration, and students both within and outside of the Greek community, was formed in September 1999. Original recommendations for change were made on October 23, 2000. These recommendations were revised to reflect suggestions and feedback from students within the Greek community in the final revisions, which were outlined on April 23, 2001. It is this document that is entitled the *Greek Life Initiatives and Action Plan*. Initiative number 6 sets out the expectation of the University to have substance-free housing functionally implemented in all Greek chapters prior to Fall Term 2003. Substance-free housing is defined by the University as follows: No alcoholic beverages or illegal drugs are permitted in common areas of chapter property at any time. Members who are 21 years of age may consume alcohol in the privacy of their rooms with no more than three guests who are also of legal age, provided that all of the occupants of the room are 21 years of age or older.

- ATOD Student Athlete Policy: During the summer of 2004, the NDSU athletic department defined the standards and the expectations on the use and misuse of alcohol, tobacco and other drugs for all student-athletes, student-trainers, student-managers, and cheer team members to abide. Each year student-athlete, student-trainer, student-manager and cheer team members receive NDSU's Athletics policy on Alcohol, Tobacco and Other Drug and specific team policies in writing. Each participant must sign a form provided by the Director of Sports Medicine that they received and understand the policy. No one is permitted to participate until the signed form is on file. (Appendix 12)

-Alcohol policy revision committee: In the spring of 2001, NDSU President Joe Chapman appointed a committee to review and update the university alcohol policy. The committee made many changes to clarify and strengthen the policy including provisions for not allowing alcohol advertisements in university publications and not selling items related to alcohol use (i.e. shot glasses).

-Code of Student Behavior: The code of student behavior outlines the due process students are entitled to upon violation of the university's policies. These policies range from general conduct, criminal activity, appropriate internet use, to alcohol and drug use and abuse.

-NDSU Event Risk Management Planning Notification Form: NDSU student organizations planning an off campus event where alcohol is present must complete this

form prior to the event. It contains a risk management check list to help students reduce risk and liability.

-Policy Distribution: NDSU complies with all state and federal laws regarding drug and alcohol policy distribution (North Dakota State Board of Education policy governing alcohol use on campus, the Drug-Free Workplace Act of 1988, Public Law 100-690 and the Drug-Free Schools and Communities Act Amendments of 1989, Public Law 101-226). NDSU attempts to ensure every student, faculty member and staff person is informed about NDSU's drug and alcohol policies. An e-mail including the full text of the policy is sent out annually over the official student, faculty and staff listservs regarding the policies and where they can be found. For the small percentage of students and staff without email addresses, an attempt is made to mail a paper copy of the policy. Paper copies of the policies are also disbursed throughout campus (library, memorial union information desk, office of registration and records). In addition to the electronic distribution, policy notification postcards are sent to every student, faculty and staff member each Spring Semester.

North Dakota State University Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist

Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located?

NDSU Office of Orientation & Student Success – Ceres Hall 211

Does the institution provide annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?

Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

“The University prohibits the unlawful or unauthorized use, possession, storage, manufacture, distribution, or sale of alcoholic beverages and any illicit drugs or drug paraphernalia in University buildings, any public campus area, in University housing units, in University vehicles, or at any University affiliated events held on or off-campus, which are sponsored by students, employees and their respective campus organizations (including all fraternities and sororities). For NDSU employees, compliance with this policy is a term and condition of employment. For NDSU students and student organizations, compliance with this policy is a term and condition of continued enrollment/organizational registration.”

A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

“Health Risks of Alcohol and Other Substances of Abuse

Alcohol: Alcohol consumption causes a number of impairments including changes in behavior and normal body function. Even low doses significantly impair judgment, coordination mental function thus increasing the risks of accidents and injuries. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person’s ability to learn and remember information. Very high doses taken acutely can cause respiratory depression and even death. Statistics show that alcohol use is involved in a majority of violent behaviors on college campuses, including acquaintance rape, vandalism and fights. Additional consequences include DUI arrests and serious or fatal car crashes. Continued abuse may lead to dependency, which can cause permanent damage to vital organs and deterioration of a healthy lifestyle.

Amphetamines: Amphetamines can cause a rapid or irregular heartbeat, tremors, convulsions, loss of coordination, collapse, and death. Heavy users are prone to irrational acts.

Cannabis (Marijuana, Hashish): The use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time, and reduce coordination and energy level. Users often have a lowered immune system and an increased risk of lung cancer. The active ingredient in marijuana, THC, is stored in the fatty tissues of the brain and reproductive system for a minimum of 28 to 30 days.

Club Drugs - Club drugs are drugs such as MDMA (Ecstasy), Rohypnol, GHB, LSD, and methamphetamine and others, which are used at all-night parties such as trances or raves, dance clubs and bars. These party drugs, particularly when mixed with alcohol, can cause serious health problems, injuries, or even death.

Cocaine/Crack: Cocaine users often have a stuffy, runny nose and may have a perforated nasal septum. The immediate effects of cocaine use include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature, followed by depression. Crack, or freebase rock cocaine, is

extremely addictive and can cause delirium, hallucinations, blurred vision, severe chest pain, muscle spasms, convulsions, and even death.

Hallucinogens: Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even when use has ceased. Phencyclidine (PCP) affects the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, PCP episodes may result in self-inflicted injuries, violence and aggressive behavior toward others.

Heroin: Heroin is an opiate drug that causes the body to have diminished pain reactions. Overdoses of this highly addictive drug can result in coma or death due to respiratory failure or cardiovascular collapse.”

A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

Local & State:

Individuals in the state of North Dakota must be 21 years of age to buy, possess and/or consume alcohol. Person(s) providing alcohol to individuals under the age of 21 violate state law and may be cited for contributing to the delinquency of a minor among other possible citations depending on the circumstances. There are other important state laws and local rules relating to alcohol including driving under the influence (DUI) and open container. For a first DUI offense, violators are fined at least \$250 and are ordered to have an addiction evaluation. State Law and Fargo City Ordinances prohibit driving under the influence of intoxicating liquor or controlled substances. State Law and Fargo City Ordinances also prohibit open containers of alcohol in vehicles. It is important to note Fargo City Ordinances also prohibit noisy parties or gatherings. North Dakota has adopted the Uniform Controlled Substances Act, which restricts the manufacture, transfer, and possession of narcotic drugs and other drugs that have a potential for abuse or that may lead to physical or psychological dependence. It is a class A felony to manufacture, deliver, or possess with intent to manufacture or deliver controlled substance such as methamphetamines or narcotic drugs such as opium or cocaine in North Dakota. Penalties for a Class A felony can be up to twenty years imprisonment and/or \$10,000.00 fine. Possession of one-half ounce to one ounce of marijuana is a Class A misdemeanor. Possession of less than one-half ounce (14.175 grams) is a Class B misdemeanor. Inhaling vapors of a volatile chemical in a manner designed to create intoxication, hallucination, or elation is a Class B misdemeanor. Possession of drug paraphernalia for controlled substances other than marijuana is Class C felony. Possession of drug paraphernalia for marijuana is a Class A misdemeanor. It is a Class A misdemeanor to advertise drug paraphernalia. Class A misdemeanors are punishable up to one year's imprisonment and/or \$2000.00 fine. Class B misdemeanors are punishable up to 30 days' imprisonment and/or \$1000.00 fine. A class C felony is punishable up to five years' imprisonment and/or \$5000.00 fine

Federal:

Federal law provides criminal and civil penalties for unlawful possession or distribution of drugs and alcohol. See <http://www.usdoj.gov/dea/agency/penalties.htm> for details on federal trafficking penalties for controlled substance violations. Among incarceration and/or fines, there are federal laws allowing the forfeiture of property used in possession or to facilitate possession of a controlled substance. This could include homes, vehicles, boats, aircrafts and any other personal or real property. Fines could range up in the millions of dollars. One becomes ineligible to have firearms. One also becomes ineligible to receive federal benefits such as student loans and grants.

A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

The University recognizes that chemical dependency and chemical abuse are concerns that can impact both academic success and work performance and that there are assistance programs available to help individuals experiencing problems. When appropriate, NDSU personnel may refer students and employees to NDSU Counseling and Disability Services or to agencies outside of NDSU for evaluation and/or treatment for alcohol or drug-related problems. As part of their benefit package, employees may access

services through the Employee Assistance Program provided by The Village at 1-800-627-8220 or in the Fargo area (701) 235-6433 Employees may refer students in need of services to Counseling and Disability Services at (701) 231-7671.

While evaluation for alcohol, drug abuse and/or addiction is not available on campus, Counseling and Disability Services staff will work with the students to find appropriate community services.

Referral information from Counseling and Disability Services is also available to those wishing to refer individuals to off-campus agencies.

A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

University Sanctions and Legal Sanctions: Multiple Accountabilities

When students, student organizations, or employees violate University alcohol policy they will be subject to campus resolution. Campus resolution of such acts may proceed before, during, or after any pending civil or criminal proceedings are concluded. Since the campus actions are educational and/or managerial in nature, and not criminal proceedings, such simultaneous actions do not constitute double jeopardy and differing judgments may result.

Sanctions –Students & Student Organizations

Individual students and student organizations (including fraternities, sororities, residence hall associations and registered student organizations) who are found in violation of the University policy on alcohol and other drugs are subject to one or more of the following sanctions, dependent on the severity of the violation and the existence or absence of prior alcohol or other drug violations: (For a more complete description of these sanctions see the Code of Student

Behavior at <http://www.ndsu.edu/ndsu/vpsa/code/>)

Notice and Sanctions – Employees

Individual employees who are found in violation of the University policy on alcohol and other drugs by their supervisors will be reported to the University Human Resources Director for consultation prior to action.

Any employee arrested under circumstances involving an alleged violation of a criminal drug or alcohol beverage related statute while in his or her workplace, whether on or off campus; in a University vehicle; or as a part of any activity the University initiates or takes part in must notify his or her immediate supervisor within five days of the arrest. An arrest, depending on the circumstances may be grounds for actions or sanctions. The status of the criminal proceeding is a factor the supervisor will take into consideration. It is important that the supervisor seek advice from the Human Resources Director or the NDSU General Counsel before taking action in arrest situations. Any employee convicted of violating any federal, state, or local criminal drug or alcohol beverage related statute in his or her workplace, whether on or off campus; in a University vehicle; or as part of any activity the

University initiates or takes part in must notify the University Human Resources Director no later than five days after such conviction. A conviction means a finding of guilt (including a plea of nolo contendere) or the imposition of a sentence by a judge or jury in any federal, state or local court. North Dakota State University is required by law to inform the federal contracting officer within 10 days of receiving notice of a conviction of violating a criminal drug statute from an employee or otherwise receiving notice of such conviction. If an employee is convicted of violating any criminal drug or alcohol beverage related statute while in the workplace, as described above, University actions may include:

1. requiring the employee to participate in a drug assistance or rehabilitation program approved by the University;
2. disciplinary action for a violation of university alcohol or drug policy up to and including termination of employment. Disciplinary action may include one or more of the following.
 - (a) Warning, reprimand, or probationary status;
 - (b) Ineligibility to receive the next available annual salary increase;
 - (c) Suspension without pay for up to 5 days;

- (d) Termination of employment; or
(e) Any combination of the above sanctions.

NOTE: These sanctions need not necessarily be applied in numerical sequence. Any sanction may be chosen from this list for any offense, dependent upon its severity. Referral for prosecution may also be a result of any criminal violations.

Are the above materials distributed to students in one of the following ways?

Mailed to each student (separately or included in another mailing)

Yes No

Each Student, Faculty and Staff member will receive a post card mailing with a brief description of the alcohol and other drug policy and a reference to the web site for the full policy. This mailing will be sent by February 13, 2009.

Through campus post offices boxes

Yes No

Class schedules which are mailed to each student

Yes No

NDSU does not provide a paper copy of class schedules, however a summary of the Alcohol and Other Drug policy is found in the undergraduate and graduate bulletin, it is also located in the campus directory.

During freshman orientation

Yes No

See description below.

During new student orientation

Yes No

Two informational brochures regarding alcohol and drugs at NDSU are distributed during transfer and freshman orientation. One brochure is aimed toward parents/guardians of first year students. The brochure addresses how to talk with their students about alcohol and drugs, and also gives the context of college student drinking by providing statistics and facts. The second of the two brochures is targeted at first year students. In addition to summarizing NDSU's Drug and Alcohol policy it addresses the frequently asked questions regarding alcohol use at NDSU. Both brochures address acute alcohol intoxication, services offered on campus, alternative activities, and national and campus statistic regarding alcohol/drug use.

In another manner (describe)

Yes No

Each student receives an e-mail from the Director of Orientation and Student Success, this e-mail contains the full text of the NDSU's Drug and Alcohol Policy. This e-mail is sent out mid-fall semester, early spring semester and the beginning of the summer semester.

Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

Once a student is admitted to NDSU, they are given an official NDSU e-mail address. This address is used for all official communication by the University with that student. Students must activate this account to access classroom technologies (i.e. Blackboard System). In May of 2007 "Section 609: E-Mail as an official communication method to students" was adopted. The policy statement is as follows: Electronic mail (e-mail), like postal and campus mail, is an official means by which the University may communicate with students. NDSU exercises the right to send e-mail communication to students and expects that e-mail communication is received and read by students in a timely manner. Paper copies of the policy are also disbursed throughout campus (NDSU Main library, bison connection, office of registration and records).

Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution? Yes No

The full Alcohol and Drug policy is sent out in its entirety each semester via e-mail.

Are the above materials distributed to staff and faculty in one of the following ways?

Mailed

Staff: Yes No Faculty: Yes No

Each Student, Faculty and Staff member will receive a post card mailing with a brief description of the alcohol and other drug policy and a reference to the web site for the full policy. This mailing will be sent by February 13, 2009.

Through campus post office boxes

Staff: Yes No Faculty: Yes No

During new employee orientation

Staff: Yes No Faculty: Yes No

The full alcohol and drug policy is given to each new staff member and also talked about during new employee orientation.

In another manner (describe)

Each faculty and staff member receives an e-mail from the Associate Vice President, Finance and Administration, this e-mail contains the full text of the NDSU's Drug and Alcohol Policy. This e-mail is sent out early fall semester, early spring semester and the beginning of the summer semester.

Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Staff: Yes No Faculty: Yes No

Once a person is employed by NDSU, they are given an official NDSU e-mail address. This address is used for all official communication by the University with that employee. For those faculty/staff members that do not have e-mail accounts, a paper copy of the policy is sent via campus mail. Paper copies of the policy are also disbursed throughout campus (library, Bison Connection, memorial union information desk, office of registration and records, NDSU downtown campus).

Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No Faculty: Yes No

The full alcohol and drug policy is given to each new staff member and also talked about during new employee orientation. In addition, the full Alcohol and Drug policy is sent out in its entirety each semester.

In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

Conduct student alcohol and drug use survey

Yes No

The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, as well as attitudes and perceptions among college students attending two and four year institutions, nationwide. This survey is administered every other year (2003, 2005, 2006, 2008) in an attempt to measure drinking and drug use behaviors, as well as their perceptions of the norms surrounding alcohol use among students.

Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

- The Student Advisory Committee for Alcohol and Drugs began in January of 2004. Their role is to promote the understanding of alcohol and drug issues within the NDSU community through education and discussion among student leaders. This group also advises NDSU AOD Prevention Programs on what programming they see as working and not. The group is comprised of student leaders from nine student organizations including Greek Life, Athletics, Campus Attractions, Wellness Education Leaders, Bison Ambassadors, Saddle and Sirloin, Residence Hall Association and Student Government.*
- In the fall of 2004 the faculty and staff of NDSU were surveyed to gain an understanding of their beliefs, experiences and knowledge about NDSU college students' drinking. The results of the study are used to design education materials aimed at increasing faculty/staff awareness of this issue and enlist their support in changing the culture that promotes high risk drinking.*
- Faculty and Staff of NDSU will again be surveyed in October 2008 to assess faculty and staff perceptions of alcohol and other drug problems on campus, awareness of policy and policy enforcement, support for programming efforts to combat alcohol and other drug*

problems, awareness of university assessment efforts, and faculty and staff's perceived ability to identify students who are experiencing a problem and refer them for help.

Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

Who is responsible for conducting these biennial reviews?

NDSU Office of Orientation and Student Success
AOD Prevention Coordinator
211 Ceres Hall
P.O. Box 6050
Fargo, ND 58108

If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

Yes No

Where is the biennial review documentation located?

2008 Biennial Review* located in Vice President of Student Affairs Office

Prakash Mathew, VP for Student Affairs
Old Main 100
(701) 231.7701 office
Prakash.Mathew@ndsu.edu

2008 Biennial Review* Copies located in:

Office of General Counsel (Old Main 202)
Student Financial Services (Ceres Hall 202)
Human Resources (Stop-n-Go Center)

**Available after December 31, 2008.*

Appendices

For a copy of any the appendices labeled in this Review, please refer to the NDSU Biennial Review Binders at either:

NDSU Office of the Vice President of Student Affairs
Prakash Matthew, Vice President of Student Affairs
Old Main 100
P.O. Box 5165
Fargo, ND 58105-5165

NDSU Office of Orientation & Student Success
Jane Vangsness, Alcohol Prevention Coordinator
211 Ceres Hall
P.O. Box 5552
Fargo, ND 58105-5552